



SPORTS
Freedom tops
Liberty
See A9



FOCUS
Portraits
of Pride
See B1

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YOUR HOMETOWN NEWSPAPER FOR THE BETHLEHEM SCHOOL DISTRICT

NOVEMBER 3, 2021

Celebrating our 17th year serving our communities

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BASD

Service, efforts noted

BY JENN RAGO
Special to the Bethlehem Press

At its regular meeting Oct. 25, the board recognized several people who have made noticeable contributions to the Parents as Teachers Program.

The Parents as Teachers Program is an early childhood parent education, family support and well-being, and school readiness home visiting model based on the premise that “all children will learn and grow, and develop to realize their full potential.”

BASD has been recognized for the second year in a row as a Blue Ribbon program, meeting all objectives and expectations set for the program. Dr. Benita Draper, director of Federal Programs for Early Learning, and board member Winston Alozie recognized Lisette Maldonado, program supervisor, Sonia Perez, parent educator, Diana Soto-Becerra, parent educator, and Mara Mendoza (not present) program secretary, for their contributions to this program.

The board also recognized board President Michael Faccinetto for 12 years of service as well as Angela Sinkler, and Craig Neiman each with eight years of service. Dr. Joseph Roy, superintendent, pointed out that these are non-paying positions that people basically volunteer their time and knowledge toward the betterment of the educational system.

Photo appears on page A3



“This project holds a special place in my heart and is very important to me.”

Abby Thompson

Abby Thompson, right, shows the Hygiene Box to Tiffany Henning, branch executive director of the Bethlehem Branch of Greater Valley YMCA. The box, which will be filled with basic hygienic necessities for those that cannot afford them, will be installed on the lawn near the entrance of the Bethlehem YMCA at 430 E. Broad St.

PRESS PHOTO BY TAMI QUIGLEY

Setting an ambitious goal

Liberty student pleased with progress of her project

BY TAMI QUIGLEY
Special to the Bethlehem Press

When something touches your heart, it can lead to great things. That’s what happened when Abby Thompson, a sophomore at Liberty HS, saw the need for necessities by many in the local area. That concern was the springboard for her spearheading a project with the Bethlehem YMCA to establish a Hygiene Box at its facilities for those who cannot afford basic hygienic necessities.

Her GoFundMe campaign (<https://www.gofundme.com/f/bethlehem-hygiene-box>) is doing well, having raised \$825.00 of the

ABBY’S GOFUNDME PAGE
“Hi, my name is Abby Thompson, I am 15 years old, and I am a sophomore at Liberty HS. There are a lot of people in our community who are struggling with basic necessities during this difficult time, and I need your help. I am partnering with the Bethlehem YMCA to place two hygiene boxes at their facility for those in need. I am raising money to purchase the boxes and their first products. I am planning to sustain the boxes with corporate donations. Please help me get started on this important endeavor! A kind donation of just \$5 will help buy 50 razors, 72 travel size deodorants, 96 individual oral care kits, 500 band aids, 100 individual Q-tip packages, or 180 individual sized bottles of mouthwash. Thank you in advance for your support and generosity in helping our community!”

\$1,500 goal. Thompson currently has enough for the first box and all of the supplies, and is now fundraising for the second box.

“This project holds a special place in my heart and is very important to me,” Thompson said.

“I walk around town or drive to many places, and see people sitting on the side of the road with little food and no shelter,” she explained. “I have also volunteered at a food bank and seen some terrible things.

These are some of the reasons that have driven me to starting this project.

“I am very proud of how far it has come, and happy about pursuing something I am very passionate about.”

As Thompson states on her Bethlehem Hygiene Box GoFundMe page, “Hi, my name is Abby Thompson, I am 15 years old, and I am a sophomore at Liberty HS. There are a lot of people in our community who are struggling with basic necessities during this difficult time, and I need your help. I am partnering with the Bethlehem YMCA to place two hygiene boxes at their

See **GOAL** on Page A2

Armstrong counters ‘inaccurate’ 911 allegations

BY DOUGLAS GRAVES
Special to the Bethlehem Press

Lehigh County Executive Phillips Armstrong countered, in a press release, a negative 911 story alleging mishandled calls at the Lehigh County Emergency 911 Management Center. The unusual statement, according to Armstrong, is to allay concerns the public might have about the effectiveness of the emergency call center which is operated by Lehigh County.

“Normally, we would not comment on pending litigation, but the baseless allegations made in a recent federal court filing

LEHIGH COUNTY

are so inaccurate and so damaging to the public trust that we needed to correct the record,” said Armstrong in his statement.

Armstrong said all related conversations and calls were recorded and have been reviewed.

A local daily newspaper headlined a story wherein a 911 dispatcher on July 27, 2020, allegedly hung up on a caller who was speaking Spanish. The call was (according to the story in the newspaper) from a man in a burning residence on North Fair St. in Allentown.

The man, Heriberto Santiago Jr., died along with a child, Andres Javier Ortiz.

Armstrong’s statement asserts that the initial call (in English) reporting the fire was made two minutes before Santiago’s call came in and that police and fire assets were on the way to the address.

According to the statement at least one call came into the center in Spanish and that it was immediately transferred to a “translation line” and that the call was handled properly.

It also says that Santiago’s call was in English, contrary to what was reported by the local daily newspaper.

This accusation is one of several others included in a federal lawsuit filed by seven former Lehigh County Emergency 911 Management Center employees who had been fired.

Full text of statement Page A2

PEOPLE SAY
BY DANA GRUBB

What was the least favorite thing you would get in your trick or treat bag as a kid?



“That’s an easy one, candy corn. it’s disgusting.”
Erica Curry
Bethlehem



“Smarties and candy corn.”
Christa & Michael Ritzler
Cape May Courthouse, N.J.

PEOPLE SAY
Continues on A2

INSIDE TODAY
LV PRESS
2021 COOKBOOK
Supplement

BETHLEHEM PRESS

VOLUME 17, ISSUE 5

INSIDE THE PRESS

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GRAND CHAMPION
YOUNG TURKEY

What was the least favorite thing you would get in your trick or treat bag as a kid?



"Reese's peanut butter cups."
Demetri Mavrakis
Bethlehem



"Pennies."
Jamie Thompson
Neptune, NJ



"Pretzels."
Debra Dalpe
Hampton, NJ



"Pencils."
Mike Dalpe
Hampton, NJ

GOAL

Continued from page A1
facility for those in need. I am raising money to purchase the boxes and their first products. I am planning to sustain the boxes with corporate donations. Please help me get started on this important endeavor! A kind donation of just \$5 will help buy 50 razors, 72 travel size deodorants, 96 individual oral care kits, 500 band aids, 100 individual Q-tip packages, or 180 individual sized bottles of mouthwash. Thank you in advance for your support and generosity in helping our community!"

"This was all Abby's idea," says Tiffany Henning, branch executive director of the Bethlehem Branch of Greater Valley YMCA. "Our clients, members and children wanted to help her out with something that's good for the community."

"It will benefit the people here," Henning

adds, noting the Bethlehem YMCA has 34 rooms and currently 32 low-income residents.

Dave Orinski, Thompson's stepfather, said once Abby had the idea, she needed a place to put the box, so she wrote to the YMCA with her idea and they met with her and granted permission.

"She is a good kid," Orinski says. "She is a member of a teen MENSA group, and they stress community service. She has volunteered well more than her graduation requirement. It sounds trite, but she is absolutely selfless."

Reflecting on how the project began, Orinski says there are many free little library boxes around the Lehigh Valley, one in Hanover Township where they live, but they are strictly for books.

"Having gone through the pandemic, Abby understood a lot of people were losing jobs and couldn't afford things like deodorant

or toothpaste. So she thought of a similar box idea but for hygiene items."

Orinski said the current goal is for two boxes along with all of the supplies to fill it weekly for one year. The boxes are \$500 each, and the supplies for the box when you purchase in bulk are about \$500 each. Thompson recently finished painting the first box.

"Abby is hopeful to raise \$2,000 in time, but would be happy to take donations of supplies instead of cash because we have to purchase the bulk supplies and it would be easier if businesses donated items," Orinski said.

Thompson did reach out to a number of corporate places like Johnson & Johnson and Proctor and Gamble, but also to places like Marriott for such things as soap, toothpaste and toothbrushes, but she was rejected by all of those places.

"Not to be deterred, we will just buy the first

year of supplies," Orinski said. She currently has enough for supplies for the first box.

The first box will be installed on the lawn near the entrance of the Bethlehem YMCA at 430 E. Broad St.

An active student, Thompson plays varsity basketball at Liberty, where her twin sister Jordan, and stepbrother Chase, are also college-bound sophomores. She has been dual enrolled at Northampton County Community College since eighth grade.

Thompson is secretary of the Interact Club at Liberty, a community service club that works in partnership with the Bethlehem Rotary. Club members have begun collecting items for the boxes.

"After high school, I plan to go to college, and become a criminal prosecutor," Thompson said. "I am very excited to see where I go in my next few years."

Full text of Armstrong's statement

Lehigh County takes very seriously any complaint about the way our operators conduct themselves while serving the public. We scrutinize all complaints, regardless of their source, to make sure that we are in compliance with best practices and that we are serving our residents in the best manner possible.

Below is a timeline of not only the call in question, but of all calls related to the incident. The following are the specifics for 739 North Fair Street, Allentown, Pa, 18102, fire call received on July 27, 2020.

Initial Call 11:22 a.m. Initial call was received

From this call, the call taker was able to obtain the address and nature of the emergency 11:23 a.m. ready for dispatch

11:23 a.m. police and fire dispatched

11:25 a.m. police arrived

11:27 a.m. fire arrived

One dozen calls were received between the initial call at 11:22 a.m. and 11:27 a.m. when the

fire department arrived.

All calls confirmed the fire location.

Spanish speaking caller, called at 11:23 a.m.

This call was received and processed.

The call was immediately transferred to the translation line, which is our standard operating procedure.

The call was handled correctly, without any concern for caller's language.

The results of the call, confirmed the fire location.

Heriberto Santiago Jr. Call

The call was received at 11:24 a.m.

This call was in English.

Heriberto Santiago Jr. mentioned he was trapped in the basement, due to a fire at 739 N. Fair Street.

The call taker told Mr. Santiago that help is on the way; the fire department has been dispatched.

The call ended, our call taker could not return a call to the caller, because the phone was an unregistered cell phone without a unique

number.

The Computer Aided Dispatch system was updated at 11:25 a.m. to indicate an individual trapped in the facility

The voice recording and Computer Aided Dispatch system captures information, and that information isn't over-ridden, it is memorialized in our record management system. From this timeline:

It shows that our 911 center received a call reporting a fire, and within three minutes, emergency personnel began to arrive on the scene.

It also shows that our 911 operators received a number of other calls, including one from Heriberto Santiago as well as a Spanish call that was properly routed to a Spanish speaking attendant. The call was received at 11:24 a.m.

Mr. Santiago identified himself and spoke to the dispatcher in English, not Spanish.

Mr. Santiago told the dispatcher that he was trapped in the basement as a result of a fire. The dispatcher assured Mr. Santiago that help was on the way (the records

confirm that police and fire had been dispatched at 11:23 a.m., one minute before Mr. Santiago's call was received). The call was then disconnected.

It was not possible to call Mr. Santiago back because he was calling from an unregistered cell phone without a unique number. The records reflect that police arrived on the scene at 11:25 a.m., one minute after Mr. Santiago's call was received, and that fire arrived on the scene at 11:27, three minutes after Mr. Santiago's call was received.

All tapes pertaining to the incident have been thoroughly reviewed along with the 911 center's computer aided dispatch system. Normally, we would not comment on pending litigation, but the baseless allegations made in a recent federal court filing are so inaccurate and so damaging to the public trust that we needed to correct the record.

(Signed by)
Phillips M. Armstrong
Lehigh County Executive

BRIEFLY

STOCKINGS FOR SOLDIERS

Collection dates announced

Thank you for being willing to donate items to the annual Stockings for Soldiers campaign.

Due to an abundance of caution, we will be collecting items to send to soldiers outside of the office at 1633 N. 26th St., Allentown, 8-11 a.m. Nov. 10 and noon to 2 p.m. Nov. 13.

If another time is needed for a drop-off, call Debbie Galbraith at 610-740-0944, ext. 3705 to make other arrangements.

BETHEHEM

Rabies warning issued

A stray kitten in the vicinity of Garrett Road in Bethlehem recently tested positive for rabies. An exposure to rabies can be fatal for a human or other mammals, such as dogs and cats.

It is recommended that citizens never attempt to handle a wild or domesticated animal that is not their own, as a health and safety precaution. All sick or injured animals should be reported to the local police department or animal control officer.

Pet owners are encouraged to keep dogs and cats up to date on rabies vaccine-per Pennsylvania law, all domesticated dogs and cats over three months of age must be vaccinated against rabies. Do not feed wildlife, stray or feral cats, or stray dogs.

Anyone who is bitten, scratched, or otherwise exposed to an animal should seek prompt medical care. By law, all medical care providers must report these cases to the local health department for investigation.

To report an actual or potential exposure to a wild or domesticated animal, please call the Bethlehem Health Bureau at 610-865-7083.

Contributed article

Send us your event photos

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

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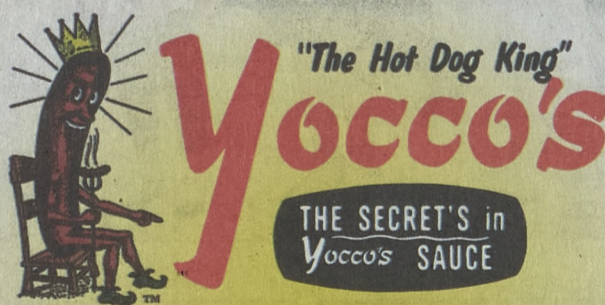
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Following the directives established by the Centers for Disease Control and Prevention to limit public gatherings, several of the following meetings / activities might be changed, canceled, streamed or online. Check websites and social media as available.

Current items

COMMUNITY THANKSGIVING SERVICE: The Bethlehem Interfaith Group (BIG) has announced plans for "A Service of Thanksgiving," planned for Nov. 14 at 4 p.m. It will be offered in person at Central Moravian Church, 73 W. Church St., Bethlehem. Everyone is welcome to attend.

It will also be available to livestream via YouTube at bit.ly/2Z5M9Aj.

The service will feature contributions from many of the faiths represented, including music, readings, prayer, and interactive responses.

The COVID-19 protocols of the host church, Central Moravian, will be in place: all attendees must correctly wear a mask, and sign in upon arrival, for contact tracing purposes.

A free will collection will be taken to benefit New Bethany Ministries, an interfaith, nonprofit organization with its main location in Southside Bethlehem. Those viewing the livestream service can make an online donation at newbethanyministries.org/donate-to-day.

Wednesday, November 3

Adult Bible study, 11 a.m. Women's Ministries (age 14 and older), "Friendship Joy," 1 p.m. Salvation Army, 521 Pembroke Road. Call 610-867-4681 for details.

Thursday, November 4

Chair Exercises, 9:30 a.m. to 10:15 a.m., program: Ladore camp guests, 10:45 a.m. Seniors 50 and up Salvation Army, 521 Pembroke Road. Call 610-867-4681 for details.

Bethlehem Farmers Market, 10 a.m. to 2 p.m. 1 Farrington Square (intersection of New and Morton)

Saturday, November 6

Flea Market, electrical appliances, kitchen, dining room, bath, bedroom items, jewelry, clothing (adults and children), shoes, linens, books, toys, seasonal items, etc. 9 a.m. to 1 p.m. Salvation Army, 521 Pembroke Road. Call 610-867-4681 for details.

The Boutique annual juried arts and craft show. Benefits church youth missions and scholarship funds. 9 a.m. to 3 p.m. First Baptist Church 3235 Linden St.

Northampton Community College annual fall craft fair, 9 a.m. to 2 p.m., Bethlehem Campus, 3835 Green Pond Road. Jewelry, food, woodworking, more. Breakfast and lunch available for purchase. NCC's H.O.P.E. food pantry collecting donations of nonperishable canned items and toiletry items for students who need them. Masks are required.

Tuesday, November 9

Bridge players, 9:30 to 11:30 a.m. Salvation Army, 521 Pembroke Road. Call 610-867-4681 for details.

Wednesday, November 10

Adult Bible study, 11 a.m. Women's Ministries, "My Favorite Things" (age 14 and older), 1 p.m. Salvation Army, 521 Pembroke Road. Call 610-867-4681 for details.

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.

VETERANS DAY EVENTS

VETERANS DAY is November 11, 2021

Thursday, November 4

Deadline to register for Traditions of Hanover honors military veterans and their spouses. Complimentary drive-through hot breakfast, 8 a.m. Nov. 11 at 5300 Northgate Drive. RSVPs are required by November 4. Call Craig at 610-882-0400 or email cberdini@traditionsofhanover.com

Thursday, November 11

Veterans Day Celebration for veterans and civilians in collaboration with Battle Borne, Northampton County, and Treatment Trends. Food, beverages. 11 a.m. Hope Center, 429 E. Broad St.

Victory House dine to donate Veterans Day benefit, all day. 10 per cent of food sales go to Victory House, Bethlehem. Reservations recommended; call 610-865-9600. Apollo Grill, 85 W. Broad St.

MEETING BOARD

Following the directives established by the Centers for Disease Control and Prevention to limit public gatherings, several of the following meetings / activities might be changed, canceled, streamed or online. Masks over the nose and mouth are required in all government offices and buildings. Temperature checks may be made. Check websites and social media as available.

Municipal notes

PACENET PRESCRIPTIONS: On Oct. 27, the Pennsylvania House of Representatives passed H.B.1260, legislation co-authored by state Reps. Steve Samuelson, D-Northampton, and Wendi Thomas, R-Bucks, to raise income limits by \$6,000 for the PACENET prescription program. The bill now heads to the state Senate for consideration.

"This bipartisan legislation expands access to prescription medications for our seniors by building upon the proven PACE/PACENET program and expanding eligibility," Samuelson said.

The bill would increase enrollment for the state's Prescription See **BOARD** on Page A7

POLICE OFFICER TEST

The Lehigh County Police Testing Consortium and thirteen area agencies have entered into an agreement to conduct a cooperative testing process for the position of police officer. The physical and written exams will take place on **Saturday, December 18th, 2021.** The agencies participating at this time include: Alburtis Borough Police, Catasauqua Borough Police, Coplay Borough Police, Coopersburg Borough Police, Emmaus Borough Police, Fountain Hill Borough Police, Macungie Borough Police, Salisbury Township Police, Slatington Borough Police, South Whitehall Township Police, Upper Macungie Township Police, Upper Saucon Township Police, and Whitehall Township Police.

Interested applicants must register and complete the **Online Application Process** at <https://www.lehighcountypolicetest.com> as well as pay the non-refundable \$25.00 fee no later than **Friday December 10, 2021 at 12 pm.**

- No paper applications will be accepted.
- Open application begins November 5, 2021 at 0800AM

All thirteen police departments offer an exciting opportunity for a police career with competitive salary and benefits packages. All participating departments encourage qualified candidates to apply. **EQUAL OPPORTUNITY EMPLOYERS. WOMEN AND MINORITY APPLICANTS ENCOURAGED TO APPLY.**



PRESS PHOTOS BY DANA GRUBB

Representatives attending included: (seated) German Consul General David Gill; Curtis H. Barnette, vice chair of the Bethlehem World Heritage Commission; Catherine Turton from the Office of International Affairs of the National Park Service; Mayor Robert Donchez; Michelle Muntefering, deputy minister for international cultural policies at the Ministry of Foreign Affairs of the Federal Republic of Germany; Charlene Donchez Mowers, president of the Bethlehem World Heritage Commission and Historic Bethlehem Museums & Sites; and (standing) Dr. Paul Peucker, director and archivist at the Moravian Archives; the Reverend Dr. Elizabeth Miller, president of the Moravian Church Provincial Elder's Conference; Bishop Hopeton Clennon, senior pastor of Central Moravian Church; Dr. Bryon Grigsby, president of Moravian University; and Dan Soos, CEO of the Bethlehem Area Moravians.

World Heritage site

Settlement gets international support

BY DANA GRUBB
Special to the Bethlehem Press

Bethlehem's pursuit of World Heritage recognition for the Moravian settlement received a boost Oct. 18 as Michelle Muntefering, deputy minister for international cultural policies at the Ministry of Foreign Affairs of the Federal Republic of Germany presented a letter of collaboration to Bethlehem area officials at a brief gathering in Town Hall.

The Herrnhut settlement in Germany, Christiansfeld in Denmark, and Gracehill in Northern Ireland would join Bethlehem in a single World Heritage listing that recognizes the influence of the Moravian Church throughout the world.

Deputy Minister Muntefering thanked Bethlehem officials for hosting the German delegation and expressed the importance of the



Catherine Turton, representing Stephen Morris of the Office of International Affairs of the National Park Service; Mayor Robert Donchez and Michelle Muntefering, deputy minister of international cultural policies at the Federal Republic of Germany's Ministry of Foreign Affairs, present the letter of collaboration in a multi-country nomination to the World Heritage list that includes Bethlehem's Moravian Church historic site and several in Europe.

transnational effort and international cooperation on the pursuit of World Heritage designation.

Bethlehem's Historic Moravian site was

added to the U.S. World Heritage tentative list in 2017 and area officials on the Bethlehem World Heritage Commission have continued to work through the process.

This would represent the first multi-country nomination for the United States, which is home to 24 World Heritage sites.



PRESS PHOTO BY JENN RAGO

PTA members honored by BASD board

Bethlehem Area School District School Board recognizes outstanding contributors to Parents as Teachers Program. From left: Winston Alozie, Dr. Benita Draper, Lisette Maldonado, Sonia Perez, Diana Soto-Becerra.

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Juanita M. (Ueberroth) Demyan

Army Corps of Nurses veteran



Juanita "Neetz" M. (Ueberroth) Demyan, R.N., 98, of Bethlehem, died at home Oct. 19, 2021. Born in Fountain Hill, she was a daughter of the late Truman E. and Mabel A. (Moll) Ueberroth. She was the wife of the late Andrew W. Demyan for 67 years.

She graduated from Allentown HS and Lankenau Hospital School of Nursing.

She was in the Army Corps of Nurses during World War II.

She was a registered nurse for and was retired in 1986 from St. Luke's Hospital.

She is survived by three sons, Steven and his wife Justine, Louis and his wife Kimberly and Andrew Jr. and his wife Brenda; seven grandchildren, Christopher, Jessica, Jacalyn, Kelly, Andrew, Robert, Ann; eight great-grandchildren, Jilian, Greyson, Ashton, Rylee, Hunter, Caitlyn, Adalynn and Reese; and brother, Truman E. Ueberroth and his wife Margaret.

She was predeceased by a sister, Letitia L. (Ueberroth) Rex.

Contributions may be made to Incarnation of Our Lord Parish, 617 Pierce St., Bethlehem, PA 18015.

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

Harry Howard Hollinger III

college, high school wrestling referee



Harry Howard Hollinger III, 80, of Bethlehem, died Oct. 16, 2021. Born in Allentown, he was a son of the late Harry Jr. and Lucille (Wernett) Hollinger.

He was in the U.S. Air Force.

He was a lineman for Verizon for over 35 years before retiring.

He was a referee for high school and college wrestling. He was a member of the Hellertown American Legion Post 397, the Jeff's, North End Wanderers Athletic Association, Heights Athletic Club and the Bethlehem Volunteer Firemen's Home Association.

He is survived by two daughters, Melissa Ann Ziegler and her husband Richard of Bethlehem and Kelly Books and her husband William of Hellertown; and four grandchildren, Paige, Jordan and Taylor Baltzersen and Jack Books.

He was predeceased by three brothers, Clint, Dane and Keith Hollinger.

Contributions may be made to a veteran's charity of one's choice.

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

Harry Whitman

general contractor



Harry Whitman, 94, of Easton, died Oct. 13, 2021, at Saucon Valley Manor, Hellertown. Born in Upper Black Eddy, he was a son of the late John Edward and Margaret (Culberson) Whitman Sr. He was the husband of Ethel (Haney) for 65 years.

He was in the U.S. Army, serving in Germany during the Korean War.

Harry worked for Riegel Paper Mill, Milford, for a short time. He then opened his own general contractor service. He was a master plumber.

He was a member of the Frenchtown/Milford VFW Post #7857.

He is survived by four children, Lynne Bush of Flemington, Harry Whitman of Nichols, New York, Patti Marz of Phillipsburg, New Jersey and Peg Stover and her husband Jim of Easton; 13 grandchildren; 14 great-grandchildren; nieces; and nephews.

He was predeceased by four brothers, Fred, Edward, Kenneth and Jay; and a sister, Edythe Smith, all of Upper Black Eddy.

Contributions may be made to the Milford Fire Company, 21 Water St., Milford New Jersey 08848.

Arrangements were made by Stephens Funeral Home Inc., Allentown.

LEPOCO event
Walk/ride supports ongoing work

BY TAMI QUIGLEY
Special to the Bethlehem Press

Some pedaled for peace, some walked for justice, and together 23 riders and walkers raised over \$3,000 Oct. 9 at the Bike/Walk-a-Thon sponsored by the peace and justice organization LEPOCO (Lehigh-Pocono Committee of Concern) to raise funds for its ongoing work.

Bikers and walkers set off at 9 a.m. from Rosemont Lutheran Church, where the LEPOCO Peace center offices are located in the church basement.

Nancy Tate serves as LEPOCO coordinator along with Amanda Zaniesienko.

"It was very successful," said Zaniesienko, "and a nice, comfortable day for the event." She said the 23 riders and walkers were joined by six additional volunteers, for a total of 29 people who participated in some way.

Joining Tate and Zaniesienko on the planning committee were Diane Dilendik, convener of the committee; Scott Slingerland, director of CAT - Coalition for Appropriate Transportation, who mapped out the bike route; and Walt Garvin.

"We were very pleased with our event," said Dilendik. "We had riders and walkers who had not participated in the past, always a good thing. We hoped to get many pledges from outside the LEPOCO community and this was accomplished as well."

"The weather was perfect for the event - in the past it has taken place on Memorial Day weekend but the days became hotter and more humid. The October event gave us a much better climate for our activity."

"And last but not least we have pledges of over \$3,000 and some still coming in. This will help LEPOCO's continued work for peace and justice," Dilendik said.

"It was a great day for a walk and bike ride that brought together people supporting LEPOCO's work for peace and social justice," said Slingerland. "We had a great bike ride that covered 23 miles. I think many of the new riders were surprised to discover how easy and fun it is to connect Bethlehem and Hellertown by bike using trails and quiet streets - we even passed a horse farm and a bald eagle's



PRESS PHOTOS BY TAMI QUIGLEY

Scott Slingerland, director of CAT - Coalition for Appropriate Transportation - performs a complimentary mechanical check on Benton Schwartz's bike prior to the start of the Bike/Walk-a-Thon sponsored by the peace and justice organization LEPOCO (Lehigh-Pocono Committee of Concern). The event kicked-off at 9 a.m. Oct. 9 at Rosemont Lutheran Church, where the LEPOCO Peace Center has its offices in the church basement.



Participants stretching before the Bike/Walk-a-Thon include, from left, Scott Slingerland; the Rev. Jack Steltzer, pastor of Rosemont; and Mike Schaadt. Amanda Zaniesienko, one of the LEPOCO coordinators, stands at back right.

nest along the way.

"The rest stop at Upper Saucon Community Park was a welcome spot to rest our saddles and have a snack," Slingerland said.

The Rev. Jack Steltzer, pastor of Rosemont, was one of the new riders and thought it was a great event. "It was a beautiful ride, very scenic. I saw streets in Bethlehem I've never

been on before and cool neighborhoods."

The event was first held in 1979. As a local peace group LEPOCO has worked locally since 1965 to build a just society and a peaceful world through nonviolent action.

CAT is a 501(c)(3) nonprofit organization serving adults and children of Lehigh and Northampton counties with edu-

cational programming, public outreach, and advocacy with local municipalities, police departments, schools and bike shops. Its programs include Bicycle Cooperative, Mechanics Classes, Traffic Training, Adult Bike-to-Work, Youth Bike Education, Yield to Pedestrians, Try Transit, Adopt-a-Bus Stop and Love Your Local Trail.



Walkers gather on Schaffer Street as they begin their trek, walking either 4.5 or 6.5 miles. Walkers strolled through lovely West Side neighborhoods to the towpath and back on the Southside Greenway. They had the option of taking a shuttle back to the church from Sand Island, cutting the miles walked to 4.5, or 6.5 if they walked back to Rosemont.



And they're off! Bikers begin their 23-mile ride on Schaffer Street. This year's all-new route was a blend of neighborhood streets and multi-use trails that highlighted how to peacefully connect the LEPOCO Peace Center to Bethlehem's Southside Greenway Trail and the Saucon Rail Trail in Hellertown to the turn-around at Upper Saucon Township Community Park.

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BREAKING INTO THE FIELD OF CYBERSECURITY

When Dan Jalosinski enrolled at Penn State Lehigh Valley, he admittedly had a few gaps when it came to tech knowledge. "But I knew that many real-world and business problems could be solved through technology," he said, "and was excited to meet those challenges."

So he enrolled in PSU-LV's Information Technology program, a move that helped him earn the skillset to land a coveted position with a prestigious global healthcare company nearly a full year before his Spring 2020 graduation.

Today, Jalosinski, 24, is a Cybersecurity Operations Center analyst and part of the company's leadership development program.

"One of the great things about coming into this job was that I was able to minor in security risk and analysis at PSU-LV. That gave me a taste of what cybersecurity had to offer – and made me realize I had a real passion for it," Jalosinski said. Since that time, the campus launched a full baccalaureate degree program in Cybersecurity Analytics and Operations.

Jalosinski initially intended to go to University Park – and was accepted, But, after a tour of the PSU-LV campus, he decided to start his Penn State career locally.

"I just loved the feel of the campus. And I wanted my education to be as cost effective as possible. So, I figured, 'I'll go here for a year and move on,'" Jalosinski said. "But as it turned out, I enjoyed the campus so much and received scholarships for my second year, so I decided to stay."

Jalosinski quickly became a fixture in campus life, from serving as an assistant coach for the men's basketball team to being heavily involved with Student Government Association. He even became a member of the debate team, "which is hilarious because I had a crippling fear of public speaking," he said.

Most importantly, he found his passion within the IT program. Looking back, he had many positive things to say about the program and faculty, including Program Coordinator Kermit Burley, who went out of his way to help Jalosinski line up the needed courses for his minor.

"You don't have to be some sort of tech guru to be successful in the program, although I had to work harder than some of my classmates," Jalosinski said. "I loved that the class sizes were small and very personalized so the professors had time to answer your questions. And the faculty is awesome. They all have industry experience so they could point me to real-world examples, internships and opportunities."

Indeed, Jalosinski had the chance to do two co-op internships his junior year, which directly led to his current job. "So many professors on campus went out of their way to set me up for professional opportunities. ... I owe the people at PSU-LV a whole lot. Great people, great leaders. I can't say enough good things about it."



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A DAY TO HONOR ALL VETERANS

The month of November is a special time for the nation's veterans. While Memorial Day honors fallen soldiers and service people, Veterans Day, which takes place each November, is an opportunity to commemorate the efforts of all who have been in the armed forces, with a special emphasis on living veterans. While people are encouraged to thank veterans throughout the year, Veterans Day is a particularly poignant time to show your appreciation for the men and women of the military.



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Veterans Day takes place on November 11 and marks an important moment in history. On November 11, 1918, World War I, known at the time as "The Great War," unofficially ended when an armistice, or temporary cessation of hostilities, took place between Germany and the Allied nations on the eleventh hour of the eleventh day of the eleventh month. World War I ended on paper when the Treaty of Versailles was signed on June 28, 1919. In November 1919, President Woodrow Wilson proclaimed November 11 as the first commemoration of Armistice Day, according to the U.S. Department of Veterans Affairs.

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Armistice Day became a federal holiday in the United States in 1938. However, after subsequent wars, including World War II and the Korean War, veterans' service organizations lobbied for Armistice Day to be revised so it would be more inclusive of all veterans. On June 1, 1954, President Dwight D. Eisenhower signed legislation to strike the word "Armistice" from the holiday's name in favor of "Veterans." Since then, November 11 has been known as "Veterans Day" and has honored veterans of all wars.

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Veterans Day was moved to the fourth Monday in October for roughly seven years under the Uniform Monday Holiday Act, which sought to ensure three-day weekends for federal employees by celebrating certain national holidays on Mondays. But since November 11 bore such significance, many states disapproved and continued to observe the holiday on November 11. In 1975, President Gerald Ford signed legislation to return the observation of Veterans Day to November 11 beginning in 1978. Should the day fall on a Saturday or Sunday, the federal government observes the holiday on the previous Friday or following Monday, respectively, according to History.com.

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Assistance Contract for the Elderly Needs Enhancement Tier, known as PACENET, by about 20,000 individuals and raise the income limits to \$33,500 for a single person and \$41,500 for a married couple.

House Bill 1260 would provide financial incentives for PACENET enrollees to also sign up for federal Medicare Part D prescription coverage. Additional funds generated by increased participation in the federal prescription program would be utilized to raise the PACENET income limits.

FUEL ASSISTANCE: The Northampton County Area Agency on Aging will begin its Emergency Fuel Assistance Program on November 1, 2021. This program is for once-a-season fuel assistance of \$380.

In order to be eligible, an individual needs to be 60-years of age or older, reside in Northampton County, and have already applied for and received or been denied Low Income Home Energy Assistance Program (LIHEAP) benefits. Their fuel tank needs to be at 1/8 full or less. For assistance with gas or electric heat, a shut-off notice is required.

To apply, contact the Northampton County Information & Referral Emergency Services 610-559-3270 or 610-829-4800.

When a referral is received, a Northampton County Area Agency on Aging staff person will schedule a home visit to determine eligibility.

Wednesday, November 3

Historical Architectural Review Board, 5 p.m. Masks are required. City hall, 10 E. Church St. Submit public questions, comments, name and phone number 24 hours in advance via email to planninginfo@bethlehem-pa.gov

Northampton Co. Budget Hearing, 4:30 p.m. Northampton Co. Courthouse, 669 Washington St., Easton.

Fountain Hill Finance, P.W., Personnel and House Committees, 5:30 p.m., 941 Long St.

Bethlehem City Council, 7 p.m. City hall, 10 E. Church St. Current and recent meetings are located online at www.youtube.com/channel/UCRLFG5Y9Uj0ADKaRE1W3xw. (change of date for November only due to elections)

Freemansburg Council, adopt Preliminary Budget, 7 p.m. 600 Monroe St. (change of date for November only due to elections)

Hanover Twp. (LeCo) Supervisors, 7:30 p.m. 2202 Grove Road, Allentown.

Thursday, November 4

Northampton Co. Economic Development Committee, 3:30 p.m. Northampton Co. Courthouse, 669 Washington St., Easton.

Northampton Co. Governance Committee, 5 p.m. Northampton Co. Courthouse, 669 Washington St., Easton.

Northampton County Council, 6:30 p.m., Northampton Co. Courthouse, 669 Washington St., Easton. Agenda, further details: visit www.northamptoncounty.org

Bethlehem Environmental Advisory Council, 7 p.m. Illick's Mill - second floor, 100 Illick's Mill Road.

Monday, November 8

Bethlehem Housing Authority, 4:30 p.m. Community Room, Monocacy Towers, 645 Main St.

BASD Facilities and Curriculum committees, 6 p.m. Edgeboro room, Ed. center, 1516 Sycamore St.

Bethlehem Twp. Recreation Commission, 6 p.m. Municipal building, 4225 Easton Ave.

Fountain Hill Planning Commission, 7 p.m. 941 Long St.

Tuesday, November 9

Northampton County General Purpose Authority, 8:15 a.m. Northampton Co. Courthouse, 669 Washington St., Easton.

Northampton County Parks, Recreation and Open Space Advisory Board, 4:30 p.m. Northampton Co. Courthouse, 669 Washington St., Easton.

Northampton County Council, 6:30 p.m. Northampton Co. Courthouse, 669 Washington St., Easton.

Hellertown Borough Planning Commission, 7 p.m. 685 Main St.

Hanover Twp. (NorCo) Supervisors, 7 p.m.

Wednesday, November 10

Northampton Co. Budget Hearing, 4:30 p.m. Northampton Co. Courthouse, 669 Washington St., Easton. OK Northampton Co.

Karst Geology Advisory Council, 4:30 p.m., Northampton Co. Courthouse, 669 Washington St., Easton.

City of Bethlehem Zoning Board special meeting, 6 p.m. Submit questions and comments by 4 p.m. November 8 to planninginfo@bethlehem-pa.gov

Hellertown Borough Water Authority Board, 7 p.m. 685 Main St.

Lehigh Co. Commissioners, 7:30 p.m. Change of date for November. Public hearing room, 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.

HEALTH NEWS

Coordinated Health - LVHN

Patient Safety Award recipient

Coordinated Health of Lehigh Valley Health Network received the Healthgrades Patient Safety Award for the third year in a row. Healthgrades Coordinated Health-Allentown and Coordinated Health-Bethlehem received specialty awards for orthopedic procedures such as joint replacement and spinal fusion, as they have in years past. Bethlehem is the recipient of Healthgrades' Joint Replacement Specialty Excellence Award as the hospital is among the top 10 per cent in the nation for joint replacements. It received a five star rating for total knee replacement for the fifth year in a row and for total hip replacement for the second year in a row.

"Receiving these awards further shows that Coordinated Health puts care and safety first," says Wayne Luchetti, MD, Chief of Staff and co-chair of the Department of Orthopedics, Coordinated Health. "Being recognized along with some of the best orthopedics specialists in the nation is an honor, and I'm proud of our team."

Healthgrades evaluates roughly 45 million Medicare inpatient records from nearly 4,500 short-term acute care hospitals across the U.S. to provide quality and safety information about hospitals, doctors and health care organizations.

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HELLERTOWN COUNCIL

Community art projects greenlighted

BY CHRIS HARING
Special to the Bethlehem Press

The Oct. 18 Hellertown Council meeting saw several items of business handled, with much of the discussion again centered on upcoming community projects and events.

Erica Shorb, a borough resident whose creative, positivity-spreading ventures have included last autumn's pandemic-inspired Community Art Walk at Borough Authority Park, joined the meeting to propose several ideas for upcoming seasonal projects.

The first of the proposed ideas were 'yarn bombs,' which Shorb said are colorful woven patterns adorning trees and other items, meant to brighten the dreariness of the winter season. Mayor David Heintzelman suggested in order for the project, tentatively titled 'Covered in Joy' and slated to run from November through January, to "gain more traction," Shorb should partner with borough organizations like the Lions Club and Hellertown Area Library.

She also proposed 'Lights and Life' on a December weekend to be determined. This would be a live Nativity-based performance project, she said, with actors taking Biblical roles, musicians performing Christmas- and holiday season-themed songs and live animals. Shorb said she envisions the scene taking place at Dimmick Park and making use of the bandstand.

Shorb also suggested that the event, to be coordinated in conjunction with South Bethlehem's



PRESS PHOTO BY CHRIS HARING
An example of the 'yarn bombs' Hellertown resident Erica Shorb proposed as part of an upcoming art project planned for the borough.

Graceway Community Church, could be augmented with sales of refreshments such as hot drinks. Heintzelman suggested that Shorb contact the local churches included in the Hellertown Ministerium to see if they are interested in partnering with her group.

'Peace and Hope,' a series of window displays in homes and businesses throughout the borough, with statements on where folks find those respective values, was Shorb's next idea, to be implemented in January 2022. Ultimately, she said her goal would be to create and distribute a map indicating where these signs are located for interested parties to tour.

Lastly, she also mentioned tentative plans for an Earth Day proj-

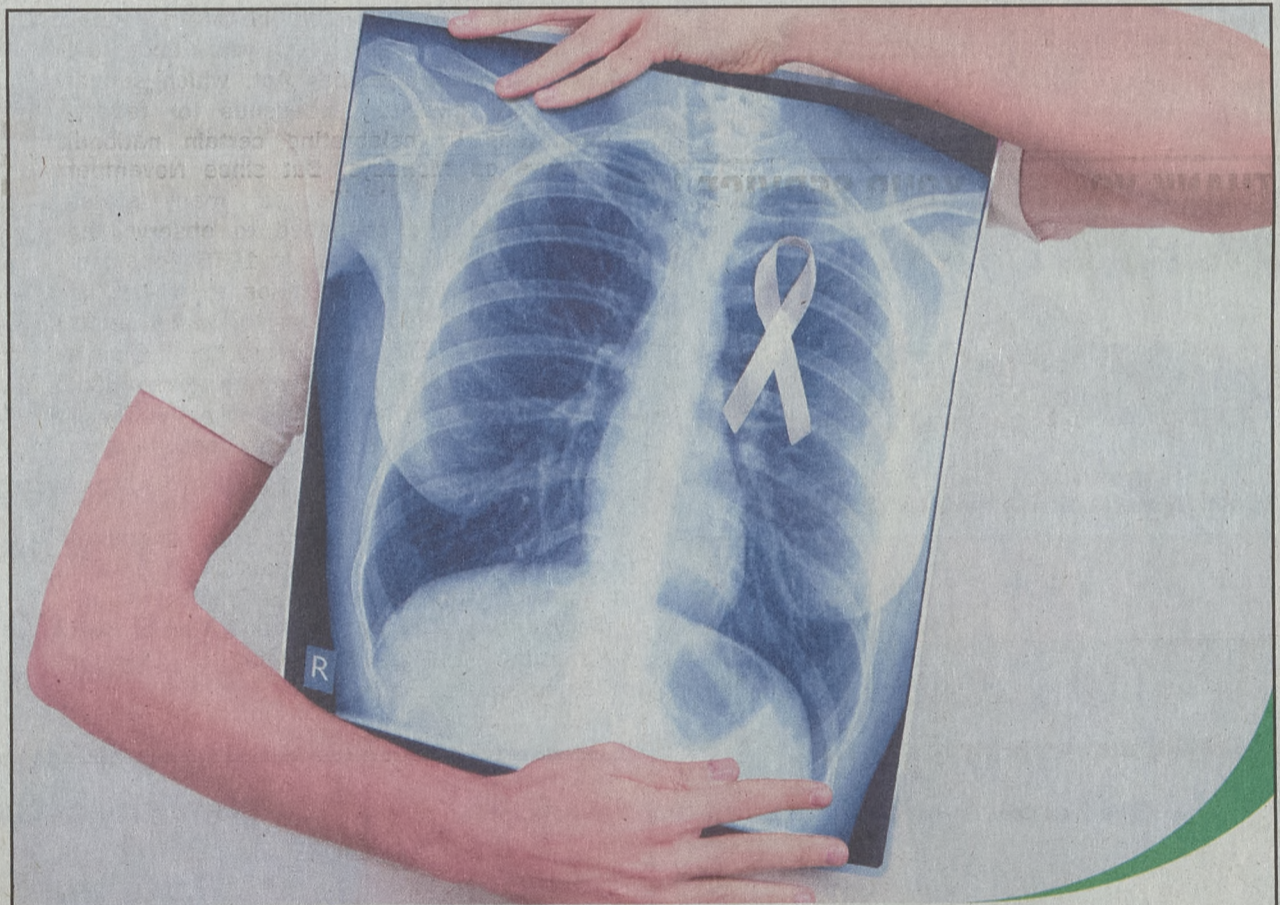
ect in the spring with "whimsical" floral and insect-styled decorations in Borough Authority Park. All of Shorb's proposals were met with enthusiasm from the council and approved without objection.

In other news, borough Engineer Bryan Smith indicated that the pedestrian safety project at Walnut St. near the Saucon Rail Trail was set to begin soon and urged drivers to exercise caution traveling through the area.

Council member Andrew Hughes asked police Chief Robert Shupp if he had figures on how many traffic citations have been issued since the installation of similar crosswalk flashers elsewhere on Main Street. Shupp said he did not have them at that

moment, although he'd be able to provide them after the meeting, saying he thinks "the flashing lights do a really good job of getting drivers' attention."

Hughes said he's been told by borough residents - and has even seen firsthand - Main Street drivers generally disobeying the flashers, and requested increased police presence. Shupp pushed back a bit, explaining that while Hughes' observations are not necessarily incorrect, the police department can only issue citations under specific circumstances and cannot ticket every driver who simply does not stop for flashing lights, regardless of a pedestrian's presence or action. Shupp did agree to look into Hughes' concerns.



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



Benita, an 8-year-old akita mix, is hoping to impress you with all of her neat tricks. This adorable older gal is on the search for an adult-only home, with no other pets, where she can continue to master her impressive list of tricks.



Lilac is on the hunt for a place to call her own. At almost 5 years old, Lilac would do best in an adult-only home with no dogs. This spunky little lady is hoping for someone who understands her larger-than-life personality and her need to be the boss.

VOLUNTEERS

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THE CENTER FOR ANIMAL HEALTH AND WELFARE, Easton, is seeking volunteers to walk dogs, assist with a.m. cleanings, attend off site events to promote the shelter, cat and dog enrichment and general shelter help. If interested in helping, please contact Walt Hoffman at 610-252-7722, ext. 4 or email cahwvolunteercoordinator@rcn.com.

FAMILY VOLUNTEER DAY, Nov. 20, is a Global Day of Service that celebrates the power of families who work together to support their communities and neighborhoods. Find a list of family friendly ideas and projects at <https://www.volunteerlv.org/family-volunteer-day>.

LEHIGH VALLEY SCORE needs Volunteer Mentors to coach Entrepreneurs at no charge for our local chapter in the nation-wide SCORE organization. We partner with the SBA and local agencies who assist small business startups or local small businesses who need assistance. Contact Tracy Damiani, 610-266-3000, tracy.damiani@scorevolunteer.org.

SAUCON VALLEY SD

Elem. curriculum, tech questioned

BY CHRIS HARING
Special to the Bethlehem Press

Most of the Oct. 26 Saucon Valley School Board meeting looked strikingly similar to the previous one Oct. 12, conducting all general basic district business in well under 10 minutes. With board President Susan Baxter absent, Vice President Dr. Shamim Pakzad presided over the meeting. Newly-appointed Interim Superintendent Jaime Vlasaty declined for the second consecutive week to provide a superintendent's report, as was custom during her predecessor, Dr. Craig Butler's term as district chief.

Otherwise, business mostly consisted of standard personnel-related approvals, such as resignations, medical leaves and retirements. Board member Sandra Miller specifically took the time to thank retiring Administrative Assistant to the Superintendent Kimberly Kemmerer for her years of service to the district.

The public comments portion of the meeting was, while similarly brief, anything but standard, however. District parent Sarah Houck, whose voice trembled with emotion as she spoke at times, said she was representing a group of parents with "two serious allegations." She noted before she began explaining the issues, which she acknowledged were likely brand-new to board members, that she'd started an online petition that as of the

Help Ensure Accountability and the Best Education for Saucon Valley Elementary

56 have signed. Let's get to 100!

At 100 signatures, this petition is more likely to be featured in recommendations!

I'm signing because... (optional)

Display my name and comment on this petition

Sign this petition

Sarah Houck started this petition to Saucon Valley Elementary School

PRESS PHOTO BY CHRIS HARING

District parent Sarah Houck joined the meeting to inform the board of a petition which she has circulated based on two issues she raised regarding her elementary-aged daughter's class.

meeting had obtained a few dozen signatures.

She first claimed that the elementary-level social studies curriculum is "very vague and provides no direction to teachers, so it can be interpreted many different ways," specifically referencing a segment which indicates teachers are required simply to teach about 'Mexico' with no other details offered. She said that while she didn't necessarily share the same "racial education" concerns as other parents, she believed it to be insufficiently detailed.

Since the elementary school failed to "provide the mandated educational requirements and follow the curriculum which the school has built for our students," her group would be filing a formal complaint with the Pa. Department of Education, she added.

Her other concern was technology-related, as Houck accused the district of not being in compliance with the Children's Online Privacy Protection Act (COPPA). District-provided iPads are often used to entertain children throughout the school day, she said, and among her concerns were that the devices could be sending children's information to third-party websites via recording apps.

During an iPad review with administration the prior Friday, the first thing that popped up, "without typing anything, was an article in the New York Times about abortion - which is completely inappropriate for a six-year-old" she said, as she began audibly crying. Houck indicated that her group intended on filing a second formal complaint with

the DoE on this matter, and asked the board for their support in addressing these issues.

Board member Michael Karabin suggested further discussion on the issue, and Pakzad asked Vlasaty to "provide a roadmap" on addressing these issues.

Vlasaty said she and elementary Principal Dr. Lensi Nikolov would be reviewing the curriculum and would provide a report "at the next A&P Committee meeting." She also said the technology portion of Houck's complaint has "a couple of layers to it," and acknowledged that the district had "fallen short" in its efforts to communicate to parents which technology teachers would be using, and agreed to further address the privacy and safety concerns Houck had.



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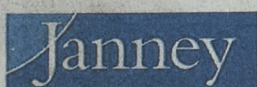
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THE PRESS 9.



Freedom's Brian Taylor runs for a touchdown against Liberty.



PRESS PHOTOS BY MARK KIRLIN

Liberty's Nico Sciarra eventually hauls in an interception vs. Freedom.

Rivalry Week: Pates survive 'Canes

BY PETER CAR
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It was like any other Liberty-Freedom rivalry contest, where the passion from both sides of the stadium was felt for 48 minutes. Ultimately, it was the Patriots muscle up front that determined the outcome last Saturday afternoon at BASD Stadium, as Freedom overcame a 13-7 halftime deficit to over power Liberty 28-13.

The win was the sixth-straight for the Pates (8-2) this season, as they clinched the third-seed in this week's Dis-

trict 11 6A tournament to host Easton at home Friday night. After falling behind at halftime, head coach Jason Roeder knew the message for the team was simple going into intermission.

"I thought we had to play with a little more urgency and that's what we told the kids at halftime," said Roeder. "I was happy with the way we responded in the second half. The kids showed a lot of character and maturity with how they came back. I've been in 16 of these games now and they're amazing. I've been on

both ends of these, so to come out of here with a win for our community is great. You can't come to this game and not realize what it means to our city and schools."

Liberty took the lead and momentum in the first half thanks to their special teams and a miscue by Freedom's unit.

Karim Brice returned a punt 75-yards for a touchdown to start the second quarter to pull Liberty within 7-6, but the 'Canes took the lead going into half when a negative yardage punt by the Pates set up Liberty at the Freedom six

yard line.

Kyndred Wright scored from a yard out with 2:12 to go in the quarter to make it 13-7, but that was the closest the Hurricanes would get from scoring the rest of the way.

Freedom quarterback Brian Taylor took over in the second half to make sure it wasn't going to be a memorable upset for Liberty.

He hit Ethan Neidig on a 24-yard TD pass to open the third quarter at the 9:24 mark to push Freedom ahead 14-13 following the PAT. He then added TD runs of 7 and

24 yards to ice the game.

Taylor finished the afternoon with 85 yards on the ground and four total touchdowns (three rushing, one passing). Deante Crawford added 153 yards on 33 carries on the day, as the Pates dominant offensive line wore down Liberty in the second half.

"A big part of the adjustment at halftime was letting Brian run the ball more," Roeder said. "We felt we could wear down up front over four quarters. I'm happy and proud our guys were able to do that."

For Liberty (1-9),

ending the season on a nine-game losing streak wasn't ideal, but the Hurricanes competed and showed steps of progress in Daignault's rookie season.

"It's tough to lose this and to see these seniors leave with a loss," said Daignault. "I was proud of the effort they gave this year, because these kids played their butts off every week. That's something that bodes well for us in the future. I just think teams were able to physically impose their will on us in the second half and

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Heidemann golden

BY KATIE MCDONALD
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All season long, Freedom harrier Alex Heidemann craved competition and finally got a heaping helping from Southern Lehigh's Dominik Lisicky at the District XI Class 3A Cross Country Championships where Heidemann prevailed as district champ last Thursday at DeSales University.

"I was so relieved and so ecstatic that I got him," said Heidemann, who threw his arm up in the air and let out a shout as he crossed the finish line in 16:28.60. "With a mile to go, he had me by 10 seconds. He had me by a huge lead up in the hills, and I genuinely was running for second place at that point, and then we got to the hills, and my natural stride let me gain some ground on him, and once we came out of the forest with 400 meters to go, (Freedom assistant) Coach Devon (Harris) was like, 'Get him. Go.' I just went for it, and, I got him."

No doubt Heidemann had a target on his back, placing first in every dual meet this season and winning the East Penn Conference Cross Country Championship on Oct. 19.

"Iran with a strategy and executed it as well as I could've. I didn't expect Dom to run that well, but credit to him, he ran phenomenal," Heidemann said.

Leading up to a mile-and-a-half in the district race, Heidemann and Lisicky became neck and neck. Through two miles, and according to Freedom head coach Bob Thear's watch, Heidemann was where Coach Thear wanted him to be, but according to what Thear saw, Heidemann wasn't in control of the race like he thought he would be.

"I saw Coach Bob, and he saw me kind of fading and slipping, and I could tell he was worried, and I was not happy at that point," Heidemann said. "Then [Lisicky] slowly kept pushing and I couldn't hold him. I thought it was over."

But Thear wasn't so sure. "Once I looked at my watch, I realized it was more a testament to Lisicky, as opposed to Alex not running that well," Thear said. "The only thing I was concerned about is it looked like there was a little bit of a gap opening up, and I wanted to make sure he would keep it tight, and obviously that didn't happen over the next half mile."

What did happen couldn't be seen by anyone except Heidemann and Lisicky.

"I can tell when they're going back into the woods, that section



PRESS PHOTO BY NANCY SCHOLZ Alex Heidemann emerged as the District 11 champ last week.

where we can't see them for pretty much the last mile, I could see that was going to be a battle for him," said Assistant Coach Harris. "Lisicky looked pretty strong and Alex always looks strong, so it was hard to read, but I was preparing, pretty much thinking, coming out, that there's a chance that he's behind. And when I saw there was a gap, I was like, we just need to get him focused on catching him because I know he has the kick."

Coach Thear acknowledged his own heart sank at that point.

"I'll be totally honest, coming out of the woods, I thought it was over. That's four-tenths of a mile, seven or eight seconds, and that's a lot," Thear said. "I was standing at about a little more than a quarter mile to go, and I told him, 'It's less than five seconds. Make your move now.' Next time I saw Alex, he passed Lisicky with 100 meters to go."

In those last 100 meters, Thear was visibly sweating, almost as much as Heidemann. Harris was reeling in the other Freedom runners, not knowing how the race ended.

"I almost passed out," Harris said. "Alex had such a great season, so motivated, such a good kid."

Freedom teammate Luke McClure, who didn't run on Thursday, was screaming, "Go! Go! Go!" louder than the cheers of the crowd. Heidemann, as always, was smiling.

"Credit to Alex, he went for it," Thear said. "He's the one who has the heart to fight at the end."



PRESS PHOTO BY LINDA ROTHROCK Austin Hoffert, Mike Krents and the Freedom boys soccer team moved on after round one of the District 11 playoffs.

Tichy paces FHS boys

BY KATIE MCDONALD
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The Freedom Patriots opened up the District XI Class 4A Boys Soccer Tournament the way they ended the East Penn Conference Tournament, delivering a pounding, this time to Stroudsburg with a 7-1 victory last Thursday at Freedom.

Patriot striker PJ Tichy scored the first two goals for the Pates, the first on an assist by Sebastian Garces and the second on an assist by Michael Krents.

Krents' header on an assist by Garces put Freedom up 3-0 at half-time.

Then, in the 47th minute, Tichy accomplished a hat trick and broke the school record for most goals in a season with his 32nd. The record was previously held by Brad Turocy, set in 2018.

"It's especially a relief to get it done so we can focus on beating teams now," Tichy said. "We're looking to get some revenge on Emmaus since they've knocked us out the past two years."

Shortly after Freedom's Omar Rodriguez entered the match, the senior striker scored the Pates' fifth goal.

"Seba went for a cross, I went in, and it went past PJ so I chest

the ball into the goal," Rodriguez said. "It was a good feeling to score in districts."

Garces' next assist, his 33rd in the 58th minute, also broke a school record.

"The record was set in 1980-something, so I was definitely not around. I'm happy with that, and I'm happy with the team's performance, but we're not done yet," Garces said. "We're ready for anyone. They've just got to bring their A game because we're bringing ours."

With 2:41 remaining, Stroudsburg's Carlos Merino scored the Mountaineers' only goal.

Becahi boys roll 7-2

BY KATIE MCDONALD
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Shots on goal were plentiful for Bethlehem Catholic and Salisbury in the first round of District XI Class 2A boys soccer playoffs, but the Golden Hawks found the back of the net much more often in their 7-2 victory over the Falcons last Tuesday night at Salisbury.

The first goal of the match came in the 14th minute on a header by Becahi defender Matthew Yusella off a corner by Sebastian Cortez.

"At that point, Seb gave me a great ball. I saw it coming and I was running the whole time, got around my defender and just put it in," Yusella said. "It felt amazing."

Three minutes later, Becahi midfielder Peter Martinez launched a shot from 42 yards out that gave the Hawks their second goal of the match.

"I've been trying to hit that all year, so I had that opportunity and knew I had to take it," said Martinez. "I saw the goalie come out and then turn around. I saw the goal was open. It felt really good, but I knew we had a long game to go."

In addition, the Hawks had pregame adjustments to make; namely, backup goalie Jeremy Fryer replaced starter Christian Lopez who was suspended with a prior red card, and Becahi's home field advantage shifted to Salisbury due to rain.

While Fryer held the Falcons for 50 minutes, the Hawks attacked even harder after each of their four first-half goals.

"The plan was to stop their midfielders. They have really great passing, so we had to take that away from them and cut off shots," said Yusella. "We had to get used to [Jeremy Fryer], and he had to get used to us too, but we worked together really good. He does a really good job of telling us where to go, where the ball is."

Becahi midfielder Alberto Cocirio nailed a low power shot in the 25th minute, and Becahi



PRESS PHOTO BY NANCY SCHOLZ Ryan Lee and the Hawks knocked off Salisbury in the District 11 playoffs last week.

hi striker William Hawach tallied the Hawks' fourth goal.

"Just dribbling in the midfield, I saw an opening. That's one of my moves, to tap it in the space and run around them because they never expect it," Hawach said. "It's awesome; I mean, Beca's not a district team all the time... It feels so good to finally proceed."

Hawach ran to the sideline to address his parents after he scored, which was not lost on either Becahi or Salisbury fans.

"My parents are busy a lot, so they don't come to as many games as I'd like them to, so they came to this one, the most important one of my high school career, and I went over and screamed, 'I love my mom and dad,'" Hawach said.

No sooner did the second half start when Martinez scored again as Salisbury keeper Tyson Utesch came off his mark.

"Basically, we had to go in like it was a 0-0 game," said Martinez. "We knew they were going to be fired up from being down by a decent amount, so we knew we had to score more goals, and that's pretty much what we did."

The Falcons pounded the goal but Fryer slid to make the saves off his feet multiple times until the 50th minute when Noah Kichline put the Falcons on the scoreboard.

While Kichline's goal gave the Falcons some hope, the Hawks had

other ideas, and midfielder Jacob Manhardt scored to the bottom left corner.

"We kept pushing, and I told them, 'Keep shooting, shooting, shooting,'" said Becahi head coach John Hohn. "I didn't expect [seven goals], but I knew it was possible."

Becahi striker Ethan Wiles was determined to make it seven, and after several tries, scored the lucky number in the last few minutes.

Salisbury midfielder Aidan Mathieu's shot to the bottom right corner scored the Falcons second goal.

"So proud," said Coach Hohn. "They've put in the work, have done what was asked of them, and they've done really well. I'm super proud of the team, and the school, and that they keep staying in it. We play in the EPC against big schools and hard teams, and every game, they come out and give their all."

Last Thursday, the Hawks faced Allentown Central Catholic in the quarterfinal but lost 5-1. Yusella scored Becahi's goal on an assist by Cortez. Lopez was back in goal for the Hawks and registered 12 saves.

Prior to the quarterfinal match, Coach Hohn said, "Central's gonna be a tough game. We know it is, and we're going to try and play a little more defensive, and push to keep them from scoring, and maybe we get something in, but we have to put up a good fight."

LHS boys to states

BY KATIE MCDONALD
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After the District XI Class 3A boys cross country race ended and all results were tabulated last Thursday at DeSales University, Liberty boys cross country head coach Adam Syty stood staring at his phone, surrounded by Hurricane runners, having just seen a posting that the 'Canes were second in team scores. That meant the boys team would be heading to states.

Initially, Syty thought he'd better wait for the awards ceremony, where it would be official, before spreading the word. But as soon as the Hurricanes' number one runner Emrick Leshko, who had been in another part of the race area, approached the group, the team couldn't hold back, and let out a roar of excitement.

"All our training was focused on this meet," Coach Syty said. "We were on the hunt for that team in front of us."

The news was made



BY NANCY SCHOLZ Jacob Rivera and the rest of the boys will head to states.

official with silver medals for Leshko (11th place, 17:30.55), Jacob Rivera (14th place, 17:36.16), Owen Reilly (18th place, 17:49.40), Jacob Orrico (19th, 17:49.81), Ben Pfefer (25th place, 18:01.03), Cole Ruhf (35th place, 18:26.37), and Jack Huie (36th place, 18:32.35).

"We were talking about being patient through the season," said Syty, "and when we were seven points off Parkland last week, the conversation became, can we find seven more

points?" One of the places Liberty was able to find more points was with Rivera.

"He was our second guy today, and that was a huge point swing for us," Syty said.

Rivera had one of those days when everything was falling into place for him, and ultimately, the Hurricanes.

"I knew I could make a difference but didn't think I would impact it as much as I did today," Rivera said. "This week I've been feeling really good running, and it paid off. I was able to keep my pace and finished really good. At first, we thought we were third or fourth but when we found out we got second, it was really cool."

Nazareth's boys team placed first with 72 points, and Liberty had 82 points, four points ahead of third-place Parkland.

The PIAA State Cross Country Championships are scheduled for Nov. 6 in Hershey, Pa.

the Holy War. The Hawks finished the season on a four-game losing streak, but had a shot at qualifying for the District 11 4A tournament with a win over Central.

Unfortunately, they fell behind by two scores in the first quarter, as the Vikings returned a block for a score, followed by an 18-yard TD run by Travis Foster. Jared Richardson added a second quarter rushing score for the only TD on the night for Becahi.

FHS

Continued from page A9

that's something we need to work on in the weight room over the winter."

Freedom now has to prepare for a tough matchup with Easton (5-3) this week, in what will be the second meeting of the season between both squads.

The Pates beat the Rovers 31-17 in week three, but Easton finished the season winning four out of their

last five games, dropping their week 10 rivalry with Nazareth 16-9.

"We talk about controlling what we can control and we're ready for anyone at this point of the season," said Roeder. "There's still things we have to clean up and we'll work on that over the course of the week, but we know every game from here on out is going to be tough."

Bethlehem Catholic (2-7) saw their season come to an end last Friday night, as they fell to Central Catholic 17-7 in

Becahi football falls to Central Catholic

BY KATIE MCDONALD
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Drenching rain encroached on Friday night's Holy War between Bethlehem Catholic and Allentown Central Catholic's football teams, and a few whistles, or no whistles, may have also played a part in the Golden Hawks' 17-7 loss to the Vikings at J. Birney Crum Stadium in Allentown.

What was clear, however, was a blocked punt recovered by Central's Peyton Elliot for the Vikings' first touchdown in the opening minutes.

From there, two penalties hurt the Hawks,

and the Vikings scored five minutes later on a 19-yard touchdown by Travis Foster.

But Hawks' quarterback Jared Richardson and running back Maximus Johnson combined on a drive that resulted in seven points when Richardson punched it in for a touchdown on fourth-and-goal early in the second quarter.

"Jared's probably, right now, our most talented running back, so we have to come up with ways for him to be able to throw the ball but also hurt people with his feet," said Becahi head coach Kyle Haas. "He played a phenome-

nal game. He left everything out on the field. I couldn't be happier for Jared Richardson. He's pretty much put the offense on his back and carried us through nine games."

The Hawks had another opportunity before halftime as Richardson and Johnson alternated carries, but were stopped on a fourth-and-four at the 13-yard line after a delay-of-game penalty.

Becahi's defense held the Vikings in the third quarter, but missed another offensive opportunity after Richardson completed a 14-yard pass to Tyriek Rivera

at the 26-yard line. Another pass into the end zone, intended for Jaiden Ellis-Lahey was incomplete, but Richardson's carry on the next play was good for a first down.

With nowhere for Richardson to go on third-and-one, kicker Anthony Barczynski was unable to convert on a bad snap.

An apparent fumble recovery by the Hawks in the fourth quarter was ruled out after a discussion by the officials with 8:33 remaining in the game.

"They said it was an inadvertent whistle, and there was no inadver-

tent whistle, and we had a fumble later on that we recovered that they didn't give to us," Coach Haas said. "All season long, we've been dealing with this. It's something our kids have to learn, that for whatever reason at Bethlehem Catholic, that we have to play that much better than our opponent because we're not gonna get many calls. I wasn't happy with the explanation I got because I didn't hear an inadvertent whistle, but that's the call they made."

Luke Myers' field goal for the Vikings with 3:18 remaining in the game made the final

score 17-7.

"It was a season of transition," said Coach Haas after the game, "the way they used to do things and the way we're going to do things now. I think, for our kids, there was a big learning curve, like how to practice the right way, to show up on time, and to act right in school. All of those little things equal big things. You can't win big football games if your teams aren't disciplined, and that's something we're gonna continue to try to instill in our kids."

Pates and Hawks eye D-11 volleyball titles

BY PETER CAR
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It's only fitting that the top two volleyball teams in the area get to play each other for the district championship this week.

Parkland and Freedom, the one and two seeds in the 4A tournament, will battle for the district title tonight at 6 p.m. at Catasaquua.

The Pates (20-2) are looking for their first district championship since 2003, while Parkland (21-0) has won seven-straight district championships coming into the postseason.

Freedom lost its only matchup to Parkland this season 3-1 back on Sep. 22, but after taking down Emmaus in four games in last week's district semifinals, the Pates are brimming with confidence.

"The Emmaus win gave us that revenge match we wanted after losing to them in the conference semifinals," said Freedom head coach Donna Roman. "We look

at the Parkland match with the same level of revenge for our only regular season loss. How we dealt with Emmaus certainly gives us a lot of confidence and determination. They are a very strong team and that match made us work really hard for every point. Their defense picked up so much, and we know Parkland has one of the strongest defenses in the league."

Roman knows that Parkland is a juggernaut, but Liberty (12-7) gave the Trojans all they could in the semifinals, despite losing in four tough games.

The Pates will need to play their best game of the year if they want to dethrone the champions and Roman certainly knows that.

"Parkland is an incredibly strong team offensively and defensively," she said. "The keys to beating them will be solid defense and serve receive, and aggressive serving. We need to know that we will not get any easy

kills against them, so we have to be patient and keep striking until we can find the floor."

"Based on playing Parkland in the regular season, we learned that no lead is too large. They are always a threat and it is important for us to be aware and not allow them to get any runs. Sets two and three were 25-23 scores, first for us and then against us. If we held on to set three, perhaps the outcome of the match changes. There is no time to ease up while playing such a tough and well-coached team like Parkland."

Bethlehem Catholic (14-4) has swept their way through the District 11 3A bracket, as they beat Lehigh in the quarters and took care of Southern Lehigh in the semifinals.

They now face top-seeded Pottsville (19-0) in tonight's 6 p.m. finals at Lehigh to defend their district crown from a year ago and get back into the state tournament.

FIELD HOCKEY

Liberty, Becahi fall during district playoffs

BY PETER CAR
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The field hockey season is over for Bethlehem teams, as Liberty and Bethlehem Catholic were bounced out of the District 11 tournament last week.

The Hurricanes fell to Parkland 1-0 in the 3A quarterfinal round thanks to a lone goal by Parkland sophomore Elaina Fragassi to preserve the win.

It was a stark contrast from the team's regular season meeting, which saw the Trojans dominate en route to a 4-0 win.

Head coach Jill Dorn hopes that the lessons learned over the course of this season and how they competed in the postseason will pay dividends for the team heading into next season.

"I think in the final game we learned so much about this team and that the underclassmen had a great opportunity to understand the value of how the entirety of the season culminates into what happens in the postseason," said Dorn. "Having a week and a half to prepare for one team, film study, and practice plans devoted to the way we needed to approach our level of play fine-tunes the preparation needed. We are encouraged by the

level of confidence the team walked away with, but we need to work on training with that mindset in the offseason and continue to use that to propel us to the team we want to be."

Parkland moves on to play Nazareth in Wednesday's semifinals, while top-seeded Emmaus takes on Easton in the other semifinal round.

Liberty finishes the season at 9-10 and graduates four players from this year's team including Victoria Oquendo, Tavia Flecksteiner, Nicole Guzman and Sydney Taylor. With plenty of players back in the fold next season, Dorn is excited to see how their growth flourishes with more experience.

"This past offseason we were fortunate enough to bring our incoming freshmen in early on in the offseason and they all contributed in a big way," she said. "The growth of the players between freshmen and sophomore year will help next year's returnees have a solid supporting cast of players who have varsity experience, postseason experience, and have learned from all the adjustments to playing at the high school level. Our hopes are that the team sticks together in the plan to foresee where we want

to continue to go based on how far we've come. Although some players choose to train for collegiate play and take the necessary steps to travel and play with clubs, not every player does. But if they commit to our strength and conditioning coach and the opportunities we will offer as a program to train together as a high school program they will still have great opportunities that will be advantageous for us next year."

"We see the level of competition coming up in our younger athletes, were fortunate enough to work with these players in offseason clinics and camps, and are eager to continue to establish these fundamental expectations of Liberty Field Hockey. Watching the girls compete in their last game, watching them train and peak at such an important part of the season reaffirms how it all comes with time, but we want to work to get their a little sooner for next season."

Bethlehem Catholic lost to Wilson 6-0 in their 1A opener over the weekend. The Hawks finished the year at 5-13. Wilson moves on to play Palmerton in tonight's quarters, while top-seeded Moravian Academy plays Palisades in the top bracket.



Maddie Mumma of Liberty



Avaline Fihlman of Freedom

BY NANCY SCHOLZ

Two head to states

BY KATIE MCDONALD
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Freedom sophomore Avaline Fihlman and Liberty junior Maddie Mumma will be heading to the PIAA State Cross Country Championships this weekend in Hershey after placing third and fourth, respectively, at the District XI Class 3A Cross Country Championships last Thursday at DeSales University.

"It's kind of overwhelming. I wasn't really expecting it. I was in fourth for a long time, and then when I picked up the pace I took third," said Fihlman, "but Coach (Bob Thear) told me to take it easy when I was going toward the cornfield. He was like, 'You need to stay right there.' He didn't want me to pick it up yet."

Fihlman's time was 20:03.66 when she crossed the finish line.

"I thought it was really, really great. Third was fantastic. I'm super pleased with that," said

Coach Thear. "I told her, 'Let the other girls dictate the pace, let them do the work for the hills, and then come up those hills, pick your spot, and try and make a move in that last mile.' And that's what she did. She does have good, natural racing instincts."

Liberty girls cross country coach Kelly Bracetty was also thrilled with Mumma's race.

"Maddie has a calmness and confidence that works to her advantage," Coach Bracetty said. "She'd been training at a high level through the summer and this season, and I reassured her that all the runners she was going to race (at districts) were the same girls she raced during the season. Maddie is also one who's willing to take risks, and I'm so happy for her to see her getting rewarded for her hard work. Her improvement has been phenomenal."

By the time district's

rolled around, Mumma had improved on last year's time by three minutes.

"It's crazy because I've come so far since last year," said Mumma. "I didn't even break 22:00 last year, so to come out here and do so well, it's amazing."

Mumma finished in 20:13.25.

"I took out the first mile pretty fast, and in the second mile, I felt really good on the hills. I felt strong," she said. "Going into the third mile, I was trying to stay with it, but I blanked out a little bit the last half mile, and I lost it a little, which I kind of regret, but I'm still super happy with my race and to come this far."

Emmaus's Hailey Reinhard was the winner in 19:39.05, and Nazareth's Caitlin Voloshin placed second in 19:59.86.

In girls team scores, Emmaus took first place with 53 points, and Southern Lehigh was second with 71 points.

FHS girls fall to EHS

BY CHUCK HIXSON
Special to the Press

Two years ago, Freedom and Emmaus met in the quarterfinals of the District 11 tournament and the Lady Patriots advanced with a 2-1 win on their way to a district championship. Last season, Freedom didn't qualify for districts and Emmaus exited in the quarterfinals. This time around, the two teams again met in the quarterfinals, and it was Emmaus advancing with a 3-0 win over Freedom at Emmaus' Memorial Field. Emmaus (12-7-0) came into the tournament seeded fourth, while Freedom was the fifth seed.

The two teams came out jockeying for momentum with neither team able to gain much of an advantage. After nearly 13 minutes of scoreless play, Emmaus got themselves on the board on a goal by Maggi Woodward, which not only gave the Lady Hornets the lead but a distinct advantage through the rest of the first half in momentum.

The problem for Emmaus was that as they

looked to add another goal, the Freedom defense and goalie Megan Raffino in particular, were up to the task. The Freedom defense helped out Raffino with a number of key stops while Raffino spent her time either tipping shots over the crossbar or stopping them cold.

"We just came in looking to play our game, which is how we face every game," said coach Bob Eaton. "If we play our game, we can get goals early sometimes and other times come away with late goals."

Emmaus came out more aggressively offensively in the second half and again kept the Freedom defense busy. With 31:38 left in the game Kam Watkins sent a near perfect pass to Jenna Luck, who got her shot past Raffino to give the Hornets a little breathing room. It would take another 10 minutes, but the same pair of players would again hook up with Luck getting her second goal of the game as Emmaus stretched their lead, making it 3-0.

From there, Emmaus' offense looked to keep up

pressure but also looked to be content with connecting on crisp passes to take time off the clock. Freedom was able to mount some attacks on goal, but Molly Lineberger was able to keep the ball out of the net. The Patriots also had several shots that went either just wide or over the crossbar.

Emmaus held on to get the win and advance to the District 11 semifinals where they will face top seed Parkland.

The Lady Patriots' roster has eight seniors - Ciana Feliciano, Evangelia Hahalis, Jacklynne Karlowicz, Addison Roemersma, Amy Schaeffer, Natalie Stannard, Natalia Triscari and Keiley Turpening - who played in their final game with the team. Overall, Freedom finished the year at 12-7-1.

"They exceeded my expectations, so I have to be happy with the team this season," said Eaton. "We have a good group of seniors that will be leaving us, but we also have good players in other classes, and they did a nice job for me this season."

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Week 2	\$	\$	\$
Week 3	\$	\$	\$
Week 4	\$	\$	\$
Week 5	\$	\$	\$

Each week, Leonard could save \$ _____

Leonard could work for extra money by doing chores at home and for neighbors. He could earn \$ _____ per week for doing extra chores.

Following your plan, how many weeks would it take Leonard to reach his goal? _____ weeks

Make a plan to reach one of your goals!

Standards Link: Economics: Students understand that since people cannot have everything they want, they must make choices about making purchases of goods and services.

How would you spend it?

Imagine that you get \$3 per week for allowance. What would you do with your money?

Pretend you want to buy three of the items at right. Come up with a plan, like Leonard's, that will help you reach your goal.

- Flip Flops \$5
- Combo Crayons \$3
- Rubber Bracelet \$1
- Monster Pen \$4
- Video Game \$29
- Backpack Bear \$4
- Squashy Putty \$2

Extra! Extra! Twenty Big Ones
Look through the newspaper or your newspaper's website for numbers that add up to exactly 20. Then write them out in order from largest to smallest.

Standards Link: Number Sense: Calculate numbers to 20.

Kid Scoop Puzzler

What is a numismatist?

Use the coin code at right to reveal the answer.

- Blue circle = A
- Red circle = C
- Green circle = E
- Purple diamond = I
- Yellow circle = L
- Blue and red circle = N
- Red star = O
- Blue plus = R
- Green and blue circle = T

Standards Link: Vocabulary: Learn the definition of grade-level appropriate words.

Double Double Word Search

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

ALLOWANCE
OBSTACLES
NEIGHBORS
ENDLESS
LIMITED
SUPPLY
CHORES
WISDOM
SHOES
SOARS
SPEND
POWER
ASKED
EARN
COST

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

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

FROM THE Kid Scoop LESSON LIBRARY

ABCDad

Find words in the newspaper that start with each letter in your dad's name (or an uncle, grandparent, or a friend's name). Use these words to write a poem about that person.

Standards Link: Writing Applications: Write in a variety of forms and genres including poetry.

Why was the dad so upset about paying the plumber to unclog the sink?

ANSWER: It was money down the drain.

Kid Scoop Together:

A Phrase That Pays

Complete the quote below by replacing the missing vowels. Use the lines below the quote to write what you think this quote means. Then, share what you wrote with a parent and talk about it.

"It is g__d to h_ve m_n_y and the th_ngs that m_n_y can b_y, but it's g__d too, to ch_ck up once in a wh_le and m_k_s_re y_u hav_n't l_st the th_ngs m_ney c_n't b_y."

—George Lorimer

Standards Link: Reading Comprehension: Follow multiple-step written directions.

Kid Scoop-doku

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

N			M
	M		
M	O	N	E
	E		
E			O

Kid Scoop VOCABULARY BUILDERS

This week's word: **OBSTACLE**

The noun **obstacle** means something that is in the way.

Lack of money was Hayley's **obstacle** to buy new clothes.

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

Write On!

A penny saved is a penny ...

How would you finish this sentence?

St. Luke's Pediatric Specialists

Our family is growing for your family.

St Luke's Pediatrics

When it comes to your children, you want to provide them with the best... in all aspects of life, especially their health care. That's why St. Luke's growing pediatric services provides the quality and compassionate care you expect for your child, right here, close to home. Choose a St. Luke's pediatric specialist... the care you trust now more than ever.

Orthopedics, Gastroenterology, General Surgery, Cardiology, Pulmonology, Endocrinology, Nephrology, Neurology, Developmental Pediatrics, Psychiatry, Plastic Surgery, Dermatology, Inpatient Pediatrics, Pediatric Intensive Care Unit, Neonatal Intensive Care Unit, Radiology, Anesthesiology

sluhn.org/pediatrics
1-866-STLUKES (785-8537)

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



PRESS PHOTO BY ED COURRIER

Christina Giacoletti and Leo Motolese from Service Dog serenade a Crayola Gallery audience Oct. 1. The Bethlehem-based duo provided live music during the First Friday event at the Banana Factory.

Through November

Visit Burnside Plantation from 10 a.m. to noon on Saturdays through November. There will be barn, house and kitchen tours. Meet the gardeners, peek inside the Burnside House and experience the Summer Kitchen. There will be children's activities and crafts.

The plantation is dog-friendly. Parking is available on site at 1461 Schoenersville Road. For more information, visit <https://historicbethlehem.org/saturdays-at-burnside/>

Wednesday, November 3

Christkindlmarkt Bethlehem ticket sales open for the first two weeks; passes for the remainder of the dates will be available after Thanksgiving. Market dates: Friday through Sunday: Nov. 19 to 21 and 26 to 28; Thursday through Sunday: Dec. 2 to 5, 9 to 12 and 16 to 19. Hours: on will be 10 a.m. to 6 p.m. Thursdays and Sundays; and 10 a.m. to 8 p.m. Fridays and Saturdays. Thanks to T-Mobile, all fees will be waived and entry will be free from 6 to 8 p.m. Nov. 19 and 26. Follow CDC, state and local health and safety guidelines. Visit www.christmascity.org/christkindlmarkt/ or call 610-332-3378

Saturday, November 6

St. Francis Holiday Craft Fair. 9 a.m. to 3 p.m. Seasonal decor, handcrafted goods, gifts, Santa and Mrs. Claus. Entrance fee waived with donation of canned goods for Bethlehem Food Pantry. St. Francis Center for Renewal, 395 Bridle Path Road.

Annual Christmas Boutique, craft show, benefits youth missions and scholarship funds. 9 a.m. to 3 p.m. First Baptist Church, 3235 Linden St.

Northampton Community College annual fall craft fair, 9 a.m. to 2 p.m., Bethlehem Campus, 3835 Green Pond Road. Jewelry, food, woodworking, more. Breakfast and lunch available for purchase. NCC's H.O.P.E. food pantry collecting donations of nonperishable canned items and toiletry items for students who need them. Masks are required.

Saturday, November 13

"Get the Spirits" annual Historic Bethlehem Holiday Cocktail Trail, noon to 5 p.m. Select stores, restaurants along Main and Broad Streets, for a variety of delicious holiday cocktails. Passports for the Red & Green or Silver & Gold Trails will go on sale the week of Oct. 11. Win a \$100 Downtown Bethlehem Gift Certificate. Must be 21 and over to purchase and participate. One trail per person. More information, questions: call or text: 610-739-1775

Friday, November 19

Annual Tree Lighting Ceremony, 5 p.m. Payrow Plaza, ity hall. Cookies, hot chocolate, visit with Santa, live performances.

Christkindlmarkt opens, (cost) 10 a.m. to 6 p.m. Free entry 6 to 8 p.m. (Nov. 19 and 26). compliments of T-Mobile. Tickets to the first two weeks of Christkindlmarkt will be available on Christmas-City.org beginning Nov. 1 or through the ArtsQuest Box Office by calling 610-332-3378. Passes for the remainder of the dates will be available after Thanksgiving. The market will run 10 a.m. to 6 p.m. Thursdays (last entry 4:30 p.m.); 10 a.m. to 8 p.m. (last entry 6:30 p.m.) Fridays and Saturdays; and 10 a.m. to 6 p.m. (last entry 4:30 p.m.) Sundays. Visit www.christmascity.org/christkindlmarkt/ and click on upper right hand on red christkindlmarkt tab for more information. PNC Plaza at SteelStacks, 101 Founders Way.

ArtsQuest will continue to follow the latest CDC, state and local health and safety guidelines. Visit artsquest.org/safety for more information.

See **HOLIDAY** on Page A14

Banana Factory, LUAG Celebrate First Friday

BY ED COURRIER
Special to the Bethlehem Press

The Banana Factory Arts Center and Lehigh University Art Galleries celebrated an eventful First Friday Oct. 1.

Service Dog provided live music as celebrants viewed the "2021 Residential Artist Annual Exhibition" in the Crayola Gallery. There were demonstrations in glass blowing, printmaking, jewelry and drawing. Artists held open studios on the second and third floors where they offered artwork for purchase.

Receptions for "Thinking Through Drawing: Works on Paper, Drawings, and Sketchbooks from the Collection and Community" were held simultaneously at the Lehigh



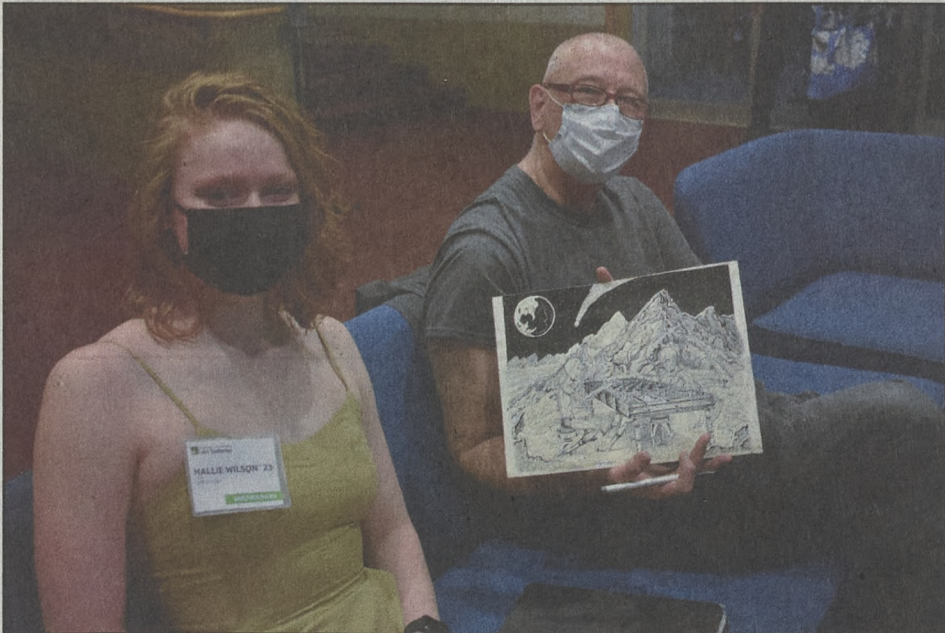
"You'll Be Needing These," by Lehigh Valley Press cartoonist Ed Courrier was one of 225 works selected for the LUAG "Thinking Through Drawing" online exhibit. This editorial cartoon ran in the Bethlehem Press in December 2020.

University Art Galleries Main Gallery in the Zollner Arts Center and at the South Bethlehem Greenway. Selections

from the exhibit are displayed there along the trail from S. New to Trone streets.



Artist and printmaker Keith Garubba outside his Banana Factory studio during Southside Bethlehem's First Friday Oct. 1.



Bethlehem-based fine artist Tony Sienzant and Lehigh University Class of 2023 student Hallie Wilson at the LUAG Oct. 1 gallery reception for "Thinking Through Drawing." Sienzant brought along the original ink drawing that was included in the community digital exhibit. Titled "Chess on the Moon," Sienzant drew it while a senior at Dieruff High in 1976. As an art history major, Wilson volunteered to serve as a docent.

NEW LOOK

SAME GREAT COVERAGE

WFMZ.COM

Life lessons

My grandmother on my biological father's side was Graciela Del Valle. We did not have much time together. She seemed to know it. She still tried to teach me what she could. Her lessons boiled down to "this is how you should do this" and "this is what you should never do."



By Lani Goins

There is a lot I wish I could ask her about. But she died a couple years ago. My father passed this year. His sisters were already gone. So all that knowledge is lost.

This is the last column of my second year writing them! So much has changed over these two years. I am glad to share my experiences with you, and hope to continue for a good long time.

I wish I could tell my grandma I am thankful for her advice. I wish I could tell her not to worry, and I will probably find new mistakes to make.

I was hoping to be in San Antonio right now, to see my family there and visit my father's grave. However, James still is not able to be vaccinated against COVID. So instead we will be spending a few days traveling closer to home.

Enjoy the autumn leaves, cooler weather, and Halloween and Samhain and every other celebration of fall. And find the good in every day.

LIBRARY NOTES

General information

Visit the Bethlehem Area Public Library at 11 E. Church St. (main) or 400 Webster St. (Southside branch) or 2740 Fifth St. (Coolidge) or visit www.youtube.com/channel/UCsuAN4Af6kv-3jQ11us_WkWQ/featured and www.bapl.org/events/categories/virtual-events for a variety of items.

Refer to the BAPL calendar for details. There is a "grab and go" check-out; place books or other items on reserve and pick them up with your library card at the door or inside.

Due to the pandemic, hours, masking and capacity limits may change without prior notice. Check the websites or call.

New places and events

Preschool storytime on the road. 10 to 10:30 a.m. Crayola Gallery, Banana Factory, 25 E. Third St. First Thursday of the month: Miss Regina from Coolidge Branch;

Books on The Hill (Stanley and Spiegel Streets, Fountain Hill) stationary bookmobile

Stationary book mobile hours: 10 a.m. to 1 p.m. Mondays; 1 to 5 p.m. Tuesdays and Thursdays; Closed Wednesdays; 10 a.m. to 1 p.m. alternate Fridays / Saturdays.

Main Library

Wednesday, November 3

Alan Jennings talk, Q&A: "How to Pick a Fight: Throwing the High Inside Fastball at Injustice" 6:30 to 7:45 p.m. Registration is required. Social distancing protocols including a face-mask requirement for all.

Thursday, November 4

Outreach Storytime. Stop by the Banana Factory to hear stories, sing songs, and engage in a rhyme or two. 10 to 10:30 a.m. 25 E. Third St.

Friday, November 5

Mary Pat Beebe Friday Morning Book Club: The Discomfort of Evening (2020) by Marieke Lucas Rijneveld. 10 a.m. Zoom. Registration required.

Southside branch

Try Anytime Storytime, 11 a.m. to 6 p.m. (daily but check website to reconfirm). DIY storytime corner for caregivers and kids. Themed books and crafts (changed weekly), 11 a.m. to 6 p.m.

Ongoing, Mondays through Thursdays

Southside mini book sales. 11 a.m. to 6 p.m.

Wednesdays through November 17

Fall pre-school story time, 11:15 a.m. to noon. Masks required -above age two. Visit www.bapl.org/events/fall-preschool-story-time-at-south-side-2021-10-06/

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.

HOLIDAY

Continued from page A13

Saturday, November 20

"Get the Spirits" annual Historic Bethlehem Holiday Cocktail Trail, noon to 5 p.m. Select stores, restaurants along Main and Broad streets, for a variety of delicious holiday cocktails.

Annual Tree Lighting, live music by Kendal Conrad, 5:30 p.m. Mr. and Mrs. Claus with emcees, Mike and Steph from B104. Town Square, Promenade Shops, Saucon Valley, 2845 Center Valley Parkway, Center Valley.

Sunday, November 21

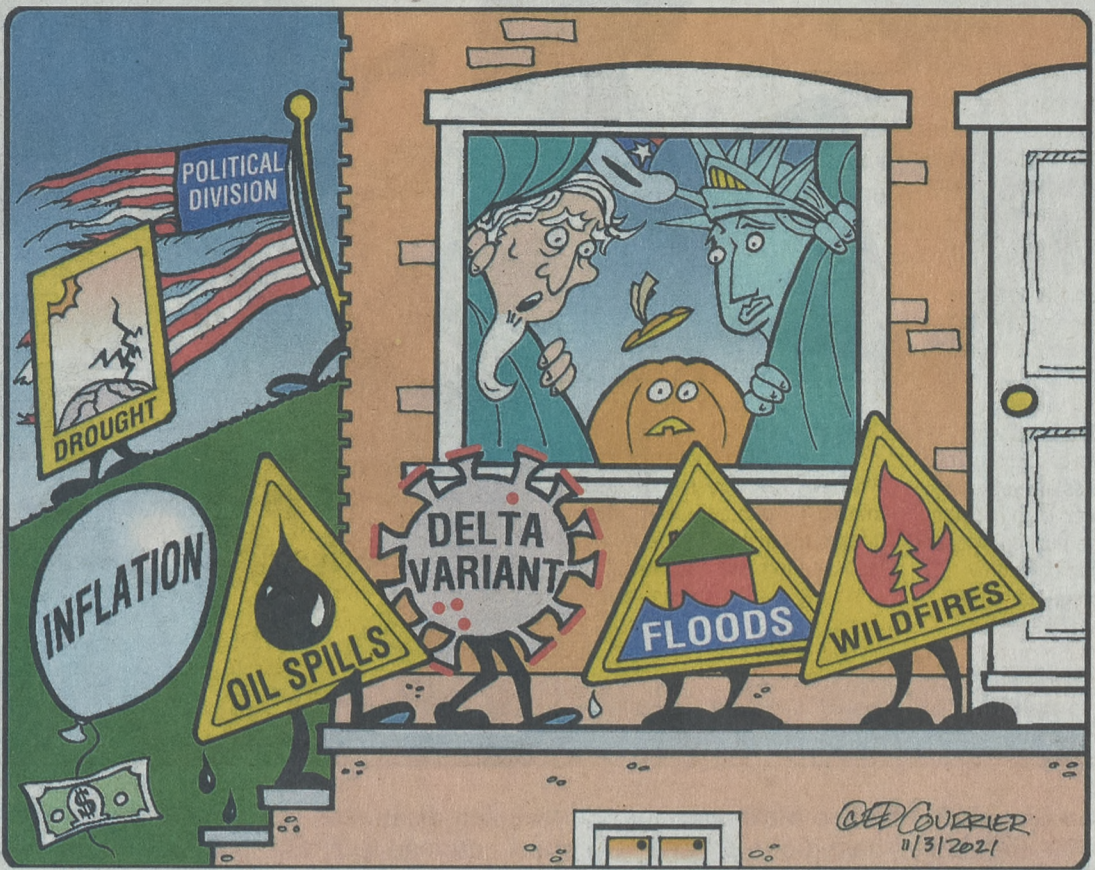
Historic Bethlehem Museum and Sites Holiday Soiree Art Preview Reception, 4 to 6 p.m. 1869 Luckenbach Mill, 459 Old York Road. Register at the Benefactor level to attend.

Friday, November 26

The Star & Candle Shoppe opens, 10 a.m. in the lower level of the C. E. building, Central Moravian Church. traditional Moravian crafts, beeswax candles, folded paper stars, glass sculpture, Central Church CD's and books, hand crafted manger scenes, and Robbie's famous ginger cookies.

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.

ED'S WORLD Graphic commentary by Ed Courier



HR board causes stir before it's formed

BY DOUGLAS GRAVES Special to the Bethlehem Press

LEHIGH COUNTY

Lehigh County Commissioners passed a first reading of a new Human Relations Advisory Council that "address issues of discrimination as it might occur in the County of Lehigh" according to the motion.

The advisory council will have up to 11 members - Lehigh County residents - service providers, and business owners who will serve as unpaid volunteers.

Members will be appointed by the Lehigh County Executive and be approved or rejected by the commissioners.

Even though the first hearing vote was 9-0, the sailing was not smooth for the new advisory council. Commissioner Jeffery Dutt moved that membership include members from every voting district of Lehigh County.

This set off a round of protest from other commissioners and attendees, both in person and via Zoom.

Commissioner Amy Zanelli led the push-back by describing the amendment as a case of "shooting ourselves in the foot before it [the advisory council] gets started."

Commissioner Bob Elbich supported the amendment saying, "We should get in-put and feedback from the entire county."

Commissioner Percy Dougherty said he supported the amendment.

Commissioner Geoff Brace suggested that, "we allow ourselves to be broad and give ourselves flexibility" noting that the motion provides for subsequent legisla-

tion to set up the Human Relations Advisory Council.

Commissioner Zakiya Smalls sided with Zanelli saying, "I think the intention of the amendment is very good. I'm just not sure the [good] intention will remain as seats are filled."

Enid Santiago said, "If we base this geographically, it will completely defeat the purpose of an advisory board."

Patrick Palmer called the suggested amendment a "slap in the face."

Ashley Strange, Executive Director of Lehigh Valley Stands Up, said, "...implying that the makeup [of the Human Relations Advisory Council] needs to be diverse and based on where someone lives is not part of what we are talking about."

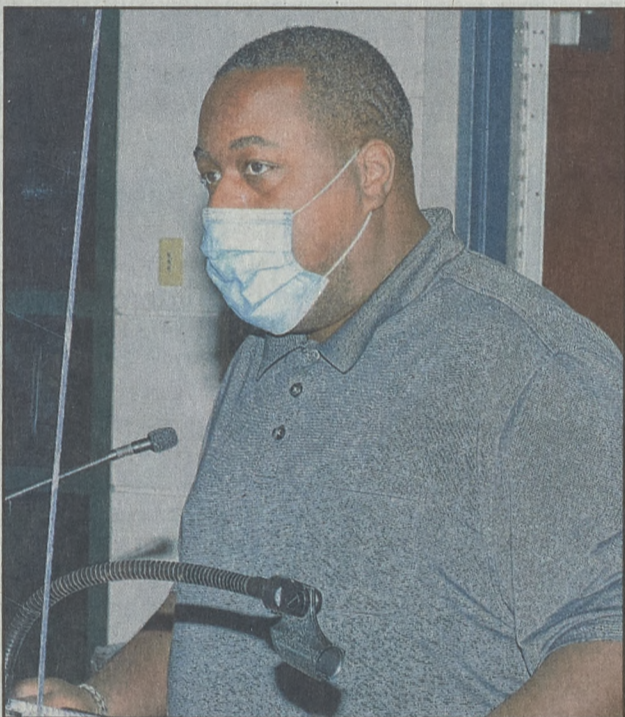
Sharon Finegan said, "I'm tired of seeing committees put together that look like me in situations where it's not necessary. I'm 100 percent in support of having it [the Human Relations Advisory Council] be issue-based and represented by the people who are being impacted."

At the end of debate on the motion to amend the resolution, Dutt suggested that the wording be changed from "requiring" district representation to "if possible" have district resolution.

When Hartzell suggested that in consideration of public comment, that Dutt withdraw the motion to amend. Dutt immediately agreed and withdrew the motion.

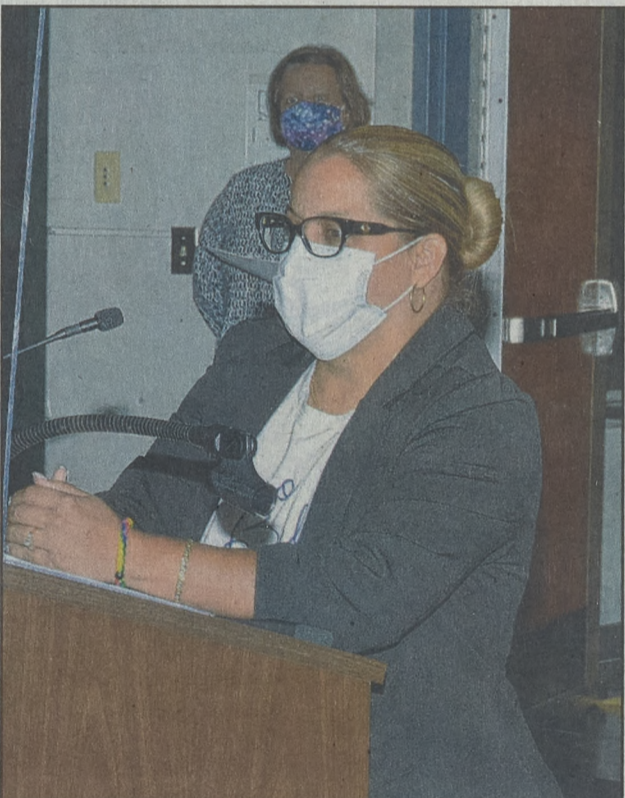
Hartzell had one last comment regarding Palmer's earlier remark. "This was not intended to be a 'slap in the face' to anyone or any group."

The resolution to establish the Human Relations Advisory Council now goes on the agenda for the next meeting where it will likely be approved.



PRESS PHOTO BY DOUGLAS GRAVES

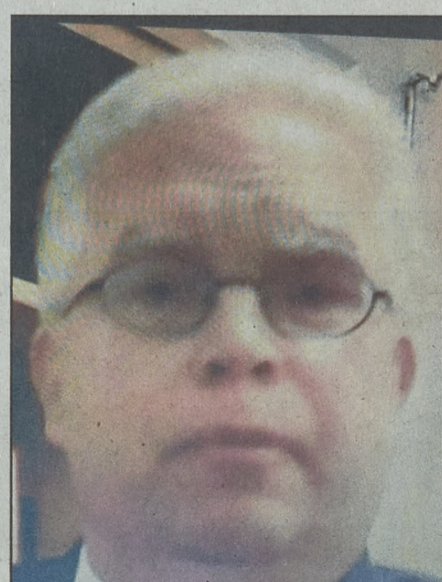
Patrick Palmer called the suggested amendment to require that every district in Lehigh County be on the Human Relations Advisory Council a "slap in the face."



Enid Santiago said, "If we base this geographically, it will completely defeat the purpose of an advisory board."



Sharon Finegan said, "I'm tired of seeing committees put together that look like me in situations where it's not necessary."



Commissioner Jeffery Dutt moved that membership in the (Human Relations Advisory Council) include members from every voting district of Lehigh County.

Emma Lazo

Freedom HS

Grade: 12

Family members: My family members consist of my mother, father, and ten-year-old brother.

Favorite subjects: My favorite subjects in school are chemistry and biology. I fell in love with the complexity of these subjects. Their rationale for equations and approaches to methods are straightforward but leave room for discovery simultaneously. Some things are factual and permanent, like Newton's laws of motion, while other principles are yet to be held an answer. It's a constant learning curve pushed by sound knowledge and carried by diverse perspectives.

Activities: I like to think getting involved is a crucial part of the high school experience. It allows me to explore beyond the realms of narrow academic pathways, enabling me to find pieces of my definition. Currently, I serve as a captain for Freedom's Mini-THON in the sector of hospitality. I am president of the Neuroscience Club, Spanish Club, and STEM Club. Additionally, I have held the position of School Board Representative for the past two years. I am the secretary of Buddies Helping Buddies, a Scholastic Scrimmage competitor, and a proud member of my school's National Honor Society. Lastly, I serve as an advisor for the Northampton County Heroin and Opioid Forum. I firmly believe that all these clubs represent a small part of who I am, as they all express crucial passions in my life.

Next steps: After graduation, my plan consists of hoping to embark on my journey in the world of science, research, and medicine. It would be an honor to attend a university as a student majoring in neuroscience on a pre-med track.

Career goal: The final destination academically would be to become a neurosurgeon and impact the world of medicine. I would love to continue conducting research. I want to find safer ways to remove brain tumors without causing side effects.

Heroes: Dr. Hadiyah-Nicole Green is an inspiration. As a minority African American woman in the challenging field of medicine, she has defied every obstacle in her way. She is a leader of modern medicine. Dr. Green is the first person to cure cancer in mice using laser-activated nanoparticles successfully. Her work gives me hope for the future, and I aspire to reach her level of success.

Hobbies: I enjoy sparring



greatly. I have been doing taekwondo for a long time, and I compete in my free time. Whenever I am stressed or need to relax, I like to train, and I find it takes my mind off things and leads me to make educated and responsible decisions once I go back to reality.

Current job(s): During the past two years, I have done work for the American Chemical Society under their Project SEED extension. Furthermore, I was also an intern for Olympus Corporation of America. Lastly, over the school year, I work part-time at Panera Bread.

Volunteer/community work: I volunteer every week at St. Luke's Hospital for around six to eight hours in the radiology department. I help patients get registered for their appointments. I also assist with generic questions and directional inquiries.

Likes: I love listening to music, exploring the outdoors, but most of all, I love learning about mechanics and cars.

Dislikes: I'm not fond of lack of responsibility, arrogance, and minimal effort. I find that these traits limit people's potential.

Greatest accomplishment (so far): My most significant accomplishment was my research with the American Chemical Society. I got to spend three marvelous months over the summer doing extensive computational research with Dr. Lorena Tribe from Penn State Berks. We worked on coastal carbon dynamics in freshwater systems through computation and visualization methods. It was an eye-opening experience to share my research with my mentor and other respectable researchers, doctors, and professors.

Advice for peers: Be your biggest supporter. In life, I've noticed so far there will never be anyone more proud of yourself than you because no one else knows the work and effort you put into reaching the success you struggled to achieve.

Student profile subjects are selected by faculty and administration at the individual schools.



PRESS PHOTOS BY ED COURRIER

Reunion attendees socialize in the clubhouse Grill enjoying good food, drink, and conversation as they catch up with their one time classmates.

Freedom class of '76 anniversary

BY DANA GRUBB
Special to the Bethlehem Press

In 1976 as the United States celebrated its Bicentennial members of the 9th class at Freedom High School graduated and headed off to make their mark on the world. On Sept. 25 a number of those graduates celebrated their 45th reunion at The Clubhouse Grill at the Bethlehem Golf Club course enjoying the opportunity to reminisce about those long ago experiences and update each other on current day events in



Centerpieces incorporated 45 RPM records in recognition of the 45th reunion for the Freedom Class of 1976.

their lives. Reunion committee members, Brenda Sciascia, Karen (Musike) Klovach, Sheri (Sage) Laurenza, Steve Magan, Janet (Rentschler) Pressler and Sharon (Brinker) Ready planned for months to ensure that the experience was a memorable one with themed centerpieces, 70s music, a raffle, and a tasty buffet. Sciascia said that much positive feedback was received as the class now looks forward to planning for and celebrating its 50th reunion in 2026.



Class of 1976 alum Dave Lach and his wife Pam check in at the Clubhouse Grill looking for their reunion nametags.



A remembrance display reminded attendees of their classmates who had passed.

FREEDOM HS NEWS

By Emmas Lazo

Finally face to face

We are back and ready for normal. It has been an interesting year leading up to the return of students and staff Aug. 30, but thankfully we are now reaching normalcy with the five-day-a-week attendance. Students have now embarked this school year by engaging more with teachers and friends in a safe environment that enforces mask-wearing and social distancing.

At Freedom, we have always been incredibly proud of our clubs and activities and the positive impacts these organizations have on our school. This year is no different. Our clubs are starting to run up again this year after having to be dormant or deal with the uncertainty of last year. For example, Freedom Mini-THON commenced with the election of this year's captains taking place in early September. Buddies Helping Buddies started running its monthly meetings, and the addition of new clubs like the Neuroscience Club is getting more students involved in extra-curriculars. FHS Theatre Company announced that it will be performing "Miracle on 34th Street" and "Curtains."

We are starting strong. Unlike last year when the homecoming dance did not happen, this year it was better than ever. Leading up to the dance, the students enjoyed a wild and spectacular pep rally where the homecoming court performed skits. The dance ended up taking place Oct. 2 at Freedom's lower tennis courts. It lasted from 6-9 p.m., during which Eric Chen (senior) and Gianna Dowling (senior) were crowned homecoming king and queen.

See NEWS on Page A16



Lazo



Many of the Freedom Class of 1976 reunion classmates gathered for a group photo outside the Clubhouse Grill.

High schools celebrate Spirit Week

BY JENN RAGO
Special to the Bethlehem Press

BETHLEHEM AREA

School Spirit abounds as Liberty and Freedom high schools geared up for their annual football game Oct. 30. October began with both schools having their homecoming event/dance, outdoors, under the stars, on each school's tennis courts. Liberty students sold all 400 tickets for this event. Freedom pro-

ceeded the event with a pep rally and the homecoming court performed skits, energizing the crowd. Both schools report having had a great time and all were especially grateful since last year all homecoming events were canceled due to COVID 19.

Spirit Week at Liberty has included

Throwback Day, Class Wars, Jersey Day, and of course Red and Blue day. Freedom's Spirit Week included Tacky Tourist Tuesday, Decades Day, and of course school colors day! Freedom has been preparing "Battle of the Classes" pep rally festivities.

Building up to the big game, Liberty's band

has been rehearsing daily at 7:00 a.m. in preparation for the pre-game show.

Both schools will be hosting their annual bonfires on Thursday, Oct. 28. Liberty will also be honoring senior cheerleaders and football players at this event. Overall, both schools are enthusiastically excited and energized this month.



Before its homecoming football game against the undefeated Allentown Central Catholic earlier this month, the Freedom football team received a special surprise from the well-known and hero to many Dwayne Johnson, the Rock. Freedom won that game 42-7.

Smoke Alarms at Home

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

SAFETY FIRST

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Test all smoke alarms at least once a month.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more

- technologically advanced to respond to a multitude of fire conditions.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

YOUR LOCAL WEATHER

7 Day Forecast	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Sunny	Mostly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Scattered Rain	Sunny
52 / 31 4-11 mph WNW	50 / 34 3-7 mph NW	49 / 33 2-9 mph N	54 / 35 7-11 mph NE	55 / 37 7-10 mph NW	53 / 33 2-6 mph SSE	52 / 35 4-14 mph NW	

FORECAST FOR LEHIGH VALLEY PENNSYLVANIA

Today we will see sunny skies, high temperature of 52°, humidity of 47%. West northwest wind 4 to 11 mph. The record high temperature for today is 79° set in 2003. Expect partly cloudy skies tonight, overnight low of 31°. Northwest wind 2 to 6 mph. The record low for tonight is 24° set in 1951. Thursday, skies will be mostly cloudy, high temperature of 50°, humidity of 53%. Northwest wind 3 to 7 mph. Thursday night, skies will be mostly cloudy with a slight chance of isolated rain, overnight low of 34°. Southeast wind 4 mph. Friday, skies will be partly cloudy with a slight chance of isolated rain, high temperature of 49°, humidity of 58%. North wind 2 to 9 mph. Friday night, skies will be partly cloudy with a slight chance of isolated rain, overnight low of 33°.

Weather Trivia

What causes wind shear?

Answer: A sudden change in wind speed and/or direction.



FALL IS HERE!...

Get your pre-season fill up today.

lehighfuels.com
610-266-8990

NEWS

Continued from page A15

Everyone indeed enjoyed a fantastic night under the stars. Student-athletes at Freedom have been putting in hard work to make the most out of their seasons. On Oct. 23, the boys soccer team became EPC champions with a 5-0 victory over Parkland. A special congratulations to Peter Tichy (senior) for scoring three goals and two assists; also to Michael Krents (senior), and Austin Hoffert (senior), who also scored.

A round of applause goes to Avaline Fihlman (senior), who placed fifth in the EPC girls cross country championship and Alex Heidemann (senior), who won first in the boys EPC division. On to girls volleyball, under great coaching, the girls made EPC East Division champs.

Freedom's football team holds third place in the conference, with a 6-2 record. Before their homecoming football game against the undefeated Allentown Central Catholic earlier this month, the team received a special surprise from the well-known and hero to many Wayne Johnson, the Rock. Johnson sent the team an uplifting speech expressing to the players to not care about losses they endured but to focus on the present and play their hardest.

He left the team with the motto, "Think about how you want to be remembered on the field, how you want to be remembered throughout the halls of Freedom HS."

The team also received new performance gear from his partnership with Project Rock under the brand Under Armour. They won that game 42-7 and, on Oct 30, played their last game of the season against their rival Liberty HS, where the theme will be a white-out for the Patriots. Everyone is excited and getting prepared for the upcoming event shown by the students' work into the "Battle of the Classes" pep rally festivities and through the countless hours going into hallway decorating.


Not only is it football season, but it's also college application season. Freedom guidance counselors have been very busy getting seniors well prepared to apply and secure their plans for after high school. On Oct. 13, Freedom held a college/career night. Additionally, opportunities to explore and visit what different colleges have to offer are now available. Harrisburg University of Science and Technology hosted a visitation Oct. 25, and a Liberty University rep visited Oct. 26.

Special recognition goes to all teachers, parents, and students working hard to ensure a safe and productive start to the school year.



Taking part in one out of the many traditions that make Freedom's annual homecoming pep rally an event to not miss out on, juniors Rheanna Mitchell and Tiahna Dalpezzo are getting ready to perform their twittering routine in front of the student body.

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STATE POLICE

Scam targets registered sex offenders

The Pennsylvania State Police issued a warning Aug. 27 about a telephone scam with increased attempts to defraud those individuals who are mandated to comply with Pennsylvania's Sex Offender Registry.

The scam begins with a telephone call from an individual who claims to be a law enforcement official to an offender listed on the State Police Megan's Law website.

The caller claims the offender is not in compliance with their registration requirements, and sometimes, the caller claims to hold a warrant for the offender's arrest.

The caller also claims the issue can be resolved if the offender obtains some form of cash card and arranges a money transfer.

State Police does not solicit convicted sex offenders for any type of monetary compensation to gain compliance with registration requirements.

Anyone who receives such a telephone call should not initiate any type of financial transaction but rather attempt to verify the caller's phone, obtain as much information as possible about the caller, take detailed notes on the caller's instructions provided and immediately report the call to their local law enforcement agency.

Issues concerning compliance with registration requirements can only be resolved by an offender appearing at an approved registration site or by personal contact with a law enforcement official.

Registrants may contact the Pennsylvania State Police Megan's Law Section at 1-866-771-3170 with any questions regarding their compliance status.

Think before you react.



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In the dough

Lehigh Valley author's cookbook has ingredients for baking bread



By Dave Howell

You certainly must love the taste and smell of freshly-baked bread. But you might think it is too much trouble to make.

David Joachim proves that you are wrong about the degree of difficulty in his 50th cookbook collaboration, "Mastering Bread: The Art and Practice of Handmade Sourdough, Yeast Bread, and Pastry [A Baking Book]" by Marc Vetri, Claire Kopp McWilliams and David Joachim (Ten Speed Press, 2020, 294 pp., print, \$32.50, ebook \$13.99).

"It doesn't take as much time as people think it does," Joachim says.

The process stretches out a bit, but it is not time-consuming. You wait for the yeast to grow, which raises the bread, and wait as the final bak-

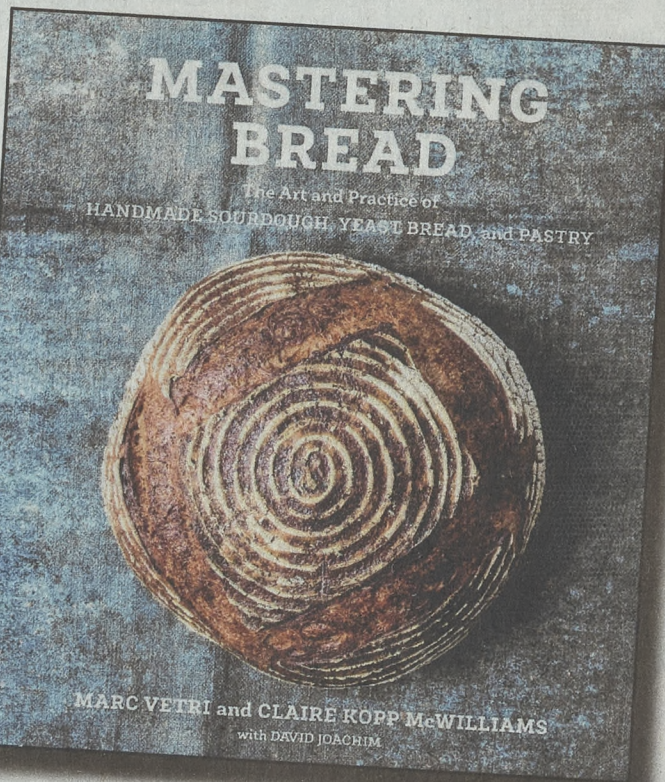
ing takes place.

"Most of what you do is let the stuff sit there. You are just there to control fermentation," Joachim says.

The book is described by the publisher as "a master class for making artisan bread easy to bake at home." It can be used by people who have bread-making machines or by those who make bread by hand.

"There is a lot of material for advanced bakers, but new bakers will not feel overwhelmed. There is something for everyone in this book," says Joachim in an interview near his home in Center Valley, Upper Saucon Township.

The book begins with general steps. There are chapters about choosing grains, mixing and fermentation, with sections about shaping and storage along the way. It goes from easy to more elaborate recipes, ending with a "bonus track" about making panettone, a complex Italian



type of sweet bread. There are many colorful illustrations throughout for guidance and inspiration.

"You can't learn to bake bread just from reading the book. You have to do it. You need to have a

feel for the dough and understand the whole process," Joachim says.

"Baking is different than cooking. It is not as immediate. It takes time, but you are growing a See **JOACHIM** on Page B5

8 DAYS A WEEK

Your look ahead at
Valley Arts



CONTRIBUTED PHOTO

Stone Temple Pilots, Tyler Bryant and The Shakedown, 8 p.m. Nov. 7, Penn's Peak, 325 Maury Road, Jim Thorpe. Doors open at 7 p.m. Stone Temple Pilots' 1992 debut, "Core," went to No. 3 on the Billboard 200 chart with hits including "Wicked Garden," "Creep" and the Grammy Award-winning smash single, "Push." STP includes brothers, guitarist Dean DeLeo and bassist Robert DeLeo; drummer Eric Kretz, and, originally, lead singer Scott Weiland, who died in 2015. Studio albums include: "Purple" (1994), "Tiny Music ... Songs from the Vatican Gift Shop" (1996), "No. 4" (1999) and "Shangri-La Dee Da" (2001). The band has sold 70 million albums. The band released its latest studio album, "Perdida," in 2020 with new lead singer Jeff Gutt. Tickets: www.ticketmaster.com; Ticketmaster, 800-745-3000; Penn's Peak box office; Information: <https://www.pennspeak.com/events/all>; 866-605-PEAK

'Portraits of Pride' at Bradbury-Sullivan



By Ed Courrier

"Portraits of Pride" by E. Lesh celebrates United States' LGBTQ+ icons through Nov. 12 at the newly-reopened Fine Art Galleries at Bradbury-Sullivan LGBT Community Center, Allentown.

This is the debut solo gallery exhibit for the self-taught artist, who is based in New York City where he is an LGBTQ rights attorney.

"It's so nice to be back in person again with arts and culture programs for our community and to reopen our galleries with 'Portraits of Pride,'" says Executive Director Adrian Shanker, who discov-



PRESS PHOTO BY ED COURRIER

E. Lesh with "Keith Haring" (2021, ink on paper, 9 in. x 12 in.), "Portraits of Pride," through Nov. 12, Fine Art Galleries, Bradbury-Sullivan LGBT Community Center, Allentown.

ered the artist's work on the social media platform, Instagram.

"I'm a musical theater nerd," says Lesh as he

for the late cartoonist's daughter's name 'Nina' in each Hirschfeld drawing of personages from the world of theater and entertainment.

"Keith Haring" (2021, ink on Arches paper, 9 in. x 12 in.) is Lesh's black and red ink tribute to the famous pop artist and Kutztown native who died of AIDS-related complications in 1990. Haring's facial likeness is framed by some of the artist's signature "dancing men."

While employing minimal line drawing, Lesh says he attempts to include elements into each work that highlight the subject's personality and accomplishments.

The first portrait in the series that began in June 2021 is "Larry Kramer" (2021, ink on Arches paper, 9 in. x 12 in.). Kramer, a Pulitzer Prize-winning See **E. LESH** on Page B5



CONTRIBUTED PHOTO

"The Elf on the Shelf: A Christmas Musical," 6 p.m. Nov. 12, State Theatre for the Arts, 453 Northampton St., Easton. The musical of song, dance and spectacle transports audiences to the North Pole. There, the magical lives of Santa's Scout Elves unfold. The original story and score, dazzling sets and costumes and heartfelt moments are intended as family entertainment. The producer of the show, Mills Entertainment, requires attendees over age two to wear a face mask regardless of vaccination status. The State Theatre requires proof of vaccination. Tickets: State Theatre box office; www.statetheatre.org; 1-800-999-7828

Zoellner has 'Million-Dollar' musical



By Kathy Lauer-Williams

A seminal moment in rock 'n' roll history will be recreated on stage when the touring production of the Broadway musical, "Million Dollar Quartet," comes to Lehigh University's Zoellner Arts Center, 7:30 p.m. Nov. 6.

The show is about a real-life impromptu jam session between Elvis Presley, Jerry Lee Lewis, Carl Perkins, and Johnny Cash.

"Million Dollar Quartet" is a jukebox musical with a book by Colin Escott and Floyd Mutrux. It dramatizes the recording

session, Dec. 4, 1956, Sun Record Studios, Memphis, Tenn.

Established performer Carl Perkins is at the studio to record songs with a new performer, Jerry Lee Lewis. A twist of fate brings Elvis Presley, who stops by with his girlfriend, a singer named Dyane, and Johnny Cash, who wants to talk to the studio's impresario Sam Phillips. The four soon start playing in a free-wheeling jam session.

The moment was immortalized in the Memphis Press-Scimitar newspaper with the headline "Million Dollar Quartet." Phillips was responsible for launching the careers of all four musicians.

As Phillips attempts to re-sign Johnny Cash to a new contract, unaware



CONTRIBUTED PHOTO

"Million Dollar Quartet," 7:30 p.m. Nov. 6, Zoellner Arts Center, Lehigh University

he has already signed with Columbia Records, the musicians perform some of their most famous hits, including

"Blue Suede Shoes," "Fever," "That's All Right,"

See **ZOELLNER** on Page B5



CONTRIBUTED PHOTO

Chris Botti, 7:30 p.m. Nov. 13, State Theatre Center for the Arts, 453 Northampton St., Easton. Since the release of his 2004 critically-acclaimed CD, "When I Fall In Love," Botti has had four No. 1 jazz albums. His albums include "To Love Again: The Duets" (2005), "Italia" (2007) and the CD-DVD, "Chris Botti in Boston" (2009). His most recent album, "Impressions," won the Grammy for Best Pop Instrumental. He has recorded and performed with Sting, Barbra Streisand, Tony Bennett, Lady Gaga, Josh Groban, Yo-Yo Ma, Michael Bublé, Paul Simon, Joni Mitchell, John Mayer, Andrea Bocelli, Joshua Bell, Frank Sinatra, Vince Gill, Herbie Hancock, Mark Knopfler and David Foster. Botti has performed with symphonies and venues worldwide, including Carnegie Hall, Hollywood Bowl and Sydney Opera House. The State Theatre requires proof of vaccination. Tickets: State Theatre box office; www.statetheatre.org; 1-800-999-7828

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Give the gift of politeness for the holidays

Dear Jacquelyn,
I have two children, ages 6 and 8. They are typical kids and sometimes have trouble remembering to use their manners. The holidays are approaching and we will be spending more time with loved ones. I would be grateful for any tips to help them to remember to use polite behavior.

Dear Reader,
During the holidays when children are consumed by the holiday excitement, it is extremely difficult for them to remember their manners.

Preemptively practicing their manners beforehand will help. By the ages of 6 and 8, they have already grasped

RESPECTFULLY YOURS

By Jacquelyn Youst



the basics: please, thank you, and chew with your mouth closed.

Providing them with invaluable tools of more advanced social graces will serve them well, long after the holidays. I recommend reminding them how important it is to be gracious.

Talk to them about how special it is that someone took the time to think of them and buy them a gift. Remind them of the time they browsed the stores looking for the perfect gift for Aunt Kathy.

Another important social skill you can practice with them is introductions. They likely will be greeted by either an aunt they see only once a year or a grownup they have never met.

Greeting new people can be nerve wracking for children, but if they make an attempt, it makes a big difference. Being prepared and knowing what to do will help them feel more comfortable meeting new people.

This may be difficult for a shy child. You can help the child by practicing on toys until the child gets comfortable. Instruct the child to smile, make eye contact, say his or her name and "It's a pleasure to meet you."

A proper good-bye is just as important. Have your children walk visitors to the door to say goodbye.

When we teach children that holidays are about spending time with others and not just about the presents, we are helping them become gracious adults.

Respectfully Yours,
Jacquelyn

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

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Rediscovering childhood fun

After I retired and moved to Florida, I was often asked how I spent my time.

It's a legitimate question because when I was working at the newspaper I was completely wrapped up in my job. I loved every single day at work, every challenge and every chance to do what I loved — interviewing people, writing feature stories and helping to produce the daily newspaper.

Some of my friends thought someone as committed to her job as I was would have a hard time adjusting to a totally different kind of life. So of course they wanted to know what I did to replace the adrenaline rush we call daily journalism.

My answer: I'm enjoying my second childhood.

My first childhood was fun because I could do what I wanted to do. There was no "must-do list." Every day was total freedom.

There are few expectations on young kids. They are free to pursue what they view as fun.

When I think of my childhood I think of days and nights I spent outdoors with my friends.

We stayed outside until it got dark playing games with neighborhood kids.

No one finds more simple ways to have fun than a kid does.

When it rained, our version of fun was jumping in puddles and running through gutters.

We wouldn't sit around moping because it was raining.

I thought about that this week when our parched lawns finally got the rain we all wanted. When we thought we had enough rain we couldn't just turn it off. It kept coming for a continuous week or two.

As I looked forlornly at the rain pelting the swimming pool I was tempted to just jump in and enjoy time in the pool.

That's when it dawned on me that my second childhood wasn't as free as my early childhood because as an adult I'm more bound by limits of imagination I place on myself.

In my earlier days when our Outer Banks vacation consisted of Hurricane Dennis and six straight days of rain, we didn't let that stop us from going in the pool.

That memory made me realize I was putting the brakes on my fun. Kids aren't hindered by rain, so why should this big kid have to stay inside?

I grabbed a big golf umbrella and went for a walk in the rain, kicking up some puddles along the way. It made me feel like a kid again.

That reinforced my belief that if you need to relearn how to have fun, go to the real experts — kids themselves.

Who smiles and giggles more than a little baby? It doesn't take much to bring on a baby's glee.

Ask any grandparent what gives them the most pleasure and you'll hear about their joys of being with their grandkids.

One neighborhood man who doesn't talk much went on to de-

WARMEST REGARDS

By Pattie Mihalik
newsgirl@comcast.net



liver a soliloquy about the "absolutely amazing way his grandson amused him."

Kids teach us how to have fun.

I find joy in being around kids of all ages. I look at their bright eyes and happy smiles and hope they will maintain their inner joy throughout life.

A recent survey asked adults if they still maintained at least some of their childhood fun. Only 20 percent said they did.

The author reached the same conclusion I have about happiness. We can learn much by studying children.

As adults, one thing we have a hard time doing is staying in the moment.

When kids are outside playing they have an easy time staying in the moment. They don't worry about school the next day. They know how to take one moment at a time.

When they want to play with another kid, they don't hesitate to stand outside a house and call a friend.

When we're older, we aren't as likely to ask others to join us in an activity.

Kids think only about the present moment and the possibility for fun in that moment.

On the other hand, instead of staying focused on the moment we adults are wondering what we will make for dinner or thinking about a problem that's bothering us.

Lately, when I do my gratitude walk first thing in the morning I have to pray that I stop "living in my head" instead of enjoying the day in front of me.

I'm working on changing that behavior.

One motivational speaker said if you want to be happier slow down and get away from your daily grind — at least for a while.

He suggested we make a list of things that deplete our energy and a second list of things that give us joy.

"If you want to find joy do something you love," he advised.

My friend Cindy loves to dance. Mired in family problems, she and her husband stopped taking time for the dancing they loved.

They rediscover some of the joy missing from their lives by getting back to it.

What about you? Did you stop an activity that once made you happy?

Rev up your happiness, experts tell us, by scheduling playtime like Cindy and her husband did.

It's such an easy step yet it's one we avoid.

Experts also suggest spending time in nature as another way to restore joy.

All our fun doesn't have to end in childhood.

There is definitely something worthwhile in seeking a second childhood.

Contact Pattie Mihalik at newsgirl@comcast.net.

Explain the science of thunder to daughter

Q: How can I help my anxious eight-year-old with her fear of thunderstorms and lightning. As soon as the clouds darken, she starts to panic. She has even been sent home from school due to this.

First off, try to teach her about the science behind thunderstorms and lightning, the Family Project panel recommended.

Panelist Chad Stefanyak suggested you and your daughter do research on the computer together.

"Give her education about what a thunderstorm is and you may find a little bit of knowledge will ease her nerves. Right now it is unknown. You can make it known," Stefanyak said.

"There are lots of stories that try to explain thunder such as God bowling. What information does she have about what thunder and lightning are," wondered panelist Mike Daniels.

The panelists asked how long this has been going on.

THE FAMILY PROJECT

By Kathy Lauer-Williams



"At eight, did you just notice she was fearful? Did this just pop up in the last year?" Daniels asked.

Panelist Pam Wallace wondered if your daughter is frightened by other loud noises such as fireworks.

"It could be a sensory issue," suggested Wallace.

"Offer her a comfort object such as a stuffed toy to help her calm down," said panelist Denise Continenza.

"She can't avoid thunderstorms, but a comfort object could help during a stressful time," Continenza said.

"When she is at home, give her a pair of headphones to listen to music, and tune out the noise," Wallace suggested.

"Give her some level of control. Have her listen to recordings of the sounds of thunderstorms to desensitize her," added

Daniels.

"Allow her to sit with mom and be comfortable during storms. Have her breathe and relax, so she experiences it in a more comfortable and safe way," Daniels said.

It's important for you as parents to be patient and understanding with this, the panelists agreed.

"She is going into fight or flight mode and that shuts off all reasoning. She is not at a place where she can be reasonable and talk through it. She needs help until she gets there," said panelist Joanne Raftas.

"She may need professional therapy to find out what triggered this," Raftas added.

"She may need to learn coping skills. She can't miss school because of thunderstorms," said panelist Erin Stalsitz.

This week's panel: Pam Wallace, program coordinator, Project Child, a program of Valley Youth House; Chad Stefanyak, school counselor; Erin Stalsitz, Lehigh Children & Youth; Denise Conti-

nenza, extension educator; Joanne T. Raftas, registered play therapist, and counselor and Mike Daniels, LCSW, Psychotherapist.

Have a question?
Email: projectchild@projectchildlv.org

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

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Tastes, and our sense of taste, can change

Q. When I was younger, I couldn't get enough Chinese food. Now it just doesn't have that zing anymore. I'm guessing it's me, not the food, right?

As we age, our sense of taste may change, but this loss of zing in Chinese food might be caused by medicine that you are taking.

Drugs can change your sense of taste, and some can also make you feel less hungry. The aging process and the medicine we take can affect our enjoyment of food and, therefore, our nutrition, because we may not eat all we need.

Eating habits in seniors are affected by other problems, too. Some complain about their dentures. Others don't have easy access to transportation to go food shopping. Those who cooked for a family find it unrewarding to cook for one. Depression can affect your appetite, too.

What should you eat? According to the U.S.

HEALTHY GEEZER

By Fred Cicetti
fred@healthygeezer.com



Department of Agriculture, you should try to eat the following daily:

6 to 11 servings of bread, cereal, rice or pasta. One serving equals one slice of bread, 1 ounce of ready-to-eat cereal, rice or pasta.

3 to 5 servings of vegetables. One serving equals 1 cup of raw, leafy vegetables or 1/2 cup of chopped vegetables, cooked or raw.

2 to 4 servings of fruit. One serving equals one medium piece of fruit like an apple, banana, or orange; 1/2 cup of chopped fresh, cooked or canned fruit; 1/4 cup of dried fruit; or 3/4 cup of 100 percent fruit juice.

3 servings of milk, yogurt or cheese. One serving equals 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese like cheddar or mozzarella, or 2 ounces of processed

cheese like American.

2 to 3 servings of meat, poultry, fish, dry beans, eggs or nuts. One serving of cooked meat, poultry or fish is 2 to 3 ounces; you should eat no more than 5 to 7 ounces a day. One cup of beans, 2 eggs, 4 tablespoons of peanut butter, or 2/3 cup of nuts also equal one serving.

To maintain a plan for healthy eating, follow these tips from the National Institutes of Health:

Eat breakfast every day.

Select high-fiber foods like whole grain breads and cereals, beans, vegetables, and fruits. They can help keep you regular and lower your risk for chronic diseases like heart disease and type 2 diabetes.

Choose lean beef, turkey breast, fish, or chicken with the skin removed to lower the amount of fat and calories in your meals.

Have three servings of low-fat milk, yogurt or cheese a day. Dairy products are high in cal-

cium and vitamin D and help keep your bones strong as you age.

If you have trouble digesting or do not like dairy products, try reduced-lactose milk products or calcium-fortified orange juice, soy-based beverages or tofu. You can also talk to your health care provider about taking a calcium and vitamin D supplement.

Keep nutrient-rich snacks like dried apricots, whole wheat crackers and peanut butter on hand. Limit snacks like cake, candy, chips and soda.

Drink plenty of water.

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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People of Hope, working together,
with God, to love & serve others.

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

JORDAN LUTHERAN CHURCH
5103 Snowdrift Road
Orefield 610-395-5912
The Rev. Dody Siegfried
9:15 a.m. Worship (in person)
Handicap Acc./Hearing
Devices Avail.
Also Streaming on Facebook
or at www.jordanlutheran.org

THE LUTHERAN CHURCH OF THE HOLY SPIRIT
3461 Cedar Crest Blvd.
Emmaus, PA 18049
610-967-2220
Rev. Richard H. Elliott, Sr. Pastor
Rev. Spencer Steele, Assoc. Pastor
Rev. Tami K. Reichley, Assoc. Pastor
Join us Sundays under the
Tent (in person) and on Zoom
8:30 & 10:30 a.m.
9:30 a.m. Family Service (under the tent)
Services held rain or shine
Masks & Social Distancing
Visit lchsemmaus.org for more info.

NATIVITY LUTHERAN CHURCH
4004 Tighman St. 610-395-5062
Barry Mitchell, Transitional Pastor
Check website for service times
www.nativityallentown.org
Live Streaming on Facebook

ST. JOHN'S EVANGELICAL LUTHERAN CHURCH
18 S. Third St., Coplay
610-262-6171
Worship, 10:30 a.m. in sanctuary
Sunday School, 9 to 10 a.m.
Masks & social distancing
enforced for Sunday School
& Worship
Worship Service on Facebook Live
www.stjohnscoplay.com

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.
Weekly Worship service online

SHEPHERD OF THE HILLS LUTHERAN CHURCH
4331 Main St., Whitehall 610-262-1600
Rev. James W. Schlegel
Wheelchair accessible
8 & 10:15 a.m. Sunday Worship
(with Communion)
Education Hour 9 a.m.

UNION LUTHERAN CHURCH
5500 Rt. 873
Schnecksville 610-767-6884
9 a.m. Sunday Worship
Visit ulclv.org for worship video

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.

ZIEGELS LUTHERAN CHURCH
9990 Ziegels Church Road
Breinigsville, PA 18031
Phone: 610-285-6157
www.ziegelschurch.org
11:05 a.m. Indoor Worship
Online Worship on Facebook
and YouTube
Handicapped Accessible
Rev. Andrew Meckstroth, Pastor

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
Masks required
Updates/zoom info available at
www.emmausmoravian.org

NON-DENOMINATIONAL

EGYPT COMMUNITY CHURCH
4129 S. Church St. Whitehall
610-262-4961 Pastor Brad Roth
9 a.m. Sunday School all ages
10:30 a.m. Sunday Praise Service
Handicapped Accessible
Child Care, Air Conditioned
Blended Worship of hymns,
songs and Contemporary praise!
Visit us at www.egyptcc.org

JACOB'S CHURCH
Route 143, Jacksonville, PA
Rev. Scott L. Shay, Pastor
610-756-6352
Adult Church School 9 a.m.
Family Worship 10:15 a.m.
Nursery Available
Bible Study Wed. 7:30 p.m.
Handicapped Accessible

PRESBYTERIAN (ECO)

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 PC (USA)

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

FIRST PRESBYTERIAN CHURCH OF HOKENDAUGUA
3005 S. Front Street
Whitehall, PA 18052
610-264-9693
Rev. Christine Kass
Worship 10 a.m.
Live Streaming on
Facebook.com/hokeypress
Email: hokeypres@gmail.com
Web: www.hokeypres.org

FIRST PRESBYTERIAN CHURCH OF BETHLEHEM
Services in-person and on Facebook
9 a.m. Contemporary
11:15 a.m. Traditional
Details at fpc-bethlehem.org
Rev. J.C. Austin
Rev. Lindsey Altwater Clifton,
Assoc. Pastor, Formation & Justice

QUAKERS

LEHIGH VALLEY FRIENDS MEETING
4116 Bath Pike, Bethlehem, PA
1/2 mi. North of US 22 on PA 512
610-691-3411
L.V. Monthly Meeting (Quakers)
Meeting for Worship, 9:30 a.m.
In person and Virtual Worship offered
Everyone Welcome!
For more info. and to attend
virtual Worship
visit website
www.lehighvalleyquakers.org

SHARED MINISTRY

HEIDELBERG UNION CHURCH
Irvin & Church Roads
Slatington near Saegersville
610-767-4740
REV. RASHION SANTIAGO,
INTERIM PASTOR
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"

JERUSALEM WESTERN SALISBURY CHURCH
3441 Devonshire Rd.
Allentown, PA 18103
610-797-4242
Rev. Donald Brown
9:45 a.m. Worship in the Sanctuary
Communion
Online Facebook & YouTube

UNITED CH. OF CHRIST

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

CHRIST'S CHURCH AT LOWHILL UCC
4695 Lowhill Church Rd.,
New Tripoli, PA 18066
10 a.m. In Person Weekly
Worship Via Facebook Live
or Lowhill Church YouTube
christchurchatlowhill.org
25th Anniversary Year!

CHURCH OF THE GOOD SHEPHERD U.C.C.
135 Quarry Rd., Alburts
610-966-2991
Pastor, Rev. Matthew Gorkos
Sunday School, 9 a.m.
Worship, 10:30 a.m.
Also Live On Facebook

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

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

JORDAN UNITED CHURCH OF CHRIST
1837 Church Road, Allentown
(Corner of 309 & Walbert Ave.)
jordanucc.org
610-395-2218
Rev. Dr. David Charles Smith, Pastor
8 & 10:30 a.m. Worship Services
9:15 a.m. Sunday School for all ages

OLD ZIONSVILLE UCC
5981 Fountain Rd., Old Zionville
(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

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. (In Person) 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

ST. JOHN'S U.C.C. FULLERTON
575 Grape Street, Whitehall 18052
Rev. David Quinn, Visitation Pastor
Pastor Jameson Baxter, Bridge Pastor
9:30 a.m. Worship with masks
610-264-8421
9:30 a.m. Zoom Worship service
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

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

ZIEGEL UNITED CHURCH OF CHRIST
9990 Ziegels Church Road
Breinigsville, PA 18031
Phone: 610-285-6157
Rev. Dr. Larry Pickens
www.ziegelschurch.org
8:30 a.m. Indoor Worship
Online worship on Facebook
and YouTube
Handicapped Accessible

WESLEYAN

FAITH WESLEYAN CHURCH
3356 Route 309
Orefield PA 18069
610-398-0172
Rev. Brenda Smith
Worship, 9:00 and 10:45 a.m.
Adult, Youth & Children's Ministries
Handicap Accessible
www.faithweschurch.org
facebook.com/Faith-
Wesleyan-Church-Orefield-PA

Have Faith

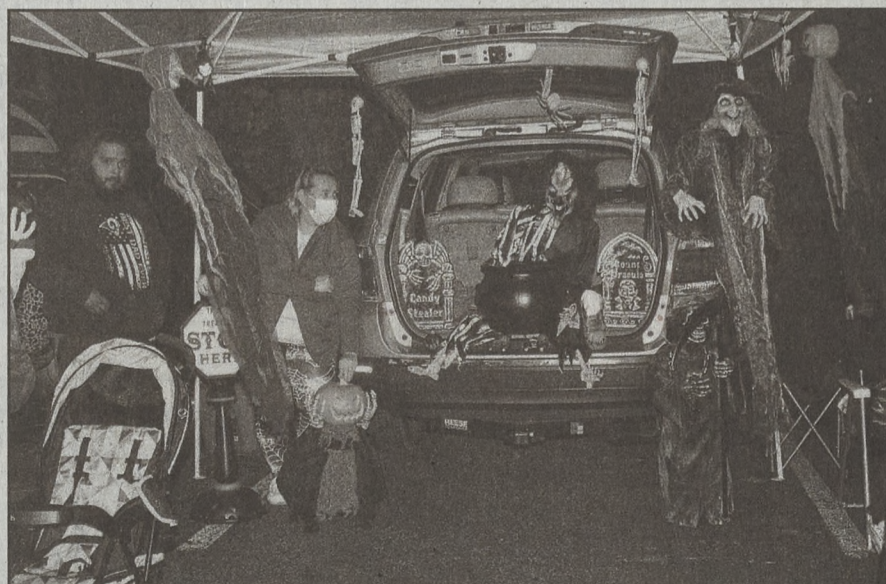
To have your religious services
listed in The Press contact
Joie Jackson Wenner at
610-740-0944 — Ext. 3703



A trunk or treat night at Jerusalem Lutheran Church

PRESS PHOTOS BY KATHY HASSICK

Donna Sabatine isn't shy about letting everyone know what her favorite candy is. She shared her love of M&M's with the many trunk or treaters who visited her well decorated trunk at Jerusalem Lutheran Church of Eastern Salisbury Oct. 23.



ABOVE: Juan and Connie Turner went all out with their scary decorations complete with creepy sound effects. Grab some candy if you dare!



LEFT: Dylan and Logan Hoffman show off their family's spooky trunk at the Jerusalem Church trunk or treat event.

Coca-Cola Park, LVH-Oaks drive-through flu vaccines

Lehigh Valley Health Network (LVHN) will administer free influenza vaccinations for the 24th straight year for adults and children six months and older during two drive-through sessions, 9 a.m. - 3 p.m. Nov. 6 and 7, Coca-Cola Park, Allentown.

LVHN is adding a third day, 9 a.m. - 3 p.m. Nov. 13, at Lehigh Valley Hospital (LVH) - Hecktown Oaks, Lower Nazareth Township. It's the first time LVHN has conducted drive-through flu vaccinations at the Oaks hospital, which opened in June.

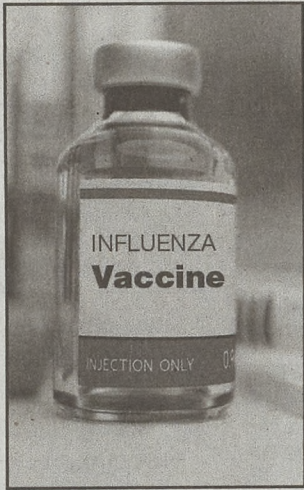
LVHN's long-time drive-through vaccination partner, Dorney Park and Wildwater Kingdom, cannot participate this year because of its extended operating season.

Shots will be given to adults and children six months and older.

To reduce the spread of COVID-19, adults and children age two and older in the vehicle will be required to wear a face covering as will all those working at the vaccination clinic.

Those planning to receive a flu shot during LVHN's November drive-through vaccination campaign are asked to abide by the following requests:

- Review the vaccine information sheet and complete and bring the 2021-2022 consent form for each person to be vaccinated. Forms may be found at lvhn.org/flushot, or requested by calling 888-402-LVHN (5846).



CONTRIBUTED IMAGE

Dress appropriately with loose-fitting clothing for the shot to be administered in the arm, and the leg of children under two-years-old.

"Getting a flu vaccine is more important than ever this year because it can reduce the risk of illness, hospitalization, and death from the flu," said Alex Benjamin, MD, LVHN's Chief of Infection Control and Hospital Epidemiology. "Getting a flu vaccine can also reduce the burden on the healthcare system that continues to respond to the COVID-19 pandemic."

Benjamin said routine vaccination should be deferred for people with a suspected or confirmed COVID-19 diagnosis, regardless of symptoms, until they have met criteria to discontinue isolation. While having a mild illness is not a contraindication to vaccination, visits for these individuals should be postponed to avoid exposing health care personnel and other

patients to the coronavirus.

According to Terry Burger, RN, LVHN Administrator for Infection Control and Prevention, a standard dose of flu vaccine will be given to those six months to 64 years of age. Burger said those 65 and older will be offered the senior vaccine.

"Anyone can get the flu," Burger said. "Even when the vaccine doesn't exactly match the influenza viruses in a given year, it might still provide some protection. Getting the vaccine remains the best way to protect yourself and those around you from getting the flu."

Burger said vaccine supplies are abundant so the public should not be concerned about being able to get a shot.

Again, this year LVHN is partnering with area food banks and shelters to accept donations of unexpired, non-perishable food items during each of the drive-through sessions. Food donations are optional and not required to receive a shot.

In addition, volunteers will be collecting other items to assist those in need. These include diapers, personal hygiene products (toothbrushes, for example), coffee pods and disinfectant wipes.

For the past 23 years, LVHN's community influenza vaccination campaign has administered nearly 188,000 free flu shots and collected more than 152,000 pounds of food for area food banks.



CONTRIBUTED IMAGE

The emergency department at Lehigh Valley Hospital - Cedar Crest is the first hospital in the LVHN system to implement the ER app.

LVH-Cedar Crest launches ER app for family members

Lehigh Valley Health Network (LVHN) is the first health system in the United States to deploy the new Vocera Ease ER app that allows families to follow a family member's emergency room progress on their phone from anywhere in the nation.

LVHN is the first to integrate the secure, cloud-based app with its electronic health records (EHR) system.

The emergency department at Lehigh Valley Hospital (LVH) - Cedar Crest is the first hospital in the LVHN system to implement the app.

After it was launched Oct. 6, more than 2,600 messages were sent in the first week of operation to family members in 11 states as far away as Hawaii, California and Florida. Plans include expanding the app to LVHN's other hospitals as well as offering messaging in Spanish and other languages.

Vocera Communications, Inc., a leader in clinical communication and workflow solutions, works with health systems to deploy the mobile solution, which was created to improve patient experience and family communication while reducing the cognitive burden of care-team members.

Vocera Ease ER au-

tomatically delivers secure, automated messages to patients and their family based on real-time status updates from hospital electronic health records.

Examples of 25 automated messages include updates on room assignments, scheduled tests and more. The app is not intended for use with seriously ill or injured patients where hospital staff is traditionally in more direct contact with patient families.

Patients must sign a consent form to participate in the Ease program, and patients decide who will receive secure updates on their treatment.

"The app helps provide consistent communication with patients and families between in-person interactions with clinicians and staff, helping patients know when and what to expect next. That's reassuring and provides peace of mind," said Richard MacKenzie, MD, senior vice chair of emergency and hospital medicine at LVHN.

LVHN's EASE webpage, LVHN.org/ease-app, contains helpful information and offers links to download the app to a mobile device.

Clinical and information technology teams at LVH - Cedar Crest worked closely with the

Vocera professional services team to automate messages based on patient status. Messages sent from Vocera Ease ER disappear after 60 seconds of screen time, and nothing is saved on the recipients' mobile devices, adding an extra level of security. The app, which can be used on Android and iOS devices, is free for patients and their loved ones.

"We are excited to work with the Vocera Ease team to expand the ER app to emergency departments across our network," said Michael Minear, senior vice president and chief information officer, LVHN.

LVHN previously partnered with the Ease team in 2017 when the health system launched the initial Ease messaging app to provide operating room updates to patient families. Unlike the Ease ER app, Ease messages from the operating room are generated by staff and are not automated and linked to the hospital's EHR system.

LVH - Cedar Crest has the largest emergency department in Pennsylvania, with its emergency care and Level I trauma center operations, including its children's emergency room, spanning more than 160,000-square-foot.

LVHN requires appointment for COVID-19 vaccinations

As of Nov. 1, Lehigh Valley Health Network (LVHN) will offer COVID-19 vaccinations, including booster shots, through appointment only.

Walk-in vaccinations are no longer available.

The change was made in response to an increased demand for vaccines and booster shots, and in anticipation of the Pfizer-BioNTech vaccine receiving emergency use authorization (EUA) for children ages 5-11, said LVHN officials.

Appointment-only vaccinations support the safety and experience of those receiving vaccines, allowing clinicians to adequately plan and prepare for the number of individuals expected at each location.

Appointments for a booster dose or first dose can be scheduled by calling the vaccine hotline, 833-584-6283 (833-LVHN-CVD), 8:30 a.m. - 5:30 p.m. Monday - Friday, or by using the MyLVHN

patient portal. MyLVHN is a convenient way to select the day, time and location for a shot.

How to Schedule an Appointment for Booster (using MyLVHN):

- Log in to MyLVHN (at MyLVHN.org or open mobile app).
- Click the "Menu" button.
- Click "COVID-19 Vaccine Scheduling," follow the prompts and choose the location and time that work best for you.

How to Schedule an Appointment for First Dose Vaccination (not using MyLVHN) if you do not have a MyLVHN account and are not scheduling a booster shot:

- LVHN.org/considerations-scheduling-covid-19-vaccine-appointment, acknowledge the listed guidelines and click the "Make an Appointment" button.
- Alternatively, call LVHN's COVID-19 hotline at 833-584-6283 (833-LVHN-CVD). The hotline is open 8:30 a.m. - 5:30 p.m.

How to Schedule an Appointment for Booster (not using MyLVHN):

- Call LVHN's COVID-19 hotline at 833-584-6283 (833-LVHN-CVD). The hotline is open 8:30 a.m. - 5:30 p.m.

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- Log in to MyLVHN (at MyLVHN.org or open mobile app).
- Click the "Menu" button.
- Click "COVID-19 Vaccine Scheduling," follow the prompts and choose the location and time that work best for you.

How to Schedule an Appointment for First Dose Vaccination (not using MyLVHN) if you do not have a MyLVHN account and are not scheduling a booster shot:

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- Alternatively, call LVHN's COVID-19 hotline at 833-584-6283 (833-LVHN-CVD). The hotline is open 8:30 a.m. - 5:30 p.m. Monday-Friday.

LCCC in Latino partnership

Lehigh Carbon Community College (LCCC) has joined the Presidents for Latino Student Success and the Excelencia in Action network as part of its initiative to better serve its growing Latino student population.

LCCC President Ann D. Bieber's membership in the Presidents for Latino Student Success allows the college to work with a national network of college and university presidents and chancellors.

"The college has always been a diverse institution, truly reflecting the richness of our community," said Bieber.

"This affiliation en-

sures that not only will we learn how to better serve our Latino students, but also translate that into serving all students and working with them to achieve academic success," Bieber said.

LCCC is recognized by the U.S. Department of Education as a Hispanic-Serving Institution (HSI), with at least 25 percent of the student body identifying as Hispanic-Latino. The college has met that metric since the fall 2018. In the fall 2021 semester, the college's enrollment includes 28 percent Latino students.

The college works to ensure it meets students' needs and provides the resources they need to

be successful, including financial and academic support, cultural experiences and building a sense of community and belonging.

The institutions in Excelencia's network represent 4 percent of United States colleges and universities and enrolls 24 percent of Latino students.

Excelencia, established in 2005, is the only national data-driven initiative to recognize programs at the associate, baccalaureate and graduate levels, as well as community-based organizations, with evidence of effectiveness in accelerating Latino student success.



PRESS PHOTO BY DOUGLAS GRAVES

Goddard School franchise owners Monty and Dolly Kalsi and their partner Alyson Parlo opened a new school in Upper Saucon Township.

Goddard School franchise in Upper Saucon Township

BY DOUGLAS GRAVES
Special to The Press

The Goddard School franchise owners Monty and Dolly Kalsi and their partner Alyson Parlo opened a new school in Upper Saucon Township.

The 23,000 square-foot, two-story building is at 3790 West Drive, in the vicinity of Center Valley Parkway and Route 309.

It has 10 classrooms where the curriculum concentrates on what the school describes as STEAM (Science, Tech-

nology, Engineering, Art and Mathematics.

According to Dolly Kalsi, a retired physician, 120 students were enrolled. Capacity is 191.

"It's an honor to join forces with parents and help their children blossom and reach developmental and educational milestones," said part-owner Alyson Parlo. "We're excited to officially celebrate being a part of this wonderful community."

Dolly and Monty Kalsi own Goddard School franchises in

Breinigsville and Bethlehem Township.

The infant-through-kindergarten pre-school opened in January.

Lehigh County Executive Philips Armstrong and a legislative aide to State Senator Pat Browne (R-16th) attended the June 5 ribbon-cutting hosted by the Chamber of Commerce of Greater Lehigh Valley.

The Upper Saucon Volunteer Fire Department provided fire-fighting vehicles at the event.

11th Young American Singers Competition, with Bach sponsorship, back in Bethlehem

After a delay of more than 18 months, the finals of the 11th biennial Young American Singer's Competition, sponsored by the American Bach Society and The Bach Choir of Bethlehem, will be held this fall in Bethlehem.

The competition finals are open to the public at no charge.

From a group of some 50 applicants, nine finalists have been selected to compete for the top prize.

Each singer will present one secco recitative and two arias by J.S. Bach.

Finalists will appear before a panel of judges and an audience in Bethlehem, Pennsylvania on Sunday, 12:30 p.m. Nov. 14, Luckenbach Mill, 459 Old York Road, Colonial Industrial Quarter, Bethlehem.

The first-prize winner chosen by the judges will receive a career development grant of \$3,000 and a solo performing opportunity with The Bach Choir of Bethlehem, in a future season.

In addition to the first prize, up to three additional cash awards of \$500 may be

awarded to other finalists, at the judges' discretion.

Bach Choir COVID-19 protocol requires audience members to show proof of vaccination and an identification card. Face masks must be worn indoors.

Of the long-awaited competition, Artistic Director and Conductor Greg Funfgeld said, "Our Competition for Young American Singers has identified some incredible talent, including Dashon Burton, Meg Bragle, Sascha Cooke and several others, all of whom are enjoying major international careers."

"Hearing these incredibly gifted young artists and doing our part to foster their career development and artistic and musical growth has been deeply rewarding and satisfying. It's one more aspect of our educational engagement and I'm proud of all that we've accomplished," said Funfgeld.

Leela Breithaupt, who began her tenure as The Bach Choir's Executive Director in July, is looking forward to meeting and hearing the finalists in November.

"The Young American Singers competition is such a vital way to discover and encourage young vocalists who have a special interest in the music of Bach. We're delighted to once again host the competition and invite these talented musicians to Bethlehem," said Breithaupt.

Judges at the Finals will include:

- Kendra Colton, soprano
- Rosa Lamoreaux, soprano and Bach Choir vocal coach
- David Newman, bass-baritone

- Stephen Crist, Bach Scholar and faculty member, Emory University

- Greg Funfgeld, Artistic Director and Conductor of the Bach Choir of Bethlehem

The American Bach Society was founded in 1972 by a group of American scholars in Princeton, N.J., who formed a chapter of the Neue Bachgesellschaft (New Bach Society), an organization founded in Germany in 1900 to promote the study and performance of Bach's music.

Charter members of the American chapter included

Gerhard Herz, Alfred Mann, Robert Marshall, Arthur Mendel, William Scheide, and Christoph Wolff.

Mann, as secretary, administered the business of the chapter from the offices of the oldest American Bach organization, The Bach Choir of Bethlehem (founded in 1898), where he served as director from 1970 to 1980.

The New Bach Society, American Chapter, held its first meeting in 1976 at the Moravian Seminary, Bethlehem, and continued to hold meetings on a triennial basis until 1988.

In 1988, under the guidance of George Buelow, the chapter incorporated as the American Bach Society, an independent, non-profit organization.

In 2000, in collaboration with The Bach Choir of Bethlehem, the Society established a biennial Bach Vocal Competition for Young American Singers.

Information: <https://bach.org/event/young-american-singers-competition/>

BACH AT NOON

Nov. 9 at Central Moravian

"Bach at Noon," noon Nov. 9, Central Moravian Church, Main and Church streets, Bethlehem. Doors open at 11:30 a.m.

The concert will be live-streamed on the Bach Choir YouTube channel.

The program: Antonio Vivaldi, "Guitar Concerto in D Major," RV 93 (Allegro giusto, Largo, Allegro), John Arnold, guitar

Johann Sebastian Bach, "Cantata 140 - Wachet Auf, ruft uns die Stimme," members of The Bach Choir, Bach Festival Orchestra, soloists Julie Bosworth, soprano; Lane Conklin McCord, tenor; William Sharp, baritone.

Free will offerings are accepted.

Attendees age 12 and older must present proof of COVID-19 vaccination and identification. Face masks are required indoors.

Tickets for the Bach Choir Gala, Yo-Yo Ma and Kathryn Stott, April 30, on sale Nov. 1 to guarantors and Nov. 15 to the public.

Information: www.bach.org

JOACHIM

Continued from page B1

living thing. You are involved in the end result. It's not just something you make."

He compares it with cooking a steak:

"When you start to cook a steak, it is fully-formed. The basic size and shape does not change much. But when bread puffs up, you can see that you are a big part of the process. It feels more personal. You don't say, 'This is my steak,' but you do say, 'This is my bread.'"



CONTRIBUTED PHOTO David Joachim

Joachim stresses that the ingredients are crucial. He encourages

people to use good flour, preferably local.

"Grains last forever if stored properly. But they lose their flavor when you begin to process it by grinding or cooking it. Commercial flour sits on grocery shelves for months and it travels in hot shipping containers."

He notes that most farmers' markets sell local grain. It is also available at some retail locations or by mail.

Joachim grew up in northeast New Jersey and moved to the Lehigh Valley in 1993 when he

began to work at Rodale Press as a cookbook editor. This involved editing and creating books. He studied philosophy and literature theory at Binghamton University and English language at Muhlenberg College.

He taught English for a time, but says, "The academic world was not what I thought it would be."

Writing cookbooks is the "perfect marriage" of his interests in literature and cooking-baking.

Joachim creates his own recipes or goes into

the kitchens of many chefs, writing down their creations and testing them himself to get the exact proportions. Among his numerous works are the "A Man, A Can, A Plan" series of fast and simple recipes targeted to men. The series has sold more than one million copies.

The third edition, the first hardcover version, of Joachim's "The Food Substitutions Bible" is scheduled to be published in fall 2022. It will have 8,000 substitutions for ingredients and equipment, includ-

ing charts and measurement tables.

Joachim lives with his wife and son in a house that includes 12 grills of different varieties and just about every type of kitchen utensil imaginable.

He is drummer for Lehigh Valley Americana band Tavern Tan, which has a new album, "Tandem."

"Literary Scene" is a column about authors, books and publishing. To request coverage, email: Paul.Willistein@tnonline.com

E. LESH

Continued from page B1

playwright and HIV/AIDS activist, died in 2020 at age 84.

"His face looks weary and tired and worn hard," says the artist about his sketch of Kramer, "His life was heavy."

The "Silence = Death" caption appearing at the bottom of the drawing

refers to the motto of the AIDS Coalition to Unleash Power (ACT UP) of which Kramer was a co-founder.

Each portrait in the exhibit features a short biography of the subject. The exhibit was curated by Bill McGlenn.

Rob Ritter of Weichert Realtors is the presenting sponsor.

Singer-songwriter Morgan Reilly performed and Sweet Girlz

Bakery and McGlenn provided refreshments at the Sept. 23 artist reception.

The Fine Art Gallery at Bradbury Sullivan LGBT Community Center, 522 W. Maple St. at Bayard Rustin Way, Allentown, Gallery hours: 10 a.m. - 6 p.m. Monday - Friday, Closed Saturday and Sunday. Face masks are

required regardless of vaccination status. Information: www.bradburysullivan-center.org; 610-347-9988

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

ZOELLNER

Continued from page B1

teen Tons," "I Walk the Line," "Great Balls of Fire," "Folsom Prison Blues," "Whole Lotta Shakin' Goin' On" and "Hound Dog."

"Million Dollar Quartet" opened on Broadway in 2010 and was nominated for three Tony Awards, winning featured actor for Levi Kreis, who played Jerry Lee Lewis.

The Broadway production was directed by Fleetwood, Berks County, native Eric Schaeffer.

The show went on to be presented in London's West End, Las Vegas and Chicago, where it became one of the longest-running musical productions in the city's history.

In the touring production: Nathan Burke (Carl Perkins), Jacob Barton (Elvis Presley), Trevor Dornier (Jerry Lee Lewis), Steven Lasiter (John

Cash) and Sean Casey Flanagan (Sam Phillips). Each of the four actors in the "Quartet" sing and play an instrument in the show.

Rounding out the cast is Taylor Kraft (Dyanne), Bill Morey (bass player Jay Perkins) and Jon Rossi (drummer W. S. "Fluke" Holland).

The show is performed without an intermission. At its conclusion, the announcement is made that "Elvis has left the building."

Face masks are required to be worn indoors on the Lehigh campus.

Lehigh's Department of Theatre is presenting "Open Up!" a variety show, on stage in Diamond Theatre and streamed live online.

Students will perform songs, dance, rap and spoken-word poetry. The production is co-directed by Lyam Gabel and Kashi Johnson.

Performances are 7:30

p.m. Nov. 12, 13 and 17-19; and 2 p.m. Nov. 14.

Tickets: zoellner.cas.lehigh.edu; 610-758-2787, ext. 0

"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@tnonline.com

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'Dune' buggy

Science-fiction novels reached an apogee in the 1960s.

Among them: "Galaxies Like Grains of Sand," Brian Aldiss (1960); "Solaris," Stanislaw Lem (1961); "The Drowned World," J.G. Ballard (1962); "The Moon is a Harsh Mistress," Robert Heinlein (1966); "Babel-17," Samuel Delany (1966); "Do Androids Dream of Electric Sheep?," Philip K. Dick (1968); "2001," Arthur C. Clarke (1968); "Picnic on Paradise," Joanna Russ (1968); "Slaughterhouse-Five," Kurt Vonnegut (1969); "The Left Hand of Darkness," Ursula K. Le Guin (1969); and "The Ship Who Sang," Anne McCaffrey (1969).

"Do Androids Dream of Electric Sheep" was the basis for the movie, "Blade Runner" (1982) and "Blade Runner 2049" (2017).

"2001" became director Stanley Kubrick's landmark film, "2001: A Space Odyssey" (1968).

And then there's "Dune," Frank Herbert (1965), now, as it's said, a major motion picture, yet again.

The space race, beginning with the launch of the U.S.S.R.'s Sputnik in 1957 and culminating with the U.S. Apollo 11 moon landing in 1969, fueled writers' imaginations for fiction that was out of this world.

With William Shatner, 90, Captain Kirk on TV's "Star Trek" (1966-1969) blasting off Oct. 13 for a Blue Origin sub-orbital space flight, and the corporate and national space race by the United States, China, Russia, India and other nations' missions to the moon and Mars, science fiction is getting a new boost in the public con-

AT THE MOVIES

By Paul Willistein
pwillistein@tnonline.com



sciousness.

"Dune," directed by Denis Villeneuve, (who directed "Blade Runner 2049"), is not to be confused with director David Lynch's "Dune" (1984), starring Kyle MacLachlan ("Blue Velvet," 1986; TV's "Twin Peaks," 1990-1991) in his film debut, as Paul Atreides.

"Dune" the novel, because of its complexity, was said to be impossible to film. Lynch's film seemed to confirm that. Prior to Lynch's effort, there were several attempts during the 1970s to launch "Dune" onto the big screen.

Lynch's "Dune" was such a commercial and critical flop that Lynch took his name off the film, as "Movie Maven" Michael Gontkosky points out. In some versions, Lynch's name was replaced in the credits with that of Alan Smithee, a pseudonym of directors who want to disassociate themselves with a film they directed.

Villeneuve's "Dune" has a star-studded cast, including Timothy Challamet (Paul Atreides), Rebecca Ferguson (Lady Jessica, Paul's mother), Oscar Isaac (Duke Leto Atreides, Paul's father), Zendaya (Chani, Paul's love interest), Josh Brolin (Gurney Halleck, Paul's mentor), Jason Momoa (Duncan Idaho, Paul's mentor), Stellan Skarsgård (Baron Vladimir Harkonnen, of the House of Harkonnen, enemy to the House of Atreides), Javier Bar-



CONTRIBUTED PHOTO COURTESY WARNER BROS.

Timothy Challamet (Paul Atreides), Rebecca Ferguson (Lady Jessica, Paul's mother), "Dune."

dem (Stilgar, leader of the Fremen tribe), Dave Bautista (Glossu Rabban, nephew of Baron Harkonnen), Sharon Duncan-Brewster (Dr. Liet-Kynes) and Charlotte Rampling (Gaius Helen Mohiam).

Challamet (Oscar nominee, actor, "Call Me By Your Name," 2017) commands the screen with a subtle self-assurance.

Ferguson ("Mission: Impossible," 2018, 2015) is quietly powerful.

Isaac ("The Card Counter," 2021; "Star Wars," 2019, 2017, 2015; "Ex Machina," 2014; "Inside Llewyn Davis," 2013) in full beard projects a regal bearing.

Villeneuve (Oscar nominee, director, "Arrival," 2016; director: "Sicario," 2015; "Prisoners," 2013) directs from a screenplay he wrote with Jon Spaihts (screenwriter: "Dr. Strange," 2016; "Passengers," 2016; "Prometheus," 2012) and Eric Roth (Oscar recipient, screenplay, "Forrest Gump," 1994; screenwriter: "The Curious Case of Benjamin Button," 2008; "The Good Shepherd," 2006; "Munich," 2005; "Ali," 2001; "The Insider," 1999; "The Horse Whisperer," 1998).

"Dune" has more palace intrigue than a Shakespeare history play or Queen Elizabeth II and the British Royal Family.

Despite the story being set in the future, characters in "Dune" are from the House of this or that, and they address each formally as Emperor, Lord, Lady, Duke, Baron and the like. They fight with swords despite the advanced technology weaponry and vehicles, including dragonfly-like helicopters, in the year 10,191 when "Dune" takes place. It's

downright medieval. I thought I was back seeing "The Last Duel." It's a bit off-putting to me.

As in a Shakespeare stage play, in terms of directing, there's a lot of trotting on and off, walking in and out and marching to and fro of leaders, often in a group. You see similar scenes in the "Star Wars" movies. It creates a very formal effect, again, off-putting to me. I guess I've become accustomed to the ad-lib, raucous, one-liner scenes of science fiction films like "Guardians of the Galaxy" (2014).

There's no mix-tape soundtrack in "Dune," but there is a splendid score of pounding drums, synthesizers and choirs by Hans Zimmer.

I am not going to begin to try to unravel storyline in "Dune" about the House Atreides versus the House Harkonnen, and the role of the Fremen on the desert planet of Arrakis, where spice, more valuable than oil or gold, is mined.

Add to this the weird languages spoken, subtitles and sign language. Devotees of "Dune" no doubt will understand all of this. I did not. Moreover, because of the mostly cool direction by Villeneuve, "Dune" drove me a little buggy. It made me antsy. Yes, the film is long, and it feels long.

Oh, and by the way, what about those dreaded and horrific sand worms? One appears briefly in "Dune" toward its conclusion in a very poorly-lit scene.

"Dune" is one of those films to be more admired than loved. Many of the closeup shots are held too long. The film's predominantly brown and gray color palette is dark and foreboding. Maybe "Dune" the novel

is unfilmable.

The "Dune" sequel, directed by Villeneuve and with the same stars, has been green-lit with a theatrical release set for October 2023.

I... can... wait.

"Dune," MPAA rated PG-13 (Parents Strongly Cautioned Some material may be inappropriate for children under 13. Parents are urged to be cautious. Some material may be inappropriate for pre-teenagers.) for sequences of strong violence, some disturbing images and suggestive material; Genre: Science Fiction, Action, Adventure, Drama; Run time: 2 hrs., 25 mins.; Distributed by Warner Bros.

Credit Readers Anonymous: "Dune" was filmed in Jordan, Norway, Austria, Slovakia, United Arab Emirates and Origo Film Studios, Hungary.

At The Movies: "Dune" was seen in IMAX at AMC, Center Valley 16, Promenade Shops at Saucun Valley. "Dune" was filmed with IMAX cameras. Nonetheless, the result is seeing a lot of sand on a huge screen. Dolby at AMC or the standard digital format would suffice.

Theatrical Movie Box Office, Oct. 29-31: "Dune" held at No. 1 two weeks in a row, \$15.5 million, in 4,125 theaters, \$69.4 million, two weeks, as the first three places stayed the same despite newcomers.

2. "Halloween Kills" stayed in place, \$8.5 million, 3,616 theaters, \$85.6 million, three weeks. 3. "No Time To Die" stayed in place, \$7.8 million, 3,507 theaters, \$133.3 million, four weeks. 4. "My Hero Academia: World Heroes' Mission," opening, \$6.4 million, 1,581 theaters. 5. "Venom: Let There Be Carnage" dropped one place, \$5.7

million, 3,278 theaters, \$190.4 million, five weeks. 6. "Last Night in Soho," opening, \$4.1 million, 3,016 theaters. 7. "Antlers," opening, \$4.1 million, 2,800 theaters. 8. "Ron's Gone Wrong," \$3.8 million, 3,560 theaters, \$12.6 million, two weeks. 9. "The Addams Family 2" dropped three places, \$3.2 million, 2,757 theaters, \$52.8 million, five weeks. 10. "The French Dispatch," \$2.7 million, 788 theaters, \$4.6 million, two weeks.

Box office information from Box Office Mojo as of Oct. 31 is subject to change

Unreel, Nov. 5:

"Eternals," PG-13: Chloé Zhao directs Gemma Chan, Richard Madden, Angelina Jolie and Salma Hayek in the Science Fiction Action Adventure. The Eternals are fictional immortal beings who lived on Earth and influenced history, in the Marvel Cinematic Universe, at least.

"Spencer," R: Pablo Larrain directs Kristen Stewart, Timothy Spall, Jack Nielen and Freddie Spry in the Biography Romance Drama. It's Christmas with the Royal Family in Norfolk, England, and Princess Diana has decided to leave Prince Charles.

"The Beta Test," No MPAA rating: Jim Cummings and PJ McCabe direct Virginia Newcomb, Kevin Changaris and themselves in the Horror Thriller. A married Hollywood talent agent receives a letter about an encounter.

"Ida Red," R: John Swab directs Frank Grillo, Josh Hartnett, Deborah Ann Woll and Beau Knapp in the Action Thriller. Prisoner Ida "Red" Walker has a terminal illness.

"Violet," R: Justine Bateman directs Olivia Munn, Luke Bracey, Justin Theroux and Dennis Boutsikaris in the Drama. A woman tries to find her true self.

"The Grand Duke of Corsica," No MPAA rating: Daniel Graham directs Timothy Spall, Peter Stormare, Matt Hookings and Alicia Agneson in the Comedy Drama. Interlocking stories, from 1221 to 2021 are linked by pandemics.

"Dangerous," R: David Hackl directs Scott Eastwood, Kevin Durand, Famke Janssen and Mel Gibson in the Action Thriller. A brothers travels to an island to investigate his brother's death.

"Riverdance: The Animated Adventure," No MPAA rating: Eamonn Butler and Dave Rosenbaum direct the voice talents of Pierce Brosnan, Brendan Gleeson, Lilly Singh and Jermaine Fowler the animation in the Fantasy. An Irish boy and Spanish girl learn about "Riverdance."

Movie opening dates from Internet Movie Database as of Oct. 31 are subject to change.

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PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the Zoning Hearing Board of Lower Macungie Township will hold a public hearing on Tuesday November 16, 2021 at 6:00 p.m. at the Township Municipal Campus, Meeting Room "A" 3400 Brookside Road, Macungie, Pennsylvania 18062-1428.

Appeal No. 23-2021 of F & R Macungie, LLC. 820 Surrey Drive, Gwynedd Valley, PA. 19437, PA. Property located at 3510 Macungie Road in a S-Suburban Residential Zoning District. Lehigh County Tax Parcel Nos. 548431139889 1. Applicants are requesting a Variance to Ordinance 2019-10, Chapter 27, Part 7, Sec. 27-706, Part 16, Sec 27-1607 1. and Sec. 27, attachment 4, regarding maximum building, impervious lot coverage, minimum yard requirements, minimum lot size and reverse lot frontage. Also, a favorable interpretation to Secs. 27-706 and 27-2416 3. and/or in the alternative a Variance for the total minimum lot area required for the proposed subdivision of single-family dwellings and any other relief that may be required by the Lower Macungie Township Zoning Ordinance.

Appeal No. 27-2021 of Michael and Barbara Kemp 4550 Hamilton Blvd. Allentown PA. 18103. Property located in the WC- Wescosville Commercial Zoning District. Lehigh County Tax Parcel Nos. 548507368198. Applicants are requesting a Variance to Ordinance 2019-10, Chapter 27, Part 22 Sec. 27- 2215, D. (1) regarding the proposed additional wall signs 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.

Carl L. Best, Zoning Officer

Oct. 27, Nov. 3

PUBLIC NOTICE MEETING NOTICE

The Whitehall-Coplay School District hereby gives public notice of the following meeting in the Whitehall High School's Auditorium, 3800 Mechanicsville Rd., Whitehall, PA:

Notice is hereby given that the Board of Directors (the "Board") of the Whitehall-Coplay School District (the "District") shall convene a Board meeting on Monday, November 8, 2021, at 7:00 p.m., to discuss any and all business that properly comes before the board.

The Board welcomes citizens to its open meetings and invites them to bring to its attention matters of concern. A member of the public present at a Board meeting may address the Board in accordance with law and Board policy and procedures. Citizens, desiring to be heard by the Board at a regular or special meeting without prior notification, may be allotted by the President a reasonable amount of time to present the issue of concern. The President shall recognize the citizen and ask them to identify themselves and whom they represent.

Directions for connection to view these live-streamed public meetings will be published on the District's publicly accessible website. Individuals who need accommodations to address disabilities need to contact Michael Malay at Boardsecretary@whitehallcoplay.org; at least 48 hours in advance of the scheduled meeting. This notice is posted pursuant to the applicable provisions of the Sunshine Act, 65 Pa.C.S. § 701, et seq. Nov. 3

PUBLIC NOTICE

Lower Macungie Township will receive sealed bids for its 2021 Gehman Road Bridge Replacement. The project includes but not limited to the removal of an existing single span steel beam open grate bridge including abutments, wingwalls and footers; and replacement with a single span reinforced concrete plank bridge including footers, abutments, bridge deck with concrete overlay, approach slabs, wingwalls and footers. Copies of the Specifications and Bid Forms will be available at no cost on PennBid, available at https://pennbid.procurement.com beginning October 21, 2021. Sealed bids will be received until 10:00 AM (prevailing time) on November 16, 2021. Bids results will be made available on PennBid after bid opening. Each bid must be accompanied by Bid Security made payable to Lower Macungie Township, in an amount of ten percent (10%) of the Bid price in the form of a certified or bank check, or a Bid Bond issued by a surety meeting the requirements stated in the bid documents. Performance Bonds will be required from the successful bidder in the full amount of the annual contract price as started in the bid documents. Bidders must be PennDOT prequalified per PennDOT Pub. 408, Section 102. This project is subject to minimum wage rates in accordance with the applicable provisions of the Pennsylvania Prevailing Wage Act and the Public Works Employee Verification Act. Lower Macungie Township reserves the right to waive any informality in, and/or to reject, any or all bids.

Renea Flexer, Asst. Township Manager/Secretary

Oct. 27, Nov. 3

PUBLIC NOTICE

Lower Macungie Township will receive sealed bids for its 2021 Community Center/Library Roof Repairs to furnish, install and construct various improvements for the Township's Library & Community Center Roof including, but not limited to, external renovations that include demolition of the skylight, replacement of the existing skylight and associated roof flashing and sheet metal work; as well as a series of roof repairs required to the existing roof system as listed in the contract documents. Copies of the Specifications and Bid Forms will be available at no cost on PennBid, available at https://pennbid.procurement.com beginning October 21, 2021. Sealed bids will be received until 9:00 AM (prevailing time) on November 11, 2021. Bids results will be made available on PennBid after bid opening. Each bid must be accompanied by Bid Security made payable to Lower Macungie Township, in an amount of ten percent (10%) of the Bid price in the form of a certified or bank check, or a Bid Bond issued by a surety meeting the requirements stated in the bid documents. Performance Bonds will be required from the successful bidder in the full amount of the annual contract price as started in the bid documents. This project is subject to minimum wage rates in accordance with the applicable provisions of the Pennsylvania Prevailing Wage Act and the Public Works Employee Verification Act. Lower Macungie Township reserves the right to waive any informality in, and/or to reject, any or all bids.

Renea Flexer, Asst. Township Manager/Secretary

Oct. 27, Nov. 3

PUBLIC NOTICE ZONING HEARING BOARD AGENDA

Notice is hereby given that the Borough of Emmaus Zoning Hearing Board will meet on Monday, November 22, 2021 AT 6:00 P.M. in Borough Council Chambers, 28 South Fourth St. Emmaus, PA and via Zoom to hear the following appeal:

https://zoom.us/join Meeting ID: 835 0713 8339 Passcode: 024416

APPEAL 10604- BOROUGH OF EMMAUS, 28 S. 4TH ST., EMMAUS, PA 18049. Applicant requests to modify prior decision 10595 to increase the encroachment variance to 2.5'. Site is located in a B-C zoning district.

APPEAL 10605- BOROUGH OF EMMAUS, 28 S. 4TH ST., EMMAUS, PA 18049 FOR 100 N. 6th St., EMMAUS, PA. Applicant requests to modify prior decision 10596 to increase the impervious coverage variance to 3,575 sf. Site is located in an R-M zoning district.

APPEAL 10606 - JOHN & DIANNE NONNEMACHER, 303 FRANKLIN ST. FOR 301 FRANKLIN ST., EMMAUS, PA. Applicants propose to subdivide their property, and an existing house does not conform to required setbacks. Applicants request a 19.83' front yard setback variance to Z.O. 901, which requires a 25' front yard setback. Site is located in an R-M zoning district.

Robert Hammond - Zoning Officer Nov. 3, 10

PUBLIC NOTICE HANOVER TOWNSHIP LEHIGH COUNTY ZONING HEARING BOARD PUBLIC NOTICE

The regular monthly meeting of the Hanover Township Lehigh County Zoning Hearing Board will be held on November 18, 2021, at 7:00 p.m., in the Public Meeting Room of the Municipal Building, at 2202 Grove Road, Allentown, PA 18109, to hear the following appeal.

APPEAL # 2021-09- FOCUSED INVESTMENT PARTNERS, LLC C/O CURALEAF -301 Edgewater Place Suite 405, Wakefield, MA 01880. Location: 1801 Airport Road, Allentown, PA 18109, PIN 641803954131, the subject property is located in a PC - Planned Commercial Zoning District. Applicant is requesting a variance to section 27-601(2) of the Zoning Ordinance regarding the total additional required parking for the property based on the proposed change in use of the property from restaurant use to a medical marijuana retail dispensary use. Th proposed use requires 66 parking spaces based on proposed usable square footage and number of proposed employees. The applicant is seeing a variance to allow 30 parking spaces, which is the number of existing parking spaces located on the property.

Copies of plans, applications and supporting documents are available for public inspection at the Township Municipal Building. The decisions of the Hanover Township Lehigh County Zoning Hearing Board are made without regard to race, color, national origin, familial status and disability status of the Applicant.

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

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

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

Melissa A. Wehr, Zoning Officer

Oct. 27, Nov. 3

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PUBLIC NOTICE
Lehigh Tax Collection Committee Public Meeting

Pursuant to the Pennsylvania Sunshine Law, notice is served that the Lehigh Tax Collection Committee will meet on November 18, 2021 at 8:30 am in the South Whitehall Township Public Meeting Room, 4444 Walbert Avenue, Allentown, PA 18104. The public is welcome to attend and be heard

Nov. 3

PUBLIC NOTICE

Notice is hereby given that the Planning Commission of South Whitehall Township will meet in the Township Municipal Building located at 4444 Walbert Avenue, Allentown, Lehigh County, Pennsylvania, on Thursday November 18, 2021 at 7:00 p.m. for an agenda review, and at 7:30 p.m. for the purpose of conducting a public meeting to discuss the following, and any other business brought before the Board. The meeting will also be streamed live but, due to the limitations of the facility, public comment may not be available for remote viewers. To access the meeting through your phone, dial 1-224-501-3412 and, when prompted, enter 757 430 189. To access through your computer, go to https://global.gotomeeting.com/join/757430189.

KRATZER ELEMENTARY SCHOOL MAJOR PLAN 2021-103 REQUEST FOR PRELIMINARY/FINAL PLAN REVIEW

An application to further develop the property located at 2200 Huckleberry Road. The plan proposes an 18,635 square foot building addition on the north side of the existing elementary school and several stormwater BMPs on the 11.44-acre property. The subject property is zoned R-4 Medium Density Residential. Parkland School District is the owner and applicant. LONG'S WATER TECHNOLOGY MAJOR PLAN 2021-106 REQUEST FOR PRELIMINARY/FINAL PLAN REVIEW

An application to further develop the property located at 1567 Hausman Road. The plan proposes the razing of all existing structures on the lot and the construction of a 5,600 square foot commercial building, a 14-space parking lot, and associated stormwater management facilities on the 1.2833-acre lot. The subject property is served by public water and sewer and is zoned HC Highway Commercial. Carroll & Warrick, Inc. is the owner and Long's Water Technology is the applicant. RIDGE FARM FINAL PLAN PHASE 1A MAJOR PLAN 2017-101 REQUEST FOR FINAL PLAN REVIEW

An application to develop the properties located at Huckleberry Road PIN 548746422139. The plan proposes one 30,000 square-foot medical office; the construction of approximately 265 linear feet of Road F and the north side of the Walbert Avenue/Office Center Road intersection; the construction of approximately 240 linear feet of Road G and the driveway onto Walbert Avenue; the construction of the entire commercial village "Main Street"; right-of-way improvements along the entire northern frontage of Walbert Avenue east of Cedar Crest Boulevard and along approximately 515 linear feet of the eastern frontage of Cedar Crest Boulevard north of Walbert Avenue; and associated stormwater management facilities on a 9.15-acre portion of the 111.1787 acre tract. The property is zoned R-10 and TND-Residential Cluster Overlay District and is being developed as a TND-Residential Cluster Overlay. Kay Walbert LLC is the equitable owner and applicant. All properties are located in South Whitehall Township, Lehigh County, Pennsylvania. Copies of plans, applications and supporting documents are available for public inspection upon request.

Gregg Adams, Planner, Community Development Department Nov. 3, 10

PUBLIC NOTICE
Fictitious Name Registration

Notice is hereby given that an Application for Registration of Fictitious Name was filed in the Department of State of the Commonwealth of Pennsylvania on July 28, 2021 for Soapranos Fleet Washing & Detailing at 5380 Jutland Road Allentown, PA 18104. The name and address of each individual interested in the business is Manuel Perez at 5380 Jutland Road Allentown, PA 18104. This was filed in accordance with 54 Pa.C.S. 311.417. Nov. 3

PUBLIC NOTICE
Fictitious Name Registration

Notice is hereby given that an Application for Registration of Fictitious Name was filed in the Department of State of the Commonwealth of Pennsylvania on August 04, 2021 for Print Monkey at 216 Eagle Drive Emmaus, PA 18049. The name and address of each individual interested in the business is Kalyb Edward Hollamon at 216 Eagle Drive Emmaus, PA 18049. This was filed in accordance with 54 Pa.C.S. 311.417. Nov. 3

PUBLIC NOTICE
Fictitious Name Registration

Notice is hereby given that an Application for Registration of Fictitious Name was filed in the Department of State of the Commonwealth of Pennsylvania on September 08, 2021 for Back Country Novel Tees at 1502 S. Albert St. Allentown, PA 18103. The name and address of each individual interested in the business is James Moyer at 1502 S. Albert St. Allentown, PA 18103. This was filed in accordance with 54 Pa.C.S. 311.417. Nov. 3

PUBLIC NOTICE
Fictitious Name Registration

Notice is hereby given that an Application for Registration of Fictitious Name was filed in the Department of State of the Commonwealth of Pennsylvania on September 13, 2021 for 46 W. Ridge St. Associates at 3120 Troon Drive Center Valley, PA 18034. The names and address of each individual interested in the business are Christopher S. Smith and Gerald J. Labelle both located at 3120 Troon Drive Center Valley, PA 18034. This was filed in accordance with 54 Pa.C.S. 311.417. Nov. 3

PUBLIC NOTICE
Fictitious Name Registration

Notice is hereby given that an Application for Registration of Fictitious Name was filed in the Department of State of the Commonwealth of Pennsylvania on July 21, 2021 for Zfaust Design at 902 Hamilton St. Apt. 803, Allentown, PA 18101. The name and address of each individual interested in the business is Zachary Faust at 902 Hamilton St. Apt. 803, Allentown, PA 18101. This was filed in accordance with 54 Pa.C.S. 311.417. Nov. 3

PUBLIC NOTICE
Fictitious Name Registration

Notice is hereby given that an Application for Registration of Fictitious Name was filed in the Department of State of the Commonwealth of Pennsylvania on September 17, 2021 for JLO Resin at 1312 Pennsylvania Ave. Emmaus, PA 18049. The name and address of each individual interested in the business is Jessi L. Odanlad at 1312 Pennsylvania Ave. Emmaus, PA 18049. This was filed in accordance with 54 Pa.C.S. 311.417. Nov. 3

PUBLIC NOTICE
Fictitious Name Registration

Notice is hereby given that an Application for Registration of Fictitious Name was filed in the Department of State of the Commonwealth of Pennsylvania on August 19, 2021 for Abba Transportation at 535 N 6th St. Allentown, PA 18102. The name and address of each individual interested in the business is Christian Blount-Ames at 535 N 6th St. Allentown, PA 18102. This was filed in accordance with 54 Pa.C.S. 311.417. Nov. 3

PUBLIC NOTICE

Trexlerstown Self Storage located at 1455 Trexlerstown Road, Macungie PA, 18062 intends to satisfy its Self Storage lien against contents of the following spaces for non-payment of Rent or other charges: Eric Rodriguez, leased space #K1730 The items will be sold online November 18, 2021 at 11:00 a.m. at www.StorageTreasuries.com. The winner of the sale is subject to the terms and conditions of the website, preregistration to bid is required. The sale may be withdrawn at any time. Nov. 3, 10

PUBLIC NOTICE

Pursuant to state law, the following is a list of occupants from the AIRPORT ROAD SELF STORAGE INC., 7249 Airport Road, Bath, PA 18014, who will have the contents of their respective space sold to satisfy the owner's lien. Nicole Melin - Space #917 Nov. 3, 10

PUBLIC NOTICE SOUTH WHITEHALL TOWNSHIP

Notice is hereby given that the South Whitehall Township Board of Commissioners will meet in a Final Budget Workshop Session at the Township Municipal Building located at 4444 Walbert Avenue, Allentown, Lehigh County, Pennsylvania at 6:00 p.m. on Wednesday, November 10, 2021. Purpose: This will be the Wrap-Up Session for review of the proposed Annual Budget of Programs and Services for fiscal year 2022 and any other business which may come before the Board. See www.southwhitehall.com for additional details.

SCOTT BOEHRET Director of Finance Nov. 3

PUBLIC NOTICE LEGAL NOTICE

THE PROPOSED GENERAL FUND, CAPITAL RESERVE, STATE FUND AND RECREATION BUDGETS FOR THE FISCAL YEAR 2022 FOR THE TOWNSHIP OF HANOVER, COUNTY OF NORTHAMPTON, COMMONWEALTH OF PENNSYLVANIA HAVE BEEN PREPARED AND ARE OPEN FOR INSPECTION AT THE TOWNSHIP OFFICE, 3630 JACKSONVILLE ROAD, BETHLEHEM, PENNSYLVANIA, 18017 BETWEEN THE HOURS OF 8 A.M. AND 3:30 P.M. AND ON THE TOWNSHIP WEBSITE WWW.HANOVERTWP.ORG BEGINNING WEDNESDAY, NOVEMBER 3, 2021. THE FINAL BUDGETS WILL BE ADOPTED AT A MEETING OF THE BOARD OF SUPERVISORS TO BE HELD DECEMBER 21, 2021. Nov. 3

PUBLIC NOTICE NOTICE OF RESCHEDULED MEETINGS

Due to the Veterans Day and Thanksgiving holidays, the Salisbury Township Board of Commissioners has rescheduled its public meetings in November to be held on Wednesday, November 10, 2021 and Tuesday, November 23, 2021 respectively at 7:00 PM at 2900 South Pike Avenue, Allentown, PA 18103. Contact info@salisburytownship.org or 610-797-4000 for information or assistance.

Cathy Bonaskiewich Township Manager/Secretary Oct. 27, Nov. 3

PUBLIC NOTICE LIMITED LIABILITY COMPANY NOTICE

NOTICE IS HEREBY GIVEN that the Certificate of Organization--Domestic Limited Liability Company has been filed with the Department of State of the Commonwealth of Pennsylvania, at Harrisburg, Pennsylvania, for the purpose of obtaining a Certificate of Organization of a proposed domestic limited liability company to be organized under the provisions of the Pennsylvania Limited Liability Company law of 1994, 15 Pa. C.S. §8901 et seq., approved December 7, 1994, P.L. 703, No. 106 §4, and any successor statute, as amended from time to time, effective in sixty (60) days. Name of the Limited Liability Company: WKKS LLC Certificate of Organization filed: WILLIAM W. MATZ, JR., ESQUIRE 211 W. BROAD STREET BETHLEHEM, PA 18018-5517 Nov. 3

PUBLIC NOTICE INVITATION TO BID

Notice is hereby given that the Borough of Macungie will receive sealed bids online via the PennBid Program (www.PennBid.net) until 10:00 AM, prevailing time on Wednesday, December 1, 2021, for the Main Street Improvements - Phase V Project. The scope of work includes selective demolition, and the installation of E&S controls, electrical conduit, wiring, lighting (including conc. bases), crushed stone, concrete, asphalt, signage, street trees, brick pavers, all other related site work as indicated or reasonably implied on the contract documents and drawings. Prevailing wage rates and Related Acts apply to this Project. All Bidding Documents are available online at no cost at www.PennBid.net on October 27, 2021. Immediately following the due date and time, all bids received through PennBid will be opened online at the Engineer's office and referred to the Owner for final award. An abstract of the Bids will be available to bidders on PennBid at the date and time that bids are due, as indicated above.

Bids must include a bid bond, with a corporate surety authorized to do business in Pennsylvania in accordance with the project specifications in the amount of 10% of the total bid amount, all posted through the PennBid program. A Performance and Payment Bond in the amount of 100% of the contract shall be furnished by the successful bidder as detailed in the Instructions to Bidders. The contract requires conformance with the Non-Discrimination/Sexual Harassment Clause which can be found in the specifications of this project. A pre-bid meeting will be held at 10:00 AM on Tuesday, November 9, 2021 at the Macungie Municipal Building (21 Locust St, Macungie, PA 18062). Questions may be submitted through PennBid's "Clarifications (From Vendors)" tab on or before 10:00 AM on Monday, November 22, 2021. Responses will be provided via PennBid to all registered plan holders.

The Borough of Macungie reserves the right to accept or reject any or all bids or portions of to waive any informalities in bidding and to withhold award for a period of sixty (60) days. On Behalf of the Borough of Macungie Barry Isett & Associates, Inc. 85 South Route 100 Allentown, PA 18106 Oct. 27, Nov. 3

CRYPTOGRAM

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CKBB GPBQEKW VGOU CPBDX RSKEQRQPUBBW
YKDO XNOAQKB AKUEBOX KUE XPKN CSPY
XASKRAG: RKB BPV-OUU.

Today's Cryptoquip Clue: B equals L

See solutions on Page B10

PEOPLE WHO READ NEWSPAPERS ARE

BETTER WRITERS AND SPEAKERS

It all starts with Newspapers

PREMIER Crossword

By Frank A. Longo

SCARE TACTICS ACROSS

- 1 Mess up on
6 Dismiss, as an ill student
14 Pause-causing marks
20 Skunks' defenses
21 Quick size-up
22 1998 Masters winner Mark
23 Giving an officer a leg up?
25 Defaced
26 Neighbors of Czechs
27 Composes
28 "Li'l" fellow
29 Previous to
30 Food favored by logicians?
35 Belgrade citizens
38 Impish kids
39 Extra NFL periods
40 Spill a secret
41 Lake fed by the Huron
42 Port-au-Prince's place
43 2017-19 labor secretary Alexander
46 Poor grade
47 Monkey setting off big experimental blasts?
50 — 'n' cheese
51 Airing of ads on the tube
52 Eyeliner flaw
53 Least plentiful
55 Archaic verb suffix
56 Warty hopper
59 Son of Cain
62 Busy insects
63 Two things a baby might be wearing in cold weather?
68 — Cola
71 St. Teresa's birthplace
72 Chili bit
73 Neighbor of Wash.
76 Leaves weaponless
79 Finger or toe
82 MRI alternative
84 Winnipeg's province: Abbr.
85 "I pray our reservation doesn't get canceled!?"
90 News agcy. founded in 1958
91 Fastener for paper sheets
92 Totally fills
93 Fabled snow humanoid
94 Actress Turner
96 Mined stuff
97 Female hip-hopper
98 Self-indulgent outing
99 Comment upon finally getting a chance to sit down?
103 "The Raven" writer
104 Typical
105 In perfect condition
106 Not mixing well with others

19x19 crossword grid with numbers 1-119 indicating starting points for clues.

- 110 Thirty tripled
112 Ruling house enjoying great prosperity?
115 Part of BBB
118 Part of BBB
119 Rubs the wrong way
120 Bed boards
DOWN
1 Janitorial tools
2 Reversed sort
3 Unassisted
4 Torque transmitter in a motor
5 "Star Wars" won seven of them
6 Weeps noisily
7 Musician Brian
8 S.Sgt. or M.Sgt.
9 Tyranny
10 Pay-to-stay places
11 Sheep-related
12 High-IQ club
13 Minuscule bit of work
14 Jet engine part that includes the igniter
15 Muscat-eer?
16 Most trifling
17 Guys wearing wedding rings
18 "My lips — sealed"
19 In a blue state
24 Barely get, with "out"
28 "Don't — surprised!"
30 Londoner, e.g.
31 Author Joyce Carol —
32 Unskilled PC gamer, say
33 Marlins' and Mets' div.
34 Decides (to)
35 Pick up on
36 Blow up
37 Big name in photocopiers
38 Happy hour locale
42 Great devastation
43 — of angels coming after me" ("Swing Low, Sweet Chariot" line)
44 Chocolate substitute
45 Santa —, California
48 Comics' Kett
49 Like Mutant Ninja Turtles
54 Actress Issa
57 Alias letters
58 Actor Patel
60 Corn holder
61 Garden tool
63 Jelly holder
64 Like some waves
65 Full of energy
66 Tijuana treats
67 Wild about

Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★ 11/03

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: 6 8 3 2 5 9 1 4 7 9 7 4 6 3 1 8 5 2 5 2 1 4 7 8 6 3 9 2 3 6 8 9 4 5 7 1 8 5 7 3 1 6 9 2 4 4 1 9 7 2 5 3 8 6 3 9 2 1 8 7 4 6 5 7 4 5 9 6 3 2 1 8 1 6 8 5 4 2 7 9 3

PUBLIC NOTICE
NORTH WHITEHALL TOWNSHIP
ZONING APPEAL NOTICE

Notice is hereby given that the Zoning Hearing Board of North Whitehall Township will be held in person on Wednesday, November 17, 2021 at 7:30 pm for the purpose of hearing the following Zoning Appeals:

Appeal No. 210008, Ricardo Jeldes 5176 Sparrow Lane Coplay, PA 18037 is hereby requesting a variance of the North Whitehall Township Zoning Ordinance - Section 403.15.b.1 "Maximum Floor area of Accessory Structure of 1,000 square foot". Applicant requests to construct a 1,280 square foot Accessory Structure on the property.

The property in question is located at 5176 Sparrow Lane Coplay, PA 18037, and is situated in the (AR) Agricultural Residential Zoning District. Tax ID# 5570 7732 0546.

Appeal No. 210009, Chad Christman 4140 PA Route 309 Schnecksville, PA 18078 is hereby requesting a variance of the North Whitehall Township Zoning Ordinance - Section 307.B.f.1 "Accessory Structure Set Backs for a Vehicle Garage is 15 feet rear/side property line". Applicant requests to construct an Accessory Structure 7 feet from rear property line and 5 feet from side property line.

The property in question is located at 4140 PA Route 309 Schnecksville PA 18078, and is situated in the (VR) Village Residential Zoning District. Tax ID# 5469 4015 7641.

ALL APPLICANTS MUST PARTICIPATE IN THIS HEARING

All persons interested or those desiring to protest will be heard. Due to the Covid -19 pandemic, CDC rules and regulations will be followed by anyone attending the hearings.

Nov. 3, 10

PUBLIC NOTICE

The Whitehall Township Board of Commissioners will hold a virtual Regular Public Meeting via WEBEX on Monday, November 8, 2021 at 7:00 p.m., to discuss and take action on the below listed legislation. PLEASE NOTE THAT THE BUILDING REMAINS CLOSED TO THE PUBLIC. If you would like to provide comment or attend the meeting remotely, please see the Township Website (whitehalltownship.org) for your options.

RESOLUTIONS

1. RESOLUTION NO. 3173
TITLE: A RESOLUTION AUTHORIZING THE MAYOR OF WHITEHALL TOWNSHIP TO ENTER INTO A COMMONWEALTH AND MUNICIPAL TRAFFIC SIGNAL MAINTENANCE AGREEMENT WITH THE PENNSYLVANIA DEPARTMENT OF TRANSPORTATION (BOC)

2. RESOLUTION NO. 3174
TITLE: A RESOLUTION AUTHORIZING AND DIRECTING THE MAYOR AND WHITEHALL TOWNSHIP TO ENTER INTO A SETTLEMENT AGREEMENT REGARDING THE TAX ASSESSMENT APPEAL OF WHITEHALL MACARTHUR ROAD LLC AND THE PROPERTY KNOWN AS 2150 MACARTHUR ROAD, (ADMIN/BOC)

3. RESOLUTION NO. 3175
TITLE: A RESOLUTION AUTHORIZING QBE SPECIALTY INSURANCE TO ENTER INTO A SETTLEMENT AGREEMENT WITH YOLANDA WRIGHT, INDIVIDUALLY AND ON BEHALF OF HER MINOR SON, MEKHI BURKETT FOR \$75,000.00 IN EXCHANGE FOR A RELEASE OF ALL CLAIMS AGAINST WHITEHALL TOWNSHIP.

4. RESOLUTION NO. 3176
TITLE: A RESOLUTION AUTHORIZING THE MAYOR OF WHITEHALL TOWNSHIP TO ENTER INTO AN INTERMUNICIPAL MUTUAL AID POLICE COOPERATION AGREEMENT WITH UPPER SAUCON TOWNSHIP.

5. RESOLUTION NO. 3177
TITLE: A RESOLUTION AUTHORIZING AND DIRECTING THE MAYOR AND WHITEHALL TOWNSHIP TO ENTER INTO A SETTLEMENT AGREEMENT REGARDING AN OPIOID CLASS ACTION LAWSUIT BY AND BETWEEN STATE AND LOCAL ENTITIES AND MCKESSON, CARDINAL HEALTH, AMERISOURCEBERGEN AND JANSSEN PHARMACEUTICALS, INC. (ADMIN/BOC)

6. RESOLUTION NO. 3178
TITLE: A RESOLUTION AUTHORIZING AND DIRECTING THE MAYOR AND WHITEHALL TOWNSHIP TO ENTER INTO A SETTLEMENT AGREEMENT REGARDING SURFACE MINING PERMIT NO. 39880302A1C11, THE DEPARTMENT OF ENVIRONMENTAL PROTECTION AND COPLAY AGGREGATES, INC. (ADMIN/BOC)

7. RESOLUTION NO. 3179
TITLE: A RESOLUTION FOR SEWAGE FACILITIES PLAN REVISION FOR NEW LAND DEVELOPMENT HAWK MOUNTAIN BREWERY, 3614 LEHIGH STREET, WHITEHALL PA, (DEVELOP)

Copies of the full text of the proposed legislative items may be examined by any citizen in the Administration Office of the Township of Whitehall, PA, on any business day between 8:00 am and 4:00 p.m. The Whitehall Township Municipal Building is accessible to the physically handicapped. Assistance for the visually and/or hearing impaired is available upon request at least five (5) working days prior to this meeting.

/s/Thomas Slonaker

FOR THE BOARD OF COMMISSIONERS
TOWNSHIP OF WHITEHALL

Nov. 3

PUBLIC NOTICE
TOWNSHIP OF WHITEHALL
ZONING HEARING BOARD
PUBLIC HEARING

Due to the Pandemic Emergency, the regular monthly meeting of the Whitehall Township Zoning Hearing Board will be held on November 16, 2021, at 7:00 p.m. via Webex.com (Please see whitehalltownship.org for further details), to hear the following appeals:

DOCKET # 2002 A - JERC Partners LXII, LLC - 171 Route 173, Suite 201, Asbury, NJ 08802. Location: 2800 Eberhart Road, Whitehall, PA 18052, PIN Part of 549847458266, the subject property is located in a C-2 Regional/Community Commercial Zoning District. Requesting approval of Settlement Agreement for this appeal.

DOCKET # 2011 - Joshua Osterhout - 4116 Third Street, Whitehall, PA 18052. Location: 4116 Third Street, Whitehall, PA 18052, PIN 548928188060, the subject property is located in a R-4 Medium Density Residential Zoning District. Applicant is requesting a variance to Sec. 27-18 and Sec. 27-96 (A) and (B) of the Zoning Ordinance regarding an installed fence which is closer than twelve inches to, and actually crosses over the property line onto adjacent property, without permits, inspections, or approvals. Continued to this meeting at the request of the Applicant.

DOCKET # 2013 - BETHLIN, LLC by Mr. Abraham Atyeh - 1177 Sixth Street, Whitehall, PA 18052. Location: 215 Quarry Street, Whitehall, PA 18052, PIN 640812367096, the subject property is located in a R-5A High Density Residential w/o Apartments Zoning District. Applicant is requesting variances and special exception to Sec. 27-199 1 F (2) Parking area setbacks from on-site buildings and from surrounding streets may be reduced, and screening requirements may be reduced if providing screening is impracticable due to site configuration and existing nonconformities. Determination by Zoning Hearing Board required that parking setbacks are impracticable; Sec. 27-104 A One Principle Use Required, Two Principal Uses Proposed: Adaptive Reuse for Multifamily Housing and Commercial Storage; Sec. 27-147 D Number of Required On-Site 12'x35' truck loading spaces: 2 on-site truck loading spaces required. One on-site loading dock truck space proposed plus one existing nonconforming loading dock truck space partially overlapping Quarry Street provided; Sec. 27-60 D (6) Change of Nonconforming Use from Warehouse / Manufacturing to Commercial Storage proposed; Special Exception Application has been submitted separately. Continued to this meeting at the request of the Applicant.

DOCKET # 2015 - Sunshine Auto Center and Chadi Chehade - 1538 W. Chew Street, Allentown, PA 18103. Location: 1059 Third Street, Whitehall, PA 18052, PIN 6408046147101, the subject property is located in a C-1 Neighborhood Commercial Zoning District. Applicant is requesting a Use Variance from Sec. 27-78 (A) to allow for automotive sales at the subject property as a stand alone use; a Use Variance from Sec. 27-78 (B) to allow for automotive sales as an accessory use; and a Use Variance from Sec. 27-78 (D) to allow for automotive sales as a conditional use. Applicant also requests a variance to Sec. 27-78 (E) (5) to allow for 100% impervious coverage of the exterior surface of the property where 70% is permitted. Continued to this meeting at the request of the Applicant.

DOCKET # 2016 - Mia Bella Hair Salon - 104 Sycamore Court, Northampton, PA 18067. Location: 3629 E. Columbia Street, Whitehall, PA 18052, PIN 548993343045, the subject property is located in an OS-1 Open Space Residential/Agricultural Zoning District. Applicant is requesting Use variances to Sec. 27-62 (A) and Sec. 27-68 of the Zoning Ordinance regarding a beauty salon which is not a permitted use in that zoning district.

Copies of plans, applications and supporting documents are available for public inspection at the Township Municipal Building. Comments and questions may be submitted to CGittinger@whitehalltownship.com.

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

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

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

The Whitehall Township Zoning Hearing Board has an obligation to affirmatively further fair housing and to review all land use and zoning applications in accordance with federal civil rights statutes. This includes taking meaningful actions that overcome patterns of segregation and foster inclusive communities free from barriers that restrict access to opportunity based on protected characteristics.

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

Oct. 27, Nov. 3

PUBLIC NOTICE
LOWHILL TOWNSHIP
BOARD OF SUPERVISORS
Due to space limitation.

The Lowhill Township Board of Supervisors meeting on Thursday November 4, 2021 will be moved to the Fogelsville Fire Company, 7850 Lime St., Fogelsville. The time remains the same at 7:30 pm. Jill Seymour Municipal Secretary Lowhill Township, 2nd Class

PUBLIC NOTICE
LOWHILL TOWNSHIP
BOARD OF SUPERVISORS

The Lowhill Township Board of Supervisors will hold a Budget Workshop on Thursday November 4, 2021 @ 5:00 pm at the Municipal Building, 7000 Herber Road, New Tripoli, PA 18066. Jill Seymour Lowhill Township, 2nd Class Municipal Secretary

Oct. 27, Nov. 3

PUBLIC NOTICE
Lowhill Township Planning Commission
Meeting Location Change

Lowhill Township, Lehigh County, PA will hold their Planning Commission Meeting on November 29th 2021 @ 7pm in the Fogelsville Fire Company Banquet Hall, 7850 Lime Street, Fogelsville, PA 18051. Brian C. Carl, Zoning Officer

Nov. 3, 10

PUBLIC NOTICE
The Whitehall Township Legal & Legislative Committee will hold a virtual meeting on Wednesday, November 10, 2021, at 7:00 p.m. PLEASE NOTE THAT THE BUILDING REMAINS CLOSED TO THE PUBLIC.

If you would like to provide comment or attend the meeting remotely, please see the Township Website (whitehalltownship.org) for your options. Nov. 3

PUBLIC NOTICE
ESTATE NOTICE

Estate of Paul R. Cressman, Sr., late of Allentown, Lehigh County, Pennsylvania. Letters of Administration have been granted to Kimberly A. Kope, 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 c/o, 123 North Fifth Street, Allentown, PA 18102. Oct. 27, Nov. 3, 10

PUBLIC NOTICE
ESTATE NOTICE

Estate of Vivian Ann Fayad, a/k/a Vivian B. Fayad, deceased, late of 6026 Club House Lane, Lower Macungie Township, Lehigh County, Pennsylvania. Letters Testamentary have been granted to the undersigned, who request all persons having claims or demands against the Estate of the Decedent to make known the same, and all persons indebted to the Decedent to make payments without delay to Rene M. Gutwald, c/o The Roth Law Firm, 123 North Fifth Street, Allentown, PA 18102, or her attorney, Robert B. Roth, Esquire, The Roth Law Firm, 123 North Fifth Street, Allentown, PA 18102. Oct. 27, Nov. 3, 10

PUBLIC NOTICE
ESTATE NOTICE

Estate of Doreen M. Micheletti, late of Allentown, Lehigh County, Pennsylvania. Letters of Administration have been granted to Richard A. Micheletti, 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 c/o, 123 North Fifth Street, Allentown, PA 18102. Nov. 3, 10, 17

PUBLIC NOTICE
ESTATE NOTICE

Estate of EUGENE M. FLANAGAN, III, late of Tatamy Borough, 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 Donna Marie Catasein, c/o, The Roth Law Firm, 123 North Fifth Street, Allentown, PA 18102, or her attorney, Robert B. Roth, Esquire, The Roth Law Firm, 123 North Fifth Street, Allentown, PA 18102. Oct. 20, 27, Nov. 3

PUBLIC NOTICE
ESTATE NOTICE

Estate of George J. Chmiel, deceased, late of 3263 W. Cedar Street, South Whitehall Township, Lehigh County, Pennsylvania. Letters Testamentary have been granted to the undersigned, who request all persons having claims or demands against the Estate of the Decedent to make known the same, and all persons indebted to the Decedent to make payments without delay to Megan C. Patruno, Mark D. Chmiel, David G. Chmiel or Richard D. Chmiel, c/o The Roth Law Firm, 123 North Fifth Street, Allentown, PA 18102, or their attorney, Robert B. Roth, Esquire, The Roth Law Firm, 123 North Fifth Street, Allentown, PA 18102. Oct. 27, Nov. 3, 10

PUBLIC NOTICE
ESTATE NOTICE

ESTATE of Allison L. Simmons a/k/a Allison Lee Simmons, deceased, late of Upper Millford 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: Sandra Lee Kelly, Executor, c/o John O. Stover, Jr., Esquire The Roth Law Firm 537 Chestnut Street Emmaus, PA 18049

Or to her attorney: John O. Stover, Jr., Esquire The Roth Law Firm 537 Chestnut Street Emmaus, PA 18049 Oct. 27, Nov. 3, 10

PUBLIC NOTICE
ESTATE NOTICE

Estate of Ise G. Tyahla, a/k/a Ise Gerhards Tyahla deceased, late of Whitehall, 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: Timothy A. Musser, Executor c/o YOUNG & YOUNG Rebecca M. Young, Esq. Lia K. Snyder, Esq. 119 E. Main Street Macungie, PA 18062

Or to his Attorney YOUNG & YOUNG Rebecca M. Young, Esq. Lia K. Snyder, Esq. 119 E. Main Street Macungie, PA 18062 Nov. 3, 10, 17

PUBLIC NOTICE
In order to satisfy its statutory lien pursuant to 73 P.S. §1901 et seq., the following facilities will sell at PUBLIC SALE all the personal property stored in its facilities located at Nazareth Self Storage 240 S Main St, Nazareth PA 18064 AT 10:00 AM, on November 29th 2021, Auction will be hosted on storageauctions.com

Owner reserves the right to reject any or all bids, cancel or adjourn the sale

Table with 2 columns: Customer Name, Unit #. Rows include Bethany Johnson (D217), Brandon Wesner (C216), Beth Tanczos (C201), Jessie Cooperstein (G105), Tylynn Rogers (G114)

PUBLIC NOTICE
NOTICE

An additional Planning Commission meeting will be held at the North Whitehall Township Municipal Building, 3256 Levens Road, (front) Coplay, PA on Wednesday, November 10, 2021, at 7:00 PM, for the purpose of discussing the Comprehensive Plan update. Brenda Norder, Secretary NORTH WHITEHALL TOWNSHIP

Nov. 3

PUBLIC NOTICE
ESTATE OF MARIE DIXON, deceased, late of Allentown, 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 Mrs. Linda Dixon-Shea, Executrix, 2596 Old Post Road, Coplay, PA 18037. Nov. 3, 10, 17

PUBLIC NOTICE
ESTATE NOTICE

Estate of Richard Joseph Sheridan, deceased, late of Bangor, Northampton County, Pennsylvania. Letters of Administration have been granted to Thomas V. Sheridan, Jr., 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. Nov. 3, 10, 17

PUBLIC NOTICE
ESTATE NOTICE

Estate of Helen L. Kurtz, deceased, of City of Bethlehem, Northampton County, Pennsylvania. Letters Testamentary have been granted to Louise A. Rheiner, 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 Louise A. Rheiner, Executrix. c/o Lori Gardiner Kreglow, Esquire 18 East Market Street P.O. Box 1961 Bethlehem, P.A. 18016-1961 Oct. 27, Nov. 3, 10

PUBLIC NOTICE
ESTATE NOTICE

Estate of Luz Maria Matos, also known as Luz M. Matos, deceased, late of Allentown, 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

Luz Janet Grigoras (Administratrix of the Estate) 2913 Windridge Drive Holiday, FL 34691 or their attorney: Marc Kranson, Esquire 523 Walnut Street Allentown, PA 18101 Nov. 3, 10, 17

PUBLIC NOTICE

Notice is hereby given that in the estate of the decedent set forth below the Register of Wills has granted letters testamentary or of administration to the persons named. All persons having claims against said estate are requested to make known the same to them or their attorneys and all persons indebted to said decedent are requested to make payment without delay to the executors or administrators named below.

Estate of Shirley Ann Milham, deceased, late of Hanover Township Scott R. Milham, 640 W. Macada Road, Bethlehem, PA 18017 Executor Paul T. Fabiano, J.D., LL.M. 6943 Sunflower Lane Macungie, PA 18062 Oct. 27, Nov. 3, 10

PUBLIC NOTICE
ESTATE NOTICE

Estate of Donna DeWalt, Deceased, late of the City of Allentown, County of Lehigh and Commonwealth of 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:

Aaron Benner 2447 S. 4th Street Allentown, PA 18103 or to his Attorney: Neil D. Ettinger, Esquire Ettinger & Associates, LLC Peachtree Office Plaza 1815 Schadt Avenue - Ste. #4 Whitehall, PA 18052 Nov. 3, 11, 17

PUBLIC NOTICE
ESTATE NOTICE

Estate of Dennis Weaver, Deceased, late of the City of New Tripoli, County of Lehigh and Commonwealth of 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:

Lorena Weaver 7254 Lincoln Court New Tripoli, PA 18066 or to her Attorney: Neil D. Ettinger, Esquire Ettinger & Associates, LLC Peachtree Office Plaza 1815 Schadt Avenue - Ste. #4 Whitehall, PA 18052 Nov. 3, 10, 17

PUBLIC NOTICE
ESTATE NOTICE

Estate of Edward N. Lavenburg deceased, late of the City of Northampton, County of Northampton and Commonwealth of Pennsylvania, Letters of Administration have been granted to the undersigned, who request all persons having claims or demands against the Estate of the Decedent to make known the same, and all persons indebted to the Decedent to make payments without delay to:

Mary Sue Lavenburg 158 Old Carriage Road Northampton, PA 18067 or to her Attorney: Neil D. Ettinger, Esquire Ettinger & Associates, LLC Peachtree Office Plaza 1815 Schadt Avenue - Ste. #4 Whitehall, PA 18052 Nov. 3, 10, 17

PUBLIC NOTICE
The Northampton Area Public Library Board of Trustees will be holding their next meeting on Thursday, November 11th, 2021 at 6:30 p.m. Beginning with this meeting, all future meetings will be held on the second Thursday of the month. Nov. 3

PUBLIC NOTICE
Pursuant to state law, the following is a list of occupants from the AIRPORT ROAD SELF STORAGE INC., 7249 Airport Road, Bath, PA 18014, who will have the contents of their respective space sold to satisfy the owner's lien. Crystal Schmidt - Spaces #421 and 1236 Nov. 3, 10

PUBLIC NOTICE
REQUEST FOR BIDS
HVAC REPLACEMENT AT CALYPSO, FREEMANSBURG & GOVERNOR WOLF ELEMENTARY SCHOOLS

The Bethlehem Area School District will receive sealed bids for the Calypso, Freemansburg and Governor Wolf Elementary Schools HVAC Replacement Project in the form of multiple prime lump sum contracts at the Business Office, 1516 Sycamore St, Bethlehem 18017, no later than 1:00 PM prevailing time, Nov. 30, 2021 at which time bids will be publicly opened. A Mandatory pre-bid conference will be conducted on Nov. 10, 2021 at 3:00 PM at BASD Education Center 1516 Sycamore St Bethlehem PA 18017.

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. Addtl info avail at: www.basdsschools.org Oct. 20, 27, Nov. 3

PUBLIC NOTICE
ESTATE NOTICE

MYRL O. TEDOR, a/k/a MYRL TEDOR, deceased, late of Salisbury Township, Lehigh County, Pennsylvania. Letters Testamentary have been granted to John F. Pospischi, 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 without delay to: John F. Pospischi, Executor, c/o CRAIG B. NEELY, Esq., 209 Main Street, Emmaus, PA 18049, 610-928-1188. Oct. 27, Nov. 3, 10

PUBLIC NOTICE
ESTATE NOTICE

THOMAS S. HEMPHILL, a/k/a THOMAS HEMPHILL, deceased, late of Alburis, Lehigh County, Pennsylvania. Letters Testamentary have been granted to Nancy J. Snyder and Barbara A. Hausman, 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: Nancy J. Snyder and Barbara A. Hausman, Executrices, c/o CRAIG B. NEELY, Esq., 209 Main Street, Emmaus, PA 18049, 610-928-1188. Oct. 27, Nov. 3, 10

PUBLIC NOTICE
ESTATE NOTICE

Estate of Gertrude L. Kastner, late of Macungie Township, County of Lehigh, Commonwealth of Pennsylvania, Letters Testamentary have been granted to the Co-Executrices 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:

Ellen R. Kastner and Linda D. Schmoyer, Co-Executrices c/o Norris McLaughlin, P.A. 515 West Hamilton Street, Suite 502 Allentown, PA 18101 or to their attorney: Judith A. Harris, Esquire Norris McLaughlin, P.A. 515 West Hamilton Street, Suite 502 Allentown, PA 18101 Oct. 20, 27, Nov. 3

PUBLIC NOTICE
ESTATE OF Virginia E. Klimeck a/k/a Virginia Ellen Klimeck, Deceased. Late of S. Whitehall Twp., Lehigh County, PA. D.O.D. 4/7/21. Letters Testamentary on the above Estate have been granted to the undersigned, who request all persons having claims or demands against the estate of the decedent to make known the same and all persons indebted to the decedent to make payment without delay to Michael Sroka, 220 Garland Ct., Harleysville, PA 19438-1773 and Kathy Richmond, 15627 S. 37th Way, Phoenix, AZ 85048, Executors, or to their Atty.: E. Negro Pile, Pile Law Firm, 1777 Sentry Pkwy West, Ste. 404, VeVa 14, Blue Bell, PA 19422 Oct. 27, Nov. 3, 10

PUBLIC NOTICE
ESTATE of Charles B. Branigan, Jr., deceased, late of Hanover Township, 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:

Sharon M. Branigan, Executor c/o Emily A. Zettlemoyer 53 North Third Street, Emmaus, PA 18049 or to her attorney: Emily A. Zettlemoyer, Esq. 53 North Third Street, Emmaus, PA 18049 Nov. 3, 10, 17

PUBLIC NOTICE
ESTATE of Frederick W. Roth, 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:

Bonny L. Meitzler, Executor c/o Emily A. Zettlemoyer 53 North Third Street, Emmaus, PA 18049 or to her attorney: Emily A. Zettlemoyer, Esq. 53 North Third Street, Emmaus, PA 18049 Oct. 27, Nov. 3, 10

PUBLIC NOTICE
ESTATE of Phoebe Derr a/k/a Phoebe M. Derr, 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:

Kevin D. Derr, 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 Oct. 27, Nov. 3, 10

PUBLIC NOTICE

Upper Macungie Township will receive sealed bids via PennBid for the Tilghman Street and Mill Road Traffic Signalization Update Project. Improvements involve traffic signal work including the installation of traffic signal poles, controller cabinet relocation, pedestrian facilities, video detection and traffic signal rewiring. Bids will be received online via PennBid until 9:00 a.m. (prevailing time) on Monday, November 22, 2021. Bids results will be made available on PennBid after bid opening.

Copies of the Specifications/Bid Forms are available at no cost on PennBid (<https://PennBid.ProcureWare.com>). Questions and inquiries should be addressed through PennBid's "Clarification" tab.

Each bid must be accompanied by Bid Security made payable to the Owner(s) in an amount of ten percent (10%) of the total Bid price and in the form of a certified or bank check or a Bid Bond issued by a surety meeting the requirements of Paragraph 6.01 of the General Conditions. The successful bidder must furnish Performance, Payment Bonds and Insurance per Contract and meeting the requirements of Paragraph 6.01 of General Conditions. This project is subject to minimum wage rates in accordance with the applicable provisions of the Pennsylvania Prevailing Wage Act and the Public Works Employee Verification Act. Bidders must be PennDOT Prequalified per PennDOT Pub. 408 Section 102. The Owner reserves the right to waive any informality in, and/or to reject, any or all bids. No bid will be accepted if obtained from sources other than the issuing office noted above.

Kalman Sostarecz, Jr. - Township Secretary
Upper Macungie Township

Nov. 3, 10

PUBLIC NOTICE

LEHIGH VALLEY PLANNING COMMISSION (LVPC) GENERAL ASSEMBLY AND LVTS MEETING NOTICE

The Lehigh Valley General Assembly will be held virtually Nov. 30, 2021 at 7pm and accessed via the link <http://tiny.cc/GA1130> or by phone 610-477-5793, conference id: 510 949 20#. The LVTS will be holding TIP Development meetings on Nov. 29, 2021 at 1pm and Dec. 6, 2021 at 9am. The meetings can be accessed via the link <http://tiny.cc/TIPDEVTG> or phone 610-477-5793, conference id: 416 813 145#.

Lehigh Valley Planning Commission and Lehigh Valley Transportation Study (MPO) is committed to compliance with nondiscrimination requirements of civil rights statutes, executive orders, regulations and policies applicable to the programs and activities it administers. Accordingly, the MPO is dedicated to ensuring that program beneficiaries receive public participation opportunities without regard to race, color, national origin, sex, age, disability or economic status. Meeting facilities are accessible to persons with disabilities, and the location is reachable by public transit. The MPO will provide auxiliary services for individuals with language, speech, sight or hearing impairments provided the request for assistance is made 14 days prior to the meeting. The MPO will attempt to satisfy other requests, as it is able. Please make your request for auxiliary services to LVPC at 610-264-4544. If you believe you have been denied participation opportunities, or otherwise discriminated against in relation to the programs or activities administered by the MPO, you may file a complaint using the procedures provided in our complaint process document or by contacting 610-264-4544 or hferguson@lvpc.org

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SERBS	BRATS	OTS
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	JACKET	AND
COCA	AVILA	BEAN
UNARMS	DIGIT	CTSCAN
MAN	GODS	SAVETHE
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SPECIAL NOTICES:
Statewide Construction Bids: ezlcc@ (indefinite quantity construction contracts) GC, Electrical, Plumbing, HVAC, Civil. Virtual Pre-Bid Meetings for 11 regions across the entire commonwealth Oct 26 & 28. Go to the Keystone Purchasing Network at www.theKPN.org for details. Bid openings Nov 16, 2021.

PERSONALS:
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PUBLIC NOTICE

Estate of Marian M. Peters, deceased, late of Allentown, Lehigh County, Pennsylvania. Letters of Administration 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 payments without delay to:

Steven A. Litz, Esquire, Administrator
4744 Hamilton Boulevard
Allentown, PA 18103
Nov. 3, 10, 17

PUBLIC NOTICE

ESTATE OF EDGARDO C. CUSTODIO, deceased, late of Hanover Township, Northampton 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:

Maribel A. Custodio, Executrix
c/o Eric R. Strauss, Esquire
WORTH, MAGEE & FISHER, P.C.
2610 Walbert Avenue
Allentown, PA 18104
Oct. 20, 27, Nov. 3

PUBLIC NOTICE

ESTATE of Carol A. Ruspantini, deceased, late of Macungie, 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:

Ellen R. Jackson, Executrix
Address: c/o Bruce W. Weida, Esq.
245 Main Street
Emmaus, PA 18049
or to her Attorney: Bruce W. Weida, Esq.
245 Main Street
Emmaus, PA 18049
Oct. 27, Nov. 3, 10

PUBLIC NOTICE

ESTATE OF LOUIS VUCSKICS aka LOUIS S. VUCSKICS, Decedent, late of Bethlehem, Lehigh County, Pennsylvania. Letters of Administration have been granted to the undersigned, who requests that all persons having claims or demands against the Estate of the Decedent make known the same, and all persons indebted to said Decedent are requested to make payment in full, without delay, to: Elaine I. Holum, Administratrix, c/o Jon A. Swartz, Esquire, of Prokup & Swartz, attorney for Decedent's Estate.

ESTATE OF LOUIS VUCSKICS, JR., aka LOUIS S. VUCSKICS, deceased.
JON A. SWARTZ, ESQUIRE
Prokup & Swartz
7736 Main Street
Fogelsville, PA 18051
Oct. 20, 27, Nov. 3

PUBLIC NOTICE

ESTATE OF ARBURY LEE BAKER, A/K/A A. LEE BAKER, A/K/A LEE BAKER, late of the Borough of Fountain Hill, County of Lehigh and Commonwealth of Pennsylvania, deceased.
NOTICE IS HEREBY GIVEN that the Letters Testamentary on the above-named estate have been granted to the undersigned. All persons indebted to the said estate are requested to make immediate payment, and those claims or demands to present the same without delay to:
Executrix: PATRICIA ANN BAKER
c/o JOSEPH F. LEESON, III, ESQUIRE
70 East Broad Street
P.O. Box 1426
Bethlehem, PA 18016-1426
Oct. 27, Nov. 3, 10

PUBLIC NOTICE

ESTATE OF FLORENCE J. CRAIG, deceased, late of Salisbury Township, 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:
Margaret L. Buss, Catherine E. Kaiser and Robert G. Craig, Jr., Co-Executors
c/o KEITH W. STROHL, ESQ
STECKEL AND STOPP, LLC
125 S. Walnut Street, Suite 210
Slatingsville, PA 18080
Oct. 27, Nov. 3 & 10

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PUBLIC NOTICE

Estate of Walter J. Finnegan, Deceased, late of Allentown, County of Lehigh, 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: Diane Grace Finnegan, a/k/a Diane G. Finnegan, Executor, c/o 2045 Westgate Drive, Suite 404, Bethlehem, PA 18017; or William H. Dayton, Jr., Esquire, Mosebach, Funt, Dayton & Duckworth, P.C., 2045 Westgate Drive, Suite 404, Bethlehem, PA 18017.
Oct. 20, 27, Nov. 3

PUBLIC NOTICE

ESTATE OF Audrey Martha Sullivan, Decedent, late of Palmer Township, Northampton County, Pennsylvania. Letters Testamentary have been granted to the undersigned, who requests that all persons having claims or demands against the Estate of the Decedent make known the same, and all persons indebted to said Decedent are requested to make payment in full, without delay, to: John W. Sullivan, Executor, c/o Richard W. Shaffer, Jr., Esquire, of Prokup & Swartz, attorney for Decedent's Estate.
ESTATE OF AUDREY MARTHA SULLIVAN, deceased
RICHARD W. SHAFFER JR., ESQUIRE
Prokup & Swartz
7736 Main Street
Fogelsville, PA 18051
Nov. 3, 10, 17

PUBLIC NOTICE

ESTATE OF RICHARD B. GOLDBERG, deceased, late of Lower Macungie Township, 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:
Morton Goldberg a/k/a Morton I Goldberg, Executor
c/o Eric R. Strauss, Esquire
WORTH, MAGEE & FISHER, P.C.
2610 Walbert Avenue
Allentown, PA 18104
Nov. 3, 10, 17

PUBLIC NOTICE

ESTATE OF Cynthia E. Acerra a/k/a Cynthia Acerra, Deceased, late of 119 Union Street, Catasauqua, Lehigh County, Pennsylvania. Letters 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
Ronald E. Corkery, Esquire
Attorney
Address: 352 Fifth Street, Suite A
Whitehall, PA 18052
Oct. 27, Nov. 3, 10

80 FOR SALE

FULLY SEASONED firewood. Full & half cords delivered. Call or text 484-239-0298

390 HELP WANTED

Data Entry Clerk/Receptionist
The Borough of Lehigh, Lehigh County, is seeking qualified applicants for a Data Entry Clerk/Receptionist position within the "Emmaus" Police Department. The position is responsible for clerical duties such as data entry, payment processing and bookkeeping, secretarial support duties, and other duties as assigned. The overall goal of the position is to eventually cross-train with the administrative assistant to the Chief of Police to offer enhanced support to the entire department in the absence of the other clerical staff member or in the event of extenuating circumstances. The skill associated with the Data Entry Clerk/Receptionist position include proficiency in the use of standard public safety software, online programs, databases, maintenance of confidential records and citations, completion of state and local required reports, book-keeping tasks, purchasing, accounts receivable requests, budget administration, payroll, scheduling of auxiliary police for special events, and other duties as assigned. Resumes and cover letters must be submitted by November 22, 2021 at 4 PM by email to Shane Pepe, Borough Manager at spepe@borough.emmaus.pa.us or by mail at 28 S. 4th Street, Emmaus, PA 18049 to the Borough of Emmaus, attention of "Police Data Entry/Receptionist Position." Visit www.borough.emmaus.pa.us/employment for full details. EOE.

220 ARTICLES WANTED

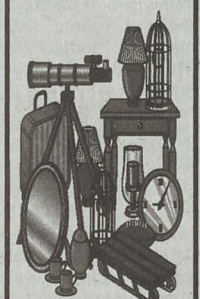
OLD BOOKS, OLD TOYS, FURNITURE, GLASSWARE, etc
Call Linda
610-837-0960

345 YARD SALES

INDOOR FLEA MARKET, Vendors needed. Sun. Nov. 14, 8a.m.-1p.m., Mahoning Valley Fire Co., 2358 Mahoning Drive West. Call Chuck (570) 401-9474.

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30 PLUS FAMILIES Sat. Nov. 13, 8-2. Find your treasure. HH items, & essentials, jewelry, video games, vintage collect., name brands & much more. FMI, contact Tim at 484-554-6489.



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PUBLIC NOTICE

ESTATE OF MICHAEL L. KURINEC, JR. a/k/a MICHAEL KURINEC, deceased, late of Lehigh Township, Northampton County, Pennsylvania. Letters Administration 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:

KimberlyAnn E. Kurinec, Administratrix
c/o Eric R. Strauss, Esquire
WORTH, MAGEE & FISHER, P.C.
2610 Walbert Avenue
Allentown, PA 18104
Oct. 20, 27, Nov. 3

PUBLIC NOTICE

ESTATE OF DOROTHY H. BREININGER, Decedent, late of Allentown, Lehigh County, Pennsylvania. Letters Testamentary have been granted to the undersigned, who requests that all persons having claims or demands against the Estate of the Decedent make known the same, and all persons indebted to said Decedent are requested to make payment in full, without delay, to: Barry E. Breininger and Scott D. Breininger, Co-Executors, c/o Jon A. Swartz, Esquire, of Prokup & Swartz, attorney for Decedent's Estate.
ESTATE OF DOROTHY H. BREININGER deceased.
JON A. SWARTZ, ESQUIRE
Prokup & Swartz
7736 Main Street
Fogelsville, PA 18051
Oct. 27, Nov. 3, 10

PUBLIC NOTICE

ESTATE OF Buddy Gordon Pettigrew a/k/a Buddy G. Pettigrew, Decedent, late of Lower Macungie Township, Lehigh County, Pennsylvania. Letters Testamentary have been granted to the undersigned, who requests that all persons having claims or demands against the Estate of the Decedent make known the same, and all persons indebted to said Decedent are requested to make payment in full, without delay, to: Executrix: Cynthia L. McGovern c/o Jon A. Swartz, Esquire Prokup & Swartz 7736 Main Street, Fogelsville, PA 18051 Nov. 3, 10, 17

PUBLIC NOTICE

ESTATE OF GERALDINE E. BOYKO aka GERALDINE BOYKO aka GERALDINE EDNA BOYKO 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:
Diane Jean Achatz, Executrix
c/o Michael Ira Stump, Esquire
207 E. Main Street, Suite 100
Macungie, PA 18062
or to her Attorney: Michael Ira Stump, Esq.
207 E. Main Street, Ste.100
Macungie, PA 18062
Nov. 3, 10, 17

HELP WANTED DIRECT SUPPORT STAFF. Looking for a job but also a way to make a difference in the life of a young autistic adult? Terrapin House located in Allentown, is hiring FULL and Part Time STAFF to provide important care and support for this young man to enable him to have the best life possible. Yes, sometimes it can be difficult, but he is worth the effort and the personal reward is immeasurable! Starting rate \$16 per hour increased to \$17 after 90 days, and then evaluated after one year. Performance bonuses annually. Immediate need for staff to rotate week-ends and overnight shifts (a 24/7-365 facility). Must have a valid driver's license and pass the professional crisis management training we provide and reimburse for. Terrapin is a small facility for those who enjoy getting to know your co-workers. We may be small, but our vision of what is possible is not. Contact: Donna@terrapinhouse.org

Sr. Project Manager: BS + 5 yrs exp. Use Rockwell FTSP & Siemens Opcenter EMD & Diagnostics (Camstar) to manage OT product development for medical devices. May telecommute from w/in U.S. Up to 50% travel. F/T. B. Braun Medical Inc. Allentown, PA. Resume to T. Montgomery, 824 12th Ave., Bethlehem, PA 18018 & ref. job #6280. No calls/agents/visa sponsorship.

400 HEALTH CARE SERVICES
Barbara's In-Home Care Assistance (non-medical) Enabling you or your loved one to live at home with the help of someone who cares! Barb (732) 735-4243 It will be my pleasure to help make your days a little easier

510 APARTMENTS UNFURNISHED
WAITING LIST OPENING Allentown Scattered Sites Section 8 Affordable Housing Recently renovated 2-5 bedroom units Waiting list opens on: 9:00am on Wednesday, October 27, 2021 to request an application call 484-781-9026 Or by picking up an application in person by appointment only at 456 Union Blvd. Allentown, PA 18109 For more information please call: 484-781-9026 Household income cannot exceed \$65,500 for a family of four

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Recipes From Our *Readers*




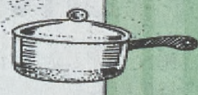








34th Annual Cookbook



2021

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— MEDIA GROUP —

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MAIN DISH

CHICKEN AND BROCCOLI ALFREDO

Mike Fauzio
Jim Thorpe

- 1 box penne, cooked according to directions
- 1 pound chicken breast, cubed (I like to use chicken tenders)
- 1-16 ounce bag frozen broccoli florets
- 1 pint light cream
- 1 cup Parmesan cheese
- 1 cup 6 cheese Italian blend
- 1 tablespoon oil
- Salt and pepper to taste

Place frozen broccoli florets in a colander and run under hot water for a few minutes to thaw. Set aside to drain well. In a Dutch oven, add 1 tablespoon oil and diced chicken. Season with salt and pepper, if desired. cover and cook until chicken is cooked through, stirring occasionally. Add light cream and bring to a gentle boil. Add Parmesan cheese and stir until smooth.



Slowly add 6 cheese blend, stirring constantly until smooth. Add drained broccoli, boil for 2 minutes. Add cooked penne pasta and serve immediately.

3 cups fresh broccoli florets
Fresh lime, chopped peanuts, diagonally sliced scallion

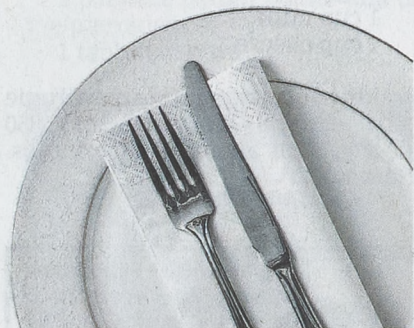
Heat oven to 400 degrees. Spray 15-inch x 10-inch x 1-inch pan with cooking spray. In large bowl, mix peanut butter, water, soy sauce, vinegar, ginger root and garlic using whisk. Add chicken and broccoli to bowl; toss to coat. Bake 20 to 25 minutes or until chicken is tender and no longer pink in center and broccoli is crisp tender. Stir gently before serving. Squeeze lime over chicken and broccoli. Garnish servings with remaining ingredients. Spoon chicken mixture evenly onto sheet pan.

See **MAIN DISH** on Page 4

PEANUT CHICKEN SHEET-PAN DINNER

Jerry Funk
Jim Thorpe

- 1/4 cup creamy peanut butter
- 1/4 cup water
- 2 tablespoons soy sauce
- 1 tablespoon apple cider vinegar
- 2 teaspoons fresh ginger root, grated
- 2 cloves garlic, chopped
- 1 pound boneless, skinless chicken tenders



MAIN DISH

FRENCH'S CRISPY ONION CHICKEN

Mike Fauzio
Jim Thorpe

2 cups French's crispy onions
2 tablespoons flour
4 boneless chicken breasts, halved
1 egg, beaten

Place onions and flour in a large plastic bag, and lightly crush with hands (or use a rolling pin). Transfer mixture to a shallow dish. Place beaten egg in a separate shallow dish. Dip chicken in egg, then roll in onion mixture, patting lightly to adhere. Place on a baking sheet, sprayed with cooking spray. Bake at 350 degrees for 20 minutes, or until chicken juices run clear when tested with a fork.

BAKED ZUCCHINI FRIES

Rose Kereczman
Bethlehem

2 large egg whites
1 cup Panko breadcrumbs
1/4 cup Parmesan cheese, grated
1 teaspoon "no" salt added Italian seasoning
2 medium zucchinis, halved crosswise, cut lengthwise into 1/2 thick slices, then sliced 1/2-inch thick

Nonstick baking sheet (2)
Cooking spray (I use olive oil type spray)
1/2 cup marinara for dipping

Heat oven to 425 degrees. Line baking sheet with parchment paper. In small bowl, whisk egg whites. In another bowl mix breadcrumbs, cheese and seasonings. Dip zucchini in egg whites; then breadcrumbs and coat each side. Place in single layers on baking sheets. Spray zucchini with cooking spray. Bake 25 minutes until golden brown and crisp. Serve with the marinara.

Note: Ovens vary with heat so check often and if golden brown before allowed time, then remove so as to not burn. You can also cut into coin-size pieces instead of fries.

PORK MEDALLIONS WITH DIJON MUSTARD

Linda Vastysyak
Lehighton

1 pound pork tenderloins
1/4 teaspoon salt
1/4 teaspoon pepper
3 scallions
1/2 cup evaporated milk
1/3 cup flour
1 tablespoon butter
1/3 cup chicken broth
4 teaspoons Dijon mustard

Slice pork 1/4" thick. In large

plastic bag, combine flour, salt and pepper. Add pork a few pieces at a time and shake to coat. In large skillet, brown pork in butter over medium-high heat. Remove and keep warm. slice onions separating white from green to use green for garnish. In same skillet, saute white onion for one minute. Add broth and bring to a boil. Reduce liquid to about 2 tablespoons. Add milk, lower heat-simmer uncovered for 1-2 minutes until slightly thickened. Whisk in mustard. Serve with Dijon sauce and garnish with scallions. Serves 3.

SPINACH BACON QUICHE

Janet Kaiser
Bethlehem

1 tablespoon olive oil
8 ounce fried bacon, diced
1 small onion, diced
1-15 ounce bag spinach, freshly chopped
1/2 teaspoon salt
1/2 teaspoon pepper
6 eggs
1 cup milk
1 cup cheese

Mix and pour into a 9-inch pie pan which is greased. Bake 350 degrees for about 35-40 minutes. Serves 6.

See **MAIN DISH** on Page 5



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MAIN DISH

TORTILLA PIZZAS

Anna Marie Dolgos
Bethlehem

- 3/4 cup light mayonnaise
- 1/2 cup Parmesan cheese, grated
- 1/2 cup reduced-fat Mozzarella cheese, shredded
- 1/2 cup red onion, minced
- 1/4 cup green pepper, minced
- 1/4 cup sweet red pepper, minced
- 3 garlic cloves, minced
- 2 teaspoons dried basil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 4 fat free flour tortillas

In a bowl, combine the first 10 ingredients; mix well. Place tortillas on greased baking sheet, spread with cheese mixture. Bake at 400 degrees for 9-10 minutes or until golden. Cut into wedges.

PIEROGI CASSEROLE

Jerry Funk
Jim Thorpe

- 1 package frozen potato and onion pierogies
- 1 tablespoon water

- 7 ounce package kielbasa sausage, sliced
- 4 ounces cream cheese
- 1/2 cup chicken broth
- 1/2 cup sour cream
- 1/8 teaspoon black pepper
- 1 cup Cheddar cheese, shredded
- 1/2 cup thinly diagonally sliced scallions

Heat oven to 375 degrees. Spray 12-inch x 8-inch glass baking dish with cooking spray. Place frozen pierogies and water in medium microwave-safe bowl; cover with plastic wrap. Microwave on high for 2 minutes. Continue microwaving on high 1 1/2 to 2 minutes until thawed. Place pierogies evenly in casserole. Top with sausage. In medium bowl, mix cream cheese, sour cream, chicken broth and pepper with whisk. Stir in 1/2 cup of the cheddar cheese and 1/3 cup of the scallions. (reserve remaining onions for topping). Pour cream cheese mixture evenly over pierogies. Cover with foil; bake 22 to 27 minutes or until center is heated through and temperature reaches 165 degrees F. Uncover and top with remaining cheese; bake 3 to 5 min-

utes or until cheese is melted. Sprinkle with reserved scallions.

POLISH BORSCHT

Peg Shupp
Palmerton

- 2 pounds beef,
- 2 pounds cabbage, cut up
- 2 pounds potatoes, cubed
- 2 pounds canned or frozen lima beans
- 2 pounds canned red beets (chucked) plus the liquid from one can
- 4 cans tomato soup
- Salt and pepper to taste
- 2 or 3 small containers light cream

Cook beef in water until tender; approx. 1 hours. Add the cabbage, potatoes and cook together for 1/2 hour. Add lima beans, red beets and then add tomato soup. Bring to a boil and while boiling add 2 or 3 small containers of light cream. Then simmer approx. 1 hour. Keep stirring so cream doesn't sour. Salt and pepper to taste. Note: I add 1 or 1 1/2 cups of beef broth while cooking beef to enhance beef taste.

See **MAIN DISH** on Page 6

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MAIN DISH

SAUSAGE, PEPPER AND ONION
Susan Bulanda
Jim Thorpe

Link sausage, preferably Italian but you can use any type you like. This does not work well with breakfast links.

Onions, any variety, cut in slices 1/4-inch thick

Peppers, any variety. I use Italian frying peppers, cut in slices,

1/4-inch thick removing seeds and ribs

2 tablespoons olive oil
 Ketchup
 BBQ sauce, your favorite flavor
 Italian bread or hoagie rolls

Grill the sausage until they are done. If you cook them in a pan, drain any fat. Slice the onions to about 1/4-inch thick. Add the sliced peppers. Saute the on-

ions and peppers in a little olive oil until they are soft. Add the cooked sausage. If you are going to use the sausage as a sandwich, I like to cut them lengthwise. If you are using them as a main dish, you can slice them into rounds. Add equal amounts of ketchup and BBQ sauce; just enough to coat the sausage, onions and peppers. If you want a stronger BBQ flavor add more BBQ sauce than ketchup.

Note: To give this dish variety, you can use a different flavor of BBQ sauce each time you make it. You can also use the sausage, pepper and onions over cooked spaghetti as well. If you do this you can substitute the ketchup and BBQ sauce with spaghetti sauce or simply add spaghetti sauce to your prepared sausage mixture.

See **MAIN DISH** on Page 7



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MAIN DISH

SAUCY PORK CHOPS

Jerry Funk
Jim Thorpe

2 cans cream of chicken soup
1/2 cup ketchup
6 teaspoons Worcestershire sauce
4-6 pork chops
2 1/2 cups prepared rice

Mix soup, ketchup and Worcestershire sauce together; set aside. Arrange pork chops in an ungreased 13-inch x 9-inch baking pan. Pour soup mixture over top. Cover and bake for 1 hour at 350 degrees. Serve each pork chop on a serving of rice; spoon remaining sauce on top.

VENISON MEATLOAF

Joanne Gera
New Ringgold

1 1/2 - 2 pounds ground venison
1/4 - 1/3 cup red wine
1 1/2 cups Sharp cheese, grated
3/4 cup oatmeal (quick cook or regular)
3/4 cup onion, chopped
1 egg beaten
1 teaspoon dried rosemary, chopped or fresh
8 ounce can tomato sauce
Bay leaves

Mix venison with wine and let marinate for at least 1 hour. Mix

in next 5 ingredients (hands work best). then add just over half of the can of tomato sauce. Mix in. Mixture will be very moist. Press half of meat into a loaf pan. Put bay leaves around the edge between the meat and the pan. Spread remaining tomato sauce on the top. Bake at 350 degrees for 50-55 minutes. Allow to set about 10 minutes before slicing.

SCALLOPED POTATOES AND HAM

Mike Fauzio
Jim Thorpe

2 ham steaks
1 small onion, sliced thin
4 or 5 medium potatoes, peeled and sliced thin
1 can condensed cream of chicken soup
Milk or chicken broth

Cut ham steaks in quarters, or dice into bite sized chunks. Spray a 2-quart casserole with cooking spray. Layer about 1/3 of potatoes on bottom of casserole, and layer 1/3 of onion on top. Sprinkle with salt and pepper if desired. Layer about half the ham on top of the onions. Spread 1/3 cup of soup on top of them. Layer another 1/3 of potatoes and onion, the rest of the ham, another 1/3 can of soup. Finish with remaining potatoes and onion

and remaining soup, salt and pepper if desired. Fill soup can about 3/4 with warmed milk or chicken broth, scraping sides of can to release remaining soup. Pour the liquid over top of last layer. Cover casserole. Bake at 350 degrees for about 1 and 1 1/2 hours, or until a fork poked in the center indicates the potatoes are soft. Shredded cheese can also be added between layers on top of the potatoes and onions if desired.

CHICKEN AND RICE CASSEROLE

Janet Reese
Walnutport

1 cup long grain rice, uncooked
3 cups water
2 teaspoons chicken bouillon granules
1 10 3/4-ounce can cream of chicken soup
1-16 ounce bag frozen broccoli
1 cup Cheddar cheese, grated
2 cups cooked chicken, chopped
1/4 teaspoon garlic powder
1 teaspoon salt
1 teaspoon onion powder

Combine all ingredients in slow cooker. Cook on high 3 to 4 hours. If too runny, take lid off for 15 minutes while continuing to cook on high.

See **MAIN DISH** on Page 8

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MAIN DISH

FERG CHILI Clark Ferguson Macungie

5 pounds stew beef cubes, cut into half-inch cubes

1 52-ounce can red kidney beans, drained and rinsed (beans are optional)

2 medium can tomato paste

2 cans petite diced tomatoes

6 sweet bell peppers, cut 3/4-inch squares and de-seeded (red, yellow, orange are best)

6 cooking onions, slivered

1 whole bulb garlic, chopped coarsely

12 hot chili peppers of choice (the smaller, the nastier) de-seed, chop

Caution: wash hands thoroughly before touching eyes or other body parts!

1 bottle of EVOO (extra-virgin olive oil), use as needed (for sauteing meat and veggies)

2.5 ounce ground Ancho Chile powder, critical ingredient

2.5 ounce cumin seed, ground

1 6-ounce cayenne pepper, ground (optional) vary for extra "fire" (don't over do it, it's nasty)

6 tablespoons molasses

6 tablespoons dark brown sugar

1 small can corn

2 750ml bottles Eger Bikaver Hungarian "bull's blood," very dry red wine (or Sangre de Toros Spanish "bull's blood," very dry red wine) (Chianti will do if bull's blood is not available)

1 cup Grand Marnier, orange liquor

1 cup Tequila

1. Lightly cover frying pan with olive oil over full fire. 2. Just before it smokes, cover with one layer of meat cubes, allow space between cubes for browning (do not crowd meat to the point of stewing it). 3.



Cover meat with ground Ancho Chile (note: you will consume about 2.5 ounces of chile powder when all meat is browned). 4. Add an equal amount of ground cumin seed (same procedure). 5. Add up to 6 ounces or less ground Cayenne pepper (note: this a "killer" ingredient-use sparingly or omit if you've wimpy).

6. After meat browns on one side, turn over and repeat steps 3,4 & 5. 7. After meat is browned on both sides, it should covered in a thick paste created by the spices and oil-dump the meat into the 10-quart pot on the lowest fire, scraping the spices into the pot (this is a critical step). 8. Schussle* some wine in the pan over the fire to clean out the remains (de-glazing), and dump the results into the pot. Return to step #1 and repeat through #8 until all meat is cooked. 9. Stir meat mixture in pot from time to time, and taste test. 10. Saute a pan full of the veggies (stir fry in olive oil). 11. Dump cooked veggies into pot and repeat step #10 until all veggies are cooked. 12. Add can of tomato paste to pot of meat and veggies, stir and pull from bottom. 13. Add one bot-

tle of wine and stir until tomato paste is thinned. 14. Cook on low fire for about 3 hours; add second bottle of wine as needed for consistency. Option: tequila and triple sec can be used instead of or in addition to the wine. 15. Near the end of the cook-down, drain and rinse beans and add. Do not stir a lot after adding beans-it will "mush" them.

*Schussle: A Pennsylvania Dutch term meaning (loosely) "To shuffle or walk around" In this case, shuffle/walk the wine around in the frying pan, getting all the "goodies" in solution before pouring same into the pot.

Utensil Suggestions: 10 quart pot or largest you have-about 10-inch by 10-inch, or large cast iron frying pan — about 13-15 inch; 3-inch recently-sharpened knife for garlic and small chiles; 6-inch sharpened knife for meat and sweet peppers; large heavy-duty cooking spoon for stirring and serving; large spatula for meat and veggies in frying pan, 2 large stainless steel salad bowls — about 16-inch diameter for holding meat and veggies.

See **MAIN DISH** on Page 9



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MAIN DISH

PASTA FAGIOLI Marian Tesoriero Northampton

- 2-3 cloves garlic, chopped
- 1 cup celery, diced
- 1 cup carrots, diced
- 1 cup onion, diced
- 3 cans cannellini beans, drained
- 2 cans chicken broth
- 1 8-ounce can tomato sauce
- Salt and pepper to taste
- Garlic powder to taste
- Oregano
- 2 cups Ditalini pasta
- Grated cheese

Saute garlic until light brown. Add celery, carrots and onions and sweat about ten minutes. Add broth, tomato sauce, oregano and 2 cans of beans. Cook for about 20-30 minutes until vegetables are soft.

Take third can of beans mash really good with fork (or puree in blender), add to pot. Boil the Ditalini pasta in separate pot. Add at last

minute and heat through. Serve and add grated cheese.

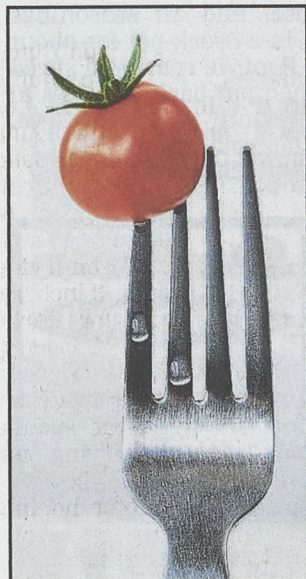
ROAST BRISKET OF BEEF Rosie Kereczman Bethlehem

- 5 pound piece of lean beef brisket
- 1 onion, sliced
- 1 cup water
- 1 tablespoon flour
- Salt to season
- 2 cloves garlic, chopped

In a baking dish, brown the beef on all sides. Remove from the dish. Add the onion to the same dish and cook till transparent. Add the beef and water back to the dish. Sprinkle with flour, salt, garlic over the meat. Bake in preheated 325 degree oven for 3 to 3 1/2 hours till temp reaches 145-150 degrees. Serves 12 people.



See **MAIN DISH** on Page 10



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MAIN DISH

HADDOCK WITH FENNEL AND ORANGE

Joanne Gera
New Ringgold

3/4 pound haddock or cod, precooked

2-3 bay leaves, broken into 2 pieces

Segments from 1 orange, membrane removed, cut in 1/2-inch pieces**

1/2 large fennel bulb, roughly chopped and juice from 1 lemon

Zest from one orange

2 tablespoons butter

Salt and pepper

Steam roughly chopped fennel for 5 minutes. Butter bottom of 8- \times 8-inch pan with 1 tablespoon butter. Spread the precooked fennel evenly over the bottom of the pan, cut fish to serving size pieces and on the fennel. Place bay leaf pieces evenly over all. Pour on the lemon juice. Grate orange zest evenly over the top. Sprinkle with salt and pepper. Dot with remaining tablespoon butter. Cover with foil.

Bake at 375 degrees for 30 minutes. Remove foil and scatter chopped orange over the top and serve. Serves about 2.

**Any orange juice left after

making the sections for the garnish; add to the fish and fennel before baking.

Optional: Sprinkle with a bit of chopped parsley before serving.

HAMBURGER AND POTATO CASSEROLE

Mike Fauzio
Jim Thorpe

1 pound hamburger

1 small onion, diced

4 or 5 medium potatoes, peeled and sliced thin

1 can condensed cream of chicken soup

Milk or chicken broth

Brown hamburger and onion, drain. Spray a 2-quart casserole with cooking spray. Spread about 1/3 of hamburger on bottom of casserole, and layer 1/3 of potatoes on top. Sprinkle with salt and pepper if desired. Spread 1/2 can of soup on top of potato layer. Layer another 1/3 of hamburger and potatoes, and the other 1/2 can of soup. Finish with remaining hamburger and potatoes, salt and pepper if desired. Fill soup can about 3/4 with warmed milk or chicken broth, scraping sides of can to release re-

maining soup. Pour the liquid over top of last layer. Cover casserole. Bake at 350 degrees for about 1 to 1 1/2 hours, or until fork poked in the center indicates the potatoes are soft.

Pickled red beets are a nice side dish!

ITALIAN ROAST BEEF

Mike Fauzio
Jim Thorpe

2-3 pounds beef roast (one with a little marbling works best)

1 cup water

2 beef bouillon cubes (you can use a can of beef broth in place of the water and bouillon if you do not have these)

1 package Good Seasonings dry Italian dressing (you do not have to use the entire package ... it can be a little salty)

1/2 teaspoon garlic powder

1 teaspoon oregano

1 teaspoon white vinegar

Cook beef and all seasonings and broth in a crock pot for about 7-8 hours. Remove roast and shred or slice; then put back in juices to keep warm until ready to serve. Skim any fat from the broth.

See **MAIN DISH** on Page 11

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MAIN DISH

SAUCY MOZZARELLA CHICKEN

Jerry Funk
Jim Thorpe

4 boneless, skinless chicken breasts
1 jar spaghetti sauce
8 ounce Mozzarella cheese, shredded
Salt and pepper to taste

Season chicken with salt and pepper; arrange in ungreased pan. Pour spaghetti sauce on top. Bake at 350 degrees for 1 hour and 10 minutes. Sprinkle with cheese; return to oven until melted; an additional 10-15 minutes. You can serve this over angel hair pasta.

ANN LANDERS MEAT LOAF

Rosie Kereczman
Bethlehem

2 pounds ground round hamburger

2 eggs
1 1/2 cups breadcrumbs
3/4 cup ketchup
1 teaspoon Accent
1/2 cup warm water
1 package Lipton's Onion soup mix
1 8 ounce can tomato sauce
2 slices of bacon, optional

Mix first 7 ingredients and place in loaf pan. Cover with 2 strips of bacon; if you like the flavor. Pour the tomato sauce over the loaf. Bake 350 degrees for 1 hour. Serves 6

BAKED FRIED RICE

Joanne Gera
New Ringgold

1 cup rice
1 tablespoon canola oil
1 tablespoon sesame oil
1/3 cup scallions, sliced
1/3 cup red pepper, diced
1/3 cup carrot, diced
1/3 cup green peas

1/3 cup celery, diced
1/2 cup chicken, shrimp or pork, diced
1 teaspoon ginger
1-14 ounce can chicken broth
2 tablespoons soy sauce
1 teaspoon chili paste
2 scrambled eggs, chopped

Mix together first group of ingredients. Making sure to coat the rice well with oil. Heat to boiling the second group of ingredients and pour over rice mixture and stir in well. Place in 9-inch by 9-inch casserole. Cover very tightly with foil and bake at 400 degrees for 45 minutes. Remove from oven and let rest for 10 minutes before unwrapping and fluffing rice with a fork. Return to 475 degree oven for a further 10 minutes. When finished, stir in 2 chopped scrambled eggs (optional). Serve with chopped scallions.

See **MAIN DISH** on Page 12

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MAIN DISH

E-Z HAM ALFREDO

Mike Fauzio
Jim Thorpe

2 packages Knorr Pasta sides, Alfredo

1 cup cooked ham, diced

1-8 ounce can whole corn, drained

1 cup shredded cheese of your choice (optional)

Make Alfredo sides according to package directions. Just before the noodles are cooked, add the corn and ham. Bring back to a boil. Let stand 1 minute. Sprinkle with cheese. Serve. Note: 1 cup frozen diced broccoli, thawed may be substituted for the corn.

SHRIMP AND SCALLOPS

Leslie Conover
Palmerton

1/2 cup flat leaf parsley, chopped

3/4 stick of butter, softened

2 tablespoons fresh lemon juice

4 tablespoons heavy cream

1 teaspoon salt

2 teaspoons Worcestershire

sauce,

4 cloves of garlic, minced

1 pound sea scallops

1 pound large shrimp, peeled and cleaned

2 tablespoons olive oil

3 plum tomatoes, seeded and chopped

1/2 cup fresh basil, thinly sliced

1/3 cup white wine

In bowl, mix first 7 ingredients. Dry seafood. In a nonstick or cast iron skillet, heat 1 tablespoon oil over medium high heat. Season scallops and saute 2-3 minutes turning once. Remove to bowl, add remaining oil and cook shrimp. Transfer to same bowl. Add tomatoes, basil and wine. Cook until almost dry, stirring. Stir in butter mixture just until melted. Stir in seafood. Serve with pasta or alone with crusty bread.

PORK DINNER

Jerry Funk
Jim Thorpe

4 pork loin or rib chops, 1 inch thick

1/4 cup beef broth

4 medium potatoes, cut into fourths

4 small carrots, cut into 1-inch pieces

4 medium onions, cut into fourths

3/4 teaspoon salt

1/4 teaspoon pepper

Chopped parsley

Remove fat from pork. Spray 12-inch skillet with cooking spray; heat over medium-high heat. Cook pork in skillet about 6 minutes, turning once, until brown. Add broth, potatoes, carrots and onions to skillet. Sprinkle with salt and pepper. Heat to boiling. Cover and simmer about 30 minutes or until

vegetables are tender and pork is slightly pink when cut near bone. Sprinkle with parsley.

SAUSAGE, PEPPERS AND ONIONS WITH PENNE

Mike Fauzio
Jim Thorpe

1 pound sweet Italian sausage links

1 large onion, cut in half and sliced

1 large green pepper, cut in strips

1 quart spaghetti sauce

1-16 ounce can stewed tomatoes, or Italian style tomatoes, undrained

1 box penne rigate

Parmesan cheese

Put sausage links in a large frying pan and cover with water. Cover pan and cook slowly until all water is absorbed. Add 1 tablespoon oil and brown sausage on all sides. Remove from pan and cool. Start cooking penne, according to package directions. Cut sausage links in slices, and cut each slice in quarters. Place in a Dutch oven, sprayed with cooking spray. Add prepared vegetables, and saute for about 5 minutes, until vegetables are crisp tender. Add spaghetti sauce and canned tomatoes. Bring to a boil and cook for about 5 minutes. Add drained pasta to pot, and stir to combine. Serve immediately, sprinkled with Parmesan cheese.

See **MAIN DISH** on Page 13

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MAIN DISH

LASAGNA CASSEROLE

Linda Fletcher
Walnutport

2 1/2 pounds ground beef
1 teaspoon onion salt
1 teaspoon celery salt
1/4 teaspoon pepper
1/2 cup ketchup
2 quarts pizza sauce
1 pound slightly cooked bow noodles

Fry ground beef, onion salt, celery salt, and pepper together. Drain grease. Add ketchup, pizza sauce and noodles and white sauce.

White Sauce:

1/3 cup butter
1/3 cup flour
2 cups milk
1/2 teaspoon salt
1/4 teaspoon pepper
1 1/4 cups Cheddar cheese
1 1/4 cups Mozzarella cheese

Melt butter and stir in flour. Add milk, cook until thickened. Add salt, pepper and cheeses. Bake

350 degrees for 25-35 minutes.

ONE-POT TEN-MINUTE BEEF AND BROCCOLI

Jerry Funk
Jim Thorpe

1 pound lean (at least 80%) ground beef
1 bag (12 ounce) frozen chopped broccoli
1 bunch scallions, chopped, greens and whites separated
3 cups cold cooked white rice
1 cup thick teriyaki marinade and sauce

In nonstick 5-quart Dutch oven, cook beef with salt to taste over medium-high heat, stirring frequently, until brown. Do not drain. Meanwhile, make broccoli as directed on bag. Add whites of scallions to pan with beef, and cook for 1 minute. Stir in rice and teriyaki sauce. Cook and stir about 2 minutes or until rice is heated through. Stir in broccoli. Top with scallion tops.

SHRIMP POTATO SOUP

Carmen McGlothlin
Tamaqua

8 medium potatoes, peeled and cubed
1/2 bag frozen corn
1/2 bag frozen chopped broccoli
1 bag frozen shrimp, cooked (I use medium size cut in half)
2/3 cup red pepper, chopped
6 tablespoons butter
6 tablespoons all-purpose flour
1/2 teaspoon salt
1/2 teaspoon pepper
1 1/2 cups milk
3 tablespoon cilantro
3-4 cups reserved liquid from boiled potatoes

Peel, cut and boil potatoes, drain, reserving liquid. In the same pot, add butter, stir in flour, salt and pepper; gradually add milk. Stir and add reserved liquid. Add corn, shrimp, broccoli and red pepper. Add cilantro and simmer for 20 minutes.

See **MAIN DISH** on Page 14



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MAIN DISH

IMPOSSIBLE CHEESEBURGER PIE Verla Craigle Tamaqua

1 pound ground beef
1 large onion, chopped
1/3 teaspoon salt
1 cup shredded cheese
1/2 cup biscuit baking mix
1 cup milk
2 eggs

Brown beef and onion, drain. Stir in salt. Spread in pie plate. Sprinkle with cheese. Stir remaining ingredients with fork in bowl until blended. Pour over pie plate mix. Bake 25 minutes at 400 degrees in a 9-inch pie pan.

SLOW-COOKER CREAMY TUSCAN CHICKEN

Jerry Funk
Jim Thorpe

1 tablespoon butter
1 20 ounce package boneless, skinless chicken breasts
1 15 ounce jar Alfredo pasta sauce with roasted garlic
1 7 ounce jar sun-dried tomato strips, cut into thin strips (about 1/2 cup)
1/4 cup Parmesan cheese, grated
1 teaspoon Italian seasoning
1 cup fresh spinach, chopped

In skillet, melt butter over medium heat. Add chicken breasts; cook 1 to 5 minutes, turning once until browned. In 4-quart slow cooker, place chicken breasts. In medium bowl, mix Alfredo sauce, sun-dried tomatoes, Parmesan cheese and Italian dressing until well mixed. Pour over chicken breasts. Cover and cook on low setting for 3-4 hours or until chicken is no longer

pink in the center (165 degrees). Stir in spinach; cook 5 minutes longer. Serve over linguine.

HOBO SOUP Jodi Trotman Lehighton

1 pack hot dogs, sliced
Large sweet onion, diced
4 stalks celery, diced
1 pound potatoes, peeled and diced
2 cans whole sweet corn
2 sticks butter
1/2 gallon whole milk
1/2 cup flour
Salt and pepper to taste
1 quart chicken stock

Place potatoes, celery and chicken stock in large pot; bring to a boil and cook until potatoes are tender. Place the diced hot dogs and onions in a saute pan with a stick of butter and cook until browned. Add the hot dogs and onions to the potatoes and celery (do not drain the celery and potatoes). Add the corn with the juice to the mixture. Add milk. Heat the mixture and thicken with rue made with the remaining stick of butter and flour. Depending on how thick or thin you want the soup, you can add more rue or not use at all.

COTTAGE CHEESE & NOODLES — POLISH NOODLES Joe D. Keglovits North Catasauqua

1/2 cup butter
1 small onion, diced
1 16-ounce package egg noodles
1 16-ounce package cottage cheese
1/2 cup sour cream

1/2 teaspoon salt
1/4 teaspoon ground black pepper

Melt butter in a saucepan over medium heat. Cook and stir onion in melted butter until softened, 7 to 10 minutes. Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, about 5 minutes. Drain and return to the pot. Stir butter and onion mixture, cottage cheese, sour cream, salt, and black pepper into the noodles. Place the pot over medium heat; cook and stir until heated through and warm, 5 to 8 minutes. Makes 6 servings.

PORK LOIN ROASTED WITH ORANGE AND GINGER Patti Missmer Northampton

1 loin of pork, 4 or 5 pounds
2 teaspoons salt
Freshly ground pepper
1 cup freshly squeezed orange juice
1/3 cup honey
1 tablespoon ground dried ginger
1/4 teaspoon ground cloves

Preheat oven to 350 degrees. Rub pork roast with salt and pepper and place fat side up in a roasting pan. Cook 1 1/2 to 3 hours or until meat thermometer reaches 180 degrees. Combine orange juice and honey and cloves in small saucepan and simmer 30 minutes. During the last hour of cooking, brush roast several times with this mixture to produce a shining glaze. Serve with rice pilaf or black beans.

See **MAIN DISH** on Page 15



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MAIN DISH

BAKED SPAGHETTI RING

Jerry Funk
Jim Thorpe

- 1 16-ounce package spaghetti, cooked
- 2 10 ounce frozen chopped spinach, cooked and drained
- 1/4 cup onion, chopped
- 4 eggs, beaten
- 1 1/3 cup Parmesan cheese, grated

Mix ingredients together. Pour in greased Bundt pan. Cover. Bake at 375 degrees for 25 or 30 minutes. Let stand 5 minutes before serving.

PASTA AND KIELBASA

Barbara Barber
North Catasauqua

- 1 16-ounce package bow tie pasta
- 1 10-ounce package frozen peas, thawed
- 1 pound kielbasa, sliced 1/2" thick
- 2 10.7-ounce cans Cheddar cheese soup
- 2 2/3 cups milk
- 1 teaspoon hot pepper sauce

1/4 teaspoon pepper

Preheat oven to 350 degrees. Spray 9-inch by 13-inch baking pan with nonstick cooking spray, set aside. Cook pasta according to package directions until al dente, drain well. Transfer to prepared pan. Pour peas evenly over pasta in a medium skillet over medium-high heat, cook kielbasa for 5 to 7 minutes or until browned. Add to pasta and peas. In a medium bowl, whisk together soup, milk, hot pepper sauce, and pepper. Pour over mixture in pan, toss to coat. Bake for 30 minutes or until heated through. Serve hot. Makes 8-12 servings.

OVEN BAKED FRIED CHICKEN

Jerry Funk
Jim Thorpe

- 3 1/2 pounds chicken breasts
- Salt and pepper to taste
- 1 large egg
- 1/8 cup milk
- 3 cups cornflakes, crushed
- 2 teaspoons salt

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- 2 tablespoons butter, melted

Preheat oven to 375 degrees. Line a baking sheet with foil and place a rack on top of foil. Spray baking rack with nonstick cooking spray. Rinse chicken and pat dry. Season with salt and pepper to taste. In a shallow dish, whisk egg and milk together. Combine cornflakes, salt, garlic powder, onion powder and cayenne in a shallow bowl. Dip the chicken into the egg mixture, then coat with corn flake mixture, pressing the crumbs onto the chicken (you can do up to this step about 3 hours in advance and keep uncovered in refrigerator). Drizzle melted butter over the chicken. For thin boneless, skinless chicken breast, bake for 20-25 minutes or until it reaches an internal temperature of 165 degrees. Thicker chicken breasts may take 30-45 minutes. Use a meat thermometer to test that it is 165 degrees. Serve immediately.

See **MAIN DISH** on Page 16

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MAIN DISH

VEGETABLE-MACARONI SOUP

Shirley Leinthall
Summit Hill

- 4 cups very hot tap water
- 3 cups tomato juice
- 1 16 ounce bag frozen broccoli, cauliflower and carrots
- 2/3 cup elbow macaroni, uncooked
- 1 1/2 teaspoons Italian seasoning
- 1/4 to 1/2 teaspoon hot pepper sauce, optional
- 1 can (about a 19 ounce) chick peas, undrained
- Grated Parmesan cheese, optional

Put all ingredients except pepper sauce, chick peas and Parmesan in a 4-5 quart sauce pot over high heat. Stir to blend, cover and bring to a boil. Uncover, reduce heat and simmer 8 minutes or until macaroni is tender. Stir in pepper sauce and chick peas; simmer 2 minutes until heated through. Pass cheese or sprinkle on top before serving. Makes about 4-6 servings.

BAKED NOODLE CASSEROLE

Robert P. Gutai
Allentown

- 1 1/2 pounds ground beef
- 1 green pepper, chopped
- 1 cup celery, chopped
- 2 small onions, chopped
- 1 4-ounce can mushrooms
- 1 can tomato soup
- 1 large can tomatoes
- 1 pound package narrow egg noodles, cooked

- 1 teaspoon chili powder
- 1 cup cheese, grated. Your choice of cheese.
- Salt and pepper to taste.

Cook noodles separately. Brown beef and put chopped celery, onion, pepper in pan with beef and cook 10 minutes. Add mushrooms. Mix above ingredients with tomatoes and tomato soup. Mix with cooked noodles, season and add grated cheese on top. Bake slowly in 325 degree oven for 1 hour. Serves 10-12. I check it in 1/2 hour.

SPICED PORK CHOPS

Marie A. Gutai
Allentown

- 1/2 cup all-purpose flour
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons ground mustard
- 1 1/2 teaspoons paprika
- 1/2 teaspoon celery salt
- 1/4 teaspoon ground ginger
- 1/8 teaspoon dried oregano
- 1/8 teaspoon dried basil
- 1/8 teaspoon salt
- Pinch of pepper
- 4 loin pork chops (about 3/4-inch thick)
- 1 to 2 tablespoons cooking oil
- 1 cup ketchup
- 1 cup water
- 1/4 cup brown sugar, packed

In a shallow dish, combine first 10 ingredients. Dredge pork chops on both sides. Place in a 13-inch by 9-inch greased baking dish. Combine ketchup, water and brown sugar, pour over pork chops. Bake uncovered at 350 degrees for 1 hour or until tender. Yields 4 servings.

LAZY MANS CABBAGE ROLLS

Jerry Funk
Jim Thorpe

- 1 pound ground beef
- 1 onion, diced
- 1 cup instant rice, uncooked
- 16 ounce can diced tomatoes
- 4 cups cabbage, chopped

Simmer first 4 ingredients in a sauce pan for 5 minutes. Spread cabbage in an ungreased baking pan; pour ground beef mixture on top. Cover and bake at 350 degrees for 1 hour. Do not stir.

BULVINIAI BLYNAI (CRISPY POTATO PANCAKES)

Lithuanian
Marie A. Gutai
Allentown

- 7 medium potatoes
- 1 medium onion, grated
- 3 eggs
- 1/2 teaspoon salt
- Dash of pepper
- 4 tablespoons flour
- Milk
- 1 teaspoon lemon juice
- Vegetable oil

Peel and grate potatoes, drain water. Add onion, eggs, salt and pepper. Add flour and mix until consistency of thick batter. If batter is too thick, add 1/8 to 1/4 cup of milk. Beat until mixture resembles waffle batter. Add lemon juice last. Fry in vegetable oil until golden brown on both sides. Drain on paper towel and serve with sour cream.

See **MAIN DISH** on Page 17

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MAIN DISH

BACON CHICKEN

Jerry Funk
Jim Thorpe

1 pound bacon, thinly sliced
6 boneless chicken breasts
Salt and pepper to taste

Wrap 2 to 3 slices bacon around each chicken breast; season with salt and pepper. Arrange in an ungreased 13-inch by 9-inch baking dish; bake at 350 degrees for 30 minutes. Turn chicken and drain drippings; bake 15 to 30 more minutes or until juices run clear when chicken is pierced with fork.

MY RATATOUILLE

Ruth Helmer
Coaldale

1 medium onion, sliced
1 bulb garlic, sliced
1 teaspoon oregano
1 large eggplant, sliced
1 medium zucchini, sliced
1 medium yellow squash, sliced
1 red pepper, sliced
1 yellow pepper, sliced
6 Roma tomatoes, sliced

1 1/4 cup vegetable broth
Slice all vegetables and pour vegetable broth over vegetables. Bake 350 degrees for 30 minutes. If desire, you can sprinkle cheese over the whole dish.

HAM LOAF

Marilyn Ackerman
Fleetwood PA

3 pounds lean ham, grind
2 pounds lean pork, grind
4 eggs, beaten
2 cups pineapple juice
2 cups cracker crumbs (not breadcrumbs)
Salt and pepper

Add ham and pork with eggs, pineapple juice and cracker crumbs. Salt and pepper. Mix all together like you would for meatloaf. Shape into loaves.

Sauce for Top:

1 1/2 cups brown sugar
1 tablespoon dry mustard
1/2 cup water
1/2 cup cider vinegar

Mix together. Cook for 5 minutes. Pour over loaves. Bake at 325

degrees till internal temperature reaches 160 degrees. I bake one loaf and freeze the others in aluminum pans for later.

CHICKEN CROQUETTES

Sharon Manning
Coaldale

1 pound boneless, skinless chicken
2 tablespoons butter
1 tablespoon onion, finely chopped
4 tablespoons flour
1 cup chicken stock or milk
Salt and pepper
Italian breadcrumbs

Cut chicken into small cubes, cook till done over medium heat. Chop up in food grater. Heat butter, onion and cook till brown. Add flour; stir till blended, slowly add milk or stock and stir over low heat until thick. Season to taste. Add chicken; mix well and chill thoroughly. Shape into croquettes and dip in eggs and Italian breadcrumbs. Brown 3-5 minutes.

See **MAIN** DISH on Page 18



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MAIN DISH

NEWLYWED BEEF AND NOODLES

Jerry Funk
Jim Thorpe

1 pound stewed beef, browned
3 14 1/2 ounce cans beef broth
4 cubes of beef bouillon
8 ounce package egg noodles

Add beef, broth and 3 broth cans of water to a slow cooker. Stir in bouillon cubes. Heat on low setting for 5 hours. Add noodles. Keep heating on low until noodles are done.



HAM BALLS

Sharon Manning
Coaldale

1 pound ground ham
1 pound loose sausage
1 cup Townhouse crackers,
crush by hand
1 egg
3/4 cup milk
Sauce:
1 1/2 cups ketchup
1 cup grape jelly

Mix ham, sausage, egg, milk and crackers. Add more crackers if you need to hold the meat together. Shape into balls. Mix the sauce and pour over ham balls in a crock pot. Cook for 3-4 hours.

ZUCCHINI CRABCAKES

Janet Kaiser
Bethlehem

2 1/2 cups zucchini,
grated
1 egg
2 tablespoons butter
1 cup breadcrumbs
1/4 cup onion, minced
1 teaspoon Old Bay Seasoning
1/4 cup flour

Mix and form into patties and fry.

CRISPY CHICKEN NUGGETS

Linda Amos
York PA

Liquid vegetable oil
4 eggs, room temperature
1 teaspoon salt
1/4 teaspoon pepper
1/4 cup vegetable oil
1 package French Onion soup mix
3 cups of instant potatoes
1 1/2 pounds of skinless chicken

parts, cut in about 16 bite size pieces

In a wide but shallow 2-inch pan, whisk together 4 beaten eggs, 1 teaspoon salt (I prefer Kosher), 1/4 teaspoon pepper. Beat till bubbles form.

In a second shallow pan, lined with aluminum foil, 3 cups instant mashed potatoes, 1 package Onion soup mix, crushed. Mix well. Dip boneless, skinless chicken pieces on a fork into egg mixture; to coat let drip. Dip egg soaked pieces into pan with instant potato flakes. Place pieces on a flat baking sheet or cookie pan, 2 inches apart. Repeat. Dip coated pieces into egg mixture; then into potato mixture for double coating.

In a skillet, add 1/4 cup of vegetable oil, wait for it to bubble; should be scalding hot on medium heat. Place coated chicken bites in pan. Fry till golden brown; until cooked through (do not rush) turn. Fry on other side. Using a slotted spoon, remove from hot grease. Place each bite size piece on a paper towel lined baking sheet to drain. These are very hot to the touch! If necessary, add 2 more tablespoons of cooking oil to pan; fry rest of bite size pieces.

Dipping Sauce:

2 tablespoons honey
2 teaspoons mustard
2 tablespoon ketchup
2 tablespoons green pickle relish.

Mix well in a cereal bowl. Should be enough dipping sauce for 4 people to enjoy!


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LUNCH

GERMAN RIVILLE SOUP Roxana Shupp Palmerton

3 cups flour
8 eggs
1 teaspoon salt
1 teaspoon white pepper
2 quarts milk
1/8 pound butter

Blend flour, eggs, salt and pepper. Meanwhile, heat 2 quarts of milk with the 1/8 pound of butter. Do not boil. Slowly add the mixture of other ingredients by breaking it into small pieces (or roll between hands). Allow soup to simmer very slowly for 10+ minutes, stirring constantly. Salt and Pepper to taste.

BAKED MACARONI AND CHEESE Jerry Funk Jim Thorpe

7 ounces penne pasta, uncooked
1/4 cup butter
1/4 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon ground mustard
1/4 teaspoon pepper
1/4 teaspoon Worcestershire sauce
2 cups milk
2 cups sharp cheddar cheese, shredded

Heat oven to 350 degrees. Cook and drain pasta as directed on package. While pasta is cooking, in 3-quart saucepan, melt butter over

low heat. Stir in flour, seasoned salt, mustard, pepper and Worcestershire sauce. Cook over low heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Using wire whisk, stir in cheese until melted.

Gently stir pasta in cheese sauce. Spoon into 4 ungreased 8-ounce Ramekins/gratin dishes or 10-ounce custard cups. Place filled cups in shallow baking pan (or baking sheet with sides). Bake uncovered 20 to 25 minutes or until bubbly.

CUCUMBER MINT SALAD

Joanne Gera
New Ringgold

5 cups cucumbers, peeled, seeded and chopped
1/3 cup + 1 tablespoon white vinegar
1/3 cup + 1 tablespoon sugar
3/4 cup water
Salt and pepper
2-3 tablespoons fresh mint, chopped

Peel cucumbers and cut in half lengthwise. Scrape out seeds. Cut into thin slices. Put into large bowl. Blend the vinegar, sugar, water, and salt and pepper in saucepan and bring to a simmer. Stir until sugar is dissolved. While still warm, pour over the cucumbers and mix to coat and add the

chopped mint. Let stand at room temperature until cool. Then refrigerate until well chilled.

CORN FRITTERS

Janet Kaiser
Bethlehem

2 cups corn
1/2 cup milk
1 1/2 cups flour
1 teaspoon salt
1/2 teaspoon pepper
2 teaspoons baking powder
1 tablespoon butter
1-2 eggs

Blend and form into patties. Sauté in a frying pan with a little oil.

GERMAN POTATO SALAD

Janet Kaiser
Bethlehem

1 1/2 pounds potatoes
500 ml or 16 ounces vegetable broth
1 medium onion, chopped
1/4 cup oil
1 tablespoon mustard
1/4 cup vinegar
Salt and pepper to taste
Parsley

Boil potatoes. Add together onion, 1/2 broth, oil, vinegar and mustard. Cool potatoes and slice. Add potatoes to onion mixture. Add salt and pepper and parsley. Mix and serve warm.

See **LUNCH** on Page 20

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LUNCH

CHICKEN TACO SALAD

Joanne Gera
New Ringgold

1 pound chicken breasts, cut into bite-sized pieces
1/2 of 1 ounce package of dry taco seasoning
2 cups salsa
1 4.5 ounce can diced green chilies
Salt

Fry the chicken in 1 tablespoon of oil. When the chicken is a bit browned; add the taco seasoning and stir well to thoroughly coat the chicken. Then add the salsa and green chilies. Mix in and cook on low heat until thickened.

To Serve:

Chopped lettuce for 4 salads
1 cup grated cheese
Ranch dressing
Tortilla chips

Place the lettuce on 4 plates and divide the chicken mixture in the center. Sprinkle the cheese over the chicken. Pour a small amount of ranch dressing around the edges.

GARDENER'S DELIGHT SALAD

Donna Hall
Times News Advertising

1 package spaghetti, broken in thirds
1 1/2 cups cooked chicken, cut in julienne strips
1 cup red cabbage, finely shredded

1/2 cup cauliflowerets, sliced
1/2 cup ripe olives, sliced
3 tablespoons red onion, chopped
1/2 cup Italian dressing
2 tablespoons parsley, chopped

Prepare spaghetti according to package directions. Drain. Com-

bine remaining ingredients with cooked spaghetti; mix well. Chill. Toss before serving. Makes 6 servings.

CITRUS APPLE SWEET POTATOES

Jerry Funk
Jim Thorpe

6 sweet potatoes, peeled, boiled and mashed
2 cups applesauce
1/2 cup brown sugar
4 teaspoons butter
1/2 cup orange juice

Mix ingredients together; place in a lightly buttered casserole dish. Bake at 350 degrees for 40 minutes.

BACON STUFFED MUSHROOMS

Jerry Funk
Jim Thorpe

2 pounds whole mushrooms, stems removed and reserved
1/2 onion, minced
8 slices bacon, crisply cooked and crumbled, dripping reserved
12 ounce package cream cheese, softened
1 cup cheddar cheese, shredded

Preheat oven to 350 degrees. Chop stems of mushrooms; mix in onion. Saute until tender; stir in bacon. Reduce heat and stir in cream cheese until melted. Remove from heat and spoon cheese mixture into mushroom caps. Arrange side by side on a greased baking sheet. Sprinkle with cheddar cheese. Bake for 15 minutes.

AMISH MACARONI SALAD

Janet Kaiser
Bethlehem

4 cups cooked macaroni
3 hard cooked eggs, diced
1/2 celery, diced
1/2 cup red or green pepper, diced
1/2 cup onion, diced
3 tablespoons mustard
1 cup mayo
1/3 cup sugar
2 tablespoons relish
1/2 teaspoon salt

Blend all together and refrigerate.

TUNA CHEESE PIE

Betty Karper
Jim Thorpe

1/2 cup mayonnaise
2 teaspoons flour
2 eggs, slightly beaten
1/2 cup milk
1/2 pound Swiss cheese, diced
8-10 ounce tuna, flaked
Pie crust, unbaked

Combine mayonnaise, flour, eggs and milk. Stir in cheese and tuna. Spoon into unbaked crust. Bake 350 degrees for 40-45 minutes.

CREPES

Elaine Ulshafer
Jim Thorpe

2 cups flour
3 cups milk
4 eggs
4 tablespoons sugar
1/2 teaspoon salt

Mix together. Put a small amount of oil in a small frying pan. Pour just enough in to coat the pan. Fry both sides. Fill with your favorite fillings. We do jams, apple butter, cottage cheese.

See **LUNCH** on Page 21



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LUNCH

CURRIED EGG SALAD SANDWICHES

Shirley Leinthall
Summit Hill

3 hard-cooked eggs, chopped
1/4 cup fat-free mayonnaise or salad dressing
1/4 teaspoon salt



1/4 teaspoon curry powder
1/4 cup carrot, shredded
2 tablespoons onion, finely chopped (optional)
2 tablespoons cashews, coarsely chopped
4 slices whole-grain bread

Stir together chicken nuggets with all ingredients except bread in small bowl. Spread egg mixture on 2 slices bread. Top with remaining bread. Makes 2 sandwiches.

1/2 of a 6 ounce can tomato paste
1-2 handfuls of noodles
1 small onion, chopped
1 carrot, chopped
1 bay leaf
1 can water
1 potato, diced
Salt and pepper

Brown the hamburger. Add vegetables and cook for 2 minutes. Add diced tomatoes with juice, beef broth and water and bay leaf. Simmer 1/2 hour. Add noodles and cook until noodles are tender.

HAMBURGER SOUP

Joanne Gera
New Ringgold

6-10 ounce hamburger
1 14-ounce can diced tomatoes, undrained
1 stalk celery, chopped
1 14-ounce can beef broth

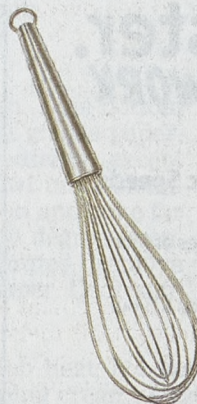
GERMAN CUCUMBER SALAD

Phyllis Keglovits
North Catasauqua

2 medium cucumbers, thinly sliced
4 scallions, thinly sliced
3 small tomatoes, sliced
2 tablespoons snipped fresh parsley

Dressing:
1/4 cup sour cream
1/4 teaspoon prepared mustard
2 tablespoons fresh dill, minced
1 tablespoon vinegar
1 tablespoon milk
1/8 teaspoon pepper

In a bowl, combine cucumbers, onions, tomatoes, and parsley. Combine dressing ingredients, pour over cucumber mixture and toss gently. Cover and chill for at least 1 hour (the longer the better).



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DESSERT

CHOCOLATE CHEESECAKE
Janet Reese
Walnutport

8 ounces cream cheese
1 cup Nutella
1 graham cracker crust
1/2 cup powdered sugar
2 cups whipped topping

Soften cream cheese, then mix powdered sugar and Nutella. Fold in topping. Pour in crust and refrigerate 4 hours.

1 MINUTE 30 SECOND FUDGE
Joanne Gera
New Ringgold

9 ounces butterscotch chips
10 ounces chocolate chips
1 can (14 ounces) sweetened condensed milk
Zap in microwave for 1 minute and 30 seconds. Stir until smooth.

Pour into buttered 8-inch x 8-inch pan.

Optionals: Nuts, 1 teaspoon vanilla

Variation: Substitute peanut butter chips for the butterscotch and add 2 tablespoons peanut butter.

CHOCOLATE MINT SQUARES
Mike Fauzio
Jim Thorpe

Cake:
1 cup all-purpose flour
1/2 cup butter or margarine, softened
1 1/2 cups chocolate syrup
1 teaspoon vanilla
1 cup sugar
4 eggs
1/2 teaspoon salt

Heat oven to 350 degrees. Grease rectangular 13 inch x 9-inch pan.

In large mixer bowl, beat all ingredients until smooth. Pour in prepared pan. Bake 25-30 minutes, until the top springs back when touched. The top may appear shiny or wet. Cool completely.

Mint Layer:
2 cups powdered sugar
1/2 cup butter, softened
1 tablespoon water
1/2 teaspoon mint extract
3 drops green food coloring (optional)

Beat until smooth. Spread on cooled cake.

Chocolate Icing:
Melt 1 cup chocolate chips and 6 tablespoons butter until smooth. Cool slightly and pour over mint layer. Spread chocolate to cover cake completely. Refrigerate.

Hint: After spreading the chocolate icing, refrigerate the cake until the icing is firm but not hard. Score the top with a knife and refrigerate until serving time. This will prevent the chocolate topping from cracking when the cake is cut. This is a rich cake, so small servings are best.

CHEESE CUSTARD
Joan Blose
Parryville

1-8 ounce cream cheese
1/2 cup sugar
2 heaping tablespoons flour
2 cups whole milk
2 eggs
1/2 teaspoon salt

Combine all ingredients in a blender: Blend well. Put in 9-inch pie shell. Bake 400 degrees for 30-35 minutes. Optional: Cinnamon sprinkled on top.

See **DESSERTS** on Page 23



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DESSERT

BUTTER SCOTCH BROWNIES

Joan Blose
Parryville

1/4 cup margarine, melted
1 cup brown sugar

Stir in:

1 egg
3/4 cup flour
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon vanilla

Bake 350 degrees for 15 to 20 minutes in a greased 8-inch x 8-inch pan.

BLUEBERRY BUCKLE

Victoria Trinidad
Slatington

1/4 cup butter, half stick of butter, softened

3/4 cup sugar
1 large egg, room temperature
2 cups flour
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup milk
2 cups blueberries

Topping:

2/3 cups sugar
1/2 cup flour
1/2 teaspoon cinnamon
1/3 cup cold butter, cut into cubes

Heat oven to 375 degrees. Take bowl, cream the butter that's been on the counter and the sugar until light and fluffy about 5 to 7 minutes. Add the egg; beat it well. In another bowl, mix flour, baking powder and salt. Mix both bowls together.

While doing that, add the milk very slowly. Once it looks like pancake batter, dump the blueberries in. Fold them in. Don't mix them, don't squish them; mix the blueber-

ries in gently. Get a greased 9-inch square baking pan. Pour the mix in there and spread it into pan.

For the topping mix sugar, flour and cinnamon together; then the cold cubed butter and use a fork and keep cutting through flour mixture with the fork until it turns into crumbs. Sprinkle over the top of blueberry mixture. Bake 40-45 minutes. To test if it's done, take toothpick or knife and insert in middle of the cake and if it comes out clean, it is done.

MACADAMIA FUDGE CAKE

Caren Watson
New Tripoli

1 cup all-purpose flour
3/4 cup sugar
3/4 cup sour cream
1/2 cup butter, softened
1/4 cup cocoa
1 1/2 teaspoons instant coffee
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon vanilla
1/4 teaspoon salt
1 egg

Grease 9-inch pan. Line bottom with wax paper and grease paper. Combine all ingredients except topping in large bowl until blended. Pour batter in pan and bake for 30-35 minutes in 350 degree oven. Cool about 10 minutes, remove from pan, discard paper. Cool completely

Topping:

Over medium high heat, beat 1 cup heavy or whipping cream, 1/2 cup sugar, 2 tablespoons butter, 1 tablespoon corn syrup, 4 squares semisweet chocolate to boiling, stirring constantly.

Reduce heat to medium. Cook 5 minutes, stirring constantly. Remove from heat; stir in 1 teaspoon

vanilla. Cool slightly, about 10 minutes. Stir in 1 (7 ounce) jar macadamia nuts. Quickly pour topping evenly over top of cake. Refrigerate until topping is firm, about 1 hour.

CHOCOLATE-TOFFEE BITES

Jerry Funk
Jim Thorpe

1 sleeve saltine crackers
1 cup butter
1/2 cup sugar
1 cup chocolate chips
1/2 cup walnuts, chopped

Line a 15-inch x 10-inch baking pan with aluminum foil and cover with a single layer of saltine crackers. Melt butter and sugar in saucepan; and boil for 2 minutes. Pour over crackers and bake at 350 degrees for 10 minutes. Sprinkle chocolate chips on top and spread when melted. Add chopped nuts. Refrigerate until cooled; break in 2-inch squares.

INDIVIDUAL APPLE CRISP

Janet Reese
Walnutport

1 apple, peeled and sliced
1 tablespoon flour
1 tablespoon granulated sugar
1 tablespoon quick cooking oats
1 tablespoon cold butter
1/8 teaspoon cinnamon
Dash of ginger
Dash of salt

Place apple in a small, greased baking dish. In a small bowl, combine remaining ingredients until crumbly. Sprinkle over apples. Bake uncovered at 375 degrees for 30 minutes or until done.

See **DESSERTS** on Page 24


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DESSERTS

LORI'S OLD FASHIONED WHITE CRUMB CAKE

Lori LaRizzio
Jim Thorpe

2 cups sugar
2 cups flour
2 teaspoons baking powder
1/2 cup butter, softened

Mix above ingredients into crumbs and set aside 1/2 cup for topping.

ADD:
2 eggs
1 cup milk
1 teaspoon vanilla

Mix well and pour into greased 9-inch x 9-inch pan. Sprinkle with remaining crumbs on top. Bake at 350 degrees for 35-40 minutes. This makes a great cake to be topped with ice cream or turned into a cake for berries and whipped cream. Enjoy!

CHOCOLATE PUDDING PIE

Joan Blose
Parryville

1/2 cup cocoa
1 cup sugar
1 teaspoon salt
1 1/2 teaspoons vanilla
1/3 cup cornstarch
3 tablespoons margarine

3 cups whole milk

Mix all dry ingredients. Add milk slowly until combined. Cook over medium heat, stirring constantly until thickened. Pour into a "cooled" baked pie shell.

APPLE DESSERT

Jerry Funk
Jim Thorpe

1 8-ounce crescent dough sheet
3 cups cooking apples, chopped, peeled
1/2 cup caramel topping
1/4 cup all-purpose flour 1/2 cup butter, softened
3/4 cup brown sugar, packed
1/2 cup all-purpose flour
1/2 cup quick cooking oats
1/2 teaspoon ground cinnamon
1/2 cup pecans, chopped

Heat oven to 375 degrees. Spray a 13-inch by 9-inch (3 quart) glass baking dish with cooking spray. Unroll dough; press in bottom and 1/2 inch up sides of pan. Sprinkle apples over dough. In 1 quart saucepan, heat caramel topping and 1/4 cup flour to boiling over medium heat, stirring constantly. Boil 1 minute, stirring constantly, until thickened. Drizzle over apples. In medium bowl, mix brown sugar, flour, oats and cinnamon. With

pastry blender, cut in butter, until mixture looks like fine crumbs. Stir in pecans. Sprinkle evenly over apples. Bake 18 to 22 minutes or until top is golden brown and apples are tender.

OLD FASHIONED RICE PUDDING

Joseph T. Keglovits
North Catasauqua

1 1/2 cups cooked rice
2 cups milk, divided
1/4 teaspoon salt
1 egg, beaten
1/3 cup white sugar
2/3 cup golden raisins, optional
1 tablespoon butter
1/2 teaspoon vanilla extract

Combine cooked rice, 1 1/2 cups milk, and salt in a saucepan over medium heat; cook and stir until thick and creamy, 15 to 20 minutes. Stir remaining 1/2 cup milk, golden raisins, beaten egg, and white sugar into the rice mixture; stirring continually. Continue cooking until egg is set, 2 to 3 minutes. Remove saucepan from heat; stir butter and vanilla extract into the pudding. Put mixture into a bowl and chill in refrigerator. Makes 4 servings.

See **DESSERTS** on Page 25

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DESSERTS

EASY VANILLA FUDGE

Jerry Funk
Jim Thorpe

- 8 ounce cream cheese, softened
- 4 cups powdered sugar
- 1 1/2 teaspoons vanilla extract
- 12 ounce package vanilla chips
- 3/4 cup nuts, chopped

Blend cream cheese, powder sugar and vanilla together until smooth, set aside. Melt chips, stir into cream cheese mixture, mixing well. Fold in nuts. Pour into a lighter buttered 8-inch by 8-inch baking dish. Refrigerate until firm; cut into squares to serve.

AMISH CINNAMON BREAD

Janet Kaiser
Bethlehem

- 1 cup butter
- 2 cups sugar
- 2 eggs
- 2 cups buttermilk (2 cups milk + 2 tablespoons vinegar)
- 4 cups flour
- 2 teaspoons baking soda

Mix ingredients together and pour 1/2 batter into greased pan. Sprinkle 3/4 cinnamon mix into batter. Add remaining batter. Sprinkle last mixture on top. Bake at 350 degrees for 45-50 minutes. Makes 2 loaves.

Cinnamon/Sugar Mixture

- 2/3 cup sugar
- 2 teaspoons cinnamon

GRAPE LEMON TART

Joanne Gera
New Ringgold

Crust:

- 1 egg yolk
- Grated peel from 1 lemon
- 1/2 cup butter, softened

- 1 cup flour
- 1/2 cup coconut

Mix together to make a soft dough. Press dough into buttered 8-inch pie dish covering bottom and 1-inch up sides. This is easier with wet fingers. Prick all over with a fork. Bake at 375 degrees for 15-20 minutes. Cool.

Filling:

- Grated peel from 1 lemon
- 4 eggs
- 1 cup sugar
- Juice from 2 lemons
- 1/3 cup butter, softened

Measure into blender and process until thoroughly mixed. Pour into heavy pan and cook over medium heat stirring constantly until thickened (about 4-5 minutes). Cool and pour into cooled crust.

Topping:

Either red, black or green seedless grapes or a combination of colors.

Starting at the outside make concentric circles with the grapes working toward the center. Cover tart completely with the grapes. Press grapes slightly into lemon filling. Chill thoroughly before serving.

CONNOR'S LAVA CAKES

Connor Bevan
Bethlehem

- 8 ounce sweet chocolate morsels
- 1 1/4 sticks butter
- 1/2 cup flour
- 1 1/2 cups confectioner's sugar
- 3 eggs
- 3 egg yolks
- 2 teaspoons vanilla

Preheat oven to 425 degrees. Grease 6 ramekin dishes. Melt chocolate and butter in the micro-

wave on low so you do not burn. Add flour and sugar and mix. Stir in eggs and yolks. Add vanilla and stir. Pour into cups and bake about 14 minutes. Serve warm with vanilla ice cream. Enjoy!

MICROWAVE FUDGE

Betty Karper
Jim Thorpe

- 2 bags chocolate chips
- 1 can condensed milk
- 1 cup peanut butter
- Chopped nuts, optional

Mix all together and put in the microwave for 3 minutes. Roll into balls and roll in nuts or press into a baking dish. Refrigerate.

APPLE CAKE

Ann B. Dreyer
Allentown

- 3 apples, peel and sliced
- 2 tablespoons cinnamon
- 4 tablespoons sugar
- 2 cups sugar
- 1 cup oil
- 4 eggs
- 2 1/2 teaspoons vanilla
- 1/4 cup apple juice
- 3 cups flour
- 1 teaspoon salt
- 1 teaspoon baking soda

Peel and sliced apples. Mix with cinnamon and sugar. Set aside. Mix sugar and oil. Add eggs, vanilla and apple juice. Gradually blend in flour, salt and baking soda. Layer cake mix and apples in greased and floured tube pan. End with apples on top. Bake at 350 degrees for 75 minutes. Cool 15 minutes.

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See **DESSERTS** on Page 26

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DESSERTS

TANDY CAKE

Mike Fauzio
Jim Thorpe

1 cup whole milk
4 eggs
1/2 teaspoon vanilla extract
2 teaspoons baking powder
1 cup peanut butter
2 tablespoons butter
2 cups sugar
2 cups flour
1 8 ounce milk chocolate candy bar, melted

Pour milk in a 1 quart saucepan. Scald on top of stove (cook slowly until bubbles start to form around rim of pan ... do not bring to a full boil). Add butter and set aside to cool.

In a large mixing bowl, beat eggs until foamy. Gradually add sugar and beat until thick and yellow. Add vanilla, and beat until blended. Sift flour and baking powder together, and add alternately to eggs with milk*. Mix only until combined.

Grease and flour a 15-inch x 10-inch jelly roll pan. Pour batter into pan. Bake at 350 degrees for 15 minutes, until top springs back when touched, and is lightly browned. Remove from oven, and set pan on a wire rack to cool slightly. While cake is still warm (not hot), spread with peanut butter, being careful not to tear top of cake. Let cake cool completely, and pour melted chocolate on top of peanut butter, spreading to cover cake. Let the chocolate set, then refrigerate cake.

TIP: Before placing cake in refrigerator, use a knife to "score" the top of the chocolate into serving size portions to prevent it from cracking when it is cold. You can also remove cake from refrigerator 30 minutes before serving so choc-

olate comes to room temperature.

*Note: If a "skin" has formed on top of the warmed milk, remove it before adding to the cake batter.

SAND TARTS (COOKIES)

Janet Kaiser
Bethlehem

2 cups butter
2 1/2 cups sugar
2 eggs
4 cups flour
Sprinkles

Mix ingredients except for sprinkles until blended and dough is not to sticky. Wrap and chill dough overnight. Roll in small batches and roll dough very thin. Try not to use a lot of flour when rolling out. Place cookies on a baking sheet and add sprinkles. Bake 350 degrees for 8-10 minutes. Place cookies in a metal tin for crispness.

CHOCOLATE CREAM CHEESE BROWNIES

Phyllis Keglovits
North Catasauqua

1 package (4 ounces) German sweet chocolate
3 tablespoons butter
2 eggs
3/4 cup sugar
1/2 cup all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon salt
1 teaspoon vanilla extract
1/4 teaspoon almond extract
1/2 cup nuts, chopped (optional)
Filling:
2 tablespoons butter, softened
1 package (3 ounces) cream cheese, softened
1/4 cup sugar
1 egg
1 tablespoon all-purpose flour
1/2 teaspoon vanilla extract

In a saucepan, melt chocolate and butter over low heat, stirring until smooth. Remove from the heat and set aside.

In a small mixing bowl, beat the eggs. Gradually add sugar, beating until thick and pale yellow.

Combine the flour, baking powder, and salt, add to egg mixture and mix well. Stir in the extracts and reserved melted chocolate. Add the nuts. Pour half the batter into a 8-inch greased square baking dish and set aside.

For filling, in another small mixing bowl, beat the butter, cream cheese, and sugar until light and fluffy. Add the egg, flour, and vanilla. Mix well. Pour over batter in pan. Spoon remaining batter over filling. With a knife, cut through the batter to create a marble effect.

Bake at 325 degrees for 35-40 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack. Cut into bars. Store in the refrigerator. Yields about 2 dozen.

TRIPLE ORANGE PUDDING

Joanne Gera
New Ringgold

1-3 ounce package cooked vanilla pudding mix
2 cups milk
Zest of one large orange
1/2 teaspoon orange extract
1 tablespoon Grand Marnier or other orange liqueur

Zest the orange and let steep for 2-3 minutes in 1 cup hot milk. Then add the remaining cup of milk and the pudding mix and cook according to package directions. When finished, add the orange extract and the Grand Marnier. Pour into individual 1/2 cup serving dishes and cool.

See **DESSERTS** on Page 27



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DESSERTS

CHOCOLATE BANANA SPLIT CAKE

Barbara Barber
North Catasauqua

1 sheet (18-inch by 12-inches) nonstick foil or heavy-duty foil, lightly sprayed with nonstick cooking spray

- 1 cup packed brown sugar
- 1/2 cup (1 stick) butter, softened
- 2 eggs
- 2 very ripe bananas, mashed
- 1/4 teaspoon banana extract, optional
- 1 cup all-purpose flour
- 5 tablespoons unsweetened cocoa powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 pint strawberries, sliced
- 2 firm bananas
- Chopped nuts
- Whipped cream or whipped topping
- Chocolate syrup

Preheat oven to 350 degrees. Center foil over 9-inch by 5-inch by 3-inch loaf pan. Gently ease foil into pan; leaving 1-inch overhang on sides of pan and 5-inch overhang on ends.

Beat brown sugar and butter in large bowl with electric mixer at medium speed until light and fluffy. Add eggs; beat until smooth. Add mashed bananas; beat until blended. Beat in extract.

Combine flour, cocoa, baking soda, and salt in medium bowl. Gradually add dry ingredients to creamed mixture, beating until smooth.

Pour batter into prepared pan. Fold foil over batter to cover batter completely; crimp foil, leaving head space for cake to rise.

Bake 1 hour and 15 minutes or until toothpick inserted into center

comes out clean. Cool 10 minutes on wire rack. Open foil and lift cake from pan. Cool completely.

Slice cake into 8 (1 inch thick) slices. Serve with strawberries, sliced bananas, whipped topping, nuts and drizzle of chocolate syrup. Makes 8 servings.

ZUCCHINI BREAD WITH PINEAPPLE

Janet Kaiser
Bethlehem

- 1 cup oil
- 1 1/2 cups sugar
- 3 eggs
- 2 teaspoons vanilla
- 2 cups zucchini, grated
- 1 cup crushed pineapple
- 3 1/2 cups flour
- 1 1/4 teaspoon salt
- 1 1/2 teaspoons baking soda
- 3/4 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 cup walnuts, chopped

Cream sugar, oil and eggs. Add other ingredients until well blended. Pour into 2 greased loaf pans. Bake 325 degrees for 1 hour.

COCONUT CAKE

Joan Blöse
Parryville

- 1 Butter cake mix
- 1 can (12 ounce or 14 ounce) sweetened condensed milk
- 1 can (12 ounce) cream of coconut milk
- Nondairy whipped topping
- Flaked coconut

Grease and lightly flour 9-inch by 12-inch pan. Bake cake mix according to directions on box. When cake is cooled, poke fork holes in cake. Heat on stove (low heat until mixed) the canned milk and coco-

nut milk. Pour over cake and cool. Top with whipped topping and sprinkle with flaked coconut. Refrigerate.

ANGEL DELIGHT

Verla Craigle

Tamaqua

- 1 16 ounce sour cream
 - 1 large box vanilla instant pudding
 - 1 large can crushed pineapple
- Blend altogether. Easy and very good.

PUMPKIN CAKE

Ted LaRizzio

Jim Thorpe

Cake:

- 15 ounce can of pumpkin
- 1 cup vegetable oil
- 4 eggs
- 2 cups sugar
- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt

Preheat oven to 350 degrees. Beat together eggs, oil, pumpkin and sugar. Stir in remaining ingredients until evenly combined. Pour batter into greased and floured 9-inch by 13-inch pan. Bake for 30 minutes or until center springs back.

Cream Cheese Frosting:

- 8 ounce cream cheese, room temperature
 - 1/2 cup butter, room temperature
- Beat cream cheese and butter together.

Then add:

- 4 cups powdered sugar
 - 2 teaspoons vanilla extract
- Beat until creamy.

See **DESSERTS** on Page 28

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DESSERTS

EGGNOG CHEESECAKE SQUARES

Barbara Barber
North Catasauqua

1 3/4 cup buttery cracker crumbs
3/4 cup sugar, divided
1 1/8 teaspoon ground nutmeg, divided
1/3 cup butter, melted
3 8-ounce packages cream cheese, softened
1 teaspoon vanilla extract
2 eggs
1 cup eggnog

Preheat oven to 350 degrees. In a 9-inch by 13-inch baking pan, mix cracker crumbs, 1/4 cup sugar, 1/2 teaspoon nutmeg and butter. Press firmly in pan and bake for 8 minutes and then remove from oven.

In a large mixing bowl, beat cream cheese on medium speed until smooth. Add 1/2 sugar, vanilla, and 1/2 teaspoon nutmeg. Beat until combined. Add eggs, one at a time, beating on medium speed after each addition until just combined. Stir in eggnog. Pour mixture over crust and bake for 22 minutes or until almost set. Cool in pan on a wire rack for 1 hour. Sprinkle with remaining 1/8 teaspoon nutmeg. Refrigerate for at least 2 hours. Cut into squares to serve. Make 10-14 servings.

PEACH ALASKA CAKE

Joanne Gera
New Ringold

1 1/4 cup flour
2 1/2 teaspoons baking powder
1/3 cup shortening
1 teaspoon vanilla
3/4 cup sugar
1/2 teaspoon salt
1/2 cup milk, divided
4 egg yolks
Fresh sliced peaches for garnish
Meringue:
4 egg whites
1 cup sugar
Pinch of cream of tartar
1/2 teaspoon vanilla

Mix dry ingredients. Beat egg whites. When foamy add cream of tartar then slowly beat in sugar until soft peak stage. Add vanilla. Set aside.

Beat shortening, egg yolks and vanilla together until well mixed. Add dry ingredients and half of the milk. Beat for 2 minutes. Add re-

maining milk and beat for another 2 minutes. Pour batter into greased 9-inch by 13-inch pan and smooth out. Then spread meringue evenly over the top of the batter. Bake at 350 degrees for 40-45 minutes. Serve with fresh sliced peaches.

PIÑA COLADA FROZEN DESSERT

Shirley Leinthall
Summit Hill

1 1/4 cups graham cracker crumbs (about 15-18 squares)
1/4 cup butter or margarine, melted
1 tablespoon sugar
1 quart vanilla no-sugar added, reduced-fat ice cream, slightly softened
1 8 ounce can crushed pineapple in juice, undrained
1/4 cup rum or 2 teaspoons rum extract
2 teaspoons coconut extract, if desired
1/4 to 1/2 cup flaked coconut, toasted

Heat oven to 350 degrees. Stir cracker crumbs, butter and sugar in small bowl until mixed. Press into ungreased square baking dish, 8-inch by 8-inch by 2-inch. Bake about 10-12 minutes or until dry. Cool completely, about 1 hour.

Beat ice cream, pineapple, rum and coconut extract in large bowl with electric mixer on low speed just until blended. Spread in baked crust. Freeze about 6 hours or until firm. Remove dessert from freezer about 5 minutes before serving. Sprinkle with coconut. Cut into 12 squares.

To toast coconut, bake uncovered in an ungreased shallow pan in a 350 degree oven for 5 to 7 minutes, or until golden brown.

SOUTHERN RICE PUDDING

Patti Missmer
Northampton

1 cup water
1/3 cup short grain rice
1 vanilla bean
Pinch of salt
2 1/2 cups milk
2 large eggs, beaten
3 tablespoons sugar
1/4 teaspoon ground cinnamon
3 tablespoons seedless raisins
Nutmeg

Preheat oven to 350 degrees.

Butter a 6 cup deep pie plate. Boil water, add rice, vanilla bean, salt. Simmer for 10 minutes until all liquid is absorbed. Pour in half the milk for another 10 minutes; simmer. Beat together eggs, remaining milk, sugar and cinnamon. Remove the pan from heat and stir in egg mixture. Remove the vanilla bean. Pour rice mixture in the buttered pie plate. Stir in the raisins and sprinkle with nutmeg. Stand the pie plate in a roasting pan half filled with hot water. Bake uncovered for 1 hour until the rice pudding is firm. Serve hot or cold. Serves 8.

APPLE STREUSEL COFFEE CAKE

Theresa Shott
Treskow

1 1/2 cups sifted flour
2 1/4 teaspoon baking powder
1/2 cup sugar
1/2 teaspoon salt
1/2 teaspoon cinnamon
1 egg
2 cups milk
1/4 cup margarine, melted
3 medium apples, peeled and chopped (I use McIntosh)

Sift dry ingredients. Beat egg, milk and margarine and pour into dry ingredients. Add apples and mix well. Put into 9-inch round cake pan, well greased. Put on topping and bake at 375 degrees for 30-35 minutes.

Topping:

1/3 cup sugar
2 tablespoons flour
1/2 teaspoon cinnamon
1 tablespoon margarine
Mix with fork until crumbly.

PINEAPPLE PARFAIT

Marilyn Ackerman
Fleetwood, PA

2 cups sour cream
1 20-ounce crushed pineapple, drain well
1 can sweetened condensed milk
1/4 cup lemon juice
1 cup pecans, chopped
Maraschino cherries

Combine sour cream, pineapple, canned milk and lemon juice. Mix very well. Layer with nuts into parfait glasses or a special glass clear bowl. Garnish with cherries. Chill. Keep refrigerated.

See **DESSERTS** on Page 29

DESSERTS

SIMPLE HOLIDAY COOKIES

**Jerry Funk
Jim Thorpe**

- 1 cup butter, softened
- 3/4 cup sugar
- 2 cups all-purpose flour
- 1 cup walnuts, chopped
- Powdered sugar

Cream butter and sugar together; add flour, mixing well. Stir in walnuts and refrigerate for 30 minutes. Roll dough into 1-inch balls. Bake at 350 degrees on ungreased baking sheet for 12 minutes. Roll in powder sugar while still warm.

ORANGE BALLS

**Jeanne Tilghman
Salisbury Twp.**

- 1 pound vanilla wafers, ground up
- 1 pound confectioners' sugar
- 1 stick oleo
- 1 6-ounce can orange juice, thawed
- Shredded coconut

Mix all together except for the coconut. Make balls. Roll in coconut and keep in refrigerator until ready to serve.

COCONUT CAKE

**Marilyn Ackerman
Fleetwood PA**

- 2 cups sugar
- 3/4 cup shortening
- 5 eggs
- 2 cups flour
- 2 1/2 teaspoons baking powder
- 1 cup milk
- 1/2 teaspoon vanilla
- 1 cup coconut

Blend all ingredients except coconut. Add coconut last. Bake 350 degrees until cake tester is clean when checking center of cake.

CHOCOLATE ÉCLAIR PIE

**Betty Karper
Jim Thorpe**

- 1 box Keebler club crackers
- 2 boxes vanilla instant pudding
- 1 8-ounce nondairy whipped topping
- 1 chocolate fudge icing, melted

Make pudding according to the box directions. then add whipped topping and mix together. Line

your 9-inch by 13-inch pan with a layer of crackers. On top of crackers spread layer of pudding and whipped topping mixture. Continue to do this until you get to your last layer of crackers. On top of your last layer of crackers, spread the melted chocolate fudge icing. Put in refrigerator for 3 hours.

Example: Crackers, pudding mixture, crackers, pudding mixture, crackers, pudding mixture, chocolate fudge icing.

PRUNE BROWNIES

**Patti Missmer
Northampton**

- 2/3 cups pitted prunes
- 3/4 cup flour
- 1/2 cup sugar
- 1/3 cup unsweetened cocoa powder
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 whole eggs or 4 egg whites
- 2 teaspoons vanilla extract
- 1/2 cup walnuts, chopped, optional

Puree prunes until smooth. Set aside. Preheat oven to 350 degrees. Grease 8-inch square pan. Sift together flour, sugar, cocoa, baking powder, salt. Add puree prunes, eggs and vanilla. Beat on low speed until a stiff batter forms. Fold in nuts if desired. Bake 20 to 25 minutes, or until top looks dry. Remove from oven. Cut into 16 squares. Let cool completely. Store in air tight container, or wrap well and refrigerate.

Yields 16 brownies.

PEANUT BUTTER CREAM PIE

**Patti Missmer
Northampton**

- 1 8-ounce package cream cheese, softened
- 3/4 cup confectioners' sugar
- 1/2 cup creamy peanut butter
- 6 tablespoons milk
- 1 8 ounce container frozen whipped cream, thawed
- 1 9-inch graham cracker crust
- 1/4 cup peanuts, chopped

Beat cream cheese until fluffy. Add sugar and peanut butter, mix well. Gradually add the milk. Fold in the whipped cream topping. Spoon into the crust. Sprinkle with peanuts. Chill overnight. Yields 6 to 8 servings.

PEACH ALASKA PIE

**Betty Karper
Jim Thorpe**

- 1 3 ounce package peach gelatin, any flavor or sugar free
- 2/3 cup boiling water
- 1 cup vanilla ice cream
- 1 cup peaches, diced
- 3 1/2 cup whipped topping

Dissolve gelatin in boiling water. Add ice cream by spoonfuls. Stir until melted and smooth. Blend in whipped topping and fruit. Spoon in baked 9-inch pie crust. Chill for 3 hours.

See **DESSERTS** on Page 30



DESSERTS

COCONUT CREAM DESSERT

Evelyn Haas
Slatington

60 round butter crackers,
crushed
1/4 pound butter, melted
Mix the crackers and butter.
Press in a 9-inch by 13-inch pan

2 small packages vanilla instant
pudding or coconut cream pud-
ding, dry
1 1/2 cups milk
1 quart soft vanilla ice cream
1/2 cup coconut
Nondairy whipped topping

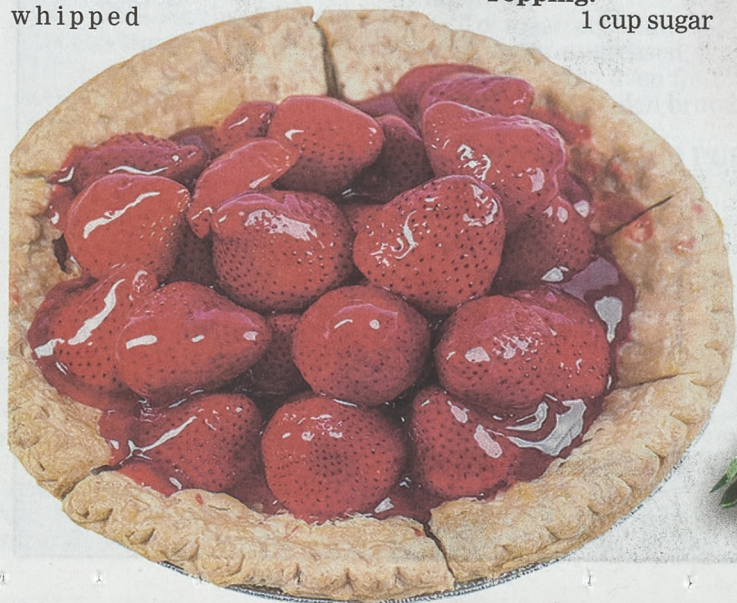
Mix above ingredients except
whipped topping. Pour over crack-
ers. Top with whipped cream.
Sprinkle with coconut and cracker
crumbs. Refrigerate.

HESS'S STRAWBERRY PIE

Audrey Kemmerer
Parrish, Florida
Formerly from Whitehall)

1 9-inch baked pie crust
4 cups whole strawberries
3/4 cup sugar
1 cup cold water
2 tablespoons cornstarch
1 3 ounce package strawberry
gelatin

Arrange strawberries in pie
shell. Mix in saucepan the sugar,
water and cornstarch. Cook until
thick and clear. Remove from heat
and add the strawberry gelatin.
Stir. Pour over berries in pie shell.
Chill. Serve with
whipped



cream. You can also substitute
with peaches and peach Jell-O.

STRAWBERRY FUDGE TRUFFLES

Marie Gutai
Allentown

6 ounce package semisweet
chocolate morsels
1/2 cup almonds, toasted and
finely chopped
8 ounce cream cheese, room
temperature
1/4 cup vanilla wafer crumbs
(approximately 20 wafers)
1/4 cup strawberry preserves

In a small saucepan, melt choc-
olate over low heat. Put almonds
in a small bowl. In a medium bowl,
beat cream cheese until smooth
and creamy. Add melted chocolate,
beating until smooth. Stir in van-
illa wafer crumbs and preserves,
mixing well. Cover and chill for 1
hour. Remove from refrigerator
and shape mixture into 1-inch balls
or "truffles." Roll each truffle in
the almonds. Chill truffles until
serving time.

RASPBERRY CUSTARD KUCHEN

"A German Treat"
Patti Missmer
Northampton

1 1/2 cups flour, divided
1/2 teaspoon salt
1/2 cup cold butter or margarine
2 tablespoons whipping cream
1/2 cup sugar
3 cups fresh raspberries

Topping:

1 cup sugar

1 tablespoon all-purpose flour
2 eggs, beaten
1 cup whipping cream
1 teaspoon vanilla extract

Combine 1 cup flour and salt;
cut in butter to resemble coarse
crumbs. Stir in cream; put in a
greased 13-inch by 9-inch by 2-inch
baking pan. Combine the sugar
and remaining flour, sprinkle over
crust. Arrange raspberries over
crust. For topping, combine sugar
and flour. Stir in eggs, cream and
vanilla. Pour over berries. Bake at
375 degrees for 40-45 minutes. Serve
warm or chilled. Store in the refriger-
ator. Yields 10-12 servings.

LEMON PUDDING PIE

Evelyn Haas
Slatington

8 ounce cream cheese
1/2 cup milk
2 packages instant lemon pud-
ding
3 cups milk

Cream together the cream
cheese and milk. Add the pudding
and milk. Pour in graham crust.
Chill.

HAWAIIAN BANANA CAKE

Barbara Berger
Slatington

1 1/2 cups sugar
1/2 cup shortening
1 cup (about 3) ripe bananas,
mashed
1/4 cup sour milk (I use 1 tea-
spoon vinegar in milk to make it
sour)

1 teaspoon baking soda
2 eggs, beaten
1 teaspoon vanilla
1/2 teaspoon salt
2 cups flour
1 20 ounce can crushed pineap-
ple
1/2 cup walnuts, chopped

Blend all dry ingredients togeth-
er. Mix baking soda and milk.
Add all other ingredients;
mix well. Bake at 350 degrees
for 35 to 40 minutes in
greased 13-inch
by 9-inch pan
or 2 8-inch lay-
er pans until
done. Frost
with cream
cheese icing.





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WHAT IS THE COOKING TIME AND TEMP?

Jaindl Turkeys are lean so cooking at 325 degrees for 15 minutes per lb is highly recommended. If you're stuffing the turkey, add an additional 30 minutes to the total cooking time.

SERVING SIZE

Rule of thumb is 1 - 1 1/2 pounds per adult serving plus a little extra for leftovers. On a turkey less than 12 pounds, it is recommended about 2 pounds per person since there is a smaller meat to bone ratio.

OTHER IMPORTANT TIPS

- Take a fresh turkey out of the refrigerator approximately 1/2 hour before you want to start cooking it.
- Resist opening the oven door so the temp stays consistent. It's not necessary to baste the turkey.

Anne Jaindl
1987



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HEALTHY EATING

WACKY BEAN SALAD

Linda Vastyshak
Leighton

- 1 package Wacky Mac pasta
- 1 14-ounce can wax beans, drained
- 1 cup sweet onions, chopped
- 1/2 cup oil
- 1 1/2 cups grape tomatoes, halved
- 1-14 ounce can green beans, drained
- 1-14 ounce can kidney beans, drained
- 3/4 cup cider vinegar
- 2/3 cup sugar
- Salt and pepper

Cook pasta, drain. Combine drained beans and onion in large bowl. In small bowl, combine vinegar and oil; slowly add in sugar to dissolve. Add pasta and vinegar mixture to the beans. Add tomatoes and salt and pepper to taste. Serves 6.

PESTO WITH BASIL

Jamie Hafer
Andreas

- 2 cups fresh basil leaves, rinsed and thoroughly dried
- 4 gloves of garlic
- 1/3 cup virgin olive oil (you may have to add a little more if seems dry)
- 1/4 cup pine nuts, you can use walnuts also in place
- 1/4 cup fresh Parmesan cheese, grated
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

I have found the best way to thoroughly rinse basil is to fill the sink with cold water and swish around,

you may have to change the water several times. You can shake dry but I also used a salad spinner to dry leaves. I place all the above in a food processor and process until pureed. Refrigerate in a covered glass container until ready. Keep in refrigerator 3-4 days. You may have to stir if it has been in the refrigerator to mix oil. You can also freeze pesto.

TORTILLA PIZZAS

Anna Marie Dolgos
Bethlehem

- 3/4 cup mayonnaise
- 1/2 cup Parmesan cheese, grated
- 1/2 cup Mozzarella cheese, shredded
- 1/2 cup red onion, minced
- 1/4 cup green pepper, minced
- 1/4 cup sweet red pepper, minced
- 3 garlic cloves, minced
- 2 teaspoons dried basil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 4 flour tortillas

In a bowl, combine the first 10 ingredients; mix well. Place tortillas on greased baking sheet, spread with cheese mixture. Bake at 400 degrees for 9-10 minutes or until golden. Cut into wedges.

HEALTHY PEANUT BUTTER ENERGY BALLS

Lori LaRizzio
Jim Thorpe

- 1 1/2 cups healthy peanut butter (I use the no stir kind)
- 1/2 cup honey
- 1 1/2 cups rolled oats
- 1/2 cup vanilla protein powder (you can use chocolate)

- Dash sea salt
- 1/2 cup mini dark chocolate chips

Optional: Cocoa powder, coconut flakes or ground nuts

Add peanut butter and honey and stir in oats and protein powder then add salt and chocolate chips till combined then roll into 1-inch balls. You can roll them in the nuts, coconut or dust them with cocoa powder as desired. They'll truly a healthy snack after a workout!

CREAM OF MUSHROOM SOUP

Linda Vastyshak
Leighton

- 1 pound mushrooms, sliced
- 2 tablespoons onions, cut up
- 1/4 cup carrots, diced
- 2 teaspoons chicken bouillon
- 1/8 teaspoon pepper
- 3 tablespoons flour mixed with 1/4 cup cold water
- 3 tablespoons butter
- 1/2 cup celery, cut up
- 2 cups boiling water
- 1 teaspoon salt
- 1 can evaporated milk

Wash and slice mushrooms. Boil in water for 5 minutes. Drain and set aside. In Dutch oven, melt butter and cook onions, celery and carrots until tender. Add 2 cups boiling water with 2 teaspoons chicken bouillon. Simmer uncovered for 10-15 minutes. Add salt and pepper, evaporated milk. Bring almost to a boil; then slowly, pour the flour and water mixture and continue to stir until slightly thickened. Cook 10-15 minutes more just until it begins to boil.

See **HEALTHY EATING** on Page 34



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HEALTHY EATING

LORI'S HEART HEALTHY SEAFOOD SALAD

Lori LaRizzio
Jim Thorpe

1 package imitation crab, chopped fine
3 mini tricolored peppers, chopped finely
1/2 of small onion, diced finely
1/8 cup celery, diced finely
1/2 teaspoon garlic, minced (or garlic powder if desired)
3-4 tablespoons avocado mayonnaise
1 teaspoon Old Bay seasoning
1/2 teaspoon steak seasoning
Salt and pepper to taste
Fresh parsley sprigs

Mix mayo and spices in bottom of bowl. Add veggies then crab. Chill. Serve over salad greens, on a pita or serve with healthy crackers.

FRUITED TURKEY SALAD PITA

Joseph T. Keglovits
North Catasauqua

1/2 cup reduced fat plain yogurt
1/2 cup reduced fat mayonnaise
2 tablespoons lemon juice
1/2 teaspoon pepper
4 cups cooked turkey breast, cubed
2 celery ribs, thinly sliced
1 medium apple, peeled and chopped
1/2 fresh spinach, finely chopped
1/3 cup dried cranberries
1/3 cup pecans, chopped
8 pita breads (6 inches), halved
16 romaine lettuce leaves
8 slices red onion, separate into rings

In a bowl, combine the yogurt,

mayonnaise, lemon juice and pepper. In another bowl, combine the turkey, celery, apple, spinach, cranberries, and pecans. Add yogurt mixture and stir to coat. Cover and refrigerate until chilled.

Line pita halves with lettuce and onion. Fill each pita with 1/2 cup of turkey mixture. Makes 8 servings.

PICKLED RED BEET EGGS

Matt Barber
North Catasauqua

12 large eggs
1 can (16 ounce) sliced pickled red beets, undrained
1/4 cup water
1/2 cup cider vinegar
1/2 cup brown sugar
1/2 sliced onion

Hard boil the 12 eggs; cool and peel. While hard boiled eggs are cooling, boil the undrained can of red beets with the water, cider vinegar, brown sugar and onion in a medium saucepan. Boil for 10 minutes. Pour beet mixture over the peeled eggs and refrigerate at least 8 hours or overnight. Makes 12 servings.

APPLE OATMEAL PANCAKES

Leslie Conover
Palmerton

2 cups warm milk
2 cups quick oats
2 eggs, lightly beaten
1 apple, grated
1/3 cup flour
2 tablespoons sugar
2 1/2 teaspoons baking powder
1 teaspoon salt
3/4 teaspoon cinnamon
1/4 cup oil

Heat milk, add oats and let cool. Add remaining ingredients, stir until combined. Ladle 1/3 cup batter

onto a hot griddle, when bubbles, flip and cook on other side. Serve with warm syrup and butter.

LORI'S HEALTHY ASIAN GLAZED TURKEY MEATBALLS

Lori LaRizzio
Jim Thorpe

1 pound ground turkey (you can substitute ground chicken)
1/2 cup Italian breadcrumbs
1/2 Parmesan cheese, grated
1 teaspoon onion powder
1-2 teaspoons garlic, minced
1/4 cup skim milk
1 egg, beaten or egg substitute equivalent
Salt and pepper

Heat oven to 375 degrees. Mix turkey and breadcrumbs and add grated cheese and seasonings. Add egg and milk and mix until combined, then shape into meatballs (should be about 15-16) and place on sprayed baking sheet and bake for 18-20 minutes then serve with Asian glaze.

Asian Glaze:

1/4 cup soy sauce
1/8 cup light brown sugar (or Stevia brown sugar substitute)
1 tablespoon garlic, minced
1 tablespoon cornstarch
1/8 cup white sugar
1/4 cup apple cider vinegar
1 tablespoon water
Salt and pepper
Red pepper flakes
Sesame seeds and chives for garnish

Combine the above ingredients for the sauce and put in sauce pan and simmer until sauce thickens. Drizzle over the meatballs and sprinkle with chives and sesame seeds. Serve with brown rice and veggies.

See **HEALTHY EATING** on Page 35

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HEALTHY EATING

OVERNIGHT SLAW

Brandon Lively
North Catasauqua

- 1 medium head cabbage (about 2 1/2 pounds), shredded
- 1 medium red onion, thinly sliced
- 1/2 cup green pepper, chopped
- 1/2 cup sweet red pepper, chopped
- 1/2 cup stuffed olives, sliced
- 1/2 cup white wine vinegar
- 1/2 cup vegetable oil
- 1/2 cup sugar
- 2 teaspoons Dijon mustard
- 1 teaspoon salt
- 1 teaspoon celery seed
- 1 teaspoon mustard seed

In a 4 quart bowl, combine the cabbage, onion, peppers and olives. In a saucepan, combine the remaining ingredients; bring to a boil. Cook and stir for 1 minutes. Pour over vegetables and stir gently. Cover and refrigerate overnight (at least 8 hours). Mix before serving. Yields: 12-16 servings.

LORI'S HEALTHY POTATO SALAD

Lori LaRizzio
Jim Thorpe

- 1 pound fingerling potatoes, diced and cooked fork tender
- 1 small onion, chopped
- 2 stalks celery, chopped with tops
- 1/2 cup light sour cream
- 1/2 cup olive oil mayo
- 2 tablespoons pickle relish
- 4 strips crumbled bacon (or use turkey bacon)
- Dash of garlic powder
- Dash of oregano
- Dash hot pepper flakes
- Salt and pepper
- 1 teaspoon fresh dill, chopped

After cooling the potatoes, set aside. Mix mayo and sour cream first. Add the seasonings and then the relish and veggies and potatoes and fold together. Then top the potato salad with bacon crumbles and chopped dill. Chill.

See **HEALTHY EATING** on Page 36



Anniversary Announcements

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HEALTHY EATING

**QUICK AND HEALTHY
SKILLET MEAL**
Jeanne Boehm
Easton

2 tablespoons olive oil plus 1 additional tablespoon of olive oil
1 medium red onion, diced
1 red pepper, diced
1 clove garlic, crushed
2 cups raw broccoli florets
1 medium zucchini, cubed
2 cups left over chicken breast,

cubed
1 large fresh tomato, cubed
1/2 teaspoon red pepper flakes
1/1 8 ounce box wheat linguine
1 teaspoon salt
1/2 cup Parmesan cheese

Wash and dry all vegetables before preparing meal. Boil 3 quarts water plus 1 teaspoon salt in large pot, add 1/2 box of linguine. Cook for 7 to 8 minutes. While heating water to cook linguine, heat 2 table-

spoons olive oil in large nonstick skillet. Saute onions, pepper and garlic. Add broccoli and zucchini. Cook for 2 or 3 minutes, turning. Add chicken and tomato, turning till heated through. After pasta is cooked and drained, toss into pan of vegetables and chicken. Drizzle with remaining olive oil and sprinkle with red pepper flakes and Parmesan cheese. Pour everything into a large pasta bowl, toss again and enjoy. Serves 6.

Healthy soup offers many different benefits

Food is a critical component of healthy living, helping people to reduce their risk for illnesses and even helping them to overcome colds and other ailments. The properties of soup, for example, can chase away chills and offer other benefits. Soup is hydrating, and the ingredients included in the recipe may be able to do everything from tame coughs to reduce mucus to boost the immune system.

This recipe for 'Navy Bean and Collard Greens Soup' is courtesy of John La Puma, M.D., ChefMD, includes collard greens. When one chops or chews collard greens, he or she gets the powerful, helpful chemicals isothiocyanates and indole-3-carbinol. They can help the liver produce enzymes that detoxify cancer-causing toxins in the body. In addition, the soup includes tofu, which will adopt the flavor of other ingredients and add a form of lean protein along with the beans.

**NAVY BEAN AND
COLLARD GREENS SOUP**
Serves 4

3 cups vegetable broth, such as Pacific Organic brand
4 cups coarsely chopped stemmed collard greens, preferably organic (1 bunch 10 to 12



ounces)
1 1/2 cup packaged julienne (matchstick) carrots
1 1/2 teaspoons chili garlic puree or chili paste with garlic
1 (12 ounce) package extra firm tofu, cubed in bite size pieces
1 (16 ounce) can unsalted navy beans, drained
1/4 cup grated Romano cheese

Combine broth, collard greens, carrots, and chili garlic puree in a large saucepan. Bring to a boil over high heat. Reduce heat; cover and simmer 10 to 12

minutes or until greens are nearly tender. Stir in tofu and beans; cover and simmer 5 minutes or until vegetables are tender. Ladle into shallow bowls; top with cheese.

Tips: Great northern or cannellini beans may replace the navy beans and Swiss chard may replace the collard greens if desired. Also, look for chili garlic puree or chili paste with garlic in the ethnic section of the supermarket. Because the beans are unsalted, there is no need to rinse them before adding to the soup.

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Anniversary announcements and pictures will be published in black and white, free of charge, or in color for a fee of \$35. Please complete the following information and include a daytime telephone number for verification or questions. If you need more room, please write on the back.

Scanned pictures or those that have been printed on a home computer cannot be used. Those wishing to submit a digital photo via email should take the picture with the camera set at the highest resolution. To check the resolution size on your camera, click "menus" then "image size." It should be set to the "L" setting or largest width-to-height ratio setting, i.e. 2000 x 3000. Send digital photos to tnlifestyles@tnonline.com for the Times News and jjackson@tnonline.com for Lehigh Valley Press. The photo should not be resized for transmission. Our technical staff will determine the suitability of submitted photographs. Submissions not meeting the aforementioned guidelines may be denied publication.

Mail form to the address of requested publication, attention Lifestyle Editor. Make checks payable to the Times News Media Group. **If you have a question about submitting an anniversary announcement or photo, please call the Times News at 1-800-443-0377 or Lehigh Valley Press at 610-740-0944 ext. 3703.**

Name of wife; maiden name in parentheses: _____

Name of parents, town and indicate if living or deceased: _____

Name of husband: _____

Name of parents, town and indicate if living or deceased: _____

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Date of Wedding: _____ Place and City of Wedding: _____

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Number of grandchildren or great-grandchildren, indicate which: _____

If you wish, include celebrations or trips in honor of the occasion: _____

Requested Publication: _____ Signature: _____

MISCELLANEOUS

MAI TAI

Betty Karper
Jim Thorpe

1/2 teaspoon powdered sugar
2 ounces rum
1 ounce triple sec
1 tablespoon almond flavored
syrup
1 tablespoon grenadine
1 tablespoon lime juice

Shake with ice. Decorate with a cherry and wedges of pineapple.

HOMESTYLE SPOON BREAD

Jerry Funk
Jim Thorpe
1 cup all-purpose flour
2 teaspoons baking powder
1 teaspoon sugar
1/2 teaspoon salt
Oil for deep frying

Mix ingredients together. Blend in 3/4 cups water. Drop by teaspoonfuls into a heavy skillet filled with 1/4 inch deep hot oil. Flip over when bubbles form along the edges; heat until golden on both sides.

"My mother grew up on this during the depression. It looks like an English Muffin but the inside is very soft."

POTPIE NOODLES

Janet Kaiser
Bethlehem

2 cups flour
1 tablespoon baking powder
1 teaspoon salt
1 teaspoon pepper

3/4 cup milk
4 tablespoons butter

Mix and knead dough, roll out and cut into squares. Let dry for at least 1 hour then add to moist mixture (chicken, ham, ETC.).

HOT DOG CHILI SAUCE

Janet Kaiser
Bethlehem

1/2 teaspoon onion powder
1 pound beef, sauteed
1/3 cup water
5 ounces tomato sauce
2 teaspoons chili powder
Salt and pepper to taste
1/2 cup ketchup
1 tablespoon mustard
1 tablespoon Worcestershire
sauce
1/2 teaspoon sugar

Saute beef, pour off grease then add other ingredients. Cook and stir until blended.

"DRUNKEN" STEWED HAMBURGERS

Janet Kaiser
Bethlehem

Sauce:
2 cups ketchup
4 cups water
2 onions, diced
Salt and pepper
2 tablespoons each Worcester-
shire sauce, brown sugar
2 teaspoons each vinegar, must-
ard

Saute your sauce. Lightly fry hamburgers. Add hamburgers to

sauce mixture and stew together. When hamburgers have absorbed some of the sauce, they're done. Serve on hamburger buns.

GOLDEN EGGS

Evelyn Haas
Slatington

8-10 hard boiled eggs, peeled
3 tablespoons yellow mustard
2/3 cup sugar
1/8 teaspoon salt
1/2 cup vinegar

Heat all ingredients but eggs until sugar is dissolved. Pour over peeled eggs. Let stand 24 hours. Refrigerate.

PEANUT BUTTER MELT-AWAYS

Evelyn Haas
Slatington

Beat 4 eggs until lemon colored.
Add:

1 teaspoon vanilla
2 cups sugar
1 cup milk
2 teaspoons margarine, melted
1/2 teaspoon salt
2 cups flour
2 teaspoons baking powder

Topping:

16 ounce peanut butter
8 ounce chocolate bar, melted

Bake in a 9-inch by 13-inch pan at 350 degrees for 15-20 minutes. Spread with 16 ounces of peanut butter. Melt chocolate bar and spread on top of peanut butter.

See **MISCELLANEOUS** on Page 39

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MISCELLANEOUS

CRANBERRY RELISH

Grace McGee
Weatherly

- 2 1-pound bags cranberries
- 1/2 cup sugar
- 2 apples
- 10-ounce bag walnuts
- 1 jar orange marmalade

Cook cranberries in saucepan with just enough water to cover for 10 minutes. Take off heat and mix in sugar and set aside. Peel and chop apples in food chopper. Chop walnuts. Add to cooled cranberry mixture. Add marmalade and refrigerate. Enjoy!

GREEN STUFF

Deborah Kurz
Tamaqua

- Large tub whipped topping
- 1 large container cottage cheese
- 1 large or 2 small boxes of green gelatin, dry mix

1 large can crushed pineapple, drained

Combine whipped topping, cottage cheese, green gelatin and pineapple. Chill.

BAKED BEANS WITH PANCETTA

Marie A. Gutai
Allentown

- 2 cups dried beans
- 1/4 pound Pancetta or lean salt pork, cut into 4 pieces
- 2 cloves garlic
- 2 bay leaves
- 1/4 cup molasses
- 1/2 teaspoon dried mustard
- 1/4 teaspoon ground ginger
- Salt and freshly ground pepper to taste
- 2 1/2 cups boiling water

Cover beans with warm water. Soak overnight. Preheat oven to 325 degrees. Drain beans; discard wa-

ter. Put one third of soaked beans into an oven proof pot with lid. Add 1 piece Pancetta, 1 clove garlic, 1 Bay leaf. Repeat. Top with remaining beans and 2 pieces of Pancetta. Pour molasses over beans.

In a bowl, combine mustard, salt and pepper and boiling water. Stir, then pour over beans. Cover pot. Bake 4 1/2 to 5 hours, uncovering pot for last hour. When done, beans should be tender. Before serving, remove bay leaves and garlic. Serve immediately. Makes 6 to 8 servings.

CHIPPED BEEF DIP

Evelyn Haas
Slatington

- 8 ounces cream cheese
- 1/4 pound chipped beef, chopped
- 1 tablespoon horseradish

Mix all ingredients. Refrigerate. Serve with your favorite crackers.

See **MISCELLANEOUS** on Page 40

AMERICA,
LET'S DO LUNCH



Anna Bach, came to this country in 1937 and made it her home. Now, she and 1 in 6 seniors face the threat of hunger and millions more live in isolation. So pop by, drop off a hot meal and say a warm hello. Volunteer for Meals on Wheels at AmericaLetsDoLunch.org



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TIMES NEWS
— MEDIA GROUP —

Here for you

MISCELLANEOUS



SOFT CHOCOLATE CHIP COOKIES

Carol Zickler
Jonestown

(Formerly from Nesquehoning and TN Correspondent)

- 1 cup light brown sugar
- 1 cup shortening (Crisco/margarine shortening sticks)
- 2 eggs
- 1 teaspoon baking soda dissolved in 1 tablespoon of hot water
- 1 teaspoon vanilla
- 1 teaspoon salt
- 2 1/2 cups flour
- 1/2 cup chopped walnuts (optional)
- 1 (12 ounce bag) chocolate chips

Mix sugar and shortening until smooth.

Beat in eggs and add baking soda mixture. Sift flour and salt together. Add to cream mixture. Add vanilla.

Fold in nuts and chocolate chips. Bake for 10 minutes at 375 degrees.

BALSAMIC GREEN BEANS WITH BACON

Ruth Helmer
Coaldale

- 1 1/2 pounds green beans, trimmed
- 3 slices bacon
- 1 clove garlic, minced
- 2 tablespoons white balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Bring large pot of salted water to a boil over medium heat. Add green beans, cook until tender; 3 minutes. Drain well. In 12-inch skillet, cook bacon over medium heat; turning until crisp; 8 minutes

Add rest of ingredients and put in bowl and add crisp bacon.

BEER BREAD

Ruth Helmer
Coaldale

- 1 can warm beer
- 3 cups flour
- 1/4 cup sugar

Mix ingredients and put in loaf pans. Bake 350 degrees for 40-60 minutes.

RON'S POTATO FILLING

Ron Bealer
Schnecksville

1 box instant potato flakes, prepare, following directions for 8 servings

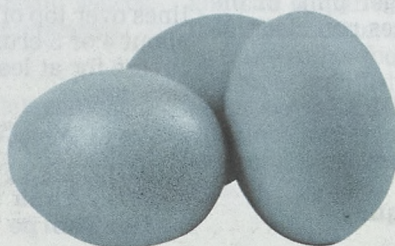
- Whole milk
- Water
- Plenty of butter
- 4 or 5 eggs
- 2 tablespoons parsley
- 1 medium onion, chopped
- Bread or roll cubes

Saute medium onion in butter and set aside. In same saute pan, add more oil to brown bread or roll cubes; cook till golden brown. Mix potato flakes, milk, water and butter. Next add the eggs, parsley and mix well. Bake in 350 degree oven for 35 minutes. Do not cover.



Commonly used substitutions

Ingredient	Quantity	Substitute
Baking powder	1 teaspoon double acting	$\frac{1}{4}$ teaspoon baking soda $\frac{1}{2}$ cup buttermilk, or $\frac{1}{4}$ teaspoon baking soda plus $\frac{1}{2}$ teaspoon cream of tartar
Butter	1 cup	1 cup margarine, or $\frac{7}{8}$ cup lard plus $\frac{1}{2}$ teaspoon salt
Chocolate	1 ounce	3 tablespoons cocoa plus 1 tablespoon shortening
Cornstarch (for thickening)	1 tablespoon	2 tablespoons flour
Cream	1 cup	$\frac{1}{2}$ cup butter plus $\frac{3}{4}$ cup milk
Egg	1 whole	2 egg yolks
Flour	1 cup all purpose	1 cup plus 2 tablespoons cake flour
Flour	1 cup cake flour	$\frac{7}{8}$ cup all-purpose flour
Flour	1 cup self-rising flour	1 cup flour (omit baking powder and salt)
Garlic	1 small clove	$\frac{1}{8}$ teaspoon garlic powder
Herb	1 tablespoon fresh	1 teaspoon dried
Honey	1 cup	$1\frac{1}{4}$ cups sugar plus $\frac{1}{4}$ cup liquid
Milk, fresh whole	1 cup	1 cup reconstituted dry milk plus 2 teaspoons butter
Milk, whole	1 cup	$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water
Milk, sour	1 cup	1 tablespoon lemon juice or vinegar plus sweet milk to make 1 cup
Minced dry onion (hydrated)	1 tablespoon instant	1 small fresh onion
Molasses	1 cup	1 cup honey
Mustard, prepared	1 tablespoon	1 teaspoon dry mustard
Ricotta cheese	1 cup	1 cup cottage cheese plus 1 tablespoon skim milk
Sour cream	1 cup	1 cup yogurt
Sugar, brown	1 cup	$\frac{3}{4}$ cup granulated sugar plus $\frac{1}{4}$ cup molasses
Sugar, powdered	$1\frac{1}{3}$ cups	1 cup granulated sugar
Yogurt	1 cup	1 cup buttermilk



KIDS COOK



Korbyn Berger

KORBYN'S CHEEZ-IT CHICKEN

Korbyn Berger
10 years old
Summit Hill

1 1/2 cups cheese flavored crackers, like Cheez-Its, crushed
1 1/2 cups French fried onions, crushed
Salt and black pepper to taste
4 skinless, boneless chicken breast halves
3 tablespoons mayonnaise, may need more to coat chicken
Butter

Preheat oven to 375 degrees. Spray a baking dish with cooking spray. Mix Cheez-Its, French fried onions, salt and pepper in a bowl. Set aside. Wash and pat chicken breast dry. Scoop mayonnaise into a bowl. Coat chicken in mayonnaise bowl then press in the cracker mixture. Place chicken breasts on the prepared baking dish. Sprinkle remaining cracker mixture on top. Place a small pat of butter on each chicken breast. Bake in the preheated oven until the chicken breasts are no longer pink in the center and the juices run clear. 35 to 40 minutes.

TRIPLE CHOCOLATE COOKIES

Jonathan Barber
Age 14
North Catasauqua

48 Hershey Kisses
1/2 cup (1 stick) butter, softened
3/4 cup sugar
3/4 cup brown sugar, packed light
1 teaspoon vanilla extract
2 eggs
1 tablespoon milk
2 1/4 cups all-purpose flour
1/3 cup Hershey's cocoa
1 teaspoon baking soda
1/2 teaspoon salt
1 cup semisweet chocolate chips

Remove wrappers from Hershey Kisses. Heat oven to 350 degrees. Beat butter, sugar, brown sugar, and vanilla extract with electric mixer on medium speed in a large bowl until well blended. Add eggs and milk; beat well. Stir together flour, cocoa, baking soda and salt; gradually beat into butter mixture, beating until well blended. Stir in chocolate chips. Shape dough into 1-inch balls. Place on ungreased baking sheet. Bake 10-11 minutes or until set. Gently press a Hershey kiss into center of each cookie. Remove to wire rack and cool completely. Makes approximately 4 dozen cookies.

OREO ICE CREAM PIE

Jonathan Barber
Age 14
North Catasauqua

1 Oreo cookie crumb crust, store bought
1 14.3 ounce package Oreo cookies, reserve 4 to 5 cookies for topping
1 quart Oreo ice cream, or vanilla ice cream, softened
Chocolate syrup for garnish

Place Oreo cookies standing up along the edge of a prepared cookie crumb crust. Carefully spoon softened ice cream into prepared crust. If you choose to make your own Oreo ice cream from store bought ice cream, stir about 1/2 cup crushed Oreos into softened vanilla ice cream.

Drizzle chocolate syrup in thin lines over top of pie. Decorate with about 4 or 5 crushed Oreo cookies. Freeze for at least 2 hours prior to serving.

HAM AND CHEESE ROLL-UPS FOR KIDS
Jerry Funk
Jim Thorpe



Ginger Miga

1 pound cooked ham sliced thin
1 pound Swiss cheese
1/2 cup butter, melted
1 cup breadcrumbs
1 cup Parmesan cheese, grated

Roll up one ham slice and one cheese slice together; secure with a toothpick. Dip in butter, breadcrumbs and then in Parmesan cheese. Arrange on ungreased baking sheet; repeat with remaining ham and cheese slices. Bake at 350 degrees for 10 to 15 minutes.

MmMmM MUNCHERS

Ginger Miga
10 years old
Bethlehem

1 1/2 cups brown sugar
1 cup butter
2 eggs
2 teaspoons vanilla
2 1/2 cups flour
Dash of salt
1 teaspoon baking powder
1 cup milk
1/2 cup semisweet chocolate chips
2/3 cup Toffee bits
1 cup walnuts, chopped

Cream butter and add eggs, vanilla, brown sugar, salt and baking powder. Stir in flour and add the rest of the ingredients. Drop by tablespoon on baking sheet. Bake 350 degrees for 10-12 minutes. Makes 4 dozen.



Fresh herbs that can reduce your reliance on sodium

Salt has long been used to add flavor to people's favorite foods. In fact, the use of salt as a means to preserving foods and adding flavor to recipes dates back to ancient times and has led to countless conflicts ever since.

According to History.com, wars over access to salt reserves in China are believed to have been fought as early as 6,000 B.C. Though that shows just how valuable salt has been throughout much of human history, it doesn't indicate the negative effects that can result from diets that feature excessive amounts of sodium.

The American Heart Association notes that sodium plays an essential role in the human body by regulating the kidneys and helping to control the body's fluid balance. Sodium also helps send nerve impulses and affects muscle function. However, excessive amounts of sodium can compromise heart health.

The AHA notes that excessive amounts of sodium in the bloodstream pulls water into the blood vessels, increasing the total volume of blood within them. As more blood flows through blood vessels, blood pressure increases.

Over time, that can adversely affect blood vessels and speed up the buildup of plaque that can block blood flow. Higher blood pressure forces the heart to work harder and increases a person's risk for heart disease.

So what about sodium, a mineral so valued, and indeed vital to human existence, that it's led to wars and created countless devotees in kitchens over the centuries? If it's flavor cooks are aiming for, it's possible to reduce reliance on sodium and increase the use of fresh herbs without sacrificing flavor. Such a transition can improve heart health and introduce a host of new flavors at meal time.

Basil

The AHA notes that basil has a sweet and fresh flavor profile and is best added to a dish right before serving. Freshly cut basil leaves can be added to any number of dishes, including tomato sauces, pastas, salads, pizzas, and eggs.

Cilantro

Cilantro are the delicate leaves and stems of the coriander plant. Like basil, cilantro should be added to a dish right before serv-

ing and should not be cooked. Cilantro can be paired with beans, tomatoes, corn, and avocados among other foods, and is widely used when preparing Mexican foods at home.

Oregano

The AHA notes that Greek dishes often combine oregano, mint and lemon to create a memorable, delicious flavor profile. If chopping fresh oregano, strip the leaves from the stem and then discard the stem.

Parsley

Parsley isn't just a garnish used to add aesthetic appeal to plates. Flat-leaf parsley provides a light and fresh flavor, while the AHA notes that curly parsley offers a slightly peppery profile. Parsley is typically added to a dish during the final minutes of cooking or right before serving, and can be paired with chicken, fish, potatoes, and pasta among countless other foods.

These are just a handful of herbs that can give meals a flavorful punch and help chefs avoid an overreliance sodium in their recipes.

CANNING / FREEZING

OMA'S PICKLED HOT HUNGARIAN PEPPERS STUFFED WITH KRAUT

Linda Wechsler
New Ringgold

Hot Hungarian Peppers
2 large cans sauerkraut, drained well
3 cups white vinegar
1 1/2 cups water
4 teaspoons canning salt, divided
Pepper balls
Garlic cloves, divided

Wash, cut tops off, and core peppers (use gloves while handling hot peppers). Stuff each pepper with kraut as much as possible. Have a solution of vinegar and water that has been heated to boiling. Place 4 to 6 quart wide mouth (sterilized) jars into pan or sink of hot water. Add 1 clove of garlic, 1/2 teaspoon salt and 1/2 teaspoon pepper balls into each jar. Put as many as you can stuffed peppers into clean quart (wide mouth works best) jars standing up. Add left over kraut into divided jars with peppers. Pour boiling vinegar and water solution over peppers to 1/4-inch top of jars. Remove any air bubbles from jars with wooden spoon handle. Seal jars and process in water bath for 15 minutes. Let stand at least one week before eating.

CROCK POT APPLE BUTTER FROM APPLESAUCE

Linda Vastyshak
Lehighton

3-4 quarts applesauce
1 1/2 cups sugar (to taste)
1/2 teaspoon cloves, powder
2 teaspoons cinnamon

Mix all together, cook all day on low setting without the lid on. I do

it overnight!

LORI'S REFRIGERATOR PICKLES

Lori LaRizzio
Jim Thorpe

Brine:
2 1/2 cups water
4 teaspoons salt
2 tablespoons sugar
1/2 cup white vinegar
Bring the above to a boil and set aside.
4-5 gloves of garlic, minced
Dill, chopped as you like (1 table-
spoons preferably)
Optimal red pepper flakes
10-12 pickles or sliced cucum-
bers (you can halve the slices or cut
into pickle chips)

Place pickles in jars and add garlic and dill and pickling spices (and red pepper flakes as desired). Pour cooked brine over the pickles and herbs and refrigerate overnight. I like to add a sprig of fresh dill in the bottom of each jar. Enjoy! Ready in 24 hours and will keep up to a month in your refrigerator.

ZUCCHINI PICKLES

Karlene Laub
Walnutport

3 pounds zucchini
2 large onions
1/4 cup salt

Wash zucchini and cut in thin slices. Do not peel. Peel and slice onions. Add salt and cover with water. Let it stand for 2 hours, then drain. Rinse well.

Boil together:

2 cups white vinegar
2 cups sugar
1 teaspoon celery seed
1 teaspoon turmeric

2 teaspoon mustard seed
Add vegetables, then boil for 5 minutes. Pack in hot jars. Make sure all the air is out of the jars before you place your hot lids and rings on the jars. Makes 3 pints.

ZUCCHINI RELISH

Karlene Laub
Walnutport

10 cups zucchini, grated (do not peel)
4 cups ground onion
5 tablespoons salt
Mix together and let stand in the refrigerator overnight. The next day drain and rinse well with cold water.

In large pot, mix together:

2 1/4 cups apple cider vinegar
4 cups sugar
1 teaspoon nutmeg
1 teaspoon turmeric
1 teaspoon red pepper
1/2 teaspoon black pepper
1 tablespoon cornstarch
3 red bell peppers, chopped

Add drained zucchini and onion. Cook slowly for 30 minutes. Pack in hot jars. Place your hot lids and rings on the jars. Makes 6 or 7 pints.



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2 unique ways to cook a Thanksgiving turkey

Thanksgiving is a beloved holiday. Families may have their own unique Thanksgiving traditions, but one staple of this kickoff to the holiday season is bound to make its way to Thanksgiving dinner tables no matter how unusual families' holiday celebrations may be: turkey.

Much effort goes into picking and preparing a Thanksgiving turkey. Depending on the size of the bird, turkeys can take many hours to cook. Thanksgiving celebrants are no doubt familiar with oven-roasted turkey, which is the most traditional way to cook turkey. But this year hosts who want to expand their horizons and think beyond the oven can consider two popular alternative methods to cooking a Thanksgiving turkey.

1. Deep frying

Deep frying is a popular way to prepare foods at outdoor events. For example, stroll through the parking lot on game day and you're liable to find football fans deep frying their favorite foods at their tailgate parties. Turkey can be deep fried and this method makes for an ideal option for hosts who want to enjoy the great outdoors while wel-

coming friends and loved ones to their homes. Deep frying imparts a juicy flavor that can be hard to replicate when roasting a turkey. Deep frying is a much faster way to cook a turkey than cooking it in the oven. However, deep frying also can be more dangerous, so it's imperative that cooks remain attentive when setting up the fryer and while the turkey is frying.

Where to deep fry the turkey also bears consideration. The turkey experts at Butterball® recommend deep frying the turkey outside on a flat surface that's far away from structures, including your home, garage, deck, etc.

The time required to deep fry a turkey will depend on the size of the bird, but experts note that it typically takes about 3 to 3.5 minutes per pound. Electric fryers may take significantly less time and they typically require less oil, so this is another option to consider.

Many experts note that it's best to deep fry turkeys that are 15 lbs. or less, as the turkey will need to be completely submerged in oil when frying. In addition, turkeys larger than 15 lbs. may cook unevenly, which can affect flavor.

2. Smoking

Smoking has grown in popularity in recent years as grills that make this method possible have become more affordable. Smoking is a 'low and slow' method of cooking, so this option is ideal for people who intend to be home all day on Thanksgiving and want to infuse their birds with a smoky flavor. However, even busy hosts can still consider smoking, as electric smokers now allow cooks to remotely control the temperatures in their grills. That's important, as smoking requires cooks to periodically check the temperature on their grills to ensure it has not dropped too low or risen too high.

Smoking a turkey typically requires maintaining a temperature between 225 and 250 F. Cooking times for smoked turkeys are typically around 30 minutes per pound, though it can take longer if the temperature is lower. Because of the extended cooking time, hosts may want to pick a turkey that weighs around 15 lbs., especially if they don't have much experience smoking.

This Thanksgiving, hosts can try something new by deep frying or smoking their turkeys.

Pointers before preparing chicken

Chicken is a versatile food that can be found on menus at restaurants across the globe. Whether it's stuffed chicken on the menu at an Italian restaurant or a spicy chicken dish from a local Indian eatery, chicken can be served in an assortment of ways.

As a global pandemic took hold in the winter of 2019-20, many people found themselves cooking at home more than ever before, and the versatility of chicken made it a go-to on home menus. People thrust into cooking duties despite little or no previous culinary experience should know that chicken can be cooked in a variety of ways and goes well with myriad side dishes. That makes chicken an ideal item to consider when planning meals for yourself and/or your family.

Millions of people across the globe eat chicken without incident every day. However, the threat of food poisoning is there when cooking chicken, so it's wise for home cooks to take a few precautionary measures when making meals with chicken.

- Thaw frozen chicken correctly. It can be tempting to take chicken out of the freezer and leave it on the counter to thaw in the hours before dinner-time. But that's potentially very dangerous. The United States Department of Agriculture notes that strains of bacteria such as salmonella and *E. coli* can be found on raw chicken. These bacteria thrive at room temperature, leaving you and others vulnerable to foodborne illnesses. When thawing frozen chicken, place the chicken in the refrigerator in a sealable plastic bag. Chicken also can be thawed in a microwave, but the online medical resource Healthline notes that chicken that has thawed in a microwave must be cooked immediately afterward to kill any bacteria.

- Be careful when rinsing chicken with water. The Australian Chicken Meat Federation notes that rinsing uncooked chicken with water can lead to contamination if chicken juices and any accompanying bacteria are splashed into the sink or onto surrounding surfaces, such as countertops. If you rinse chicken with water, make sure the water is running low to reduce splashing, and clean any areas that may have been contaminated, including the sink, immediately afterward.

- Clean all surfaces that have come into contact with raw chicken. Even if you don't rinse chicken with water, all surfaces that have come into contact with raw chicken should be cleaned immediately.

WebMD advises using hot, soapy water to clean surfaces that have or may have come into contact



with raw chicken or chicken juices.

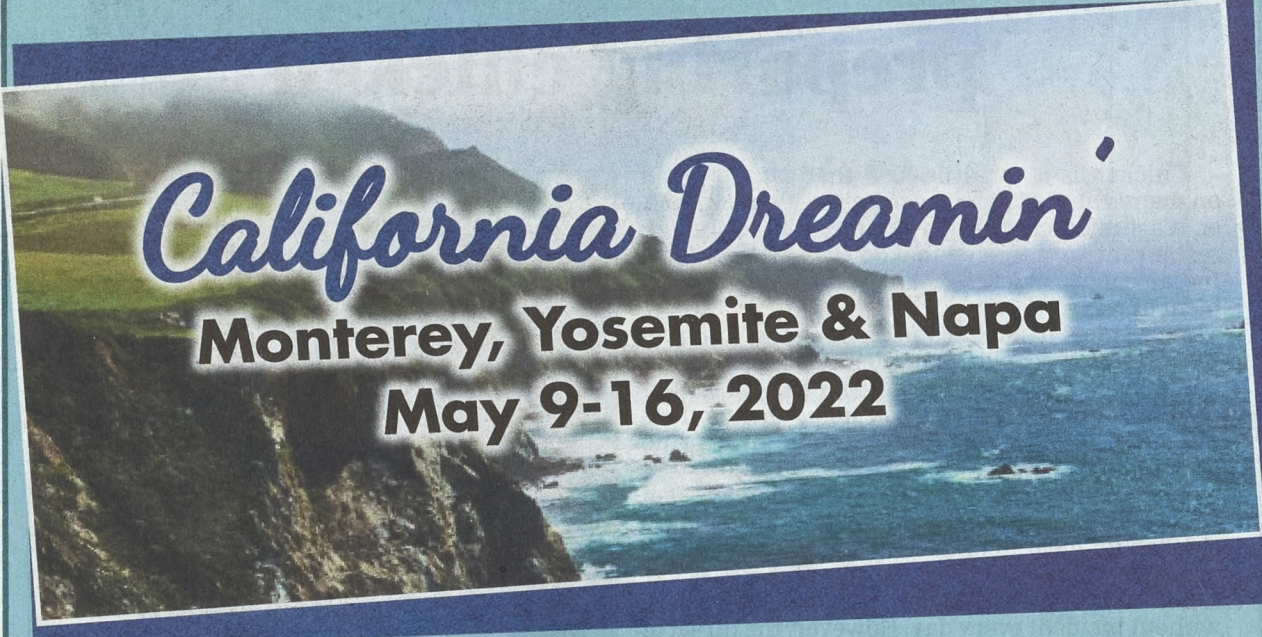
- Confirm chicken is thoroughly cooked before serving. WebMD notes that chicken can be checked for doneness by cutting a slit into the thickest part of the chicken piece to see if it is cooked through. Juices from cooked chicken run clear, not pink. If the juice or meat is pink, the chicken needs further cooking.

- Don't baste with your marinade. If you're marinating chicken prior to cooking it, discard the marinade once you remove the raw chicken from it. Raw chicken marinade may contain bacteria that can make people sick, so never baste cooking chicken with the same marinade you used when the chicken was raw.

Safety should always be a priority when thawing, preparing, cooking, and serving chicken.

TIMES NEWS

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