



SPORTS
BC girls fall
in EPC semis
 See A7



FOCUS
'End of the
World' exhibit
 See B1

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FEBRUARY 15, 2023

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LEHIGH CO.

County tagged 'age-friendly'

BY MARIEKE ANDRONACHE
 Special to the Bethlehem Press

Director of Healthy Aging at the United Way of the Greater Lehigh Valley Carmen Bell presented, on behalf of American Association of Retired Persons, a certification recognizing Lehigh County as an age-friendly community during the Feb. 9 commissioners meeting. The certification is expires Nov. 29, 2025.

Chair Geoff Brace said the county is focused on improving affordable housing opportunities and social inclusion for older adults, and walking for health.

"This is a testament to our commitment to making Lehigh County and the Lehigh Valley a more age-friendly place to live," Brace said.

Bell told commissioners, "We have been working long and hard with both counties [Lehigh and Northampton]. We appreciate the efforts of Executive [Phillips] Armstrong in support of our work. We appreciate the work of the commissioners to be mindful of what's best for the community and we are happy to be in that partnership with them, our elected officials and the various

See **LEHIGH** on Page A2

A true Renaissance man Candy maker Bob Born remembered

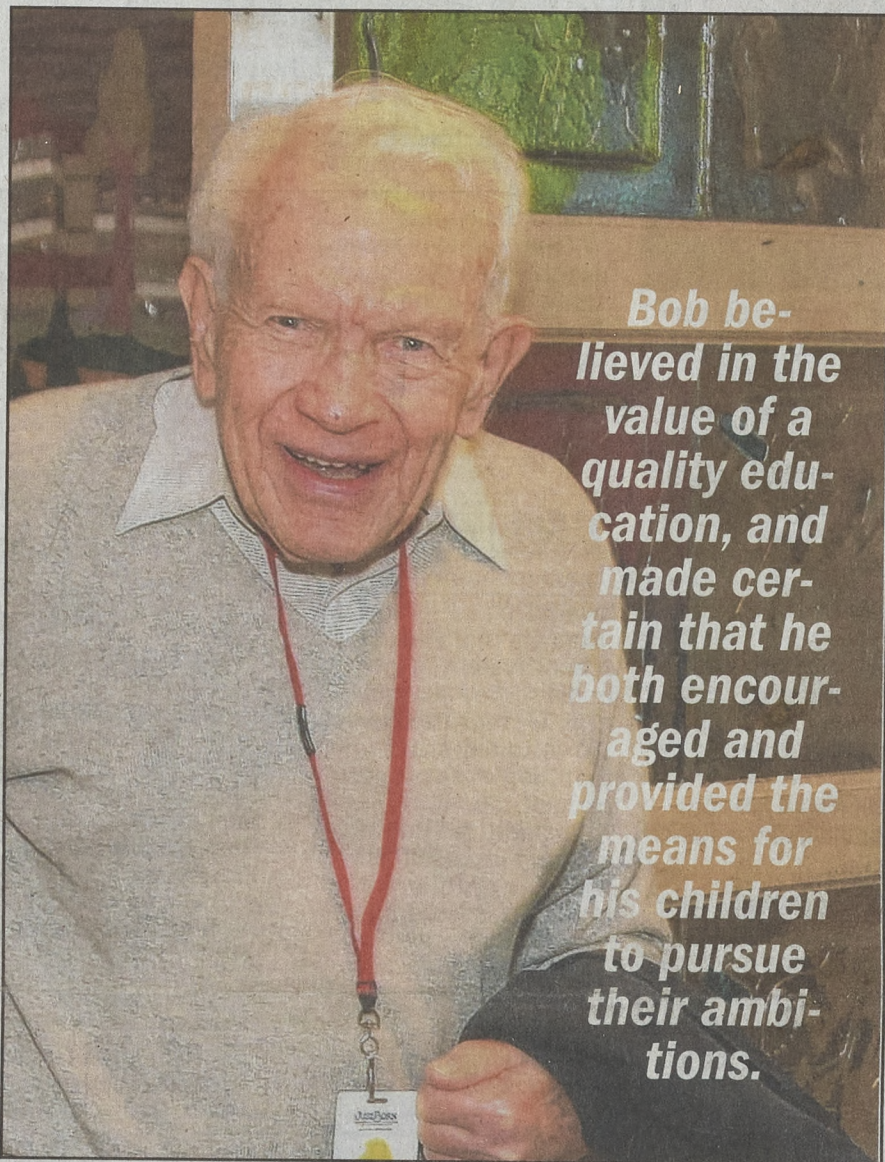
BY NATE JASTRZEMSKI
 njastrzemi@nline.com

Ira "Bob" Born, second-generation candy-maker and Navy veteran, died Jan. 29 at the age of 98.

After Born returned from World War II, he was accepted to medical school. Waiting for classes to begin the following year, he worked at the family company, Just Born, where he would fall in love with candy-making and would go on to invent some of the company's most iconic candies, and modernized elements of production.

The son of Just Born founder Sam Born, Bob ultimately served as president for 40 years. While looking to cut waste of leftover licorice, Born thought to add cinnamon: The Hot Tamale was created in 1950. Three years later, as president, he oversaw the purchase of the Rodda Candy Company of Lancaster, which, though known for jellybeans, also made marshmallow products. Hand-squeezing a chick shape through pastry tubes and hand-painting eyes made each Peep chick a 27-hour operation, so

See related story on A3



Bob believed in the value of a quality education, and made certain that he both encouraged and provided the means for his children to pursue their ambitions.

PRESS PHOTO COURTESY OF JUST BORN

Bob Born on "Bob Born Day" Feb. 15, 2019.

he created a machine that produces a chick in just six minutes.

During his early years with the company he met and married Maxine and became the father of Ross and Sara.

According to Ross,

"Bob was a music lover and handy around the house; he could fix (or tried to fix) almost everything. He acquired his skills from his father, who had a complete woodworking shop."

Bob believed in

the value of a quality education, and made certain that he both encouraged and provided the means for his children to pursue their ambitions. Later, during his "retirement" years,

See **TRUE** on Page A2

PEOPLE SAY
 BY DANA GRUBB

What do you think of this mild, almost snowless, winter we've been having?



"It's cool. Snow would make it too cold."

Kali Bowersox
 Catasauqua



"Loving it! Keep the snow away."

Alvin Johnson
 Allentown

PEOPLE SAY
 Continues on A2

INSIDE TODAY
Fountain Hill's
Vineyard Di Norma
 Page A9

BETHLEHEM PRESS

VOLUME 18, ISSUE 20

INSIDE
THE PRESS

INDEX

- Business B6
- Classified B7
- Calendar A3
- Dining A9
- Lifestyle B3
- Local A3
- Milestones A4
- Sports A7
- Worship B4

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Lehigh Valley actress in Hollywood's spotlight

BY BRUCE FRASSINELLI
 Special to the Bethlehem Press

Allentown native Amanda Seyfried has become the only known person in the Lehigh Valley region to have been nominated for the top three acting awards, then went on to win two of them – so far.

Receiving a Golden Globe Award recently, Seyfried wrapped up an impressive year after having won a prime time Emmy earlier in 2022. She also received an Oscar nomination in 2021 for the 2020 film "Mank."

Industry specialists say that at the relatively young age of 37, Seyfried still has a promising career in front of her despite her already spectacular credentials.

Born and raised in Allentown, Seyfried (pronounced sigh-fried) began modeling at age 11 and wound up acting at age 15 with a recurring role in CBS' popular soap opera, "As the World Turns," then ABC's "All My Children."



CONTRIBUTED PHOTO

Lehigh Valley native Amanda Seyfried, a 2003 graduate of Allen HS, is the daughter of Ann and Jack Seyfried.

Audiences really took notice of her in 2004 when she made her film debut in the wildly popular "Mean Girls," which grossed \$130 million, then went on to gain new applause, appearing as Lilly Kane on "Veronica Mars" and later as Sarah Henrickson on five seasons of the HBO hit series "Big Love."

Seyfried has been much in demand as one of Hollywood's leading female actresses and has appeared in both film versions of "Mamma Mia" (2008 and 2018), "Dear John" (2010), "Les Miserables" (2012), "Ted" (2015), "First Reformed" (2017) and numerous others.

She received critical acclaim for her portrayal of Marion Davies in the 2020 biopic "Mank," the story of Citizen Kane screenwriter Herman Mankiewicz. Seyfried played the role of newspaper baron Charles Foster Kane's longtime lover and confidante. She was rewarded for her per-

See **ACTRESS** on Page A2

LIVE & EXCLUSIVE coverage of the LV Phantoms

SATURDAY, FEBRUARY 18
 6:35 PM *Phantoms Front and Center* Pregame Show – **LIVE!**
 7:05 PM *WB/Scranton Penguins vs. LV Phantoms* – **LIVE!**

SUNDAY, FEBRUARY 19
 4:35 PM *Phantoms Front and Center* Pregame Show – **LIVE!**
 5:05 PM *Hartford Wolf Pack vs. LV Phantoms* – **LIVE!**

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PEOPLE SAY

BY DANA GRUBB

What do you think of this mild almost snowless winter we've been having?



"I think it's just part of a cycle, because the earth is constantly changing."
Denise Fruhwirth
 Emmaus



"I love it, honestly. I don't like the cold, and the snow and salt are bad for cars."
Ethan Valkovec
 Bath



"I feel like it's giving us a break in order to allow us to enjoy other things outside. I also think something is impending."
Alexandra Fruhwirth
 Emmaus



"I wish it were colder so we could play more winter sports. I feel badly for people who run ski slopes or want an outdoor ice rink in their yard."
Daniel Kraus
 Bethlehem

POLICE

COMPILED BY NATE JASTRZEMSKI

Officer-involved shooting

Lehigh County District Attorney Jim Martin has announced the ongoing investigation of the death of Xavier Arnold in a Feb. 10 incident.

Arnold allegedly exchanged shots with officers around 8 p.m. that evening in the area of Eighth and Maple streets. One officer was struck in the vest by a bullet but was not injured.

The officers involved in the incident have been placed on administrative leave pending the outcome of the full investigation.

Bath shooting

The Pennsylvania State Police Troop M, Bethlehem, Criminal Investigation Unit is investigating a shooting that occurred approximately 2:04 a.m. Feb. 3 at 140 E. Main St., Bath Borough, Northampton County.

According to the report, troopers were dispatched to the parking lot on Main Street for the reports of a shooting. Upon arrival, troopers observed several shell casings in a parking lot and damage to both a 2002 Chevrolet Avalanche and 2013 Chevrolet Malibu.

There were no injuries reported in this shooting, police said.

Troop M Forensic Services Unit and ABE Towing assisted with the investigation.

Troopers are requesting anyone who may have information in regard to this shooting to contact the PSP Bethlehem Criminal Investigation Unit at 610-861-2026.



PRESS PHOTOS BY MARIEKE ANDRONACHE

Commissioner Geoff Brace, Director of Healthy Aging at the Back Way of the Greater Lehigh Valley Carmen Bell, Lehigh Co. Executive Phil Armstrong. Bottom row: Commissioner Ron Beitler, Commissioner Jeffrey Dutt, Commissioner Dan Hartzell, Commissioner Zach Cole-Borghi and Commissioner Antonia Pineda.

LEHIGH

Continued from page A1
 nonprofit organizations and other institutions around the county.

"Our goal is to recognize that Lehigh County and Lehigh Valley is already an age-friendly community. There are lots of opportunities

here, lots of access to healthcare, but there's always an opportunity to improve that which is already good," said Bell.

In accepting the certification, Armstrong said, "It's been years of work, of planning. If I can remember, Carmen, we had the Fountain Hill Senior Home, for

where we started this a number of years ago. It was quite a process - but for AARP and the United Way spearheading it, it was quite an honor to just go along.

"I think that it's very important that we have a community that recognizes the needs of the senior population. Not only in just medical

and housing, but how to get to those things, that transportation meets their needs."

Armstrong concluded, "We value our senior population and we will continue as a board and executive branch with these groups to make sure we continue to improve."

TRUE

Continued from page A1

he chaired a literacy program in a Florida school system in an underserved community. He recruited over 100 volunteers and saw that they were properly trained.

In addition, Bob was actively involved in a wide variety of organizations, including

the Anti-Defamation League, the Institute for Jewish-Christian Understanding at Muhlenberg College (now the Institute for Religious and Cultural Understanding), the Jewish Institute for National Security of America and the Jewish Federation of the Lehigh Valley.

Ross said Bob lived in Florida for almost 30 years before returning north to a senior living

community outside Philadelphia with his wife Patricia (he outlived his first two wives). He quickly saw the walls were bare and enlisted the photography club (he was its chair) to supply nature photographs to adorn them.

"Bob enjoyed travel to experience the diversity of people, art, music and history in North America, Eastern and

Western Europe, Israel and Asia. He once spent several months volunteering in Thailand to provide expertise on candy-making to a small confectionery business there. And, on another trip, he even met the Pope," said Ross. "He was a true Renaissance man, a gentleman, and a real mensch - a person of integrity and honor."

ACTRESS

Continued from page A1

formance with an Oscar nomination for best supporting actress and recognized during the 2021 awards ceremony.

This was followed up in 2022 by "The Dropout," her brilliant portrayal of Elizabeth Holmes, the controversial founder and CEO of Theranos, a company which was said to have developed blood-testing techniques that would revolutionize the medical world. Instead, the company spiraled into bankruptcy, and Holmes was sentenced to 11 years in prison late last year for defrauding investors of \$144 million. Holmes is scheduled to begin her prison term on April 23.

For her work in "The Dropout," Seyfried first received a prime-time Emmy for best actress in the Hulu limited series,

then the Golden Globe Award for best actress in a limited series or television film.

Seyfried, a 2003 graduate of Allen High School, is the daughter of Ann and Jack Seyfried. She has one older sibling, Jennifer, who is a musician in the Philadelphia area. Seyfried's mother worked as an occupational therapist, while her father is a pharmacist at Lehigh Valley Hospital in Bethlehem. Amanda is married to actor Thomas Sadoski, with whom she had co-starred in the film, "The Last Word." They celebrated their fifth wedding anniversary last March. They have two children, Nina Sadoski Seyfried, age 5, and a son, Thomas, age 1.

After graduating from Allen High School, Seyfried enrolled at Fordham University in New York City during the fall semester of 2003 but dropped out when she won the coveted role of Kar-

en Smith in "Mean Girls."

In 2011, People magazine ranked her No. 1 in its feature article on "25 Beauties and Hot-ties at 25." She serves as brand ambassador for Swiss luxury watchmaker Jaeger-LeCoultre and global ambassador for Lancome, a high end French cosmetics firm.

In interviews with celebrity publications, Seyfried has acknowledged that she suffers from obsessive-compulsive disorder and panic attacks. She also has worked hard to overcome stage fright, which had limited her theatrical performances.

What's next for Seyfried? On her Instagram account recently, she said that she is working on something "magical, and it's a musical." She said she is "finally getting to work on something that I have never done," but she was not more explicit, so stay tuned.

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Say you saw it in the Bethlehem Press

SUPPORTING FOUNTAIN HILL RESTAURANT WEEK: Fountain Hill will be having a restaurant week from Feb. 19 - 25. In order to supporting, the Cantelmi Funeral Home, Fountain Hill, will be donating \$1,000 total worth of gift cards for the participating restaurants - Game Time Sports Bar, Vineyard Di Norma, Lorenzo's Pizza, Kasey Lynn's on Broadway and Areli's Italian Restaurant - to the Fountain Hill Police Department and Fire Department.

FREE RADIO CLASSES: Delaware Lehigh Amateur Radio Club Inc. will hold 10 free entry-level classes from 7 to 9 p.m. Wednesdays beginning March 7. Students (ages eight through 80 plus) will learn about ham radio activities, operations, and information to prepare for the Federal Communications Commission's Amateur basic license examination. Classes will be held at the Emergency Operations Center (EOC - formerly known as the 911 Center) at 100 Gracedale Ave., Nazareth. For details or to register, contact KE3AW@arri.net or call 610-419-9286

ARTSQUEST GRANGE PARK EVENTS: Grab your lawn chairs and get ready because Grange Park in Upper Macungie Township will soon be rocking! ArtsQuest, Upper Macungie Township and presenting sponsors Uline and Service Electric are bringing Concerts on the Grange to the 165-acre park Friday, May 12 and Saturday, May 13. Tickets for ArtsQuest members went on sale Wednesday, Feb. 8, and for the general public on Feb. 10. For more exclusive ticket access and advance purchase opportunities, become an ArtsQuest Circle donor today. Tickets can be purchased at steelstacks.org.

TOWN HALL EXHIBIT: The Printmakers Society of the Lehigh Valley will be exhibiting member work in an exhibition at the Bethlehem Town Hall Rotunda Gallery from Feb. 23 to March 30. There will be an opening reception Feb. 26 from 2-4 p.m. The Rotunda Gallery is located at 10 E. Church Street. Gallery hours are Monday through Friday 8 a.m. to 4 p.m.

This exhibition will provide an opportunity to examine the wide range of creative expression now defined as "printmaking". Along with traditional methods of printing such as woodcut and linocut, etching and lithography, contemporary printmakers are exploring new techniques and methods, including the most well-known, such as screen printing and digital printmaking. The exhibit offers a fresh look at the variety in printmaking today.

BLOOD DONATIONS NEEDED: The American Red Cross continues to monitor seasonal challenges to the blood supply. People are urged to make and keep appointments to help avoid a blood shortage in February.

Donors who give in February will get a \$10 Amazon.com Gift Card by email, thanks to Amazon. They will be entered automatically to win a trip for two to Clearwater Beach, Fla. For details and appointments, visit RedCrossBlood.org/heart

Wednesday, February 15

Afternoon dance with Johnny K. 1 to 3 p.m. 1633 W. Elm St., Allentown. Information: call 610-437-3700 or visit https://lvactivelife.org/

Great Decisions Foreign Policy Lecture: "Iran at a Crossroads" by Dr. Mustafa Kirisci, Ph.D., Homeland Security Political Science Dept., DeSales University, 11 a.m. to 12:30 p.m. Kirkland Village auditorium, Bethlehem. Enter via First Presbyterian Church back parking lot, 2344 Center St. Information: call 610-866-2655. Masks required. Cost.

Thursday, February 16

Lehigh Valley Pops Orchestra rehearsals, 9 to 10:30 a.m. Conductor: George Fennell. 1633 W. Elm St., Allentown. Information: call 610-437-3700 or visit https://lvactivelife.org/
Current Events Informal Discussion Group: Moderator: David M. Bell. World, national, state and local topics. Free. 2 p.m. Lehigh Valley Active Life, 1633 W. Elm St., Allentown, 18102. Information: call 610-437-3700 or visit https://lvactivelife.org/

Friday, February 17 and Monday, February 20

NCHGS's School's Out! Mini Day Camps. Grades one to six. 9 a.m. to 3 p.m. daily or half-days (9 a.m. to noon) available. Registration required. Full day campers should bring a brown bag lunch. Activities may include arts and crafts, Discovery Room, Sigal Museum's art and history galleries, reading from the Cops 'n' Kids book collection, family-friendly movie and walking to the 1753 Bachmann Publick House. Trained museum educators will facilitate all activities. For information and registration, visit http://northamptonctymuseum.org and click on events.

Elm Street Jazz Workshop rehearsals, 9 a.m. Director: Allan Meyerson. 1633 W. Elm St., Allentown. Information: call 610-437-3700 or visit https://lvactivelife.org/

Saturday, February 18

Saturday night dance with The Chas Band. Nominal cost; light refreshments. 7 to 10 p.m. 1633 W. Elm St., Allentown. Information: call 610-437-3700 or visit https://lvactivelife.org/

Sunday, February 19

Youth Choirs Festival, four choirs, Bach Festival Orchestra, Bach Choir. 3 p.m. Zoellner Arts Center, Lehigh University. Information and tickets: call 610-866-4382, ext. 115; or visit www.Bach.org

Tuesday, February 21

Good Vibrations Chorus led by Nancy Shumaker. All singers welcome. 9:30 a.m. Lehigh Valley Active Life, 1633 W. Elm St., Allentown. Call 610-437-3700 for information or visit https://lvactivelife.org/

Wednesday, February 22

Elder Fraud free presentation and question/answer time. Learn ways to identify elder fraud and to protect finances. FBI agent Sean Ahearn. 11 a.m. to noon. Meeting room, Hanover Township Community Center, 3660 Jacksonville Road., Bethlehem.

Free Karaoke with Bobby James, 1 to 3 p.m. 1633 W. Elm St., Allentown. Information: call 610-437-3700 or visit https://lvactivelife.org/

Great Decisions Foreign Policy Lecture: "Global Famine: A Renewed Threat in the 21st Century" by Beverly Eighthy, retired Foreign Affairs Officer, U.S. Dept. of State. 11 a.m. to 12:30 p.m. Kirkland Village auditorium, Bethlehem. Enter via First Presbyterian Church back parking lot, 2344 Center St. Information: call 610-866-2655. Masks required. Cost.

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

Send us your event photos

We invite you to send us photos from your event. Send copy and images as email attachments to: gtaylor@tonline.com.



PRESS PHOTOS COURTESY JUST BORN

Sam Born began to manufacture candy in 1923. He called his company Just Born because he claimed his products were so fresh it was as though they were just born.

Just Born celebrates 100 years Born in a Brooklyn chocolate shop

BY KAREN M. SAMUELS
Special to the Bethlehem Press

Over 700 million Peeps are sold each year. The candy inspires a cult following, giving impetus to diorama contests and fan websites.

The company website supplies a history of the firm. Russian born Samuel Born immigrated to the United States from France in 1910, already trained in the art of chocolate making. In 1912, Sam Born invented the Born Sucker Machine, a machine for automatically inserting sticks into lollipops. In 1916, Sam Born was awarded the "key to the city" of San Francisco for the invention. Lollipops were very popular in California at the time.

In 1923, Sam Born opened a small chocolate shop in Brooklyn, N.Y. His chocolate was made fresh every day and he would put a sign "Just Born" in the window when a new batch of chocolates was ready. That's how the company became "Just Born," and inspired its early logo, which was a baby in a candy scale.

Soon after he opened his store, Born invited two family members, his brothers-in-law Jack and Irv Shaffer, to become his business partners. At the time of his death in 1996, Jack Shaffer was 94 years old and had not yet retired. He celebrated 70 years with the company shortly before his passing.

As the company grew, Sam Born invented new products. He created chocolate jimmies and a chocolate that is used as a hard coating on ice cream. In 1930, James Bartholomew operated the new machine that produced the chocolate sprinkles. Born decided to name the product after his worker calling them "Jimmies."

Just Born was doing so well it eventually outgrew its New York headquarters. The company moved to an empty printing factory in Bethlehem in 1932 due to the good rail connections there. The price of land was reasonable, and the railroad made receiving ingredients and shipping candy convenient. There was a good labor force available, as large groups of new immigrants were attracted to Bethlehem because of the many manufacturing mills.

Just Born acquired the candy company Maillard, which made upscale candies, in 1935. Next, Born produced two new candies Mike and Ike (1940) and Hot Tamales (1950). Hot Tamales were an invention of Sam Born's son, Bob. He needed a use for leftover licorice and thought of adding cinnamon to it. Bob Born was president of the company for 40 years.

In 1953, Just Born acquired the Rodda Candy Company of Lancaster, Pa. Although

Rodda was best known for its jellybeans, it also made a small line of marshmallow products. They made a Peep by hand-squeezing marshmallow through pastry tubes. The marshmallow chicks took 27 hours to make, and the eyes had to be painted on individually by hand. Bob Born helped to mechanize the marshmallow-forming process, and Just Born has become the world's largest manufacturer of marshmallow treats. It now takes six minutes per Peep.

Just Born created Jolly Joes, a grape flavored candy, in 1960. Two years later the company put out a spearmint candy named Cool Kids. The flavors were expanded to include Strawbana for strawberry and banana, Lem and Mel for lemon and watermelon, Cherri and Bubbi; for cherry and bubble gum and Root-T-Toot, a root beer-flavored chewy candy. At this time, the company decided to halt production of chocolate candies to focus entirely on non-chocolate and marshmallow confections.

In the 1980s, the company focused on advertising campaigns that would bring their candy to national attention. One such effort was putting sample boxes of their fruit candies inside General Mills' sweet Cocoa Puffs cereal.

They began producing marshmallow

shaped candies for other seasons during the year, such as Christmas and Halloween. President Ronald Reagan's passion for jellybeans helped sell their Teenee Beanses, in 35 flavors. Just Born sent the former president a Waterford crystal decanter filled with his favorite jellybeans for his desk in the Oval Office and kept refilling it during Reagan's White House years.

Carl Lewis, 1984 Olympic medal winner, said he lived entirely on a diet of Peeps during the summer Olympic trials.

Just Born continues to be a family owned business. In 1992 Sam Born's grandson Ross Born and nephew David Shaffer became the co-CEOs. In 1997, Mike and Ikes became the top selling candy for the company. Then in 1999 Just Born released television advertising for Peeps for the very first time. Lavender, blue and flavored Peeps were produced during the 1990s.

In 2009, Just Born joined Artsquest to create the Peeps Fest, four days of activities leading up to New Year's Eve when the giant Peep drops. Just Born employs, about 450 people, at its plant in Bethlehem.

Through the three generations the Borns and the Shaffers have generously supported the Bethlehem community.

Just Born's Yale to retire

Just Born Quality Confections President and COO David Yale announced his retirement from the Bethlehem company as of March 31, 2023. He joined the company in 2011.

His job accomplishments include transforming Peeps into an American cultural icon, especially at Easter; introducing the Mega Mix® platform, and revitalizing Goldenberg's Peanut Chews, which had Philadelphia roots.

He modeled Just Born's "Respect" philosophy, worked to make the company an employer of choice and See YALE on Page A4

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Antonio M. Carvalho

born in Portugal



Antonio M. Carvalho, 69, of Bethlehem, died at home Jan. 27, 2023. Born in Arganil, Portugal, he was a son of the late Antonio A. and Fernanda (Silva) Carvalho. He was the husband of Maria C. (Rodrigues) Carvalho.

He is survived by two daughters, Raquel Hlavinka and husband Peter F. Hlavinka and Lisete C. Fink and husband Michael Fink; four grandchildren, Madelyn, Jocelyn, Dominic, and Lincoln; and extended family.

Contributions may be made to National Alliance on Mental Illness, Lehigh Valley Chapter, 802 W. Broad St., Bethlehem, PA 18018.

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

John J. Shaton

LHS substitute teacher



John J. Shaton, 68, of Bethlehem, died Feb. 1, 2023. He was a son of the late Anna Marie (Garin) and George Shaton.

He was a 1972 graduate of Freedom HS. He earned a bachelor's degree in secondary education from East Stroudsburg University.

He worked for the family's business, Purity Beverage on the Southside of Bethlehem. After he retired, he returned to substitute teaching at Liberty HS for the last several years.

He is survived by a daughter, Katie E. Shaton; a grandson, Michael Passalugo and lifelong partner Kathleen Schroeder; a sister, Theresa C. Shaton; former spouse, Robin Shaton; uncles; and cousins.

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

Eileen M. (Rader) Muschlitz

Star of Bethlehem Lutheran Church member



Eileen M. (Rader) Muschlitz, 86, of Northampton, died Feb. 6, 2023, at Lehigh Valley Hospital, Salisbury Township. Born in Fullerton, she was a daughter of the late William F. and Carrie M. (Rhoads) Rader. She was the wife of Edward H. Muschlitz for 66 years.

She was a 1954 Whitehall HS graduate and a 1979 Northampton County Community College, Bethlehem, graduate.

She was a regional manager for the former PSFS Bank, Philadelphia, Whitehall branch, for many years. She was a church secretary for the former Holy Trinity Evangelical Lutheran Church, Bethlehem, now Star of Bethlehem Lutheran Church.

She was a member of Star of Bethlehem Lutheran Church and was in the handbell choir for several years.

She was a league and a 600 Club member at Union Boulevard Lanes. She was a 2003 Pennsylvania State Women's Bowling Association champion. She was awarded Girl of the Year by the Beta Sigma Phi Professional Women's Sorority, Allentown. She and her husband were Rotary Club International Exchange Student Program hosts and new family recruiters.

In addition to her husband, she is survived by two daughters, Alice D. and her husband Richard J. Gomboz of New Smyrna Beach, Fla., and Janet L. and her husband David E. Book of Baldwin Township, Allegheny County; two grandchildren, Christopher J. Gomboz and Timothy N. Book; four great-grandchildren; a sister, Sandy Rader of Mangie; nieces; and nephews.

She was predeceased by a granddaughter, Kimberly M. Gomboz-Bogacz; and an infant sister, Elizabeth.

Contributions may be made to the Star of Bethlehem Lutheran Church memorial fund, c/o Schisler Funeral Home Inc., 2119 Washington Ave., Northampton, PA 18067.

Community Recovery funds available

BY ED COURRIER
Special to the Bethlehem Press

Chairperson Janine Santoro described how Bethlehem looks to recover from the pandemic and rebuild flawed systems within the city by supporting organizations already doing important community work at the Mayor's South Side Task Force Jan. 31. The hybrid meeting was held in the NCC Fowler Center.

Assistance to these organizations can be granted through a Community Recovery Fund. The application process will start March 1 and end April 30.

Santoro highlighted the city's continuing focus on addressing homelessness and affordable housing issues.

She announced a community meeting on the state of the city's housing market and an affordable housing study update is scheduled for early February.

Community Development Committee meetings on affordable housing for February and March will be live streamed and recorded to the City of Bethlehem's YouTube channel.

Housing Opportunities Movement Board Chairman Jeff Zettlemoyer provided a summary of what the housing advocacy group does. He explained the not-for-profit "was an outgrowth of a sale of land adjacent to the Bethlehem Housing Authority in West Bethlehem." The board seeks

SOUTHSIDE TASK FORCE



PRESS PHOTO BY ED COURRIER
Executive Director YWCA Bethlehem Delia Marrero reports the YWCA Pop-up Prom Shop is happening March 11. At left is Jeff Zettlemoyer.



Southside Arts District Downtown Manager Erin Zebertavage announces "Spring on the South Side" will return in April. At left is CADCB Southside Community Organizer Samantha Mravlag.

to develop or build "in-fill" of affordable housing in Bethlehem.

Working with the city's Department of Community and Economic development, the board has successfully purchased, rehabilitat-

ed and constructed several units for first time, low- and moderate-income home buyers, at affordable prices.

"I really think we need one or two more high rises or maybe even low rises built here

on the south side," suggested Zettlemoyer. The group works with and seeks to partner with other community activist organizations.

Community Economic Development Corporation of Bethlehem Southside Community Organizer Samantha Mravlag said a housing advocate from New Bethlehem Ministries is available at the CADCB office every Tuesday to help Northampton County residents with rental assistance.

Executive Director YWCA Bethlehem Delia Marrero reported that their Pop-up Prom Shop is happening March 11 from 9 a.m. - 2 p.m. at Venture X. The dresses will sell for \$20 each.

SouthSide Arts District Downtown Manager Erin Zebertavage announced "Spring on the South Side" returns in April.

Adrienne McNeil from Lehigh introduced Brett Ludwig as the university's recently-hired vice president of Communications and Public Affairs.

Santoro mentioned that free dinners are being served on Tuesdays and Thursdays from 5 - 6 p.m. at the Bethlehem Area Public Library's South Side Branch on Webster Street. The meals are available for adults 18 and while supplies last.

The Mayor's South Side Task Force regularly meets on the last Tuesday of the month.

YALE

Continued from page A3

of commitment to associate health and safety. He was on the boards of the National Confectioners' Association and Valley Youth House.

"David Yale's retirement, in our 100th year, comes at a time when we are on sound financial footing, our iconic brands are healthy, and leadership is in the capable hands of the next generation of the Shaffer/Jett family, in tandem with our talented Executive Team and Board of Directors," Chairman of the Board and Co-CEO David Shaffer said.

PLEASE NOTE

Obituaries in the Bethlehem Press run free of charge but are subject to Bethlehem Press guidelines.

Lehigh U. denied a liquor license

BY MARIEKE ANDRONACHE
Special to the Bethlehem Press

Council held a public hearing Feb. 7 prior to its regular meeting to discuss an inter-municipal transfer for a restaurant liquor license for Lehigh University.

According to filed documents from attorney Norris McLaughlin, CC Holdings is a wholly owned subsidiary of Lehigh University and will operate an on-campus restaurant and pub at the site.

Attorney Anthony Brichta, representing CC Holdings, told council that beer and wine would be available for patrons but no hard liquor or cocktails.

This did not appease some councilmembers, who raised concerns about the possibility of underage drinking.

Councilwoman Dr. Wandalyn Enix asked, "What has the university decided to do to make certain that students are 21?"

BETHLEHEM COUNCIL

Brichta said the university will be IDing patrons in the same manner as any other venue which serves alcohol.

The possible impact of Lehigh's restaurant-pub on the Southside's dining and nightlife culture was raised by Councilwoman Grace Crampsie-Smith. "Can you surmise if you do open this restaurant-pub and have a liquor license, will that adversely affect the businesses in the city, especially in the Southside that do sell liquor and have a restaurant? Will that take away business from those businesses, especially con-

sidering they took a hit with COVID?" Brichta said they could not see any negative effect on the local economy or community, as this restaurant-pub would be located on Lehigh's campus. The liquor license was denied by a vote of 4-1 with Councilwomen Hillary Kwiatek and Keira Wilhem abstaining, citing their employment with Lehigh University. Kwiatek also spoke about the resolution for Bethlehem Police Lieutenant (Ret.) Robert Kieffer to purchase his used firearm. In the past, she has voted against similar resolu-

Chairman Jeff Zettlemoyer of the Housing Opportunities Movement Board provides a summary of what the housing advocacy group does.

Lehigh U. denied a liquor license

tions and decided to explain her reasoning for this.

"I don't speak every time I vote NAY on one of these, but I thought tonight I would just once again reiterate my opposition to the city selling handguns to retired police officers, who then become civilians. So, we are selling a handgun to a civilian. Apparently, that makes me not have a brain...I disagree. It's a vote of conscience on my part."

"And you know, given the number of mass shootings we've had just in the two weeks since we've last met. I still say that one gun is adding a gun into the community is something that the city doesn't need to do, isn't required to do by any ordinance or law."

Kwiatek concluded, "I thank Officer Keiffer for his service to the city and certainly wish him well. I hope he has many good memories and other memorabilia to remember his service by."

2023 Lehigh Valley Yankee Fan Club
Bus Trip Schedule to Yankee Stadium

\$125 per ticket/\$75 deposit per ticket - Includes bus, tickets (200 level) & Pott's hot dog tailgate

Wednesday, April 5: Yankees vs. Phillies- 38 seats
Saturday, May 27: Yankees vs. Padres- 34 seats
Saturday, June 6: Yankees vs. Red Sox- 11 seats
Saturday, July 8: Yankees vs. Cubs- 29 seats
Saturday, July 29: Orioles vs. Yankees (Camden)- 44 seats
Saturday, Aug. 5: Yankees vs. Astros- 40 seats
Saturday, Aug. 19: Yankees vs. Red Sox- 34 seats
Saturday, Sept. 9: Yankees vs. Brewers- 42 seats
ROAD TRIP TO BALTIMORE: July 27-30- 7 rooms remain

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Wednesday, February 15

NorCo Personal Authority, 4 p.m. Northampton Co. Courthouse, 669 Washington St., Easton.
 BASD Special Board snow date; Preliminary budget adoption, 6 p.m. Education Center, 1516 Sycamore Road.
 Hellertown Zoning Hearing, 6:30 p.m. 685 Main St., Hellertown.
 Hanover (LeCo) Twp. Council, 7:30 p.m. 2202 Grove Road.
 Fountain Hill Fire, Health, Sanitation and Recreation, 5:30 p.m. 941 Long St.
 Bethlehem Twp. Zoning Hearing Board, 6:30 p.m. 4225 Easton Ave. View Agenda: https://drive.google.com/file/d/1N-fjd0t-AKn722n5bo0BaWl6Uojk84vLZ/view?usp=share_link

Thursday, February 16

NorCo Resource Technical Committee, 1 p.m., Northampton Co. Courthouse, 669 Washington St., Easton.
 NorCo Environmental, 5 p.m., Northampton Co. Courthouse, 669 Washington St., Easton.
 NorCo Council, 6:30 p.m., Northampton Co. Courthouse, 669 Washington St., Easton.
 Bethlehem Twp. Environmental Advisory committee, 7 p.m. 4225 Easton Ave.

Monday, February 20

Presidents Day. Many buildings, schools and government offices are closed for the holiday.
 Bethlehem Twp. Commissioners, 7 p.m. 4225 Easton Ave.

Tuesday, February 21

Hanover (LeCo) Planning, 6:30 p.m. 2202 Grove Road.
 Freemansburg Council, if needed. 7 p.m. 600 Monroe St.
 Hellertown Borough Council, 7 p.m. 685 Main St., Hellertown.

Wednesday, February 22

NorCo Industrial Development Authority, 4 p.m. Northampton Co. Courthouse, 669 Washington St., Easton.
 Bethlehem City Zoning Hearing Board, 6 p.m. City hall, 10 E. Church St.
 Bethlehem Twp. Zoning Hearing Board, 6:30 p.m. 4225 Easton Ave.
 Lehigh County Commissioners, 7:30 p.m. Gov't. Center, 17 S. Seventh St., Allentown.

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

MUNICIPAL NEWS

BOROUGH OF FOUNTAIN HILL: 2023 Committee Meetings—all meetings are as needed. Police – First Monday starting at 5:45 p.m. Finance, Public Works, Personnel, House & Ordinance – First Wednesday of each month starting at 5:30 p.m. Fire, Health & Sanitation, Recreation – Third Wednesday of each month starting at 5:30 p.m.

LEGISLATIVE OFFICE CLOSED: State Representative Jeanne McNeil's satellite office (located inside Fountain Hill Borough Hall) will be closed until further notice.

Lower Saucon ties officially severed

BY CHRIS HARING
 Special to the Bethlehem Press

After a year's worth of well-publicized turmoil, the brief Jan. 3 meeting of Hellertown Council saw the official termination of the borough's municipal ties with neighboring Lower Saucon Township.

As 2023's first session, Council President Thomas Rieger clarified that the otherwise "short housekeeping meeting" involved no re-organization elements, as no new council members were to be seated in the wake of a non-election year for the body.

Three ordinances, discussed at length on Dec. 12, were unanimously approved with no objections. The measures addressed separate agreements regarding the Saucon Valley

HELLERTOWN



PRESS PHOTO BY CHRIS HARING

After a year of strained relations, Hellertown officially voted to sever its remaining ties with neighboring Lower Saucon Township Jan. 3.

Compost Center, Hellertown Pool and Saucon Valley Partnership (which also included the Saucon Valley School District). Notably, the commencement of the new year also marked the cessation of the Hell-

ertown Area Library's services to Lower Saucon residents, stemming from a related dispute over funding.

In other business, solicitor Michael Corriere informed the council that a previously-discussed new ordinance, slated to allow the police department more freedom in determining zoning and signage for two-hour parking spaces, will be drafted in time for the Jan. 17 meeting.

Rieger further, in a "plea to the public," asked for interested residents to apply for a vacancy on the Zoning Hearing Board. Parties interested in the five-year term should email borough Manager Cathy Hartranft. Otherwise, "everything else pretty much stays [the same]" from 2022, he said.

Vlasaty addresses some complaints

BY CHRIS HARING
 Special to the Bethlehem Press

The first Saucon Valley School Board meeting of 2023, held Jan. 10, was short on agenda items, but still saw a few consequential topics addressed.

Superintendent Jaime Vlasaty addressed the frustrating events resulting from inclement weather on Dec. 22. As a previously-scheduled half-day, dismissal times happened to coincide with accumulating sleet late that morning.

Vlasaty explained that officers with the Hellertown police department contacted the district shortly before discharge to inform

SAUCON VALLEY



PRESS PHOTO BY CHRIS HARING

Superintendent Jaime Vlasaty addressed the frustrations of district parents resulting from confusion surrounding a delayed dismissal due to inclement weather in December.

them of the numerous road closures and other icy dangers. With the decision made to delay transportation until buses could safely travel, she said all parents were to be notified both upon that call as well as when it was lifted.

However, due to a communication breakdown, the superintendent said she was unaware of the elementary students' departure and thus did not notify that particular group's parents promptly.

"I recognize that many of our [students' families] were inconvenienced and endured walking home in wintry

See **SOME** on Page A6

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CAHW welcomes new director

The board of directors of The Center for Animal Health & Welfare (CAHW), a life-saving adoption facility dedicated to finding permanent homes for homeless pets, has announced that Sarah Wees has joined the organization as executive director.



Wees

Wees comes to the organization with extensive experience in animal welfare that includes animal care, fundraising, volunteer management, clinic operations, board development, community engagement, budgeting and strategic planning. She entered the animal welfare field as a volunteer 25 years ago and since 2010 has held leadership roles in several animal shelters.

Most recently Wees served as executive director for the Middleburg Humane Foundation, a Virginia farm shelter, where she increased adoptions, overhauled animal data collection, developed a pet parent program that included a food bank and low-cost medical services, and implemented a volunteer database. Prior to that she was the executive director at the Southeast Volusia Humane Society in New Smyrna Beach, Fla. During her time there she reduced shelter euthanasia rates more than 20 percent to achieve a no-kill status and raised revenue to update the shelter's canine housing.

Wees also served on the Animal Control Board of New Smyrna Beach and the DEI communications committee for the Association of Animal Welfare Advancement. She is a graduate of the Fear Free Shelters program and is a member of the AAWA.

According to Wees, she was drawn to CAHW because the organization recognizes that animal welfare is not just about animals and that it must also support the people in their lives, and the community. In April 2022, CAHW opened Project PAW, a second location in Downtown Easton that is focused on supporting the community through a variety of low and no-cost programs such as vaccine and microchip clinics and pet food bank days.

For more information about The Center for Animal Health & Welfare, visit healthyanimalcenter.org.

Ward named NMIH Barnette intern

The National Museum of Industrial History (NMIH) is pleased to announce the appointment of its first Barnette Intern. A Moravian University junior with a long love of history, Brendon Ward (Class of 2024) will spend about 20 hours a week learning the many aspects of the museum's mission. The internship comes with a stipend to support student research and is endowed through the generous support of Curtis "Hank" Barnette, Chair Emeritus of the museum's board of directors and of Bethlehem Steel Corporation, and his wife Joanne Barnette.

Ward is currently helping to catalog the hundreds of thousands of documents, photographs, films and other records of the past at the museum's archives and working on updating the museum's ever-evolving "Forging Community" exhibit.

Girl Scout cookies have arrived



PRESS PHOTO BY LOU WHEELAND

It was a very cold Jan. 14, as Girl Scouts and leaders arrived at Dorney Park to pick up their allotment of Girl Scout cookies. Several tractor trailers were filled with what is considered delectable treats. Girl Scout leaders and families arrived in SUVs, Minivans and sedans to pick up their troop's allotment of cookies. Above: Heidi Stubblefield with Girl Scout Troop 8412, Bethlehem, and Scout Lucy Ronco, unload Girl Scout cookies from a trailer Jan. 14 at Dorney Park, South Whitehall.

SOME

Continued from page A5

mix conditions, many of them alone," she said, adding that the district "is taking measures to improve communication internally."

Vlasaty also noted that a total of 50 elementary school teachers "unexpectedly" submitted requests for extra pay at their normal hourly rate for the time they were requested to remain in the school that day to supervise students beyond their contracted hours.

After their timesheets were "evaluated and corrected," Vlasaty said,

a motion was placed on the meeting's agenda to pay each \$18.00 (for a total cost of \$900 to the district), which was later approved. Additional hours subsequently submitted by middle and high school teachers will likely appear on a future agenda, she added.

In other news, one of the board's Bethlehem Area Vocational-Technical School liaisons, Cedric Dettmar, warned of impending costs to the district due to a proposed renovation and expansion project.

Dettmar and fellow councilor Bryan Eich-

feld explained that a presentation is likely to come from a representative of the school, whose sending districts include Bethlehem, Nazareth, Northampton and Bangor.

Board Vice President Dr. Shamim Pakzad questioned the expenditure per pupil - about \$9,000, according to Business Manager David Bonenberger - of the Vo-Tech's rumored upcoming budget, which has been approved annually since Saucon Valley helped found the school in 1965. Dettmar agreed, saying the total cost of the project "set

him back."

While Eichfeld explained that the expansion is necessary - the school has been turning away students for several years due to capacity concerns, he said - Pakzad suggested the district consider making certain programs, such as information technology, available in-house as a cost-cutting measure.

"The funny thing is, people who are against charter schools siphoning money off of public schools" somewhat blindly support the "increasing cost" of the vo-tech, Pakzad added.

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Freedom, Liberty bow out in quarters

BY PETER CAR
pcar@tnonline.com

It was an early exit for Freedom and Liberty in the EPC basketball tournament, as both teams were bounced out of the quarterfinal round last Friday night.

The fifth-seeded Patriots (15-8) dropped a 56-44 encounter with fourth-seeded Central Catholic (15-8) at Rockne Hall's Mike Kopp Court.

After leading 29-26 at halftime, Freedom got outscored by Central 30-15 over the final two quarters.

"We need to play with more of a sense of urgency," said head coach Joe Stellato. "Every possession is crucial and we need to play like that. We have talked about that all year and we need to make it happen or we will be going home early from the dance."

Jaden Tillett led Freedom with 16 points and Nick Ellis added 11 points, but it wasn't enough to overcome the Vikings.

Stellato just hopes his team can figure things out before next week's District 11 tournament, as they'll have a week to prepare for the next stage of the postseason.

"We need to get better at attacking the zone defense, moving the ball, and we can't turn the ball over," said Stellato. "Need to play with a sense of urgency. We have yet to play our best game, so I hope it comes in the playoffs."

Liberty (14-9) was blitzed by top-seeded Emmaus 60-39 last week as well in their EPC opener. Emmaus (19-4) had three players reach double digits in Jametric Harris (18 points), Will Barber (13 points) and Dylan Darville (10 points).

Dwayne Chess led the Hurricanes with 18 points, but was the only Hurricane to reach double digits. Liberty now waits for the district tournament, where they look to iron out some kinks in order to make a postseason push.



BY LINDA ROTHROCK
Dywane Chess looks to make a move toward the basket during his team's loss to Emmaus.



Axel Kamanga goes to the basket against Emmaus.



PRESS PHOTO BY DON HERB
Caryalys Hernandez gets open for a shot in the EPC playoffs.

BC girls top Trojans

BY KATIE MCDONALD
kmcdonald@tnonline.com

It's been said that it's hard to beat a team three times, but Bethlehem Catholic's girls basketball team put that notion to rest after its 52-41 victory over Parkland in an Eastern Pennsylvania Conference quarterfinal on Jan. 10 at Parkland.

It was the Hawks' third win against the Trojans this season.

"Coming in as the lower seed, we knew we had to scrap against Parkland, and we all did," said Becahi guard Ella Bincarosky. "There was a lot of adrenaline, a lot of nervousness, knowing that if we win this game, we could go to the PPL Center, so just thinking about that motivates you to get every loose ball. We both wanted it so bad."

Parkland led for a quarter and a half until the Hawks went ahead on Kendra Rigo's 3-pointer. Akasha Santos, Bincarosky, and Miryret Colon combined for six Becahi points and put the Hawks on top, 26-20 at halftime, but Santos was helped off the court after rolling her ankle, leaving the junior center questionable for the second half.

"Ironically, yesterday, we had a lesson: learning to turn obstacles into opportunities, and here we were at halftime, faced with the obstacle of not having Akasha," said Becahi coach Jose Medina, "but the other girls used it as an opportunity to rally around one another, rally around her, and give Parkland credit, they tied the game right

away."

Parkland forward Madison Siggins and teammate Talia Zarinskas combined for six straight points to start the third quarter.

Then, Bincarosky drained a 3-pointer after taking an intentional step back behind the arc.

"Kendra gave me the ball, and my first instinct is to get the extra point," she said. "I knew I had the time to step back and get the 3."

With 2:41 left in the third quarter, Bincarosky intercepted a Parkland pass, handed it off to Cici Hernandez, then called for the ball back and hit a 3 at the top of the key.

"Kendra tipped the ball, I ended up recovering it, got it to Cici to run See **GIRLS** on Page A8



PRESS PHOTO BY DON HERB
Alex Cerado fights through two Parkland players in the EPC playoffs.

BC boys fall to PHS

BY KATIE MCDONALD
kmcdonald@tnonline.com

Bethlehem Catholic's boys basketball team was on point for the first half of its Eastern Pennsylvania Conference quarterfinal against Parkland, but the Trojans flipped the script in the second half to claim a 64-51 victory over the Golden Hawks on Feb. 10 at Parkland.

"Our game plan really didn't change a whole lot from the first game," said Becahi coach Scott McClary.

The first time the teams met was Jan. 17 when the Trojans took an 18-point lead in the first quarter.

"It really didn't," McClary reiterated. "We thought about making some changes and adjustments, and we felt good on that first game about what our game plan was. We studied the film and felt like we

didn't execute. That was on us, so we felt like if we could execute it, it was the right game plan."

Becahi guard Alex Cercado scored 20 first-half points, including three 3-pointers to lead the Golden Hawks' offense.

Becahi went ahead, 18-10, early in the second quarter on two free throws by Isaiah Hodge, a Cercado 3, and another 3 by Jackson Wickenheiser.

Parkland then went on a short run to pull within one point after a Becahi turnover.

Jared Benka-Coker made a huge block for the Hawks and scored seconds later, while Parkland's Luke Spang hit a 3-pointer at the halftime buzzer to make the score, 31-29, Becahi.

"In the first half, we did a much better job of executing," McClary said. "Second half, we hit a little adversity, and

we didn't handle that well. We broke down and ran offense a little bit quick and selfish, which led to a little bit of the separation, and then when the separation happened, our execution went out the window. As simplistic as it is, I think that's what it was."

Parkland guard Nick Coval was a big contributor to the Hawks' adversity, scoring 18 points in the third quarter with four 3s. Coval's fourth was a buzzer shot and put the Trojans ahead, 47-38.

"We probably threw three, four, five guys at him," said McClary. "We doubled him hard. We doubled him soft. He's a great player...Tonight, he beat our defensive challenge."

The Trojans widened the gap in the first minute of the fourth quarter on a four-point play by Spang and a follow-up See **BOYS** on Page A8

Becahi girls fall in semis

BY KATIE MCDONALD
kmcdonald@tnonline.com

The last time Bethlehem Catholic's girls basketball team faced Easton, the Red Rovers almost lost their undefeated status, but on Monday night, the Rovers held on to that title with a 47-34 victory over the Golden Hawks in an Eastern Pennsylvania Conference semifinal at Allentown's PPL Center.

"We were missing baskets and put ourselves in a hole while I thought we were playing great defense," said Becahi coach Jose Medina, "but we've got to finish the possession, and they got a couple key offensive rebound putbacks there, and at halftime, that was the difference."

While the game was not out of reach for the Hawks at times, it didn't help that shots wouldn't fall and that Becahi forward Kendra Rigo was on the bench with two fouls.

"That can't happen in a big game," Medina said. "Our girls know better. We can't afford that."

The Hawks are no strangers to the EPC Tournament, having won it five times in the last five years.

"At the end of the

day, we lost, and we've got to get better. I've got to coach better and find us ways to get baskets," said Medina. "We started out 1 for 17, 1 for 18. We've got to be better than that."

Becahi's first points were two free throws seven minutes into the first quarter while Easton maintained a steady pace of 3-pointers throughout the first half.

"I thought (Evalyse) Cole did a great job establishing the tempo early," Medina said of the Easton forward. "That's what D1 kids do, and she came up big tonight. They would get a timely rebound, a big shot, and for us, we're not built that way. We've got to win possessions and scrap, and the difference early on was Cole, and she played hard."

Becahi guard Cici Hernandez had a game-high 17 points for Becahi, determined to keep the Hawks in the game.

"Their size started to get to us, but our girls, they fought," said Medina. "I'll give them credit."

Easton will play Allentown Central Catholic in the EPC final at 6 p.m. on Thursday at the PPL Center.

WRESTLING

Hawks win record 9th title

BY PETER CAR
pcar@tnonline.com

There was never a sense of doubt for Bethlehem Catholic's wrestling team in their state finals matchup with Nazareth Saturday afternoon in Hershey.

In a rematch of last year's 3A final, Becahi may have put forth their best effort of the season in a 35-23 victory over the Blue Eagles.

It's a record ninth state championship for the program (four in 2A) and the fifth title in the last eight years for the program, as they put together a dominating tournament at the Giant Center to win their second straight state championship over Nazareth.

"This team, the leadership they have, I put them up against any of the other teams I've ever coached," said head coach Jeff Karam. "Nothing is ever guaranteed, but you see the work they put in and it's really gratifying to see them succeed. It got silent in here for a reason and that's a testament to our guys coming in here and doing their jobs."

The Hawks (18-0) had little trouble reaching the finals, as they only lost four individual bouts of 39 against Council Rock South, Waynesburg Central and Central Mountain by a 163-14 team margin.

Taking on Nazareth is always a challenge, but Karam wanted to widen the eight-point margin of victory they celebrated over the Blue Eagles in last week's District 11 finals.

They achieved that on Saturday with their performance.

The bout started at 127 with a 2-1 victory by Nazareth's Charlie Bunting over Shane McFillin, but the Hawks would win the next five bouts, four of which by bonus points, to build a 24-3 advantage. Nazareth would claim the next four bouts with their upper weights (172-HWT) to pull within 24-19, but Becahi would put things away with their light weights.

Keanu Dillard scored a 23-8 tech fall over Remy Trach in 4:00 at 107 and then Nate Desmond pinned Dominic Rizzotto in 45 seconds to cement the title.

"We're not going to back down to anybody and this is such a mental sport and they came in here with the right mindset," said Karam.

See **BC** on Page A8



CONTRIBUTED PHOTO

The Bethlehem Catholic wrestling team won their ninth state title.

LHS girls top FHS

BY KATIE MCDONALD
kmcDonald@tnonline.com

As is tradition, Freedom and Liberty's swim teams faced off in their last meet of the regular season on Feb. 7 when the Hurricane girls topped the Patriot girls, 113-65, at Freedom.

"Looking at today versus the beginning of the season, we dropped a lot of time. A lot of kids are applying their techniques. Some kids were swimming events they never swam and dropping time, so I think right now where we are, I'm very happy with it," said first-year Freedom head coach Alexa Kutch. "They were coming off a pretty long meet week, but the fact that they were able to bounce back and provide some new times, I'm happy with it."

Freedom swimmers Sofia Nabyt and Alivia Deemer won two of the closest races of the day.

Nabyt out touched Katie Bruno in the 200 IM with a time of 2:31.93 to Bruno's 2:32.33, and Deemer out touched Leah Onia in the 100 breaststroke with a time of 1:15.16 to Onia's 1:15.37.

"In the first 50, [Onia] was ahead of me, and then while I was in my

second 50, I saw her next to me, and I sped up. That's when I went ahead of her," Deemer said. "When all my teammates were screaming, I looked at the board and realized I beat her. It felt really good. I had never won a breaststroke event before. I think [Coach Kutch] was trying to switch up the lineup, and last week, she threw me in it, and I did really well, so I think it's going to be one of my events from now on."

Liberty's 200 medley relay team of Lilah McClarin, Natalie Brezinsky, Audrey Bloss-Ferry, and Chelsea Hearn took first place in 2:00.60.

Ella Lowe placed first in the 200 freestyle in 2:30.91 for the Pates.

In the 50 free, Sophia O'Hara sprinted to first for the Hurricanes in 27.96, and Bloss-Ferry was first in the 100 free in 1:00.24.

Liberty diver Keller Pooley wrapped up her season undefeated in dual meets with a score of 231.20.

"It's definitely the best season I've had. Last season I was trying so hard to get to 200 points, and I just got 231 today, so I've been pretty safely over 200 the whole season which is really good for me,"

Pooley said. "I know I got the highest scores on my reverse dive. That one has always been a struggle for me, so I was really happy with that, but I was also happy with my back one-and-a-half somersault. This is a really good way to end the regular season."

Brezinsky won the 100 butterfly in 1:03.45, teammate Jaina Eisenhardt won the 500 free in 6:56.18, and McClarin was first in the 100 backstroke in 1:10.79.

Liberty won the 200 free relay in 1:32.49 with Brezinsky, Hearn, Bloss-Ferry, and O'Hara, and first-place points were awarded to Freedom in the 400 free relay with Lowe, Paige Anderson, Margaret Marshalneck, and Deemer. Their time was 4:37.17.

"My philosophy going into the season stayed the same, and I think it showed in the pool," said Coach Kutch. "I had a great group of kids who were pretty much dedicated to the sport the whole time. So, I would say, overall, a pretty good season for the first time being head coach. I couldn't really do it without (assistant coach) Erin Wetmore and (diving coach) Mark Parry."

Liberty boys win

BY KATIE MCDONALD
kmcDonald@tnonline.com

Liberty and Freedom's boys swim teams wrapped up their regular season in the city rivalry meet, this year at Freedom, and this year won by Liberty, 99-61, on Feb. 7.

"We had some really good races tonight, and it's always fun for me to come back here," said Liberty coach Reik Foust, a Freedom alumnus and former Patriot swim coach.

The closest race of the night was the 50 freestyle, won by Liberty's Danny Lehr in 23.49 with Freedom's Ryan Rummel right there in 23.94.

"I've never gone under a 24 in the Freedom pool, and it's my last meet at Freedom, so I achieved my goal," said Rummel. "My dad's one of my biggest supporters, and he told me that he was thinking about it on his way here, that I was gonna go under 24, and I did. I'm proud of that. He told me after I swam it, and it made me really happy. I have a really close bond with my dad, and it was a cool moment to hear that he was thinking about it and I achieved it."

Liberty's Wade Wu, Malcolm Collins, David Gabrielle, and Corbin Eisenhardt won the 200 medley relay in 1:43.35.

Umut Akus, also from Liberty, won the 200 freestyle in 2:06.58, and Gabrielle took first in the 200 IM in 2:23.16.

Freedom freshman Cody Smith took first place in diving with a score of 152.15.

GIRLS

Continued from page A7

the fast break offense, and normally I would go to the corner, but I saw the opening and stopped at the top of the key," Bincarosky said.

Santos sat out the third quarter, and sophomore Mekhyla Britt filled in the gap along with freshman Aliyah Brame who hit a 3 after a recovered ball by Bincarosky.

BC

Continued from page A7

"Our guys just believed they were the best and

Lehr was first in the 100 butterfly in 58.73, Eisenhardt won the 100 free in 52.69, and Ben Raineri, also from Liberty, went the distance in the 500 free with a time of 5:50.02.

Collins, Wu, Lehr, and Eisenhardt teamed up to win the 200 free relay in 1:32.19.

Wu then went on to win the 100 backstroke, and Collins took first in the 100 breaststroke in 59.39.

"I was hurting after the 200 free relay because we all decided we wanted to go for the pool record, so I gave it my all in the 50, and I was pretty gassed after that. I didn't go the time I wanted, but a win is a win, and I'll take it. Whatever helps the team win," said Wu. "I had him where I wanted after 50, so I knew I just had to hang on."

AJ Black, Gio Camaione, Micah Lawser, and Rummel were awarded first-place points in the 400 free relay to end the meet and the season. Their time was 3:52.60.

"I never expected to be here, where I'm at now, and being a captain...It's made a huge impact on my life," said Rummel. "Everybody has. All my teammates, the divers, I come to practice and I look forward to it. It may get tiring, mentally and physically, but it's worth it."

Next up for District XI swimmers will be the Last Chance Meet scheduled for Feb. 18, an opportunity to improve on times in order to qualify for districts.

"The situation this

"The girls did a great job of responding, and it was a collective response," Medina said.

Santos returned to the game midway through the fourth quarter.

With 3:34 remaining, Becahi lost possession, but Parkland missed a layup, which would have pulled the Trojans within four points.

"Give credit to Parkland, they got a couple deflections, steals there, but our girls showed

they went out and wrestled that way."

The Hawks now will gear up for the individual postseason, which

year is that they really have put the screws to us as far as being able to put together a district lineup. Some teams haven't turned in times, so we can't judge what other people might be doing. They're trying to put it together like track, and swimming is a different sport," said Coach Foust. "So what we're trying to do is contact some of the other teams and we're going to say, 'This is where we're putting our kids. Where do you think you might be putting your kids?' so we can get the majority of kids in."

Since the COVID-19 pandemic, the District XI swimming powers that be allow only 16 swimmers per individual event.

"But if you take a look at any of the events, the top five can be the same kids for six or seven events, and they can only swim two. You don't know what they're going to do, so you don't know where to put your own kids. It doesn't affect the top eight. It doesn't at all. It affects the bottom eight. It's not the best for the kids. It's what makes it easiest to sell tickets and to get out of it faster."

Other coaches in District XI are in agreement with Foust in that there are better, more fair, more sensible ways to put together the lineups within the realm of the district meet, and wish their ideas would be considered.

Districts is scheduled for the first weekend in March at Parkland High School.

their resilience in getting the ball back at one time," Medina said.

Rigo sank two free throws, Zarinskas and Delaney Chilcote knocked down a 3 apiece, and Hernandez added six points down the stretch.

The Hawks sealed the win on free throws by Hernandez and Colon.

Becahi will move on to an EPC semifinal against Easton.

gets underway on Feb. 24 at Liberty's Memorial Gymnasium for the District XI tournament.



PRESS PHOTOS BY NANCY SCHOLZ

EPC Diving

The EPC Diving competition took place this past weekend. Winners for the girls were: (left to right) Northampton's Isabella Kish, who took fourth with a score of 189.9, Liberty's Keller Pooley, who was third with a score of 217.6, Becahi's Anna Petke, who was first with a score of 254.1 and Easton's Madison Cunard, who was second with a score of 218.75.

Winners for the boys were: (left to right) Parkland's Ryan Beltrame, who won with a score of 243.9, Northampton's Boden Burkhardt took third with a score of 196.10, Easton's Ian Berry was fourth with a score of 186.55 and Central's James Heinze took second with a score of 224.6.

DEROSA PICKS UP WIN

The Bloomsburg wrestling team hosted its annual alumni match and impressed the crowd with a 34-9 win over LIU behind five bonus point wins, Saturday afternoon.

Among the winners

were Anthony DeRosa (Milford, N.J./Bethlehem Catholic), who pushed the Huskies lead to 17-9 with a 3-1 decision over Anthony Franden at 174 pounds.

DeRosa had a late takedown in the first pe-

riod and chose bottom in the second. He pushed his lead to 3-0 with an escape in the period before Franden chose bottom for the third and got an escape in the period as DeRosa hung on for the 3-1 win.

ABBY BROWN HELPS IN RECENT VICTORY

The Bloomsburg women's basketball team fell to Millersville during an away Pennsylvania State Athletic Conference (PSAC) Eastern Division match-up by final tally of 70-58 recently.

Millersville (12-9, 7-8 PSAC) used some excellent play in the middle quarters and solid defense throughout to pull

off the double-digit win over Bloomsburg (8-12, 6-10 PSAC). The Mauders' defense forced 26 Husky turnovers that led to 18 Millersville points, and the home team outscored Bloomsburg 34-23 in the second and third quarters en route to the 12-point victory.

Katie Starr (Berwick) had a solid game for the

Huskies, recording a double-double with 10 points and 10 rebounds. Emma Gochbauer (Lampeter-Strasburg) led the team in scoring with 14 points, 12 of which came from the free throw line. Ella Kale (Spring Grove) and Abby Brown (Phillipsburg, N.J./Bethlehem Catholic) added eight points apiece.

DARTS AND TRAPSHOOTING

TRAPSHOOTING
Lehigh Valley

Trapshooters League

Below are the final scores for the 2022 - 2023 Lehigh Valley Trapshooters League.

Congratulations to the Ontelaunee trap team for winning the league this year.

COPLAY
25 - Robert Roman
24 - Jeff Walp, Glenn Bruckno
23 - Edwin Palansky, Robert Koefler

LAPPAWINZO
25 - Roy Knipe
24 - Eric Flexer, Steven Buenzli, Mark Ryan, Barry Edelman, Craig Peischler

NORTH END
25 - Allan Hunter, Brian Snyder, Debra Hunter, Jonathan Hannahoe

24 - Parker Kline, James Williams, Jacob Bonser, James Williams Jr, Kelley Huber, Dawson Zadzora, Larry Huber Jr, Steve May

ONTELAUNEE
25 - Larry Oswald
24 - Kurt Rodenbach, Joseph Conway, Chris Cohoon, Wyatt Reader, Thomas Lonczynski, Karl Bednar, Steve Knappenberger, Michael Oswald, Nicholas Stripe

PIONEER
25 - James DeLong, John Manning

24 - Rich Hildenbrandt
23 - Earl Grube, Matthew Busch, Andy Artim Jr, Roger Mus-

chlitz, Jeffrey Blose

RURAL
25 - Donald Boehm Jr
24 - Connie Kern, Mike Endy
23 - Horace Hendricks, Justin Kern, Mario Cesarone, Jamey Vaughn, Richard Boyer

POCONO STATE
24 - Tommy Hensel, Andrew Hensel, Amanda Hoffman

23 - John Soloe, Ray DiRisio, Joseph Panto, Brandon Steinmetz, Mark Hoffman

Standings
Ontelaunee 1722
North End 1721
Rural 1701
Pioneer 1671
Pocono Slate 1665
Coplay 1645
Lappawinzo 1642

DARTS
Suburban Dart League
Week 21

Dryland increased its lead with a sweep of Light of Christ by scores of 7-6 (2 runs in the bottom of the 9th), 4-3 in 10 innings and 5-2. Leading hitters for Dryland included Shawn Sigley 8-14, Earl Sigley 7-14 (HR), Butch Silfies 6-14, Nathan Phares 5-12 and Larry Golick with a HR. Terry Knauss was 6-14, 'Buzz' Heidecker, 4-11 (HR), with HRs from Eric Harper and Todd Jones for Light of Christ.

After a 7-6 loss to Farmersville, St. Paul's came back to win 6-5 and 2-0. For St. Paul's,

Roger Kern, Dave Clark and John Hoysan all went 5-13 apiece while Tom Unger added a HR. Sue Grim was 7-11, Dennis Koehler 6-11 (HR), Gene Grim 5-14 with HRs from Wade Chilonik and Kyle Campbell (Grand Slam) for Farmersville.

Star of Bethlehem beat Ebenezer 9-3 and 7-1, losing the opener 3-2. Top hitters for Star of Bethlehem included 3 generations of Hoffert's, Walt was 4-12, son Scott 9-14, and grandson Jacob 5-14, with Bill Hoke Jr. and Tyler Frankenfield each adding a HR. For Ebenezer, Joe Kish was 6-11, Carol Voorman 4 for 12 and Paul Yoder with a 2 run HR.

The final match of the night finds Christ UCC winning 4-0 and 6-1 over Emmanuel, losing the 'nightcap' 3-1 leading the way for Christ UCC hitters were Garry Hunsicker 5 for 12 (HR), Steve Hunsicker 4 for 12, Jason Matula 3 for 7, and John Eisenrich with 2 HR's. Jim Hill was 5 for 12, Carlos Soto 4 for 11, and Bob Bast 4 for 12 for Emmanuel.

Standings
Dryland 41 22 .651
St. Paul's 37 26 .587
Star of Beth. 35 38 .556
Emmanuel 31 32 .492
Ebenezer 30 33 .476
Christ UCC 28 32 .467
Farmersville 25 35 .417
Light of Christ 22 41 .394

BOYS

Continued from page A7

bucket by the junior guard; then began to take time off the clock to keep the ball away from the Hawks who had no choice but to foul the rest of the period.

Parkland will ad-

vance to the EPC semifinal against Pocono Mountain West, and Becahi will start its preparation for the District XI Tournament.

"We're 100% on to districts," McClary said. "I told the guys, 65% of the high schools in Pennsylvania are turning their uniform in and we've

earned the right to compete in the EPC Tournament, and our season isn't over. We're not thinking about districts tonight, but we certainly will be in a day or two. We've got some time, and we need some time to correct some things, and I'm confident that we will."

General information

NEW website calendar listings: visit <https://bethlehemarea.librarycalendar.com/events/upcoming>.

Visit the Bethlehem Area Public Library at 11 E. Church St. (main) or 400 Webster St. (Southside branch) or 2740 Fifth St. (Coolidge). For hours, information or to speak with staff members, call 610-867-3761 (Main-11 W. Church St.) or 610-867-7852; Webster St. (SouthSide branch) or 484-892-6267 (Coolidge). Library website: www.bapl.org

Monday, February 20 - Presidents' Day. Library and branches closed.

Reminder: Many children's events at all locations are for children and accompanying adults. Please check with the library or on the website to see if this applies to specific events. No drop-offs.

Main Library

Mondays to Thursdays

Homework help: Lehigh University Alpha Phi students available from 4:30 to 6 p.m. to help students with homework of any subject. No registration required. Mondays through Thursdays weekly unless otherwise noted. Visit <https://bethlehemarea.librarycalendar.com/>

Wednesday, February 15

Dungeons and Dragons. Grades six to 12. 6 to 7:30 p.m. One shot adventure, pre-rolled characters, dice set, mini manual provided. No registration required. Visit <https://bethlehemarea.librarycalendar.com/event/dungeons-dragons-13>

Preschool winter storytime. Stories, learning, fun. Ages two to four. 10:30 to 11 a.m. No registration needed. Visit <https://bethlehemarea.librarycalendar.com/event/preschool-winter-storytime>

Diverse Voices of Jewish and African American Authors: "Citizen, An American Lyric" (2014) a book-length poem, collection of lyric essays and multi-media artwork by Claudia Rankine. Led by Lehigh University professor Stephanie Powell Watts. 6:30 to 7:30 p.m. via Zoom (invites sent out by email prior to the meeting). Must register; visit <https://bethlehemarea.librarycalendar.com/event/diverse-voices-jewish-and-african-american-authors-book-discussion>

Saturday, February 18

World Stories read in both English and a world language by Moravian University Modern Language and Literatures Department. Visit <https://bethlehemarea.librarycalendar.com/event/world-stories-presented-moravian-university-2>

African American artist Augusta Savage and her love for sculpting, lifelong work for equal rights, role in the Harlem Renaissance movement and dedication to teaching young artists. Photo display. Create a work in clay inspired by her. 2 to 3 p.m. Visit <https://bethlehemarea.librarycalendar.com/event/augusta-savage-sculpts-and-you-can-too-art-workshop-families>

Tuesday, February 21

Mardi Gras Crafts, 10 a.m. to 7 p.m. Stop in anytime today and create crafts in the spirit of Mardi Gras. For all ages. No registration needed. Visit <https://bethlehemarea.librarycalendar.com/event/mardi-gras-crafts>

Playtime at the Library. 10:30 to 11 a.m. Screen free, learning and fun for up to age four. No registration needed. Visit <https://bethlehemarea.librarycalendar.com/event/playtime-library-18>

The YMCA will be preparing and delivering meals to eat at the library for adults age 18 and up while supplies last. 5 to 6 p.m. Visit <https://bethlehemarea.librarycalendar.com/event/free-dinners-adults>

Fiber Arts and Friends, 6 to 7 p.m. Bring knitting, crocheting, cross stitch, sewing, macrame etc. All ages, all experience levels including beginners. Registration required; visit <https://bethlehemarea.librarycalendar.com/event/fiber-arts-friends-28>

Film Club: Le Retour de Martin Guerre (1982) by Daniel Vigne. An account of Martin Guerre's trial, as written by one of the jurists, Jean de Coras 1515-1572. Must register. Visit <https://bethlehemarea.librarycalendar.com/event/virtual-film-club-6>

Wednesday, February 22

America Through the Lens of Black Filmmakers with Vice President and Dean for Equity and Inclusion at Moravian University. Dr. Chris Hunt. A deep look at America through the eyes of black filmmakers. Registration recommended. 6 p.m. Visit <https://bethlehemarea.librarycalendar.com/event/america-through-lens-black-filmmakers>

Preschool winter storytime. Stories, learning, fun. Ages two to four. 10:30 to 11 a.m. No registration needed. Visit <https://bethlehemarea.librarycalendar.com/event/preschool-winter-storytime>

Pridelines Teen LGBTQ+ Group. 6:30 to 7:30 p.m. judgement-free zone. Make friends in the community and learn about the LGBTQ+ culture, history and media while also being provided local resources and peer support. <https://bethlehemarea.librarycalendar.com/event/pridelines-teen-lgbtq-group-6>

Books On The Hill

Tuesdays

Poem of the week at Books on the Hill. A new poem is selected and recited by performance poet/library staff Cleveland Wall. No registration needed.

Coolidge Branch

Wednesday, February 15

"Heartbreak: A Personal and Scientific Journey" by Florence Williams. A memoir of grief and healing merging science and self-discovery about loneliness, health and the meaning of falling in and out of love. 6 to 7 p.m. Registration required. Visit <https://bethlehemarea.librarycalendar.com/event/memoir-only-book-club-heartbreak-personal-and-scientific-journey>

SouthSide Branch

All month

Anytime Storytime Corner. DIY story time, Different books and a free craft available every week. Visit www.bapl.org/events/anytime-storytime-at-south-side-2022-02-28/ for more information.

Anytime S.T.E.M. 10 a.m. to 7 p.m. Mondays through Thursdays; 10 a.m. to 2 p.m. Saturdays. Visit www.bapl.org/events/Homework-help-Monday-Thursday-through-the-month-when-library-is-open-4:30-to-6-p.m.-Grades-K-to-12.-Lehigh-University-Alpha-Phi-students-will-help-students-with-their-homework-with-any-subject.-No-registration-required.

Wednesday, February 15

Pre-school winter storytime, learning and fun. Ages two to four. No registration necessary. Visit <https://bethlehemarea.librarycalendar.com/event/preschool-winter-storytime-4>

See NOTES on Page A11



PRESS PHOTO COURTESY THHE PROAAEDA FAMILY

The Prosseda family believes life's simple pleasures include fine wine, delicious spirits, and beautifully prepared food. The menu is prepared with high-quality, locally sourced ingredients and Chef Luke's weekly specials are often based on what's in season.

The Vineyard Di Norma Italian-American traditions

The Prosseda Family took ownership of a beloved local Italian restaurant in September 2021. After just over a year of operation, the Prossedas are taking steps to better personalize the establishment.

The restaurant, formerly known as The Vineyard, will now be known as The Vineyard Di Norma. The new name reflects family roots while still paying homage to the brand local patrons have grown to know and love. Previous owners Pietro and Maria DiMatteo sold the restaurant to Matt and

Cindy Prosseda after three decades of operation. The Prosseda children, Rachael and Luke, had always yearned to own and run an Italian restaurant, and in 2021 the stars aligned on North Fiot Street in the Fountain Hill neighborhood of Bethlehem. The Prossedas' Italian heritage traces back to Norma, Italy.

Many of the dishes found on the menu have been passed down over the generations, along with a deep love and appreciation for food and family.

Chef Luke Prosseda

designs the menu and prepares the cuisine. Rachael Prosseda oversees front-of-house operations, while parents, Matt and Cindy, are frequently on hand to assist where needed, whether on the dining room floor or behind the scenes.

"We have a strong clientele base that has already discovered and enjoy our updated menu," explains Chef Luke. "We are excited about the new name, which ties the restaurant to our history, to the food. The items on our menu are rooted in

Italian-American tradition but will experiment with modern ideas and flavors as well as more traditionally Italian preparations. The name change is defining a new era for what The Vineyard is and what we offer."

The Prosseda family believes life's simple pleasures include fine wine, delicious spirits, and beautifully prepared food. The menu is prepared with high-quality, locally sourced ingredients, and Chef Luke's weekly specials are often based on what's in season. House made pasta is quickly becoming a fan favorite, and for the adventurous eaters, the weekly specials offer exciting dishes made with locally sourced products.

The wine list is unique and impressive, featuring many bottles not found elsewhere locally. The bar features hand-crafted seasonal and traditional cocktails and beers from local craft breweries, including Bonn Street Brewing Company, Lost Tavern Brewing, and Sherman Street Beer Company.

The Vineyard Di Norma is located at 605 Fiot Street, Bethlehem (at the corner of North Fiot and Cherokee Streets). Hours of operation are Wednesday, Thursday and Sunday, 4 - 9 p.m., Friday and Saturday, 4 - 10 p.m. For the full menu and to make a reservation, visit vineyarddinorma.com

Contributed article

HISTORIC DOWNTOWN BETHLEHEM PRESENTS

BETH-LUM

go bragh!

Cocktail Trail

SATURDAY
MARCH

11

350 spots available for this fun and spirited cocktail trail. Adults 21 years of age and older will pick up St. Patrick's Day-inspired samples of cocktails from various restaurants and merchants. Guests on this trail will follow the passport throughout the Historic District, sipping those samples until they reach the pot of gold! Later, they'll vote for their favorite cocktail! The winning cocktail on this trail will be celebrated and announced on St. Patrick's Day!

PURCHASE TICKETS AT
WWW.VISITHISTORICBETHLEHEM.COM

Join us for more
Celtic-inspired festivities!

SATURDAY, MARCH 11TH AT 12:00 PM -
FRIDAY, MARCH 17TH AT 5:00 PM

We're painting the Downtown green and kickin' off St. Patrick's Day in a big way this year! Along with the cocktail trail, join us for Celtic-inspired music, entertainment, food, rish Gnomes, and a scavenger hunt, which completes this exciting lineup for a festive week-long event! Make sure to bring your green-game to the Historic District, and celebrate with us!

For more information visit www.visithistoricbethlehem.com.

ROXY Theatre

\$4.00 ALL SEATS ALL TIMES

MAIN ST. at 20th NORTHAMPTON

Week of Feb. 17th thru 23rd

DREAMWORKS PUSS IN BOOTS THE LAST WISH PG

FRI & SAT 1:00 & 7:00
SUN 2:00 & 7:00
MON & WED 1:00 & 7:00
TUES & THURS 7:00

FREE PARKING BEHIND THEATRE

**MUNICIPAL PRIMARY PROCLAMATION NOTICE - 2023
AVISO DE PROCLAMACIÓN PRIMARIA MUNICIPAL - 2023**

Notice is hereby given to the electorate of Lehigh County, Pennsylvania, that a Municipal Primary will be held in said County on Tuesday, May 16, 2023, between the hours of 7:00 A.M. and 8:00 P.M., prevailing time, at which time registered and enrolled electors of the DEMOCRATIC and REPUBLICAN parties will assemble and vote, according to law, for the nomination of candidates for the following public offices, all registered voters, regardless of party registration may vote on only the Constitutional Amendments and any forthcoming referendum questions:

Por la presente se notifica al electorado del Condado de Lehigh, Pensilvania, que se llevará a cabo una Primaria Municipal en dicho Condado el martes 16 de mayo de 2023, entre las 7:00 a.m. y las 8:00 p. m., horario vigente, momento en el cual los electores registrados y inscritos de los partidos DEMOCRÁTICO y REPUBLICANO se reunirán y votarán, de acuerdo con la ley, para la nominación de candidatos a los siguientes cargos públicos, todos los votantes registrados, independientemente del registro del partido puede votar solo sobre las Enmiendas Constitucionales y cualquier pregunta de referéndum futura:

STATEWIDE OFFICES/ OFICINAS EN TODO ESTATALES

One	(1)	Justice of the Supreme Court	10 Year Term
Uno	(1)	Juez del Tribunal Suprema	Término de 10 años
Two	(2)	Judge of the Superior Court	10 Year Term
Dos	(2)	Juez del Tribunal Superior	Término de 10 años
One	(1)	Judge of the Commonwealth Court	10 Year Term
Uno	(1)	Juez del Tribunal de la Commonwealth	Término de 10 años

COUNTY LEVEL OFFICES/ OFICINAS A NIVEL DEL CONDADO

Four	(4)	County Commissioners - At Large	4 Year Term
Cuatro	(4)	Comisionados del condado- En General	Término de 4 años
One	(1)	County Controller	4 Year Term
Uno	(1)	Controlador del condado	Término de 4 años
One	(1)	District Attorney	4 Year Term
Uno	(1)	Procurador del distrito	Término de 4 años
One	(1)	Sheriff	4 Year Term
Uno	(1)	Comisario	Término de 4 años
One	(1)	Clerk of Judicial Records	4 Year Term
Uno	(1)	Secretaría de Registros Judiciales	Término de 4 años
One	(1)	Coroner	4 Year Term
Uno	(1)	Forense	Término de 4 años

MAGISTERIAL OFFICES/ OFICINAS MAGISTRALES

One	(1)	Magisterial District Judge	31-1-04	6 Year Term
Uno	(1)	Juez Magistral de Distrito	31-1-04	Término de 6 años
One	(1)	Magisterial District Judge	31-1-05	6 Year Term
Uno	(1)	Juez Magistral de Distrito	31-1-05	Término de 6 años
One	(1)	Magisterial District Judge	31-1-08	6 Year Term
Uno	(1)	Juez Magistral de Distrito	31-1-08	Término de 6 años
One	(1)	Magisterial District Judge	31-1-09	6 Year Term
Uno	(1)	Juez Magistral de Distrito	31-1-09	Término de 6 años
One	(1)	Magisterial District Judge	31-3-01	6 Year Term
Uno	(1)	Juez Magistral de Distrito	31-3-01	Término de 6 años
One	(1)	Magisterial District Judge	31-3-02	6 Year Term
Uno	(1)	Juez Magistral de Distrito	31-3-02	Término de 6 años

**CITY OF ALLENTOWN OFFICES/
OFICINAS DE LA CIUDAD DE ALLENTOWN**

Three	(3)	City Council	4 Year Term
Tres	(3)	Consejo de la ciudad	Término de 4 años
One	(1)	City Controller	4 Year Term
Uno	(1)	Controlador de la ciudad	Término de 4 años

**CITY OF BETHLEHEM OFFICES/
OFICINAS DE LA CIUDAD DE BETHLEHEM**

Three	(3)	City Council	4 Year Term
Tres	(3)	Consejo de la ciudad	Término de 4 años
One	(1)	City Treasurer	4 Year Term
Uno	(1)	Tesorero de la ciudad	Término de 4 años

BOROUGH OFFICES/ OFICINAS MUNICIPALES

ALBURTIS

Four	(4)	Council Members	4 Year Term
Cuatro	(4)	Miembros del Consejo	Término de 4 años

CATASAUQUA

Four	(4)	Council Members	4 Year Term
Cuatro	(4)	Miembros del Consejo	Término de 4 años

COOPERSBURG

Three	(3)	Council Members	4 Year Term
Tres	(3)	Miembros del Consejo	Término de 4 años

COPLAY

Three	(3)	Council Members	4 Year Term
Tres	(3)	Miembros del Consejo	Término de 4 años
One	(1)	Council Members	2 Year Term
Uno	(1)	Miembros del Consejo	Término de 2 años

EMMAUS

Four	(4)	Council Members	4 Year Term
Cuatro	(4)	Miembros del Consejo	Término de 4 años

FOUNTAIN HILL

Three	(3)	Council Members	4 Year Term
Tres	(3)	Miembros del Consejo	Término de 4 años

MACUNGIE

Three	(3)	Council Members	4 Year Term
Tres	(3)	Miembros del Consejo	Término de 4 años
One	(1)	Council Members	2 Year Term
Uno	(1)	Miembros del Consejo	Término de 2 años

SLATINGTON

Four	(4)	Council Members	4 Year Term
Cuatro	(4)	Miembros del Consejo	Término de 4 años
One	(1)	Tax Collector	2 Year Term
Uno	(1)	Recaudador de impuestos	Término de 2 años

**FIRST CLASS TOWNSHIP OFFICES/
OFICINAS MUNICIPALES DE PRIMERA CLASE**

LOWER MACUNGIE

Two	(2)	Township Commissioners	4 Year Term
Dos	(2)	Comisionados del municipio	Término de 4 años

SALISBURY

One	(1)	Township Commissioner in the 1st Ward	4 Year Term
Uno	(1)	Comisionado del municipio en el distrito 1	Término de 4 años
One	(1)	Township Commissioner in the 3rd Ward	4 Year Term
Uno	(1)	Comisionado del municipio en el distrito 3	Término de 4 años
One	(1)	Township Commissioner in the 5th Ward	4 Year Term
Uno	(1)	Comisionado del municipio en el distrito 5	Término de 4 años

SOUTH WHITEHALL

Three	(3)	Township Commissioners	4 Year Term
Tres	(3)	Comisionados del municipio	Término de 4 años

WHITEHALL

One	(1)	Mayor	4 Year Term
Uno	(1)	Alcalde	Término de 4 años
Four	(4)	Township Commissioners	4 Year Term
Cuatro	(4)	Comisionados del municipio	Término de 4 años

**SECOND CLASS TOWNSHIP OFFICES/
OFICINAS MUNICIPALES DE SEGUNDA CLASE**

HANOVER

Two	(2)	Council	4 Year Term
Dos	(2)	Ayuntamiento	Término de 4 años
One	(1)	Council	2 Year Term
Uno	(1)	Ayuntamiento	Término de 2 años

HEIDELBERG

One	(1)	Supervisor	6 Year Term
Uno	(1)	Supervisor	Término de 6 años
One	(1)	Auditor	6 Year Term
Uno	(1)	Auditor	Término de 6 años

LOWER MILFORD

One	(1)	Supervisor	6 Year Term
Uno	(1)	Supervisor	Término de 6 años
One	(1)	Auditor	6 Year Term
Uno	(1)	Auditor	Término de 6 años

LOWHILL

One	(1)	Supervisor	6 Year Term
Uno	(1)	Supervisor	Término de 6 años
One	(1)	Supervisor	4 Year Term
Uno	(1)	Supervisor	Término de 4 años
One	(1)	Auditor	6 Year Term
Uno	(1)	Auditor	Término de 6 años
One	(1)	Auditor	2 Year Term
Uno	(1)	Auditor	Término de 2 años

LYNN

One	(1)	Supervisor	6 Year Term
Uno	(1)	Supervisor	Término de 6 años
One	(1)	Supervisor	4 Year Term
Uno	(1)	Supervisor	Término de 4 años
One	(1)	Auditor	6 Year Term
Uno	(1)	Auditor	Término de 6 años
One	(1)	Auditor	2 Year Term
Uno	(1)	Auditor	Término de 2 años

NORTH WHITEHALL

One	(1)	Supervisor	6 Year Term
Uno	(1)	Supervisor	Término de 6 años
One	(1)	Auditor	6 Year Term
Uno	(1)	Auditor	Término de 6 años

UPPER MACUNGIE

One	(1)	Supervisor	6 Year Term
Uno	(1)	Supervisor	Término de 6 años
One	(1)	Auditor	6 Year Term
Uno	(1)	Auditor	Término de 6 años

UPPER MILFORD

One	(1)	Supervisor	6 Year Term
Uno	(1)	Supervisor	Término de 6 años
One	(1)	Auditor	6 Year Term
Uno	(1)	Auditor	Término de 6 años

UPPER SAUCON

Two	(2)	Supervisor	6 Year Term
Dos	(2)	Supervisor	Término de 6 años
One	(1)	Auditor	6 Year Term
Uno	(1)	Auditor	Término de 6 años

WASHINGTON

One	(1)	Supervisor	6 Year Term
Uno	(1)	Supervisor	Término de 6 años
One	(1)	Auditor	6 Year Term
Uno	(1)	Auditor	Término de 6 años

WEISENBERG

One	(1)	Supervisor	6 Year Term
Uno	(1)	Supervisor	Término de 6 años
One	(1)	Auditor	6 Year Term
Uno	(1)	Auditor	Término de 6 años

**SCHOOL DISTRICT OFFICES/
OFICINAS DEL DISTRITO ESCOLAR**

ALLENTOWN SCHOOL DISTRICT

Five	(5)	School Directors	4 Year Term
Cinco	(5)	Directores de escuela	Término de 4 años

BETHLEHEM SCHOOL DISTRICT

Three	(3)	School Directors - At Large	4 Year Term
Tres	(3)	Directores de escuela- En General	Término de 4 años

CATASAUQUA SCHOOL DISTRICT

(Catasauqua Borough & Hanover Township)			
Five	(5)	School Directors	4 Year Term
Cinco	(5)	Directores de escuela	Término de 4 años

EAST PENN SCHOOL DISTRICT

(Alburtis, Emmaus, Macungie Boroughs & Lower Macungie, Upper Milford Townships)			
Five	(5)	School Directors	4 Year Term
Cinco	(5)	Directores de escuela	Término de 4 años

Thursday, February 16

The YMCA will be preparing and delivering meals to eat at the SouthSide library for adults age 18 and up while supplies last. 5 to 6 p.m. Visit <https://bethlehemarea.librarycalendar.com/event/free-dinners-adults>

Tuesday, February 21

The YMCA will be preparing and delivering meals to eat at the SouthSide library for adults age 18 and up while supplies last. 5 to 6 p.m. Visit <https://bethlehemarea.librarycalendar.com/event/free-dinners-adults>

Playtime at the Library. Screen free, learning and fun for up to age four. 10:30 to 11 a.m. No registration needed. Visit <https://bethlehemarea.librarycalendar.com/event/playtime-library-21>

Wednesday, February 22

Preschool winter storytime - SouthSide. Stories, learning, fun. Ages 10:30 to 11 a.m. No registration needed. Visit <https://bethlehemarea.librarycalendar.com/event/preschool-winter-storytime>

Send us your event photos

Here's what we need:

- Well-lit, in focus, high-resolution photos only
- A caption answering the who, what, when, where, why and/or results of your event. 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).

Send copy and images as email attachments to: gtaylor@tnonline.com.

Police get new car; promotions given

BY MARIEKE ANDRONACHE
Special to the Bethlehem Press

The Feb. 6 commissioners' meeting was brief but proved important for Bethlehem Township Police.

The Kotch 33 Ford Toyota, which was the source of a debate between commissioners Dale Sourbeck and John Gallagher, was approved for purchase.

Commissioners also

BETHLEHEM TOWNSHIP

approved the following appointments: Shaun Powell to rank of captain, Troy Abelovsky to rank of sergeant and Andrew Kanaskie to rank of corporal.

A resolution to sell used township-owned properties led to Gallagher once again to raise concerns about not refurbishing older vehicles. Sponsoring a

motion requesting six vehicles be removed from Resolution R014-23, Gallaguer failed to receive support from his fellow commissioners. The resolution passed 3-1.

Ellyn Scheier and Charles Piazza were appointed to the Recreation Commission.

Fiscal and Human Resources Administrator

Dawn Wagner received approval to attend the Benecon Health Benefits Seminar, taking place in Lancaster, March 30-31.

Community Development Director Amanda Raudenbush and Zoning Officer Samantha Smith received approval to attend the American Planning Association National Conference, taking place in Philadelphia, from April 1-4.

Controller proposes sweeping reforms

LEHIGH COUNTY

Lehigh County Controller Mark Pinsley recently unveiled sweeping reforms for Lehigh County's Adult Probation department, including calling on the county to explore eliminating many of the onerous fines and fees, as well as focusing on diversion for minor and low-level offenses.

"Lehigh County lags

behind innovations made in our Pennsylvania counties, including efforts to reduce over-utilization of our local court system and divert misdemeanor offenses. There is a tremendous opportunity here to promote public safety while also cutting county costs

and ensuring successful rehabilitation," Pinsley said.

For example, the report determined that among those under supervision in 2020, 57 percent were for alcohol or drug-related offenses.

In 2020, 80 percent of all those under super-

vision were there for a misdemeanor.

The supervised population also has disproportionate shares of African-Americans under supervision.

In 2019, African-Americans made up 19 percent of the total supervised population,

See REFORMS on Page A12

NORTHERN LEHIGH SCHOOL DISTRICT

(Slatington Borough & Washington Township)

Five (5) School Directors	4 Year Term
Cinco (5) Directores de escuela	Término de 4 años
One (1) School Director	2 Year Term
Uno (1) Director de escuela	Término de 2 años

NORTHWESTERN LEHIGH SCHOOL DISTRICT

(Heidelberg, Lowhill, Lynn & Weisenberg Townships)

Five (5) School Directors	4 Year Term
Cinco (5) Directores de escuela	Término de 4 años

PARKLAND SCHOOL DISTRICT

(North Whitehall, South Whitehall, Upper Macungie Townships & Allentown 17th Ward 4th District, 18th Ward 2nd District)

Five (5) School Directors	4 Year Term
Cinco (5) Directores de escuela	Término de 4 años
One (1) School Director	2 Year Term
Uno (1) Director de escuela	Término de 2 años

SALISBURY SCHOOL DISTRICT

(Salisbury Township)

Five (5) School Directors	4 Year Term
Cinco (5) Directores de escuela	Término de 4 años

SOUTHERN LEHIGH SCHOOL DISTRICT

(Coopersburg Borough, Lower Milford & Upper Saucon Townships)

Five (5) School Directors	4 Year Term
Cinco (5) Directores de escuela	Término de 4 años

WHITEHALL-COPLAY SCHOOL DISTRICT

(Whitehall Township & Coplay Borough)

Five (5) School Directors	4 Year Term
Cinco (5) Directores de escuela	Término de 4 años

ELECTION BOARD OF LEHIGH COUNTY/
JUNTA ELECTORAL DEL CONDADO DE LEHIGH
By: Timothy A. Benyo, Chief Clerk

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YOUR LOCAL WEATHER

7 Day Forecast	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Partly Cloudy	Few Showers	Showers Likely	Sunny	Mostly Cloudy	Cloudy	Cloudy	Cloudy
61 / 43 10-16 mph S	62 / 49 3-14 mph SSW	53 / 21 17-23 mph W	43 / 28 10-15 mph WSW	52 / 39 6-14 mph SSW	50 / 36 2-11 mph SSW	51 / 39 0-9 mph SW	

FORECAST FOR LEHIGH VALLEY PENNSYLVANIA

Today we will see partly cloudy skies, high temperature of 61°, humidity of 59%. South wind 10 to 16 mph. The record high temperature for today is 71° set in 1949. Expect partly cloudy skies tonight, overnight low of 43°. Southwest wind 3 to 10 mph. The record low for tonight is -8° set in 1943. Thursday, skies will be cloudy with a 70% chance of showers, high temperature of 62°, humidity of 76%. South southwest wind 3 to 14 mph. Thursday night, skies will be cloudy with a 75% chance of showers, overnight low of 49°. South southwest wind 14 to 17 mph. Friday, skies will be mostly cloudy with a 75% chance of showers, high temperature of 53°, humidity of 55%. West wind 17 to 23 mph. Friday night, skies will be clear, overnight low of 21°. West northwest wind 15 to 22 mph.

Weather Trivia

What is the blinding effect of a blizzard called?

Answers: White out.

REFORMS

Continued from page A11

while they were just 9 percent of the county's total population, according to census data.

There were approximately 882 African-Americans under Lehigh County's supervision; if the population tracked with 2020 Census data, the actual population would have been 470.

"Our research indicates a potentially strong racial bias within Lehigh County's judicial system which is consistent with national figures that show African-Americans and Hispanics are strongly overrepresented within our prison systems," Pinsley said.

Among Pinsley's chief suggestions to reduce costs and improve rehabilitative outcomes were:

- Eliminate detainers for all parole technical violations. Detainers often result in technical parole violators being temporarily detained while awaiting judgment. Technical violations are non-public safety related, and detainers are disruptive.
- Reduce the total time that people spend on probation. Longer probation durations increase the risk of technical violations and are costly for those

under supervision.

- Reduce costs from fees and fines. Lehigh County currently funds Adult Probation from \$1.7 million in fines and fees. These costs are borne by those under supervision, which can result in financial hardship and complicates pathways to rehabilitation and recovery. Lehigh County should develop a plan to gradually reduce reliance on fines and fees.

- Invest in diversion and pre-carceral solutions: Bucks County has used local district magistrates to reduce the number within the criminal justice system and diverted people to drug treatment.

"County government exists to provide core solutions services and operate our crucial courts and corrections systems. Lehigh County could do much more to ensure that we successfully rehabilitate offenders through evidence based practices. This is dollars and sense as much as it is a moral imperative," Pinsley said.

In 2022, the county received \$1,467,571 in grants and reimbursements and collected \$1,784,851 in fines and costs.

The total expenditure was \$5,174,672 in 2022 for Adult Probation.

Contributed article

LEHIGH VALLEY HEALTH NETWORK

Gift enhances neuroscience program

A substantial gift from Lehigh Valley Health Network Board of Trustees member Joel Hoffman will help LVHN grow its deep brain stimulation program and expand comprehensive neurological and neurosurgical care for the treatment of movement disorders, including Parkinson's disease.

In recognition of his gift, the deep brain stimulation program at Lehigh Valley Fleming Neuroscience Institute has been named the Hoffman Family Deep Brain Stimulation Program.

Hoffman, an Allen-

town native and Dieruff High School and Temple University graduate, has been an LVHN trustee since 2019.

He is a retired senior vice president and chief analytics officer for Optum, a pharmacy benefit manager and health care provider, part of United-Health Group.

Hoffman's gift will allow LVHN to enhance its program in several ways, including the provision of a dedicated nursing resource to provide navigation services to seamlessly guide patients through world-class movement disorders care. The gift

also will support a clinical research coordinator and allow for new equipment and technology, staff education, and more – all to assist patients enrolled in the Deep Brain Stimulation Program.

"Joel's selfless generosity will elevate LVHN's Deep Brain Stimulation Program and allow us to provide even more comprehensive care for those with Parkinson's disease as well as other conditions, including essential tremor and dystonia," said Steven Lewis, MD, Physician-in-Chief of Lehigh Valley Fleming Neuroscience Institute

and Chief of Neurology at LVHN.

Hoffman, who has Parkinson's disease, benefited from deep brain stimulation he received in Phoenix about five years ago and said it "truly dialed back the clock" on his symptoms.

"LVHN and the people of the Lehigh Valley are family, and it is important to me that 'family' be able to access comprehensive care for movement disorders so they may benefit from the same treatments I have been so lucky to receive," Hoffman said.

Contributed article



PRESS PHOTO COURTESY LVHN
Joel Hoffman

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It's not 'the End of the World,' but you can see it in exhibit



By Ed Courrier

Jonathan Latiano's "The Only Thing That's the End of the World" puts art and music in sync, through April 2, Payne Gallery, Moravian University, Bethlehem.

The collaborative visual arts project integrates installation art, music and performance in the creation of an immersive sound and light-based kinetic sculpture.

Latiano, a 2006 Moravian graduate with a BA in Studio Art, praises the college for giving him the opportunity to study art, despite a previously-diagnosed learning disability.

"Moravian became my home, a place I am intensely proud of. I fell head-over-heels in love with the fine



PRESS PHOTO BY ED COURRIER

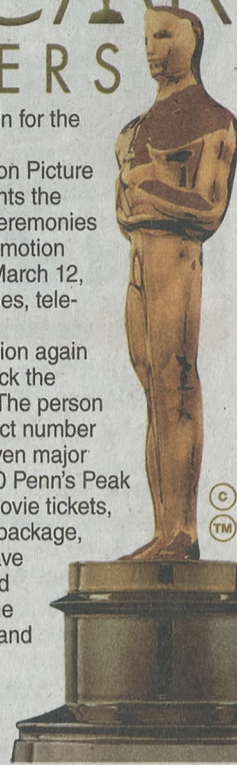
Jonathan Latiano with his "The Only Thing That's the End of the World" art installation at Payne Gallery, Moravian University, Bethlehem.

arts." "Jon was a lot of fun to have as a student because I'm sort of a mechanical,

hands-on guy who likes to troubleshoot. Jon was building things like this 20 years ago," says Gallery

Director David E. Leidich. Leidich expresses gratitude for the "tireless army See LATIANO on Page B6

READERS PICK THE OSCAR WINNERS



The nominations are in for the 95th Academy Awards. The Academy of Motion Picture Arts and Sciences presents the 2023 Academy Awards ceremonies honoring 2022 theatrical motion picture releases, 8 p.m. March 12, Dolby Theater, Los Angeles, televised on 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 in seven major categories receives a \$50 Penn's Peak gift card, Roxy Theatre movie tickets, Press newspapers prize package, and the opportunity to have his or her photo published in the Focus section of the eight Press newspapers and websites.

Oscar contest entry form: Page B5

8 DAYS A WEEK

Your look ahead at Valley Arts

Act 1 DeSales comedy in 'Earnest'



By Kathy Lauer-Williams

Lehigh Valley Stage list:

<https://www.lvpnews.com/>

Act 1 DeSales University Theatre will present the classic comedy "The Importance of Being Earnest," Feb. 22 - March 5, Main Stage, Labuda Center for the Performing Arts in Center Valley.

Oscar Wilde's 1895 comedy sparkles with dazzling wordplay and hilarious situations.

Working within the social conventions of late Victorian London, the play's major themes are the triviality with which it treats institutions as serious as marriage and the resulting satire of Victorian ways.

In the play, which takes



CONTRIBUTED PHOTO BY JACK LERCH

From left: Johnny Drumgoole (Algernon), Alaina Hurley (Gwendolen), Christian Tuffy (Jack), "The Importance of Being Earnest," Act 1 DeSales University Theatre, Center Valley

place in the 1890s, Jack, a carefree bachelor, poses as a man named Ernest so he can escape from the country to the city for romantic escapades.

Meanwhile, fellow

bachelor Algernon also takes on the identity of Ernest to woo young Cecily. Silliness ensues with whimsical ingénues, jealous fiancés, indomitable

dowagers and the most famous handbag in theater history.

"The play presents as a traditional comedy with remarkable slapstick, farce and wit," says di-

See 'EARNEST' on Page B6



CONTRIBUTED PHOTO

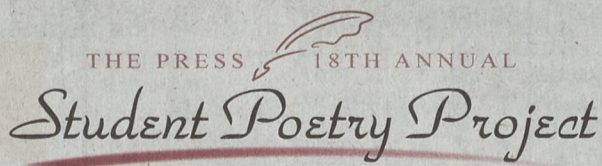
"Hairspray," 2 p.m., 7:30 p.m. Feb. 18, State Theatre Center for the Arts, Easton. "You Can't Stop the Beat," as the song goes. The national touring production was scheduled for April 16, 2022, at the State Theatre. Tickets for original dates honored. John Waters wrote and directed the 1988 movie, with scenes filmed at Dorney Park and Wildwater Kingdom, South Whitehall Township. Waters was creative consultant for the 2002 Broadway musical, adapted for a 2007 movie and 2016 live television production. Songs include "Welcome to the 60s," "Good Morning, Baltimore" and "You Can't Stop the Beat." The Broadway musical, which received eight Tony Awards including Best Musical, was the longest-running musical at the Neil Simon Theater, with 2,642 performances July 18, 2002-Jan. 4, 2009. Tickets: State Theatre box office, 453 Northampton St., Easton; 1-800-999-7828; <https://statetheatre.org/>

Entries open for Lehigh Valley Press Student Poetry Project

Entries are now being accepted for the 18th 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 26 and April 27 Focus section in the eight Lehigh Valley Press newspapers and on the website.

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 24, WDIY, Lehigh Valley Community 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. Poems missing this information may not be considered.

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 VanDoren, 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 15.

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

9. Copies of poems will not be returned.

10. For ideas on teaching poetry, go to: 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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Cabbage Confetti

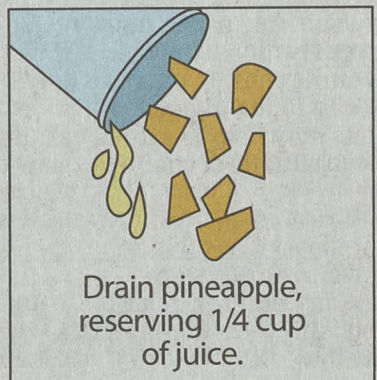
Gather the ingredients for a healthy dish.

Work with an adult to make this refreshing, crunchy, sweet treat!

- 1 small green cabbage
- 1 small red cabbage
- 20 oz can of crushed pineapple with 100% juice
- salt & pepper



Chop cabbages into thin strips.



Drain pineapple, reserving 1/4 cup of juice.



Mix cabbage strips with pineapple and juice.



Add salt and pepper to taste, toss and chill for 30 minutes.

Kid Scoop VOCABULARY BUILDERS

This week's word: **CRUCIFEROUS**

The adjective **cruciferous** describes a plant or vegetable that is a member of the cabbage family.

Cabbage, broccoli, kale, cauliflower and turnips are **cruciferous** vegetables.

Try to use the word **cruciferous** in a sentence today when talking with your friends and family members.

Write On!

What's the best way to eat cabbage?

In coleslaw? As sauerkraut? Roasted? Or? Give other kids ideas on how to best enjoy eating cabbage!



I'm one of the healthiest veggies around!

February 17 is National Cabbage Day

CABBAGE

About how many different types of cabbage are grown throughout the world? Do the math to find out!

$25 + 13 + 7 + 25 + 30 =$ _____

Head of Cabbage History

Replace the missing words in this article.

Nearly 3,000 years ago, wild cabbage from Asia and the Mediterranean was _____ to Northern Europe by the Celts and later the Romans.

Able to be stored for long _____ of time, cabbage was a staple item of Europeans in the Middle Ages. Its juice was commonly used to heal wounds and as a _____ remedy. In 1541, French _____, Jacques Cartier, introduced cabbage to North America.

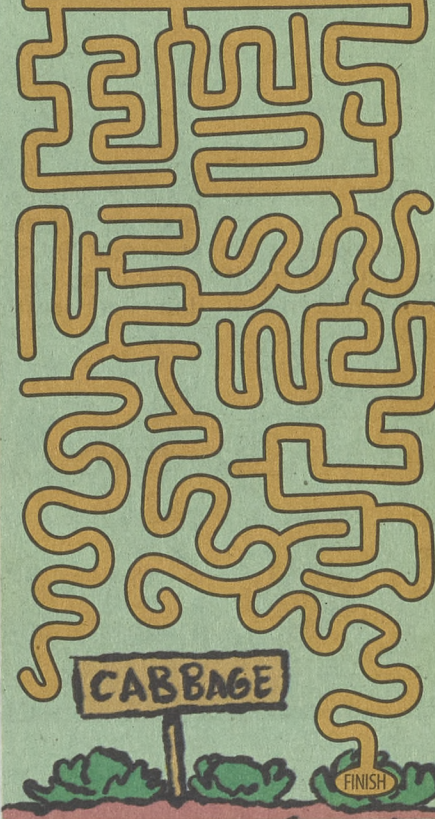
Since cabbage contains lots of vitamin C, other explorers, including Captain James Cook, _____ with it in order to prevent **scurvy**. Scurvy is a terrible _____ caused by a diet lacking in vitamin C. Cabbage rapidly spread across the North American _____.

- PERIODS
- COUGH
- CONTINENT
- DISEASE
- EXPLORER
- TRAVELED
- BROUGHT



Cabbage Crunchers

Rabbits love cabbage. Help this rabbit find the cabbage patch.



Crunchy, Cruciferous Cabbage

Crunchy cabbage is full of good things your body needs. It has vitamin C and vitamin K. It's a **cruciferous** (crew-si-fur-us) vegetable.

Cruciferous vegetables are plants that contain phytochemicals with possible anti-cancer properties. Other cruciferous vegetables are bok choy, broccoli, Brussels sprouts, cauliflower, collard greens, kale, Swiss chard and turnips.

Do the math to label each cruciferous vegetable.

- 11 = ARUGULA
- 15 = BOK CHOY
- 14 = BROCCOLI
- 16 = CABBAGE
- 26 = CAULIFLOWER
- 20 = DAIKON
- 22 = HORSERADISH
- 18 = KALE
- 17 = KOHLRABI
- 19 = RADISH
- 21 = WASABI
- 23 = WATERCRESS

17+5

8+7

15+8

8+8

12+7

12+8

12+6

18-7

18+8

26-5

24-7

Extra! Extra!

Hard C and Soft C

Sometimes the letter **C** is a **soft C** and is pronounced as an **S**, as in **cell** and **celery**. Sometimes the letter **C** is a **hard C** and is pronounced as a **K**, as in the word **cabbage**. Look through the newspaper and cut out six words starting with the letter **C**. Group them into **Hard C** and **Soft C** groups.

Standards Link: Identify letter sounds.

Kid Scoop Puzzler

Cooling with Cabbage

One of the greatest baseball players in the history of the game had an unusual trick for keeping cool. He would place a chilled cabbage leaf under his hat on hot days to beat the heat! He would replace the cabbage leaf with a new one every two innings. **Circle every third letter to reveal this famous baseball player's name.**



R D **C** J A T M
B W D E G P R N
B U A S T V W H
B _____

Double Double Word Search

- ARUGULA
- ASIA
- CABBAGE
- DIET
- GOOD
- JUICE
- KALE
- PLANTS
- RADISH
- TURNIPS
- VITAMIN
- WASABI
- WILD
- WORDS
- WORLD

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

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

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

FROM THE Kid Scoop LESSON LIBRARY

Healthy Mealtime

Look at the grocery ads in the newspaper. Select items and make a healthy meal menu. Cut out the pictures and names of the foods in your meal, and paste them on a sheet of paper to display on your refrigerator.

Standards Link: Reading Comprehension. Follow written directions.



How do rabbits travel around in New York City?

ANSWER: In taxi cabbages!

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Birthday party as etiquette-in-training

Dear Jacquelyn, I'm struggling with what birthday party etiquette is for children. My daughter will be seven in March, and we are planning a party. This year, my daughter would like to invite children from school which I think would be fun. How do we go about deciding who to invite and how long the party should last?

RESPECTFULLY YOURS
By Jacquelyn Youst



sure your child's party will be fun and enjoyable.

For the guest list, there's no magic number for how many children to invite. You have many choices depending on your child's age and the size of her social circle.

When choosing who to invite, ask yourself how many children you are comfortable hosting. Many families follow the "age plus one" rule.

For example, a party for a seven-year-old could have eight attendees.

If you only plan to invite a few children from the class, you might want to discuss the idea of discretion with your child so she doesn't brag about the party in front of others who aren't invited.

By the time children are eight-to-11-years-old, they can easily handle a two-hour party. This allows plenty of time for playing games, eating cake and opening presents and is still short enough, so the children don't get restless and bored.

Finally, use this as an opportunity to encourage

important social graces.

Have the birthday girl personally say thank-you and good-bye to each guest at the door. The more ownership your daughter feels, the more likely she will practice these good manners in the future.

Respectfully Yours,
Jacquelyn

Have a question?
Email: jacquelyn@ptd.net. Jacquelyn Youst is owner of the Pennsylvania Academy of Protocol, specializing in etiquette training.

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Staying in the present isn't all that easy

I've told you in past weeks about how I'm striving to live only in the present instead of worrying about the future.

That effort has helped me turn worry into joy.

What I've learned and relearned is that the best way to build joy into every day is to truly live the day.

I'm trying to break my recently acquired bad habit of worrying about something in the future.

I read a suggestion that said if you're worried about something in the future, sit down and think about it. Concentrate as hard and as long as you can.

Then ask yourself did you change anything about the situation by worrying?

It becomes obvious what a waste of time that is.

Also, by worrying about something in the future what we're really doing is wasting the one thing we can control — the present.

The present is our gift. It's a fleeting gift and the only way to make the most of it is to fight the trap of thinking about the past, planning for the future, or worrying about what may never happen.

I can truly live in the present moment, consciously inhaling the sights and feel of the day. I can do that most easily first thing in the morning on what I call my gratitude walk.

But even then my mind slips away from the present moment. I have to keep herding it back again.

Living in the moment is a lot harder than it sounds.

I read that the only ones that can stay in the present at all times are children.

Kids think about what they are doing, not about the past and certainly not about the future.

Youngsters truly live the day at hand.

I find it easier to rein myself into living the moment at hand when I practice gratitude.

But still, my monkey brain keeps fighting me, wanting to go all over the place. And where it wants to go is often not the moment at hand.

It's fine with me when my mind slips into thinking about those who have graced my path in life. I am grateful for each and every one who has touched my life.

I might not see them again but it warms my heart when I think of them.

But often my mind is consumed with worry about my present homeless situation.

I recognize that worrying about it will not bring me one step closer to a solution.

To counter that tendency to worry I make sure I include time each day for what I call "good reading." Sometimes it's the words of experts. Sometimes it's Scripture or faith-based reading.

And sometimes it's

WARMEST REGARDS
By Pattie Mihalik
news@comcast.net



something that comes out of the blue that washes over me in a meaningful way.

That happened last week when I turned on the TV for 20 minutes before I turned in for the night.

I never switched the channel looking for something to watch because what I needed to hear most was right there on my TV in the presence of Paul Young, author of "The Shack."

Unbelievably, he was talking about living the day, just the day at hand.

"In the present there is the fullness of joy, a joy that is independent of circumstances," he said.

I was mesmerized by his talk about learning to live inside the gift of the day at hand.

How, I wondered, did he happen to be on my television in the 20 minutes I had before bedtime, talking about the very thing on my heart.

Maybe it was happenstance or maybe it was what we call a "God Wink."

But whatever the cause, it was what I needed to hear.

Many years ago when I read his best-selling book, "The Shack," I thought it was worthwhile but it didn't change my life.

The story about the abduction and murder of a small child was painful to read.

When I finished the book there was little in it that stayed with me except one thing — the need to forgive even an evil perpetrator, not for his sake but for ours.

"The Shack" is an incredible story with so many insights into pain and loss. It beautifully highlights the loving nature of God.

One of the bestselling books of all time, the 2007 book continues to attract followers, many of whom say it changed their life.

It is the author's follow up series of talks called Restoring the Shack that is greatly influencing my life. It's one more tool that's helping me turn worry into joy.

He talks about what he calls "future tripping," missing the present because we're caught up in worries about the future. That certainly speaks to me in a meaningful way.

After I watched one part of the series I wanted more. I find it's a life-enhancing way to wind down each night.

They say when the student is ready, the teacher comes.

I'm the student still learning. I don't think we ever stop learning until we are no longer here.

Then, who knows? That might be when we learn the most.

Contact Pattie Mihalik at news@comcast.net

Cut flowers can make the cut at home

Cut flowers and potted plants are popular gifts for Valentine's Day.

Maybe you received a lovely plant for Valentine's Day or maybe you brought yourself cut flowers "just because."

Flowers are frequently short-lived because we fail to treat them properly once they are in our homes.

The following suggestions may help to extend the useful life of cut flowers.

First of all, always purchase good quality flowers. Flowers are just like any other purchase. You only get what you pay for.

Consider the purchase of different types of flowers. All too often, we select the same type of flower year after year.

Make certain the flowers are well-protected for the trip home if they are not delivered. Flowers and buds are quite tender and can be severely injured by freezing temperatures if allowed to remain in the car for long periods of time. Flowers that are securely wrapped will also be

GROWING GREEN
L.C. Cooperative Extension
LehighExt@psu.edu



protected on the way to the car. Ask for a cover if the weather is very cold.

Before leaving the flower store, see if they have flower preservatives to add to the water at home. Preservatives slow the growth of bacteria in the water and extend the life of the flowers.

As soon as the flowers are inside, cut two inches off the flower stems before placing them in fresh, clean water in a clean container. Cut stems at a 45-degree angle to increase the surface area to allow for greater water flow. Sanitation, along with the preservative, will help to prevent bacteria growth in the water.

To help keep the water fresh, remove the lower leaves from the stems. Foliage in the water will quickly decompose and allow bacteria to grow. You should also

change the water in the container on a regular basis to keep it as fresh as possible.

After the flowers have been arranged in their container, keep them as cool as possible. Heat takes moisture from the leaves and flowers. With no root system to sustain the flow of water, the flowers will wilt quickly under high temperatures.

Ideal storage temperatures are between 32 and 35 degrees, but never below freezing. Unfortunately, display areas in our homes are considerably warmer. To extend the life of flowers, consider putting the display into cool storage, but not the refrigerator, during the evening or at times when no one is home.

Certain storage conditions, however, can shorten the life of cut flowers. Avoid putting cut flowers into an enclosed area where fruits and vegetables are stored. These items give off very small quantities of ethylene gas, which causes the flowers to age and fade much faster

than normal.

Refrain from placing your fresh flowers in direct sunlight, near hot appliances, or near gusts of air from fans, air conditioning, or open windows. Drafts near opening doors or warm air moving from a room's heat source take water from leaves and shortens the indoor life of cut flowers.

If you are looking for flowers that last a long time in a vase, consider chrysanthemums, carnations, lilies, hydrangeas and clematis. All of these flowers should last at least 10 days in a vase with clean water.

A fresh bouquet enhances your surroundings with color and the flowers' fragrance. Enjoy!

"Growing Green" is contributed by Diane Dorn, Lehigh County Extension Office Staff, and Master Gardeners. Information: Lehigh County Extension Office, 610-391-9840; Northampton County Extension Office, 610-813-6613.

Halitosis and what can be done about it

Q. I was wondering if older people get bad breath more than younger folks.

I could find no direct correlation between aging and halitosis, which is the fancy term for bad breath.

However, I'm going to take a couple of educated stabs at the issue raised in this question.

Many older people have dentures. If they don't fit correctly or are not cleaned often, they can collect food and bacteria. This can lead to bad breath.

Dry mouth (xerostomia) is a condition that allows dead cells to accumulate in your mouth, creating bad breath. Most xerostomia is related to the medications taken by older adults rather than to the effects of aging. More than 400 medicines can affect the salivary glands.

The following are causes of bad breath:

- * Any food stuck in your teeth. It will decay and give off an odor.
- * Some foods such as onions, garlic, spices and herbs. They contain substances that create bad breath when digested.
- * Alcoholic beverages. Alcohol, itself, is

HEALTHY GEEZER
By Fred Cicetti
fred@healthygeezer.com



odorless, but many alcoholic beverages contain ingredients that leave a telltale odor.

* Periodontal (gum) diseases and canker sores

* Diseases of the lung, kidney, liver, stomach and pancreas.

* Sinus infections, strep throat, tonsillitis and mononucleosis.

* Smoking. This dries the mouth and causes an odor of its own.

* Severe dieting.

Here are some ways to prevent bad breath:

- * Brush your teeth after you eat.
- * If you wear a denture, clean it at least once a day.
- * Floss daily or use another interdental cleaner such as a high-power electric toothbrush.
- * Brush your tongue, which can collect bacteria and food particles.
- * Drink water to moisten your mouth.
- * Chew sugarless gum. It stimulates saliva production and collects debris.
- * Buy a new tooth-

brush several times annually.

* Get a dental examination.

Mouthwashes and breath-fresheners of all kinds mask odors for a while. They are not preventives.

Many antiseptic mouth rinses, however, have been accepted by the American Dental Association for their therapeutic benefits and also have breath-freshening properties. These rinses kill the germs that cause bad breath instead of simply hiding halitosis.

At times, most of us worry about having bad breath. It's no surprise that there are so many products out there to combat the problem. But, those of us who worry about it usually are doing something to prevent it. Bad breath is found more often in people who neither know nor care that they have it.

This brings me to a condition worth mentioning. There is a psychiatric condition called "delusional halitosis." This is linked to depression. One patient with this delusion used up a tube of toothpaste every four days.

I read another study

which demonstrated that the people who try to smell their own breath tend to think their breath smells worse than it does. Best advice I found was to ask a family member or good friend to give you an accurate assessment.

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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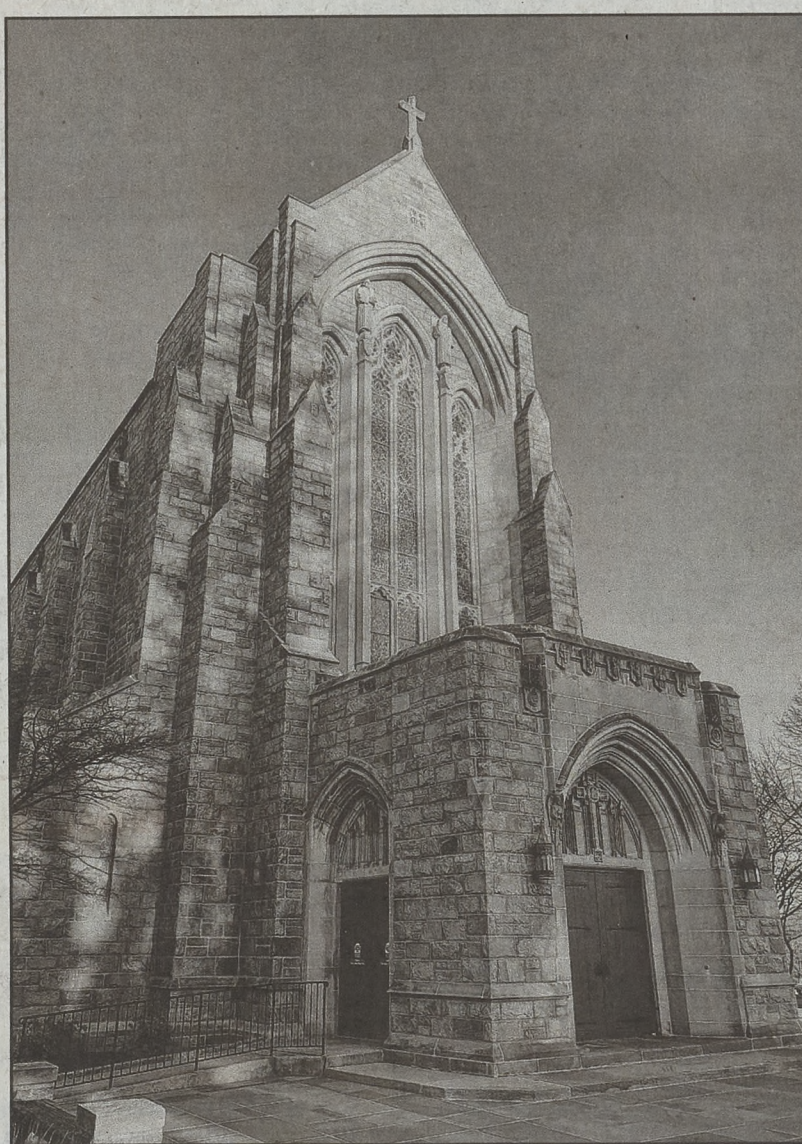
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ST. PAUL'S ANGLICAN CHURCH 25th & Livingston Streets Allentown, 610-435-0712 9 a.m. Holy Communion Fr. Norman Flowers, Rector	HEIDELBERG UNION CHURCH Irvin & Church Roads Slatington near Saegersville 610-967-4740 Rev. Michelle Funk 10 a.m. In person Worship Service Or via Facebook Live, Zoom, or Dial in. Call office for details to link in. 9 a.m. Faith Formation Meets "Come Worship With Us"	HOPE LUTHERAN CHURCH 4131 Lehigh Drive, P.O. Box 1030 Cherryville (610) 767-7203 www.hopecherryville.org The Rev. Jami Possinger, Pastor 8 a.m. Worship 9:15 a.m. Sunday School 10:30 a.m. Worship Handicap Access. & Air Cond. People of Hope, working together, with God, to love & serve others.	SHEPHERD OF THE HILLS LUTHERAN CHURCH 4331 Main St., Whitehall 610-262-1600 Rev. James W. Schlegel Wheelchair accessible 8 a.m. Worship (Communion) 10:15 a.m. Worship (Communion) 8:50 a.m. Sunday School	FIRST PRESBYTERIAN CHURCH OF BETHLEHEM 9 a.m. Contemporary Worship (in person) 10 a.m. Fellowship Hour/Faith Formation 11 a.m. Traditional Worship in the Sanctuary and on Facebook Live The Rev. J.C. Austin, Senior Pastor The Rev. Lindsey Altwater Clifton Assoc. Pastor, Formation & Justice	JORDAN UNITED CHURCH OF CHRIST 1837 Church Road, Allentown (Corner of 309 & Walbert Ave.) Livestream: jordanucc.org/online-worship 610-395-2218 Rev. Dr. David Charles Smith, Pastor 8 & 10:30 a.m. Worship 9:15 a.m. Sunday School for all ages Wed., Feb. 22 - Ash Wednesday 12-1 p.m. Drive-Up Blessing & Imposition of Ashes 7 p.m. Service of Holy Communion in the Sanctuary	EBENEZER U.C.C. Route 143, New Tripoli 610-298-8000 Pastor Wally Frisch Sunday School, 9 a.m. all ages 10:15 a.m. Worship (in person) or on Facebook live All Are Welcome!
ASSEMBLY OF GOD NORTHAMPTON ASSEMBLY OF GOD 3449 Cherryville Road Northampton 610-262-5645 www.NAOG.ws Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening 6:00 p.m. Wed. Prayer & Bible 7 p.m.	LUTHERAN THE LUTHERAN CHURCH OF THE HOLY SPIRIT 3461 Cedar Crest Blvd. Emmaus, PA 18049 610-967-2220 Rev. Mark Wimmer, Interim Sr. Pastor Rev. Tami K. Reichley, Assoc. Pastor Rev. Cindy Camp, Interim Assoc. Pastor 8:30 & 10:30 a.m. Worship (In person or livestreaming) 9:30 a.m. Family Service Masks Optional Sunday School & Nursery Care available 2nd Sunday each month: 2:30 p.m. Rejoicing Spirits Worship www.lchsemmaus.org	NEW LIFE EVANGELICAL Lutheran Church 6804 Weiss Road New Tripoli, PA 18066 (610) 298-2710 Rev. Lauren Applegate Preschool M-F 9 to 11:30 Sunday School 9am Sunday Worship 10:15am info@nllec.com	NATIVITY LUTHERAN CHURCH 4004 Tilghman St. 610-395-5062 Rev. Matthew Hacker 8 & 10:30 a.m. Worship 9:15 a.m. Sunday School Saturday Worship, 6 p.m. www.nativityallentown.org Live Streaming on Facebook	FIRST PRESBYTERIAN CHURCH OF HOKENDAUQUA 3005 S. Front Street Whitehall, PA 18052 610-264-9693 Sunday School 9 a.m. Worship 10 a.m. Live Streaming on Facebook.com/hokeypress Web: www.hokeypres.org Email: info@hokeypres.org	ZIEGEL UNITED CHURCH OF CHRIST 9990 Ziegels Church Road Breinigsville, PA 18031 Phone: 610-285-6157 Rev. Dr. Larry Pickens www.ziegelschurch.org 10 a.m. Sunday School 11:05 a.m. Worship Online worship on Facebook and YouTube Handicapped Accessible	CHURCH OF THE GOOD SHEPHERD U.C.C. 135 Quarry Rd., Alburis 610-966-2991 Pastor, Rev. Matthew Gorkos 9 a.m. Sunday School 10:30 a.m. Worship Also Live On Facebook
VALLEY CHURCH Meets in Roxy Theater, 2004 Main St., Northampton 610-984-4904 Pastor Phil Miller 10 a.m. Every Sunday Refreshments	JORDAN LUTHERAN CHURCH 5103 Snowdrift Road Orefield 610-395-5912 The Rev. Dody Siegfried 8 & 10:30 a.m. Worship 10:30 streaming on Facebook & website Holy Communion 1st & 3rd Sun. at 8 a.m. 2nd & 4th Sun. at 10:30 a.m. Handicap Acc./Hearing Devices Avail. www.jordanlutheran.org	WEISENBERG LUTHERAN CHURCH 7645 Weisenberg Church Rd. New Tripoli, PA 18066 610-298-2437 Worship, 9 a.m. With Pastor Jerel Gade On Facebook Live www.weisenbergchurch.org Sunday School, 10:30 a.m.	ST. JOHN'S LUTHERAN CHURCH 5th & Chestnut Sts. Emmaus 610-965-9885 Rev. Jeffrey S. Carstens www.stjohnsemmaus.org Worship, 8 & 10:30 a.m. Sunday School for All Ages, 9:15 a.m.	FIRST PRESBYTERIAN CHURCH OF EMMAUS N. 2nd & Cherokee Sts. Emmaus 610-967-5600 Rev. Rebecca Mallozzi 10:00 a.m. Worship Live Streaming Available on our Website www.faithchurchemmaus.org office@faithchurchemmaus.org	SOLOMON'S UCC 82 S. Church St. Macungie, PA 18062-1016 610-966-3086 Solomonsucc.com Frank Schaffer, Pastor 9 a.m. Sunday School 10:15 a.m. Worship Nursery during Worship Handicap Accessible	OLD ZIONS UCC 5981 Fountain Rd., Old Zionsville (at the Y of Fountain Rd & King's Hwy) The Rev. Lori Esslinger 610-966-3601 9 a.m. Sunday School 10:15 a.m. Worship resumes in sanctuary www.oldzionsucc.org
BAPTIST LEHIGH VALLEY BAPTIST CHURCH 4702 Colebrook Ave. Emmaus 610-965-4700 Pastor Roland Hammett Bible Discovery Groups, S.S. 9 a.m. Sunday 10:15 a.m. & 6 p.m. Wed. Prayer Mtg. 7 p.m. www.lvbaptist.org	FAITH EVANGELICAL LUTHERAN CHURCH 3355 MacArthur Road Whitehall, PA 18052 (610) 435-0451 Interim Pastor, Rev. Peggy Wuertele Worship, 9:45 a.m. Sunday School, 9 to 9:30 a.m. email prayer requests to FaithLutheranWhitehall.org Handicapped Accessible Hearing Devices Available	JERUSALEM EVANGELICAL LUTHERAN CHURCH OF EASTERN SALISBURY 1707 Church Road Allentown, PA 18103 610-797-6933 Rev. Kathleen Coleman 8:30 a.m. Adult Bible Study 9 a.m. Sunday School 10:15 a.m. Worship CONCORDIA LUTHERAN CHURCH 2623 Brookside Rd., Macungie (Intersection of Sauerkraut Lane) Join Us Every Sunday! 8 & 10:45 a.m. (Worship) 9:15 a.m. Fellowship 9:30 a.m. (Family Education) Rev. Wally Vinovskis 610-965-3265 Friendly People, Awesome God concordia-macungie.com	MORAVIAN EMMAUS MORAVIAN CHURCH 146 Main St., Emmaus, PA 18049 610-965-6067 Rev. Brian Dixon, Pastor 9 a.m. Sunday School 10:30 a.m. Worship Updates/zoom info available at www.emmausmoravian.org	FAITH PRESBYTERIAN CHURCH OF EMMAUS N. 2nd & Cherokee Sts. Emmaus 610-967-5600 Rev. Rebecca Mallozzi 10:00 a.m. Worship Live Streaming Available on our Website www.faithchurchemmaus.org office@faithchurchemmaus.org	ST. JOHN'S U.C.C. FULLERTON 575 Grape Street, Whitehall 18052 Rev. Steven C. Davis, Sr. Pastor 9:30 a.m. Faith Formation 8:15 & 10:45 a.m. Worship (Masks Optional) 610-264-8421 stjohnsucc.pastor@rcn.com	ST. MARK'S U.C.C. 52 E. Susquehanna St. Allentown 610-797-0181 Rev. George Eckstein, Pastor Sunday School 9 a.m. Worship 10 a.m. Handicap Accessible
HERITAGE BAPTIST CHURCH OF SCHNECKSVILLE 3749 Route 309 North Orefield, 610-395-4970 Luke Rex, Pastor Sunday Services 9:30 a.m. 10:45 a.m. and 6 p.m. Wed. Service 7:30 p.m.	ZIEGELS LUTHERAN 9990 Ziegels Church Road Breinigsville, PA 18031 Phone: 610-285-6157 www.ziegelschurch.org 8:30 a.m. Worship 10 a.m. Sunday School Online Worship on Facebook and YouTube Handicapped Accessible Rev. Andrew Meckstroth, Pastor	UNION EVANGELICAL LUTHERAN CHURCH 5500 Rt. 873 Schnecksville 610-767-6884 Rev. Gordon A. Camp 9 a.m. Sunday Worship 10:15 a.m. Sunday School Praise Worship - 2nd Sunday of the Month Visit ulclv.org for worship video	QUAKERS LEHIGH VALLEY FRIENDS MEETING 4116 Bath Pike, Bethlehem, PA 1/2 mi. North of US 22 on PA 512 9:30 a.m. In Person & Zoom Worship Religious Ed for all ages Child care provided Masks, Vaccinations Required Handicap Acc./Hearing aids avail. For more info. & Zoom link Visit www.lehighvalleyquakers.org All Are Welcome	CHRIST'S CHURCH AT LOWHILL UCC 4695 Lowhill Church Rd., New Tripoli, PA 18066 9 a.m. Sunday School 10 a.m. In Person Weekly Worship Via Facebook Live or Lowhill Church YouTube christchurchatlowhill.org 253rd Anniversary Year!	ST. PETER'S LYNNVILLE UCC 5129 Schochary Road New Tripoli, PA 610-298-8064 Worship 9:30 a.m. Handicapped Accessible All Welcome!	
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EPISCOPAL ST STEPHENS EPISCOPAL CHURCH 3900 Mechanicsville Rd Whitehall PA 18052 610-435-3901 Email: saintste@ptd.net Rev. Jonathan Mayo www.saintste.com Service: Sundays, 11am Holy Eucharist Livestreamed on FB @ facebook.com/whitehallepiscopal Handicap Accessible, All Welcome!	GRACE CHURCH BETHLEHEM Worshipping at Bethlehem Catholic High School, 2133 Madison Ave., Bethlehem Rev. Dr. Marnie Crumpler, Sr.Pastor 8:30 a.m. Modern Worship 9:45 a.m. Classic Worship 11 a.m. Modern Worship Services all livestreamed at gracecb.org 610-333-5508	PRESBYTERIAN PRESBYTERIAN CHURCH OF CATASAUQUA 210 Pine St. - 610-264-2595 9:30 a.m. Sunday School 10:45 a.m. Worship	CEDAR CHURCH Better Together ELCA & UCC 3419 Broadway, Allentown 610-395-6332 www.cedarunionchurch.com Rev. Candi Cain-Borgman 9:30 am Worship Service In Person or Facebook Live Friendly People - Serving Christ Come Join US!	ST. JOHN'S UCC MICKLEY'S 2918 MacArthur Rd., Whitehall Int. MacArthur & Eberhardt Rd. 610-821-8725 stjohnsuccmickleys.org Rev. Virginia Schlegel 10:30 a.m. Worship All Are Welcome Here!	ST. JOHN'S UNITED CHURCH OF CHRIST 139 North Fourth St. Emmaus 610-965-9158 Pastor Rev. Dr. Paul Knappenberger 8 & 10:30 a.m. Worship 9:15 Sunday School Tuesdays 6:30 p.m. Informal Worship	GRACE UNITED CHURCH OF CHRIST 902 Lincoln Ave. Northampton, PA 18067 GraceUCCChurch.com 610-262-7186 9 a.m. Sunday School 10:30 a.m. Worship Handicap Accessible

Allentown Lutherans 'Journey through Lenten Season'



The Allentown Collaborative Ministries will begin Lenten season with services at Muhlenberg College Egnor Chapel, Allentown.

PRESS PHOTO BY PAUL WILLISTEIN

BY PAUL WILLISTEIN
pwilistein@tonline.com

The Allentown Collaborative Ministries is joining forces for Lent 2023.

The Allentown Collaborative Ministries (ACM) is: St. John's Lutheran, Christ Lutheran, St. Timothy's Lutheran, Redeemer Lutheran, St. Luke's Lutheran, Jerusalem Western Salisbury, and Muhlenberg College.

These worshipping communities are planning to share in the "Journey through the Lenten Season," states a news release.

Ash Wednesday, Feb. 22, marks the start of Lent in the Christian religion.

A brief service, including reflection and Imposition of Ashes, will be held at noon Feb. 22, Muhlenberg College Egnor Chapel, 2400 Chew St., Allentown.

Worship with Holy Communion and Imposition of Ashes will be held at 7:30 p.m. Feb. 22, Egnor Chapel. Redeemer Lutheran Church, 802 N. 19th St., Allentown, is also holding a noon Feb. 22 worship service.

Community gatherings for Midweek Lent will be at noon Wednesdays, March 1 - 29, St. Timothy's Lutheran Church, 140 S. Ott St., Allentown. Dis-

cussions will be based on the book, "Affirming Our Baptistal Promises," by Roger Timm. The focus will be the section of the book about the messages of Mark and John. The community gatherings are informal and include soup, salad and bread.

Resources will be made available for those unable to attend in-person sessions at noon Wednesdays.

Also upcoming: **Maunder Thursday**
Noon April 6, Redeemer Lutheran Church, Worship with Holy Communion

7:30 p.m. April 6, Christ Lutheran Church, 1245 W. Hamilton St., Allentown, Worship with Holy Communion

Good Friday
Noon - 3 p.m. April 6, St. Luke's Lutheran Church, 417 N. Seventh St., Allentown, Open Prayer and Contemplation

7:30 p.m. April 6, St. John's Lutheran Church, 37 S. Fifth St., Tenebrae Service

Easter Vigil
7:30 p.m. April 9, Christ Lutheran Church
Information on ACM Lenten Choir, mid-week discussion topics and guides and online worship links:
<https://www.christ-atown.org/acm>



CONTRIBUTED PHOTO BY UNITED ARTISTS RELEASING

A scene from "Women Talking"

A good 'Talking'-to

AT THE MOVIES
By Paul Willistein
pwillistein@nonline.com



"Women Talking" could be shown at an anger-management session or Quaker Meeting House workshop.

"Women Talking" is nominated in the 2023 Academy Awards for Best Picture and Best Adapted Screenplay.

There's a lot of talking in "Women Talking." That shouldn't be surprising, given the movie's title. Sometimes, as I watched "Women Talking," I was wishing there was less talking.

During one of these moments, The Monkees' song, "Daydream Believer," is heard on the soundtrack, emanating from the loudspeaker of a pickup truck on a

farm road. A voice on the loudspeaker asks the inhabitants of a Mennonite community to step outside their residences to be counted for the 2010 census.

"Daydream Believer" was a No. 1 hit for The Monkees in 1967. Maybe the man driving the truck likes oldies pop music.

The song took me right out of the film. You might be saying, or thinking, "OK Boomer." I am still singing that earworm of a song in the jukebox of my mind.

The song, "Daydream Believer," is so upbeat, fizzy and mindless, that I found it to be antithetical to the subject matter of the film, "Women Talking," which may have been the intent of the film-maker, director Sarah Polley, to include it.

"Women Talking" is based on a novel of the same title by Miriam

Toews, who based it on her life in a Mennonite community in Canada. She left the community at age 18.

There was a real-life Mennonite community, the Manitoba Colony, in Bolivia, South America, that pertains to the fictionalized community in "Women Talking" and the film's storyline. In 2009, a group of men were convicted of rape and sexual assault of more than 100 women and girls in the Manitoba Colony from 2005-2009. The women were drugged with animal anesthetic spray.

"Women Talking" is set in an unspecified northern clime. The scenes mostly take place in the hay loft of a barn where a group of women discuss and debate whether to stay in the colony, or take action in the form of revenge against the accused men, or leave the colony. A decision is made. No spoilers here. We won't reveal what the

See 'TALKING' on Page B6

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

- Austin Butler, "Elvis"
- Colin Farrell, "The Banshees of Inisherin"
- Brendan Fraser, "The Whale"
- Paul Mescal, "Aftersun"
- Bill Nighy, "Living"

SUPPORTING ACTRESS

- Angela Bassett, "Black Panther: Wakanda Forever"
- Hong Chau, "The Whale"
- Kerry Condon, "The Banshees of Inisherin"
- Jamie Lee Curtis, "Everything Everywhere All at Once"
- Stephanie Hsu, "Everything Everywhere All at Once"

LEAD ACTRESS

- Cate Blanchett, "Tár"
- Ana de Armas, "Blonde"
- Andrea Riseborough, "To Leslie"
- Michelle Williams, "The Fabelmans"
- Michelle Yeoh, "Everything Everywhere All at Once"

DIRECTOR

- Martin McDonagh, "The Banshees of Inisherin"
- Daniel Kwan, Daniel Scheinert, "Everything Everywhere All at Once"
- Steven Spielberg, "The Fabelmans"
- Todd Field, "Tár"
- Ruben Östlund, "Triangle of Sadness"

SUPPORTING ACTOR

- Brendan Gleeson, "The Banshees of Inisherin"
- Brian Tyree Henry, "Causeway"
- Judd Hirsch, "The Fabelmans"
- Barry Keoghan, "The Banshees of Inisherin"
- Ke Huy Quan, "Everything Everywhere All at Once"

BEST PICTURE

- "All Quiet on the Western Front"
- "Avatar: The Way of Water"
- "The Banshees of Inisherin"
- "Elvis"
- "Everything Everywhere All at Once"
- "The Fabelmans"
- "Tár"
- "Top Gun: Maverick"
- "Triangle of Sadness"
- "Women Talking"

ANIMATED FEATURE FILM

- "Guillermo del Toro's Pinocchio"
- "Marcel the Shell with Shoes On"
- "Puss in Boots: The Last Wish"
- "The Sea Beast"
- "Turning Red"

CONTEST INSTRUCTIONS: Email Oscar Contest Entry Form to: jfisher@nonline.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 10. In event of tie, earliest entry date determines winner

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LATIANO

Continued from page B1

of work-study students and art-club kids" who assisted with the complicated project: "There are literally thousands of pieces in this exhibit."

Mirrored globes and shiny black spheres hang from the ceiling to create shape-shifting scenes programmed to a high-intensity LED light show and harmonic original music.

"This collaboration has been almost a decade in the making," says Latiano.

Leidich credits Claire Kowalchik, editor of Moravian University Magazine, who successfully lobbied him to bring Latiano back for the Payne Gallery exhibit.

Internationally-acclaimed composer Sam Wu provided the soundtrack for Latiano's sculpture installation. Wu contacted the artist

in 2015 with music he had composed for a ballet inspired by the artist's 2014 "Flight of the Baiji" Baltimore exhibit on extinct freshwater Chinese dolphins. The artist and musician have followed each other's careers since then.

Wu's blend of emotionally-moving music is in sync with the flashing LED lights and their reflections as they dance off the glass and swirl around the darkened room.

Wu, of Australia, has an AB in Music and East Asian Studies from Harvard University, a MM in Composition from The Juilliard School, and is pursuing a DMA in Composition at Rice University's Shepherd School of Music.

Latiano, who received a Masters in fine art from the Maryland Institute College of Art in 2012, was raised in Coopersburg. Latiano credits

his teachers at The Hillside School in Macungie with helping him "navigate" his struggle with dyslexia and "a range of things."

Latiano, who has an art studio in Somerville, Mass., is a member of the Boston Sculptors Gallery and director of the Art & Art History Program at Merrimack College.

Says Latiano: "This artwork is created in direct response to the current society-level emotional trauma being experienced worldwide brought about by the Covid-19 pandemic as it rages against notions of tribalism, nihilism and racism." The artist considers the work as a "monument and protest, heavy yet ephemeral, loud yet elusive."

"The Only Thing That's the End of the World is the End of the World," through April 2, Payne Gallery, Moravian University, 346 Main St., Bethlehem. Gallery hours: noon - 4 p.m. Tuesday - Sunday, Closed Monday. <https://www.moravian.edu>

"Gallery View" is a column about artists, exhibitions and galleries. To request coverage, email: Paul Willistein, Focus editor, pwillistein@rnonline.com

'EARNEST'

Continued from page B1

rector Steven Dennis, associate professor of theater at DeSales. "It's an artful serving of outrageous satire known for its comedic exaggeration of human foolishness."

Will Neuert, assistant professor and head of design at DeSales, is scenic designer, bringing a London flat and a Woolton country manor to life.

Philadelphia clothier Leigh Paradise is costume designer. Eric T. Haugen is lighting designer. David M. Greenberg is sound designer.

The production is recommended for ages 10 and up.

Talkbacks are after 2 p.m. Feb. 26 and 9:45 a.m. Feb. 27 performances. Open-captioning and audio descriptions are at the March 4 performance with tickets half-price for patrons using these services. Informa-

tion: 610-282-3654, ext. 1.

"The Importance of Being Earnest,"

8 p.m. Feb. 22-25, March 2-4; 2 p.m. Feb. 26, March 5; 9:45 a.m. Feb. 27; livestream, March 4. Tickets: 610-282-3192; <https://www.desales.edu/news-events/act-1-productions>

Muhlenberg premieres Churchill

play: The Muhlenberg College Department of Theatre & Dance premieres Caryl Churchill's play, "Love + Information," Feb. 23-26, Baker Theater, Trexler Pavilion for Theatre and Dance.

Churchill's play is a humorous but serious look at trying to stay connected in a digital era. The play is a fast-moving kaleidoscope of seven vignettes as more than 100 characters try to make sense of the information.

The show premiered in London in 2012 and

opened at New York Theatre Workshop in 2014.

Muhlenberg's production is directed by Jessie Dean, an adjunct theater professor at Muhlenberg.

The production is not recommended for children and includes adult themes; discussions of sexuality, mental illness and drug use, and a reference to torture.

"Love + Information," 8 p.m. Feb. 23-25; 2 p.m. Feb. 26, Baker Theater, Trexler Pavilion for Theatre and Dance, Muhlenberg College, Allentown. Tickets: 484-664-3333; <http://muhlenberg.edu/see-ashow>

"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, pwillistein@rnonline.com

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'TALKING'

Continued from page B5

women decide. Sarah Polley (director, "Stories We Tell," 2013; "Take This Waltz," 2011; "Away From Her," 2006) wrote the screenplay based on the book of the same title.

Polley has drawn superb performances from the cast. Polley uses contemplative framing of the actors, whose voices and facial expressions reveal the inner turmoil of the characters they portray.

Principal standouts among the cast include Rooney Mara (Ona), Claire Foy (Salome), Jessie Buckley (Mariche), Judith Ivey (Agata), Michelle McLeod (Mejal), August Winter (Melvin), Ben Whishaw (August) and Frances McDormand ("Scarface" Janz).

The cinematography by Luc Montpellier combines closeups of the characters' faces with long panning shots of landscapes, all rendered in desaturated colors that tend toward grays and greens. The effect is that

of a black and white film that has been tinted.

The soundtrack by Hildur Guðnadóttir ("Tár," 2022; Oscar music, "Joker," 2019) is exceptionally involving, effectively evoking an overall sense of displacement and distress.

"Women Talking" is a troubling film about a troubling subject. Even more troubling is that the film is apparently based on actual events.

"Women Talking," MPAA Rated PG-13 (Parents Strongly Cautioned: Some material may be inappropriate for children under 13. for mature thematic content including sexual assault, bloody images, and some strong language; Genre: Drama; Run time: 1 hour, 44 minutes. Distributed by United Artists Releasing.

Credit Readers Anonymous: "Women Talking" was filmed in Ontario, Canada.

Theatrical Movie

Domestic Box Office, Feb. 10-12: "Magic Mike's Last Dance" opened at No. 1 with \$8.2 million in 1,500 theaters, knocking "Knock at the Cabin" from No. 1 to No. 5, dropping four places, with \$5.5 million in 3,657 theaters, \$23.4 million, two weeks, with "Avatar: The Way of Water" moving up one place to No. 2 with \$6.8 million in 3,065 theaters, \$646.9 million, nine weeks, as "Titanic: 25-Year Anniversary" re-release, opened at No. 3 with \$6.4 million in 2,464 theaters, and "80 for Brady" dropped two places to No. 4 with \$6 million in 3,939 theaters, \$24.9 million, two weeks.

6. "Puss in Boots: The Last Wish" dropped one place, \$5.5 million in 3,227 theaters, \$158.4 million, eight weeks. 7. "A Man Called Otto" dropped one

place, \$2.6 million in 2,824 theaters, \$57.4 million, seven weeks. 8. "Missing" stayed in place, \$2.6 million in 2,315 theaters, \$26.6 million, four weeks. 9. "M3GAN" dropped two places, \$2.3 million in 2,508 theaters, \$90.9 million, six weeks. 10. "Plane" moved up one place, \$1.1 million in 1,679 theaters, \$30.7 million, five weeks.

Movie box office information from Box Office Mojo as of Feb. 12 is subject to change.

Unreal, Feb. 15:

"Marlowe," R: Neil Jordan directs Liam Neeson, Diane Kruger and Jessica Lange in the Crime Mystery Thriller. A detective is hired to locate the boyfriend of an heiress in the story set in the 1930s. Neeson plays Philip Marlowe, the character created by Raymond Chandler.

Unreal, Feb. 17:

"Ant-Man and the Wasp: Quantumania," PG-13: Peyton Reed directs Paul Rudd, Evangeline Lilly, Michelle Pfeiffer, Michael Douglas and Bill Murray in the Action, Adventure, Comedy. Scott Lang and Hope Van Dyne head to the Quantum Realm. It's the 31st film in the Marvel Cinematic Universe.

"Heart of a Champion," PG: Brad Keller directs Casper Van Dien, YaYa Gosselin and Edwina Furlong in the Family Drama. A girl finds a lost horse and enters a barrel-racing contest.

"Devil's Peak," No MPAA rating: Ben Young directs Robin Wright, Billy Bob Thornton and Jackie Earl Haley in the Crime Thriller. North Carolina, the Appalachian Mountains, and meth-dealing. What could possibly go wrong?

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

Thursday, February 16: Hot: Scrambled eggs, breakfast potatoes, pancakes, fresh fruit salad. Lite: Harvest chicken salad, salad vegetables, whole-wheat dinner roll, fresh melon.

Friday, February 17: Hot: Italian sausage and peppers, Normandy vegetable blend, whole-wheat hot dog roll, apple slices. Lite: Pesto chicken salad sandwich, tomato-onion-olive salad, whole-wheat roll, fresh orange.

Monday, February 20: Closed for Presidents Day.

Tuesday, February 21: Hot: Chicken Marsala, mashed potatoes, wax beans, whole-wheat dinner roll, pound cake. Lite: Ham and Swiss sandwich, potato salad, whole-wheat sandwich roll, pineapple.

Wednesday, February 22: Hot: Tuna noodle casserole, broccoli, garden salad, egg noodles, vanilla pudding. Lite: Beef and bleu cheese salad, salad vegetables, whole-wheat dinner roll, peaches.

Thursday, February 23: Hot: Cheese tortellini w/ sauce, Italian vegetable blend, whole-wheat dinner roll, melon. Lite: Chicken Caesar wrap, broccoli salad, whole-wheat tortilla, fresh apple slices.

Friday, February 24: Hot: Cheese omelette, hash browns, peppers and onions, whole-grain biscuit, fresh orange. Lite: Spring mix salad w/ chicken, salad vegetables, whole-wheat dinner roll, fresh orange.

NORTHAMPTON COUNTY SENIOR MENUS

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

Wednesday, February 15: Mixed greens salad w/ dressing, breaded veal, spaghetti w/ marinara, garlic bread, chocolate cream pie.

Thursday, February 16: Garden salad w/ Catalina French dressing, stuffed cabbage, cheddar mashed potatoes, white cake w/ fudge icing.

Friday, January 17: Broccoli cheese soup, potato crusted cod, wild rice blend, Scandinavian blend vegetables, plums.

Monday, February 20: Closed for Presidents Day

Tuesday, February 21: Beef Bourguignon, mashed potatoes, Calif. mixed vegetables, wheat bread w/ margarine, cake and ice cream.

Wednesday, February 22 (Ash Wednesday): Beef vegetable soup, lemon pepper fish, herbed rice, Capri blend mixed vegetables, dinner roll, strawberry mousse.

Thursday, February 23: Chicken noodle soup, Chicken Kiev, orzo w/ spinach, green beans w/ almonds, cheesecake w/ cherry topping, wheat brea w/ margarine.

Friday, February 24: Chili con carne over rice, warm cornbread, broccoli cuts, fruit cocktail.

King Classic Sudoku

9x9 grid with some numbers filled in: 1 4, 7 8, 9 8, 3 4, 9, 6, 2, 9, 4, 7, 4, 6, 2, 8, 3, 8, 4, 3, 7, 4, 5, 9, 8, 5, 7, 6

Difficulty: ★★★

2-15

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

Answer to previous puzzle

9x9 grid with numbers: 5 7 6 9 3 8 4 2 1, 1 4 2 7 6 5 9 3 8, 8 9 3 4 2 1 7 6 5, 3 8 9 1 4 2 5 7 6, 6 5 7 8 9 3 1 4 2, 2 1 4 5 7 6 8 9 3, 9 3 8 2 1 4 6 5 7, 7 6 5 3 8 9 2 1 4, 4 2 1 6 5 7 3 8 9

Difficulty: ★★★

2-8

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Today's Cryptquip Clue: Y equals G

See solutions on Page B10

THE PRESS

Classified Ad Index

Table with 2 columns: Category and Price. Includes Lost & Found, Entertainment, Special Notices, For Sale, Good Things To Eat, Schools & Instruction, Coming Events, Personals, Arts & Crafts, Home Improvements & Repairs, Who Can Do It?, Chimney Cleaning Service, Musical Instruments, Cheap Stuff, Really Cheap Stuff, Articles For Sale, Articles For Rent, Articles Wanted, Household Goods, CBs, Radios, Tapes & Stereos, Building Materials, Business Equipment, Lawn & Garden Supplies, Farm Equipment & Supplies, Construction Equipment, Machinery & Tools, Pets & Pet Supplies, Livestock, Free Stuff, Trees, Shrubbery/Christmas Trees, Yard & Garage Sales, Auction Sales, Coins & Stamps, Help Wanted, Health Care Services, Babysitting/Child Care, Job Wanted, Resort Rentals, Room & Board, For Rent, Apartments Furnished, Apartments Unfurnished, Houses For Rent, Rooms For Rent, Real Estate, Real Estate Wanted, Farms, Land For Rent, Cottage For Rent, Business Rentals, Garages For Rent, Wanted To Rent, Wanted To Buy, Wanted To Buy or Rent, Resorts For Sale, For Sale By Owner, Houses For Sale, Farms, Land For Sale, Lots For Sale, Business Properties, For Sale or Rent, Commercial/Industrial Land, Business Opportunities, Money To Loan, Investments, Campers & R.Vs, Boats & Accessories, Auto Parts & Tires, Mobile Homes For Sale, Cars & Trucks For Sale, Mobile Homes For Rent, Modular Homes, Snowmobiles, Ride Wanted, Motorcycles.

PREMIER Crossword

By Frank A. Longo

TEEPEES ACROSS

- 1 The United States' landmass, with "the"
9 Rafter's challenge
15 Shul scroll
20 Another similar thing
21 Barack and Michelle
22 Give the slip
23 Like babies who throw tantrums when you try to put diapers on them?
25 News outlets
26 RBI or ERA
27 Film lead-in to "Cop"
28 Photo —
29 More nimble
30 Trellis climber
32 Having a sore mouth from working long hours at a kissing booth?
36 Joint a sock often covers
39 Chipped in, in poker
40 Beckett title character
41 Intense fire used as an energy source?
46 Pie — mode
49 Abbr. on a road map
50 With 44-Down, decay of building timbers
51 Colon part
52 Communist Joseph
55 Egyptian god of the dead
57 Declaration while pointing at a group of workers on strike?
62 Scent sensor
63 George at Gettysburg
64 Airy melody
65 Statement when you're nearly ready to complete a collage?
72 The "A" of "A-Rod"
73 Depart
74 Air out
77 Mesmerizing horse movement?
83 Limb-bending muscle
85 Is theatrical
86 Pod item
87 Color grade
88 Actress Gasteyer
89 Tangle of hair
90 Inherent hanging-down position?
96 SeaWorld whale, once
100 Fake identity
101 Fuels (up)
102 "It won't hurt to snoop a little!?"
107 Body of eau
108 Kind of acid in vinegar
109 Debt note
110 Architect Saarinen
112 "Slung" food
116 St. — (Caribbean getaway)
117 Hassle of tracking down a missing retirement payment?
121 Vintage song

19x19 crossword grid with numbers 1-126 indicating starting points for clues.

- 122 Stress
123 Spiritual self
124 Foundations
125 Peanut butter cup brand
126 Bread browners

DOWN

- 1 Cobra types
2 Castle ditch
3 Avenger Peel
4 Lizard, e.g.
5 British verb suffix
6 Indian dish
7 Height: Prefix
8 The whole —
9 King, in Caen
10 Belly muscles
11 Jean — (perfume brand)
12 Windows ad catchphrase
13 Language of Copenhagen, to locals
14 New jet in '68
15 Worked as an office sub
16 Carry too far
17 Howard Stern's area
18 "Bye, Brigitte"
19 Bodily pump
24 Conductor Georg
29 "Every seat sold" abbr.
31 "La Traviata" composer
33 Spy novelist Deighton
34 Shareable PC file
35 Vainglory
36 Chef's tie-on
37 "Untrue!"
38 Maryland congressman — Mfume
39 Even a bit of
42 Taxing gp.
43 Mag bigwigs
44 See 50-Across
45 High degree
47 Falsification
48 Cookout pest
52 BBQ rod
53 Mosaic piece
54 On the go
56 Withdraw
57 — Aviv
58 Deli meat
59 Foofaraw
60 Model S car
61 Otherwise
63 Long skirt
66 Balm plant
67 Meshes
68 A fifth of fifty
69 D.C. donor
70 Abbr. on a road map
71 Dallasisites or Houstonians
75 — word (single-occasion coinage)
76 Plate holders
77 Skirt edge
78 Diva Sumac

- 79 Broken bits of ceramic material
80 Tax doc. pro
81 House animal
82 Novelist Santha Rama —
83 Festivity
84 Pigeon perch
87 Males
90 Rapa — (Easter Island)
91 Solar beam
92 Frazier foe
93 Sheet fabric
94 Website visit unit
95 Pilot Amelia
97 Actress McDaniel of "Come With the Wind"
98 Comes up
99 Nero's 2,100
102 Bigwig
103 Florida city
104 "Uncle!" crier, perhaps
105 Explorer — de León
106 Stratagems
107 Disney film of 2016
111 Nevada city
113 Highest point
114 — -Pei
115 Mama birds
117 Golf average
118 Ending for opal
119 Extra NBA periods
120 — Plaines

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PUBLIC NOTICE

PUBLIC NOTIFICATION OF INTENT TO DISCHARGE STORMWATER FROM AN INDUSTRIAL ACTIVITY SITE

Alpha Packaging 1995 Highland Ave, Bethlehem, PA 18020, an industrial facility located at 1995 Highland Ave, Bethlehem, PA 18020, Northampton County is applying for a Pennsylvania Clean Streams Law, Section 307 - Individual NPDES Storm Water Permit. The application, submitted to the Northeast Regional Office, January 2023, is for a new NPDES permit for the continued discharge of industrial activity stormwater from a plastic bottle manufacturing facility (SIC Code 3085). The receiving watershed stream is Monocacy Creek (HQ-CWF, MF); the discharge is not expected to affect public water supplies. Industrial activities are mostly a No Exposure classification. Facility samples for Oil and Grease (mg/L), Biochemical Oxygen Demand (BOD) (mg/L), Chemical Oxygen Demand (COD) (mg/L), Total Suspended Solids (TSS) (mg/L), Total Nitrogen (mg/L), Total Phosphorus (mg/L), and pH (S.U.). The permit application document contains the following supporting documents: Preparedness, Prevention and Contingency (PPC) Plan; Past Stormwater Sampling; Alternatives Analysis; Act 14 Municipal Notification. You may make an appointment to review the DEP files on this case by calling the File Review Coordinator at 570 826-5472. Feb. 15, 22, Mar. 1, 8

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the Board of Commissioners of Bethlehem Township, Northampton County, Pennsylvania, will consider for adoption at a public meeting to be held at 7:00 P.M. on the 6th day of March, 2023, at the Bethlehem Township Municipal Building, 4225 Easton Avenue, Bethlehem, Pennsylvania, an Ordinance amending the Code of Codified Ordinances of Bethlehem Township, Chapter 252, Vehicles and Traffic, Article IV, General Parking; Section 252-24, Parking Prohibited at All Times, affecting Cook Drive, Dealtrey Drive, Emanuel Court, Madison Boulevard, Madison Farms Shopping Center, Rafi Road, Raya Way and Riley Road; and Section 252-26, Special Purpose Parking Zones; Parking Otherwise Prohibited, affecting Madison Farms Shopping Center, Madison Farms Apartments and Madison Farms Clubhouse.

The public hearing will be open to the public and, in addition, and due to the COVID-19 Pandemic, the hearing will also be held electronically through Zoom or call in by phone. To access the meeting through your computer go to <https://us02web.zoom.us/j/89634227953> and enter Meeting I.D. #896 3422 7953. To access the hearing by one tap mobile dial +12678310333,89634227953# US (Philadelphia).

Copies of the full text of the proposed Ordinance are available for review at the Bethlehem Township Municipal Building located at 4225 Easton Avenue, Bethlehem, Pennsylvania during normal business hours and on the Township's website.

James L. Broughal, Solicitor
Bethlehem Township
38 West Market Street
Bethlehem, PA 18018

Feb. 15

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the Board of Commissioners of Bethlehem Township, Northampton County, Pennsylvania, will consider for adoption at a public meeting to be held at 7:00 P.M. on the 6th day of March, 2023, at the Bethlehem Township Municipal Building, 4225 Easton Avenue, Bethlehem, Pennsylvania, an Ordinance amending the Code of Codified Ordinances of Bethlehem Township, Chapter 252, Vehicles and Traffic, Article II, Traffic, Section 252-10 Speed Limits, affecting Cook Drive, Dealtrey Drive, Emanuel Court, Madison Boulevard, Rafi Road, Raya Way and Riley Road; Section 252-15 Stop Intersections, affecting Cook Drive, Dealtrey Drive, Emanuel Court, Rafi Road, Raya Way and Riley Road; and Section 252-16 Yield Intersections, affecting Madison Boulevard, Madison Farms Shopping Center and University Drive.

The public hearing will be open to the public and, in addition, and due to the COVID-19 Pandemic, the hearing will also be held electronically through Zoom or call in by phone. To access the meeting through your computer go to <https://us02web.zoom.us/j/89634227953> and enter Meeting I.D. #896 3422 7953. To access the hearing by one tap mobile dial +12678310333,89634227953# US (Philadelphia).

Copies of the full text of the proposed Ordinance are available for review at the Bethlehem Township Municipal Building located at 4225 Easton Avenue, Bethlehem, Pennsylvania during normal business hours and on the Township's website.

James L. Broughal, Solicitor
Bethlehem Township
38 West Market Street
Bethlehem, PA 18018

Feb. 15

NOTICE OF PUBLIC HEARING

The Zoning Hearing Board of the Borough of North Catasauqua, PA will hold a public hearing on Wednesday, March 8, 2023 at 5:30PM in Borough Hall located at 1066 Fourth Street, North Catasauqua, PA 18032. The subject of the hearing will be the request of:

Paul Weiner
535 Hunter Street
North Catasauqua, PA 18032
PARID: M4SEID 17 5 0923

APPEAL No. 2023-01 **Paul Weiner** is appealing the Zoning Ordinance of the Borough of North Catasauqua and is asking for zoning variances requiring for him to appear before the Borough of North Catasauqua Zoning Hearing Board, the variances which if granted would allow an expansion to an existing garage. The property is located in the R-1 (Single-family Residential Zoning District). The side yard regulations are found in the North Catasauqua Zoning Ordinance, **Article 6** (General Regulations); **Section 601 (Accessory Structures)**; **3**. Accessory Structure erected in rear yard shall be that distance from a side or rear lot line within which district it is located... **Distric, R-1 (Distance)** 5 Feet... This existing dimensional setback would classify the existing garage as a nonconforming structure in the actual side yard of the property and in the rear along at **535 Hunter Street**. The variances requested are found in **Article 9 (Nonconformities)**; **Section 905 (Expansion of Nonconforming Use or Structure)**; **2**. Area... shall not increase by more than 25%... the existing structure is 677.25 S.F. with a proposed expansion of 319.25 S.F., an increase of 47.18%; a variance of 22.18% and **Article 9 (Nonconformities)**; **Section 905 (Expansion of Nonconforming Use or Structure)**; **3**... structure shall conform to all height, area, width, yard, and coverage requirements... Matching the 3' setback of the proposed expansion with the existing garage, a variance from the ordinance of 2.00'. Any expansion to the garage requires these variances provided that all the standards and criteria are satisfied with approval & authorization granted by the North Catasauqua Zoning Hearing Board. A variance must be requested before the Borough of North Catasauqua Zoning Hearing Board as per Borough of North Catasauqua Zoning Ordinance Z.O. Article 11; Section 1110 Zoning Hearing Board Function; (1). Variances. At the hearing, the board may require any or all the conditions and/or additional conditions that they deem necessary for approval.

The applicant(s) and/or their representatives are required to attend said hearing and present testimony regarding this matter. All other interested parties may attend. A copy of the aforementioned application can be reviewed at the Borough Hall during established business hours.

David J. Kutzor
Zoning Officer
Keystone Consulting Engineers, Inc.

Feb. 15, 22

**PUBLIC NOTICE
WHITEHALL TOWNSHIP
NOTICE TO BIDDERS**

The Township of Whitehall is accepting bids for the following project: BID #2023-02: "PURCHASE OF REAL PROPERTY LOCATED ON MACARTHUR ROAD" Whitehall Township ("Whitehall"), a First-Class Township and political subdivision of the Commonwealth of Pennsylvania, will be receiving and opening bids for the sale of real property pursuant to Section 1501.1 of the First-Class Township Code. Whitehall will be receiving bids for the sale of the following Real Property:

1. 1.9271 acres of Lehigh County Parcel ID Number 548983373788, located along MacArthur Road in Whitehall Township, indicated as lot 1 on a plan entitled "Quarry Access-Minor Subdivision" as prepared by Keystone Consulting Engineers Inc., dated September 12, 2022, and bordering Lehigh County Parcel ID Number 548983908300 (the "Subject Property").

Whitehall has determined that the price of this Subject Property exceeds Six Thousand and 00/100 Dollars (\$6,000.00) and therefore must, pursuant to 8 Pa.C.S.A. § 1201.1, put this out for Notice of Bid. All bids shall be accepted on the condition that payment of the purchase price in full shall be made within sixty (60) days of the acceptance of bids. All bids for the purchase of the Subject Property have a minimum bid amount of Five Hundred Eighty Thousand Dollars (\$580,000.00). Bids must be submitted to Whitehall Township in a sealed envelope with the phrase "Bid for the Purchase of Real Property located on MacArthur Road" at the Whitehall Township Municipal Building, located at 3219 MacArthur Road, Whitehall, PA 18052 on or before 10:00 A.M. on Thursday, March 9, 2023. Whitehall reserves the right to reject any and all bids for any reason and to waive any informality in any bid proposal. The successful bidder must comply with all provisions set out in this Notice to Bidders and any contract, consistent with the Notice to Bidders, executed by Whitehall and the successful bidder. Whitehall makes no representations or warrants regarding the condition of the above referenced Subject Property or the title for said Subject Property. Whitehall will only accept bids from bidders who own an adjoining lot to the Subject Property with access to Columbia Street and MacArthur Road. Each bidder agrees to be solely responsible for all costs associated with the subdivision of the Subject Property pursuant to the Quarry Access-Minor Subdivision and to consolidate the Subject Property with the bidder's existing adjoining lot within one hundred eighty (180) days of the date of acceptance of the successful bid by the Whitehall Board of Commissioners. Questions regarding the Subject Property in question can be answered by calling Whitehall Township at 610-437-5524.

The Bid will be awarded at 7:00 PM on Monday, April 10, 2023 at the Whitehall Township Municipal Building, located at 3219 MacArthur Road, Whitehall, PA 18052. Bidders are welcome at the opening/awarding of the bids.

Bid Documents, including plans and specifications, may be obtained beginning immediately by sending an email to request a bid packet to: bids@whitehalltownship.com, or by calling 610-437-5524 x 1165. Bid Packets are free of charge.

Whitehall Township reserves the right to determine, in its sole discretion, whether any aspect of a bid satisfactorily meets the criteria established in this Request for Bid, to accept either in whole or in part, any one bid or combination of bids, to waive or permit the curing of any immaterial defects informalities or irregularities in a bid as permitted by law, to reject any or all bids with or without cause, and to take any action which the Township deems appropriate. The Township intends to select that bid(s) which, in the sole opinion of the Township is/are most favorable and in the best interests of the citizens of Whitehall Township.

Legal Description for Lot 1

ALL THAT CERTAIN tract or parcel of land situate along the westerly side of MacArthur Road in Whitehall Township, County of Lehigh, Commonwealth of Pennsylvania, and indicated as lot 1 on a plan entitled "Quarry Access-Minor Subdivision" as prepared by Keystone Consulting Engineers Inc., dated September 12, 2022, bounded and described as follows to wit:

BEGINNING at a point located at the northwesterly property corner of lands now or formerly H. A. Williams, Inc., said point is located the following three (3) courses and distances from a point located on the northerly right-of-way line of Columbia Avenue (60 feet wide, 30 feet from center):

1. North 33 degrees 36 minutes 20 seconds West 68.77 feet to a point;
2. North 25 degrees 04 minutes 00 seconds West 126.43 feet to a point;
3. North 19 degrees 53 minutes 20 seconds West 189.47 feet to a point;

Thence through the lands now or formerly of Whitehall Township the following three (3) courses and distances:

1. North 19 degrees 53 minutes 20 seconds West 185.22 feet to a point;
2. North 56 degrees 19 minutes 23 seconds East 329.65 feet to a point;
3. North 69 degrees 26 minutes 10 seconds East 40.09 feet to a point;

Thence along the Westerly legal right-of-way of MacArthur Road (varying width) the following three (3) courses and distances:

1. South 16 degrees 46 minutes 51 seconds East 55.73 feet to a point;
2. North 73 degrees 13 minutes 09 seconds East 20.00 feet to a point;
3. South 16 degrees 46 minutes 51 seconds East 203.52 feet to a point;

Thence along the lands now or formerly of H.A. Williams, Inc. South 69 degrees 26 minutes 10 seconds West 366.18 feet to a point the place of beginning.

CONTAINING 83,943 square feet or 1.9271 acres of land more or less.
Lenore Brazier
Purchasing Agent
Feb. 15, 22

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 the known the same, and all persons indebted to said estate are requested to make payment, without delay, to the executor or to their attorneys named below:

Decedent: **Henry Stephen Rosenberger**
Date of Death: December 11, 2022
Late of: Bethlehem, Northampton County, Pennsylvania
Executor: **Bary Jon Pell**
c/o William W. Matz, Jr., Esquire
211 W. Broad Street
Bethlehem, PA 18018-5517
William W. Matz, Jr., Esquire
211 W. Broad Street
Bethlehem, PA 18018-5517

Feb. 1, 8, 15

PUBLIC NOTICE

NOTICE is hereby given that the Court of Common Pleas of Lehigh County, Pennsylvania will conduct a hearing on March 14, 2023 at 8:30 A.M. in Courtroom 1B of the Lehigh County Historic Old Courthouse, 503 Hamilton Street, Allentown, PA 18101 to consider and act upon the Petition of the Board of Directors of the East Penn School District to privately sell a 2.27 acre more or less tract of land known as S. Mountain Street, Emmaus, Pennsylvania to Jeffrey Trainer and/or assigns for the sum of \$150,000.00. If you wish to be heard on the matter your attendance is required at that date, time and place.
Marc S. Fisher, Esquire
Solicitor, East Penn School District
Feb. 8, 15, 22

PUBLIC NOTICE

ESTATE OF NANCY L. JOSEPH, Deceased, late of Allentown Lehigh County, Pennsylvania. Letters Testamentary have been granted to the undersigned, who request all persons indebted to the Decedent to make payments without delay to:

Lance B. Joseph and Lisa L. Joseph, Co-Executors
c/o David B. Schwartz, Esquire
514 Fullerton Avenue, Suite 2
Whitehall, PA 18052
or to: David B. Schwartz, Esquire
514 Fullerton Avenue, Suite 2
Whitehall, PA 18052

Feb. 1, 8, 15

PUBLIC NOTICE

Upper Macungie Township is accepting electronic bids on www.municipal.gov for the sale of the following items: one (1) 2014 Case Backhoe, six (6) Centrifugal Pumps, six (6) 480 Electric Motors and three (3) Control Panels. Bidding will begin on February 16, 2023 and will end on March 1, 2023. Items are sold "as is." Detailed specifications and minimum bid requirements can be viewed at www.municipal.gov. All bids must be submitted in accordance with the rules set forth by Municipal and Upper Macungie Township. The successful bidder will be responsible for all applicable costs associated with equipment removal. Upper Macungie Township reserves the right to reject any or all bids and to waive any informalities.
Jazmin Vazquez
Township Secretary
Feb. 15

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the Zoning Hearing Board of Lower Macungie Township will hold a public hearing on Tuesday February 28, 2023 at 6:00 p.m. at the Township Municipal Campus, Meeting Room "A" 3400 Brookside Road, Macungie, Pennsylvania 18062-1428. We ask that you follow CDC guidelines and wear a mask based on your personal preference and your personal level of risk and please continue to practice social distancing.

Appeal No. 05-2023 of Estate of Rebecca S. Nonnemaker c/o Joanne R. Markowicz, Executrix, 833 S. Hillview Road Allentown PA, 18103. Property located at 1139 Nonnemaker Lane in an S-Suburban Residential Zoning District. Lehigh County Tax Parcel No. 548546760957. Applicants are requesting an expansion and/or extension of a non-conforming use to Ordinance 2019-10, Chapter 27, Part 25. Section 27-2503, to allow additional farm animals for the existing working farm and any other relief that may be required by the Lower Macungie Township Zoning Ordinance.

All applicants must appear at the hearing. Any interested persons are invited to appear before the Board at 6:00 p.m.
The Lower Macungie 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 hearing because of visual, hearing or other impairment is requested to contact the Township Secretary at least five (5) days prior to the scheduled hearing to arrange for the necessary assistance.
Feb. 8, 15

PUBLIC NOTICE

ADVERTISEMENT FOR BIDS

Lower Macungie Township will receive sealed bids for its 2023 Roadway Polymer Modified Crack Sealing Program (40 roadways/6,100 GAL). Copies of the Specifications and Bid Forms will be available at no cost on PennBID, available at <https://pennbid.procurement.com> beginning February 8, 2023. Sealed bids will be received until 9:00 AM (prevailing time) on February 27, 2023. Bid 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. 8, 15

**WHITEHALL TOWNSHIP
NOTICE TO BIDDERS**

The Township of Whitehall is accepting bids for the following project: **BID #2023-03: "PAVEMENT PRESERVATION PROJECT"**

Sealed bids will be received at the Whitehall Township Municipal Building, 3219 MacArthur Road, Whitehall, PA 18052, by Lenore Brazier, Purchasing Agent, until 10:00 a.m., Local Time, on Wednesday, March 1, 2023, at which time they will be opened. Late bids will not be accepted.

Bid security in the amount of ten percent (10%) of the bid price shall be submitted with the bid. Additional post-award bonding requirements for this project include a Performance Bond, a Labor and Material Payment Bond and a Maintenance Bond.

Bid Documents, including plans and specifications, may be obtained beginning immediately by sending an email to request a bid packet to: bids@whitehalltownship.com, or by calling 610-437-5524 x 1165. Bid Packets are free of charge.

Whitehall Township reserves the right to determine, in its sole discretion, whether any aspect of a bid satisfactorily meets the criteria established in this Request for Bid, to accept either in whole or in part, any one bid or combination of bids, to waive or permit the curing of any immaterial defects informalities or irregularities in a bid as permitted by law, to reject any or all bids with or without cause, and to take any action which the Township deems appropriate. The Township intends to select that bid(s) which, in the sole opinion of the Township is/are most favorable and in the best interests of the citizens of Whitehall Township.

Feb. 8, 15

NOTICE OF PUBLIC SALE

To satisfy the owner's storage lien, PS Retail Sales, LLC will sell at public sale on February 21, 2023, 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 10:00 AM and continue until all units are sold. The lien sale is to be held at the online auction website, www.storage-treasures.com, where indicated. For online lien sales, bids will be accepted until 2 hours after the time of the sale specified.

PUBLIC STORAGE # 24516, 2977 MacArthur Road, Whitehall, PA 18052, (484) 408-8691

Time: 04:00 PM
Sale to be held at www.storage-treasures.com.
B0007 - West, Marvin; B0010 - Marrero, Marie; D0113 - Rivera, Madeline; D0237 - Jefferson, Alyssa; D2124 - Jackson, Cecelia; D2182 - Ellis, Emami; D2328 - Sanchez, Nicole; E0319 - Marrero, Marie; E0402 - Promethean's GC LLC Reid, VanLeer-Mercedes; E0406 - Fontanez, Josue; F0523 - Santiago, Karelle; F0532 - Reshetar, Brenda; F0533 - Schleicher, Darren; F0534 - Schomp, Stephanie; F0605 - Garate, Eunice; F6219 - Issayev, Khali; G0703 - Cuthbert, Davonte; G0730 - Marrero-Ortiz, Emilio; G0752 - makedsi, danielle; G0825 - Snyder, Gary
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 Retail Sales, LLC, 701 Western Avenue, Glendale, CA 91201. (818) 244-8080.
Feb. 8, 15

PUBLIC NOTICE

The regular monthly meeting of the Parkland Community Library Board of Directors is scheduled for Thursday, February 23, 2023, at 7:00 p.m. at 4422 Walbert Ave., Allentown, PA. Feb. 15

**PUBLIC NOTICE
NOTICE**

The following additional Planning Commission meeting will be held at 7:00 PM at the North Whitehall Township Municipal Building, 3256 Levens Road, (Ironton) Coplay, PA on March 7, 2023.
Jessica Koenig, Secretary/Deputy Treasurer
North Whitehall Township
Feb. 15

**PUBLIC NOTICE
Meeting Notice**

The Macungie Borough Planning Commission is rescheduling their February 21, 2023, meeting to March 1, 2023, at 7:30 pm at the Macungie Institute 510 E. Main St. Macungie, PA, to discuss a revised Land Development Plan, a revised Stormwater Report, and a revised Waiver Request for Stack Storage submitted to the Borough.
John A. Brown
Borough Manager
Feb. 15

PUBLIC NOTICE

Notice is hereby given pursuant to the provisions of the Fictitious Names Act of Pennsylvania that an application for registration of a fictitious name was filed with the Department of State of the Commonwealth of Pennsylvania, for the conduct of a business under the fictitious name of **West Creek Hospitality** with its principal office or place of business at 77 Wind Creek Blvd, Bethlehem, PA 18015. The names and addresses, including street and number, if any, of all persons who are parties to the registration are: Wind Creek Bethlehem LLC.
Feb. 15

**PUBLIC NOTICE
BIDS WANTED**

Sealed electronic bids will be received by the Lehigh County Schools Joint Purchasing Board, until 2:00 p.m., March 2, 2023 for the following:

General Office Supplies
All bids will be exclusively received and processed through the ESM Source application process at www.esmsolutions.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 March 3, 2023.
Holly J. Keller LCSJPB Board Chairperson
Feb. 15, 22, Mar. 1

**PUBLIC NOTICE
BIDS WANTED**

Sealed electronic bids will be received by the Lehigh County Schools Joint Purchasing Board, until 2:00 p.m., March 2, 2023 for the following:

**Coarse Paper
Custodial & Maintenance Supplies
Floor Supplies**
All bids will be exclusively received and processed through the ESM Source application process at www.esmsolutions.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 March 3, 2023.
Holly J. Keller LCSJPB Board Chairperson
Feb. 8, 15, 22

PUBLIC NOTICE

REQUEST FOR PROPOSALS

Transportation Building EV Bus Charging Stations

The Bethlehem Area School District will receive sealed proposals in the Business Office, 1516 Sycamore St., Bethlehem 18017, no later than **1:00 PM** prevailing time, **Wednesday, March 15, 2023** at which time bids will be publicly opened. A MANDATORY pre-bid conf. will be held on Tuesday, **February 28, 2023 at 11:00 AM** at the BASD Transportation Building, 1901 Chester Road, Bethlehem 18017. Representatives from D'Huy Engineering, INC. will be present to provide information. **Non-Attendees will not be permitted to bid.** Bid/Contract documents avail. in PDF upon request to D'Huy Engineering, Inc., 1 E. Broad St. STE 310 Bethlehem 18018, 610-865-3000. Upon payment of a non-refundable fee of \$50.00 documents will be sent electronically after **February 22, 2023**.
Feb. 15, 22

**SALISBURY TOWNSHIP
PUBLIC NOTICE**

The **Salisbury Township Planning Commission** will hold a public meeting on Wednesday, February 22, 2023 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 item:
1525-1537 Roosevelt Ave (No. 22-0430) - Review of the lot consolidation project submitted by Humberto Pintor which proposes to consolidate 1525, 1527, 1529, 1531, 1533, 1535, & 1537 Roosevelt Avenue into one residential lot. The property is located within the R4, Medium Density Residential zoning district.
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 kbrabold@salisburytownship.org or (610) 797-4000 ext. 5825.
Feb. 8, 15

NOTICE

Notice is hereby given that on Thursday, February 23, 2023 at 7:00 p.m. in the Salisbury Township Municipal Building located at 2900 South Pike Avenue, Allentown, PA, the Salisbury Township Board of Commissioners will act on the following:
AN ORDINANCE OF THE BOARD OF COMMISSIONERS OF SALISBURY TOWNSHIP, LEHIGH COUNTY, PENNSYLVANIA AMENDING SECTION 503 OF CHAPTER 1, PART 5, ENTITLED "POLICE DEPARTMENT" OF THE SALISBURY TOWNSHIP CODE OF ORDINANCES TO CLARIFY AND ESTABLISH THE RANKS OF THE SALISBURY TOWNSHIP POLICE DEPARTMENT
A copy of the full text of the ordinance may be examined at the Salisbury Township Municipal Building, 2900 South Pike Avenue, Allentown, PA from 8:30 a.m. to 4:30 p.m., Monday through Friday or contact (610)797-4000 or info@salisburytownship.org.
Cathy Bonaskiewich, Township Manager/Secretary
Feb. 15

Place your ad here

CONTACT
THE CLASSIFIEDS
1-800-443-0377

Kim - Ext. 8767 Donna - Ext. 8766

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A DIVISION OF TIMES NEWS, LLC - A PENCOR COMPANY

MARKETPLACE
Classifieds

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

How to place an ad

OFFICE HOURS

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

BY MAIL

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

DEADLINES*

Classified Line Ad and Legal Deadline is Monday noon for same week
*Deadlines adjusted for Holiday Weeks

BY TELEPHONE

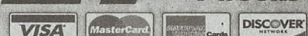
610-377-2051 or 800-443-0377 24 hrs/day
FAX: **610-826-9607**

CONTACT

Kim - Ext. 8767 email - ksilliman@tnonline.com
Donna - Ext. 8766 email - dhall@tnonline.com

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PUBLIC NOTICE

The **Salisbury Township Zoning Hearing Board** seeks a qualified zoning attorney to serve as conflict solicitor. If interested, please submit a resume and fee proposal no later than February 28, 2023 either:
By mail or hand-delivery to:
Salisbury Twp ZHB
Att: Township Manager
2900 South Pike Ave.
Allentown, PA 18103
Or by email to:
info@salisburytownship.org
with "ZHB Alt Solicitor" in the subject line
Feb. 15

PUBLIC NOTICE

Estate of MARY ANN FUMAROLA, deceased, late of **Lower Macungie Township, Lehigh County, Pennsylvania**. Letters Testamentary have been granted to the under signed, 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:
Colette M. Fumarola-Huber, Executrix
c/o **YOUNG & YOUNG**
Rebecca M. Young, Esq.
Lia K. Snyder, Esq.
119 E. Main Street
Macungie, PA 18062
Or to her Attorney **YOUNG & YOUNG**
Rebecca M. Young, Esq.
Lia K. Snyder, Esq.
119 E. Main Street
Macungie, PA 18062
Feb. 15, 22, Mar. 1

ESTATE NOTICE

Letters Testamentary were granted to Berrilynn Boyd a/k/a Berrilynn Boyd Norman on January 31, 2023, under Register of Wills No. 2023-0147. In re: Estate of Geneva L Boyd a/k/a Geneva C Boyd
Geneva L Boyd a/k/a Geneva C Boyd, deceased
418 Main St., Suite 100
Harleysville, PA 19438
ATTORNEY:
Aman M. Barber, III, Esquire
Fiore & Barber, LLC
418 Main St., Suite 100
Harleysville, PA 19438
215-256-0205
Feb. 15, 22, March 1

PUBLIC NOTICE

Estate of Mamie Ida Kilpatrick, deceased, of Palmer Township, Northampton County, Pennsylvania. Letters Testamentary have been granted to Suzanne Zito Moschini, 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 Suzanne Zito Moschini, Executrix.
c/o Lori Gardiner Kreglow, Esquire
18 East Market Street
P.O. Box 1961
Bethlehem, P.A. 18016-1961
Feb. 15, 22, Mar. 1

PUBLIC NOTICE

Estate of Kathleen L. Day, deceased, late of Allentown, Lehigh County, Pennsylvania. Letters of Administration have been granted to Lester C. Day, 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. 15, 22, March 1

ESTATE NOTICE

ESTATE OF LENOX L. REID, late of Forks Township, Northampton County, Pennsylvania, deceased, NOTICE IS hereby given that Letters Testamentary in the above-named Estate have been granted to Todd Stephen Reid. All persons indebted to the said Estate are requested to make immediate payment and those having demands or claims to present the same without delay to: April L. Cordts, Esquire, 391 Nazareth Pike, Bethlehem, PA 18020.

PUBLIC NOTICE

Estate of Patricia A. Pettit, deceased, late of Northampton, Northampton 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:
Anita M. Pettit, Executrix
c/o Stephen A. Strack, Esquire
Steckel and Stopp LLC
125 S Walnut Street, Suite 210
Slatington, PA 18080
Feb. 8, 15, 22

PUBLIC NOTICE

Estate of Susan C Sacks, deceased, late of Coplay, 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:
Michael R. Sacks, Executor
c/o Stephen A. Strack, Esquire
Steckel and Stopp, LLC
125 S Walnut Street, Suite 210
Slatington, PA 18080
Feb. 15, 22, Mar. 1

PUBLIC NOTICE

Estate of STEPHEN J. HALABURA, of Bethlehem, Northampton County, Pennsylvania 18018. LETTERS TESTAMENTARY have been granted to the undersigned who requests all persons having claims or demands against the Estate of said Decedent to make known the same and all persons indebted to the Decedent to make payments without delay to:
Walter Haag - Executor
c/o Joseph J. Velitsky, Esquire
Velitsky & Frycklund
49 East Ludlow Street
Summit Hill, PA 18250
Feb. 1, 8, 15

PUBLIC NOTICE

Estate of Dollard S. Guth, deceased, late of Walnutport, Northampton 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:
Kelly R. Schriener, Executrix
c/o Keith W. Strohl, Esquire
Steckel and Stopp, LLC
125 S Walnut Street, Suite 210
Slatington, PA 18080
Feb. 8, 15, 22

PUBLIC NOTICE

ESTATE OF EVELYN C. CENGERI, deceased, late of the Bethlehem, Lehigh County, Pennsylvania. Letters of 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:
WILLIAM S. CENGERI, EXECUTOR
THOMAS J. CENGERI, EXECUTOR
c/o Attorney Justin L. Schell
Steckel and Stopp LLC
125 S. Walnut Street, Suite 210
Slatington, PA 18080
Feb. 8, 15, 22

PUBLIC NOTICE

ESTATE OF JACQUELINE K. LESKOWICH, deceased, late of Allentown, Formally of Walnutport, Lehigh County, Pennsylvania. Letters of 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:
SCOTT R. LESKOWICH
AKA SCOTT ROGER LESKOWICH
c/o **STECKEL AND STOPP, LLC**
Executor, or to their Attorney, Steckel and Stopp LLC. By: Stephen A. Strack at 125 S. Walnut Street, Suite 210, Slatington, PA 18080.
Feb. 15, 22, Mar. 1

PUBLIC NOTICE

ESTATE OF Harlan G. Wanamaker, 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:
DEBRA A. GORE a/k/a DEBRA A. HUGHES
AND TODD H. WANAMAKER, CO-EXECUTORS
c/o **STEPHEN A. STRACK, ESQUIRE**
Steckel and Stopp LLC
125 S. Walnut Street, Suite 210
Slatington PA 18080
Feb. 1, 8, 15

PUBLIC NOTICE

"Estate of Kathryn Contrino, Deceased, late of the Borough of Northampton, 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 Dominic F. Contrino, Jr., Executor, 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. 1, 8, 15

PUBLIC NOTICE

Estate of Geraldine S. Schmeltzle, deceased, late of Emmaus, Lehigh County, Pennsylvania. Letters Testamentary have been granted to the undersigned, who requests all persons having claims or demands against the Estate of the Decedent to make known the same, and all persons indebted to the Decedent to make payments without delay to:
Lori A. Tarboro and Chris A. Schmeltzle, Co-Executors
c/o Emily A. Zettlemoyer
53 North Third Street, Emmaus, PA 18049
or to their attorney:
Emily A. Zettlemoyer, Esq.
53 North Third Street, Emmaus, PA 18049
Feb. 8, 15, 22

PUBLIC NOTICE

Estate of Beatrice A. DeLong, 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:
Kelvin K. DeLong, Executor
c/o Emily A. Zettlemoyer
53 North Third Street, Emmaus, PA 18049
or to his attorney:
Emily A. Zettlemoyer, Esq.
53 North Third Street, Emmaus, PA 18049
Feb. 15, 22, Mar. 1

PUBLIC NOTICE

Estate of John J. Deutsch, 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:
Jacob D. Reppert, Executor
c/o Emily A. Zettlemoyer
53 North Third Street, Emmaus, PA 18049
or to his attorney:
Emily A. Zettlemoyer, Esq.
53 North Third Street, Emmaus, PA 18049
Feb. 15, 22, March 1

PUBLIC NOTICE

ESTATE OF Margaret G. Kender, late of Allentown, Lehigh County, Pennsylvania. Letters of Administration have been granted to the below named personal representative, 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 Mark A. Kender, Administrator, c/o The Roth Law Firm, P.O. Box 4355, Allentown, PA 18105 or his Attorney, Robert B. Roth, Esquire, The Roth Law Firm, P.O. Box 4355, Allentown, PA 18105. Feb. 15, 22, Mar. 1

PUBLIC NOTICE

ESTATE OF Patricia M. Clarke, late of Westcosville, Lehigh County, Pennsylvania. Letters Testamentary have been granted to the below named personal representative, 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 Jennifer Clarke-Sirignano, Executrix c/o The Roth Law Firm, P.O. Box 4355, Allentown, PA 18105 or her Attorney, Larry R. Roth, Esquire, The Roth Law Firm, P.O. Box 4355, Allentown, PA 18105. Feb. 15, 22, Mar. 1

PUBLIC NOTICE

Estate of Janet S. Metz, late of Bethlehem, Lehigh County, Pennsylvania. Letters of Administration have been granted to the below named personal representative, 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 David M. Roth, Esquire, Administrator, c/o The Roth Law Firm, P.O. Box 4355, Allentown, PA 18105 or his Attorney, David M. Roth, Esquire, The Roth Law Firm, P.O. Box 4355, Allentown, PA 18105. Feb. 8, 15, 22

PUBLIC NOTICE

Estate of Nancy Michener, late of Allentown, Lehigh County, Pennsylvania. Letters of 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 **Linda J. Ehret, Executrix**, c/o The Roth Law Firm, P.O. BOX 4355, Allentown, PA 18105 or her Attorney, Robert B. Roth, Esquire, The Roth Law Firm, P.O. BOX 4355, Allentown, PA 18105. Feb. 15, 22, March 1

PUBLIC NOTICE

Estate of Lillian F. Baker, Deceased. Late of Bethlehem City, Lehigh County, PA. D.O.D. 12/26/20. 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 Alyce B. Galligani and George W. Baker, Executors, c/o Edward H. Butz, Esq., 1620 Pond Rd. Ste. 200, Allentown, PA 18104. Or to their Atty.: Edward H. Butz, Lesavoy Butz & Seitz, 1620 Pond Rd. Ste. 200, Allentown, PA 18104. Feb. 8, 15, 22

PUBLIC NOTICE

Estate of Beverly C. Duncan, Deceased. Late of Upper Milford Twp, Lehigh County, PA. D.O.D. 10/1/22. 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 **Kris Ann Toomey, Executrix**, 5250 Wheatland Dr., Zionsville, PA 18092. Or to her Atty.: Robert T. Kelly, Jr., Myers, Brier & Kelly, LLP, 425 Biden St., Ste. 200, Scranton, PA 18503. Feb. 15, 22, March 1

PUBLIC NOTICE

Estate of Lorraine Ann McLane a/k/a Lorraine A. McLane, Deceased. Late of Emmaus Borough, Lehigh County, PA. D.O.D. 6/15/22. 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 Jean Ann Stebbins (a/k/a Jeannie Stebbins), Executrix, c/o David M. D'Orlando, Esq., 53 S. Main St., Yardley, PA 19067. Or to her Atty.: David M. D'Orlando, The D'Orlando Firm, PLLC, 53 S. Main St., Yardley, PA 19067. Feb. 8, 15, 22

PUBLIC NOTICE

"Estate of Bertha H. Butkowski, Deceased, late of Hanover Township, 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 Catherine A. Graf, Executrix, 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. 8, 15, 22

PUBLIC NOTICE

"Trust of Willa Sue L. Stephens, late of Salisbury Township, County of Lehigh, and Commonwealth of Pennsylvania.
The Trustee, Vanessa S. Costantini, 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 Vanessa S. Costantini, 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. 8, 15, 22

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: THEODORA ALBREE MOYER a/k/a THEODORA A. MOYER
Date of Death: December 16, 2022
Late of: Fountain Hill, Lehigh County, Pennsylvania
Executor: Brett Allen Moyer
c/o William W. Matz, Jr., Esquire
211 W. Broad Street
Bethlehem, PA 18018-5517
Attorney: William W. Matz, Jr., Esquire
211 W. Broad Street
Bethlehem, PA 18018-5517
Feb. 8, 15, 22

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: SLYVANUS H. BEAHM
Date of Death: December 20, 2022
Late of: Bethlehem, Northampton County, Pennsylvania
Executor: Sandra J. Beahm and Wayne W. Beahm
c/o William W. Matz, Jr., Esquire
211 W. Broad Street
Bethlehem, PA 18018-5517
Attorney: William W. Matz, Jr., Esquire
211 W. Broad Street
Bethlehem, PA 18018-5517
Feb. 15, 22, March 1

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PUBLIC NOTICE ESTATE NOTICE

Estate of JEAN L. GOTTHARDT aka Jean Gotthardt aka Jean Louise Gotthardt, Deceased, late of the City 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:

KATHLEEN R. SALABSKY
Executrix
c/o her attorney
JOHN M. ASHCRAFT, III, ESQUIRE
Address: 20 North 5th Street, Suite #1
Emmaus, PA 18049-2406

Feb. 15, 22, March 1

PUBLIC NOTICE ESTATE NOTICE

Estate of Emily I. Gress, Deceased, late of Emmaus, Lehigh County, Pennsylvania. Letters of Administration 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:

Deborah E. Gress
Estate of Emily I. Gress
c/o Daniel K. McCarthy, Esquire
Davison & McCarthy, P.C.
Two City Center
645 Hamilton Street, Suite 510
Allentown, PA 18101
or to her attorneys at the above address.

Feb. 1, 8, 15

PUBLIC NOTICE ESTATE NOTICE

Estate of Michael J. Fink a/k/a Michael Fink, deceased, late of Catasauqua, 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:

Thomas Alan Fink, Executor
c/o Michael Ira Stump, Esquire
207 E. Main Street
Suite 100
Macungie, PA 18062

or to his Attorney

Michael Ira Stump, Esquire
207 E. Main Street
Suite 100
Macungie, PA 18062

Feb. 1, 8, 15

PUBLIC NOTICE ESTATE NOTICE

NOTICE IS HEREBY GIVEN that, in the Estate of MARY ANN LOUISE ZALUTSKY late of Bethlehem, Northampton County, Pennsylvania, the Register of Wills has granted Letters Testamentary, to the undersigned, who request all persons having claims or demands against the Estate of the Decedent to make known the same, and all persons indebted to the Decedent to make payments without delay to:

Eugene Melvin Zalutsky
509 Wild Mint Ln.
Allentown, PA 18104
Or to his attorney:
Curtis C. Creveling, Esq.
CREVELING, CREVELING & CAPPELLINI
123 North Fifth Street
Allentown, PA 18102
610-435-8711

Feb. 8, 15, 22

PUBLIC NOTICE ESTATE NOTICE

Estate of ROSALINE M. COLLABELLA, Late of Bethlehem, County of Northampton, Commonwealth of Pennsylvania, Letters Testamentary have been granted to the Executor 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:

Fulton Bank, N.A., Executor
c/o Norris McLaughlin, P.A.
515 West Hamilton Street, Suite 502
Allentown, PA 18101

or to their attorney:

Dolores A. Laputka, Esquire
Norris McLaughlin, P.A.
515 West Hamilton Street, Suite 502
Allentown, PA 18101

Feb. 15, 22, March 1

PUBLIC NOTICE ESTATE NOTICE

Estate of MICHAEL J. KELLY, Late of Lehigh County, Commonwealth of Pennsylvania, Letters Testamentary have been granted to the Executor 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:

Michael James Rosekrans Kelly, Executor
c/o Norris McLaughlin, P.A.
515 West Hamilton Street, Suite 502
Allentown, PA 18101

or to his attorney

Judith A. Harris, Esquire
Norris McLaughlin, P.A.
515 West Hamilton Street, Suite 502
Allentown, PA 18101

Feb. 15, 22, March 1

PUBLIC NOTICE ESTATE NOTICE

Estate of Anthony M. Gillette, deceased, late of December 23, 2022, 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:

Phillip John Gillette
1974 Sun Valley Drive
Blakeslee, PA 18610
Or to her Attorney:
Abigail Gross, Esq.
7619 Tilghman Street
Allentown, PA 18106

Feb. 8, 15, 22

PUBLIC NOTICE ESTATE NOTICE

Estate of Miriam L. Lapp, deceased, late of Upper Macungie 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:

Jennifer A. Lynn, Executrix
c/o YOUNG & YOUNG
Rebecca M. Young, Esq.
Lia K. Snyder, Esq.
119 E. Main Street
Macungie, PA 18062
Or to her attorney YOUNG & YOUNG
Rebecca M. Young, Esq.
Lia K. Snyder, Esq.
119 E. Main Street
Macungie, PA 18062

Feb. 1, 8, 15

ESTATE OF SHERRIE A. SMITH, deceased, late of the Walnutport, Northampton 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:

ERIC M. BAUER, EXECUTOR
c/o Keith W. Strohl, Esquire
Steckel and Stopp LLC
125 S. Walnut Street, Suite 210
Slatington, PA 18080
Feb. 8, 15, 22

PUBLIC NOTICE ESTATE NOTICE

ESTATE OF MARGARET E. FETCHKO, deceased, late of Whitehall, Lehigh County, Pennsylvania. Letters Testamentary have been granted to the individual named below, 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 payment to:

JUDITH L. MASSARO, EXECUTRIX
c/o Eric R. Strauss, Esquire
WORTH, MAGEE & FISHER, P.C.
2610 Walbert Avenue
Allentown, PA 18104
Feb. 8, 15, 22

PUBLIC NOTICE ESTATE NOTICE

ESTATE OF JEAN M. BACHMAN, deceased, late of Slatington, Lehigh County, Pennsylvania, Letters of 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 J. PFROM, EXEC.
STEVEN R. BACHMAN, EXEC.
c/o Keith W. Strohl, Esquire
Steckel and Stopp, LLC
125 S. Walnut Street, Suite 210
Slatington, PA 18080.
Feb. 8, 15, 22

PUBLIC NOTICE ESTATE NOTICE

Estate of Ethan Bruce Rice a/k/a Ethan B. Rice, deceased, late of city of Whitehall, Lehigh County, Pennsylvania. Letters Testamentary have been granted to the individuals 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:

Bonnie C. Brosious and Carl R. Brosious
Co-Executors
3923 Old Country Road
Whitehall, PA 18052

Feb. 8, 15, 22

PUBLIC NOTICE ESTATE NOTICE

Estate of Carol A. Dorward a/k/a Carol Dorward, deceased, late of December 8, 2022, 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:

Dixie Dorward Morgan
196 Schochs Mill Road
Blakeslee, PA 18610
Or to her Attorney:
Abigail Gross, Esq.
7619 Tilghman Street
Allentown, PA 18106

Feb. 8, 15, 22

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390 HELP WANTED

Assistant Treasurer/ Borough Clerk
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For the complete job description, visit our website at www.macungie.pa.us. Forward cover letter and resume to: manager@macungie.pa.us.

390 HELP WANTED

Northwestern Lehigh School District Bus & Van Drivers Needed

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390 HELP WANTED

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Upper Milford Township, Lehigh County, PA is accepting applications for the position(s) of Part-Time Park Maintenance Workers. Job Duties include grass mowing, trimming, removing trash, and other duties associated with park maintenance. Applications shall be on the forms provided by the Township. Application forms may be obtained at the Upper Milford Township Office Building, 5671 Chestnut St., Old Zionville, PA 18068, 8:00 A.M. - 4:00 P.M., Monday through Friday, or on the Township website <http://www.uppermilford.net>. Wage rate \$13.00 - \$15.00 per hour, D.O.Q. Applications will be taken until 4 P.M. Wednesday, March 1st, 2023.

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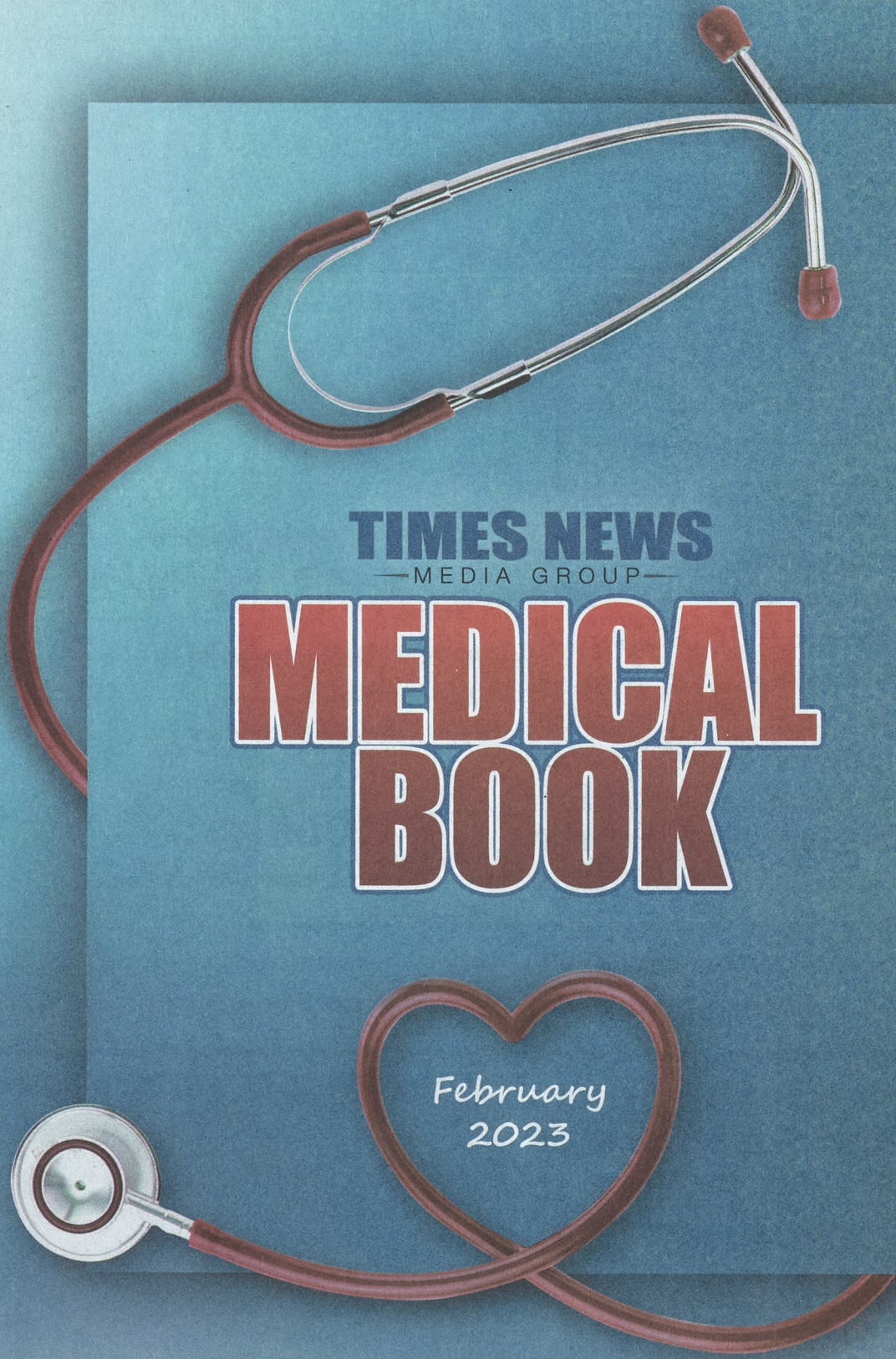
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DIRECTORY

Art Schneck Optical Co., Inc.....	27	Lehigh Valley Health Network.....	30 & 31
Bo Tkach Foundation.....	20	Maple Shade Meadows.....	17
Carbon-Monroe-Pike Mental Health & Developmental.....	29	Mauch Chunk Pharmacy.....	20
Carbon Oral Surgery Associates.....	19	Mrs. Bush's Personal Care Home.....	25
Carbon Schuylkill Endoscopy Center.....	5	ORL.....	8
Cornerstone Therapeutic Massage and Body.....	12	Pavlack Law Offices PC.....	24
Crystal Vision Center.....	24	Perfect Balance Boutique.....	14
Dr. Brandon Walsh.....	17	Senior Moves By Design.....	13
Dr. Richard Lizak, DO.....	21	Service Electric.....	28
Dr. Robert Marcin.....	29	Shafer's Pharmacy.....	6
Eastern Audiology.....	6	St. Luke's University Health Network.....	3, 4 & 32
Fellowship Community.....	7	Stroudsburg Granite Co.....	8
First National Pharmacy.....	23	The Palmerton.....	12
Getz Personal Care Home.....	10	Therapy Option.....	23
Hager Furniture Co.....	18	Thoreya Audiology.....	10
Heather Glen Senior Living.....	25	Valley Prosthetics & Orthotics Inc.....	15
Holly A. Heintzelman, Attorney at Law.....	20	Vellner Law P.C.....	14
Jason M. Rapa, Esquire.....	9 & 18	Walters Monument Co.....	21
Keystone Karate.....	18	Weatherwood Nursing & Rehabilitation Center.....	16
Legend of Allentown.....	27	WFMZ.....	26
Lehigh Gastroenterology Associates, LLC....	11	Wildoner Insurance.....	22
Lehighton Outdoor Center.....	12	William H. Kresge Funeral Home, Inc.....	22

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St. Luke's cardiology and heart surgery program is rated the best in the Lehigh Valley and seventh in Pennsylvania in 2022-23, according to US News & World Report.

Structural Heart Program

St. Luke's transcatheter aortic valve replacement program (TAVR) is one of the busiest, high-quality programs on the East Coast for replacing failing aortic valves. We pioneered the use in the Lehigh Valley of the minimally invasive MitraClip™ device for treating persons with a weak or damaged mitral valve. In 2021, St. Luke's heart specialists introduced the Watchman FLX™ device for closing a "pocket" in the heart where blood clots can collect and cause a stroke in patients with atrial fibrillation. We were first in Northeastern Pennsylvania to pulverize solid heart artery blockages using Shockwave Intravascular Lithotripsy (IVL) technology.

Cardiothoracic Surgery Program

Our board-certified surgeons perform more than 700 surgeries annually to bypass blocked coronary arteries, repair aortas, repair or replace heart valves, implant heart pumps and treat arrhythmias. They introduce new surgical and non-surgical treatments for heart disease, including TAVR for replacing aortic valves.

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Our board-certified electrophysiologists perform one of the highest volumes of procedures on the East Coast to treat atrial fibrillation and other irregular heart rhythms. They implant the most modern cardiac defibrillators, pacemakers and other devices to correct and maintain a healthy heartbeat. Last year, they made medical history in this region by implanting the first leadless and retrievable pacemaker in a patient.

Advanced Heart Failure Program

Our heart failure team diagnoses and treats patients with weakened heart muscles using medicines, surgery, interventional procedures and devices that improve quality of life and survival. St. Luke's heart specialists were among the nation's first to implant the Optimizer device, stimulating a weak heart muscle to squeeze more strongly with each beat. Our highly regarded Pulmonary Hypertension Program provides comprehensive care, which helps avoid right-heart failure.

Women's Heart Center

St. Luke's Women's Heart Center offers cardiac care focused on the unique needs of women who have heart disease, are at risk for heart disease or want guidance for its prevention.

Hypertrophic Cardiomyopathy Program

This program treats people with abnormally thick heart muscle, using genetic testing, medical therapy, surgery and devices to prevent life-threatening arrhythmias. We treat young athletes with this condition in conjunction with our sports medicine program.

Advanced Imaging Program

For non-invasive evaluation of heart disease, St. Luke's cardiologists use the most advanced technology, including ultrasound (echocardiogram), cardiac CT scan and cardiac MRI.

Vascular Center

St. Luke's vascular surgeons and interventional radiologists collaborate to diagnose and treat conditions of the blood vessels outside the heart. Non-invasive testing of peripheral arteries and veins at our more than 20 nationally accredited vascular laboratories determines the best treatment.

St. Luke's Vascular Center specialists repair diseased, enlarged and injured arteries using non-surgical "endovascular" stent-graft technology in the hybrid operating rooms at the Allentown and Bethlehem campuses.

Our team of cardiac surgeons, vascular surgeons and interventional radiologists performs thoracic endovascular aneurysm repair (TEVAR) to mend or replace diseased or ballooning tissue in the aorta in the chest. This often-lifesaving treatment is provided at both St. Luke's Bethlehem and Allentown Campuses.

We offer transcarotid artery revascularization (TCAR), using a catheter and a novel blood reversal technique to safely insert a stent in the neck's carotid artery to prevent strokes.

For more information about St. Luke's Heart & Vascular Center, or to make an appointment, visit sluhn.org/heart, or call 1-866-STLUKES (785-8537), option 4.

Six Questions That Could Save Your Life (or the Life of Someone You Love)

1. Colorectal cancer is predominantly a "man's disease," affecting many more men than women annually.

FALSE. Colorectal cancer affects an equal number of men and women. Many women, however, think of CRC as a disease only affecting men and might be unaware of important information about screening and preventing colorectal cancer that could save their lives, says the American Society for Gastrointestinal Endoscopy.

2. Only women over the age of 50 who are currently experiencing some symptoms or problems should be screened for colorectal cancer or polyps.

FALSE. Beginning at age 50, all men and women should be screened for colorectal cancer **EVEN IF THEY ARE EXPERIENCING NO PROBLEMS OR SYMPTOMS.**

In a colonoscopy, the physician passes the endoscope through your rectum and into the colon, allowing the physician to examine the tissue of the colon wall for abnormalities such as polyps.

3. A colonoscopy screening exam typically requires an overnight stay in a hospital.

FALSE. A colonoscopy screening exam is almost always done on an outpatient basis. A mild sedative is usually given before the procedure and then a flexible, slender tube is inserted into the rectum to look inside the colon. The test is safe and the procedure itself typically takes less than 45 minutes.

4. Colorectal cancer is the third leading cause of cancer deaths in the United States.

TRUE. After lung cancer, colorectal cancer is the third leading cause of cancer deaths in the United States. Annually, approximately 150,000 new cases of colorectal cancer are diagnosed in the United States and 50,000 people die from the disease. It has been estimated that increased awareness and screening would save at least 30,000 lives each year.

5. Tests used for screening for colon cancer include digital rectal exam, stool blood test, flexible sigmoidoscopy and colonoscopy.

TRUE. These tests are used to screen for colorectal cancer even before there are symptoms. Talk to your healthcare provider about which test is best for you. Current recommended screening options* include:

Beginning at age 50, men and women should have:

- An annual occult blood test on spontaneously passed stool (at a minimum);
- A flexible sigmoidoscopy every 5 years; or,
- A complete colonoscopy every 10 years.

The endoscope is a thin, flexible tube with a camera and a light on the end of it. During the procedure, images of the colon wall are simultaneously viewed on a monitor.

Important: You may need to begin periodic screening colonoscopy earlier than age 50 years if you have a personal or family history of colorectal cancer, polyps or long-standing ulcerative colitis.

6. Colon cancer is often preventable.

TRUE. Colorectal cancer is highly preventable. Colonoscopy may detect polyps (small growths on the lining of the colon). Removal of these polyps (by biopsy or snare polypectomy) results in a major reduction in the likelihood of developing colorectal cancer in the future.



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How to protect long-term cognitive health

Cognitive health is not something to take for granted. Although a certain level of memory loss can be expected as people age, when the ability to clearly think, learn and remember is compromised, those changes can affect an individual's ability to perform daily activities and should serve as a cause for concern.

Brain health should be a priority for everyone. The National Institute on Aging says brain health is an umbrella term that encompasses a host of factors, including:

- cognitive health, which is how well you think, learn and remember

- motor function, or how you make and control movements

- tactile function, which is how you feel sensations; and



- emotional function, or how emotions are interpreted and responded to.

Individuals can safeguard brain health - particularly cognitive health - by taking these steps.

Be more health-conscious

Working with doctors, individuals can put their health first. This includes getting routine screenings, managing chronic

See **COGNITIVE** on Page 8



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COGNITIVE

CONTINUED FROM PAGE 6

health problems, limiting or avoiding alcohol and nicotine products, and getting the recommended amount of sleep each night.

Manage high blood pressure

All chronic conditions cause long-term repercussions, but the NIA indicates that observational studies show having high blood pressure in mid-life increases the risk of cognitive decline later in life. Lowering blood pressure lowers the risk for mild cognitive impairment and possibly dementia.

Challenge your brain

Harvard Medical School says nurturing social contacts, engaging in stimulating mental activities like reading and doing puzzles, seeing new places, and learning new things can help keep the brain in top form.



Manage stress

Stress can take its toll on the body, and there is reason to believe that it may adversely affect cognitive health as well. Make every stride to reduce stress, whether that involves taking vacations, meditating,

laughing with friends and family, or engaging in relaxing activities that relieve stress.

Get enough vitamin D

Vitamin D is linked to a host health benefits, including its potential to promote a healthy brain. Individuals can get more time outdoors to get vitamin D naturally from the sun and eat foods rich in vitamin D. If doctors find that vitamin D levels are exceptionally low, supplementation can help.

Pay attention to hearing loss

Certain hearing loss has been linked to cogni-

tive decline, says Healthline. Researchers in Italy concluded that people with central hearing loss had a higher risk of mild cognitive impairment than those with no hearing loss or peripheral hearing loss. Individuals with central hearing loss are urged to speak to their physicians to determine if they can take preventive action to stave off further decline.

Cognitive health should be a priority. Adults can employ various strategies to reduce their risk of cognitive decline as they age.

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Heart-healthy foods to add to your diet

A healthy diet can help people lower their risk for various conditions, including heart disease. That's a significant benefit, as the World Health Organization estimates that 32 percent of deaths across the globe can be attributed to cardiovascular disease, which is an umbrella term used to refer to a group of disorders of the heart and blood vessels.

Individuals who want to change their diets are urged to speak with their physicians for insight regarding specific changes that can address any pre-existing issues they may have. But it never hurts to consider heart-healthy foods, and the Office of Disease Prevention and Health Promotion at the U.S. Department of Health and Human Services recommends adding



these heart-healthy foods to your shopping list.

Fruits and vegetables

Variety is the spice of life, and the good news is that an assortment of fruits and vegetables promote heart health. That means individuals can eat a heart-healthy diet without eating the same foods every day. The ODPHP

notes that fresh, frozen, canned, or dried fruits and vegetables can all promote a healthy heart.

- Fresh vegetables: Tomatoes, cabbage and carrots

- Fresh fruits: Apples, oranges, bananas, pears, and peaches

- Leafy greens: Spinach, Romaine lettuce and kale

- Canned vegetables: Look for low-sodium canned veggies

- Frozen vegetables: Look for products without added butter or sauces

- Canned, frozen or dried fruit: Look for varieties with no added sugars

Dairy

The ODPHP recommends fat-free or low-fat dairy. Such products include:

- Fat-free or low-fat (1 percent) milk

- Fat-free or low-fat plain yogurt

- Fat-free or low-fat cheese or cottage cheese

- Soy milk with added calcium, vitamin A and vitamin D

Whole grains

Various products may be promoted as "whole grain," but the ODPHP notes that whole wheat or another whole grain should be listed first in the ingredient list. Products that are "100 percent whole grain" also should be chosen over the alternatives.

- Whole-grain bread, bagels, English muffins, and tortillas

- Whole-grain hot or cold breakfast cereals with no added sugar, such as oatmeal or shredded wheat

- Whole grains like brown or wild rice, quinoa, or oats

- Whole-wheat or whole-grain pasta and

See **FOODS** on Page 12



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What is diverticulosis?

Diverticulosis is a condition in which there are small pouches or pockets in the wall or lining of any portion of the digestive tract. These pockets occur when the inner layer of the digestive tract pushes through weak spots in the outer layer. A single pouch is called a diverticulum. The pouches associated with diverticulosis are most often located in the lower part of the large intestine (the colon). Some people may have only several small pouches on the left side of the colon, while others may have involvement in most of the colon.

Who gets diverticulosis?

Diverticulosis is a common condition in the United States that affects half of all people over 60 years of age and nearly everyone by the age of 80. As a person gets older, the pouches in the digestive tract become more prominent. Diverticulosis is unusual in people under 40 years of age. In addition, it is uncommon in certain parts of the world, such as Asia and Africa.

What are the symptoms of diverticulosis?

Most people who have diverticulosis are unaware that they have the condition because it usually does not cause symptoms. It is possible that some people with diverticulosis experience bloating, abdominal cramps or constipation due to difficulty in stool passage through the affected region of the colon.

What is the treatment for diverticulosis?

Once diverticula form, they do not disappear by themselves. Fortunately, most patients with diverticulosis do not have symptoms and, therefore, do not need treatment.

When diverticulosis is accompanied by abdominal pain, bloating or constipation, your doctor may recommend a high-fiber diet to help make stools softer and easier to pass. While it is recommended that we consume 20 to 35 grams of fiber daily, most people only get about half that amount. The easiest way to increase fiber intake is to eat more fruits, vegetables and grains. Apples, pears, broccoli, carrots, squash, baked beans, kidney beans, and lima beans are a few examples of high-fiber foods. As an alternative, your doctor may recommend a supplemental fiber product such as psyllium, methylcellulose, or poly-carbophil. These products come in various forms including pills, powders and wafers. Supplemental fiber products help to bulk up and soften the stool, which makes bowel movements easier to pass. Your doctor may also prescribe medications to help relax spasms in the colon that cause abdominal cramping or discomfort.

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FOODS

CONTINUED FROM PAGE 10

couscous

Proteins

Heart-healthy proteins can add variety to a diet, which can make it easier to enjoy different flavors and dishes.

- Seafood, such as fish and shellfish
- Poultry: Chicken or turkey breast without skin, or lean ground chicken or turkey (at least 93 percent lean)
- Lean meats: Pork shoulder, beef sirloin or lean ground beef (at least 93 percent lean)
- Beans, peas and lentils: Black beans and chickpeas (garbanzo beans)
- Eggs
- Unsalted nuts, seeds and nut butters, such as almond or peanut butter



- Tofu
- Healthy fats and oils**
When cooking with fat and oil, cooks are urged to

replace saturated fat with healthier unsaturated fats.

- Avoid cooking with butter and instead cook with oil, including canola, corn, olive, peanut, safflower, soybean, or sunflower oils

salad dressings, such as balsamic vinaigrette or Italian, instead of creamy dressings like ranch

A heart-healthy diet is full of flavor and can help people reduce their risk for cardiovascular disease.

- Choose oil-based

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Test your knowledge of the common cold

Sniffles, cough, sore throat ... these can be symptoms of any number of conditions, but are often a byproduct of the common cold.

Colds are the result of more than 200 different viruses, according to Johns Hopkins Medicine. Adults experience an average of two to three colds per year, and rhinoviruses cause most of them. The American Lung Association states that colds are minor infections of the nose and throat. Despite typically producing only mild illness, colds account for more visits to the doctor than any other condition in the United States.

People will experience many colds in their lifetimes, and this true or false quiz can test their knowledge about them.



1. Colds are highly contagious.

True: Colds most often spread when droplets of fluid that contain the cold

virus are transferred by touch or inhaled.

2. Cold weather or being chilled causes colds.

False: While many colds occur during seasons when the weather is cold, transmission is likely higher than due to people staying indoors, and thus closer to one another, when temperatures dip. But the cold air itself has nothing to do with the cold.

3. Antibiotics are a known remedy for a cold.

False: Antibiotics treat bacterial infections, while colds are viral. That means antibiotics will be ineffective at helping a person recover from a cold.

4. Rhinoviruses that cause colds also can trigger asthma attacks.

True: These rhinoviruses also have been
See **COLD** on Page 16

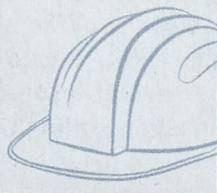
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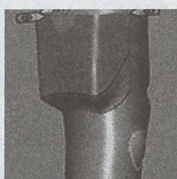
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COLD

CONTINUED FROM PAGE 14

linked to sinus and ear infections.

5. Colds are sometimes serious for people.

True: People with weakened immune systems, asthma or conditions that affect the lungs and breathing passages may develop serious conditions, even pneumonia, from colds that linger.

6. Colds can't be caught from shaking hands.

False: Colds can be transferred through touch, including shaking hands. It's recommended to wash hands often with soap and water for at least 20 seconds or to use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

7. You feed a cold and starve a fever.

False: Harvard Medical School says there is no need to eat more or less than usual if you have a cold or flu. However it is important to increase fluid intake to avoid dehydration. Fluids also help



keep the lining of the nose and throat from drying out.

8. Vitamin C, zinc, eucalyptus, garlic, and others are not proven cold remedies.

True: Various herbs, minerals and other products have gained a reputation as cold remedies but there are no scientific

studies that support such assertions.

9. One should avoid caffeine or alcohol while experiencing a cold.

True: Alcoholic and caffeinated beverages can lead to dehydration, which is the opposite of what the body needs to recover.



Did you know?

Canned foods can provide significant nutrition, especially for individuals who cannot find fresh fruits and vegetables during certain times of year, such as winter. In fact, the Produce for Better Health Foundation notes that research indicates canned foods offer comparable nutrients to fresh and frozen foods. In addition, the PBHF reports that canned foods are minimally processed, which helps to preserve nutrients and flavor. However, dietitians note that all canned foods are not made the same, so it's imperative that shoppers read food labels prior to purchasing any canned goods. Overconsumption of sodium, which has been linked to health problems such as hypertension, heart attack and stroke, is a common consumer concern about canned foods. Shoppers can ease such concerns by reading product labels and looking for items described as "sodium-free," "low sodium" and/or "no salt added."



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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.

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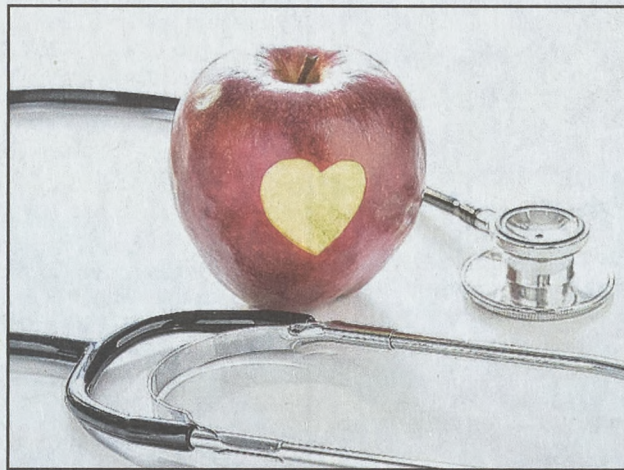
Healthy diet, healthy heart

Heart disease is a leading cause of death across the globe. According to the World Health Organization, ischaemic heart disease is responsible for 16 percent of the world's total deaths. The WHO also points out that, between 2000 and 2019, deaths due to ischaemic heart disease rose by more than two million.

Though not all deaths due to heart disease are preventable, many are, and researchers have discovered various ways individuals can reduce their risk for heart disease. One way individuals can protect their heart health is to eat a healthy diet. The link between diet and heart health is significant. Recognition of that link can help people concerned about heart disease develop a dietary plan that reduces their risk for this all-too-common killer.

A healthy diet, weight and heart health

The Centers for Disease Control and Prevention



note that a healthy diet is balanced and includes a variety of nutritious foods. In fact, one easy way to determine if a plate is healthy is to see how colorful it is. The CDC notes that "eating the rainbow" means a plate is filled with an array of colors, which typically means an individual is eating healthy foods. Such a plate may include dark, leafy greens; bright red tomatoes; colorful fruits like

herbs. Such foods tend to be loaded with vitamins, fibers and minerals and low in added sugars, sodium, saturated fats, trans fats, and cholesterol. That makes it easier for individuals to achieve and maintain a healthy weight, which in turn reduces their risk for heart disease. A re-

cent study from researchers at Johns Hopkins found that obesity itself can lead to heart failure, even in the absence of markers for heart disease like high blood pressure, diabetes and elevated cholesterol that have long been used to determine an individual's risk for heart disease. So by using a nutritious diet to maintain or achieve a healthy weight, individuals are thus lowering their risk for heart disease, even if they do not presently have any of the established markers indicating that risk has been elevated.

A healthy diet, cholesterol and heart health

Of course, many people already have learned that they are at an elevated risk for heart disease due to certain lifestyle choices,

See **HEART** on Page 20



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The basics of meditation

Taking steps to safeguard mental health is a vital component of a healthy lifestyle. The National Institute of Mental Health notes that mental health affects how individuals think and feel, the choices they make, and how they relate to others, which underscores just how important it is to prioritize mental health.

Meditation is a popular practice with a history so lengthy it may surprise even its most devoted practitioners. According to *Psychology Today*, some archaeologists trace the origins of meditation all the way back to 5,000 BCE. The global spread of the practice is believed to have started around the fifth or sixth century BCD, when trading along Eurasia's famed Silk Road exposed the practice to various cultures.

The lengthy history of

meditation is proof that the practice is no mere fad. In fact, people from all walks of life have much to gain from meditation. Novices can start their meditation journeys with this basic rundown of a practice that has inspired devotees for thousands of years.

What is meditation?

The Mayo Clinic notes that meditation is considered a type of mind-body complementary medicine that intends to produce a tranquil, relaxed state of mind. When practicing meditation, individuals focus their attention and aspire to remove potentially stress-inducing, jumbled thoughts from their mind.

Are there different types of meditation?

The Mayo Clinic reports that there are various ways to meditate. Guided meditation is a popular form of the practice in which See **MEDITATION** on Page 20

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MEDITATION

CONTINUED FROM PAGE 19

individuals form mental images of places or situations they find relaxing. Guided meditation practitioners employ their senses of smell, sight, sound, and touch during a session, which may be led by a guide or teacher.

Mantra meditation is another form of the practice in which individuals silently repeat a calming word, thought or phrase. The repetition is designed to block out distractions.

Mindfulness meditation is a popular form of the practice that empha-

sizes awareness, or mindfulness, and acceptance of living in the moment. The Mayo Clinic notes that individuals practicing mindfulness meditation will focus on what they experience during meditation, such as the flow of their breath, as they attempt to observe their thoughts and emotions.

How do I meditate?

Mindful Communications, which offers corporate training, practical advice and other insights regarding mindfulness and meditation, notes that meditation is both simpler and more complex than most people think. But the following seven-step prospectus can serve as a useful

foundation for meditation novices.

1. *Take a seat. Individuals are urged to find a calm, quiet place to sit.*

2. *Set a time limit. A short session between five and 10 minutes can help novices.*

3. *Notice your body. Individuals should be stable and sit in a position they can maintain for a while.*

4. *Feel your breath. As you breath in and out, make an effort to feel the sensation of your breath.*

5. *Notice if your mind wanders. It's likely that your mind will wander to other places during your sessions. Pay attention to when it does and then refocus your attention to your*

breathing.

6. *Don't judge yourself. Wandering thoughts during meditation are not deserving of scorn. When the mind wanders, simply return to meditating without obsessing over the thoughts that came into your head when your mind wandered off.*

7. *Close with kindness. As your session draws to a close, gently lift your gaze and take a moment to notice your surrounding environment, how your body feels and your thoughts and emotions.*

Meditation can pay numerous dividends. More information about meditation can be found at mindful.org.

HEART

CONTINUED FROM PAGE 18

including poor diet. A poor diet can cause a host of health problems, including elevating cholesterol levels. According to the Heart & Vascular Center at Valley View Hospital in western Colorado, a diet high in saturated fat can lead

to heart disease because it can increase cholesterol levels. The Mayo Clinic notes that, when a person has high cholesterol, fatty deposits can develop in the blood vessels. Those deposits eventually grow, making it difficult for sufficient blood to flow through the arteries. The deposits also can break and form clots that can cause heart attack

or stroke. Though Harvard Health notes that some people are genetically predisposed to high blood cholesterol, a diet that limits intake of saturated fat can help most people maintain healthy cholesterol levels, thus reducing their risk for heart disease. Foods high in saturated fat include

pork, beef, lamb, cream, butter, and cheese.

Heart disease claims the lives of millions of people across the globe every year. Diet is an undeniable ally in the fight against heart disease, and individuals who commit to eating right can greatly reduce their risk for heart disease.

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Safety first before mixing drugs

Billions of people across the globe take medications each day. Certain medications can help people with potentially debilitating or even deadly conditions live normal lives, while others can help people overcome relatively minor issues like muscle aches or seasonal allergies.

The American Heart Association notes that mixing drugs can produce unexpected side effects. This can make it dangerous for people already on prescription medications to use over-the-counter drugs for issues like headache or seasonal allergies. Understanding the potential interactions between their prescriptions and

common prescription and over-the-counter medications can help people stay safe.

• **Antihistamines:** Antihistamines are widely used to alleviate symptoms of the common cold or seasonal allergies, such as runny nose, itchy eyes and sneezing. The AHA notes that, when taken along with blood pressure medication, antihistamines can contribute to an accelerated heart rate and cause blood pressure to spike. The AHA also cautions people taking sedatives, tranquilizers or prescriptions to treat high blood pressure or depression to consult their physicians

See **DRUGS** on Page 22

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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DRUGS

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before taking antihistamines.

Bronchodilators: Bronchodilators relax and open the airways in the lungs and are used to treat various lung conditions, such as asthma and chronic obstructive pulmonary disease, or COPD. These drugs make it easier to breathe and are available via prescriptions. But patients with heart disease, high blood pressure, thyroid disease, and/or diabetes should discuss the potential interactions between bronchodilators and other medications they may be taking with their physicians.

Cordarone: According to Drugs.com, Cordarone is used to treat potentially deadly abnormal heartbeats. Cordarone can cause severe problems that affect the lungs, thyroid or liver, and can be dangerous when combined with other drugs. For



example, the AHA notes that patients who take more than 20 milligrams of Zocor, a drug used to lower "bad" cholesterol and potentially to lower the risk of stroke, heart attack and other conditions, while also taking Cordarone are at risk of developing rhabdomyolysis. Rhabdomyolysis is a condition marked by the breakdown of muscle

tissue that can lead to kidney failure or death. The AHA also says that Cordarone can inhibit or reduce the effects of the blood thinner Coumadin.

Nicotine replacement products: People taking prescriptions for depression or asthma should consult their physicians before taking any nicotine replacement products. The Federal Drug Administration notes that doctors may want to change dosages

of patients' current medications before recommending they take any nicotine replacement products. The FDA also advises people to speak with their physicians before trying these products if they have diabetes, heart disease, asthma or stomach ulcers; have had a recent heart attack; have high blood pressure but do not take any medication for it; or have a history of irregular heartbeat.

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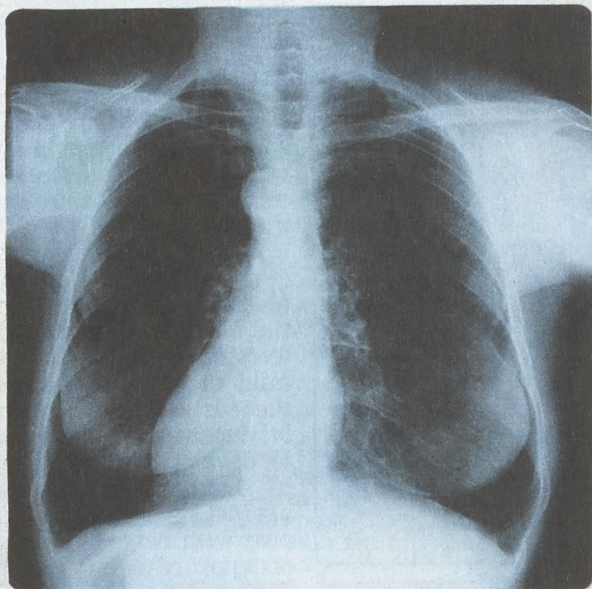
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The respiratory system is a network of organs and tissues that help a person breathe. In addition to facilitating

the absorption of oxygen from the air, the respiratory system cleans out waste gases like carbon dioxide. In a healthy person, the respiratory system functions like a well-oiled machine. But that same system is sometimes hampered by illness, allergies and infections, according to the Cleveland Clinic. With so much riding on a healthy respiratory system, it can help to learn about some of the more common con-

See **RESPIRATORY** on Page 24

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RESPIRATORY

CONTINUED FROM PAGE 23

ditions that can affect it.

· **Asthma:** Asthma is a chronic inflammatory disease caused by narrowed airways affected by inflammation. Asthma causes breathing difficulties, coughing, wheezing, and other symptoms. Most people need to take preventive medicines to control symptoms.

· **COPD:** Chronic obstructive pulmonary disease is comprised of chronic bronchitis and emphysema. Bronchitis is when the lining of the bronchial tubes become inflamed and irritated. Swelling may cause an abundance of mucus. Emphysema occurs when the tiny air sacs (alveoli) become damaged and less flexible. This reduces the alveoli's ability to move oxygen and other gases,



which adversely affects breathing, according to Verywell Health.

· **Influenza:** Influenza, also known as the flu, is a viral illness that can produce a number of symptoms. The flu viruses can be inhaled or brought into the body by touching items that contain the

virus. Mild fever, runny nose, cough, fatigue, and sore throat are common symptoms of influenza. While most people recover, the Mayo Clinic warns that flu complications can be deadly.

· **COVID-19:** SARS-CoV-2 is the virus responsible for causing

COVID-19, which was discovered in the winter of 2019. It is a highly infectious illness caused by a coronavirus. It is spread from person to person, and has caused millions of deaths around the world as well as lasting health problems, according to Johns Hopkins Medicine. Depending on the individual, the effects of COVID-19 can be mild or severe. Because the virus mutates easily, researchers continue to develop new vaccines to help boost defense against it. Symptoms appear within two to 14 days of exposure to the virus. A person infected with the coronavirus is contagious to others for up to two days before symptoms appear, and they remain contagious to others for 10 to 20 days, depending on their immune system and the severity of their illness.

· **Tuberculosis:** TB is a contagious and potentially life-threatening infectious disease caused by the bacterium mycobacterium tuberculosis, which is spread through the air. The CDC says TB is preventable and treatable in most cases. Infection control practices can help reduce TB transmission.

· **Pneumonia:** With pneumonia, a virus, bacteria or another infectious agent causes alveoli to fill with fluid or pus, affecting breathing and gas exchange. Pneumonia symptoms may be mild and not affect daily activities, while others can be severe and require hospitalization.

· **Cystic fibrosis:** This is a genetic condition that creates very thick mucus in the body, which can cause both breathing and digestive problems. Blockages from thick mucus can trap harmful bacteria and lead to infections, says the Mayo Clinic.

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As we age we often find ourselves facing decisions on our living situations. More often than not, we begin to think about our future living arrangements after the death of a spouse or a medical scare. There are many different options when it comes to senior living and knowing your options is important.

Independent Living

Independent living allows many seniors the ability to live independently in a more social environment amongst peers with less household upkeep. Independent living communities offer active seniors the opportunity to socialize with peers and others who have common interests. These seniors do not have to worry about the upkeep of a house or chores like mowing the lawn or shoveling snow. Because these communities are geared toward independent seniors, their living accommodations are private. Seniors living in independent living communities tend to their own medical and personal care needs as well as their medication with no support from others.

Personal Care

Personal care is essentially a bridge between independent living and a skilled nursing home, however in some personal care homes there are accommodations in place that allow seniors to age in place. Personal care homes assist seniors who may be physically or cognitively unable to live alone. Seniors who choose personal care may have chronic health conditions such as heart disease, diabetes or dementia. In personal care, seniors have their own living space (may be private or semi-private), while having 24/7 staff available to assist them with medical and personal care needs as well as administer medications as needed. Personal care also has a very social setting with community events, activities and programs that seniors may participate in.

Finding the right fit for your needs is important. The biggest difference between independent living and personal care is the full-time supervision and care options that are included in personal care. Additionally, some amenities such as meals and housekeeping services are included in the cost of personal care; whereas, it may be an option with an additional cost for independent living. In the end, deciding on your living arrangements as you age comes down to your needs.

At Mrs. Bush's Personal Care Homes, we provide both personal care and independent living options. We encourage you to call 610-381-3713 to discuss our options and to take a tour.



Heather Glen Senior Living features what residents want in a home: functional apartment layouts and neighborhood living to ensure quality care and resident camaraderie.

Our residence features a huge atrium and common areas with ample natural light that encourages healthy living. Heather Glen offers a tranquil setting where seniors can maintain their independence with access to professional staff around the clock.

Residents and their families find comfort in knowing that our experienced staff provides personalized service. Personal assistance is provided by well trained, compassionate caregivers and nurses.

We offer the ultimate residential living environment for personal and memory care where your loved one feels at home. As the leading residential builder in the Lehigh Valley for 60 years, we believe Heather Glen does just that. We strive to provide a variety of entertainment options, activities and fine dining for a stimulating experience. Our state of the art architecture and design is based on the most recent trends in senior living and memory care.



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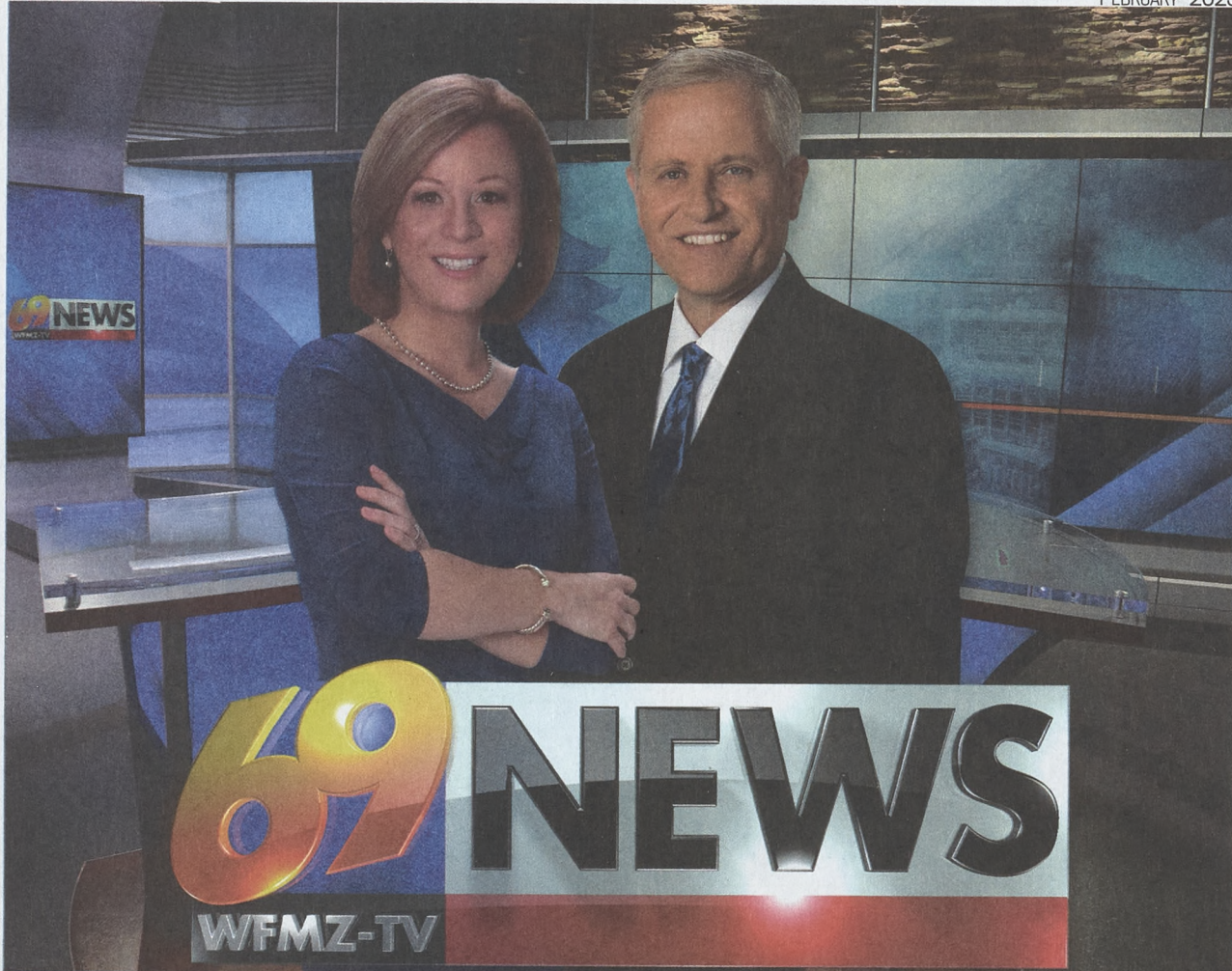


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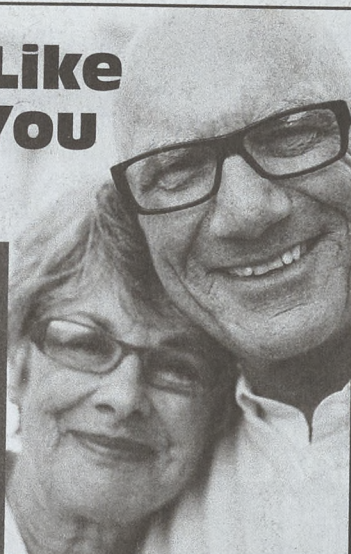
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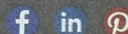
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Time for a children's vision checkup

Healthy vision is an important component of success in school and can even affect children's social development.

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.

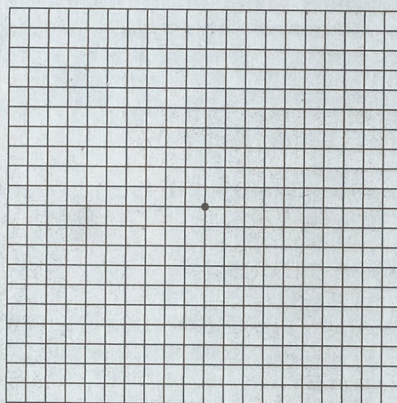
- Complains things are blurry or hard to see.

- 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 for a new web resource to assess their kids' digital screen time use. Tips are available at <https://preventblindness.org/childrens-screen-time-tips/>.

HOW TO TEST YOUR EYES WITH THIS AMSLER GRID

- Test your eyes under normal room lighting used for reading.
- Wear the eyeglasses you normally wear for reading.
- Hold the grid approximately 14 to 16 inches from your eyes.
- 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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A Triumph of the Heart – A Life Renewed

Allentown's Anita Krick is active again and cancer-free

Getting back on skis and back on the golf course might seem routine, but for Anita Krick, they are symbols of triumph over life-and-death health challenges.

Krick successfully manages her congestive heart failure, discovered about six years ago, and is cancer-free after an operation last fall for lung cancer, discovered during ongoing monitoring of her heart failure. In both cases, her health journey was with Lehigh Valley Health Network (LVHN), and she wouldn't have it any other way.

"I tell the world. I always tell them I went to Lehigh Valley," Krick says.

Breathless on the slopes

Nearly six years ago, Krick, now 71, came off the ski slopes more out of breath than she could ever remember. She went to her primary care doctor, John Peters, DO, for what she surmised was bronchitis; but he quickly ruled it out and sent her for heart tests. She learned she had severe congestive heart failure. "I was scared," she recalls. "I had a grandson on the way and all I wanted to do was live."

Krick, from Allentown, recalls working with cardiologists from Lehigh Valley Heart and Vascular Institute. Medication helped improve her heart function and in August 2017, she received an implanted automatic defibrillator to counter any potentially lethal heart rhythm disturbance.

What is heart failure?

Heart failure occurs when the heart is unable to pump enough oxygen-rich blood with each beat. When that happens, there is a shortage of blood to vital organs, such as the lungs. Krick's heart failure was on the more severe side of the scale because she experienced shortness of breath with minimal physical exertion.

"We were able to improve Anita's heart pumping ability and her quality of life, how much exercise she can do, and most importantly her length of life," says Krick's cardiologist, Ronald Freudenberger, MD, Physician in Chief, Lehigh Valley Heart and Vascular Institute.

With heart failure, Freudenberger says the first task is to figure out why the heart isn't pumping as it should. Treatment options vary based on the cause and could include medication, clearing blocked arteries and installing stents to keep them open, or bypass surgery. Other potential options, also depending on the patient, are things such as the defibrillator Krick received, or a left ventricular assist device.

Cancer scare

A few years after her heart failure diagnosis, routine monitoring for Krick discovered she had emphysema, and spots were later found on her lungs. She recalled seeing the words "possible cancerous growth" in the test report on her MyLVHN patient portal.



This past October, after continued monitoring, Krick underwent robotic-assisted surgery to remove the growth, which was indeed cancerous. Surgeon Richard Chang, MD, was able to remove all the cancer and not have to take any of Krick's lymph nodes. She did not require chemotherapy or radiation.

"If they weren't watching me from the get-go, this would have spread. I'm truly lucky and blessed," says Krick, a retired regional sales director for a talent management company.

Heart failure under control

Krick says she feels great. "I sometime wonder: Do I really have it [heart failure]?" Krick says. I walk about four miles three times a week."

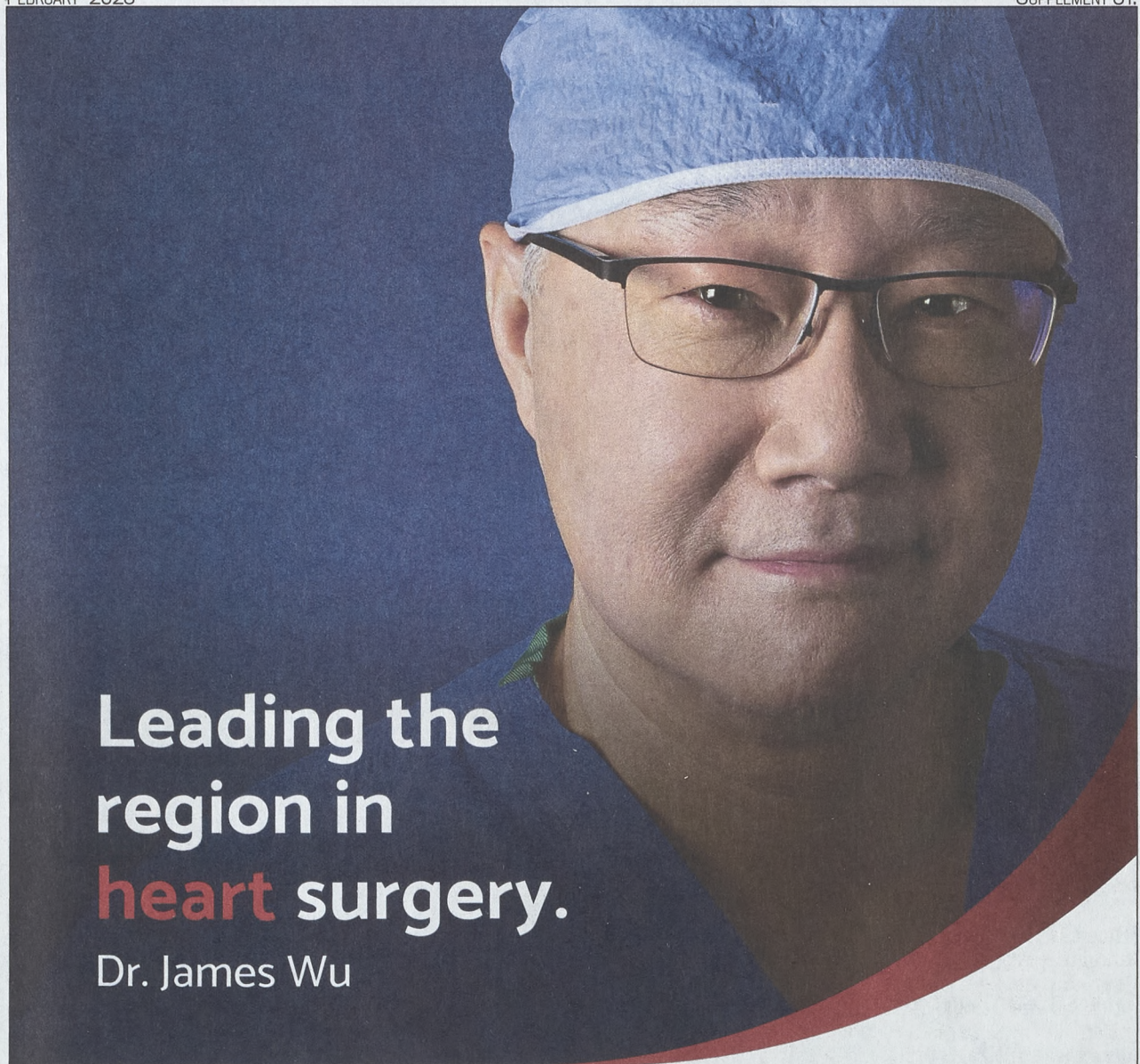
Freudenberger says teamwork is key to success. "We're fortunate because we have built a team for treatment of advanced heart failure patients with cardiologists, cardiac surgeons, nurse practitioners, nurses and therapists."

He added the Heart and Vascular Institute has a full heart failure program that wraps around the patient and can address all their needs. "We also have more advanced heart failure doctors in our organization than anyone else in the area and that allows us to really get the world's experts in advanced heart failure treatment," he says.

"There is nothing more exciting and rewarding than being able to feel you've contributed to the health and well-being of someone who might not have done well without your help," he says.

The Heart and Vascular Institute, says Freudenberger, is committed not only to taking excellent care of patients, and teaching, but also to developing the next generation of therapies for patients with heart failure and other heart diseases.

For Krick, successfully dealing with heart failure and cancer came by way of a combination of expertise and compassion from LVHN. "I had a great team and found them all [LVHN doctors and caregivers] to be personally caring. I never felt like a number in any of it," says Krick.



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