



## SPORTS

### Hawks bring home title

See A7



## FOCUS

### African-American art exhibit

See B1



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# BETHLEHEM PRESS

YOUR HOMETOWN NEWSPAPER FOR THE BETHLEHEM SCHOOL DISTRICT

FEBRUARY 16, 2022

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## NORCO Vaccine incentive program passes

Corrections officers would share grant

BY CHRISTINA SANTO  
Special to the Bethlehem Press

The Northampton County Council met Feb. 3 to hear from county residents and discuss a vaccine incentive for corrections officers.

At their Jan. 20 meeting, council approved a motion that would divide \$863,076 in grant money among 67 small businesses across the county.

Many small business owners, including Bath mayor Fiorella Mirabito and Lost Tavern Brewery CEO Ken Rampolla, were present at this meeting to express their gratitude for the grant money they received. These small business owners also urged council not to get rid of the program that is greatly helping their income.

Councilman Ronald Heckman explained that council, at least from his perspective, has no intention of getting rid of the small business grant program, and he is unsure where they got that impression from.

He said he completely understands the need for the meeting, and simply wants to reconsider the distribution process, which was the meaning for all his questions at the previous meeting. See **NORCO** on Page A2



PRESS PHOTO COURTESY JESSICA MCCORMIC

**Kathryn, Kaleb, Kristian and Kasper Ribera** died in a fire Feb. 10, 2022, in Polk Township, Monroe County. A GoFundMe fundraiser has been set up for the Ribera family, who lost their home, their four children, and Markie Ribera's mother, Rosemarie LaBarre.

## Tragedy in Polk Twp.

### East Hills MS teacher and her grandchildren mourned

BY TERRY AHNER  
tahner@tnonline.com

The community is in anguish after a house fire killed four children and their grandmother last Thursday night in Polk Township.

A GoFundMe fundraiser has been set up for Carlos and Markie Ribera, who lost their home, their four children, Kathryn, Kaleb, Kristian and Kasper, and Markie's mother, Rosemarie LaBarre.

LaBarre was a teacher at the East Hills MS in the Bethlehem



PHOTO COURTESY BASD  
Rosemarie LaBarre

Area School District. Her husband, Clark, died Nov. 12, 2021.

The fire broke out at 11:21 p.m. at the home on 5107 Brook Road, with fire crews responding.

Pennsylvania State Police, Hazleton barracks, said that at about 11:50 p.m. Thursday, members of Pennsylvania State Police, Lehighton, responded to the fire, along with the Troop N fire marshal and forensic services units.

After a search, LaBarre, 53, and four grandchildren between the ages of 2 and 7, were located

See **FIRE** on Page A2

## PEOPLE SAY

BY LANI GOINS

How do you define love?



"Unconditional acceptance and caring."

Daniel Fasset  
Massachusetts



"Love is giving one's heart to everybody and everything, all creatures great and small."

Terry York  
Bethlehem

PEOPLE SAY  
Continues on A2

INSIDE TODAY  
Special winter medical supplement

BETHLEHEM PRESS

VOLUME 17, ISSUE 20

INSIDE  
THE PRESS

Arts.....B5  
Business.....B6  
Classified.....B7  
Community update.....A3  
Dining.....A9  
Lifestyle.....B3  
Milestones.....A4  
School.....A11  
Worship.....B4

## Old Armory lot now luxury apartments

BY NATE JASTRZEMSKI  
njastrzanski@tnonline.com

The Bethlehem Armory, built in 1930 for the Army National Guard, languished dilapidated and nearly unused for many years, but the property is finally once again in use.

The Armory Apartments, a brand new 70-unit structure built on the old vacant lot behind the Armory proper, was an effort six years in the making. Officials at the grand opening Feb. 7 lauded the public/private partnership that developed the project as emblematic of those that have helped remold Bethle-



PRESS PHOTOS BY NATE JASTRZEMSKI

The new building is on an old paved lot, while the original structure, named the Floyd Simmons Armory, remains with some renovations.

hem after its steelmaking heyday.

Laundry, lounge, fitness center, game room and a dog wash are all included, and some units have one heck of a view. Twenty of these apartments are already spoken for as part of an agreement with St. Luke's Hospital and Temple Medical School to rent the units for temporary students and staff.

Mayor William Reynolds, reaping the benefit of this win after only two months in office, promoted the work of those involved while extolling the city in

See **NOW** on Page A2

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**PEOPLE SAY**

BY LANI GOINS

How do you define love?



“Doing nothing with somebody and still enjoying your time.”  
**Eryka Sanderson**  
Bethlehem



“Being willing to work through conflicts that would otherwise separate you from a person.”  
**Michaelah Kline**,  
Southside Bethlehem



“Thoughts of making someone else happy.”  
**Ashley Craig**,  
Southside Bethlehem



“To me, love is a deep, non-judgemental affection and connection with any other person or being.”  
**Lisa Waterud**,  
Bethlehem

“Your partner being a part of yourself, so if they're happy, you're happy, if you're hurt, they are also hurt.”  
**Gail Fritz**, Bethlehem

“I think being in love with someone is you get a feeling that you can really be yourself, that other person accepts you for who you are so you have a feeling of happiness.”  
**Christian Scharkozy**,  
Bethlehem

“To go above and beyond to put someone else first.”  
**Becky Ciafrei**,  
Bethlehem

**POLICE**

COMPILED BY NATE JASTRZEMSKI

**Podcaster with guns**

A Bethlehem Township podcaster who cheered the shooting and killing of Pa. State Police officers in 2017 on his show has been arrested, and a great number of unregistered firearms have been confiscated from his residence.

Prosecutors say Joseph Paul Berger, 32, is a threat to the community.

The Bureau of Alcohol, Tobacco, Firearms and Explosives intercepted a shipment of firearm silencers to his home a year ago, and a subsequent search uncovered a dozen more as well as more than a dozen weapons, many of which had been converted to full automatic firing, and a 3D printer which created untraceable plastic “ghost gun” parts.

The construction of such weapons was a topic of the podcast. Berger, a Navy veteran, is a certified armorer and machinist. Berger's father, Joseph R., was also arrested and released on \$25,000 bail on the condition he does not possess a gun.

Berger faces up to 30 years in prison, three years of supervised release and a \$270,000 fine.

**REPORTERS NEEDED**

WANTED: Freelance reporters to cover municipal meetings and other community events in the Bethlehem-Salisbury Twp. area. Assignments available weekdays, evenings and weekends depending on reporter's schedule. Journalism background (course work or experience) or other writing experience a plus. Digital camera and photo skills also a plus. Must live in immediate Bethlehem-Salisbury Twp. area. Send letter of interest and resume to George Taylor at gtaylor@tnonline.com.

Open meetings:

Bethlehem Township Commissioners- First and third Mondays

Hanover (NorCo) Township Supervisors-Second and fourth Tuesdays

Fountain Hill Council-First Monday and Third Wednesday  
Freemansburg-First and third Tuesdays

Also available:

Bethlehem Zoning Board-Fourth Wednesday  
Bethlehem Planning Board-Second Thursday

**FIRE**

Continued from page A1

within the residence, but couldn't be revived.

The preliminary investigation indicates that the fire was accidental in nature, with nothing suspicious being observed at the scene.

“It is just a brutal tragedy,” Bethlehem Superintendent Dr. Joseph Roy told reporters. “It was a shock.”

Roy added that LaBarre taught family and consumer sciences and has been on leave for most of this school year.

“Mrs. LaBarre has been a dedicated and valued teacher and member of the East Hills faculty since 2008,” Roy

said. “We are devastated by her passing. We have extra people at East Hills for counseling of our students and staff. Our deepest sympathy goes out to her family.”

The parents are being helped by the Red Cross and members of House on the Rock Family Church in Wind Gap, where Markie serves as children's pastor.

Jessica McCormic of Wind Gap, a church member, started the GoFundMe, which raised \$51,234 of the \$100,000 goal with 675 donations by 9 p.m. Friday.

“She's one of my best friends,” McCormic said. “I just want to help.”

McCormic said her heart goes out to Carlos

and Markie for their tragic loss.

“Full of joy, loving, caring, fun, loved God,” she said. “They lost everything.”

McCormic said the Ribera family is most grateful for any and all support in their time of loss.

“We appreciate the community support,” she said. “It's already been extremely overwhelming, and they appreciate it.”

Retired East Hills secretary Cindy Grebs said, “I am devastated at the loss of her and her grandkids in this tragic fire.”

“I worked with Rosemarie for almost eight years and found her to be

the most caring, compassionate and dedicated teacher to her students and staff. She loved teaching her students to sew and cook but also helped them in everyday life. Gifts from Rosemarie were canned pickles and strawberry jam – two things I always looked forward to at Christmas. I know her grandkids were her everything [to her].”

Assisting at the scene were Monroe County District Attorney's Office, Monroe County Coroner's Office, Polk Township Fire Company, Penn Forest Township Fire Company, West End Fire Company, St. Luke's and West End Ambulance and fire police.



Bethlehem and Lehigh Valley Chamber administrators Tammy Wendling and Tony Iannelli welcome visitors to the ribbon cutting Feb. 7.



**Perucci Development**  
Director John Callahan thanks the many parties who worked in conjunction to complete the project.



A few units offer a panoramic view from downtown to the Southside.

**NOW**

Continued from page A1

general for its continued recovery. “Projects like this don't happen overnight. A lot of cities don't have these moments. They happen because of people in Bethlehem who believe we can do something a little bit different. The only way Bethlehem survives and thrives is by bringing new people in.”

**NORCO**

Continued from page A1

ous meeting. In other business, council heard county executive Lamont McClure's proposal for a vaccine incentive for corrections officers at the Northampton County prison.

McClure explained that when there is an increase in COVID infections in corrections

officers (COs), the numbers also increase in the inmates. He went on to say that at their last check only 48 percent of COs were vaccinated.

If 75 percent of COs get vaccinated, every vaccinated employee, including those in the 48 percent already vaccinated, will receive a 25 percent incentive pay increase for the two-week pay period directly after the three-fourths vac-

cine majority is reached. McClure believes that incentive pay is “better than a mandate,” which will be coming if the 75 percent is not reached.

Council passed the motion declaring incentive pay for corrections officers unanimously.

Council also approved a motion saying Northampton County will stand with the 2022 priorities of the County Commissioners Associ-

ation of Pennsylvania. These priorities include supporting the mental health system, addressing the human services workforce crisis, election integrity, and broadband expansion.

Northampton County Council will meet next on Feb. 17 at 6:30 p.m.; the meeting will be held in person at 669 Washington Street and will also be streamed on the county's YouTube page.

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**Smoke Alarms**

Smoke alarms are a key part of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

**FACTS**

- A closed door may slow the spread of smoke, heat, and fire.
- Smoke alarms should be installed on every level.
- Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms.

**NORTHAMPTON COUNTY**

**CORONER'S REPORT:** Between Jan. 1 and Feb. 8, the Northampton County Coroner recorded 88 COVID-19 related deaths in Northampton County (78 residents/10 non-residents).

"The high number of cases and deaths reported in the last few months show us that the pandemic isn't over yet," says Lamont McClure. "We all need to do what we can to slow down the transmission of this virus. I encourage everyone to get vaccinated, boosted and to wear a facemask when out in public."

**COUNTY PRISON:** The Director of Corrections reports that, as of Feb. 7 there were no cases of COVID-19 among inmates and employees at Northampton County Prison (NCP).

Since the start of the pandemic, 434 inmates have tested positive; all 434 have finished their quarantine periods or are no longer at NCP.

There are currently 569 inmates in residence at NCP. Forty inmates have been granted extended furloughs.

**TESTING/VACCINATIONS:** A COVID-19 drive-through vaccination clinic and testing site is open at 3100 Emrick Blvd. Bethlehem Township. Hours of operation are Monday/Wednesday/Friday from 10 a.m.-2 p.m. and Tuesday/Thursday from 2-6 p.m. The drive-through testing center is located in the parking area to the rear of the Coordinated Health Building and is separate from patient parking and routine patient care.

A physician's order is not required to be tested. The drive-through site is open to everyone, but only residents of Northampton County will receive a free test if they do not have health coverage. All testing will be through HNL Lab Medicine unless insurance requires an alternate laboratory. Participants should bring a photo ID and their insurance card, if they have one, with them to the testing site.

To make an appointment for a vaccine at the COVID-19 drive-through testing site Schedule at the LVHN website at LVHN.org/appointment, on the MyLVHN patient portal, at MyLVHN.org or by calling 833-584-6283.



**Bart Bailey, owner and founder of Courage to Care, interacts with the audience at Desales UNiversity during week two of Black History Month.**

PRESS PHOTO BY JENN RAGO

"Generational stories, those passed from great grandparents to grandparents to families, perpetuate misinformation about communities as well as others."

**CELEBRATING BLACK HISTORY MONTH**

**Equality and equity – not the same**

BY JENN RAGO  
Special to the Bethlehem Press

Bart Bailey, owner and principal consultant at Courage to Care, LLC, spoke to an audience hosted by Desales University Office of Diversity, Equity, and Inclusion. This was the second of four weekly speakers honoring Black History Month.

In a mere 90 minutes, Bailey was able to ask provocative questions of the audience, triggering personal self-investigation of life long biases and beliefs. Bailey broke

down concepts such as empathy, cultural awareness and culturally responsive action and used assorted media to illustrate how deep racism and social differences go.

"It's important to encourage young people into change," he said. "Generational stories, those passed from great grandparents to grandparents to families, perpetuate misinformation about communities as well as others."

Anyone who has ever played "whisper

down the alley" knows how quickly a story can change, he added.

Engaging the audience in an interactive conversation, Bailey pointed out that equality and equity are not the same.

"Equality is one standard/size for all," he said. "Equity is the right fit for everyone."

Looking at American history, Bailey addressed the Sharecroppers Act of 1865, the National Housing Act of 1934, Social Security Act of 1935, Fair Labor Stan-

dard Act of 1938.

"These acts were not limited to federal action," he said, "but individual states which enacted similar laws that made it difficult for the freedmen to own land, or from becoming truly independent."

Quoting Gloria Browne-Marshall, Bailey said, "Our laws support our values."

"Think about what can be done to facilitate change," he challenged the audience, "to create personal action plans; to seek out information."

**AROUND TOWN**

A full calendar appears on the Bethlehem Press website. Following the directives established by the Centers for Disease Control and Prevention to limit public gatherings, several of the following meetings / activities might be changed, canceled, streamed or online. Check websites and social media as available.

**News briefs**

**BETHEHEM ROTUNDA EXHIBIT:** "A Unique Reality", oil and watercolor paintings by Elena Shackleton, Feb. 16 to March 29. Opening reception: 2 to 4 p.m. Feb. 27. The L.V. artist is president of The Lehigh Art Alliance and is active in mentoring artists of all ages and levels. The exhibition is sponsored by the Bethlehem Fine Arts Commission. Visit [www.bfac-lv.com](http://www.bfac-lv.com). Face masks must be worn and all CDC Covid regulations will be enforced. City Rotunda Gallery, 10 E. Church St. Open 8:30 a.m. to 4 p.m. weekdays; closed weekends and holidays.

**LEHIGH VALLEY PASSPORT TO HISTORY:** Monthly virtual history series, 6:30 to 7 p.m. Third Tuesday of the month through Dec. 20. March 15: Women's History. Visit [www.facebook.com/LVPassport-toHistory/](http://www.facebook.com/LVPassport-toHistory/). Episodes are posted on the Lehigh Valley Passport to History and Lehigh Valley With Love websites. Visit [lvhistory.org](http://lvhistory.org)

**THE CANCER SUPPORT COMMUNITY** of the Greater Lehigh Valley launched on Jan. 31 a bi-monthly Image Recovery Program, sponsored by the Ryan Family Foundation. The program is designed to help women, men and children improve their body image and sense of self during and after cancer therapy. Topics include one-on-one support in; nutrition; fitness; post-surgical garment services; psychosocial support; and education focused on oral hygiene, skin care, hair care, holistic practices and other areas.

Cancer survivors and those in treatment may register by calling 610-861-7555 or emailing [hkelly@cancersupportglv.org](mailto:hkelly@cancersupportglv.org)

**NMIIH EXHIBIT:** The Works of a Mechanical Genius: legacy of Bethlehem's General Superintendent and Chief Engineer John Fritz. The innovative ironmaster, founder of the American Steel Industry, built and oversaw operations at the Bethlehem Iron Company from 1860-1893. Through October. National Museum of Industrial History, 602 E. Second St. Visit <http://nmih.org/virtualmuseum>; call 610-694-6644 for schedules.

A Lehigh & New England Railroad motor car is on display through the end of March at the National Museum of Industrial History, 620 E. Second St. There are plans to make the model 40B speeder car operational. Contributions to help fund the preservation of the car may be made via a donation box at the exhibit in the museum or by contacting the museum.

**HEALTH SCREENINGS:** Bradbury-Sullivan LGBT Community Center and partner Lehigh Valley Health Network hold sexual health screenings for HIV and Hepatitis C; additionally, Allentown Health Bureau holds screenings for syphilis, gonorrhea and chlamydia. Every first and third Tuesday of the month from 4 to 6 p.m. at Bradbury-Sullivan LGBT Community Center, 522 W. Maple St., Allentown. Call for an appointment: 610-437-7760

**PHILLY GARDEN SHOW:** The Philly Home + Garden Show, Greater Philadelphia Expo Center, Oaks, Feb. 25 through 27. Innovative products, tips, remodeling, home improvements, decor and outdoor spaces, home and garden experts. Visit <https://philly-homeandgarden.com>

**BETHEHEM'S NAACP and MRS. ESTHER M. LEE:** Black History Month exhibition to celebrate the legacy of Mrs. Lee, the current president of Bethlehem's NAACP. Through Feb. 28. Talk and presentation by archivist M. Rayah Levy. 6:30 to 8:30 p.m. Feb. 25. Kemerer Museum of Decorative Arts, 427 N. New St. Donations benefit Historic Bethlehem Museums & Sites and the Esther M. Lee African American Heritage Center. Visit <https://historicbethlehem.org/design-after-dark>

See **TOWN** on Page A4

**KidsPeace kicks off 140th anniversary**

KidsPeace celebrates its 140th anniversary in 2022, and the organization kicked off a year-long commemoration during a Facebook Live presentation Jan. 31.

The kickoff presentation came on the 30th anniversary of the organization's adoption of the name "KidsPeace."

President and CEO Michael Slack noted his predecessor at the time said the name would be a reminder of the organization's basic purpose: "To give kids peace."

During the video presentation, Slack detailed ways the organization planned to celebrate the milestone during 2022, including:

An expanded "History" section on the [www.kidspeace.org](http://www.kidspeace.org) website,

taking visitors through six distinct "eras" of the organization's evolution from an orphanage for children of smallpox victims to a leading provider of mental and behavioral healthcare with operations in eight states.

The restoration and re-installation of a 90-year-old memorial plaque honoring community supporters of the organization in its formative years, preserved following the 1975 demolition of the original "Wiley House" on Broadway in Fountain Hill, (Wiley House was the previous name of the organization before KidsPeace.)

Additional presentations throughout the year on specific parts of the KidsPeace Continuum of Care - from inpatient

crisis intervention to residential-based treatment to outpatient clinic and community services to therapeutic foster care - highlighting the work of KidsPeace associates and the programs' impact on individuals and their communities, as well as career opportunities with the organization's programs.

And a continuing focus on addressing the challenges ahead in the mental and behavioral healthcare field, stemming from the impact of COVID-19 on society.

The presentation also included congratulatory messages from business and political leaders in communities in which KidsPeace facilities are located.

The video presentation

from Facebook Live can be viewed on the main page of the new "History" section of KidsPeace's web site, [www.kidspeace.org/history](http://www.kidspeace.org/history).

For 140 years, KidsPeace has been building on its expertise to give hope, help and healing to children, adults and those who love them.

Since its doors opened, nearly 300,000 children have participated in one of the multitude of programs KidsPeace offers.

For additional resources or more information on how to get involved, become a foster parent or make a donation, visit [www.kidspeace.org](http://www.kidspeace.org).

Follow them at [www.facebook.com/kidspeace.org](http://www.facebook.com/kidspeace.org) or on Twitter @KidsPeace.

**Han-Le-Co lodges formal complaint**

**HANOVER (LECO) TWP.**

BY CASSANDRA DAYOUB  
Special to The Press

At the Hanover Township, Lehigh County, Council meeting Feb. 2, Candy Dannenhower, fire police officer and executive board member, spoke on behalf of Han-Le-Co Fire Company, detailing several complaints against Township Manager Melissa Wehr.

Han-Le-Co Fire Com-

pany approached council seeking the release of its match funds check - a payment the township would match up to \$15,000 from the fire company's fundraised earnings. Wehr explained the fire company has not submitted the proper paperwork that is now required under a

new township auditor.

The fire company said the new demands have caused morale in the work environment to plummet, and many members have considered quitting due to the stress placed by Wehr's expectations.

Council members appeared overwhelmed by

the heated discussion between Wehr and the fire company. In an effort to settle the matter, they asked fire company representatives to come back with an itemized list of issues, as the discussion during the meeting bounced from problem to problem.

Han-Le-Co will present this list to council

See **HANOVER** on Page A4

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Desales University

Tax help available

Junior and senior accounting students from DeSales University will provide tax preparation assistance free of charge through the U.S. Internal Revenue Service's Volunteer Income Tax Assistance program. The program runs through April 1. The program is for senior citizens, those with incomes below \$54,000, people with disabilities, students, military and those who speak English as a second language.

To schedule an appointment, qualified individuals may call 610-282-1100, ext. 1868. A DeSales student will return the phone call.

All in-person appointments will be conducted with all COVID-related precautions. Visitors to the DeSales campus are required to be masked.

Penn State/Extension

Webinar planned for Feb. 22

Join Penn State Extension 9-11 a.m. Feb. 22 for its Turf and Ornamentals: Right-of-Way webinar to learn about the characteristics of common invasive plants found in Pennsylvania's forests, fields and right-of-way areas.

Included in this presentation, will be information on the impact of invasive plants in the environment, how to identify 10 different invasive plant species, as well as basic management strategies.

This webinar is designed for private pesticide applicators and category 10 license holders.

Registrants will also receive access to the webinar recording.

Registration deadline is 11:59 p.m. Feb. 21 by visiting <https://extension.psu.edu/turf-and-ornamentals-right-of-way>.

Northampton Community College

Industrial maintenance course begins Feb. 28

NCC will hold a foundational skills Industrial Maintenance Training Program 10-week accelerated course from 9 a.m. to 3 p.m. Mondays through Thursdays from Feb. 28 to May 5. The grant-funded course is free to eligible participants. To register for a free information session and learn the qualifications, visit [www.northampton.edu/industrial-maintenance.htm](http://www.northampton.edu/industrial-maintenance.htm) or call 610-332-6317.

Quickbooks course begins Feb. 16

Introductory QuickBooks course (PCBUS100) - setting up company files, working with transactions and banking; Intermediate QuickBooks (PCBU200) - customizing forms, creating reports and graphs, inventory, tracking taxes, payroll, and more; will be covered in two different QuickBooks desktop version classes.

The introductory class is from 8 a.m. to 4 p.m. Feb. 16. The intermediate classes are from 8 a.m. - 4 p.m. March 2. Classes are at the Fowler Family Southside Center, 511 E. Third St. For fees, information and to register, visit [www.northampton.edu/noncredit](http://www.northampton.edu/noncredit) and click on "Center for Business and Industry". Scroll down to the IT/Computer Training catalog.

Cedar Crest College

Senior exhibit open to March 4

"9+9 Senior Art Exhibition Practicum" opened Feb. 4 in the Center for Visual Research, Lachaise Gallery, Miller Family Building at Cedar Crest College. Works of six artists from the Lehigh Valley and the Cedar Crest College Art Department Collection will be on exhibit through March 4.

The presentation is designed and installed by nine senior art majors with input from Brian Wiggins, director of the Center for Visual Research. The experience will inform students of different career paths in the art exhibition field, including commercial galleries and institutions, as well as independent curation.

BETHLEHEM HARB

Officers, signage, roofing approved

BY ED COURRIER

Special to the Bethlehem Press

Marsha Fritz and Connie Postupack were unanimously elected to chair and vice chair respectively at the Historical and Architectural Review Board's first regular meeting of 2022 on Feb. 2. This was the first meeting for 2022 as there had been no agenda items for review in January.

The in-person hearing held in the Rotunda was also live streamed.

Gail Howard was granted a certificate of appropriateness for signage for her business at the property she owns at 77 W. Broad St., Unit 19. The two 28-inch by 18-inch double-sided hanging signs feature "Designer Consigner Boutique" in off-white serif type with a pin-

stripe border on a black background.

They are to hang on existing decorative iron brackets attached to the brick walls of the contemporary multiple-unit building. One is to be installed at the Broad Street alleyway entrance near Ripper's Pub and the other in a side alleyway.

Representing 239 and 241 Church St., contractor Travis Bauder received approval for roofing replacement proposals for each of the connected twin homes. While the existing slate shingles on the front facade remain, worn asphalt shingles on the front porch area and rear of the gabled roof are to be replaced with GAF Slateline "Antique slate" shingles.

When asked about See **HARB** on Page A6



PRESS PHOTOS BY ED COURRIER

One hanging sign for "Designer Consigner Boutique" at 77 W. Broad St., Unit 19 was approved for this existing decorative iron bracket at the corner of the alleyway entrance near Ripper's Pub and the other for a side alleyway entrance.



New roofing was approved for twin homes at 239 and 241 Church St. Work includes the front porch area and the asphalt shingled rear.



Marsha Fritz and Connie Postupack were elected chair and vice chair respectively at the Feb. 2 HARB meeting.

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Animals are available for adoption at the Center for Animal Health & Welfare no-kill shelter, 1165 Island Park Road, Easton. The shelter is working to end pet overpopulation by running a clinic so animals can be spayed or neutered before they go home. For more information, call 610-252-7722 or visit [www.healthyanimalcenter.org](http://www.healthyanimalcenter.org).



Looking for someone who loves to dance? This adorable 5-year-old beagle-mix is looking to show off his moves in his new furr-ever home. Friendly with cats, dogs and people of all ages, **Gunter** would make a great addition to anyone looking to expand their family.



At only 10 months old, **Manta** has only known the shelter as home. This super sweet young man is on the hunt for his furr-ever home with playmates to keep him active. Being adorable as can be, Manta is hoping to find someone who understands his chronic condition.

## Pa. career and technical centers get upgrades

Governor Tom Wolf announced the Pennsylvania Department of Education has awarded nearly \$1.5 million in competitive grants to 39 Career and Technical Centers and three school districts in 28 counties to purchase new equipment aligned to training students for jobs in high-demand through the Career and Technical Education Equipment Grant program.

The maximum grant is \$50,000, and each grant must be matched dollar for dollar from a local

source, which could include local school funds or contributions from business and industry partners.

This funding furthers the Wolf Administration's commitment to providing numerous pathways to success for all of Pennsylvania's learners.

To support this effort, the administration has invested in CTCs and other jobs programs, expanded apprenticeships that provide an income during training and realigned workforce development programs.

Over the course of the Wolf Administration, PDE has provided \$9.3 million in funding to 249 applicants under the Career and Technical Education Equipment Grant program.

Since 2015, the number of career and technical education students earning industry-recognized credentials has increased by 38.7 percent and the number of credentials earned by students enrolled in CTE programs has grown by 33.6 percent.

There are more than 80 CTCs in Pennsylvania

that offer a combination of classes and hands-on learning in programs approved by the Department of Education.

Thousands of students earn industry credentials or certifications for local jobs in high demand, so they graduate on a path for success.

For more information about Pennsylvania's education policies and programs, visit the Department of Education's website.

Follow PDE on Facebook, Twitter, YouTube, Flickr, or Pinterest.

## HARB

Continued from page A5

product availability, as the commissioners were aware of supply chain issues with it, Bauder replied that his employer still had it stocked in their warehouse.

Jay and Joann Gosztanyi own 239. Their neighbor, Paul Ruest owns 241.

All voting was unanimous.

The Historical and Architectural Review Board regularly meets the first Wednesday of every month to review all exterior changes proposed to buildings in the Bethlehem Historic District north of the Lehigh River. When a proposed project receives a certificate of appropriateness from the board, applicants must wait for city council to vote on it before proceeding.



**Contractor Travis Bauder** presents roof replacement proposals for 239 and 241 Church St.



**Gail Howard** fields questions about her signage application for 77 W. Broad St.

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## Hornet boys outlast Liberty

BY KATIE MCDONALD  
kmcdonald@tnonline.com

Liberty's boys swim team won eight of 11 events in an East Penn Conference swim-off against Emmaus last Thursday at Liberty, a meet in which both teams were undefeated at that point until the Hornets scored more team points on Thursday, 162-124.

"I was really proud of the guys. We had a huge amount of best times. My guys swam great. The idea was just to swim fast," said Liberty coach Reik Foust. "There wasn't any question that [Emmaus] was gonna be fast and they had more (swimmers) than us, and that we were gonna be fast and we didn't have as many as they had."

The Liberty foursome of Danny Lehr, Malcolm Collins, Patrick Gilhool, and Addison Collins opened the meet with a strong performance in the 200 medley relay capturing first place and a pool record with a time of 1:34.50.

Addison Collins got right back up on the block with no rest between events to win the 200 freestyle with a time of 1:48.75, out touching Emmaus's Jack Reppert whose time was 1:48.95.

"They already had their guys lined up for the 200 freestyle, which was the next event, and none of their guys in the 200 free swam the medley so I was still recovering," Collins said. "I was really tired, so I started off behind a little bit, but I was too close to losing, and I knew that, so I had to stay with them. I actually swam club with these guys over the summer, and I knew I could beat [Reppert] so I stuck with him the entire time, but it was hard and I just ended up toughening it out in the last 25."

The Liberty Hurricanes were under the impression that there would be at least some breaks between events as there are in all other swim meets within the East Penn Conference. But a decision was made to run one event right after the other, and it was the "Canes who bore the brunt of that effect with a smaller team than the Hornets.

"We knew Emmaus was gonna be a fast meet, and we wanted to set the tone early, and we set the tone with the medley relay by a lot," said Gilhool. "We beat them badly, and then I didn't have a lot of rest between the medley and the 200 IM, so my goal was just to win it."

Gilhool won the 200 IM and then some, setting a new pool record with a time of 1:58.52.

"On my breaststroke, I saw my split was :34, and I was like, oh I should be around the record, so I tried to finish it as hard as I could, and I got the record, so that was nice. I just didn't think I was gonna be able to break it on the little rest I had between events," he said.

The next event, the 50 free, was won by Emmaus's Alex Magditch with a time of 21.94, and Lehr placed second in 22.52.

Then, Gilhool was up. See **SWIM** on Page A8



CONTRIBUTED PHOTO

The Bethlehem Catholic wrestling team captured the state team title this past weekend in Hershey.

## Becahi wins 8th state title!

BY PETER CAR  
pcar@tnonline.com

It's not often that a wrestling program with as much success as Bethlehem Catholic needs introspection and change.

Following last year's first round exit from the PIAA tournament in a stunning loss to Central Dauphin, head coach Jeff Karam knew the program needed some tweaks.

A renewed emphasis on the details, conditioning and weight training certainly helped change the culture that Karam

was looking for, but no motivation can compare with dealing with a loss.

The Hawks exercised the demons from a humbling 2021 state tournament campaign to earn their eighth state title in program history over the weekend following a 34-22 victory over Nazareth in the PIAA 3A championship.

It marked the third victory over the Blue Eagles this season, as the Hawks were able to widen the gap in each of the matches in the post-season.

"Nothing is guaranteed in any season, so I'm happy for the kids because I know how much work they put in the offseason to accomplish this," Karam said. "We knew we had a shot to do this coming into the season, but with a young team like we have, we needed these guys to mature quick and they did that."

The Hawks (17-0) jumped out to a 6-0 lead when the action opened at 138 and saw Tyler Kasak continue his torrid stretch on the season

with a fall in 1:59.

Becahi would win four of the first five bouts to build a 16-3 lead before Nazareth's upper weights (189, 215, HWT) went on their usual run with a major decision and a pair of pins to temporarily take a 19-16 lead.

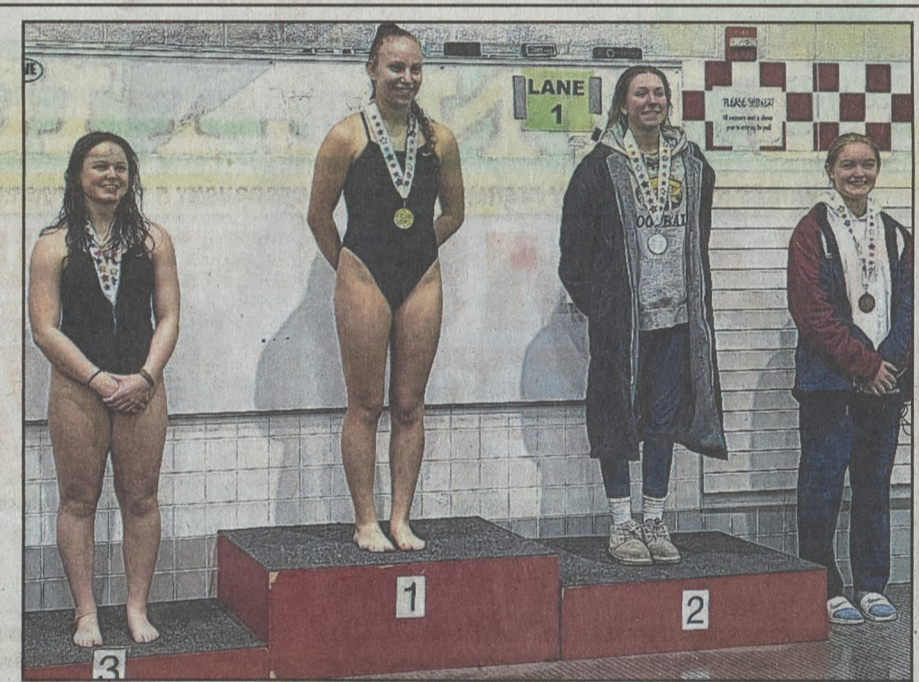
From there, it was all Becahi, as Shane McFillin (106) pinned Dominic Rizzotto in 50 seconds to retake a 22-19 advantage they would never relinquish.

Nate Desmond then picked up a crucial 3-1

win over Tahir Parkins in an ultimate tiebreaker at 113 to all but hand Becahi the state title.

"Every year you have a good team and you think you have a chance to win a state title," said Karam. "We lost to Nazareth in the 2017 state final and that's one that a lot of us remember and we didn't want something like that happening again. To beat them three times this season and widen the gap each time, it shows we're moving in the right direction."

See **BC** on Page 8



CONTRIBUTED PHOTO

### EPC Diving

Bethlehem Catholic junior Anna Petke captured the silver medal at the East Penn Conference Diving Championships on Saturday at Parkland High School. Liberty junior Keller Pooley won the fourth place medal with a final score of 330.30. Petke's score was 341.05. Easton divers, Rachel Marcus, whose score was 388.90, and Madison Cunard, whose score was 335.60, placed first and third, respectively.

## BC girls get by Central

BY KATIE MCDONALD  
kmcdonald@tnonline.com

Keyara Walters' clutch three pointer with 1:13 left in the East Penn Conference girls basketball quarterfinal was all but indicative of the outcome between Bethlehem Catholic and Allentown Central Catholic last Friday night when the Golden Hawks did, in fact, top the Vikettes, 34-28, at Central's Rockne Hall.

"I was open and they kicked it out," said a beaming Walters, who had 10 points. "I do that shot a lot in practice so it was easy to knock it down in the game. I felt relief and that we were up by enough that we could hold it down for the rest of the game."

Although the Hawks led 24-17 at the end of

the third quarter, the Vikettes went on a run to tie the game at 24 apiece, and Becahi coach Jose Medina called a timeout.

"I'll tell you what, on Wednesday, we took the girls out to the movie theater and went to see the movie, 'American Underdog: The Kurt Warner Story.' What a great time that was for us to bond together as a team. One of the quotes in there said, 'Underdogs control their destiny.' And we talked about that with our girls tonight. They loved the movie, but more importantly, they came out here and did a great job."

With the score still tied at 2:14, Becahi's Cydney Stanton rebounded a missed shot

See **GIRLS** on Page A8

## Liberty's Reik Foust hits 600-win mark

BY KATIE MCDONALD  
kmcdonald@tnonline.com

For two weeks the Liberty Hurricanes were under strict orders to "Don't tell Reik" because they knew something the Liberty swim coach didn't: that on Feb. 8, Coach Reik Foust would be celebrated for achieving 600 career wins after the Hurricanes' home meet against Easton on Jan. 20.

It was fitting that the celebration, which included Coach Foust's family, past and present swimmers, their parents, coaches, and fans took place during the Liberty versus Freedom swim meet since Foust began his coaching career at Freedom.

As Foust unknowingly commented, "There's an awful lot of people here," the Hurricane swim team lined up on the pool deck mid-meet, and Liberty athletic director Fred Harris took the microphone to reveal the surprise.

"Swimming can be the most, if not the most, it is the most



PRESS PHOTO BY KATIE MCDONALD

Reik Foust, the Liberty swim coach, recently celebrated his 600th win.

grueling and sometimes personal sport that exists," Harris began. "These kids, a lot of times, compete against themselves because they're always trying to be better than they were before. To make it interesting and fun, you need special people alongside of you,

and that's Reik Foust.

"He's been at Liberty High School, in our summer program throughout our community in Bethlehem, at Northwest Swim Club, at the Bethlehem YMCA, he's been at Saucon, he's been all over this city in the name of swimming.

And it gives me great pleasure to commemorate his 600th win, which I will tell you, doesn't mean a ton to him. What means a ton to him are every one of you: the kids that he's coached and the friendships that he's formed, and the connections he's made over 30 years. He hates this, I know that. But we love him."

Harris then presented Coach Foust with a handmade plaque by Liberty assistant swim coach Evan Kocon.

"On behalf of the athletic department at Liberty High School, at Freedom High School, our school district, congratulations, Coach Foust, on your 600th career win," said Harris as the natatorium broke out in huge applause.

Foust, who coached for 12 years at Freedom and 18 years at Liberty, and who admittedly likes swim practices more than swim meets, was visibly surprised, touched and thanked everyone who was in atten-

See **600** on Page A8





## MAMA'S MUSINGS Conquering carrots

James, my youngest, eats some vegetables. His favorite is cauliflower, followed by a bunch of green vegetables - green beans, broccoli and, reluctantly, spinach. I have made attempts to include other vegetables in his dinners ... with little success. I did sneak some grated carrots into tomato sauce one night. Mostly the carrots from our farm share wound up as horse treats. At least the horses appreciate them.

One afternoon, James told me the fruit and vegetable people were coming to school. I asked him to describe what they did. Then I explained that the visitors are called nutritionists.

He came home from school with a chart. It had dates down the left side, and a lot of empty spaces. At the top, a vegetable name was written. For several weeks, he was to try a vegetable he didn't normally prefer. His choice? Carrots!

The weekend was busy. The following Monday, I roasted vegetables, including carrots for dinner. James ate potatoes and requested more cauliflower, but protested the carrots. He said that according to the chart from school, he only needed to try carrots on Saturdays. After I finished rolling my eyes, I encouraged him to try the carrots anyway.

He declined. The next week, I made soup for myself, with carrots and other vegetables. I offered some to James. I even offered to drain the veggies out of the broth. Nope.

Another night, I shaved some carrots and added them to other veggies. James was pointedly disinterested in trying them.

Finally, one night I made a stir fry. It was a hectic evening, and James had just finished a very long tantrum over a new video game that was not working. No one was in a good mood. I tossed the frozen stir fry veggie mix in a frying pan, combined it with pre-cooked chicken, and added a little honey, pepper, ginger and garlic. I made rice and stirred it into the chicken and veggies. I was fully expecting James to request chicken nuggets instead.

But when I set the bowl in front of him, he complained about the rice, but started eating. A few minutes later, he told me he liked the cooked carrots better than the little raw baby carrots the school serves. I thought "Wow," and tried not to make too big a deal of it. Then he asked for more broccoli. But after three weeks of trying, he willingly ate carrots.

Sometimes the little successes are the greatest.



By Lani Goins

## 'DANCING WITH BACH' Greg Funfgeld Family concert set for Feb. 27

The Greg Funfgeld Family Concert builds on artistic collaboration each season, and showcases the unique gifts and talents of each organization to create something larger and more glorious than either could do on their own.

This season, The Bach Choir of Bethlehem and The Bach Festival Orchestra, under the direction of artistic director and conductor Greg Funfgeld, and students from The Lehigh Valley Charter Arts High School for the Arts, under the direction of Kim Maniscalco, Charter Arts Artistic Director of Dance, will present a lively and energetic program, featuring the music of Johann Sebastian Bach and 20th Century French composer Claude Bolling.

The concert will be held at 3 p.m. Feb. 27 in Baker Hall, Zoellner Arts Center at Lehigh University, Bethlehem.

The dancers, in their colorful and stunning costumes, will capture the spirit of the pieces with every step, as The Choir and the Orchestra perform an energetic and visually engaging program that blends classical and contemporary music.

The program includes:

- J.S. Bach:
  - Choral movements from Cantatas 78 and 120.
  - Badinerie from Bach's Second Orchestral Suite; In the spirit of the performance, the audience - children of all ages - will be invited to walk or run in place, in time to the music, led by student volunteers and Choir members!
  - Gigue from his Third Orchestral Suite.
  - "Crucifixus" and "Et resurrexit" from the Mass in B Minor.
  - The audience will be invited to sing the famous round "Dona nobis pacem" with The Choir and, after a little rehearsal, everyone will join in singing it together as a three part round or "canon."
  - Third movement from Second Brandenburg Concerto.
- Claude Bolling:
  - Fugace from Jazz Suite for flute, piano and drums.

With his retirement planned for June 2022, this year's Family Concert will be the final one under the direction of Greg Funfgeld.

About this year's collaboration, he remarked, "I am looking forward to this year's Family Concert with keen anticipation and tremendous enthusiasm! Working with the brilliant young dancers from the Charter Arts School is always inspiring, exciting, revelatory! In the most amazing way, they allow us to see the music and our hearts and minds are inspired in new ways, our spirits soar!"

Charter Arts Artistic Director of Dance, Kim Maniscalco, is also exhilarated about the upcoming concert: "Our collaboration with the Bach Choir is an artistic gift. Nothing can beat the feeling of being a dancer or choreographer and having the power and beauty of the Bach Choir and Festival Orchestra behind you, inspiring you to new levels of vision and passion. Our dancers will remember these moments for their lifetimes. It is not lost on us that in performing to the music of Bach's Mass in B Minor we are a part of Bethlehem's and the Bach Choir's history. We are honored."

The Greg Funfgeld Family Concert offers young people in the audience a wonderful introduction to performance and classical music in a welcoming and convivial atmosphere that makes the audience feel at home.

The choir and the dance students encourage everyone to add this to their calendar for a memorable afternoon of music and dance this winter.

For more information, go to [bach.org](http://bach.org).

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4. A specific caption for each photo identifying those in the photo and what they are doing if it isn't obvious (3 and 4 may be combined if you send one image).
5. You may not want to use last names of children.

Send copy and images as email attachments to: [gtaylor@tonline.com](mailto:gtaylor@tonline.com).

# Meet St. Luke's and Dr. Jeff

Lehigh wrestling legend names racehorses for SLUHN and Jeffrey Jahre

As the winningest and most celebrated wrestler in the history of Lehigh University, Mike Caruso knows the thrill of garnering public accolades and attention from the news media. These days the Saucon Valley resident names racehorses in honor of people, places and things that he cherishes - to give them the spotlight he feels they have earned.

Recently, the 75-year-old retired insurance firm owner and long-time hospital benefactor named two thoroughbreds to pay homage to two giants on the regional healthcare landscape: St. Luke's University Health Network and Jeffrey Jahre, MD, who is St. Luke's senior vice president of medical and academic affairs.

The two young steeds, whom Caruso and his associates bought in Kentucky, are in training to start competing in the coming weeks. They may run at some of the premier courses in New York, including Belmont Park and Saratoga Springs.

Caruso named one of the 2-year-olds St. Luke's after the Bethlehem hospital where he has received care since his college days. In fact, this name was Caruso's second choice. He had really wanted to honor longtime St. Luke's President & CEO Richard A. Anderson by calling the horse President Rick.

"He's been a good friend for many years," Caruso says of Ander-



PRESS PHOTOS COURTESY MICHAEL CARUSO

son. "He's a great leader who deserves recognition for his 30-plus years at the helm of the network." Anderson, however, demurred, asking Caruso to instead name the horse for the hospital that he helped grow into the largest health



care system in Eastern Pennsylvania. The horse is mostly mahogany-colored with a white patch between his eyes and a coal-black mane. Caruso named Doctor Jeff for his good friend, Jeffrey Jahre, MD, whom he calls his

"healthcare guru." "He's brilliant and kind, and I think the world of him," Caruso says of Dr. Jahre. Doctor Jeff (the horse) is chestnut brown in color with a white mane. Each horse comes from a line of winners, which further impressed their buyers.

In his four decades of partnering with horse buyers, trainers and jockeys, Caruso has named a horse Grace Hall, after the legendary Lehigh University venue where he competed in the mid-1960s; he honored a former employee by adding her moniker to a steed several years ago; and he gave horses names after classic wrestling moves, like Fireman's Carry and Barrel Roll, which he relied on often during his championship wrestling days at Lehigh.

Caruso says he likes the horse racing business, "because it's very social and competitive like wrestling." He and his late wife took it up in the 1980s as a diversion from the day-to-day rigors of owning and running their insurance company. It's a financial risk that has paid off nicely at times, and not so well at others. So far, he and his group have bought about 100 horses over the years, many of whom they've also sold. Their most victorious thoroughbreds have been Monomoy Girl and Aunt Pearl, both winners of the Breeder's Cup.

St. Luke's and Doctor Jeff, the latest purchases with his buying partners, excite Caruso because of early reports he has been receiving from their trainer. "They are advancing well for 2-year-olds," Caruso notes. Caruso hesitates to predict great results at this point for either St. Luke's or Doctor Jeff. But he thrives on the thrill of the competition and the occasional novelty of naming a horse adds to the fun.

"All racehorses are a gamble," he says. "One-third of them never make it to the track and half never win a race." "But, who knows, St. Luke's and Doctor Jeff could be champions. After all, they were named after champions."

Contributed article

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## BRIEFLY

### PCFLV

Golf outing set for May 9

The Pediatric Cancer Foundation of Lehigh Valley will host its fifth annual Luau on the Links Golf Outing on May 9 at Brookside Country Club, 901 Willow Lane, Macungie.

Registration and breakfast are 6:30 a.m.

Event start time is 8 a.m. Lunch will be served at noon.

All proceeds from this event go into the PCFLV Scholarship Fund, which provides one-time \$3,000 college or trade school scholarships to PCFLV cancer warriors.

Last year, eight scholarships were distributed, with a potential for 18 more this year.

Gather golfing buddies for a morning of golfing, fun and food.

Wear an absolute ugliest Hawaiian shirt and possibly win an awesome prize.

To reserve a spot or sponsorship, go to [bird-ease.com/pcfvlvgolf22](http://bird-ease.com/pcfvlvgolf22).

For more information, contact Tracy Stauffer at [tracy@pcfvlv.org](mailto:tracy@pcfvlv.org) or 484-221-9294.

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# FROM INTERN TO MANAGER



Internships are highly valued for the on-the-job training they provide college students. Better still, they sometimes lead to actual job offers.

Such was the case for 2020 Penn State Lehigh Valley Corporate Communication graduate Carissa Ackley, who received a job offer from Emmaus-based Altitude Marketing shortly after completing an internship at the full-service B2B integrated marketing company.

The 23-year-old Easton resident initially started at Altitude as a PR and content marketing specialist. After some time in that position, however, she realized she wanted to learn more about agency-client relationships, starting a journey that eventually resulted in her being promoted to her current role as client engagement manager for the company's account management team.

"My core duties include serving as the main liaison between the client and the agency, managing the client's portfolio of work, and ensuring that client needs are being met internally," Ackley said. "Day to day, I spend my time crafting emails to key stakeholders, conducting meetings with the Altitude team and our clients, and using our project management software to coordinate deliverables."

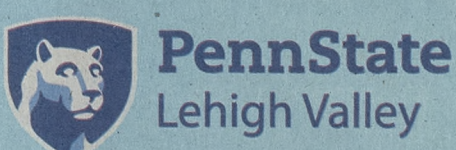
"There's nothing better than the feeling of working with an energized and motivated team when reporting back on our work to a client," she continued. "Whenever I have the opportunity to showcase and prove the results of our efforts to our clients, I consider it a success."

Ackley was drawn to the "inherent flexibility" of PSU-LV's Corporate Communication program, where she found courses that were consistently "memorable, relevant, and thought-provoking."

The cross-disciplinary approach of Penn State Lehigh Valley's Corporate Communication program ensures students gain the skills necessary to successfully manage the significant information flow required in organizations today.

Students receive instruction in internal and external communication strategies, marketing, social media, business ethics, branding, and stakeholder relationship management. Plus, with numerous Fortune 500 companies and non-profit organizations in the Lehigh Valley, and close proximity to New York and Philadelphia, students have extensive internship and networking opportunities.

[lehighvalley.psu.edu](http://lehighvalley.psu.edu)



"Communication is an ever-evolving – and always needed – field with a significant relevance across every industry, and I enjoyed the program's inclusion of marketing, public relations, graphic design, and crisis communication classes," she said. "Because of its range, students receive a rounded education that successfully exposes them to multiple facets of the communication discipline. The faculty were very passionate about their field, and classroom discussions were insightful. My proficiency in public speaking also received a boost due to the amount of experience I gained delivering presentations – a skill that has proven instrumental in my post-college career."

Away from the classroom, Ackley landed a highly valuable work-study position in the campus' Strategic Communications office. And, from the beginning, she had her sights set on getting an internship with a marketing agency.

When a fellow student recommended Ackley look into Altitude Marketing, she headed to the company's website. She was immediately impressed by the agency's broad portfolio of integrated marketing experience, its business-to-business focus, and, perhaps most importantly, its work culture.

"Marketing is a field where innovation, creativity, and determination produce the greatest results, and everything I saw on Altitude's website underscored how highly it prized those values and took pride in offering best-in-class marketing solutions and services to its clients," Ackley said.

***"Attending PSU-LV allowed me to explore a field that I love and secure a job opportunity with a company that values its employees and cares about its clients' success."***

Given how well the internship turned out, Ackley was "thrilled" to accept the job offer once it came her way. Now firmly established, she continues to make very good use of her PSU-LV education.

"My degree provided me with a number of hard and soft skills that are directly related to my career," she said. "I learned how to present my work with confidence, how to research, analyze, and interpret data, and, most importantly, how to think critically about the 'why' behind strategic recommendations in marketing and communication. Attending PSU-LV allowed me to explore a field that I love and secure a job opportunity with a company that values its employees and cares about its clients' success."



**Bethlehem Area School District**

**COVID-19 COVID-19 Notification Process**

The notification of students being identified as positive or a close contact may occur through the parent or district health services. The following processes will assist the district's efficiency and accuracy in providing direction to parents.

**Parent Notification Process of Positive or Close Contact:** Parents should notify the district of their child being identified as positive or an outside close contact at home/community through an automated communication process via the BASD Parent COVID Reporting Form. Please call or email the school (office, nurse or teacher). Thank you for contacting the school informing us that your child(ren) have tested positive or are considered a close contact. Our priority is for the safety and welfare of our students and staff. In order to provide you with the most efficient and current information, complete the "BASD Parent COVID Reporting Form" by visiting [https://docs.google.com/forms/d/e/1FAIpQLSfjB5TB-1MyXaNMrfc6QalHK16GTLbISvBb-BD-\\_iqmj1qHxPw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfjB5TB-1MyXaNMrfc6QalHK16GTLbISvBb-BD-_iqmj1qHxPw/viewform). If a parent does not have internet access readily available, call Ms. Lorisamar Rivera at 610-297-2035 to assist with completion of the form between 8 a.m. and 4:30 p.m.

Data from "BASD Parent Covid Reporting Form" will populate the information into a spreadsheet and provide a calculated return to school date with directions to the parent via an automated email.

A phone call may be made by the COVID Response Team at their discretion upon review of information.

**State of the Schools report March 15**

Student Opportunity and Diversity in BASD with Dr. Joseph Roy, BASD superintendent. 7:30 to 9 a.m., Zoellner Arts Center, Lehigh University. RSVP: [brittney@lehighvalleychamber.org](mailto:brittney@lehighvalleychamber.org).

**Perfect ACT score**

Liberty HS junior Christopher Giannaris earned a perfect score on the ACT test. He participates in band, orchestra, tennis, chess team, math team and Scholastic Scrimmage.

**#BASDProud recipient**

Joanne Kilpatrick, Freedom HS secretary, has been recognized by the staff and students for going above and beyond in what she does, and for her compassion and grace. She is appreciated for all she does for BASD.

**MS band concert on YouTube**

The 2022 Middle School All City Band Concert, with Broughal, East Hills, Northeast and Nitschmann school students, is available for viewing on YouTube or by visiting <https://express.adobe.com/page/TDXtG5qfhrRUV/>

**Food program benefit**

ROUND UP at the Giant stores registers through Feb. 28 to benefit BASD food programs.

**Pop-up prom shop March 5**

POP-UP PROM SHOP for HS Juniors and seniors will be held from 9 a.m. to 1:30 p.m. March 5 at ArtsQuest, 1 Founders Way. Bring school ID and one adult guest for entry. LGBT-friendly. For details, visit [wycbethlehem.org](http://wycbethlehem.org).

**Freedom BB booster bingo Feb. 27**

FHS BASEBALL BOOSTER CLUB cash bingo. Doors open: noon; bingo at 1 p.m. Feb. 27. Snow date: March 27. School cafeteria, 3149 Chester Ave. Tickets: call 610-462-9528 or email [pates-baseball@gmail.com](mailto:pates-baseball@gmail.com).

**Clearview ES blood drive Feb. 26**

BLOOD DRIVE through Feb. 26. Call 800-223-6667, ext. 2 (mention group ID 6891) or [GIVEaPINT.org](http://GIVEaPINT.org) (under Adopt-A-Day). Miller-Keystone Blood Centers, 1465 Valley Center Parkway, Bethlehem; or 2925 William Penn Highway, Suite 105, Easton.

**Communities in Schools**

**Local chapter gets \$3.3M grant**

President and CEO of Communities In Schools of Eastern Pennsylvania (CISEasternPA) Tim Mulligan announced that the local affiliate is one of 40 in the Communities In Schools network to receive funding from the lauded philanthropist, Mackenzie Scott. The latest round of resources from the author and former wife of Amazon CEO Jeff Bezos comes at a time when many area nonprofits face budget concerns in the midst of a global pandemic.

Locally, CISEasternPA received \$3.3 million. While plans are far from finalized, the goal of the organization is to grow operational excellence to better build sustainable systems inside schools, conduct effective advocacy, and empower more students to move beyond the barriers they face in school and out.

For more information about CISEasternPA, visit: <https://www.ciseasternpa.org>

**Pennsylvania Bar Association**

**Mock trial competition opens**

This month, 250 teams from 203 high schools across Pennsylvania will be competing in a virtual setting in district and regional levels of the Pennsylvania Bar Association (PBA) Statewide High School Mock Trial Competition sponsored by the association's Young Lawyers Division.

Now in its 39th year, Pennsylvania's mock trial program is one of the largest in the nation.

The district and regional levels of the competition will continue throughout February and March. At the conclusion of the local competitions, 16 high school mock trial teams will advance to the PBA Statewide Mock Trial Championships, March 25 and 26.

The winning team of the state championship will represent Pennsylvania in the national mock trial finals to be held virtually May 12-14.

This year's hypothetical case is a criminal trial to determine whether the defendant is guilty of murdering a man of great wealth who was a former critical player in the horse-racing industry with an extensive list of connections.

Teams participating from the Lehigh Valley include Allentown Central Catholic, Bethlehem Catholic, Easton Area, Emmaus, Nazareth Area, Notre Dame and Parkland.

For more information about the 2022 PBA Statewide Mock Trial Championships and to read this year's case, visit <https://www.pabar.org/site/For-the-Public/Mock-Trial-Competition>. Interested volunteers should contact the PBA's Maria Engles at 800-932-0311, extension 2223.

**Pa. State Police**

**Camp Cadet registration ends Feb. 28**

Pennsylvania State Police Troop M will again host the annual Pennsylvania State Police Camp Cadet program at Camp Fowler, 5851 Horseshoe Road, Orefield.

Camp will take place June 5 to 10. Registration is open through Feb. 28.

Camp Cadet is an overnight summer camp for boys and girls 12 to 15 years old. The goal of the camp is to introduce campers to the criminal justice system and establish a positive relationship between law enforcement and youth, while living in an atmosphere similar to an actual Pennsylvania State Police Academy.

Registration is available online at <https://www.troopmcampcadet.org/>. Space is limited.

The camp stresses teamwork, honesty and integrity, while developing discipline and self-esteem, which will promote good decision making.

Presentations at the camp will include various municipal, state and federal law enforcement agencies.

**Bank supports Charter Arts Foundation**



PRESS PHOTO COURTESY CHARTER ARTS HS

**Danielle Kulnis (right)**, vice president of private banking at Peoples Security Bank and Trust, visited the Lehigh Valley Charter HS for the Arts (Charter Arts) Nov. 22 to present a check to the Charter Arts Foundation for \$10,000 as part of the Educational Improvement Tax Credit Program (EITC). These vital funds will help the foundation continue its mission to support the welfare and educational interests of the school. Charter Arts' Superintendent and CEO Dr. Carise Comstock (center) and Director of Institutional Advancement Dina Kovats-Bernat (left) were thrilled to be a part of this special presentation.

**Proposal repurposes library, planetarium**

BY JENN RAGO  
Special to the Bethlehem Press

Chief Facilities and Operations Officer Mark Stein explaining the district's partnership with the Transpar Group Feb. 7, outlining its goals and accomplishments in the district's huge transportation needs during the pandemic.

Despite its successes, several board members expressed concerns that extracurricular activities and field trips are being limited because of the driver shortage. The board is entering into an agreement with Atlas Transportation services for supplemental vehicles that can be used for smaller runs and activities, and do not require CDL drivers.

Stein and Freedom HS principal Laurie Sage proposed to re-purpose the 55-year-old planetarium into a multi-purpose wellness center, consolidating multiple

locations throughout the building. Sage said the planetarium is in much need of renovation and is really outdated. A wellness center, in this location, would offer students privacy in individual meetings as well as space for group activities.

Another proposed re-purposed project is the library. This would become an immersive learning center. Immersive learning is an educational method in which students feel like/become part of the event that is happening. It uses virtual reality to simulate real-world experiences. Board director Dr. Karen Beck Pooley said, "Single-use space is now obsolete - space needs to be flexible and be capable of serving several needs."

Assistant Superintendent for Curriculum Dr.

Jack Silva later gave the mid-year academic update, focusing on how severely the pandemic affected current grades 1, 2, 3, reading ability. BASD's goal is that all students be proficient readers by third grade. Results showed that second and third graders averaged 10 points lower than pre-COVID years. Silva said this year's second graders have experienced the most scholastic disruption, as their schooling began with the pandemic. The survey also showed higher need schools had greater setbacks, being disproportionate to schools in more affluent neighborhoods.

Administrator for Secondary Teaching and Learning Maureen Leeson reviewed the results of a survey provided to all stakeholders regarding the grading system,

in which parents had expressed concern over this and carry-over homework practices. Concerns were expressed that grades were point driven and not necessarily based on what was learned. Superintendent Dr. Joseph Roy said the new system will report "where the student is now, not three months ago."

Roy also updated the district's COVID numbers, which are dropping, and said the district is considering the switch to making masks optional instead of mandatory. At the next school board meeting Roy expects to bring the board an updated response plan making masking optional. Recommendations from the Bethlehem Health Bureau, and St. Luke's Hospital Network will be strongly considered when updating this plan.

**Board approves Supt. Vlasaty's hiring**

BY CHRIS HARING  
Special to the Bethlehem Press

The Feb. 9 Saucon Valley School Board meeting saw the board handle, among others, two pressing pieces of business: the election of a new permanent superintendent and the evolving Health and Safety Plan.

Acting Superintendent Jaime Vlasaty was hired by the district to assume the position permanently. Previously serving as Assistant to the Superintendent, Vlasaty had been in the acting role since Dr. Craig Butler's retirement in September 2021.

Board President Dr. Shamim Pakzad shared some details about the process during which Vlasaty was selected. Several rounds of interviews were conducted, he said, with the final round with Vlasaty and another applicant concluding the previous week.

"A good cross-section of members of our community" participated in the process, he added. The group, whose names Pakzad read aloud, included teachers, administrative and support staff and student repre-

**SAUCON VALLEY SD**



PRESS PHOTO BY CHRIS HARING

**Acting Superintendent** Jaime Vlasaty was hired by the district to assume the role on a permanent basis. Vlasaty had been in the role since Dr. Craig Butler's retirement in September 2021.

representatives. Ultimately, Vlasaty was elected unanimously for a four-year term, expiring in June 2026.

ent comment about how our school district is broken," she said, "and I would say that's probably true." She continued, "It's going to take parents and teachers and kids and community and all of us sitting here to (fix it). I'm both honored and humbled to be in a position to see that through."

The other major news coming out of the meeting is, after much consternation from several vocal district parents and residents, the district's move back to optional masking for students and staff under the current Health and Safety Plan.

The plan, which was approved in the autumn months but overridden by the Pa. Department of Health's mandate until it was ruled unconstitutional by the state Supreme Court in December, calls for masking only under established running case number benchmarks.

An action item regarding potential changes to the Plan appeared on the meeting's agenda, perhaps added preemptively due to recent changes to the Pa. Sun-

She took the opportunity to address the board and a handful of attendees. "We just heard a par-

See **HIRING** on Page A12

### YOUR LOCAL WEATHER

7 Day Forecast	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Partly Cloudy	Showers Likely	Partly Cloudy	Mostly Sunny	Sunny	Partly Cloudy	Cloudy	
46 / 39 2-11 mph SSE	58 / 42 6-14 mph S	44 / 19 7-14 mph WNW	42 / 22 2-13 mph WSW	41 / 23 3-9 mph W	44 / 24 5-12 mph ESE	46 / 27 5-7 mph ESE	

**FORECAST FOR LEHIGH VALLEY PENNSYLVANIA**

Today we will see partly cloudy skies, high temperature of 46°, humidity of 58%. South southeast wind 2 to 11 mph. The record high temperature for today is 72° set in 1954. Expect mostly cloudy skies tonight, overnight low of 39°. South wind 7 mph. The wind chill for tonight could reach 35°. The record low for tonight is -7° set in 1943. Thursday, skies will be cloudy with a 75% chance of showers, high temperature of 58°, humidity of 82%. South wind 6 to 14 mph. Thursday night, skies will be mostly cloudy with a 95% chance of showers, overnight low of 42°. South southwest wind 13 mph. Friday, skies will be partly cloudy, high temperature of 44°, humidity of 49%. West northwest wind 7 to 14 mph. Friday night, skies will be clear, overnight low of 19°.

**Weather Trivia**

How much water is equivalent to 10 inches of snow?

*Answer: Usually, one inch of water equals 10 inches of snow.*

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## STATE POLICE

### Miller Ale House shooting

State Police Troop M, Bethlehem, request the public's assistance in identifying a male and female involved in an alleged shooting incident.

According to state police, at 9:51 p.m. on Dec. 28, 2021, troopers from Troop M Bethlehem station responded to Miller's Ale House, 913 Airport Road, Hanover Township, for a report of a shooting.

Police say upon investigation, it was determined, as the below unidentified male was sitting in a booth with a female, a firearm was discharged, traveled through the seat cushion and into the wooden wall of the booth.

Following the firearm discharging, both the unidentified male and female exited the restaurant and fled the scene in an unknown direction.

The unidentified male is described as approximately 5 feet 9 inches tall, heavy set with facial hair.

There were no injuries reported.

Anyone with information regarding this incident is asked to contact the Trooper Justin Yoza at 610-861-2026 and refer-



PRESS PHOTO COURTESY PA STATE POLICE

State Police Troop M, Bethlehem, request the public's assistance in identifying this male and female involved in an alleged shooting incident at Miller's Ale House, 913 Airport Road, Hanover Township.

ence Incident Number PA21-1717785.

For more information on the Pennsylvania State Police, visit [www.psp.pa.gov](http://www.psp.pa.gov).

## HIRING

Continued from page A11 shine Law act requiring such motions to be publicly posted before the meeting's commencement.

Board member Edward Andres, who has been a vocal opponent

of masking under any circumstances, asked Vlasaty - under whose discretion the call for masking ultimately falls according to the plan - if she could assert her intention to "remain in the status quo" through at least Feb. 22, which is the next scheduled

board meeting. (All three buildings are currently operating under 'mask optional' conditions and had been for several days as of the meeting, Andres said.) When Vlasaty asserted that, "optimistically," Andres' assumptions were correct, his

concerns appeared to be at least temporarily satisfied, as he asked the board to strike the action item from the agenda with the intent of pushing it to the Feb. 22 meeting.

## Camp Via for teens registration now open

Registration is open for this summer's Camp Via, a program of Via of the Lehigh Valley.

Camp Via, formerly called Via Teen Summer Experience, helps teens with varying disabilities develop social skills and peer networks that lead to success in young adult life, career development and independence. Since 2008, hundreds of individuals have participated in this program to enhance independence at home and in the community.

Camp Via is for teens and young adults from

age 12 to 21 and runs from June 13 to Aug. 19.

The program provides opportunities to participate in a wide range of activities that include job shadowing and career counseling, volunteer activities in a variety of inclusive settings, and a series of recreational and team-building activities.

Camp Via staff can set up a virtual informational session for schools, groups or organizations to talk with staff and/or families about this program. Scholarships are available.

To learn more, please contact M.Ebert@ViaNet.org or 610-628-2326, ext. 504. For a brochure and to register, visit: [www.vianet.org](http://www.vianet.org)

Via welcomes businesses and organizations to sponsor a fun day or more so that teens have a truly rewarding experience.

To sponsor, please contact Michele Grasso, VP of Development & Communications at M.Grasso@ViaNet.org or 484-893-5396.

Via of the Lehigh Valley helps people reach their full potential. In

a typical year, Via provides services to 1,250 children and adults with intellectual and developmental disabilities living in Lehigh, Northampton, Carbon, Monroe, Bucks and Berks counties.

These services include vocational exploration, community employment, educational activities, volunteer and recreational opportunities for teens and adults and early intervention therapies and inclusive education for young children.

### Ulta robbery information needed



Suspect No. 1 in the Ulta Beauty theft.



Suspect No. 2.

Pennsylvania State Police are asking for help identifying the three individuals who walked into Ulta Beauty, 833 N. Krocks Road, in the Hamilton Crossing shopping center, Lower Macungie Township, 2:18 p.m. Jan. 16 and stole store merchandise by filling bags with various fragrances, valued at \$3,000.

After filling the black bags, the males fled the store in a 2021 or 2022 Toyota Highlander that displayed a temporary registration plate.

The vehicle fled in an unknown direction.

Anyone with information re-



Suspect No. 3 in the theft on Jan. 16.

garding this incident is asked to contact the Fogelsville Criminal Investigation Unit at 610-395-1438 and refer to incident number PA22-66567.

For information on the Pennsylvania State Police, visit [www.psp.pa.gov](http://www.psp.pa.gov).

## Gruber honored by Pa Showmen's Assoc.

After 22 years at the helm of the Pennsylvania State Showmen's Association, Beverly Gruber, who retired in 2020 was honored for her longtime dedication at the annual Showmen's Banquet Jan. 21 in Her-

shey. The PSSA is an organization working to keep the outdoor amusement industry alive and strong.

PSSA is an association of 550 members that represent food con-

cessionaires, carnival owners, ride and game operators, county fairs and entertainers.

Mary Ott, executive secretary of the association commented, "We were happy to be able to get together in person



PRESS PHOTO COURTESY ALLENTOWN FAIR

Beverly Gruber proudly displays her lifetime pass and plaque at the Pennsylvania Showmen's Banquet on Jan. 21. She retired from the association in 2020 after 22 years of service.

to honor Bev's contributions, friendship and support over the years."

Through Beverly's tenure with PSSA, she was instrumental in securing space for the merry-go-round at the Pennsylvania Farm Show.

The money raised from the ride is donated to the Farm Show Scholarship and the PSSA Scholarship Funds for annual scholarship awards.

Beverly currently serves as the chairman and chief executive officer of the Lehigh County Agricultural Society, the owner and operator of The Great Allentown Fair.



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This is the vehicle, a 2021 or 2022 Toyota Highlander, used by three men to flee a theft Jan. 16 at Ulta Beauty in the Hamilton Crossing shopping center.

## Black History Month

African-American art exhibit at Sigal Museum



By Ed Courrier

A reflective exhibition of works by Black artists, "Another American's Autobiography: Selections from the Petrucci Family Foundation's Collection of African American Art" continues through July 10, Chrin Gallery, Sigal Museum, Easton.

More than 25 pieces from the foundation's collection, including textiles, paintings, prints, photography, film and sculpture, are on display.

According to Sigal Museum Executive Director Megan van Ravenswaay, the selected works explore American patriotism and identity as it relates to the Black American experience.



PRESS PHOTO BY ED COURRIER

Sigal Museum Executive Director Megan van Ravenswaay with "Another American's Autobiography: Selections from the Petrucci Family Foundation's Collection of African American Art," Chrin Gallery, Sigal Museum, Easton.

"What does it mean to be patriotic? Who comes to mind when we think of an American patriot? Can

we redefine and reimagine our symbols of patriotism or our expressions of allegiance?" asks van

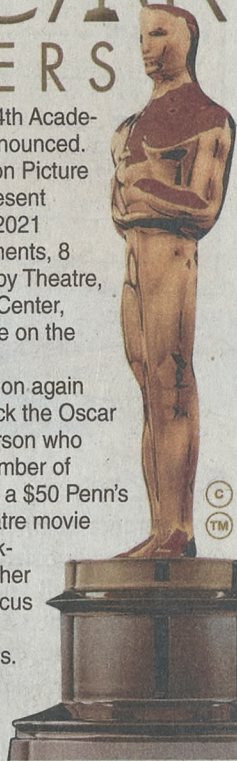
Ravenswaay as she reads pointed questions written on the gallery wall.

See **SIGAL** on Page B6

## READERS PICK THE OSCAR WINNERS

Nominations for the 94th Academy Awards have been announced. The Academy of Motion Picture Arts and Sciences will present the Academy Awards for 2021 outstanding film achievements, 8 p.m. (EST) March 27, Dolby Theatre, Hollywood and Highland Center, Los Angeles, televised live on the ABC-TV.

The Press Focus section again presents the "Readers Pick the Oscar Winners" contest. The person who picks the most correct number of Oscar recipients receives a \$50 Penn's Peak gift card, Roxy Theatre movie tickets, a Press prize package, and can have his or her photo published in the Focus section of the eight Press newspapers and web sites.



See Oscar contest entry form on Page B5

## 8 DAYS A WEEK

Your look ahead at Valley Arts



CONTRIBUTED PHOTO

**Simon Mulligan**, The Simon Alliance, 7:30 p.m. Feb. 18, Miller Symphony Hall, Allentown. The "Jazz OnStage" series features Simon Mulligan, piano, above center; Adam Nussbaum, drums, above left, and Gene Perla, bass, above right. The Times of London described Mulligan as "the most abundantly gifted of pianists." Herbie Hancock summed up Mulligan as "phenomenal." Yehudi Menuhin said Mulligan is "one of the finest pianists I have ever had the pleasure of performing with." Mulligan has performed and recorded with the BBC Symphony, Detroit Symphony, Hong Kong Philharmonic and Royal National Scottish Orchestra. Mulligan has recorded for Sony Classical, Universal, Decca, Nimbus and Naxos. Mulligan has collaborated with Dame Shirley Bassey, Branford Marsalis, Liza Minnelli, Van Morrison and Sting. Tickets: Miller Symphony Hall box office, 23 N. Sixth St., Allentown; www.millersymphonyhall.org; 610-432-6715

See **INTERVIEW**: Page B6



CONTRIBUTED PHOTO

**Steve Brosky** Sings the Tom Waits Songbook, 8 p.m. Feb. 19, Godfrey Daniels, Bethlehem. Brosky, Lehigh Valley singer-songwriter, performs the songs of Tom Waits. Waits, an American musician, composer, songwriter and actor, is well-known for writing "Jersey Girl," recorded by Bruce Springsteen; "Ol' 55," recorded by The Eagles, and "Downtown Train," recorded by Rod Stewart. Says Brosky, "I got turned on to Tom Waits back in the early 70's. I'm not only a fan but have been influenced by his music." Brosky, lead vocals, guitar, will be backed by Joe Mixon, guitar; Gary Staples, keyboard; AL Kratzer, bass; Ruben Ariola, drums, and backup vocalists, The Jersey Girls Singers (Ginger Brew and Cindi Gretsinger). Tickets: Godfrey Daniels box office, 7 E. Fourth St., Bethlehem; godfreydaniels.org; 610-867-2390

See **INTERVIEW**: Page B5

## DeSales goes to 'Town'; Muhlenberg on road trip

### CURTAIN RISES

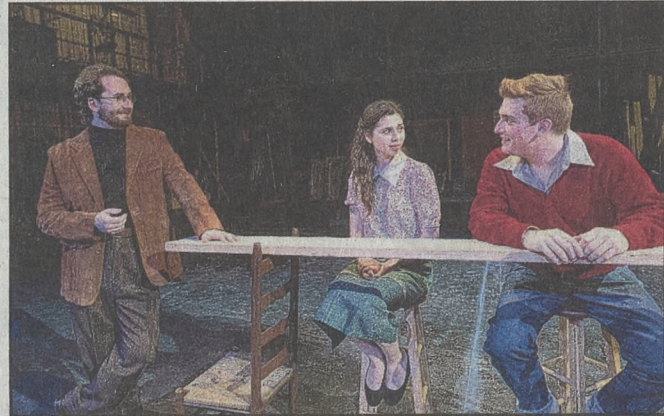
By Kathy Lauer-Williams



A classic that's been called "the greatest American play ever written" and a brand-new musical about a Mexican-American mother and daughter are on tap at two Lehigh Valley colleges.

Desales University Act 1 presents Thornton Wilder's Pulitzer Prize-winning play "Our Town," Feb. 16-27, Main Stage, Labuda Center for the Performing Arts on the university's Center Valley campus.

Muhlenberg College Theatre & Dance Department will mount its first



CONTRIBUTED PHOTO BY JACK LERCH

From left: Gregory J. Wintle (The Stage Manager), Mackenzie Schmidt (Emily Webb) and Carter Sachse (George Gibbs), "Our Town," Feb. 16-27, DeSales University Act 1.

full-scale musical since 2019 with "Miss You Like Hell," Feb. 24-27, Baker Theatre, Trexler Pavilion for Theatre & Dance, Allentown.

"Our Town" depicts small-town life in fictional Grover's Corners, New Hampshire, between 1901 and 1913, centering on young Emily Webb

(Mackenzie Schmidt) and George Gibbs (Carter Sachse), who grow up together, fall in love and get married. When their story takes an unexpected turn, it leads the audience to the realization that there is more to life than meets the eye.

The play is set in a theater and the main character is the stage manager, who addresses the audience, fields questions and fills in playing some of the roles.

"You kind of learn through this production that even the least important day of your life is something special," says Gregory Wintle, who portrays the stage manager.

"Our Town" director Steven Dennis says even though it is set at the turn

See **DESALES** on Page B6

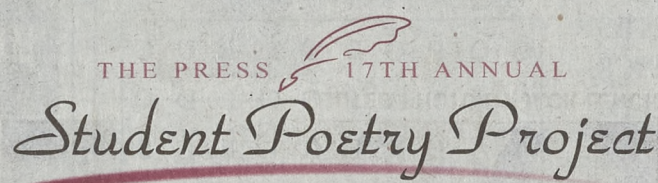
## Student Poetry Project accepting entries

Submissions are now being accepted for the 17th 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. The first, second, and third place selections in each category will be published in the April 27 and April 28 Focus section in the eight Lehigh Valley Press newspapers and websites.

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, published in the Press Focus section.

Three writers of the first-place poems will be invited to read their poems and be interviewed on "Lehigh Valley Arts Salon," 6:30 p.m. - 7 p.m. April 25, WDIY, Lehigh Valley Com-



munity Radio, 88.1 FM, www.wdiy.org.

The entry guidelines:

1. The Student Poetry Project is open to Lehigh 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. No illustrations will be accepted.
3. On the same page as

the poem, include student name, age, grade, 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 up to three poems, which must be his or her original composition. Each poem should be a separate entry. Individual poems should be at least 10 lines in length. However, students may submit up to three shorter poems on a single theme with a title, on a single page. Single poems shorter than 10 lines will not be accepted.

5. E-mail poems and/or questions to George Van Doren, Student Poetry Project coordinator: georgevan@me.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 18.

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 websites.

9. Copies of poems will not be returned.

10. For ideas on teaching poetry: facebook.com/PoetryProjectContest/

Please follow the Poetry Project facebook page for a "Poem of the Week" and other information about poetry: <https://www.facebook.com/PoetryProjectContest>



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# Kid Scoop

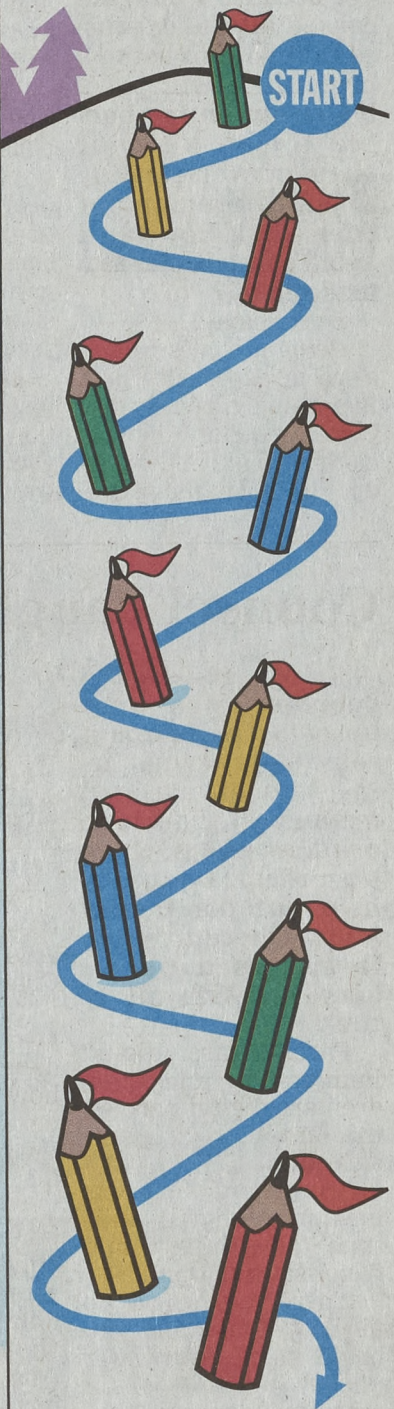
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Kid Scoop Together:

## Slalom Racers

Place a pencil on START. Close your eyes. Trace the curving path down the slalom run. Score 1 point for each slalom flag cleared. Now have a friend try. Who scored highest?



Standards Link: Reading Comprehension: Follow simple written directions.

## Kid Scoop-doku

Complete the grid by using all the letters in the word SKIER in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

			E	S
R			S	K
	K			I
			R	E
E				R

## Kid Scoop VOCABULARY BUILDERS

This week's word: **LUGE**  
The noun **luge** means a racing sled where riders lie on their backs with feet pointing forward.  
There are **luge** competitions in the Winter Olympics.  
Try to use the word **luge** in a sentence today when talking with your friends and family members.

## Write On!

### National Hero

Who is your favorite national hero? What is it about this person that you admire most? What character traits does this person have?

# BEIJING 2022 The Science of the Olympics

## GOLD MEDAL DICTIONARY

Fall Line: \_\_\_\_\_  
Friction: \_\_\_\_\_  
Drag: \_\_\_\_\_

The people who compete in the Winter Olympics are more than great athletes. They are also masters of science. Gold Medal athletes know about the science of a **fall line**, **drag** and **friction**.

Find the definition of each of these words on the page. Write the definition in the Gold Medal Dictionary.

Standards Link: Vocabulary Development: Use a dictionary or context clues to find the meaning of words.

## Cutting Down on Drag

While we don't always feel air, we are always moving against it. The faster we move, the more we can feel the air rushing past us. Air is actually slowing down our motion. This is called **drag**.



Downhill skiers crouch with their chests to their knees. They try to be very small, so that only a little of their body is in contact with the air. This lessens the drag. Skiers who have the least amount of drag will ski faster.

## Drag Racers

Look at the three skiers. They are all skiing down the fall line. The one with the least drag will win. Circle the skier you think will win.

To find out each skier's time, add up the numbers above each skier. The skier with the fastest time wins the gold!

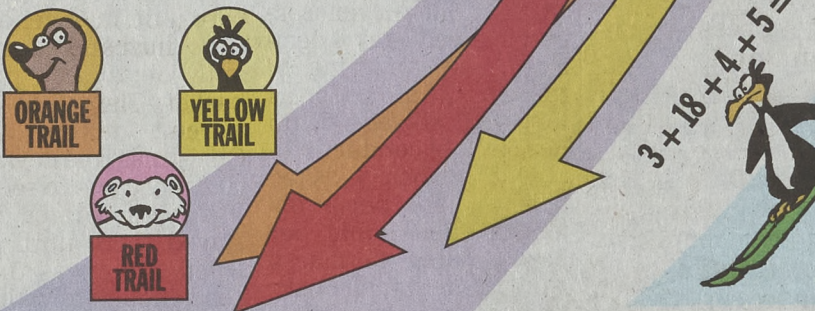
Standards Link: Number Sense: Calculate sums to 30.

## Fall Line

Competitors in downhill skiing, the luge and bobsled races look for the **fall line**. The fall line is the quickest way down a hill. When a sled moves away from the fall line, the athlete must steer to correct the path, losing energy and speed.

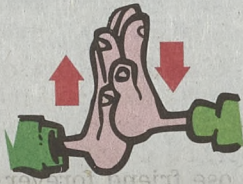
Add up the numbers following each bobsled track. The animal athlete with the lowest number has found the fall line and wins the gold!

Standards Link: Physical Science: When forces on an object are unbalanced, the object will change its velocity (i.e., it will speed up, slow down or change direction).



## What is Friction?

Friction is the rubbing of one object or surface against another.



Place your two palms together with your palms only lightly touching each other. Slide your palms back and forth against each other. There is only a little friction and your hands move easily.

Push your palms tightly together and try to move them back and forth. It will be harder to move your palms because there is a lot of friction and that slows the motion.

Now put soap and water on your hands. This will reduce the friction and your hands should move together faster. Athletes wax skis, boards and runners to lower friction and help them go faster.

Standards Link: Science: Identify forces that can act on an object, including friction.

## SNOWBOARD CHALLENGE

The athlete who did the best job waxing their board will win this race. (The lowest number is the fastest time.)

11	10	12
6	2	3
+ 5	+ 1	+ 5

## Extra! Extra!

### Faster, Higher, Stronger

Look through the newspaper to find pictures and words that represent the above words. Make a Spirit of the Olympics poster with your findings.

Standards Link: Visual Arts: Understand and apply media techniques and processes.

## Kid Scoop Puzzler

Each of these animal athletes won an event on this page. Draw a line from each gold medal to its winner.

Standards Link: Life Science: Reading Comprehension: Follow simple written directions.

## Double Double Word Search

- SCIENCE
- MEDAL
- ATHLETES
- OLYMPICS
- BOBSLED
- SKIER
- SPIRIT
- FRICTION
- DRAG
- FALL
- LINE
- GOLD
- LUGE
- KNEES
- RACERS

Find the words in the puzzle. How many of them can you find on this page?

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

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

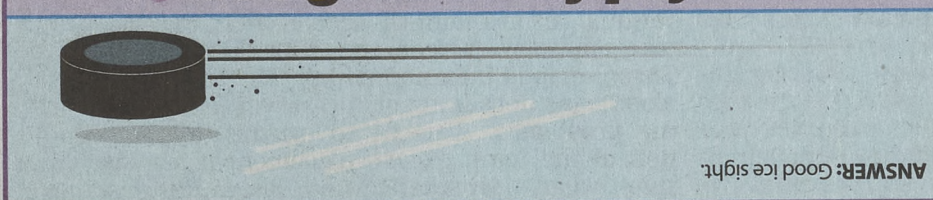
## FROM THE Kid Scoop LESSON LIBRARY

### Science Behind the Scenes

The communities that host the Olympic games must respect the environment. Look through the newspaper for ways people protect the environment. Can you find any ideas for protecting the environment during the games?

Standards Link: Earth Science: Know ways in which humans can change ecosystems.

## What does an athlete need most to be a great hockey player?



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# Always a bridesmaid can break the bank

Dear Jacquelyn,  
One of my closest friends will be getting married next year and she asked me to be a bridesmaid. I haven't committed yet because I am concerned all the expenses that go into being a bridesmaid will put a big strain on my budget. I don't want the stress of overspending to put a strain on our friendship. How can I avoid going broke as a bridesmaid?



**RESPECTFULLY YOURS**  
By Jacquelyn Youst

and gifts for the shower and wedding. It's easy to rationalize overspending for this important event. The reality is that the expenses add up.

Consider having a heart-to-heart talk with your friend before you commit. Expressing your gratitude for the inclusion is the first and best reaction

Before you say, 'Yes,' have an honest conversation about exactly what your role will entail and what costs you can ex-

pect.

You might say something like, "I'm so happy for you and I'm thrilled you asked me. I'd love to hear more details about the wedding plans before I give you a definitive answer."

Very few people have the luxury of an unlimited budget. It is a reality of life, so don't feel ashamed to make sure you can afford to participate. If your friend has asked you to be a part of the ceremony, they love you and will understand your concerns and final decision.

Be prepared to make choices. Let her know in advance what you can afford. You may have to pass on some events in order to be there for the

most important ones.

It's important to be there for your friend, but it is also essential to watch your bottom line. Your friendship will last longer when you are not bitter about taking a financial hit.

Respectfully Yours,  
Jacquelyn

*Have a question?*  
Email: jacquelyn@ptd.net. Jacquelyn Youst is owner of the Pennsylvania Academy of Protocol, specializing in etiquette training. She is on the board of directors of the National Civility Foundation.

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# Love never dies

My mother passed away 15 years ago; my dad's been gone even longer.

Yet in several important ways, they are still with me. Poignant memories can bring them back to me in an instant.

And although they may not be with me physically, one important part of them that remains is their love.

That never dies. In fact, it grows stronger through the years. One reason for that may be that we tend to grow more retrospective through the years.

As time goes on out of the blue I may find myself recalling something I had forgotten from the past that reminds me of how my parents showered love on me. Each of them did that in totally different ways.

My mother wasn't verbal or demonstrative about loving me. And for me, her gifts of love might sometimes have seemed like not caring.

For instance, she never told me to do my homework or asked me about school. If I wanted to excel, it would have to be my decision.

From the time I was a young kid she made it clear that she believed in me. She never second-guessed my decision about anything or told me what to do, as long as I stayed within her rules of conduct.

Once, when I asked her why she never objected when I told her I was going to marry Andy even though I only knew him a short time, she said, "You were always good at knowing what you wanted and making smart decisions."

Her belief in me made me confident instead of dependent. By not dictating what I should do with my life she gave me the gift of discovery and the pleasure of learning independence.

My father was more verbal about his love, making it clear that he wanted to spend as much time with me as possible. Our hours of long talks helped shape me in important ways.

It's hard now to think back without feeling their love. It continues to warm me long after they are gone.

I was reading one social blurb that asked us to name one unforgettable day in our life. Out of the many choices, I said it was the day after I married Andy.

As we knelt together in church and I was consumed by my love for him, I worried that love might be stronger than my love for God. But then I realized my love for God and my love for Andy were one and the same because God is the source of all love.

Some people are fast to tell me I'm wrong when I say love lasts forever. They remind me that many marriages end in divorce and close relationships dissipate. While any relationship can end, any true love that existed during that relationship doesn't get erased because the past can never get wiped out. One recently di-



**WARMEST REGARDS**  
By Pattie Mihalik  
newsgirl@comcast.net

vorced man understands that. Although his marriage ended and feelings changed over the years, he said the divorce couldn't wipe out the love they once felt for each other.

A few years back a very close friend of mine suddenly stopped answering the phone when I called even though we never had a disagreement of any kind. When she threw a big party complete with a band, everyone was invited except me.

Two mutual friends said I must be angry with my friend, and they were sure I was harboring hard feelings toward her.

I said no, I love her. No matter what happens in life I will always love her. She doesn't have to do another single thing for me. I will always be grateful for her and the friendship she gave my husband and me during his long illness.

When he spent New Year's Eve in a critical care unit, my friend and her husband arrived with lobster in a picnic basket. They said they weren't taking their Christmas tree down until Andy came to see it.

The decorated tree stayed there until July when Andy was finally good enough to visit.

She and her husband stayed by our side through thick and thin, earning my undying love.

I don't believe in the "What did you do for me lately" theory of friendship. As far as I am concerned I will love my close friend forever, regardless of our present relationship.

Three years after she stopped talking to me she finally came to see me, hugging me tightly while we both cried.

She never told me why she stopped talking to me and I didn't press the issue. Again, mutual friends said I should insist on answers.

I'm one who likes clarity, but I still have no idea why she shut me out and no idea why she came back.

In the long run, it doesn't matter. I loved her through it all and always will. I can never repay her for being there for me during the toughest time of my life.

Nine years have gone by since some unknown incident separated us. I didn't understand it then and I don't understand it now.

But one thing I do understand is the lasting power of love.

The love I have felt for people in my life will always remain. It doesn't matter if distance separates us or if death does the separating.

Love is something beautiful that will always remain in our hearts.

Contact Pattie Mihalik at newsgirl@comcast.net.

# Counsel daughter, 16, to be social-media savvy

Q: My 16-year-old daughter was very upset last night about some ugly things being said on a social media post. This is so different from when I grew up. I want to help but don't even know where to start. How does a parent keep up with all of this?



**THE FAMILY PROJECT**  
By Kathy Lauer-Williams

they are not in control anymore," said panelist Chad Stefanyak.

"You have spent 16 years teaching your daughter values. Now how does she apply that to the experience of being bullied?" asked Daniels.

"There is a parental instinct to protect a child. That helps in the short run but not in the long run. Say 'I can see you're upset. What can I do to help?' Set some boundaries and provide support to the child," said panelist Denise Continenza.

"Documentation is key. Learn to take screenshots and print out email. If you need to provide documentation you have it. Be honest with her. Look at photos and have conversation. Be involved and be concerned," said Pangio.

"Kids tend to be fascinated by things like this, even if they are hurt by

it. Remain present and look for isolating behaviors," Daniels said.

"While she is under your roof, you decide what the boundaries are. You need to have control of everything," added panelist Wanda Mercado-Arroyo.

Panelist tips included not sharing any information you wouldn't share with a stranger at the mall and having the computer in an open area where a parent can see what is going on.

"Make sure you are modeling good behavior. A lot of parents don't even put their own phone down," said panelist Joanne Raftas.

"Share stories of you being resilient through problems while keeping the focus on them," Continenza said.

**This week's panel:** Pam Wallace, program coordinator, Project Child, a program of Valley Youth House; Tony Pangio, instructional tech coach; Chad Stefanyak, school counselor; Denise Continenza, extension educator; Joanne T. Raftas, registered play therapist and

counselor; Wanda Mercado-Arroyo, former teacher and school administrator, and Mike Daniels, LCSW, Psychotherapist.

*Have a question?*  
Email: projectchild@projectchildlv.org

**The Family Project is a collaboration of the Lehigh Valley Press Focus section and Valley Youth House's Project Child.**

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# Hip replacement surgery procedure discussed

Q: I'm considering having a hip replaced. What are the odds that this operation will work?



**HEALTHY GEEZER**  
By Fred Cicetti  
fred@healthygeezer.com

joint. Total joint replacement is considered if other treatment options will not bring relief.

In an arthritic knee, the damaged ends of the bones and cartilage are replaced with metal and plastic surfaces that are shaped to restore knee function. In an arthritic hip, the damaged ball and socket of this joint are replaced by a metal ball and plastic socket. Several metals are usually used, including stainless steel, alloys of cobalt and chrome and titanium. The plastic material is durable and wear-resistant polyethylene.

The two most common joints requiring this form of surgery are the knee and hip, which are weight-bearing. Replacements can also

be performed on other joints, including the ankle, foot, shoulder, elbow and fingers.

After total hip or knee replacement, you will often stand and begin walking the day after surgery. Initially, you will walk with a walker, crutches or a cane. Most patients have some temporary pain in the replaced joint because the surrounding muscles are weak from inactivity and the tissues are healing, but it will end in a few weeks or months.

Exercise is an important part of the recovery process. After your surgery, you may be permitted to play golf, walk and dance. However, more strenuous sports, such as tennis or running, may be discouraged.

There can be complications from joint-replacement surgery. These include infection, blood clots, loosening of the prosthesis, dislocation of the joint, excessive wear, prosthetic

breakage and nerve injury. There are remedies for all of these complications, but sometimes the correction will take more surgery.

Surgeons are refining techniques and developing new ones such as minimal-incision surgery. In this type of surgery, smaller incisions are used. Minimal incisions reduce trauma, pain and hospital stays. Not all patients are candidates for minimal-incision surgery.

There is a surgical alternative to total hip replacement. It's called hip resurfacing. The primary difference in hip resurfacing is that the surgeon doesn't remove the ball at the top of the thigh bone. Instead, the damaged ball is reshaped, and then a metal cap is anchored over it.

Hip resurfacing, unlike hip replacement, preserves enough bone to permit a total replacement if it is necessary later. Resurfacing is not recommended for patients with osteoporosis, a disease that makes bones porous and vulnerable to fractures. Some healthcare experts advise getting a replacement hip joint,

not a resurfacing, if you are older than 65.

*Have a question?*  
Email: fred@healthygeezer.com. Order "How To Be A Healthy Geezer," 218-page compilation of columns: healthygeezer.com

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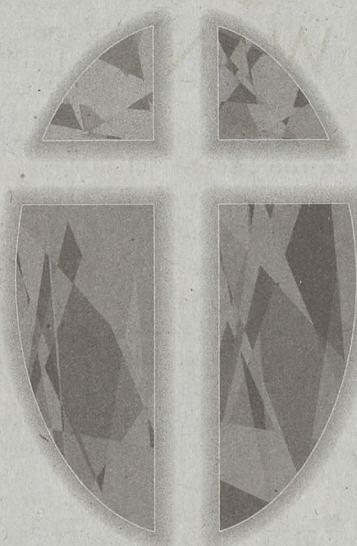
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Sunday Worship 11 a.m.  
Sunday Evening 6:00 p.m.  
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Wed. Prayer Mtg. 7 p.m.  
www.lvbaptist.org

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10:45 a.m. and 6 p.m.  
Wed. Service 7:30 p.m.

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www.WhitehallBFC.org  
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10:15 a.m. Morning Worship  
6 p.m. Bible Study

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Rev. Jonathan Mayo www.saintste.com  
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Livestreamed on FB @  
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Sunday Worship 10:30 a.m.  
www.gcnc.org

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3461 Cedar Crest Blvd.  
Emmaus, PA 18049  
610-967-2220  
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lchsemaus.org

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The Rev. Thomas D. Busted, Pastor  
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Forum, Confirmation Class  
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FaithLutheranWhitehall.org  
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1st & 3rd Sunday, 8 a.m.  
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www.hopecherryville.org  
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(Masks required)  
9:15 a.m. Sunday School  
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www.ziegelschurch.org  
11:05 a.m. Indoor Worship  
10 a.m. Sunday School  
Online Worship on Facebook  
and YouTube  
Handicapped Accessible  
Rev. Andrew Meckstroth, Pastor

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www.weisenbergchurch.org  
Sunday School, 10:30 a.m.

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9 a.m. Sunday School  
10:15 a.m. Worship

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8 & 10:30 a.m. Worship  
Check Website for Saturday  
service times  
www.nativityallentown.org  
Live Streaming on Facebook

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Allentown PA 18102  
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In person worship - 10:30 a.m.  
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Emmaus 610-965-9885  
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www.stjohnsemaus.org  
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Sunday School for All Ages, 9:15 a.m.  
Weekly Worship service online

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9:15 Sunday School  
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902 Lincoln Ave.  
Northampton, PA 18067  
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610-262-7186  
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10:30 a.m. Worship  
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**CHURCH OF THE GOOD SHEPHERD U.C.C.**  
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610-966-2991  
Pastor, Rev. Matthew Gorkos  
Sunday School, 9 a.m.  
Worship, 10:30 a.m.  
Also Live On Facebook

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5981 Fountain Rd., Old Zionsville  
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The Rev. Lori Esslinger 610-966-3601  
9 a.m. Sunday School  
10:15 a.m. Worship  
resumes in sanctuary  
www.oldzionsucc.org

**BETHANY UNITED CHURCH OF CHRIST**  
601 W. Market St., Bethlehem  
610-868-4441  
www.uccbethany.org  
Pastor Todd Fennell  
10:45 a.m. Worship  
"Come Worship With Us"

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52 E. Susquehanna St. Allentown  
610-797-0181  
Rev. George Eckstein, Pastor  
Sunday School 9 a.m.  
Worship 10 a.m.  
Handicap Accessible

**EBENEZER U.C.C.**  
Route 143, New Tripoli  
610-298-8000  
Pastor Wally Frisch  
Sunday School, 9 a.m. all ages  
Worship, 10:15 a.m. or on Facebook live  
All Are Welcome!

**ST. PETER'S LYNNVILLE UCC**  
5129 Schochary Road  
New Tripoli, PA  
610-298-8064  
Worship 9:30 a.m.  
Handicapped Accessible  
All Welcome!

**ST. JOHN'S U.C.C. FULLERTON**  
575 Grape Street, Whitehall 18052  
Rev. David Quinn, Visitation Pastor  
Rev. Steve Davis, Pastor  
9:30 a.m. Worship with masks  
610-264-8421  
stjohnsucc.pastor@rcn.com

**UNITED CH. OF CHRIST**

**GRACE UNITED CHURCH OF CHRIST**  
902 Lincoln Ave.  
Northampton, PA 18067  
GraceUCCChurch.com  
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Rev. Steve Davis, Pastor  
9:30 a.m. Worship with masks  
610-264-8421  
stjohnsucc.pastor@rcn.com

## Christ's Church at Lowhill welcomes new members



PRESS PHOTOS COURTESY WANDA KALUSKY

On Jan. 16, Pastor Chris Cocca (back row, middle) welcomed nine confirmands into Christ's Church at Lowhill's family. Josh and Jocelyn Wambold, Brynn and Brook Balliet, Molly and Noah Schlofer, Ella and Makayla Bressi and Pastor Chris' son Vincent Cocca are pictured.



Christ's Church at Lowhill is proud to welcome and introduce nine new members and their children into the church family, including Bob Fatzinger of New Tripoli, Richard and Linda Solliday of Nazareth, Bev and Dale Frizzell of Orefield, Brad, Maria, Jack and Max Sauerzopf of New Tripoli, and Karen and Vince Cocca of Emmaus. Pastor Chris Cocca (center) performed the service on Jan. 30.



# An original meets an original: Steve Brosky sings Tom Waits

BY DAVE HOWELL  
Special to The Press

Steve Brosky could be called the voice of the Lehigh Valley, being a familiar presence here for decades.

And you could say Tom Waits personifies hipster Los Angeles.

Each singer-songwriter has written about the places and people they have known and their personal experiences.

"Steve Brosky sings the Tom Waits Songbook," 8 p.m. Feb. 19, Godfrey Daniels, Bethlehem.

"Waits was the cool guy in Los Angeles," says Brosky in a phone interview. "In the 1970s he lived in a room in a cheesy motel. People and the record industry didn't know how to take him. And he reinvented himself a number of times over the years."

"He sang about people down on their luck, Skid Row types of characters. He lived it to a degree. He also has a wicked sense of humor."

"He has an early 1940s, Hollywood-style approach to his music. While everyone was into rock, he was listening to Frank Sinatra and big band music from his father's record collection."

Waits' offbeat view is heard in songs like "The Piano Has Been Drinking (Not Me)" and the satirical "Chocolate Jesus." Others are "Old '55," covered by the Eagles, and "One in the Hole," theme song for the HBO series "The Wire."

Waits might be better known to some as an actor. He played Renfield in "Bram Stoker's Dracula," was in the Coen Brothers' "The Ballad of Bust-

er Scruggs," has been in many films by director Jim Jarmusch, including "The Dead Don't Die," and is in Paul Thomas Anderson's "Licorice Pizza."

Brosky says his own music is a mixture of Van Morrison and Bruce Springsteen, with a touch of Frank Zappa. He has played most of the Valley's major venues, including opening for Weird Al Yankovic at Miller Symphony Hall. He also has opened for B.B. King, Leon Russell, Bo Diddley, Peter Noone, Commander Cody, Foghat, Melanie and the Beach Boys.

Brosky's own take on the world is hinted at by the titles of his songs, such as "It's Not the End of the World (But You Can See It From Here)" and "Still Ain't Got a Tattoo," the latter from his CD, "Still." He also has written and performs thoughtful songs like "Grateful."

Brosky and Waits each have original styles. "I'm different and I don't care who knows it," says Brosky. Both men are about the same age and both have well-worn, lived-in voices, Waits' developed from years of chain-smoking.

"I was turned on to him in the 1970s after coming back from Vietnam," says Brosky, who had a few difficult years after his military service. "I felt a deep connection with him."

It's Brosky's second Tom Waits' concert at Godfrey's, with the previous one in 2018. There will be different musicians this time, with the exception of Gary Staples, returning on keyboards. Brosky, who only sang

in his previous Waits' concert at Godfrey's, will play guitar. There will be backup singers, "Jersey Girls" Ginger Brew and Cindi Greatsinger. "Jersey Girl," which Waits wrote for his wife Kathleen Brennan, was recorded by Bruce Springsteen.

Joe Mixon, one of Brosky's partners on duo gigs, will play guitar and banjo, with Al Kratzer on bass, and Ruben Ariola on percussion and drums. Brosky worked with Mixon in Steve Brosky and the BBC. That band had a regional hit with "Hey Now (Do the Dutch)" in 1983.

The Godfrey's concert will not be a tribute show that tries to perfectly reproduce copies of the original songs.

"They are rearranged a little bit, some with a lounge band sensibility. I think it is a nice way to present Tom's music," says Brosky.

Brosky lives in Whitehall, across the Lehigh River from Catasauqua, with his wife Renate. He has pretty much renewed his busy performance schedule that was interrupted by the coronavirus (COVID-19) pandemic shutdown. Brosky usual performs in a duo with a variety of guitarists who include John Cannovo, Josh Klein, Kenny Siftar and Mixon.

At Godfrey's proof of vaccination or a negative COVID test within 48 hours of the concert is required. Face masks must be worn.

**Tickets: Godfrey Daniels box office, 7 E. Fourth St., Bethlehem; godfreydaniels.org; 610-867-2390**

READERS PICK THE

# OSCAR WINNERS



This is the entry form for the Lehigh Valley Press Focus section "Readers Pick The Oscar Recipients Contest" for the 94th Academy Awards.

**LEAD ACTOR**

- Javier Bardem, "Being the Ricardos"
- Benedict Cumberbatch, "The Power of the Dog"
- Andrew Garfield, "Tick, Tick ... Boom!"
- Will Smith, "King Richard"
- Denzel Washington, "The Tragedy of Macbeth"

**SUPPORTING ACTRESS**

- Jessie Buckley, "The Lost Daughter"
- Ariana DeBose, "West Side Story"
- Judi Dench, "Belfast"
- Kirsten Dunst, "The Power of the Dog"
- Aunjanue Ellis, "King Richard"

**LEAD ACTRESS**

- Jessica Chastain, "The Eyes of Tammy Faye"
- Olivia Colman, "The Lost Daughter"
- Penelope Cruz, "Parallel Mothers"
- Nicole Kidman, "Being the Ricardos"
- Kristen Stewart, "Spencer"

**DIRECTOR**

- Kenneth Branagh, "Belfast"
- Ryusuke Hamaguchi, "Drive My Car"
- Paul Thomas Anderson, "Licorice Pizza"
- Jane Campion, "The Power of the Dog"
- Steven Spielberg, "West Side Story"

**SUPPORTING ACTOR**

- Ciaran Hinds, "Belfast"
- Troy Kotsur, "CODA"
- Jesse Plemons, "The Power of the Dog"
- J.K. Simmons, "Being the Ricardos"
- Kodi Smit-McPhee, "The Power of the Dog"

**BEST PICTURE**

- "Belfast"
- "CODA"
- "Don't Look Up"
- "Drive My Car"
- "Dune"
- "King Richard"
- "Licorice Pizza"
- "Nightmare Alley"
- "The Power of the Dog"
- "West Side Story"

**ANIMATED FEATURE FILM**

- "Encanto"  "Flee"  "Luca"
- "The Mitchells vs. The Machine"  "Raya and the Last Dragon"

**CONTEST INSTRUCTIONS:** Email Oscar Contest Entry Form to: jfisher@ttonline.com; mail to: Jennifer Fisher, The Press, 1633 N. 26th St., Allentown, Pa. 18104; drop off at The Press offices, 9 a.m.-5 p.m. Monday-Friday. Include name, address, telephone number, email (Information will not be published or shared.). One entry per person. Entry deadline: 5 p.m. March 25. In event of tie, earliest entry determines winner.

**ST. PATRICK'S**

Fundraiser Feb. 20 for Allentown parade

The annual Allentown St. Patrick's Parade Fundraiser is 3-6 p.m. Feb. 20, Knights of Columbus-Columbian Home, 1519 W. Greenleaf St., Allentown.

Admission tickets include select beer and soda. Food will be available for purchase. Proceeds benefit the Allentown St. Patrick's Parade.

The 63rd Allentown St. Patrick's Parade is 1:30 p.m.-4:30 p.m. March 20.

The parade, returning after two years, was not

held in 2021 and 2020 because of the coronavirus (COVID-19) pandemic shutdown.

Other events include: West End Pub Crawl, 5 p.m. March 12, 19th and Liberty streets, Allentown

Irish Flag-raising, 11:45 a.m. - 12:15 p.m.

March 17, Allentown City Hall

Coronation Celebration, 7 p.m.-11 p.m. March 18, Agri-Plex, Allentown Fairgrounds

Irish Cultural Community Day, noon-4 p.m. March 19, Agri-Plex, Allentown Fairgrounds

St. Patrick's Parade

Sunday Mass, 9:15 a.m.-10 a.m. March 20, Immaculate Conception Church

Information: www.Allentownstpatricksparade.com

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# Trio of favorites form an Alliance

Three Miller Symphony Hall favorites have joined in a new group for "Jazz Onstage."

The Simon Alliance performs 7:30 p.m. Feb. 18, main stage, "Jazz Onstage" series, Miller Symphony Hall, Allentown.

Pianist Simon Mulligan is making his eighth appearance at Symphony Hall. Bassist Gene Perla and drummer Adam Nussbaum have also been frequent visitors. Perla performed with Star Wonder in November 2021. Nussbaum was with Perla in 3 Trios in November 2020.

It's the second concert for The Simon Alliance. After performing at MoCA Westport in Connecticut, the trio was named after Perla's 1970s' jazz group Stone Alliance.

"When they asked me to play with them it was a great honor," says Mulligan in a phone interview from his home in New Jersey.

"We all have a similar philosophy. They just like to play. We riff off each other, engaging in a conversation," Mulligan says.

"All of us bring something to the table, to use that horrible phrase. They have a mindset to listen and listen well."

"They are not like some musicians who say, 'You better follow me, kid. This is how I am going to play.'"

The trio has a few other dates lined up and there's talk about recording an album.

"I can hear certain things that can be translated into jazz instrumentals, like the works I have played by Leonard Bernstein," says Mulligan.

For the "Jazz Onstage" concert, Mulligan will perform solo piano as well as with the trio. Mulligan typically does a concert in Allentown around Valentine's Day, and he expects to include some "luscious romantic ballads" with songs that are "accessible, relatable and enjoyable, not too heavy on the ears."

He expects to choose songs "everyone knows and some not so well-known." There will also be original compositions by Mulligan and by Perla.

Mulligan is known for having many influences in his work. He often combines jazz and classical music, but not



By Dave Howell



in obvious ways. "I don't like jazzing up classical music or playing jazz like classical. Taking a direct quote from Mozart is a bit cheesy. I prefer to add little bits of genres here and there."

Mulligan displays his variety on his latest album, "A Steinway Romance," released in December 2021. Noted for its "wishful, nostalgic and dreamy romance," the lush sound incorporates a number of different moods and varied rhythms. Hints of different types of music are included in Great American Songbook standards.

Other releases planned in the series of solo piano by Mulligan are interpretations of the works of Julie Styne and Stephen Sondheim.

Many artists streamed concerts during the coronavirus (COVID-19) pandemic shutdown, but few did them every day as Mulligan did from May 2020 to June 2021. He quit at 400 when he had to deal with the death of his father.

"Instead of stewing at home, I wanted to do something good for the weary brain and fingers. I alternated days between classical and jazz." The virtual concerts included jazz interpretations of film and television themes, and even showed him playing two pianos at the same time.

The concerts gave him the chance to explore his collection of sheet music, often playing works by forgotten composers.

Mulligan performed with the Allentown Symphony in 2019 for a concert of Gershwin compositions. He has warm memories of the Symphony.

If you look, you can expect to see hockey fan Mulligan at the Lehigh Valley Phantoms game the day after the "Jazz Onstage" concert.

**Tickets:** Miller Symphony Hall box office, 23 N. Sixth St., Allentown; [www.millersymphonyhall.org](http://www.millersymphonyhall.org); 610-432-6715

# SIGAL

Continued from page B1

Playing on a screen nearby is "In Plain Sight," a video by Kam-bui Olujimi featuring Marvin Gaye's 1983 performance of the United States National Anthem.

Chawne Kimber's "Cotton Sophisticate" (2015; American Made Brand (AMB) solids, muslin backing, #12 Perle cotton, 72 in. x 72 in.) is the first piece visitors see as they step off of the elevator to the second-floor gallery space. "In essence, I am a sophisticated cotton picker" reads a patchwork band stitched across the colorful quilt.

Kimber was a professor and Mathematics Department head at Lafayette College during her 20 years there. The artist and activist is Dean of the College at Washington and Lee

University.

The work is on loan by Kimber and the International Quilt Museum, Lincoln, Neb.

Among selections from the Petrucci collection on display are a whimsical, yet symbolic farm-themed sculpture by Syd Carpenter, "Albert and Elbert Howard" (2014; clay and steel, 49 in. x 42 in. x 27 in.).

"Feeding the Veins of the Earth (Grounded Angel)" (2020; oil, charcoal, India ink on unstretched canvas, 100 in. x 84 in.) by Imo Nse Imeh is a prodigious work, dramatically depicting a Black man on his knees pushing down into the ground, part of the artist's Benediction Series.

"Taxes on Us Without Our Consent" (2009; serigraph, 23 in. x 27.3 in.) depicts two events from U.S. history. An image of the Boston Tea Party

is juxtaposed with one of civil rights marchers being accosted at the Edmond Pettus Bridge. This is one of two prints by Faith Ringgold.

"These prints are very special to us," van Ravenswaay says, adding, "They were created up on College Hill."

Exhibit-centered programming includes a conversation with Kimber monitored by the Northampton County Historical & Genealogical Society via Zoom, 6 p.m. Feb. 24.

The Sigal Museum will host "Growing Up Black in Easton: An Afternoon with Dr. Karen Britt" as an in-person event, 1 p.m. Feb. 26.

The aim of the exhibition, guest-curated by Petrucci Family Foundation Director Claudia Volpe, is "to affirm the role of Black Americans in shaping our national identity and to elevate

civic engagement and constructive patriotism as a valid and healthy expression of a love of country."

"Another American's Autobiography: Selections from the Petrucci Family Foundation's Collection of African American Art," through July 10, Chrin Gallery, Northampton County Historical & Genealogical Society, Sigal Museum, 342 Northampton St., Easton. Gallery hours: 10 a.m. - 4 p.m. Thursday - Saturday; noon - 4 p.m. Sunday. Closed Monday - Tuesday. <https://sigalmuseum.org/>; 610-253-1222

"Gallery View" is a column about artists, exhibitions and galleries. To request coverage, email: Paul Willistein, Focus editor, [pwilistein@tnonline.com](mailto:pwilistein@tnonline.com)

# DESALES

Continued from page B1

of the century, the play has relevance.

"What may have started as a vintage slice of early 20th-century Americana has now taken on a depth and meaning that transcends that period," says Dennis, DeSales University associate professor of theater.

"This play has something that everybody can relate to. It's about growing up, falling in love and finding purpose," Dennis says.

"Our Town," first produced and published in 1938, is Wilder's most recognized and performed work. The devices of minimal scenery and props demand the audience's imagination.

The play, which had a successful Broadway run, received the Pulitzer Prize for Drama.

The production is marked by its use of a mostly bare stage. Actors, for the most part, mime actions without the use of props.

Will Neuert, DeSales University assistant professor and head of design, scenic designer for the production, embraced the challenge of Wilder's minimal aesthetic.

"We say 'yes' to every creative possibility," says Dennis. "The actors are sketching out the real, authentic

movements that we use to accomplish everyday tasks, without the benefit of the actual tools, utensils, food and objects actually being there."

Deborah Burrill is costume designer. Eric T. Haugen, DeSales University assistant professor, is lighting designer. David M. Greenberg is sound designer.

"This play offers something that you've never quite seen before," Dennis says.

The production is recommended for ages 10 and up.

Face masks are required to be worn indoors at Labuda Center.

Performances are 8 p.m. Feb. 16-19; 2:30-6; 2 p.m. Feb. 20, 27 and 9:45 a.m. Feb. 22.

There are talk-backs with the cast after Feb. 20 and 22 performances.

There will be a performance with open-captioning for patrons who are hard of hearing and audio descriptions for patrons who are visually-impaired Feb. 19.

Tickets are half-price for patrons using these services. Call box office manager Kyle Schumaker, 610-282-3654, ext. 1, for information.

Because of licensing restrictions, Act 1 is not permitted to stream the production.

**Tickets:** <https://www.desales.edu/news-events/act-1-productions/>

610-282-3192

**American road-trip musical at Muhlenberg:** A mother and daughter reconnect when they embark on a cross-country road trip in "Miss You Like Hell," a new musical by Quiara Alegria Hudes and Erin McKeown.

It's the first fully-staged musical presented by the Theatre & Dance Department at Muhlenberg College since 2019 because of the coronavirus (COVID-19) pandemic shutdown.

"Miss You Like Hell," first produced in 2016, takes an intimate look at the immigrant experience through the eyes of a Mexican-American family.

Written by Pulitzer Prize winner Quiara Alegria Hudes ("In the Heights," "Water by the Spoonful") and folk singer-songwriter Erin McKeown, "Miss You Like Hell" is an intense musical that takes audiences on a desperate, joyous, American road trip.

Muhlenberg College faculty member Jamie McKittrick, who directs the production, says the play takes the concept of United States immigration policy and makes it personal.

"These characters are fully-realized humans who are directly affected by these policies," McKittrick says.

"What I love about this piece is the way that these two people, this mother and daughter, find their way back to each other. It's a hard journey, but it feels inevitable," says McKittrick.

The story takes place in 2014 when immigration reform initiatives lead to a harder road for would-be asylum-seekers. The smart and imaginative 16-year-old Olivia (Marina Rinkunas) hasn't seen her mother, Beatriz (Bridget Wigan), for years.

On the brink of deportation and hoping to make up for lost time, Beatriz talks her daughter

into coming along on an expedition with a deadline. Along the way, they meet eclectic characters and discover how far they can travel with the help of courageous neighbors and kind strangers.

McKittrick says she identifies with Olivia's efforts to connect to her complex cultural heritage.

"I'm half-Mexican and half-white," McKittrick says. "So, I deeply understand what it is to have a foot in two different cultures."

"Olivia feels a deep connection to her Mexican roots, but coming through cultural experiences such as the food and music, but not necessarily the language. Which can eventually lead to worries around, 'Am I Mexican enough?'" says McKittrick.

The show has a score of pop ballads, folk travel songs and rhythm and blues. Music director Vincent Trovado conducts a seven-piece band, which will be placed on stage.

Choreography is by Samuel Antonio Reyes, Muhlenberg College adjunct professor of hip-hop.

Face masks are required to be worn in Trexler Pavilion.

Performances are 8 p.m. Feb. 24-26 and 2 p.m. Feb. 27. There will be a performance with open-captioning for patrons who are hard of hearing and audio descriptions for patrons who are visually-impaired Feb. 27.

**Tickets:** <https://www.muhlenberg.edu/academics/theatre-dance/>; 484-664-3333

"Curtain Rises" is a column about the theater, stage shows, the actors in them and the directors and artists who make them happen. To request coverage, email: Paul Willistein, Focus editor, [pwilistein@tnonline.com](mailto:pwilistein@tnonline.com)

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PUBLIC NOTICE
ORDINANCE #1412 AN ORDINANCE OF CATASAUQUA BOROUGH, LEHIGH COUNTY, PA, AMENDING THE BOROUGH EMPLOYEES PENSION PLAN.

PUBLIC NOTICE
Civil Service
The Borough of Alburts Civil Service Committee will hold a meeting on Wednesday, February 23, 2022 at 6:30 p.m.

PUBLIC NOTICE
REQUEST FOR BIDS
LOCKDOWN SHADES
The Bethlehem Area School District will receive sealed bids in the Business Office, 1516 Sycamore St, Bethlehem, PA 18017, no later than 2:00 PM prevailing time, Friday, March 4, 2022.

PUBLIC NOTICE
The Borough Council of the Borough of Alburts, at its regular meeting to be held on Wednesday, March 9, 2022, commencing at 7:00 p.m. at the Alburts Borough Hall, 260 Franklin Street, Alburts, Pennsylvania 18011, may consider and enact an ordinance entitled and summarized as follows:

AN ORDINANCE ACCEPTING THE DEDICATION OF AND OPENING CHURCH STREET, SCENIC VIEW DRIVE, RACITE ROAD, AND SEIP ROAD IN THE SUBDIVISION KNOWN AS "HILLS AT LOCK RIDGEWEST" IN THE BOROUGH OF ALBURTS; OPENING AND INCORPORATING SUCH STREETS INTO THE OFFICIAL STREET SYSTEM OF THE BOROUGH OF ALBURTS; AMENDING THE PROVISIONS OF CODIFIED ORDINANCES § 12-508 REGARDING KEYS AND ACCESS CODES FOR ENTRY TO BOROUGH HALL; AMENDING CODIFIED ORDINANCES § 11-104.1(h) TO SET THE CHIEF OF POLICE'S RATE OF COMPENSATION AT \$38.00 PER HOUR; AND AMENDING CODIFIED ORDINANCES § 12-302(c.1)(1) TO PROVIDE AN ADDITIONAL FIVE (5) VACATION DAYS FOR THE CHIEF OF POLICE IN HIS FIRST YEAR OF SERVICE.

Copies of the full text of the proposed ordinance may be examined or obtained at cost at the Alburts Borough Hall at the address set forth above during regular business hours, or by making arrangements with the Borough Manager at 610-966-4777. The Alburts Borough Hall is accessible to the disabled. Please contact the Borough Manager at 610-966-4777 to arrange for any accommodations for a disability.

Any interested party may petition Borough Council to conduct a hearing on the issue of accepting, opening, and incorporating streets into the Borough's official street system before adopting the ordinance. The petition must be received at the Office of the Borough Manager, Alburts Borough Hall, at the address set forth above no later than March 4, 2022. If no timely petitions are received, the ordinance may be adopted on March 9, 2022.

Within thirty (30) days after the enactment of the ordinance, any party aggrieved by Council's action accepting, opening, and incorporating streets into the Borough's official street system may appeal to the Lehigh County Court of Common Pleas.

David G. Knerr, Esquire
Solicitor

Feb. 16, 23

PUBLIC NOTICE
SALISBURY TOWNSHIP, LEHIGH COUNTY, PA
PLANNING COMMISSION MEETING
WEDNESDAY, FEBRUARY 23, 2022 at 7:00PM
The Salisbury Township Planning Commission will hold a public meeting on Wednesday, February 23, 2022 at 7:00 PM in the Township Municipal Building located at 2900 South Pike Avenue, Allentown PA 18103. The meeting will be to discuss the following items:

1493 E. EMMAUS AVE - PRELIMINARY LAND DEVELOPMENT (NO. 21-0242)
Review the granting of an extension of time until June 30, 2022 for the land development at 1493 E. Emmaus Ave submitted by NuVision Properties, LLC. Project proposes to convert an existing structure into 12 garden apartment units. The property is located within the R4, Medium Density Residential zoning district.

2638 WEST ROCK ROAD - PRELIMINARY LAND DEVELOPMENT (NO. 19-0020)
Review of Preliminary site plan and request for waivers submitted by Girl Scouts of Eastern Pennsylvania, Inc., successor by merger to Great Valley Girl Scouts Council, Inc., for the land development at 2638 West Rock Road. Project proposes to construct a new multi-purpose building with supporting infrastructure including additional parking. The property is located within the CR, Conservation Residential zoning district.

REVIEW OF PROPOSED AMENDMENTS TO THE SALISBURY TOWNSHIP ZONING ORDINANCE (CHAPTER 27)
Review proposed amendments to the Salisbury Township Zoning Ordinance which include changes to §27-309, "Open Space Development Option for Land that is at Least Partly Within the CR District" and the addition of §27-310, "Cluster Housing Development Option". Additional changes may also be discussed including updates to Part 2, "Definitions" in relation to the previously listed changes and additions. All proposed amendments may be reviewed at https://www.salisburytownship.org/event/planning-commission-meeting-128/ beginning Wednesday, February 16, 2022.

REVIEW OF PROPOSED AMENDMENTS TO THE SALISBURY TOWNSHIP SUBDIVISION AND LAND DEVELOPMENT ORDINANCE (CHAPTER 22)
Review proposed amendments to the Salisbury Township Zoning Ordinance which include possible changes to Part 2, "Definitions" and Part 10 "Design Standards and Required Improvements" in relation to the proposed changes and additions to the Salisbury Township Zoning Ordinance (Chapter 27). All proposed amendments may be reviewed at https://www.salisburytownship.org/event/planning-commission-meeting-128/ beginning Wednesday, February 16, 2022.

All applicants and interested parties must attend in-person. Requests for more information, and to review the files in advance, should be directed to Kerry Rabold, Planning & Zoning Officer, at krabold@salisburytownship.org or (610) 797-4000 ext. 5825. Feb. 9, 16

PUBLIC NOTICE
AUDITORS REPORT
Notice is hereby given that the Annual Financial Statement of Catasauqua Area School District from the Independent Auditor of France, Anderson, Basile and Company, P.C. for the Fiscal year Ended June 30, 2021, was filed in the at Lehigh County Courthouse, Clerk of Judicial Court and the Northampton County Courthouse, Criminal Department and the Carbon Lehigh I.U. It 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 Administration Office of the School District during normal business hours. Feb. 2, 9, 16

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, 2021, was filed on January 13, 2022, 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. 16, 23, March 2

PUBLIC NOTICE
BIDS WANTED
Sealed electronic bids will be received by the Lehigh County Schools Joint Purchasing Board, until 2:00 p.m., March 18, 2022 for the following:
Art Supplies
All bids will be exclusively received and processed through the eSchoolMall easyBid application process at www.eSchoolMall.com; the failure to follow this process (no paper submissions will be considered) will disqualify the bid submission. Bid instructions and specifications can be obtained from Andrew Barnett at 610-769-4111, ext. 1682 or barnetta@clui.org. Bids will be opened at 2:00 p.m. on March 18, 2022.

Patricia T. Bader LCSJPB Board Chairperson
Feb. 16, 23, Mar. 2
Sealed electronic bids will be received by the Lehigh County Schools Joint Purchasing Board, until 2:00 p.m., February 24, 2022 for the following:
Coarse Paper
Custodial & Maintenance Supplies
Floor Supplies
General Office Supplies
All bids will be exclusively received and processed through the eSchoolMall easyBid application process at www.eschoolmall.com; the failure to follow this process (no paper submissions will be considered) will disqualify the bid submission. Bid instructions and specifications can be obtained from Ms. Kay Paul at 610-799-1337 or paulk@lcti.org. Bids will be opened at 2:00 p.m. on February 25, 2022.

Patricia T. Bader, LCSJPB Board Chairperson
Feb. 2, 9, 16
PUBIC NOTICE
BOROUGH OF NORTH CATASAUQUA
North Catasauqua Planning Commission meetings will be held at 5:30 p.m. on the 1st Tuesdays of the month starting on March 1st, 2022.
Meetings will be held at the Municipal Building, 1066 4th Street, North Catasauqua. Virtual attendance can be accessed via Webex and sign on information will be posted on www.northcatasauqua.org prior to the meeting.
The North Catasauqua Municipal Building is accessible to the physically handicapped. Any persons that require special assistance to understand the nature of the business conducted at these meetings because of visual, hearing or other impairment is required to contact the Borough Secretary at least five (5) business days prior to the meeting to arrange for necessary assistance.
Tasha Jandrisovits
Borough Secretary
Feb. 16

PREMIER Crossword

By Frank A. Longo

CALCULATING CHARACTERS ACROSS

- 1 Pet doc
4 "Come again?"
8 Treats maliciously
14 Tennis player Borg
19 Narcissist's problem
21 Actress Address
22 Ate, as prey
23 Football Hall of Famer Bronko
24 Arrive on wheels
25 Frankie or Cleo of song
26 Start of a riddle
29 Noise in a comic book gunfight
30 Exotica singer Sumac
31 "The Human Stain" novelist Philip
32 Cure-all
37 Race of people in an H.G. Wells novella
39 Some sorority letters
40 Donations to the destitute
44 Riddle, part 2
48 Like much greasy food
49 See 83-Across
50 Corp. leader
51 Skip over, as a vowel
52 World War II film, when tripled
53 Charged bit
55 Place — (be active on eBay, say)
57 Cheap cigar
58 Riddle, part 3
63 Simile middle
66 Chaney of film
67 Song-belted Merman
68 On a pension, maybe: Abbr.
69 Military draft gp.
70 Riddle, part 4
75 ZZ Top album whose name is Spanish for "The Crazy One"
76 Hamm and Farrow
77 Neither's partner
78 Tingly feeling
82 Totally tired
83 With 49-Across, touter of green eggs and ham
84 "Yes" vote
86 Early arcade giant
87 End of the riddle
93 — Flush (bathroom brand)
94 Architect I.M. —
95 Made angry
96 Florida fruits
97 R&B great Marvin
99 Not at all new
100 Golf club
102 Riddle's answer
111 Stalin-era labor camp
112 Polecat's kin
113 Urge against
114 Muscat native
115 Do over

15x15 crossword grid with numbers 1-119 indicating starting points for clues.

- 116 Office squawker
117 Fender dings
118 Mimics a mad mutt
119 Helper of Frankenstein
120 Inventor Whitney
32 Fizzle sound
33 Sleek, informally
34 Hair removal brand
35 Top squad
36 Mooer's mouthful
38 On the — (fleeing)
39 "— say more?"
41 Actresses Vivien and Janet
42 In — res (mid-plot)
43 Clay pigeons to be shot, informally
45 Three x three
46 Frozen spear
47 Eats away at
53 "Were — it all over again ..."
54 "It can't be!"
55 One of the Three Musketeers
56 Nickname for singer Justin, with "the"
57 Derisive smile
59 One of the three Furies
60 R&R alone
61 "— boy!"
62 Pisa's river
63 Nuclear trials, for short
64 Class of antimicrobial drugs, in the British spelling
65 Actress Sorkin who once hosted "America's Funniest People"
71 Like animals that don't roam
72 So-called "fifth taste"
73 Apartment near the super's, perhaps
74 Mesh well
79 Piquancy
80 Ontario tribe
81 Cat's warning
83 Pittsburgh footballers
84 "Chances —"
85 "Catch my drift, bro?"
86 Pie-mode link
88 1974 CIA parody film
89 More lacteal
90 Not cardinal, as a number
91 Plundering
92 Writer Sabato
98 Patronage
99 "— Loompa"
101 Half-dimeters
102 Journalist Brit
103 Zing
104 Lucy Liu's "Kill Bill" role
105 Insect traps
106 Exploiter
107 Mongrel mutt
108 Frilly material
109 Shrine figure
110 Moore of "G.I. Jane"
111 Shrine figure

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Conceptis Sudoku

By Dave Green

9x9 Conceptis Sudoku grid with some numbers filled in.

Difficulty Level ★★★

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 containing the solution to the previous puzzle.

Difficulty Level ★★★

CRYPTOGRAM

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WJ Z MDZAF YKFSWIK WM ZIDZQM JPIPDWOX SPP
RIPMKIQ HKLWOG PSLKYM, WS AWXLS HK R'ZIIKG
Z SZWI-XZSPY.

Today's Cryptoquip Clue: Y equals R

See solutions on Page B10

PUBLIC NOTICE

Lower Macungie Township will receive sealed bids for its 2022 Cross Creek Road Drainage Improvements Project. The project includes but not limited to the following: connection to the existing storm structures, installation of the storm sewer pipe, endwall and outlet structure; earth-work including strip topsoil, cut/fill, the export of approximately 2,100 cubic yards of fill, fine grading, replace topsoil along with the import of approximately 500 cubic yards of topsoil and restoration. Copies of the Specifications and Bid Forms will be available at no cost on PennBid, available at https://pennbid.procurement.com beginning February 11, 2022. Sealed bids will be received until 10:00 AM (prevailing time) on March 18, 2022. Bids results will be made available on PennBid after bid opening. Each bid must be accompanied by Bid Security made payable to Lower Macungie Township, in an amount of ten percent (10%) of the Bid price in the form of a certified or bank check, or a Bid Bond issued by a surety meeting the requirements stated in the bid documents. Performance Bonds will be required from the successful bidder in the full amount of the annual contract price as stated in the bid documents. This project is subject to minimum wage rates in accordance with the applicable provisions of the Pennsylvania Prevailing Wage Act and the Public Works Employee Verification Act. Lower Macungie Township reserves the right to waive any informality in, and/or to reject, any or all bids.

Renea Flexer, Asst. Township Manager/Secretary Feb. 16, 23

PUBLIC NOTICE ADVERTISEMENT FOR BIDS

Lower Macungie Township will receive sealed bids for its 2022 Roadway Polymer Modified Crack Sealing Program (99 roadways/6,000 GAL). Copies of the Specifications and Bid Forms will be available at no cost on PennBid, available at https://pennbid.procurement.com beginning February 9, 2022. Sealed bids will be received until 9:00 AM (prevailing time) on March 28, 2022. Bids results will be made available on PennBid after bid opening. Each bid must be accompanied by Bid Security in the form of a certified or bank check, or a Bid Bond issued by a surety meeting the requirements of PennDOT Pub. 408, made payable to Lower Macungie Township, in an amount of ten percent (10%) of the bid price. The successful bidder must furnish Performance and Payment Bonds each in an amount equal to the Contract Price and meeting PennDOT Publication 408, Section 103.04 requirements. Bidders must be PennDOT prequalified per PennDOT Pub. 408 Section 102. This project is considered maintenance and is not subject to the terms and conditions of the Pennsylvania Prevailing Wage Act, as determined by the Secretary of Labor and Industry, and is to be bid as such. The successful bidder is assessed a variable award fee from PennBid. Lower Macungie Township reserves the right to waive any informality and to reject any and all bids.

Renea Flexer, Asst. Township Manager/Secretary Feb. 9, 16

PUBLIC NOTICE

North Whitehall Township will receive sealed bids via PennBid for PA Route 309 and Pennsylvania Drive Intersection Improvements. Improvements include roadway widening, curbing, handicap ramps and sidewalk, storm sewer facilities and traffic signal work. Bids will be received online via PennBid until 9:00 a.m. (prevailing time) on Monday, February 28, 2022. Bids results will be made available on PennBid after bid opening.

Copies of the Specifications/Bid Forms are available at no cost on PennBid (https://PennBid.ProcureWare.com). Questions and inquiries should be addressed through PennBid's "Clarification" tab. Each bid must be accompanied by Bid Security made payable to the Owner's in an amount of ten percent (10%) of the total Bid price and in the form of a certified or bank check or a Bid Bond issued by a surety meeting the requirements of Paragraph 5.1 of the General Conditions. The successful bidder must furnish Performance, Payment Bonds and Insurance per Contract and meeting the requirements of Paragraph 5.1 of General Conditions. This project is subject to minimum wage rates in accordance with the applicable provisions of the Pennsylvania Prevailing Wage Act and the Public Works Employee Verification Act. Bidders must be PennDOT Prequalified per PennDOT Pub. 408 Section 102. The Owner reserves the right to waive any informality in, and/or to reject, any or all bids. No bid will be accepted if obtained from sources other than the issuing office noted above.

Chris Garges - Township Manager North Whitehall Township Feb. 9, 16

PUBLIC NOTICE LEGAL NOTICE

NOTICE IS HEREBY GIVEN that the Board of Supervisors of Hanover Township, Northampton County, Pennsylvania, will consider for adoption at a public meeting to be held at 7:00 P.M. on the 8th day of March, 2022 at the Hanover Township Municipal Building, 3630 Jacksonville Road, Bethlehem, Pennsylvania, an Ordinance to amend the Code of Ordinances by creating a new Chapter 146, Small Wireless Facilities, establishing procedures and requirements pertaining to the implementation of Act 50 of 2021 and regulating Small Wireless Facilities to be placed within the Public Right-of-Way. Copies of the full proposed text of the Ordinance summarized below may be examined by any citizen of the Township of Hanover at the Office of the Board of Supervisors of the Township of Hanover, Northampton County, Pennsylvania, at 3630 Jacksonville Road, Bethlehem, Pennsylvania, during normal business hours.

The public meeting will be open to the public. In addition, and due to the COVID-19 Pandemic, the meeting will also be held electronically through Vimeo. To access the meeting through your computer, go to https://vimeo.com/676289663.

The following is a brief summary of the Ordinance in reasonable detail: ORDINANCE NO. 22 -

AN ORDINANCE OF THE TOWNSHIP OF HANOVER, NORTHAMPTON COUNTY, PENNSYLVANIA, TO AMEND THE CODE OF ORDINANCES BY CREATING A NEW CHAPTER 146, SMALL-WIRELESS FACILITIES, ESTABLISHING PROCEDURES AND REQUIREMENTS PERTAINING TO THE IMPLEMENTATION OF ACT 50 OF 2021 AND REGULATING SMALL-WIRELESS FACILITIES TO BE PLACED WITHIN THE PUBLIC RIGHT-OF-WAY, AND REPEALING ALL ORDINANCES INCONSISTENT THEREWITH

NOW, THEREFORE, BE IT ORDAINED AND ENACTED, by the Board of Supervisors of Hanover Township, Northampton County, Pennsylvania as follows:

SECTION 1. The Supervisors of Hanover Township, Northampton County, Pennsylvania, under the powers vested in them by the "Second Class Township Code" of Pennsylvania as well as other laws of the Commonwealth of Pennsylvania, do hereby enact and ordain the following amendment to the text of the Hanover Township Code of Codified Ordinances, as amended, by creating a new Chapter 146 to be known as Small-Wireless Facilities"

SECTION 2. Chapter 146, Small-Wireless Facilities, Section 146-1 Short Title to read as follows: "Section 146-1 Short Title.

This Ordinance shall be known as the "Small-Wireless Facilities Ordinance of Hanover Township, Northampton County, Pennsylvania."

SECTION 3. Chapter 146, Small-Wireless Facilities, Section 146-2 Purpose.

SECTION 4. Chapter 146, Small-Wireless Facilities, Section 146-3 Definitions.

SECTION 5. Chapter 146, Small-Wireless Facilities, Section 146-4 Scope.

A. Applicability. B. Exempt Facilities.

SECTION 6. Chapter 146, Small-Wireless Facilities, Section 146-5 Applications for Small-Wireless Facilities.

A. Application Process. B. Placement. C. Deadlines for Completion. D. Compensation for Right-of-Way Use. E. Design Guidelines and Aesthetic Requirements.

SECTION 7. Chapter 146, Small-Wireless Facilities, Section 146-6 General Requirements.

A. Compliance. B. Attachment to Municipal Structures. C. Insurance. D. Outdated Equipment. E. Weather. F. Inspection Reports. G. Maintenance. H. Historic Districts.

SECTION 8. Chapter 146, Small-Wireless Facilities, Section 146-7 Discontinuance.

A. Process. B. Required Discontinuance.

SECTION 9. Chapter 146, Small-Wireless Facilities, Section 146-8 Indemnification.

SECTION 10. Chapter 146, Small-Wireless Facilities, Section 146-9 Standard Permit Conditions.

SECTION 11. Chapter 146, Small-Wireless Facilities, Section 146-10 Revocation of Permit.

SECTION 12. Chapter 146, Small-Wireless Facilities, Section 146-11 Restoration.

SECTION 13. Chapter 146, Small-Wireless Facilities, Section 146-12 Violations and Penalties.

SECTION 14. SEVERABILITY. If any section, clause, provision, or portion of this Ordinance shall be held to be invalid or unconstitutional by any court of competent jurisdiction, such decision shall not affect any other section, clause, provision, or portion of this Ordinance.

SECTION 15. REPEALER. All Ordinances and parts of Ordinances inconsistent herewith be and the same are hereby repealed.

SECTION 16. EFFECTIVE DATE. This Ordinance shall become effective five (5) days from the date of its adoption.

James L. Broughal, Esquire TOWNSHIP SOLICITOR 38 West Market Street Bethlehem, PA 18018

Feb. 16

PUBLIC NOTICE

The regular monthly meeting of the Parkland Community Library Board of Directors is scheduled for Thursday, February 24th, 2022, at 7:00 p.m. at 4422 Walbert Ave., Allentown, PA. Feb. 16

PUBLIC NOTICE

NOTICE is hereby given by the Board of Supervisors of Upper Milford Township, Lehigh County, Pennsylvania, that they will conduct a public hearing on Thursday, March 3, 2022, at 7:00 p.m. in the Upper Milford Township Municipal Building located at 5671 Chestnut Street, Old Zionsville, Lehigh County, Pennsylvania. The purpose of the public hearing is to consider proposed modifications to the Agricultural Security Area within Upper Milford Township.

The proposed modification would add the following parcel of land to the Upper Milford Township Agricultural Security Area: approximately 21.755 acres more or less of land located at 4246 Main Road West, Emmaus, PA 18049. The proposed addition is more fully described in a map contained in the Upper Milford Township Municipal Building which may be inspected by the public during normal business hours.

The proposed modification has received a favorable recommendation from both the Upper Milford Township Planning Commission and the Upper Milford Township Agricultural Security Area Advisory Committee. Any interested citizen may appear and comment at this public hearing.

Marc S. Fisher, Esquire Solicitor, Upper Milford Township Feb. 16

PUBLIC NOTICE NOTICE

NOTICE is hereby given by the Board of Supervisors of Upper Milford Township, Lehigh County, Pennsylvania, that on February 3, 2022, they acknowledged receipt of proposals to include additional land within the Upper Milford Township Agricultural Security Area. The proposed addition consists of approximately 10,252 acres more or less and identified as PIN No. 549219460657 1. The proposed additional land will remain on file and is available for public inspection during the normal business hours at the Upper Milford Township Municipal Building located in Old Zionsville, Pennsylvania.

Any municipality encompassing or adjacent to the proposed additional area, or any landowner who owns the land proposed to be included within the Agricultural Security Area, or any landowner with lands adjacent or near the proposed additional areas who wishes land to be included or not included therein, may propose modifications to the proposed area. Objections to the proposed additional area, and proposed modifications must be filed with the Board of Supervisors, in writing, with a copy to the Upper Milford Township Planning Commission within fifteen (15) days from the date of this Notice. At the end of the fifteen (15) day period, the proposed additional land and proposed modifications, if any, will be submitted to the Upper Milford Township Planning Commission and the Agricultural Security Area Advisory Committee. Thereafter, a public hearing will be held on the proposed additional land, proposed modifications, if any, and recommendations of the Upper Milford Township Planning Commission and the Agricultural Security Area Advisory Committee.

[s] Marc S. Fisher, Esquire Solicitor for Upper Milford Township Feb. 16

PUBLIC NOTICE LEGAL NOTICE

NOTICE is hereby given that the Board of Supervisors of Hanover Township, Northampton County, Pennsylvania, will consider for adoption at a Public Meeting to be held at 7:00 p.m. on the 8th day of March, 2022, at the Hanover Township Municipal Building, 3630 Jacksonville Road, Bethlehem, Pennsylvania, an Ordinance amending Chapter 133, Property Maintenance of the Code of Codified Ordinances, to provide changes to the Property Maintenance Ordinance, to remove language conflicting with existing Ordinances and the International Property Maintenance Code.

The public meeting will be open to the public. In addition, and due to the COVID-19 Pandemic, the meeting will also be held electronically through Vimeo. To access the meeting through your computer, go to https://vimeo.com/676289663.

Copies of the proposed Ordinance are available for review at the Hanover Township Municipal Building located at 3630 Jacksonville Road, Bethlehem, Pennsylvania during normal business hours and on the Township's website.

The following is the proposed Ordinance: ORDINANCE NO. 22 -

AN ORDINANCE OF THE TOWNSHIP OF HANOVER, NORTHAMPTON COUNTY, PENNSYLVANIA AMENDING CHAPTER 133, PROPERTY MAINTENANCE OF THE CODE OF CODIFIED ORDINANCES TO PROVIDE CHANGES TO THE PROPERTY MAINTENANCE ORDINANCE OF THE TOWNSHIP OF HANOVER TO REMOVE LANGUAGE CONFLICTING WITH EXISTING ORDINANCES AND THE INTERNATIONAL PROPERTY MAINTENANCE CODE ("IPMC")

WHEREAS, the Board of Supervisors of the Township of Hanover, Northampton County, Pennsylvania have enacted, by Ordinance, regulations dealing, in part, with property maintenance, and adopting certain editions of the IPMC which Ordinance has been amended from time to time; and

WHEREAS, the Board of Supervisors of the Township of Hanover, Northampton County, Pennsylvania has determined that it would be in the best interest of the Township of Hanover to amend its Ordinance to remove language conflicting with existing Ordinances and the IPMC.

NOW, THEREFORE, BE IT AND IT IS HEREBY ORDAINED AND ENACTED BY THE BOARD OF SUPERVISORS OF THE TOWNSHIP OF HANOVER, COUNTY OF NORTHAMPTON, COMMONWEALTH OF PENNSYLVANIA AS FOLLOWS:

Section 1: Chapter 133 Property Maintenance, Section 302 Exterior Property Areas of the Code of Codified Ordinances of the Township of Hanover, Northampton County be amended as follows:

1. Delete Section 302.8 in its entirety and restate as follows:

"Section 302.8 Motor Vehicle Nuisances Prohibited. It shall be unlawful for any person, owner or lessee to maintain a motor vehicle nuisance upon any premises, except when completely enclosed in an approved structure. A motor vehicle nuisance shall include any motor vehicle which is unable to move under its own power and has any of the following defects:

- 1) Section 302.8.1 Broken Windshields, mirrors or other glass with sharp edges.
2) Section 302.8.2 One or more flat or open tires or tubes which could permit vermin harborage.
3) Section 302.8.4 Missing doors, windows, hood, truck or other body parts which could permit animal harborage.
4) Section 302.8.4 Any body parts with sharp edges, including holes resulting from rust.
5) Section 302.8.5 Missing tires resulting in unsafe suspension of the motor vehicle.
6) Section 302.8.6 Upholstery which is torn or open which could permit animal and/or vermin harborage.
7) Section 302.8.7 Broken headlamps or tail-lamps with sharp edges.
8) Section 302.8.8 Disassembled chassis parts apart from the motor vehicle stored in disorderly fashion or loose in or on the vehicle.
9) Section 302.8.9 Protruding sharp objects from the chassis.
10) Section 302.8.10 Broken vehicle frame suspended from the ground in an unstable manner.
11) Section 302.8.11 Leaking or damaged oil pan or gas tank which could cause a fire or explosion.
12) Section 302.8.12 Exposed battery containing acid.
13) Section 302.8.13 Inoperable locking mechanism for doors or trunk
14) Section 302.8.14 Open or damaged floorboards, including trunk and firewall.
15) Section 302.8.15 Damaged bumpers pulled away from perimeter of vehicle.
16) Section 302.8.16 Broken grill with protruding edges.
17) Section 302.8.17 Loose or damaged metal trim and clips.
18) Section 302.8.18 Broken communication equipment antennas.
19) Section 302.8.19 Suspended on unstable supports."

SECTION 3. REPEALER. All Ordinances and parts of Ordinances inconsistent herewith be and the same are hereby repealed.

SECTION 4. SEVERABILITY. If any section, clause, provision, or portion of this Ordinance shall be held to be invalid or unconstitutional by any court of competent jurisdiction, such decision shall not affect any other section, clause, provision, or portion of this Ordinance.

SECTION 5. EFFECTIVE DATE. This Ordinance shall be effective five (5) days after adoption.

James L. Broughal, Esquire TOWNSHIP SOLICITOR 38 West Market Street Bethlehem, Pennsylvania 18018 Feb. 16

PUBLIC NOTICE LEGAL NOTICE

NOTICE is hereby given that the Borough Council of the Borough of Coplay, Lehigh County, Pennsylvania, will consider for approval at a Public Meeting to be held at 7:00 p.m. on the 1st day of March, 2022, Ordinance No. 849 amending the Code of Ordinances of the Borough of Coplay, Chapter 20, Solid Waste, Article I of the Codified Ordinances of the Borough of Coplay, amending the municipal solid waste ordinance and repealing all ordinances inconsistent therewith. Copies of the complete text of the proposed ordinance are available for review at the Borough of Coplay Municipal Building located at 98 S. 4th Street, Coplay, Pennsylvania during normal business hours. Feb. 16

PUBLIC NOTICE

Notice is hereby given that the Upper Macungie Township Board of Supervisors has scheduled a Public Hearing on Thursday, March 3, 2022 at 6:00 p.m. in the Upper Macungie Township Municipal Building, 8330 Schantz Road, Breinigsville, PA 18031. The purpose of this hearing is to receive testimony, evidence, input, and comment from interested parties and the general public concerning the proposed Inter-Municipal Transfer of a Restaurant Liquor License to Sheetz, Inc., 951 Trexliertown Road, Upper Macungie Township. The proposed transfer is of Liquor License #R-13791 from G&G Restaurant Group, LLC of Hanover Township, Lehigh County. Feb. 16, 23

PUBLIC NOTICE MUNICIPAL ADVERTISEMENT BOROUGH OF NORTH CATAUSAQUA

Notice is hereby given that the Borough Council of North Catasauqua will conduct a public hearing and consider the adoption of the ordinance summarized herein, at a meeting on March 7, 2022, at 7:00 p.m. At said meeting, Council shall consider enacting, and if appropriate, will take a vote on adopting "An Ordinance of the Borough of North Catasauqua, County of Northampton, Repealing and Replacing Ordinance 431 Relating to the Registration, Inspection, and Licensing of Residential Rental Properties."

The proposed ordinance repeals and replaces Ordinance 431, and it specifically requires that all municipal taxes, garbage and sewer fees be confirmed to be current at the time of any application thereunder; it sets forth procedures for the handling of incomplete applications; it makes amendments to the provisions regarding the scheduling of inspections and re-inspections; it updates provisions relating to confidentiality of information; it includes small textual changes for improved readability; and it eradicates the requirement relating to Certificates of Compliance.

The full proposed text of said ordinance may be examined by any citizen at the Office of the Borough of North Catasauqua, located at 1066 Fourth Street, North Catasauqua, Pennsylvania, 18032, Monday through Friday, from 8:00 a.m. to 4:00 p.m. until the date of the aforesaid Borough Council Meeting. Copies of the proposed ordinance may be obtained for a charge not greater than the cost thereof. Persons with disabilities who require any auxiliary aid, service, or other accommodation to observe or participate should contact the Borough Office at least five days before the above date to discuss how your needs may be best accommodated. Feb. 16, 23

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 lien. Dennis D. Graver - Space 1291 Feb. 16, 23

BOROUGH OF EMMAUS POOL AMENITIES LEGAL ADVERTISEMENT

Notice to Bidders

The Borough of Emmaus, Lehigh County, PA will receive bids for a Waterslide, AquaClimb, and AquaZip'n for Community Pool until 4:00 PM on Wednesday, February 23, 2022 at which time they will be publicly opened.

Bid sheet and specifications can be obtained at the temporary offices of the Borough of Emmaus at 420 S 10th Street, Emmaus, PA 18049.

Bids shall remain firm for a period of thirty (30) days:

The Borough of Emmaus reserves the right to waive any informalities in or to reject any and all Bids, and to enter into such a Contract as may be deemed to be in the best interest of the Borough of Emmaus.

Borough of Emmaus Shane M. Pepe Borough Manager Feb. 16

PUBLIC NOTICE NOTICE OF PUBLIC SALE

To satisfy the owner's storage lien, PS Orange Co. Inc. will sell at public lien sale on February 23, 2022, the personal property in the below-listed occupants' leased spaces, which may include but are not limited to: household and personal items, office and other equipment. The public sale of these items will begin at 11:00 AM and continue until all units are sold.

PUBLIC STORAGE # 24516, 2977 MacArthur Road, Whitehall, PA 18052, (484) 408-6691 Time: 11:00 AM

- C0032 - jr, Wilson Torres; D0130 - Sedlak, Michael; D0133 - Skulteti, Michael; D0153 - Gonzalez, Mary; D0161 - West, Shamila; D0201 - Mcgriff, Tamika; D2113 - Colon, Jacqueline; D2122 - Briley, Mark; D2151 - Dixon, Georgia; E0305 - Worth, Corbie-Lynn; E0339 - Hunsicker, Jasmine; E0437 - Carrasquilla, Adrian; F0518 - meenan, christine; F0539 - Bostic, Tanya; F0541 - Brooks, Destiny; F0552 - Gonzalez, Berly; F0605 - Sabastro, Mia; F6273 - Bonilla, Isai; F6300 - Ramos, Catherine; F6302 - Green, Arsha; G0702 - Ramos, Alex; G0707 - Bartholomew, Grace; G0710 - Rosa, Arlane; G0733 - Covington, Natasha; G0741 - Riley, Corissa

Public sale terms, rules, and regulations will be made available prior to the sale. All sales are subject to cancellation. We reserve the right to refuse any bid. Payment must be in cash or credit card-no checks. Buyers must secure the units with their own personal locks. To claim tax-exempt status, original RESALE certificates for each space purchased is required. By PS Orangeco, Inc., 701 Western Avenue, Glendale, CA 91201. (818) 244-8080. Feb. 9, 16

PUBLIC NOTICE ADVERTISEMENT FOR BIDS

Sealed Bids for the FRANKLIN STREET MULTI-MODAL IMPROVEMENTS PROJECT will be received electronically via the PennBid Program by Alburtis Borough, until 12:00 p.m. local time on March 23, 2022. At 2:30 pm the bids will be received by the Borough from Pennbid and read publicly.

All project documents and details are available at no cost on PennBid (www.pennbid.net)

A pre-bid conference will be held at 1:00 p.m. local time on March 10, 2022 at 260 Franklin St, Alburtis, PA 18011. Attendance at the pre-bid conference is strongly encouraged, but not mandatory.

Each bidder is required to bid on the total project. Each bid must be accompanied by a bid bond or certified check made payable to "Alburtis Borough" in the amount of 10% of the total bid. The successful bidder shall provide a performance bond or certified check to the municipality in the amount of 100% of the contract within 20 days after the contract is awarded. The successful bidder shall provide a payment bond or certified check to the municipality in the amount of 100% of the contract within 20 days after the contract is awarded. Bid security in the amount of 10% of the total bid shall be furnished in accordance with the Instructions to Bidders.

Alburtis Borough hereby reserves the right, which is understood and agreed to by all bidders, to refuse and reject any or all bids submitted, and also reserves the right to waive any informality in bids received. Feb. 16, 23

PUBLIC NOTICE LEGAL NOTICE

NOTICE is hereby given that the Board of Supervisors of Hanover Township, Northampton County, Pennsylvania, will consider for adoption at a Public Meeting to be held at 7:00 p.m. on the 8th day of March, 2022, at the Hanover Township Municipal Building, 3630 Jacksonville Road, Bethlehem, Pennsylvania, an Ordinance amending Chapter 172 Vehicles and Traffic of the Code of Ordinances, Section 172-31, dealing with Violations and Penalties.

The public meeting will be open to the public. In addition, and due to the COVID-19 Pandemic, the meeting will also be held electronically through Vimeo. To access the meeting through your computer, go to https://vimeo.com/676289663.

Copies of the proposed Ordinance are available for review at the Hanover Township Municipal Building located at 3630 Jacksonville Road, Bethlehem, Pennsylvania during normal business hours and on the Township's website.

The following is the proposed Ordinance: ORDINANCE NO. 22 -

AN ORDINANCE OF THE TOWNSHIP OF HANOVER, NORTHAMPTON COUNTY, PENNSYLVANIA AMENDING CHAPTER 172 VEHICLES AND TRAFFIC OF THE CODE OF ORDINANCES OF THE TOWNSHIP OF HANOVER, NORTHAMPTON COUNTY, PENNSYLVANIA BY AMENDING SECTION 172-31 VIOLATIONS AND PENALTIES OF THE CODE OF CODIFIED ORDINANCES AND REPEALING ALL SECTIONS INCONSISTENT THEREWITH

NOW, THEREFORE, pursuant to the Authority contained in the Second-Class Township Code, as amended, the Board of Supervisors of the Township of Hanover, Northampton County, Pennsylvania, does hereby enact and ordain as follows:

SECTION 1. The Hanover Township Vehicles and Traffic Ordinance, Chapter 172, Section 172-31 Violations and Penalties, Subsection A of the Code of Codified Ordinances of the Township of Hanover, is hereby amended as follows:

1. Delete 172-31 Violations and Penalties, Subsection A in its entirety and restate as follows: "A. Violation of all sections in this article except §§ 172-7, 172-22A, 172-15C, 172-19, 172-27 and 172-29. The owner of any vehicle found in violation of any sections of this article shall pay a fine of \$100.00 for each violation, if payment is received by the CRPD or the Code Enforcement Officer within five days of the date of the violation, unless a fine in a different amount is specifically set forth herein. If payment is received after five days but within 10 days of the date of the violation, the fine shall be \$250.00 for each violation. If payment is not received within the ten-day period, the CRPD or Code Enforcement Officer shall file a citation with the District Judge and, upon conviction, the violator shall pay a fine of \$1,000.00 plus costs of prosecution."

SECTION 2. SEVERABILITY

If any section, clause, provision, or portion of this Ordinance shall be held to be invalid or unconstitutional by any court of competent jurisdiction, such decision shall not affect any other section, clause, provision, or portion of this Ordinance.

SECTION 3. REPEALER All Ordinances and parts of Ordinances inconsistent herewith be and the same are hereby repealed.

SECTION 4. EFFECTIVE DATE. This Ordinance shall become effective five (5) days from the date of its adoption.

James L. Broughal, Esquire TOWNSHIP SOLICITOR 38 West Market Street Bethlehem, Pennsylvania 18018 Feb. 16

PUBLIC NOTICE

Emmaus Borough Council will be voting on the following Ordinance at its March 7, 2022 Council Meeting:

ORDINANCE NO. 1224

AN ORDINANCE OF THE BOROUGH OF EMMAUS, LEHIGH COUNTY, PENNSYLVANIA, AMENDING CHAPTER 15 §602.3.A OF THE EMMAUS BOROUGH CODE, ADDING RESIDENTIAL DISABLED PARKING SIGN AND ASSIGNING PERMITTED PARKING SPACE ON A PUBLIC STREET LOCATED ADJACENT TO 568 BROAD STREET WITHIN THE BOROUGH OF EMMAUS

The Meeting is scheduled for 7:00 PM at St. John's UCC, 139 N Fourth St., Emmaus, PA. The proposed Ordinance is available for inspection at the temporary Borough offices, 420 S 10th Street, Emmaus PA, Monday through Friday, 8:00 AM - 4:00 PM.

Shane M. Pepe, Borough Manager

Feb. 16

PUBLIC NOTICE

Lower Macungie Township will receive sealed bids electronically via the PennBid Program for the 2022 Sanitary Sewer Lateral Cleanout Project which includes installation of 55 new cleanouts on existing sanitary sewer laterals until 10:00 AM (prevailing time) on March 8, 2022. Bid results will be made available on PennBid after bid opening.

Feb. 9, 16

PUBLIC NOTICE

Lower Macungie Township will receive sealed bids for its 2022 Maulfair Drive Drainage Improvements Project. The project includes but not limited to the removal of existing storm sewer, pavement, the installation of High Density Polyethylene Pipe (HDPE), endwall, storm manhole, storm inlets, rip-rap swale, emergency access, curb and paving.

Renea Flexer, Asst. Township Manager/Secretary Feb. 16, 23

PUBLIC NOTICE

Lower Macungie Township will receive sealed bids for its 2022 Roadway Polymer-Modified Emulsified Asphalt Paving System (Micro Surfacing), (38 Roadways/127,246 SY) (Single Application Type A). Copies of the Specifications and Bid Forms will be available at no cost on PennBid, available at https://pennbid.procurement.com beginning February 9, 2022. Sealed bids will be received until 9:00 AM (prevailing time) on March 28, 2022.

Feb. 9, 16

PUBLIC NOTICE HANOVER TOWNSHIP LEHIGH COUNTY ZONING HEARING BOARD PUBLIC NOTICE

The regular monthly meeting of the Hanover Township Lehigh County Zoning Hearing Board will be held on February 24, 2022, at 7:00 p.m., in the Public Meeting Room of the Municipal Building, at 2202 Grove Road, Allentown, PA 18109, to hear the following appeal.

APPEAL # 2022-03- Kimley-Horn -50 South 16th Street, Suite 310, Philadelphia, PA 19102. Location: Target - 912 Airport Center Drive, Allentown, PA 18109, PIN 641803060765, the subject property is located in a PC - Planned Commercial Zoning District. Applicant is requesting a variance to Section 27-707 (1)(C)(2) and section 27-601 (3) of the Zoning Ordinance regarding the total area of all signs proposing an additional 77.1 square foot wall sign and the use of parking area for an approximate 57,900 sq ft temporary staging area for up to 60 containers and 3-4 dumpsters using approximately 242 parking spaces.

Copies of plans, applications and supporting documents are available for public inspection at the Township Municipal Building.

The decisions of the Hanover Township Lehigh County Zoning Hearing Board are made without regard to race, color, national origin, familial status and disability status of the Applicant.

The Hanover Township Lehigh County 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 Melissa Wehr, Zoning Officer, at least five (5) days prior to the scheduled meeting to arrange for the necessary assistance.

Applicants, and all interested parties MUST appear at this hearing to be considered.

The Zoning Hearing Board, in its land use and zoning decisions, does not discriminate against persons based on race, color, national origin, religion, sex, disability, or familial status and reviews all land use and zoning applications in accordance with federal civil rights statutes. Public comments made on the basis of bias and stereotype concerning people within these protected classes will not be taken into consideration by the Zoning Hearing Board in its deliberations.

Melissa A. Wehr, Zoning Officer

Feb. 9, 16

PUBLIC NOTICE INVITATION TO BID

Notice is hereby given that the Borough of Macungie will receive sealed bids online via the PennBid Program (www.PennBid.net) until 10:00 AM, prevailing time on Tuesday, March 15, 2022, for the Main Street Improvements - Phase VI Project. The scope of work includes selective demolition, and the installation of E&S controls, boring, electrical conduit, wiring, lighting (including conc. bases), crushed stone, concrete, signage, street trees, brick pavers, all other related site work as indicated or reasonably implied on the contract documents and drawings. Prevailing wage rates and Related Acts apply to this Project.

All Bidding Documents are available online at no cost at www.PennBid.net on February 16, 2022.

Immediately following the due date and time, all bids received through PennBid will be opened online at the Engineer's office and referred to the Owner for final award. An abstract of the Bids will be available to bidders on PennBid at the date and time that bids are due, as indicated above.

Bids must include a bid bond, with a corporate surety authorized to do business in Pennsylvania in accordance with the project specifications in the amount of 10% of the total bid amount, all posted through the PennBid program. A Performance and Payment Bond in the amount of 100% of the contract shall be furnished by the successful bidder as detailed in the Instructions to Bidders. The contract requires conformance with the Non-Discrimination/Sexual Harassment Clause which can be found in the specifications of this project.

A pre-bid meeting will be held at 10:00 AM on Thursday, February 24, 2022 at Macungie Borough Hall (21 Locust Street, Macungie, PA 18062). Questions may be submitted through PennBid's "Clarifications (From Vendors)" tab on or before 10:00 AM on Monday, March 7, 2022. Responses will be provided via PennBid to all registered plan holders.

The Borough of Macungie reserves the right to accept or reject any or all bids or portions of to waive any informalities in bidding and to withhold award for a period of sixty (60) days.

On Behalf of the Borough of Macungie Barry Isett & Associates, Inc. 85 South Route 100 Allentown, PA 18106

Feb. 16, 23

PUBLIC NOTICE

Lower Macungie Township will receive sealed bids for its 2022 Roadway Ultra-Thin Bonded Wearing Course Project (Type B) for approximately 32,818 SY/8 roadways. Copies of the Specifications and Bid Forms will be available at no cost on PennBid, available at https://pennbid.procurement.com beginning February 9, 2022. Sealed bids will be received until 9:00 AM (prevailing time) on March 28, 2022. Bid results will be made available on PennBid after bid opening.

Feb. 9, 16

PUBLIC NOTICE

PRIVATE DETECTIVE LICENSE NOTICE IS HEREBY GIVEN that on December 20th, 2021, a petition, being the application of Mitchell D. Friedman for a Pennsylvania Private Detective License, was filed under MD 2324-2021 in Lehigh County Court of Common Pleas in accordance with the Pennsylvania Private Detective Act.

Feb. 16, 23

PUBLIC NOTICE

ESTATE OF Benjamin D. Evans, late of Coopersburg, Lehigh County, Pennsylvania. Letters Testamentary have been granted 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 David W. Evans, c/o The Roth Law Firm, 123 North 5th Street, Allentown, PA 18102 or his Attorney, David M. Roth, Esquire, The Roth Law Firm, 123 North 5th Street, Allentown, PA 18102.

Feb. 2, 9, 16

PUBLIC NOTICE

ESTATE OF Philmore F. Tucker, late of Allentown, Lehigh County, Pennsylvania. Letters Testamentary have been granted 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 Joshua Tucker or Mae Gunn, Co-Executors, c/o The Roth Law Firm, 123 North 5th Street, Allentown, PA 18102 or their Attorney, Robert B. Roth, Esquire, The Roth Law Firm, 123 North 5th Street, Allentown, PA 18102.

Feb. 2, 9, 16

PUBLIC NOTICE

ESTATE OF Marion L. Haas, late of Allentown, Lehigh County, Pennsylvania. Letters Testamentary have been granted 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 Eric C. Haas or Henry R. Haas, Jr., c/o The Roth Law Firm, 123 North 5th Street, Allentown, PA 18102 or their Attorney, Robert B. Roth, Esquire, The Roth Law Firm, 123 North 5th Street, Allentown, PA 18102.

Feb. 2, 9, 16

PUBLIC NOTICE

ESTATE OF Julia M. Horn, late of Allentown, Lehigh County, Pennsylvania. Letters Testamentary have been granted 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 Robin D. Dolan, Executor, c/o The Roth Law Firm, 123 North 5th Street, Allentown, PA 18102 or her Attorney, Robert B. Roth, Esquire, The Roth Law Firm, 123 North 5th Street, Allentown, PA 18102.

Feb. 9, 16, 23

PUBLIC NOTICE

ESTATE OF Jose Gandia, deceased, late of 824 Wood Street, City of Northampton, Northampton County, Pennsylvania. Letters of Administration have been granted 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 Noel Gandia, c/o The Roth Law Firm, 123 N. Fifth St., Allentown, PA 18102.

Feb. 2, 9, 16

PUBLIC NOTICE

ESTATE OF Marjorie J. Honzo, deceased, of the City of Bethlehem, Northampton County, Pennsylvania. Letters Testamentary have been granted to Jan P. Honzo, 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 Jan P. Honzo, Executor, c/o Lori Gardiner Kreglow, Esquire 18 East Market Street P.O. Box 1961 Bethlehem, PA. 18016-1961

Feb. 2, 9 & 16

PUBLIC NOTICE

The Honzo Jr. Family Trust, John S. Honzo, Jr. and Marjorie Honzo Trust, late of the City of Bethlehem, Northampton County, Pennsylvania. Notice is hereby given that the settlors of the trust set forth below are deceased. All persons having claims or demand against said decedents or the trust is requested to make known the same and all persons indebted to said decedents or trust are requested to make payment without delay to the trustee or the trustee's attorney as named below: Trustee, Jan P. Honzo c/o Lori Gardiner Kreglow, Esquire, 18 East Market Street, P.O. Box 1961, Bethlehem, P.A. 18016-1961.

Feb. 2, 9, 16

PUBLIC NOTICE

ESTATE REGISTRATION NOTICE NOTICE IS HEREBY GIVEN, in the Estate of the Decedent set forth below, the Register of Wills has granted Letters Testamentary to the person named. All persons having claims or demands against said estate are requested to make known the same, and all persons indebted to said estate are requested to make payment, without delay, to the executors or to their attorneys named below:

Decedent: MARY A. PAVKOVIC GUERRIERI Date of Death: December 26, 2021 Late of: Bethlehem, Northampton County, Pennsylvania Executor: Lisa A. Frinzi c/o William W. Matz, Jr., Esquire 211 W. Broad Street Bethlehem, PA 18018-5517 William W. Matz, Jr., Esquire 119 E. Main Street Bethlehem, PA 18018-5517

Feb. 2, 9, 16

PUBLIC NOTICE

Lower Macungie Township will receive sealed bids for its 2022 High Performance Chip Seal/Quick Set Fog Seal Program (19 Roadways/73,369 SY). Copies of the Specifications and Bid Forms will be available at no cost on PennBid, available at https://pennbid.procurement.com beginning February 9, 2022. Sealed bids will be received until 9:00 AM (prevailing time) on March 28, 2022. Bid results will be made available on PennBid after bid opening.

Feb. 9, 16

PUBLIC NOTICE

ESTATE OF Bernice A. Smith, deceased, late of Schnecksville, Lehigh County, Pennsylvania. Letters Testamentary have been granted 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 Sharon A. Smith and Gregory J. Smith, Executors c/o Stephen A. Strack, Esquire Steckel and Stopp LLC 125 S Walnut Street, Suite 210 Slatington, PA 18080

Feb. 16, 23, Mar. 2

PUBLIC NOTICE

ESTATE OF Lillian M. Gressley, deceased, late of Township of Weisenberg, Lehigh County, PA. 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: GLENN R. GRESSLEY, EXECUTOR C/O STEPHEN A. STRACK, ESQUIRE STECKEL AND STOPP LLC 125 S. WALNUT STREET, SUITE 210 SLATINGTON PA 18080

Feb. 9, 16, 23

PUBLIC NOTICE

LIMITED LIABILITY COMPANY NOTICE NOTICE IS HEREBY GIVEN, that a Certificate of Organization for a Domestic Limited Liability Company has been filed with the Corporation Bureau of the Department of State of the Commonwealth of Pennsylvania at Harrisburg, Pennsylvania, pursuant to the provisions of the Limited Liability Company Law of the Commonwealth of Pennsylvania, Act of December 7, 1994 (P.L. 703, No. 106), by the following company: AA Armament, LLC

Feb. 16

PUBLIC NOTICE

MICHAEL IRA STUMP, ESQUIRE 207 East Main Street, Suite 100 Macungie, PA 18062

Feb. 16

PUBLIC NOTICE

ESTATE OF RICHARD L. KEHM aka RICHARD LEWIS KEHM deceased, late of Macungie, 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: Phyllis J. Kehm Executrix c/o Michael Ira Stump, Esquire 207 E. Main Street, Suite 100 Macungie, PA 18062

Feb. 9, 16, 23

PUBLIC NOTICE

ESTATE OF Paul E. Miller, Deceased. Late of Allentown, Lehigh County, PA. D.O.D. 5/15/21. Letters of Administration on the above Estate have been granted 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 payment without delay to Megan L. Stuckel, Administratrix, 523 2nd Ave., Apt. 13, Bethlehem, PA 18018. Or to her Atty.: Kathleen B. Murren, Skarlatos Zonarich, 320 Market St., Ste. 600W, Harrisburg, PA 17101.

Feb. 16, 23, Mar. 2

PUBLIC NOTICE

ESTATE OF Walter Harlan Beadling, III, Deceased, Late of Upper Macungie Twp., Lehigh County, PA. D.O.D. 9/28/21. Letters Testamentary on the above Estate have been granted 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 payment without delay to Robert Beadling, 6072 Curriluck Rd., Kitty Hawk, NC 27949 & Kevin Bosch, 404 Nastasi Ct., Mullica Hill, NJ 08062, Executors. Or to their Atty.: Kris E. Fendrock, Myers Brier & Kelly, LLP, 425 Spruce St., Ste. 200, Scranton PA 18503

Feb. 16, 23, Mar. 2

PUBLIC NOTICE

ESTATE OF Mary Jane E. Taylor, deceased, late of Salisbury Township, Lehigh County, Pennsylvania. Letters Testamentary have been granted 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: Michelle L. Schaffer Jennifer A. Dickert, Executrices c/o John O. Stover Jr., Esquire The Roth Law Firm 537 Chestnut Street Emmaus, PA 18049

Feb. 9, 16, 23

PUBLIC NOTICE

ESTATE REGISTRATION NOTICE NOTICE IS HEREBY GIVEN, in the Estate of the Decedent set forth below, the Register of Wills has granted Letters Testamentary to the person named. All persons having claims or demands against said estate are requested to make known the same, and all persons indebted to said estate are requested to make payment, without delay, to the executors or to their attorneys named below:

Feb. 2, 19, 16

PUBLIC NOTICE

Lower Macungie Township will receive sealed bids for its 2022 High Performance Chip Seal/Quick Set Fog Seal Program (19 Roadways/73,369 SY). Copies of the Specifications and Bid Forms will be available at no cost on PennBid, available at https://pennbid.procurement.com beginning February 9, 2022. Sealed bids will be received until 9:00 AM (prevailing time) on March 28, 2022. Bid results will be made available on PennBid after bid opening.

Feb. 9, 16

PUBLIC NOTICE

ESTATE OF Dorothy J. Greiner, deceased, late of Lynn Township, Lehigh County, Pennsylvania. Letters of Testamentary have been granted to Rae Greiner, who requests that all persons having claims or demands against the Estate make known the same and all persons indebted to the decedent make payment without delay to: Santanasto Law, 210 E. Broad Street, Bethlehem, PA 18018.

Feb. 16, 23, Mar. 2

PUBLIC NOTICE

ESTATE OF Ellsworth C. Machin, Deceased, late of Bethlehem, County of Northampton, Commonwealth of 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 Donna Marie Machin and Roberta Marie Machin, Executrices, c/o 2045 Westgate Drive, Suite 404, Bethlehem, PA 18017; or Timothy J. Duckworth, Esquire, Mosebach, Funt, Dayton & Duckworth, P.C., 2045 Westgate Drive, Suite 404, Bethlehem, PA 18017.

Feb. 16, 23, Mar. 2

PUBLIC NOTICE

ESTATE OF SCHEIRER, IRENE E., Decedent, late of Whitehall Township, Lehigh County, Pennsylvania. Letters Testamentary have been granted to the undersigned, who requests that all persons having claims or demands against the Estate of the Decedent make known the same, and all persons indebted to said Decedent are requested to make payment in full, without delay, to: Personal Representatives: Daniel S. Scheirer and Rene P. Scheirer c/o Prokup & Swartz Attorney: Jon A. Swartz, Esquire 7736 Main Street, Fogelsville, PA 18051

Feb. 9, 16, 23

PUBLIC NOTICE

ESTATE OF JOAN MARIE LATOFF aka JOAN M. LATOFF, Decedent, Allentown, Lehigh County, Pennsylvania. Letters Testamentary have been granted to the undersigned, who requests that all persons having claims or demands against the Estate of the Decedent make known the same, and all persons indebted to said Decedent are requested to make payment in full, without delay, to: Executrix: Joseph E. Latoff c/o Richard W. Shaffer, Jr., Esquire Prokup & Swartz 7736 Main Street Fogelsville, PA 18051

Feb. 16, 23, Mar. 2

PUBLIC NOTICE

ESTATE OF PEARL H. RUFF aka PEARL HULDA RUFF, Decedent, Allentown, Lehigh County, Pennsylvania. Letters Testamentary have been granted to the undersigned, who requests that all persons having claims or demands against the Estate of the Decedent make known the same, and all persons indebted to said Decedent are requested to make payment in full, without delay, to: Executrix: Judith R. Weaver c/o Richard W. Shaffer, Jr., Esquire Prokup & Swartz 7736 Main Street Fogelsville, PA 18051

Feb. 16, 23, Mar. 2

PUBLIC NOTICE

ESTATE OF DAVID W. SHARP, Decedent, late of Bethlehem, Lehigh County, Pennsylvania. Letters Testamentary have been granted to the undersigned, who requests that all persons having claims or demands against the Estate of the Decedent make known the same, and all persons indebted to said Decedent are requested to make payment in full, without delay, to: Executrix: Alison Mackenzie Palizzolo aka Alison Palizzolo c/o Jon A. Swartz, Esquire Prokup & Swartz 7736 Main Street, Fogelsville, PA 18051

Feb. 2, 9, 16

PUBLIC NOTICE

ESTATE OF Elaine B. Klase, deceased, late of Upper Milford Township, 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 Russell A. Klase, II, Co-Executor Richard H. Klase, Co-Executor c/o YOUNG & YOUNG Rebecca M. Young, Esq. Lia K. Snyder, Esq. 119 E. Main Street Macungie, PA 18062

Feb. 9, 16, 23

PUBLIC NOTICE

ESTATE OF Barbara F. Rohrbach, a/k/a Barbara Fay Rohrbach, deceased, late of Zionsville, 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 Lisa Marie Bowers, Executrix c/o YOUNG & YOUNG Rebecca M. Young, Esq. Lia K. Snyder, Esq. 119 E. Main Street Macungie, PA 18062

Feb. 16, 23, March 2

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### PUBLIC NOTICE

**Trust of Dorothy A. Saukulak**, late of Bethlehem, County of Northampton, and Commonwealth of Pennsylvania.  
The Trustee, Edward J. Saukulak, Jr., requests all persons having claims or demands against the Trust or the Settlor to make known the same, and all persons indebted to the Settlor to make payments without delay to Edward J. Saukulak, Jr., Trustee, c/o 2045 Westgate Drive, Suite 404, Bethlehem, PA 18017; or Timothy J. Duckworth, Esquire, Mosebach, Funt, Dayton & Duckworth, P.C., 2045 Westgate Drive, Suite 404, Bethlehem, PA 18017.  
Feb. 16, 23, Mar 2

### PUBLIC NOTICE BIDS WANTED

Sealed proposals will be received by the Township of Weisenberg, Lehigh County, PA at 2175 Seipstown Rd, Fogelsville, PA 18051 until 9:00 am on Monday, March 14, 2022. Bids will be opened and read at 9:15 am on March 14, 2022; the bids will be read and awarded at the Board of Supervisors on Monday, March 14, 2022 @ 7:00 pm.

**Joint Oil Bid for CRS-2PME-3M - delivered/applied by contractor at the direction of each township.**

- 30,000 Gallons - Heidelberg Township
- 60,000 Gallons - Lynn Township
- 30,000 Gallons - Lowhill Township
- 75,000 Gallons - Weisenberg Township

**Joint Line Painting (per Pub 408) - delivered/ applied by contractor at the direction of each township.**

- 15 miles (double yellow line) 5 miles (single white line) - Heidelberg Township
- 24 miles (double yellow line) - Lynn Township
- 10 miles (double yellow line) - Lowhill Township
- 45 miles (double yellow line) 10 miles (single white line) - Weisenberg Township

Proposed bidders shall be PennDOT pre-qualified as per PennDOT specifications. All bidders must be in compliance with the CDL Program.

All quantities more or less. Liquidated damages apply at a rate of \$250.00 per calendar day. Proposals must be upon the forms furnished by Weisenberg Township. A performance bond or certified check in the amount of 100% of the contract shall be furnished by the successful bidder within 20 days after the contract is awarded. Weisenberg Township reserves the right to reject any or all proposals. Contact Weisenberg Township at 610-285-8660 to obtain bid documents.  
Weisenberg Township - 2nd Class Township  
Brian C. Carl, Secretary  
Feb. 16, 23

### PUBLIC NOTICE Notice to Bidders

Sealed Proposal will be received by the Board of Commissioners of Lower Macungie Township, of Lehigh County, on or before 10:00 AM March 21, 2022 for the **GRASS CUTTING CONTRACT**. Each Bid must be accompanied by Bid security made payable to Lower Macungie Township in the amount of ten percent (10%) of the bid price for the individual contract. Bid forms are available at the Township Building, 3400 Brookside Rd. Macungie, PA 18062 for a non-refundable fee of \$5.00. Bids will be opened and read aloud publicly at 10:00 AM on March 21, 2022. Any bids received after 10:00 AM will be returned unopened. All envelopes must be clearly marked "Sealed Bid-Grass Cutting Contract". Mail or deliver proposals to Bruce Beitel, Township Manager, Lower Macungie Township, 3400 Brookside Road, Macungie, PA 18062. The successful bidder will be required to provide contract security in the amount of 100% of the contract within 10 days of the award of contract. All bids shall be valid for 60 days. Lower Macungie Township reserves the right to waive any irregularities or make minor changes in the bids and to reject any or all bids.  
Feb. 16, 23

### 310 PETS & PET SUPPLIES

**FOR SALE Horse Hay.** 1st cut, mostly orchard grass. All reg. bales. Straw, Wheat & Golden Oats in reg. bales. Delivered & priced per ton in 81 or more bale loads. Evergreen Farm, 267-374-7747

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**Northwestern Lehigh SD** We are hiring part-time Instructional Assistants \$16.82/hr. Visit [www.nwlehighsd.org](http://www.nwlehighsd.org) to apply. EOE

**P/T Choir Director** Emmanuel's Lutheran Church, Bath (Moore Township), 10 hr/week. Responsibilities include planning and providing suitable music for all regularly scheduled worship services, special services, and church holidays as directed, recruiting members, and conducting rehearsals with all choirs, including handbells. The ideal candidate will have experience working with a variety of age groups and types of music and will have demonstrated proficiency on the piano. Full job description can be found on our website, [emmanuel.org](http://emmanuel.org). Salary based on education, skills, and experience. For immediate consideration, please email a cover letter, resume and salary requirements to [emmanuelchurch@gmail.com](mailto:emmanuelchurch@gmail.com)

**St. Elizabeth Credit Union** - Hiring part-time position, 20 to 25 hours/week M-F. If you are discreet, like math, people and have some knowledge of computers send your resume (or application requests) to office@stelzccu.net or call 610-262-3772.

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### MEAT RAFFLE & BLOCK SHOOT

Sun., Feb. 20, 1-5pm Keystone R&G Club 243 Mulberry St., Bath Bring 12 or 20 ga. Shells provided. Kitchen open. FMI [krclub.com](http://krclub.com) or FB

### 110 COMING EVENTS

**BINGO** Sat., March 12, 6pm Keystone R&G Club 243 Mulberry St., Bath 10 games-guns/purses/cash/cheer. \$40 in advance; \$45 at the door. For more details, prize info & ticket sales go to [krclub.com](http://krclub.com) or FB

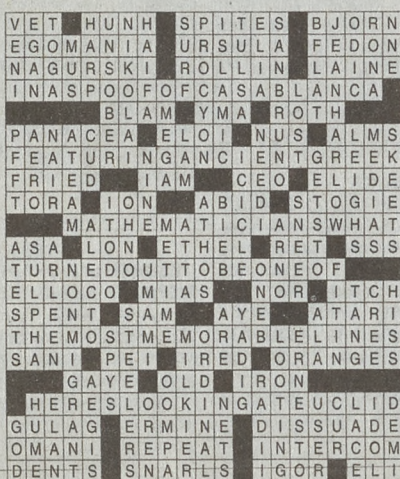
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**PUBLIC NOTICE ESTATE NOTICE**  
**Estate of Robert B. Clarke**, Late of Allentown, County of Lehigh, Commonwealth of Pennsylvania. Letters Testamentary have been granted to the Executrix named below, who request that all persons having claims or 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:  
**Tania A. Sciff, Executrix**  
c/o Norris McLaughlin, P.A.  
515 West Hamilton Street, Suite 502  
Allentown, PA 18101  
or to her attorney:  
Judith A. Harris, Esquire  
Norris McLaughlin, P.A.  
515 West Hamilton Street, Suite 502  
Allentown, PA 18101  
Feb. 9, 16, 23

**PUBLIC NOTICE ESTATE NOTICE**  
**ESTATE OF LESTER B. MILLER**, deceased, late of Allentown, 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:  
**Randine Moran-Kern, Executor**  
c/o Wiener and Wiener, LLP  
512 Hamilton Street, Suite 400  
Allentown, PA 18101  
OR to her attorney  
Wiener and Wiener LLP  
512 Hamilton Street, Suite 400  
Allentown, PA 18101  
Feb. 9, 16, 23

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A public service of this newspaper

### NORTHAMPTON COUNTY SENIOR MENUS

Many Northampton County Senior Centers are now open. Visit [www.northamptoncounty.org/H5/AGING/Pages/Senior-Centers.aspx](http://www.northamptoncounty.org/H5/AGING/Pages/Senior-Centers.aspx) or call 610 829-4540 for information, locations, closings and current updates. (subject to change without notice)

- Wednesday, Feb. 16:** Chicken Kiev, white rice, asparagus, diced pears, wheat bread w/ margarine.
- Thursday, Feb. 17:** Cream of potato soup, Hungarian goulash over noodles, Brussels sprouts, plums, wheat bread w/ margarine.
- Friday, Feb. 18:** Baked ham, mashed sweet potatoes, flame roasted corn, citrus breeze, rye bread w/ margarine.
- Monday, Feb. 21:** Closed for Presidents' Day.
- Tuesday, Feb. 22:** Chili con carne, rice, spinach kale salad, corn muffin, cake & ice cream.
- Wednesday, Feb. 23:** Vegetable soup, liver and onions, mashed potatoes w/ gravy, Scandinavian blend, fresh melon cup, rye bread w/ margarine.
- Thursday, Feb. 24:** Chicken Milano, roasted red potatoes, Calif. blend vegetables, fresh grapes, wheat bread w/ margarine.
- Friday, Feb. 25:** Manhattan clam chowder, smoked turkey-salami-provolone on roll, pasta salad, ambrosia.
- Monday, Feb. 28:** Baked chicken supreme, rice, Brussels sprouts, fresh strawberries, wheat bread w/ margarine.

### LEHIGH COUNTY SENIOR MENUS

Lehigh County: visit [www.lehighcounty.org/Departments/Human-Services/Neighborhood-Senior-Centers/](http://www.lehighcounty.org/Departments/Human-Services/Neighborhood-Senior-Centers/) or call 610-782-3254 (menus subject to change without prior notice)

- Wednesday, Feb. 16:** Hot: Meatballs, broccoli, spaghetti w/ sauce, cinnamon peaches. Cold: Beef Cobb salad, whole-wheat dinner roll, fresh fruit salad.
- Thursday, Feb. 17:** Hot: Crispy fish sandwich, vegetable blend, roasted potato wedges, whole-wheat sandwich roll, chocolate pudding. Cold: Deli sandwich, four bean salad, club roll, fresh melon.
- Friday, Feb. 18:** Hot: Cheese steak hoagie, vegetable soup, side salad, hoagie roll, Jello. Cold: Mediterranean chicken salad, whole-wheat dinner roll, fresh orange.
- Monday, Feb. 21:** No meals.
- Tuesday, Feb. 22:** Hot: Roast beef w/ gravy, mixed vegetables, cheesy mashed potatoes, whole-wheat dinner roll, oatmeal cookie. Cold: Antipasto salad, whole-wheat dinner roll, fresh banana.
- Wednesday, Feb. 23:** Hot: Smothered pork chop, zucchini and red peppers, red potatoes, whole-wheat dinner roll, shortbread cookie. Cold: Turkey cole slaw pita, potato salad, fresh fruit salad.
- Thursday, Feb. 24:** Hot: Shrimp Scampi, broccoli and cauliflower, garlic butter penne, fresh grapes. Cold: Crispy chicken salad, whole-wheat dinner roll, fresh melon.
- Friday, Feb. 25:** Hot: Ranch turkey, Brussels sprouts, sweet potatoes, whole-wheat dinner roll, vanilla pudding. Cold: Egg salad sandwich, lentil salad, whole-wheat bread, fresh orange.

### 400 HEALTH CARE SERVICES

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### 510 APARTMENTS UNFURNISHED

**WAITING LIST OPENING** Allentown Scattered Sites Section 8 Affordable Housing Recently renovated 2-5 bedroom units Waiting list opens on: 9:00am on Wednesday, October 27, 2021 to request an application call 484-781-9026 Or by picking up an application in person by appointment only at 456 Union Blvd. Allentown, PA 18109 For more information please call: 484-781-9026 Household income cannot exceed \$65,500 for a family of four





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# MEDICAL BOOK

*February 2022*

A SPECIAL SUPPLEMENT OF

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# DIRECTORY

Art Schneck Optical Co., Inc.....	14
Carbon Oral Surgery Associates.....	8
Cornerstone Therapeutic Massage and Body.....	18
Crystal Vision Center.....	15
Dr. Brandon Walsh.....	29
Dr. Richard Lizak, DO.....	23
Dr. Robert Marcin.....	19
Eastern Audiology.....	15
Fellowship Community.....	5
First National Pharmacy.....	27
Getz Personal Care Home.....	16
Hager Furniture Co.....	25
HCR Manorcare.....	7
In-Home Referrals.....	21
Legend of Allentown.....	6
Lehigh Valley Health Network.....	30 & 31
Maple Shade Meadows.....	10
Mauch Chunk Pharmacy.....	22
ORL.....	20
Perfect Balance Boutique.....	11
Service Electric.....	28
Shafer's Pharmacy.....	13
St. Luke's University Health Network.....	3, 4, 17 & 32
Stroudsburg Granite Co.....	22
Therapy Option.....	14
Thoreya Audiology.....	20
Valley Prosthetics & Orthotics Inc.....	9
Vellner Law P.C.....	16
Weatherwood Nursing & Rehabilitation Center.....	12
WFMZ.....	26
William Kresge Funeral Home.....	24

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## St. Luke's School of Phlebotomy to Prepare Students for Rewarding Career

St. Luke's University Health Network (SLUHN) has opened a School of Phlebotomy in January to develop highly skilled, patient-focused phlebotomists seeking a rewarding career.

"Our goal is to provide an outstanding patient experience every single time a patient visits one of our patient service centers," says Elizabeth Taylor, Director, Outpatient Lab Services, Network, System Services.

"Launching the SLUHN School of Phlebotomy allows us to address the industry's need for skilled phlebotomists, particularly in pediatric phlebotomy. The phlebotomists who complete our program will have the interpersonal, clinical and technical skills, confidence and sound judgement to effectively perform phlebotomy on patients of all ages. Ultimately, we hope to hire these graduates."

The SLUHN School of Phlebotomy is located in the St. Luke's Center at 1110 St. Luke's Way in Allentown. The school's program is 12 weeks. Program sessions are scheduled for ; the following program sessions are scheduled:

- April 18 - July 8, 2022
- August 29 - November 18, 2022

The SLUHN School of Phlebotomy's curriculum features strong hands-on training, which, Taylor says, is crucial for phlebotomy students.

"A phlebotomy student absolutely needs hands-on practice to build their own confidence prior to supporting a patient," she explains.

"Our hands-on training provides additional routines and replication of the phlebotomy technique to help ensure that when students successfully complete the program, their skills are at a much higher level for successful performance and to make the patient experience as positive as possible. Our phlebotomists say the most rewarding part of their job is their ability to interact with and help patients become healthier."

There are also opportunities to become certified. The SLUHN School of Phlebotomy is approved by the American Medical Technologists (AMT), a nonprofit certification agency and professional

membership association, and adheres to the AMT's stringent standards.

If they choose to do so, students who successfully complete the SLUHN phlebotomy program will be prepared to take an accredited national certification exam through AMT or the National Health Career Association (NHA) to become a Registered Phlebotomy Technician (RPT).

Applications for the SLUHN School of Phlebotomy are currently being accepted. Students must have a high school diploma or GED to be considered eligible for acceptance into the program.

The application is available at <https://www.sluhn.org/admissions-school-of-phlebotomy>.

In addition to Taylor, the members of the project team who helped develop the St. Luke's School of Phlebotomy are:

- Tamara Denby, Phlebotomist
- Kelly Speaker, Lab Outreach Regional Manager
- Beverly Evans, Outpatient Lab Operation Support Coordinator
- Cathleen Conway, Human Resource Business Partner

"St. Luke's mission emphasizes our unwavering commitment to excellence for our patients' care, and educating our physicians, healthcare providers, staff and others," Taylor says.

"By establishing our School of Phlebotomy, we are expanding on this commitment for our patients, our community members and the students who complete our program."

For more information about the SLUHN School of Phlebotomy, call 215-538-4888, email [SOPAdmissions@sluhn.org](mailto:SOPAdmissions@sluhn.org) or visit <https://www.stlukesphlebotomy.org/>.

**St Luke's**  
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Our vice president of personal care, Cheryl Mengel, RN, PCHA, and her excellent staff are eager to welcome you to our Fellowship family. It's time to enjoy life and to focus on what you love. Contact us at 610-769-8111 or visit FellowshipCommunity.com.



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of Allentown



## Simple strategies to combat stress

Just about everyone experiences stressful situations. Sometimes a measure of stress can provide motivation to do one's best or strive for an especially lofty goal. However, when stress becomes a chronic condition, it can adversely affect individuals' quality of life and even their overall health.

Harvard Medical School says stress can manifest itself in myriad ways. Stress can cause tension headaches, indigestion, aches and pains, or even heart palpitations, and it may affect the mind by making it hard to concentrate or make decisions. Many people experience stress through emotional or psychological symptoms, such as irritability or feeling

down. Learning how to effectively manage stress is essential for individuals' overall well-being.

### Exercise regularly

Exercise serves many functions, including acting as a potent stress relief strategy. The Cleveland Clinic says aerobic exercise releases endorphins, which are natural substances that help a person feel better and maintain a positive attitude. Movement activities like yoga or Tai Chi also can relax the mind and body and promote physical health.

### Meditate or perform breathing exercises

Breathing and meditation can help alleviate

See **STRESS** on Page 8



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## Objectivity and Perspective for Memory Care Caregivers

Who is on your team? The minute your loved one begins to experience brain change which impacts their lives and yours is the minute you need a team. Sadly, this is also the timeframe when friends and family may have started to distance themselves.

You come home from the appointment feeling a bit better knowing there is a reason for all the strange occurrences of lost objects, erratic thinking, and memory change. But then it starts to sink in - dementia (Alzheimer's, Frontotemporal Dementia (FTD), Vascular, Lewy Bodies). You start to wish the reason for these things occurring was due to something else.

Then, you begin to conduct research and what was a small nagging voice of concern becomes a shouting blast of fear. Meanwhile, your loved one continues to experience brain changes, only now your response is less laid back—more driven.

*Why don't you read the note I put out?*

*If you slept better, your brain would do better.*

*You have to take this medicine/supplement. It is very important.*

As caregivers, our fear of next stage, next possible changes,

drives us to grasp at straws while we shelf our own self-care. We lose all perspective and objectivity. Which is why we need a well-trained team to help us provide and protect our loved one.

What kind of team?

- A companion or home health aide to provide you and your loved one with respite from one another
- A support group, live or online
- A good doctor who understands dementia
- Memory care experts to provide education
- A good elder lawyer to help you with vital paperwork
- A trusted friend to confide in
- A counselor or advisor to guide you in self-preservation

Alzheimer's disease and related dementias are strong opponents which require caregiver endurance and fortitude.

When it comes to our loved one, we are unable to be objective no matter what degree, experience or commitment we possess. Dementia behaviors can take us to the brink.

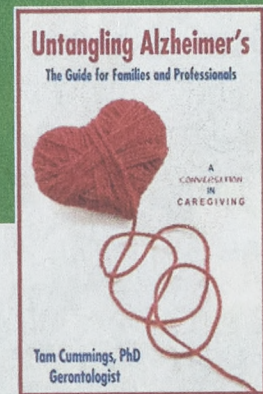
Reach out to our Memory Care Advisor at Arden Courts to be on your team so you can stay in the game for both you and your loved one. Call Arden Courts of Allentown at 610.366.9010 or Arden Courts of Old Orchard at 484.373.5170 today.

# Free Dementia Book Giveaway

**"Untangling Alzheimer's" By Tam Cummings, Ph.D.**

*Arden Courts would like to offer your family this free book written by renowned dementia author and gerontologist, Dr. Tam Cummings. This book explains dementia and Alzheimer's disease, from diagnosis to death in easy-to-understand terms everyone can understand. Untangling Alzheimer's can empower caregivers with the information they need to provide better care for their loved ones.*

**Contact one of our Arden Courts memory care advisors to schedule your personal visit and receive your free book. You can also learn about Dr. Tam Cummings' monthly dementia education webinars.**



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## Did you know?

According to the National Institutes of Health, exercise is an effective way for individuals to reduce their risk for heart disease. Exercise strengthens the heart and improves circulation, an increase in blood flow that raises oxygen levels in the body. That's a significant side effect, as it helps lower an individual's risk for various types of heart disease, including high cholesterol, coronary artery disease and heart attack. Exercise also is an effective way for individuals to maintain a healthy weight. That, too, benefits the heart, as the American Heart Association reports that people who have excess body fat - especially if it is at the waist - are more likely to develop heart disease and stroke, even if they have no other risk factors.

## STRESS

CONTINUED FROM PAGE 6

stress, according to the American Heart Association. A quick meditation can provide some perspective. If a situation is stressful, go for a walk or take a few slow, deep breaths until the body relaxes. Harvard Medical School also says meditation can induce a relaxation response, which is an antidote to stress.

### Take media breaks

Overwhelming oneself with a barrage of negative news stories or constant information can increase stress levels. Individuals can strive to remain informed and still build breaks into their schedules. Shut off news programs, turn over the newspaper or tune out of

social media from time to time. The Centers for Disease Control and Prevention recommends that individuals who are stressed out by world events reduce the number of times they read the news or check the headlines each day.

### Change negatives to positives

Negative self-talk may increase stress, but positive self-talk can help a person calm down. Individuals should practice positive self-talk every day. Instead of saying, "I hate when this happens," say, "I know how to deal with this, I've done it before."

A small amount of periodic stress can be a good thing. However, chronic stress poses a significant threat to individuals' long-term health.

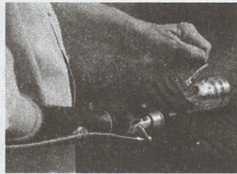
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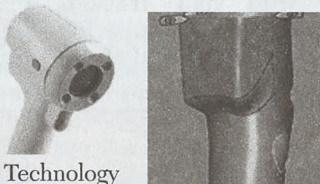
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# What sufficient sleep does for the human body

Sleep is an often unsung hero of overall health. Diet and exercise get their fair share of glory, but without a good night's rest, even the most physically active, nutrition-conscious individuals are vulnerable to a host of ailments and illnesses.

According to the U.S. Department of Health and Human Services, most adults need seven or more hours of sleep on a regular schedule each night. Athletes may even benefit from additional sleep. In fact, a 2011 study published in the journal *Sleep* examined the effects of sleep extension on the athletic performance of collegiate basketball players. That study found that athletes asked to extend their normal sleep times

exhibited faster sprint times and increased free-throw accuracy and a reduction in fatigue at the end of the sleep extension period.

Improved athletic performance is not the only way that sufficient sleep benefits the human body.

## Sufficient sleep and the immune system

The Mayo Clinic notes that the immune system releases proteins called cytokines during sleep. The release of certain cytokines needs to increase when individuals are experiencing infections or inflammation, which is one reason why doctors often recommend extra sleep to sick patients. Without adequate sleep, the immune system may not produce enough cytokines, and that can in-



crease the frequency with which individuals get sick.

## Sufficient sleep and weight gain

The Harvard T.H. Chan School of Public Health reports there is mounting evidence to suggest a link between insufficient sleep and weight gain and obesity. Studies exploring this potential link have been conducted for decades and have examined how sleep affects people of all ages and genders. At the 2006 American Thoracic Society International Conference, researchers who had tracked women's sleep habits for 16 years found that those

who slept just six hours per night were 12 percent more likely to experience major weight gain than women who slept seven hours per night. Experts aren't entirely sure why this relationship exists, but the results of various studies support the idea that insufficient sleep is a potential catalyst for gaining weight.

## Sufficient sleep and chronic disease

The Centers for Disease Control and Prevention notes that insufficient sleep has been linked to the development and management of various chronic diseases.

See **SLEEP** on Page 13

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## Time for a children's vision checkup

As the routine of a school year settles in, families may direct their focus to factors that have nothing to do with school supplies or enrolling youngsters in extracurricular activities. For example, the weeks after families settle into a new school year routine can be a great time to have students' vision checked.

According to Prevent Blindness, the oldest eye health and safety non-profit organization in the United States, common vision problems in children include amblyopia (lazy eye), strabismus (crossed eyes), and refractive errors like myopia, astigmatism and hyperopia.

A recent study titled "Children's Vision and Eye Health: A Snapshot of Current National Issues, 2nd Edition," points out that vision has a critical role in children's physical, cognitive and social development. Furthermore, visual functioning is a strong predictor of academic performance in school-age children, according to the study. In fact, without early de-


tection and treatment, uncorrected vision disorders can interfere with learning and impair children's development.

Parents and educators are urged to be aware of symptoms of common eye disorders in children, which include the following.

- Rubs eyes a lot.
- Closes or covers one eye to read or see.
- Tilts head or thrusts forward.
- Has trouble reading or doing other close-up work.
- Holds objects close to eyes to see.
- Blinks more than usual.
- Complains things are blurry or hard to see.
- Squints eyes or frowns.

All children, and especially those who are having issues with their eyes, should visit with an eye professional annually to have their vision checked. In addition, parents can rely on Prevent Blindness in conjunction with Children's Vision Massachusetts and School Health See **VISION** on Page 13

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# Get kids on a healthy track

Childhood obesity is a serious medical issue affecting children around the world, but notably in North America. While the issue has been around for decades, the Centers for Disease Control and Prevention says American children and teenagers have witnessed a significant increase in weight gain since the COVID-19 pandemic began.

Younger school-aged children have been among the hardest hit during the pandemic. A study published in September 2021 found the percentage of obese children and teens increased to 22 percent compared with 19 percent before the pandemic. The CDC looked at the BMI of study subjects between March 1, 2020 and November 30, 2020. One of the study's authors, Dr. Alyson Goodman of the CDC's National Center for Chronic Disease Pre-



vention and Health Promotion, described the results as "substantial and alarming."

Being less physically active, overweight and eating the wrong foods can start children on a path toward problems that once were only con-

sidered conditions of adulthood, namely hypertension, diabetes and high cholesterol, offers the Mayo Clinic. To reverse course, parents, guardians and educators can focus on helping children become more physically fit. The following

are a few ways to do so.

Encourage participation in sports or other physical activities. Sports practices, games, competitions, and other activities may keep children moving for an hour or more several days per week. However, the American Academy of Pediatrics states that only 25 percent of children get the recommended 60 minutes of physical activity per day. Emphasize a fun activity with a focus on movement that produces shortness of breath, body warmth and sweat. These are indicators that the heart rate is really pumping.

Use exercise as a reward and not a punishment. Make exercise something kids can look forward to. Reward a job well done on a test with extra time biking with friends or a hiking trip to a scenic national park. Kids will begin to associate exercise with fun.

Offer a variety of foods. Kids who eat a variety of foods are more likely to get the nutrients the body needs, accord-

See **KIDS** on Page 13

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## Neighbors Caring for Neighbors





## KIDS

CONTINUED FROM PAGE 12

ing to Kids Health® by Nemours. These healthy foods should include at least five servings of fruits and vegetables a day, with an emphasis on vegetables.

- Limit screen time. Children may be inclined to entertain themselves by heading for the television, mobile phone or tablet first, especially after a year-plus of being stuck indoors. But parents can make a concerted effort to limit kids' screen time in favor of more physically challenging pursuits.

- Teach healthy eating

habits. A Harris Poll survey conducted on behalf of the American Psychological Association found that 61 percent of respondents age 18 and older reported a median weight gain of 15 pounds during the pandemic. Teach children that weight loss is accomplished when more calories are burned than consumed. Pay attention to portion sizes and explain how beverages like fruit juices can be sneaky sources of extra calories.

Children may need a little extra help getting fit, especially if they gained weight during the pandemic. Teaching healthy habits now can help kids enjoy healthy futures.

## VISION

CONTINUED FROM PAGE 11

for a new web resource to assess their kids' digital screen time use. Tips are available at [https://pre-](https://pre-ventblindness.org/childrens-screen-time-tips/)

[ventblindness.org/childrens-screen-time-tips/](https://pre-ventblindness.org/childrens-screen-time-tips/).

The opening weeks of a new school year mark a great time for kids to get their annual vision checkup.

## SLEEP

CONTINUED FROM PAGE 10

For example, the CDC indicates that insufficient sleep has been linked to an increased risk for type 2 diabetes. In addition, the CDC reports that instances of hypertension, stroke, coronary heart disease, and irregular heartbeat are more com-

mon among individuals with disordered sleep than they are among people without such sleep abnormalities.

Sleep is not often mentioned alongside diet and exercise as a vital component of overall health. But a good night's rest is no less vital to long-term health than a healthy diet and physical activity.

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# Healthy hobbies families can enjoy together to keep fit

Resolutions to get fit might garner the bulk of people's attention come New Year's Day. But resolution season also marks a great time for busy families to commit to spending more time together.

Hobbies can bring people together, which makes them an ideal outlet for families who want to spend more time with one another. Families on the lookout for hobbies they can enjoy together can consider the following activities.

**Hiking:** Hiking is a family-friendly activity that's free and ideal for individuals who also want to turn over a healthy leaf as the new year dawns. The cardiovascular benefits of hiking are well-documented and include lowering hikers' risk for serious ailments, including heart disease. But the exposure to nature that hiking provides can benefit entire families. A 2015 study published in the journal *Landscape and Urban Planning* found that hiking can help to reduce feelings of anxiety. Hiking trails run the gamut from flat trails that



are ideal for families that include young children to more challenging trails that require a little climbing.

**Cycling:** Cycling is another healthy, family-friendly hobby. The experts at MD Anderson Cancer Center note that cycling builds muscle, helps people maintain a

healthy weight, releases endorphins that can make it easier to relieve and manage stress, and improves balance. Both adults and children can reap those rewards. When cycling with young children, parents can look for flat cycling paths that won't discourage kids or require them to do more

than their bodies can handle. Older children and teenagers can handle more challenging paths, and parents of children in these age groups can even consider incorporating mountain biking into their cycling routines.

**Cooking:** There are plenty of family-friendly See **HOBBIES** on Page 15

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# HOBBIES

CONTINUED FROM PAGE 14

hobbies that can be enjoyed at home. Cooking is one such hobby, and it can have some surprising benefits for youngsters. According to Nemours KidsHealth®, cooking can be a great way for parents to reinforce basic math skills kids are learning at school. Older kids who don't need such lessons can benefit from cooking with their parents by learning to prepare nutritious meals that can lay the foundation for healthy eating habits throughout adulthood.

**Painting:** Painting together as a family can benefit both adults and children in unique ways. Harvard Medical School notes that studies have found that artistic expression can help people with depression and anxiety. Young children, including preschoolers, also can benefit from painting, which helps them devel-



op both their fine and gross motor skills and improves hand-eye coordination. Parents of adolescents should know that painting has also been found to be a productive

outlet for teenagers to express themselves, and the process of seeing a painting project through from inception to completion can boost confidence and self-esteem.

As the new year dawns and resolutions are made, families can look to various hobbies they can engage in together to make the year ahead both happy and healthy.

**OFF MY WAVE.**

Ocean Beach native and local surf legend Steve Bettis was diagnosed with MS in 2006. Although surfing is still central to his life, he hasn't been able to get out on the water in 10 years. For a man whose daily routine always included a few waves, more than a decade out of the surf is just too long. This is why the National MS Society teamed up with his buddy Robert "Wingnut" Weaver and used virtual reality to get Steve back on his wave. See their experience and find out how you can share yours at [WeAreStrongerThanMS.org](http://WeAreStrongerThanMS.org).

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# Food's important role in overall health

Nutrition is a popular topic of conversation, particularly among those embarking on a weight loss or maintenance plan. Individuals carefully study food macros and pore over various diets to get the most out of the foods they eat. When the end goal is simply looking good, it may be easy to forget about the other benefits of nutritious diets, including their link to overall health.

A close relationship exists between nutritional status and health. Experts at Tufts Health Plan recognize that good nutrition can help reduce the risk of developing many diseases, including heart disease, stroke, diabetes, and some cancers. The notion of "you are what you eat" still rings true.

See **FOOD'S** on Page 18



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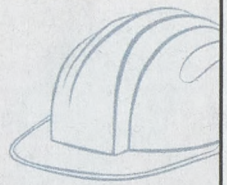
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### 50 Top Cardiovascular Hospitals 2022

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### US News & World Report –

St. Luke's heart and heart surgery program is rated the best in the Lehigh Valley and 4th in Pennsylvania in 2021-22, according to US News & World Report.

As a recognized leader in cardiovascular care, St. Luke's Heart and Vascular Center brings together expert cardiologists, cardiac surgeons and vascular surgeons with the most advanced technology and procedures to provide a comprehensive heart and vascular program designed for each individual patient in mind.

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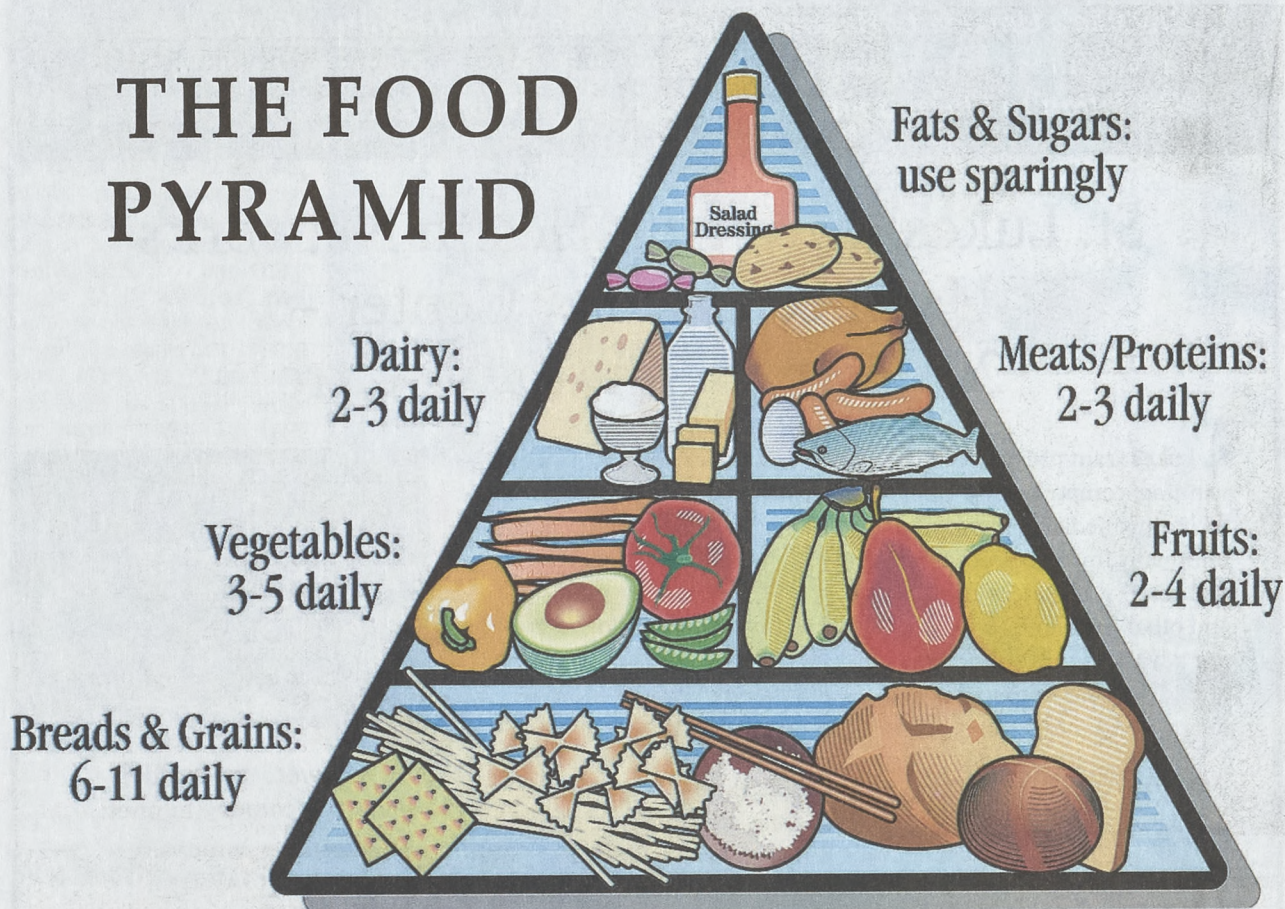
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# THE FOOD PYRAMID



## FOOD'S

CONTINUED FROM PAGE 16

The World Health Organization indicates better nutrition means stronger immune systems, fewer illnesses and better overall health. However, according to the National Resource Center on Nutrition, Physical Activity, and Aging, one in four older Americans suffers from poor nutrition.

And this situation is not exclusive to the elderly. A report examining the global burden of chronic disease published in *The Lancet* found poor diet contributed to 11 million deaths worldwide - roughly 22 percent of deaths among adults - and poor quality of life. Low intake of fruits and whole grains and high intake of sodium are the leading risk factors for illness in many countries. Common

nutrition problems can arise when one favors convenience and routine over balanced meals that truly fuel the body.

### Improving nutrition

Guidelines regarding how many servings of each food group a person should have each day may vary slightly by country, but they share many similarities. The U.S. Department of Agriculture once followed a "food pyramid" guide, but has since switched to the MyPlate resource, which emphasizes how much of each food group should cover a standard 9-inch dinner plate. Food groups include fruits, vegetables, grains, proteins, and dairy. The USDA dietary guidelines were updated for its for 2020-2025 guide.

Recommendations vary based on age and activity levels, but a person eating 2,000 calories a day

should eat 2 cups of whole fruits; 2 1/2 cups of colorful vegetables; 6 ounces of grains, with half of them being whole grains; 5 1/2 ounces of protein, with a focus on lean proteins; and 3 cups of low-fat dairy. People should limit their intake of sodium, added sugars and saturated fats. As a person ages he or she generally needs fewer calories because of less activity. Children may need more calories because they are still growing and tend to be very active.

Those who are interested in preventing illness and significantly reducing premature mortality from leading diseases should carefully evaluate the foods they eat, choosing well-balanced, low-fat, nutritionally dense options that keep saturated fat and sodium intake to a minimum.

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## What is atrial fibrillation?

The human heart beats 60 to 100 times per minute on average, which equates to between 86,400 and 144,000 beats per day. Over the course of a lifetime, an individual's heart may beat more than two billion times.

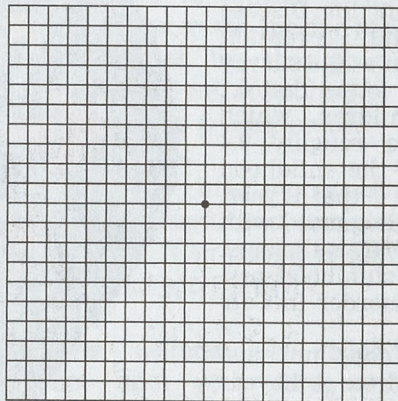
A fully functional heart is like a well-oiled machine. However, various conditions can affect the heart and its ability to function at peak capacity. Individuals with an irregular heartbeat, also known as arrhythmia, may experience a common condition known as atrial fibrillation. To understand what atrial fibrillation, often referred to as "Afib," entails, it helps to learn how a healthy heart works.

The Cleveland Clinic says when the heart is working properly it pumps blood to the body with a normal heart rhythm. The two upper chambers of the heart (atria) contract, followed by the two lower chambers (ventricles). When timed perfectly, the beats allow for efficient pumping of blood. The electrical impulse that guides the heart's pumping action is located in the sinoatrial (SA) node in the right atrium. That impulse causes the left and right atria to contract and force blood into the ventricles. Afterward, the electrical impulse travels into the atrioventricular node (AN) located near

See **ATRIAL** on Page 21

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- Test each eye separately: Cup your hand over one eye while testing the other eye.
- Keep your eye focused on the dot in the center of the grid and answer these questions:



1. Do any of the lines in the grid appear wavy, blurred or distorted?
2. Do all the boxes in the grid look square and the same size?
3. Are there any "holes" (missing areas) or dark areas in the grid?
4. Can you see all corners and sides of the grid (while keeping your eye on the central dot)?

- Switch to the other eye and repeat.

**IMPORTANT** – Report any irregularities to your eye doctor immediately: Mark areas of the chart you're not seeing properly.

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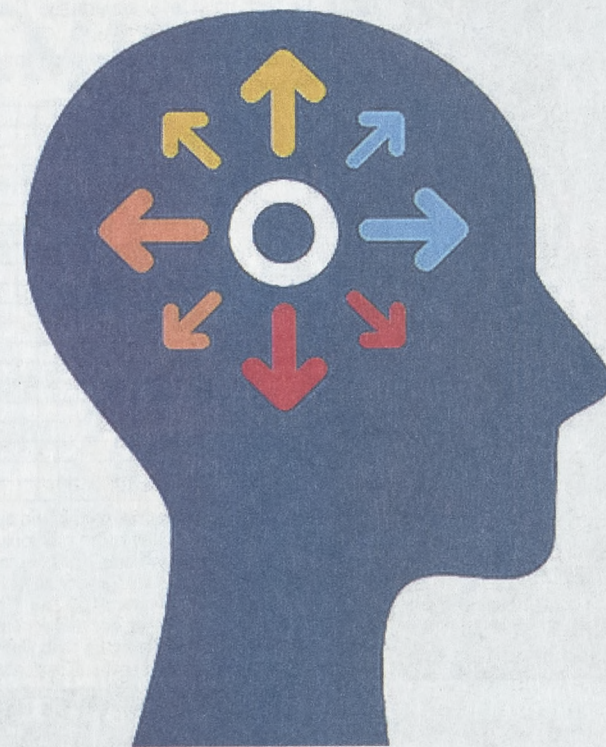
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# Signs of ADHD in people of all ages

Attention-deficit hyperactivity disorder affects millions of people. The Centers for Disease Control and Prevention reports that a 2016 survey of parents found that 6.1 million children, which equated to roughly 9.4 percent of the childhood population that year, had been diagnosed with ADHD. ADHD is the most prevalent childhood psychiatric disorder in Canada.

ADHD does not just affect children. A 10-year study published in JAMA Network Open found that ADHD diagnoses among adults have been growing four times faster than those among children in the United States.

The health and wellness information site Healthline says ADHD is a complex neurodevelopmental disorder that can affect various components of daily life. The Mayo Clinic reports that ADHD can cause persistent problems, such as difficulty paying attention, hyperactivity and impulsive behavior, in both adults and children.



ADHD can affect relationships, academic performance and even people's careers.

People concerned about ADHD should know that there is no single test to diagnose it. Furthermore, other psychiatric conditions or learning

disabilities can produce similar symptoms as ADHD. Health care providers use the guidelines in the American Psychiatric Association's Diagnostic and Statistical Manual, Fifth edition (DSM-5) to help diagnose ADHD. Key criteria for the condition include six or more of the following symptoms for children and five or more for those ages 17 and older:

Inattention, which includes not holding at-

tention on tasks or play activities. Failure to pay close attention to details or making careless mistakes. Often the person has trouble organizing tasks and activities.

**1** Hyperactivity that can affect the ability to take part in activities quietly. One may act as if driven by a motor, and often squirms or fidgets. A person may have trouble waiting turns or keeping emotions in check.

**2** Impulsivity which can mean talking excessively or blurting out an answer before a question has been completed. Adults may have a hot temper or low frustration tolerance. Impulsivity can lead to risky behavior or substance and alcohol misuse.

**3** Daydreaming can occur as well, as not all symptoms of ADHD include loudness and being rambunctious. Some people may disappear into themselves and be quieter and less involved than they once were.

ADHD is a medical condition that is being diagnosed more readily, helping adults and children get treatment that can help them lead full lives.

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# ATRIAL

CONTINUED FROM PAGE 19

the middle of the heart.

During Afib, the SA node doesn't direct the electrical rhythm and many other impulses may fire at once. The American Heart Association says this causes the atria to beat irregularly and quiver. The atria then beat chaotically and not in coordination with the ventricles.

While not typically life-threatening, Afib can cause shortness of breath, light-headedness and may increase the risk of heart-related complications, according to the Mayo Clinic. The American Heart Association says Afib may lead to blood clots from blood not pumping efficiently. Should a clot break off and enter the bloodstream, it could lodge in an artery leading to the brain, resulting in stroke. Roughly 15 to 20 percent of people who have strokes have Afib, and this is why many people with this type of arrhythmia are placed on blood thinners.

**Awareness of Afib symptoms is imperative since it is such a serious condition. People should visit their doctors if they experience any of the following:**

- Extreme fatigue
- Irregular heartbeat
- Chest pain
- Light-headedness
- Rapid, fluttering or pounding heart palpitations

**Shortness of breath**

Individuals who are at higher risk for Afib include seniors and people who have been diagnosed with obesity, high blood pressure, diabetes, and/or hyperthyroidism. Smoking and moderate to heavy alcohol use also increase the risk for Afib. A doctor can assess risk factors for Afib and educate patients about reducing their risk.

Atrial fibrillation is a common health concern that affects the beating of the heart and efficient pumping of blood throughout the body. People who suspect they have Afib are urged to contact their physicians immediately.



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# What may be behind a loss of smell

Do you suffer from anosmia? It's not a loss of memory - that is amnesia. However, anosmia does involve the loss of something else, namely your sense of smell.

Chances are at some point in your life you have experienced a period of anosmia, which is the partial or complete loss of smell. Few people give thought to what loss of sense of smell means until they are nose-deep in that loss. Anosmia can be permanent or temporary, and various things could be behind it.

### Allergies or a cold

A cold or allergies are two conditions that irritate the delicate lining inside of the nose, interrupting olfactory receptors. In addition, swelling of the nasal membranes likely also plays a role in loss of



smell, which is common with respiratory illnesses and allergic rhinitis and chronic sinus infections, according to Healthline.

### Head trauma

The Monell Center, which studies and treats issues related to taste and smell, says that be-

tween 20 and 30 percent of head trauma patients have some type of problem with smell. Olfactory nerves pass through small openings in the cribriform plate, a honeycomb-like bone between the nose and the brain. These nerve fibers can be

crushed or severed when the force of a head injury causes the brain to collide with the skull.


### COVID-19

Anosmia has been identified as a side effect of the COVID-19 virus. In fact, temporary loss of smell is the main neurological symptom and one of the most commonly reported early indicators of the disease, says Harvard Medical School. Research teams found infection of nonneuronal cell types - those that support neurons - are responsible for anosmia in COVID-19 patients. The good news is the neurons are not affected, so sense of smell can recover over time.

### Other causes

There are other medically sound reasons why  
See **SMELL** on Page 24

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# The various health benefits of yoga

Health-conscious individuals can do many things to improve their overall health. As medical researchers continue to uncover new things about how to achieve optimal health, one practice dating back to ancient times remains a highly effective way to take care of the human body.

Though there's no written records regarding the origins and invention of yoga, the practice is believed to date back to ancient India. The earliest written record of yoga is "The Yoga Sutra of Patañjali," a collection of aphorisms that historians believe was compiled

See **YOGA** on Page 27



## Richard J. Lizak, DO • Michael Obert, CRNP

*St. Luke's Hospital—Lehighon Campus*

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Dr. Richard Lizak is board certified in Internal Medicine and has been practicing in the community for over 25 years. Michael Obert, CRNP has been practicing with Dr. Lizak and in the community for over 10 years. They are affiliated with both Lehigh Valley Health Network and St. Luke's Health Network and specialize in geriatric medicine; preventative screening and wellness exams; chronic disease management for diabetes, hypertension and hyperlipidemia; and complex collaborative care and treatment in patients with cancer, coronary artery disease, infectious diseases, depression and anxiety.

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# Potential signs of kidney disease

Chronic kidney disease is a significant threat to millions of people across the globe. According to the National Kidney Foundation, 10 percent of the worldwide population is affected by CKD, which affects people of all ages and races.

Though there is no cure for CKD, the kidney health experts at World Kidney Day note that treatment can slow or halt the progression of the disease. That underscores the importance of learning to recognize potential signs of kidney disease.

- **Energy loss:** The NKF notes that a severe decrease in kidney function can cause toxins and impurities to build up in the blood, resulting in feelings of fatigue and weakness. Such a buildup also can make it hard for individuals to concentrate. Anemia, a blood disorder characterized by a deficiency of red blood cells or hemoglobin in the blood, is a complication of kidney disease and can cause weakness and fatigue.

- **Difficulty sleeping:** Kidneys that are not functioning properly will not effectively filter toxins in the blood and expel them through urine. The NKF notes that individuals may experience difficulty sleeping when toxins remain in their blood.



- **Blood in urine:** Blood in the urine can be indicative of a host of conditions, including tumors, kidney stones or an infection. But it also can indicate CKD, as healthy kidneys are often effective at keeping blood cells in the body while they filter waste. The Mayo Clinic notes that certain foods, including beets and berries, can affect the color of urine. But urine should generally range from a pale yellow color to a deep amber. Any visible sign of blood in urine or urine that is dark or orange in color should be brought to the attention of a healthcare provider right away.

- **Dry, itchy skin:** Dry, itchy skin may not seem like a potential indicator of kidney problems, but the NKF reports that such a symptom may indicate the presence of a bone disease that often accompanies advanced kidney disease. These symptoms appear because the kidneys can no longer help the body maintain an appropriate balance of minerals and nutrients in the blood.

- **Increased urge to urinate:** The NKF notes that this symptom often occurs at night and is a by-product of damage to the kidney filters.

Some additional signs

of kidney disease include foamy urine, persistent puffiness around the eyes, swollen ankles and feet, and muscle cramps. World Kidney Day reports that individuals can lose up to 90 percent of their kidney function before they experience any symptoms and most people with CKD experience no symptoms until the condition has reached an advanced stage. However, learning to recognize potential indicators of kidney disease and reporting them to a healthcare professional can lead to early detection and potentially slow the progression of the disease.

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## SMELL

CONTINUED FROM PAGE 22

loss of smell may occur. These range from exposure to chemicals that burn the inside of the nose to an underactive thyroid to long-term alcoholism. Alzheimer's disease and Parkinson's disease also have been linked to anosmia. However, there are

many other conditions that obstruct the nasal passages or cause damage to the brain or nerves involved in sense of smell.

Anyone who experiences loss of smell should consult with a doctor, especially if a COVID-19 test comes back negative. Such a loss could indicate a minor situation or be a symptom of a more serious illness.

# Excessive crying may be a symptom of colic

New parents know there is a learning curve when an infant comes home for the first time. Even with the best planning and research, it takes time for new parents to find their grooves caring for a newborn whose abilities to communicate are limited.

Babies cry to alert their caregivers when they are hungry, tired or wet. Tears are a normal part of the parenting process - as babies can cry for as much as two hours per day, according to WebMD. But excessive crying may be a symptom of colic.



air during prolonged crying.

## Ruling out other issues

By collecting information when the infant cries, parents can share that data with the pediatrician to determine if colic may be the culprit. Sometimes fussiness may occur for other reasons, including food allergies or sensitivities, hunger or weakness, pain from an illness or injury, acid reflux, or discomfort from being too hot or too cold.

All symptoms should be checked by the pediatrician, especially if the child seems like he or she is in pain. Running a fever of 100.4 or higher also should be investigated. Even if colic is suspected, a doctor can help manage colic to help reduce parents' stress and make it easier to cope with the condition.

## What is colic?

The Mayo Clinic defines colic as frequent, prolonged and intense crying or fussiness in an otherwise healthy infant. When experiencing colic, a baby seemingly cries for no apparent reason and no amount of consolation seems to bring any relief. Johns Hopkins Medicine indicates that colic is most common during the first six weeks of life and usually it will go away on its own by age three to four months. Twenty-five percent of newborn babies may have colic.

## Identifying colic

Crying is not necessarily indicative of colic,

though certain types of crying, especially when accompanied by other symptoms, are suggestive of colic.

- Crying that lasts for more than three hours a day.

- Crying that occurs more than three days a week.

- Crying that occurs for more than three weeks at a time.

- Crying that often begins suddenly, with mostly loud, nonstop sessions.

- Crying that starts in the evening, typically at the same time each day.

- Extreme fussiness even after crying has diminished.

- Facial discoloration,

such as reddening of the face and pale skin around the mouth.

- A tense body that includes stiffened legs and arms, clenched fists, an arched back, or tense abdomen.

- Excessive gas, likely resulting from swallowed



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# YOGA

CONTINUED FROM PAGE 23  
 sometime between 500 BCE and 400 BCE.

Despite its age, yoga has not been studied extensively by medical researchers. According to the National Center for Complementary and Integrative Health, many studies looking into the health effects of yoga have included only small numbers of people and have not been of high quality. As a result, the NCCIH can only say that yoga shows promise in regard to helping people manage or overcome certain health issues, but not that it has been proven to do so.

Though yoga may need to be studied more closely and extensively, many people who include it in their regular health care routines report feeling better both physically and mentally for having done so, and that may not be a coincidence. A 2004 comprehensive review of yoga's use as a therapeutic intervention published in the Journal of Physiology and Pharmacology indicated that yoga targets

unmanaged stress, which has been linked to chronic disorders like anxiety, depression, obesity, diabetes, and insomnia.

**In addition to that review, the NCCIH notes that research has suggested yoga can:**

- Relieve low-back pain and neck pain
- Relieve menopause symptoms
- Help people manage anxiety or depressive symptoms associated with difficult life situations
- Help people quit smoking
- Help people who are overweight or obese lose weight
- Help people with chronic diseases manage their symptoms and improve their quality of life.

It's important that anyone considering making yoga part of their health care routines recognize that there are various forms of yoga, some of which are more physically demanding than others. So it's best if individuals speak with their physicians before trying yoga so they can find the type that aligns best with their current levels of fitness.

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## Sunburn in the winter? It's possible

Even though sunburn is a common occurrence in spring, summer and fall, people may be surprised to learn it is possible to get sunburn in the winter, too. TF219298

It's widely known that prolonged, unprotected exposure to the sun can cause sunburn. Sunburn usually appears within a few hours after overexposure to ultraviolet light from sunshine or artificial sunlamps.

A sunburn is the skin's response to UV damage. Sunburn may be minor and evident by redness and pain or, if severe, swelling and blisters may occur. Some people even feel like they have the flu and become feverish with chills.

Even though sunburn is a common occurrence in spring, summer and fall, people may be surprised to learn it is possible to get sunburn in the winter, too. It's foolish to stop thinking about sun protection when bundled up in winter clothing. Complete Family Dermatology says the sun's ultraviolet rays can be just as damaging to the skin

when it's cloudy or cold. In addition, snow and ice can reflect up to 80 percent of the sun's UV rays. According to the Skin Cancer Foundation, that means that a person gets hit from two angles: first from the sky and second from the ground, as the rays rebound.

It is important to practice sun safety all year long. Wear sunscreen on the face and any portion of the skin that is exposed. Also, donning sunglasses protects not only the eyes, but also the delicate skin around the eyes. UV radiation is the leading contributor to skin cancer.

Even though the amount of UV rays decreases slightly in the winter because of the angle that they hit the Earth, the risk for UV-related sun damage persists. Use a sunscreen with a sun protection factor of at least 30, and even higher when spending time in high altitudes.

Sunburn can occur at any time of the year. Precautions should be taken to protect the skin whether it's spring, fall, summer, or winter.

### Oral Health Impacts Overall Health

Many people know that poor oral hygiene can lead to gum disease, tooth decay and even lost teeth. But are you aware that failing to brush or visit the dentist regularly also can lead to more serious health issues? Recent research suggests that there may be an association between oral infections, particularly gum disease, and cardiovascular disease and preterm birth. Gum disease also may make diabetes more difficult to control, since infections may cause insulin resistance and disrupt blood sugar.

Your mouth also can serve as an infection source elsewhere in the body. Bacteria from your mouth can enter the bloodstream through infection sites in the gums. If your immune system is healthy, there should not be any adverse effects. However, if your immune system is compromised, these bacteria can flow to other areas of the body where they can cause infection. An example of this is oral bacteria sticking to the lining of diseased heart valves.

An important step in maintaining good overall health is to include dental care in your list of preventative measures. Visit the dentist for biannual cleanings or as determined by the doctor. Do not ignore any abnormalities in the mouth. Maintain good oral hygiene at home by brushing twice a day and flossing at least once per day. Mouthwashes and rinses also may help keep teeth and gums healthy.

Oral health and other systems of the body seem to be linked. Taking care of your teeth promotes overall health.

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## Surviving Breast Cancer and Heart Attack in One Year

Janice Stoudnour benefited from LVHN's cancer and cardio-oncology programs

Janice Stoudnour always got her yearly mammogram – and then COVID happened. Her annual screening mammogram was scheduled for February 2020, but it got pushed back to September 2020. Since her mammograms had always come back clear in the past, the delay was not overly concerning. However, this time her mammogram showed something was wrong. Uneasy, she tried to book a diagnostic mammogram as soon as possible, but her local provider was not able to schedule her until the end of November.

“I was stressed out and worried,” says Stoudnour, 67, of Saxton, Pa. “I wanted to get it taken care of now, and I wanted to know what was going on.”

### Rapid diagnostic care

Her daughter, Erin, who lives in Emmaus, suggested she check with Lehigh Valley Health Network (LVHN). She was able to get an appointment at Breast Health Services at Lehigh Valley Hospital–Cedar Crest for the end of September. Tests showed two small tumors that indicated breast cancer. The same day, she was able to schedule follow-up appointments with breast surgeon Lori Alfonse, DO, with LVPG Surgical Oncology, followed by surgery later in November.

“Dr. Alfonse explained everything the day of surgery. I was fearful, but she made me feel good going into surgery,” Says Stoudnour.

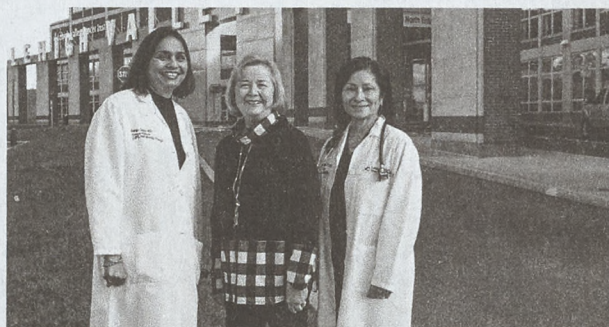
### Next steps after surgery

The tumors were removed, as well as lymph nodes to determine if the cancer had metastasized. Thankfully, it had not. However, Stoudnour would still need to undergo preventive radiation therapy. She completed a shorter, more intense radiation treatment with a local provider for convenience. When she finished, Alfonse connected her with oncologist Ranju Gupta, MD, with LVPG Hematology Oncology, who helped her start an anti-estrogen therapy. To take away the burden of travel, Gupta used telemedicine appointments for Stoudnour's care.

“Janice lives far away – at least three to four hours – and telemedicine came to the rescue. She is very warm and took her diagnosis in stride very well,” says Gupta.

### Unexpected scare: heart attack

With anti-estrogen maintenance treatment in place, Stoudnour got back to her normal life – caring for grandchildren and taking Zumba classes three days a week. The morning of Sept. 20, 2021, she had finished her workout when she started to experience “crushing” chest pain.



“I had to sit down, and I started sweating so much. I had to lie down, and then I felt like I had to throw up. I knew something was wrong,” she says.

She called her husband, a local paramedic, telling him she started to lose feeling and use of her arms and legs. They knew it was a heart attack and he immediately drove her to the local emergency room. She was admitted and was able to have a catheterization, as well as a stent placed. Unfortunately, scans also showed a nodule on her lungs.

### Specialized cardio-oncology care

Stoudnour reached out to Gupta about her latest health developments. Gupta referred her to cardiologist Deborah Sundlof, DO, with LVPG Cardiology, for heart care, as well to LVPG Pulmonary and Critical Care Medicine for further investigation in her lungs. She met with Sundlof just two weeks after her heart attack for evaluation through LVHN's cardio-oncology program.

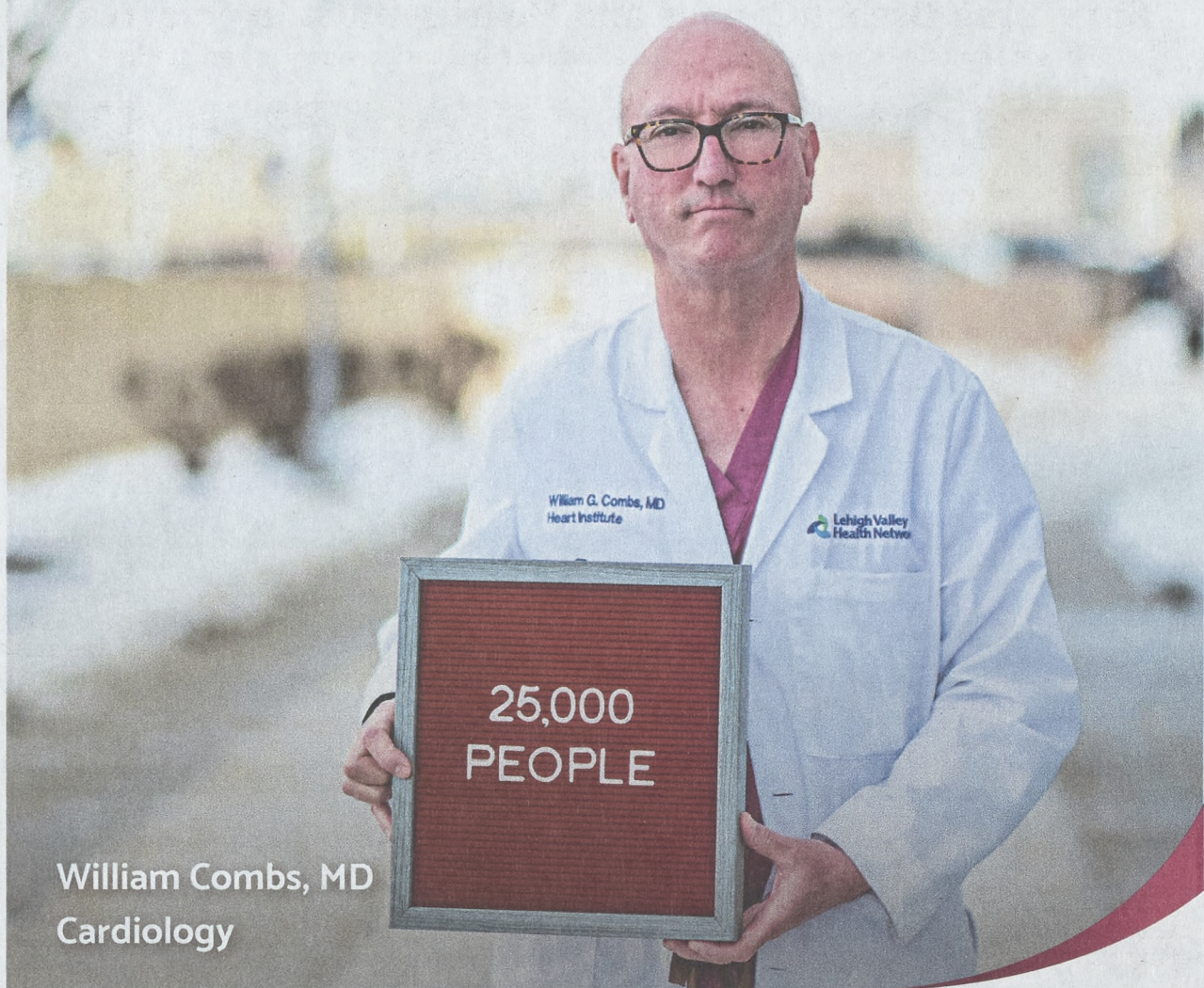
“We discussed potential causes for her heart attack and ways to decrease that risk,” says Sundlof. “She had radiation therapy for her breast cancer, and we discussed the potential role that played. The important thing is that with our partnership, we can help markedly decrease the chance this happens again, and ensure she is as healthy as she can be going forward.”

### Finding strength

Through all her health scares, Stoudnour credits her care team at LVHN for instilling hope, putting her at ease.

“I can't say enough good things about the care I received at LVHN. I felt confident in my care knowing that my team of doctors were discussing my care and treatment with each other,” she says.





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