



SPORTS
Liberty golf
wins D-11 title
 See A9



FOCUS
'Awakening'
at NCC
 See B1

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BETHLEHEM PRESS

YOUR HOMETOWN NEWSPAPER FOR THE BETHLEHEM SCHOOL DISTRICT

OCTOBER 20, 2021 Celebrating our 17th year serving our communities 50¢ A COPY

BASD Critical race theory explained

BY JENN RAGO
 Special to the Bethlehem Press

Assistant Superintendent of Curriculum Dr. Jack Silva and Secondary Teach and Learning Administrator Maureen Leeson tackled public questions about what they do at the Oct. 11 school board meeting.

Silva also addressed those still confused about the role of critical race theory in high schools and explained that it is not a type of education but rather a college research framework developed after the civil rights movement of the 1960s.

A simplistic view of this is it provides an accurate depiction of history, allowing students to review the facts and come to their own conclusion. He explained that the BASD has always encouraged critical thinking and is on board for following the U.S. pacing guide for revisions to the history of race and discrimination.

American history can then reflect both the triumphs and tragedies. Board member Winston Alozie suggested including local history in a "what happened here" approach to learning. He also asked how

See **BASD** on Page A3



The Midshipmen of the U.S. Naval Academy Pipes and Drums Band step out from City Center.

PRESS PHOTOS BY DENNIS GLEW

Celtic Fest 2021 Back and better than ever

BY DENNIS GLEW
 Special to the Bethlehem Press

Call it the luck of the Irish or the answer to prayer. Whatever the cause, everything worked out right for Celtic Fest 2021. The weather, which was sunny but mild and breezy, was ideal for an event that was largely outdoors. People responded by coming in big numbers.

A few performances were canceled at the last minute, but that happens when dozens of groups are scheduled to appear.

More
 Celtic
 coverage
 A2, A13



Seventeen Celtic clans and societies assembled in Celtic Heritage Hollow, part of Celtic Fest's goal of educating the community about the breadth and diversity of the Celtic traditions. Peter Kish, representing the Scottish Society of the Lehigh Valley, brought along his granddaughter, Aislin.

Crowds were large, but orderly and polite, and while Guinness, Smithwicks and Harp beers were available, public drunkenness was not an apparent problem. As my late mother-in-law, an immigrant from a village in County Cork, might have said, taking it all together, "Saints be praised!"

Events were concurrent and nonstop at a half-dozen venues, forcing a reviewer to pick and choose which to enjoy, which to miss. An opening parade featuring 10 bands of pipers and drummers (and sometimes brass -- think the Liberty HS Grenadiers) stepped off from City Center at 11:30, led

See **BACK** on Page A3

PEOPLE SAY BY DANA GRUBB

Supreme Court Justices are appointed for life. How would you feel about term limits for them?



"Term limits? No. Mandatory retirement at around age 72? Yes."

Zach Bailey
 Allentown



"Having different judges could invalidate prior rulings if you force turnover."

Helen Zhang
 Jacksonville, FL

PEOPLE SAY
 Continues on A2

BETHLEHEM PRESS

VOLUME 17, ISSUE 3

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ANOTHER VIEW

October is Breast Cancer Awareness Month

BY SUSAN BRYANT
 Special to the Bethlehem Press

I was recently watching "Good Morning America" on television, when co-anchor Amy Robach interviewed Dr. Kristi Funk, a board-certified breast surgeon from California and medical director of PinkLotus.com on new discoveries in treating breast cancer.

Funk discussed the Food and Drug Administration's approval of Keytruda, an immunotherapy drug for use in early-stage triple-negative breast cancer.

"This is the most aggressive subtype we have to treat," Funk said. "It occurs in young women and black women."

Funk said during a three-year trial of 1,200 women with stage 2 and 3 breast cancer who received chemotherapy, Keytruda and surgery, and then nine

more cycles of Keytruda, they saw a 37 percent drop in breast cancer events, most noticeably in fatal stage 4 events in the Keytruda group.

According to the Susan G. Komen website, most women diagnosed with breast cancer do

not have a family history of the disease.

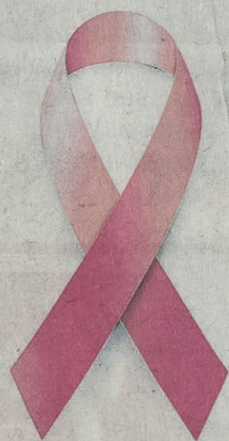
"About 13 percent to 16 percent of women diagnosed have a first-degree female relative (mother, sister or daughter) with breast cancer.

"A woman who has a first-degree female relative with breast cancer has about twice the risk of a woman without this family history.

"If she has more than one first-degree female relative with a history of breast cancer, her risk is about two to four times higher," the website states.

The American Cancer Society states, "Regular mammograms can help find breast cancer at an early stage when treatment is most successful. A mammogram can often find breast changes that could be cancer years before

See **VIEW** on Page A3



A woman who has a first-degree female relative with breast cancer has about twice the risk of a woman without this family history.

PINKout
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OCT. 21, 2021 | 5-7 P.M.

Lehigh Valley
 Topper Cancer Institute

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Lehigh Valley
 Health Network

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PEOPLE SAY

BY DANA GRUBB

Supreme Court Justices are appointed for life. How would you feel about term limits for them?



"I think they should be limited."
Kristy Evans
 Bethlehem



"They should have a term limit."
Michael Saba
 Wind Gap



"I think it's a good thing to look into. I don't have a sense of what it should be, but I think some sort of term limit should be considered."
Cora Hook
 Bethlehem



"In this day and age they hang on for too long. So out of respect for the country, they need to relinquish that duty. Perhaps an age limit."
Maggie Palmeri
 Florham Park, NJ

POLICE

COMPILED BY NATE JASTRZEMSKI

Explosive at hospital



PRESS PHOTO BY NATE JASTRZEMSKI

St. Luke's University Hospital's Fountain Hill campus temporarily closed its emergency room last Friday morning due to the unexpected presence of an explosive device. Administrators report there was no call or threat made - a patient, 44-year-old Brian James Kunsman from Philadelphia, arrived at the ER with a pipe bomb in his backpack. This was no threat made or implied. It is reported that police said the man was transported to the hospital around 7 a.m. after suffering an injury in a car accident in Lower Saucon Township. While still investigating the incident, police said it appeared the man may have simply forgotten its presence, but he will almost certainly be facing a charge of possessing a weapon of mass destruction.

STATE POLICE

DUI

A 31-year-old male, of Bethlehem, was found to allegedly be driving under the influence after a traffic stop along Interstate 78 westbound, Salisbury Township, 2:22 a.m. Oct. 2, according to Pennsylvania State Police Fogelsville.



Above: Following the Middies in the parade to open Celtic Fest were the Grenadiers of Liberty High School.



More from the Celtic Classic

Left: Kennedy's Kitchen attracted a full tent of listeners to its performance of Irish music.



When Kennedy's Kitchen played jigs and reels, younger members of the crowd couldn't sit still. Louie Fitzko of Bethlehem brought his mother onto the dance floor to join the other kids, who were moving so fast they were a blur.



At noon on Saturday the lines for lunch stretched all the way from one side of the grounds to the bridge across the Monocacy.



Runa, another Celtic band, recalled that 523 days had passed since they were last on a stage. When they played, youngsters were mesmerized.



Soda bread! Cover a slice with soft, rich butter and you'll think you're back in your grandparents' house. There was a winner in Celtic Fest's soda bread competition, but it must have been a very hard call. Our Celtic Classic coverage continues on page A13 and A14.

LEHIGH VALLEY PRESS LVP

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NORTHAMPTON COUNTY

COUNTY PRISON: The Director of Corrections reports that, as of Oct. 11, there are 24 cases of COVID-19 among inmates at Northampton County Prison (NCP). Since the start of the pandemic, 276 inmates have tested positive; 252 have finished their quarantine periods or are no longer at NCP. Currently, three Department of Corrections staff and two vendor employees are in quarantine after testing positive for the virus.

Since March 2020, NCP has conducted 4,911 tests for COVID-19 on inmates. All new inmates are tested when they come into the facility and must show a negative result before they are transferred to General Population; residents are tested on a random basis. PrimeCare Medical does daily temperature checks, movement of inmates is restricted within the facility and meals are served in the housing unit. In-person visitation is prohibited and no volunteers are permitted in the facility. Cloth masks are provided and inmates must wear them whenever they leave their cell. Any inmate participating in work release or work programs within NCP must be vaccinated.

NCP has held 19 vaccination clinics this year and vaccinated 388 inmates. Currently, 282 inmates in the facility are fully vaccinated. Shots for inmates and staff are administered by PrimeCare Medical. The vaccinations are not compulsory and are only provided to those who request them.

There are currently 626 inmates in residence at NCP.
CORONER'S REPORT: Between Jan. 1 and Oct. 3, the Northampton County Coroner recorded 200 COVID-19 related deaths in Northampton County (165 residents/35 non-residents). The last COVID-19 related death was recorded Oct. 3. As of May 3, the Lehigh County Coroner reported 66 deaths of Northampton County residents. Between the two counties, 231 deaths of Northampton County residents from COVID-19 have been reported this year.

In 2020, the Northampton County Coroner reported 403 COVID-19 related deaths (359 residents and 44 non-residents). The Lehigh County Coroner reported 118 deaths for a total of 477 COVID-19-related deaths for Northampton County residents in 2020.

AROUND TOWN

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

BURNSIDE SATURDAYS: 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/>

October 1 through 30

Historic Downtown Bethlehem second annual Scarecrow Showdown, along Main and Broad streets. Information: www.facebook.com/events/142262817976981/?event_time_id=142262871310309

Through Friday, November 5

A Matter of Balance: Managing Concerns About Falls. Free series by the Bethlehem Health Bureau. Geared to ages 60 plus. 10 a.m. - noon. Moravian University, room 135, 1441 Schoenersville Road. For more information or to register, call 610-865-7083 or email askbhb@bethlehem-pa.gov

Wednesday, October 20

Adult Bible study, 11 a.m. Women's Ministries, program: - 1 p.m. Salvation Army, 521 Pembroke Road. Call 610-867-4681 for details.

Thursday, October 21

Chair Exercises: 9:30 a.m. to 10:15 a.m., Salvation Army Rehabilitation Center program - 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. Last date: November 18. 1 Farrington Square (intersection of New and Morton)

Bethlehem Garden Club, 1 p.m. program: Dried Flower Design with Cathy Miller. Advent Moravian Church, 3730 Jacksonville Road.

Friday, October 22

Moravian Historical Society lantern-led Historic Nazareth Walking Tour, 7, 8 p.m. Cost. Whitefield House Museum, 214 E. Center St., Nazareth. Information, visit www.eventbrite.com/e/spooky-lantern-led-historic-nazareth-walking-tour-tickets-170199472203?aff=erelpanelorg

Saturday, October 23

Moravian Historical Society Harvest Festival. 18th and 19th century history, artisans, local farms, music, demonstrations, foods, beverages. 10 a.m. to 5 p.m. Whitefield House Museum and grounds, 214 E. Center St., Nazareth. Information: visit www.moravianhistory.org/harvestfestival

Sunday, October 24

Jeanette Zug Fall Lecture with The Rev. Dr. Frank Crouch. 1 p.m. live in Peter Hall, 348 Main St. and via zoom. Tickets and information: See **TOWN** on Page A5

We saw you at Chili Fest



The Southside Arts District celebrated the 25th annual Chili Fest Sept. 18 in South Bethlehem on Third and Fourth streets. People from all over the Lehigh Valley and beyond came out to eat and judge chili from over 20 different vendors. **Above:** Madalyne Sanchez, Miranda Amill, Tanya Soto and Milagro Gonzalez stop in front of new restaurant F&A Grog House on their journey to pick their favorite. The ladies liked the unique "sweet" taste from the new establishment.

PRESS PHOTO BY LAKISHA BONNELL

ZUG LECTURE: The Rev. Dr. Crouch to speak Oct. 24

The annual Jeanette Zug Fall Lecture will live in Peter Hall, 348 Main St. and via zoom at 1 p.m. Oct. 24. The topic is *Relentless Change & Moravian Responses: Our Local Predecessors and Their Legacies*, presented by the Rev. Dr. Frank Crouch. He earned a Ph.D. in New Testament studies from Duke University.

The former dean of

Moravian Seminary will share findings from his 2020-2021 research sabbatical on Moravians, race and racism.

From 1915 to 1920, the nation experienced The Great Migration of African Americans from the South to the North, violence against Black people, the temperance movement and prohibition, women's suffrage, an influenza pan-

demie that killed millions; unionization and World War I. What, exactly, did the Moravians do during these critical five years, and how does their response fit within the context of their 300-year-old history and theology? The lecture is supported by the Jeanette Barres Zug endowment fund.

There will be a post-lecture food and wine re-

ception and tour at the Moravian Museum of Bethlehem, 66 W. Church St. The museum's newly opened Moravian Legacy exhibit links equal education for all, innovation and the arts from the early settlement to Bethlehem today. For tickets and information: visit <https://historicbethlehem.org/jeanette-barres-zug-lecture/>

BASD

Continued from page A1

seasoned teachers will be instructed in implementing new teaching materials.

Silva said, "We will support teachers by providing in-service training as well as pro-

fessional development events."

In addition to these changes, the Social Emotional Health Learning services will provide a three-tiered approach of supports. Reports indicate that 38 percent of 6th-12th grade students report feeling depressed and

more are conscious of their health since COVID. Tier 1 can be applied to everyone and utilizes the Leader in Me program, as well as trauma informed practices. This tier is mostly restorative. Tier 2 is more intensive and involves small groups of children. Tier 3 is the

most intensive and most individualized.

Tier 2 and 3 include community partners. Behavioral and social actions are learned skills and early intervention can help redirect and support positive future behaviors.

BACK

Continued from page A1

by distinguished guests to the Lehigh Valley, the U.S. Naval Academy Pipes and Drums Band. Ramrod straight and in perfect step, the Middies would have won any competition for outstanding marching, and their performance of Celtic music and dances

later in the morning received a lot of praise. "Hope they come back," one observer commented.

After the bands gathered at the Highland Field (aka the large field at the junction of Main and W. Lehigh Streets.) for the official opening of Celtic Fest, the four Singing Sergeants of the U.S. Air Force Band

delivered a moving rendition, a capella, of the National Anthem, bringing numerous veterans in the crowd to attention. The Highland Field was later the venue of the Highland Games, which are the for-real national championship competition in this sport.

For most guests at Celtic Fest the chief

activities, in no particular order, appeared to be listening to music, eating food, and shopping at dozens of booths featuring t-shirts, Irish sweaters, jewelry and every other sort of Celtic "merch." Merchants who had been to Celtic Fest for 20 years reported that they were having their best year ever.

VIEW

Continued from page A1

physical symptoms develop.

"Results from many decades of research clearly show women who have regular mammograms are more likely to have breast cancer found early, are less likely to need aggressive treatment like surgery to remove the breast (mastectomy) and chemotherapy and

are more likely to be cured."

The American Cancer Society recommends women 40-44 should consider starting annual breast cancer mammogram screenings.

They also recommend women ages 45 to 54 receive yearly mammograms, and women ages 55 and older can continue to have annual mammogram screenings or switch to having screenings every two years.

Coming from a family with a history of breast cancer, I know mammograms save lives.

In 1997, during a yearly routine mammogram, my mother was diagnosed with breast cancer at age 69.

If she had not received a yearly mammogram, she would not have lived another 18 years.

If I had not started having yearly mammograms when I was younger, doctors might

not have discovered the beginning stages of a mass when I was 49.

Husbands, sons and boyfriends, encourage the women, and men, in your lives to have yearly mammograms.

Yes, men get breast cancer too.

Susan Bryant is the editorial assistant for the Parkland Press and Northwestern Press.

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Borough police officer



Joseph C. Gatta, 84, of Fountain Hill, died Oct. 9, 2021, in his home. Born in Fountain Hill, he was a son of the late Anthony and Beatrice (Berardo) Gatta. He was the husband of the late Mary A. (Szabo) Gatta.

He was in the United States Air Force. He was a barber and owned his own shop. He was a true "Hiller" and a police officer for the borough of Fountain Hill, from which he retired. He then was the code and zoning enforcement officer into his 70s.

He was a member of St. Ursula Catholic Church, Fountain Hill.

He is survived by a son, Anthony of Fountain Hill; two daughters, Rosemarie Schoenenberger of Fountain Hill and Theresann Gatta-Harpster and her husband Tom of Kunkletown; a brother, Peter Gatta and Mary Jane of Fountain Hill; four granddaughters, Nichole, Ashlee, Alicia and Jessica; three great-grandchildren; nieces; and nephews.

He was predeceased by a brother, Thomas Gatta. Contributions may be made to the Parkinson's Foundation, 1359 Broadway, Ste. 1509, New York, N.Y. 10018.

Arrangements were made by Cantelmi Funeral Home Inc., Fountain Hill.

Ethel L. (Doll) Korpics

BTAC former president



Ethel L. (Doll) Korpics, 87, of Freemansburg, died Oct. 7, 2021, while in the care of Gracedale Nursing Home and St. Luke's Hospice. Born in Allentown, she was a daughter of the late Earl R. Doll and Florence (Getter) Doll Cunningham and James C. Cunningham. She was the wife of the late Frank J. Korpics Sr.

She was the president of the Bethlehem Township Autumn Club for 30 years and a member for 32 years. She was a previous member of the I.C.C. Ladies Auxiliary of Bethlehem Township and the Freemansburg Ladies Auxiliary.

She is survived by four children, Frank J. Jr. and his wife Jennifer of Hellertown, Ethel L. and her companion Mike Ross of Bethlehem Township, Lawrence and his wife Denise of Bethlehem and Francine Korpics Heft and her husband Eugene of Freemansburg; three granddaughters, Heather Purcell and her husband Alan, Elizabeth Korpics and Jacquelyn Korpics; a great-grandson, Aidan Purcell; and her loving friend Rosa Velásquez.

She was predeceased by four siblings, Jean Michael, Robert Doll, Bernadette Crockett and Charles Cunningham.

Contributions may be made to St. Luke's Hospice Development Office, 801 Ostrum St., Bethlehem, PA 18015.

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



Patricia Ann Clement-Waialae

Ballet Guild volunteer



Patricia Ann Clement-Waialae, 61, of Bethlehem, died Oct. 13, 2021, at Lehigh Valley Hospital-Muhlenberg. Born in Bethlehem, she was a daughter of Patricia G. (Hoffman) Clement and the late Michael Clement.

She was in the United States Air Force during the Gulf War. She was in Operation Desert Storm and Operation Desert Shield.

She volunteered at the Ballet Guild for over 15 years.

In addition to her mother, she is survived by two daughters, Virginia Waialae and Maile Waialae; two brothers, Michael J. Clement and Mark S. Clement and companion Nancy; two sisters, Donna (Clement) Mills and companion Jeff Graf and Catherine Clement; four grandchildren, Leilani Waialae, Maleya Waialae, Keanu Waialae and Kai-lo Waialae; nieces; and nephews.

Contributions may be made to the Cantelmi Long Funeral Home Inc., 500 Lin-den St., Bethlehem, 18018, to defray funeral expenses. Donation website: www.cantelmifuneralhome.com/obituary/Patricia-Clement-Waialae and click the "donations" tab above to directly contribute.

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

GENERAL ELECTION RACES

Tuesday, Nov. 2, 2021



ELECTIONS

Attention General Election candidates

Our General Election coverage will run in our Oct. 27 issue. We invite all candidates in contested races to send us a photo with their 150-word response to the appropriate question:

Email responses to gtaylor@tnonline.com by Oct. 22. Candidate questions: Mayor: What is the biggest challenge facing the city/borough?

Council: What is the biggest challenge facing the city/borough?

School board: Should COVID vaccination be required for students and staff when the vaccines are formally approved by the FDA?

Township supervisors/commissioners: What is the biggest challenge facing your township?

County executive: How well do you think the county has handled the pandemic?

County council: What is the biggest challenge facing the county?

Magisterial District Judge: How will you keep your personal biases out of your decisions?

Vote for two 6-year term D - Anthony Ortwein D - Richard Seeds R - John F. Gallagher R - Shawn E. Fariello

FREEMANSBURG Mayor

4-year term D - Gerald Yob

Council

Vote for three 4-year term D - Margaret Reichard D - Charles W. Derr D - Rudolph Gallich

Tax collector

4-year term D - Davina K. Gallich

Constable

6-year term D - Jose D. Garcia

HANOVER TOWNSHIP Supervisor

Vote for one 4-year term D - Jean E. versteeg R - Mike Prendeville

Auditor

6-year term D - Kevin R. Happ

Tax collector

Vote for one 4-year term D - Joan Steinberg R - John Finnigan

HELLERTOWN Mayor

4-year term D/R - David J. Heintzelman

Council

Vote for four 4-year term D/R - Matt Marcincin D/R - Thomas J. Rieger D - Gil Stauffer D - Theresa Fadem R - Andrew Hughes R - James W. Hill

Council

Vote for one 2-year term D - Joseph V. Pampanin Jr. R - Andrew Hughes

BETHLEHEM SCHOOL DISTRICT School director at large

Vote for three 4-year term D/R - Michael E. Faccinnetto D - Silagh White D/R - Shannon L. Patrick R - Manuel F. Pangaio

School director region 1

4-year term D - Winston C. Alozie

SAUCON VALLEY SCHOOL DISTRICT School director at large

Vote for four 4-year term D - Vivan A. Demko D/R - Tracy Magnotta D - Raquel Barbera R - Shamin Pakzad R - John A. Conte R - Cedric Dettmar

STATEWIDE

Judge - Supreme Court

Vote for one 10-year term D - Maria McLaughlin R - Kevin Brobson

Judge - Superior Court

Vote for one 10-year term D - Timika Lane R - Megan Sullivan

Judge - Commonwealth Court

Vote for two 10-year term D - Lori A. Dumas D - David Lee Spurgeon R - Stacy Marie Wallace R - Drew Crompton

Retention - State courts

Shall John T Bender be retained for an additional term as Judge of the Superior Court of the Commonwealth of Pennsylvania?

Shall Mary Jane Bowes be retained for an additional term as Judge of the Superior Court of the Commonwealth of Pennsylvania?

Shall Anne Covey be retained for an additional term as Judge of the Commonwealth Court of the Commonwealth of Pennsylvania?

Shall Renee Cohn Jubelirer be retained for an additional term as Judge of the Commonwealth Court of the Commonwealth of Pennsylvania?

LEHIGH COUNTY County executive

Vote for one 4-year term D - Phillips M. Armstrong R - Glenn Eckhart

County commissioners

Vote for one in each district 4-year term District 1 D - Luke Savage R - Antonio Pineda District 2 D - Mark J. Fedorov R - Ron W. Beittler District 3 D - Zachary Cole Borghi R - Jacqueline Rivera District 4 D - Geoffrey Brace R - Marjulee V. Colon District 5 D - Joyce Moore R - Jeffrey Dutt

Magisterial District Judge

31-1-06 Vote for one 6-year term D - Amy Zanelli R - Van Scott Sr.

FOUNTAIN HILL Mayor

Vote for one 4-year term D - Michael Johnson INA - Carolee Gifford

Borough council

Vote for four 4-year term D - Erica Graham D - Will Rufe D/R - Norman E. Blatt Jr R - Philip Trabel

Tax collector

4-year term D - Thomas J. Redding Jr.

03-2-10

6-year term D/R - Jordan Knisley

NORTHAMPTON COUNTY County executive

Vote for one 4-year term D - Lamont G. McClure R - Steve Lynch

CITY OF BETHLEHEM Mayor

Vote for one 4-year term D - J. Williams Reynolds R - John Kachmar

City council

Vote for five 4-year term D - Tara Zrinski D - Lori Vargo Heffner D - Patti Bruno D - Ronald R. Heckman D - William McGee R - John Brown R - John P. Goffredo R - Kristin Lorah Soldridge R - Nicole Romanishan R - Annmarie T. Robertone

City council

Vote for four 2-year term D - Grace Crampsie Smith D - Kiera Wilhelm D - Hillary G. Kwiatek D - Rachel Leon

City controller

4-year term D - George Yasso

BETHLEHEM TOWNSHIP Commissioner - Second ward

Vote for one 4-year term D - Jan Beatty R - Steven Greco

Commissioner - Fourth ward

4-year term R - John Merhottein

Constable at large

Magisterial District Judge

03-2-01 6-year term D/R - Roy A. Manwaring

03-2-03

Vote for one 6-year term D - Sandra L. McClore R - Andrew Tupone

LANTA announces enhanced Lehigh Valley corridor bus service

LANTA has begun the development of a bus route system that offers service with a limited number of stops along major corridors in the Lehigh Valley.

The new Route 101, the longest in the system, will run between Trexlertown and Easton. However, the segment of the route between Allentown Transit Center and Bethlehem Transit Center will have limited stops, making stops only at designated enhanced bus stops.

In addition to the Route 101, LANTA will introduce a new circular Route 613 from Trexlertown that will serve several industrial and business parks in the Breinigsville area.

The new routing will eliminate the current Route 322, moving service along that corridor

to routes 101, 102 and the new Route 613.

While the plan is to have Route 101 use Tilghman Street, it will continue to use the detour until construction on the bridge is completed. The service between ATC and BTC will stop only at the following enhanced bus stops:

- Allen Street (on Sixth and Seventh Streets at Allentown Street)
•Jordan Heights (on Tilghman street at Fourth Street)
•Sixth Ward (on Tilghman Street at Ridge Avenue)
•Ballpark (on Union Boulevard at Home Run Lane)
•Irving (on Union Boulevard at Irving Street/Airport Road)
•Plymouth (on Union Boulevard at Plymouth Street)

•Gateway (on Union Boulevard at Club Avenue/Lehigh Shopping Center)

•Pennsylvania (on West Broad Street at Pennsylvania Avenue)

•Rose Garden (on West Broad Street at Eighth Avenue)

•West Broad Street (on West Broad Street at Second Avenue)

Westbound trips will continue from ATC to Trexlertown making all stops and eastbound trips will continue from BTC to Easton Intermodal Transportation Center, also making all stops.

For several years LANTA has been developing a plan to modify the system to attract more commuters who travel longer distances from home to work, shopping, medical appointments and other regular activities.

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Love always and forever, Isaac, Josh and the Smith family



Call for more information and ad rates 1-800-443-0377 ext. 3703

Tuesday, October 26

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

Wednesday, October 27

Adult Bible study, 11 a.m. Women's Ministries, "Norman Rockwell & His Victories!", 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.

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 news

NORCO BALLOT BOXES: The Northampton County Elections Office announces that it will install a secure ballot drop-off box for mail-in ballots in each of the county's four districts. The boxes will be available until 8 p.m. Nov. 2. Accessing the drop-off boxes does not require going through security. The locations and drop-off times are:

Rotunda of the Government Center, 8:30a.m. to 8 p.m. Monday through Friday, 669 Washington St., Easton

When dropping off a ballot, voters can park for free in the loading-and-unloading zone on Washington Street in front of the courthouse or use the new parking lot at the intersection of Wolf Avenue and Washington Street.

Human Services Building, 8:30a.m. to 7 p.m. Monday through Friday, 2801 Emrick Blvd. Bethlehem

Northampton County 911 Center, 8:30a.m. to 8 p.m. Monday through Friday, 100 Gracedale Ave., Nazareth

Bethlehem City Hall, 8:30a.m. to 4 p.m. Monday through Friday, 10 E. Church Street, Bethlehem

To avoid having a mail-in ballot rejected, voters must make sure the ballot is enclosed in the sealed privacy envelope, that the return envelope is signed and dated, that there are no identifying

See **BOARD** on Page A6

Board closes gate to PVC fencing

BETHLEHEM HARB



Kristin Illick fields questions from board members regarding her window replacement proposal for her home at 232 E. Wall St.



PRESS PHOTOS BY ED COURRIER

Representing 415 High St., Fran Gotzon (right) from Lehigh Valley Fence Co. hands Mike Simonson (left) a catalog listing textured wood grain PVC products manufactured by CertainTeed, while other HARB members review material samples.

BY ED COURRIER
Special to the Bethlehem Press

The Historical and Architectural Review Board rejected a proposal to replace a worn 7-foot-high cedar basket weave fence with a 6-foot-high PVC one at the Oct. 6 in-person, but live streamed, meeting.

Representing 415 High St., Fran Gotzon from Lehigh Valley

Fence Co. was unable to score a certificate of appropriateness to install a textured wood grain PVC product manufactured by CertainTeed. Gotzon described the new material as being maintenance-free, with triple ribbed boards and a tongue and groove design. These are supported by steel-reinforced posts and come with a 30-year fade resistant

warranty.

Gotzon cited the rise in prices and shortages of cedar and other natural wood products, brought on by the pandemic, as a reason to consider an alternate material. Although they were open to considering newer construction products, the commissioners were unanimously reluctant to approve the PVC fencing and proposed PVC gate.

Vice Chair Marsha Fritz found the 7-inch width of the boards out of scale with traditional 5-inch planks. Chairperson Beth Starbuck opined that the fence would "still look like plastic" in the future and not age like wood fencing. Gotzon quietly agreed, saying, "I like fences that actually grow old with me."

The venerable residence is owned by Mary Louise Brion.

Kristin Illick found partial success with her window replacement proposal for the painted brick house she owns with Jeffrey Frank at 232 E. Wall St. The com-

See **HARB** on Page A6

Bruce Campbell successfully presents his proposal to paint the exterior of the multi-family residence at 14 W. Church St.



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- Wrote the original Northampton County Farmland Preservation Resolution
- Wrote the county's Local Labor Ordinance
- Never voted for a tax increase and eliminated the county's personal property tax
- Distributed \$25 million of COVID relief funds to 1,000 small businesses
- Former Director of the County's Human Services Dept. - 8 years
- Former child abuse investigator for Northampton County Children & Youth Dept.
- Served as the President of County Council and current Chair of the County Council Human Services Committee
- A commitment to saving lives, saving businesses and saving open spaces.

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Re-Elect Ron Heckman to Northampton County Council

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Lehigh Valley Heart and Vascular Institute

HARB

Continued from page A5
missioners allowed for the replacement of the third floor vinyl windows with good quality aluminum-clad ones, but would only approve a COA for the restoration of the other windows that were original to the building and protecting them with storm windows.

Starbuck advised the applicant that the old growth wood windows were likely to outlast any new replacement windows. Historic officer Joseph Phillips confirmed that the costs to repair existing historic windows would be less expensive than replacing them.

Faring better than the previous two applicants, Bruce Campbell

was awarded a COA to paint the exterior of the house at 14 W. Church St. and its 3-bay garage. Samples of colors with names like "Livingston," "Swiss Coffee," and "Deep Breath" were approved for the wood siding, trim, rails, doors, lower shutters, and porch lattice. Black was chosen for the upper shutters and fire escape.

The two-and-a-half story brick multi-family residential building is owned by Campbell Real

Estate.

All decisions were unanimous.

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

marks or symbols on the privacy envelope and that the ballot is returned to the Elections Office by 8 p.m. Nov. 2.

Voters may only drop off their own ballots. Third party return of ballots is prohibited unless the person returning the ballot is rendering assistance to a disabled voter or emergency absentee voter and has a signed "Certification of Designated Agent" form. A copy of this form can be downloaded at vote.pa.gov. Counterfeiting, forging, tampering with or destroying ballots is a second-degree misdemeanor pursuant to sections 1816 and 1817 of the Pa. Election Code. (25 P.S. §§ 3516 and 3517) Voters may track the status of their mail-in or absentee ballots at vote.pa.gov. Northampton County Executive Office, 669 Washington St., Easton.

Wednesday, October 20

Northampton Co. Personnel and Finance committees, 4 p.m.
Northampton Co. Courthouse, 669 Washington St., Easton.
Northampton Co. Capital Projects and Operations Committee, 5 p.m., Northampton Co. Courthouse, 669 Washington St., Easton.
Fountain Hill Council, 7 p.m., 941 Long St.
Hellertown Zoning Hearing, 6:50 p.m. 685 Main St. Zoom: <https://zoom.us/j/9267065549?pwd=amwydVhVc0N0d-0p4U2tzSUV4NG9GZz09>
Hanover Twp. (LeCo) Supervisors, 7:30 p.m. 2202 Grove Road, Allentown.

Thursday, October 21

Energy, Environment and Land Use Committee, 5 p.m.
Northampton Co. Courthouse, 669 Washington St., Easton.
Bethlehem Community Development Committee, Financial Accountability Incentive Reporting (FAIR) Hearing, 6 p.m. City Hall, 10 E. Church St.
Bethlehem Twp. Budget Hearing, 6 p.m. Municipal building, 4225 Easton Ave.
Northampton County Council, 6:30 p.m., Northampton Co.

See **BOARD** on Page A7



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John Bisco Associates
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Tuesdays through Fridays
9 AM - 3 PM

Trexlerstown
St Paul's UCC
1249 Trexlerstown Rd
10/28 2 Meetings
1PM - 3PM & 5:00 PM - 7:00PM

Bethlehem
YMCA
430 E Broad St
10/28
10 AM Meeting

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BOARD

Continued from page A6

Courthouse, 669 Washington St., Easton.
 Freemansburg Planning, if needed, 7 p.m. 600 Monroe St.

Monday, October 25

Northampton Co. Revenue Appeals Board Hearing, 9 a.m.,
 Northampton Co. Courthouse, 669 Washington St., Easton.
 Bethlehem Twp. Planning Commission, 7 p.m. Municipal building,
 4225 Easton Ave.
 BASD Regular Board, 7 p.m. East Hills MS auditorium.

Tuesday, October 26

Bethlehem Twp. Budget, 6 p.m. Municipal building, 4225
 Easton Ave.
 Hanover (NorCo) Supervisors, 7 p.m. 3630 Jacksonville Road.
 Saucon Valley School Board, 7 p.m., Audion building, 2097
 Polk Valley Road. Visit svpanthers.org/Domain/572

Wednesday, October 27

Bethlehem Parking Authority, 4 p.m. 85 W. North St.
 Bethlehem Twp. Zoning Hearing Board (as needed), 6:30 p.m.
 4225 Easton Ave.
 Northampton Co. Industrial Development Authority, 4 p.m.,
 Northampton Co. Courthouse, 669 Washington St., Easton.
 Bethlehem Zoning Hearing Board, 6 p.m. Submit questions,
 comments, name and phone number 24 hours in advance via
 email to planninginfo@bethlehem-pa.gov. Live stream: www.youtube.com/channel/UC4HYHr4C6mVbfhRXhWYXaJw
 Freemansburg Zoning, if needed, 7 p.m. 600 Monroe St.
 Lehigh Co. Board of Commissioners, 7:30 p.m. 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.

Mask questions are still prevalent

BY CHRIS HARING
 Special to the Bethlehem Press

The Oct. 12 Saucon Valley School Board meeting was extraordinarily brief, as board directors breezed their way through the district's usual business. The meeting, sans the public comments after the business portion, ran for a duration of barely five minutes.

The remainder of the meeting was dedicated to residents' comments and complaints on a number of topics, mostly regarding Governor Tom Wolf's statewide mask mandate in schools.

Amy Ramsberger, a parent who claimed at the previous meeting that her elementary-aged daughter was admitted to a local hospital for "severe dehydration" due to her mask, asked if former Superintendent Dr. Craig Butler's prior assertion that teachers and staff would

SAUCON VALLEY SD



PRESS PHOTO BY CHRIS HARING

District parent Amy Ramsberger inquires about the district's policy on 'mask breaks' for elementary students.

be reminded of 'mask break' policies was followed.

Acting Superintendent Jaime Vlasaty asserted that Butler's prior answer stood, and that reminder emails have been sent. "All teachers received a directive... that they are

to be giving masking breaks during every period," she said.

Another resident whose name was not audible asked if the state of Pennsylvania had released any updated guidance regarding the masking orders. District Solicitor Mark Fitzgerald

aid said his understanding was that their announcement was simply that nothing was changing and that the order would be revisited in "early November, perhaps Nov. 1."

A third commenter whose name was also not audible cited several pieces of legislation in an attempt to poke holes in the district's legal duty to enforce the mask mandate. While Fitzgerald agreed with her that the order was "poorly-written," in his opinion, it does not allow for "shades of gray," which the commenter claimed.

None of the three commenters - who have all spoken at recent meetings - were masked, despite the statewide order pertaining to all school premises whether students are present or not. As with prior meetings, nobody on the board or in administration made any attempt to enforce the order.

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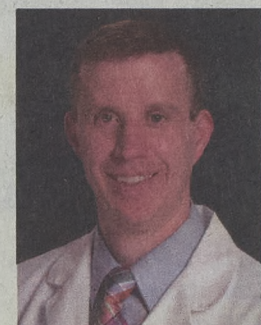
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 Pediatric Orthopedic Surgery
 Pediatric Spine Surgery



Richard Sirard, MD
 Primary Care Sports
 Medicine



Kyle Weiss, DO
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Eric Bronfenbrenner, DPM
 Podiatry

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.



Struggling to survive as a stray, **Geneva** is ready to cuddle into any warm bed she can find. This adorable 7-year-old gal is hoping for some peace where she can learn what it means to be loved.



After being transferred from another shelter in January 2020, **Midnight** is looking for love. At almost 4 years old, this pit bull-terrier mix is ready to be your one and only for life.

HEALTH NEWS

Lehigh Valley Health Network

Free Drive-thru Flu Shots in November

The annual Lehigh Valley Health Network drive-through free all ages influenza vaccinations will be held from 9 a.m. to 3 p.m. Nov. 6 and 7 at Coca-Cola Park only this year. Dorney Park and Wildwater Kingdom will not be available to participate this year due to an extended operating season. Adults and children age two and older in the vehicle and clinic workers will be required to wear a face covering. Wear loose-fitting clothing for the shot to be administered in the arm, and the leg of children under two years old.

Both standard (two months to 64 years old) and senior (age 65 and older) doses will be available. Vaccination should be deferred for people with a suspected or confirmed COVID-19 diagnosis, regardless of symptoms. Supplies are plentiful at this time.

A vaccine information statement, consent form and map of the vaccination route for Coca-Cola Park are available at lvhn.org/flushot. Please bring a completed and signed 2020-2021 consent form for each individual receiving a flu shot. Review the vaccine information sheet. Forms are available by visiting lvhn.org/flushot or by calling 888-402-LVHN (5846).

LVHN is partnering with area food banks and shelters to accept optional donations of unexpired (please check dates in advance), non-perishable food items both days. Diapers, personal hygiene products such as toothbrushes, coffee pods and disinfectant wipes are also needed.

'Mother of the Maid' opens Oct. 22



PRESS PHOTO COURTESY LVCAHS

Students **Alexa McFillin**, as Isabelle Arc, and **Jessica Freedman**, as Joan Arc, lead the cast of the Lehigh Valley Charter High School for the Arts' production of "Mother of the Maid" by Jane Anderson, taking place Oct. 22-24. After a year of virtual performances, the school is excited for this return to live theater. COVID safety protocols will be in place with performers wearing special clear performance masks and audience members will be required to wear masks. Show information and tickets at CharterArts.org.

One Night Without a Home

LV for Homelessness Awareness event Nov. 13

The Lehigh Conference of Churches is Hosting One Night Without a Home - Lehigh Valley for Homelessness Awareness

This awareness and fundraising event takes place Nov. 13 and 14 from 7 p.m. to 7 a.m.

The conference is asking people to sleep outside, in their yard or in an approved public or private space, to raise awareness of the difficulties faced by those who are homeless. People who

live under these circumstances are people that the conference serves every day.

On that Saturday, beginning at 7 p.m. and continuing to midnight, they will be connecting through Zoom with speakers, activities, videos and interactive sessions.

Poverty and homelessness can occur with just one unfortunate event - an illness, a divorce, domestic abuse, or the

loss of a job. One Night Without a Home wants to bring awareness that this can happen to anyone, at any time.

Register to be a part of these 12 hours, <https://secure.qgiv.com/event/onwahlv/>

For 67 years, The Lehigh Conference of Churches has been helping those most in need in the Lehigh Valley through programs directed to families and individuals facing severe conse-

quences of poverty.

Today, the conference and its member churches are joined in their efforts of community service and advocacy for social justice by many faith groups, hundreds of community volunteers, area businesses and foundations.

To learn more about the many ways the Conference of Churches is making a difference in the community, visit www.lehighchurches.org.

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


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9939(10/21)ROP-PA-B

Freedom football rolls by Pleasant Valley

BY MIKE HAINES
mhaines@tnonline.com

Freedom came into the game with a stronger and more athletic team.

And the Patriots certainly flexed their muscles and flashed that speed in a 42-0 win over Pleasant Valley Friday night at Bethlehem Area School District Stadium.

An efficient Freedom offense didn't even face a third down until deep into the third quarter when the game was already out of reach.

"We had a physical advantage on them and we blocked well up front and it gave space for our play makers to do what they do," said Freedom head coach Jason Roeder.

The primary play maker was quarterback Brian Taylor. The senior completed 8 of his 10 passes and could have had a perfect night if not for a couple dropped balls.

"All credit to my linemen and receivers for making plays," said Taylor. "None of those passes would have happened without them making plays so all credit to them."

Taylor threw for 128 yards and a pair of touchdowns and ran for 73 yards and a score.

"He was throwing darts tonight," said Roeder. "We've been focusing on improvement and the offense is getting better every week. We have a lot of good football players so we're spreading

the ball around and letting guys make plays."

The Patriots (6-2) controlled the line of scrimmage, rushing for 265 yards on 28 carries with Deonte Crawford leading the way with 123 yards and two touchdowns on nine carries.

"When our O-line can do their job I can do mine and I appreciate them for that," said Crawford.

In the first half the Freedom offense had only two plays go for gains of less than five yards and one of those was Crawford's 1-yard TD run.

"They're an incredible football team," said Bears head coach Blaec Saeger. "They

are enormous. They're strong. They're disciplined. They're fast. They're athletic. They're everything you need in a football team, which is why they are down here competing for a title with all these monster schools. I give them all the credit in the world. They're where every program like us wants to be."

The Patriots went ahead with a pair of first-quarter scores, one on a 40-yard Crawford run and the next on Taylor's 44-yard pass to Owen Johnson (4 catches, 78 yards, 2 TDs).

Johnson and Taylor connected for another touchdown, this time from nine yards out early in the second

quarter. Taylor ran in a 3-yard score later in the period and the back-breaker came with 51 seconds left in the half when Crawford plunged in from a yard out to put his team up by a mercy-rule score of 35-0.

Jalen Fletcher's 22-yard third quarter touchdown run capped the scoring. Freedom kicker Zeyad Rayab made all six extra points on the night for the Patriots.

The Bears (4-3) still have District 11 Class 6A playoff hopes with two games remaining on their schedule, which includes Pocono Mountain West next week and Stroudsburg to finish the season.

See **FHS** on Page A11

Becahi Hawks stumble against Parkland

BY PETER CAR
pcar@tnonline.com

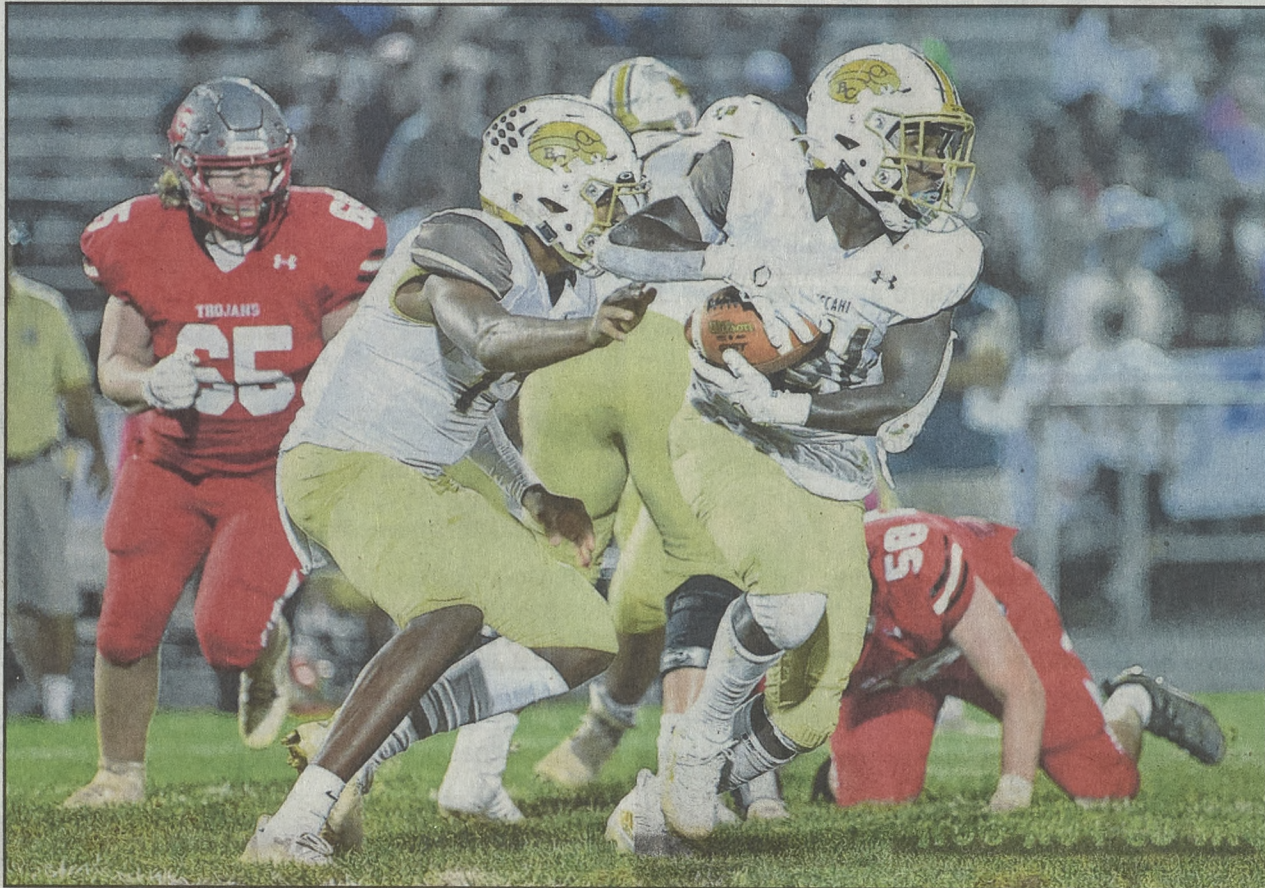
Bethlehem Catholic and Parkland tussled for a half of football in Ore-field last Friday night, but the Trojans eventually turned a close contest into a blowout.

Parkland led 14-7 at halftime, but scored 21 unanswered points in the second half to pull away and push themselves to 6-1 on the season and atop the District 11 6A power rankings.

The Trojans racked up 300 yards of total offense, including 237 yards on the ground to spearhead the night, but it was their defense that changed the game to start the second half to blow open the game.

After trailing 14-0 in the first half, Becahi got a shot of life when the Trojans fumbled a punt with 57 seconds left at their own 13 yard line. Jared Richardson then threw a 26-yard touchdown to Eric Wert to cut the lead in half and give the Hawks a boost of confidence, as they would start on offense to begin the second half.

The Hawks (2-5) opened the second half and drove to the Parkland 31 yard line before the Trojans shut down



PRESS PHOTO BY DON HERB

Zyaire Morris finds running room against Parkland during the team's loss last week.

any opportunity of giving Becahi anymore momentum, when they sacked Richardson for a 15-yard loss to open a fresh set of downs to derail the drive.

Becahi was forced to punt and Parkland capitalized with a 12-play,

79-yard drive, capped by Luke Spang's 15-yard TD run to make it 21-7 with 3:10 left in third period.

After that, Becahi never got back on track offensively, as Parkland tacked on a pair of 10-yard TD runs by Dahllir Adams and Nakhi Bull-

ock in the fourth quarter to pull away.

"Ya, we definitely missed an opportunity to open the second half," said Becahi head coach Kyle Haas. "We also missed an opportunity with our first drive of the game. We've just

been sporadic offensively. Sometimes we have good drives and then other times we have three and outs. It's both sides of the ball we have to figure out how to be consistent, because hanging with a team like Parkland for a half isn't

good enough for us. We got to figure out ways to make these games going into the fourth quarter."

With a week off coming into the game because of a COVID cancellation against Easton, Haas felt the team practiced better in the lead up to the contest and played well to open the game. They just couldn't sustain it.

"For having five days off, I thought we played well in the first half," said Haas. "It just seemed like they [Parkland] ran the quarterback more in the second half and we didn't have answer for it. We have to figure out what happened in the second half, fix it and move forward."

Moving forward means a Saturday showdown with Freedom (6-2) with an opportunity to claim the city championship after knocking off Liberty earlier in the season.

The Hawks are also clinging to hope in the District 11 4A postseason push, as they now sit in sixth place, two spots outside the top four, behind Bangor (5-3) and Wilson (5-3).

Liberty golf team wins District 11 title

BY MIKE HAINES
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Matthew Vital and Matt Zerfass have been going head to head on local golf courses since they were in grade school.

In their final year of high school competition, they had a pair of epic postseason battles over the past few weeks. Zerfass edged Vital in a playoff two weeks ago to win the league championship. Vital got revenge last Tuesday with a one-stroke victory over the Emmaus senior in the District 11 Class 3A Championship, held at The Steel Club in Hellertown.

An eagle on the 15th hole put Vital in the lead and he held on to shoot 2-under par 70 for his first district title.

"We've been playing tournaments together since I was nine or 10 playing GALV tour-

naments," said Vital. "Ever since then we've always been battling it out in EPC and [districts]."

Zerfass had a one-shot lead through 10 holes before Vital made birdie on the 11th hole and both were at 1-under par for the day. Zerfass birdied No. 12, but then bogeyed the next hole to keep things even.

When they got to the 15th Zerfass might have had hopes of putting ahead when Vital, who missed birdie putts on his previous two holes, drove his ball into the trees on the par 5. But he made a great shot, a cut 7-iron from nearly 180 yards, then drained a long putt for eagle while Zerfass made birdie.

"That was a great putt," Vital said. "I think that was the turning point because I missed one on 12, missed one on 13 and then I got to 14

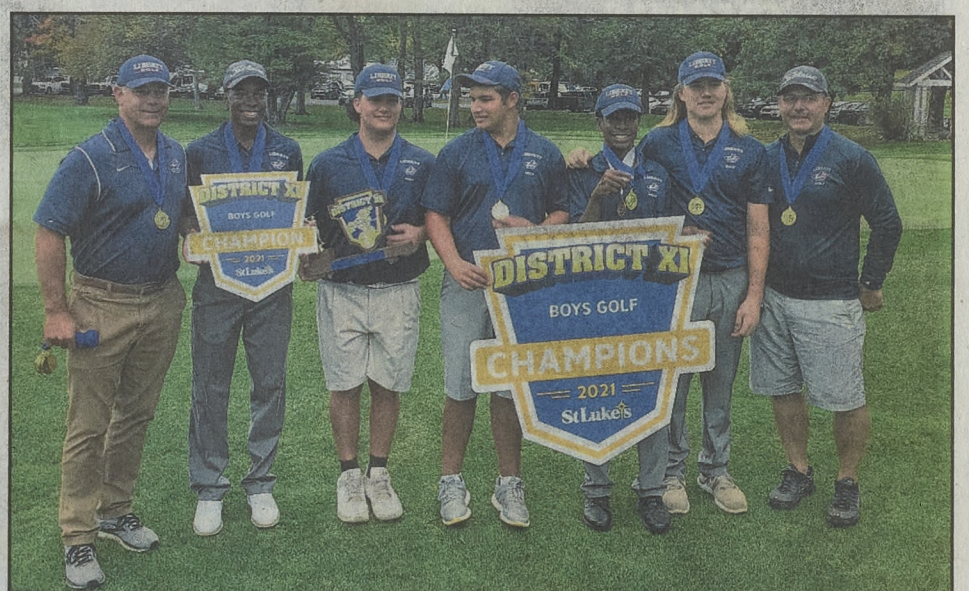
and I hit my drive in the trees. To make the eagle there, that set me up."

Vital made bogey on the 17th hole, but Zerfass doubled bogeyed before a birdie on the last hole closed the gap to one stroke.

Vital led the way as all five Liberty golfers who competed in districts posted rounds in the 70s to help the Hurricanes repeat as team champions. They shot a team score of 379 and beat Emmaus (384) by five strokes to pick up a sweep of all three titles this season (league regular season, league tournament and district tournament).

They've been the best team for the past two seasons and when the postseason rolls around and only five players compete and just four scores count, the Hurricanes got even stronger.

"We aren't deep in



PRESS PHOTO BY MIKE HAINES

The Liberty golf team captured the District 11 team title last week.

the regular season," said Liberty head coach Steve Bradley. "We only had five and then there's a huge drop off. We knew if we could get to the postseason, now we're deep. Now we have solid players

that go out and score. So we're very comfortably where we're at right now and hopefully we can go down and compete with a very good District 12 team."

Liberty had to compete in a subregional

match against the District 12 champ Monday to earn a place at next week's state team tournament.

Vital and his brother Michael, who shot 74 and tied for third place

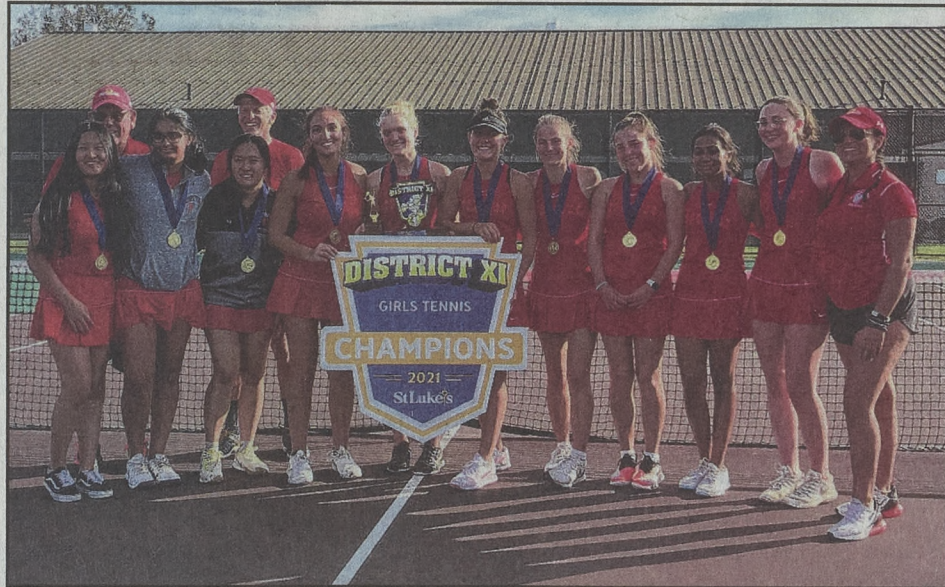
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PRESS PHOTO BY KATIE MCDONALD

The Moravian Academy tennis team captured the 2A team title.

Moravian Academy tops BC in 2A finals

BY KATIE MCDONALD
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Moravian Academy was crowned District XI Class 2A Girls Team Tennis Champion last Thursday and Bethlehem Catholic took the silver medal, when the Lions defeated the Golden Hawks, 3-0, at Lehigh University.

Wins at two singles where Francesca Bartolacci defeated Taylor Adams, 6-1, 6-0, at three singles where Jamilie Atiyeh defeated Isabella Bautista, 6-3, 6-3, and at two doubles where Sophia Brandis and Grace Wright defeated Maddie Lennert and Ava Burkart, 7-6, 6-0, were enough for the Lions' team victory.

Two other matches were still playing.

"Cara (Magliochetti) was playing well, and I was sure we were going to win that match," said Becahi coach George Harmanos. "It was tough for Taylor against Chessie because she's the best player of everybody, and Bella hardly ever lost. Both of our doubles competed well."

Becahi's Patty Superka and Grace Hartman were ahead of Yan Yu and Kanchan Gupta, 6-4, 2-6, 3-1.

"I think, overall, Grace and I played a really, really great match," Superka said. "One of the rallies was at least 20 balls, and we won it. They played both back, so whenever they hit us a volley, we would hit an angle shot."

With both players from Moravian playing back, Coach Harmanos advised Superka and Hartman on how to approach that.

"There are certain things you can do, so we were going over some of our strategies to deal with that more effectively, and Moravian did that a lot," said



PRESS PHOTO BY KATIE MCDONALD

The Becahi Hawks fell to Moravian in the finals.



PRESS PHOTO BY NANCY SCHOLZ

Taylor Adams of the Hawks and the rest of the girls tennis team competed in the District 11 team finals.

Harmanos. "You usually don't see that at one doubles, but it works effectively for Moravian." Superka and Hartman were disappointed that the team match ended before they finished at one doubles.

"It's a little disappointing, but we were really consistent and kept our cool," said Hartman. "I think today, I was much more consistent at the net. I tried to be aggressive and put it away because Moravian Academy is aggressive as well, and I wanted to match their energy and pace on the shots. Patty would put away the shots. We would set each

other up, and it was a really great dynamic today."

At one singles, Magliochetti won the first set against Isabella Bartolacci, 6-4, and was serving in the second set, 1-2.

"We did a lot better than I was expecting," said Harmanos, who started the season with several newcomers and not a lot of depth. "We had Ava at second doubles, a freshman who never really played tennis before, and she did an awesome job. Isabella Bautista moved up from number four doubles and had a great season at three singles."

Freedom boys roll

BY KATIE MCDONALD
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Freedom is on a roll. A hat trick by Peter Tichy and contributions by freshman Michael Deluhery and senior defender Vincenzo Rosete gave the Patriots a 6-0 victory over Easton in an East Penn Conference quarterfinal on Monday afternoon at Freedom.

"We're on our 11th win in a row," said Tichy, who scored all of the Pates' first half goals. "It's our last season, and this could be our last home game, so we came out like we'll never play here again."

Tichy's first goal came in the first five minutes of play on an assist by Sebastian Garcés. His second, three minutes later, was on an assist by Taher Kitabwalla, and his third, 10 minutes after that, was on an assist by Deluhery.

"For us to put up six goals against a quality team shows the stride we're at right now," said Freedom head coach Matt Reightler.

The Pates defeated Easton, 5-1, toward the end of the regular season.

"We played really well both times," Coach Reightler said. "To put us against someone we were confident about put us in a good frame of mind."

The Red Rovers' first-half shots just couldn't find the back of the net.

Rosete headed an Easton ball out of the goal, covering for keeper Tristan Willey. Andy Sumelidis's shot was saved when Willey jumped up and punched it away. And a shot by Matthew Clarke went wide in the final seconds.

Despite a wind chill that made it feel more like winter than fall, the Pates played loose but intense.

"There were more goals to be had, and we brought them," said Deluhery, who scored off a corner by Tichy in the 51st minute.

"It was a shot I wouldn't normally take with my left foot," Deluhery said.

Seconds later, Garcés

scored on an assist by Tichy, but arguably the sweetest goal came in the 61st minute when Rosete nailed a penalty kick, the first career goal by the senior defender.

"PJ (Tichy) let me take it. Everyone's on the score sheet but me," Rosete said. "Everyone's just happy for me for putting one in the back of the net. It feels good to be a senior on my home turf. It feels good to score."

Freedom will take on Allentown Central Catholic in a semifinal match on Wednesday, but at the conclusion of Monday's match, the Patriots didn't know whether they would face Central or East Stroudsburg South.

"We had the privilege to play first, so we're gonna wait to see who we have. If it's Central, we know what we're expecting," said Coach Reightler. "I think we're playing really good soccer, and I'm content with whoever shows up."



PRESS PHOTO BY MARK KIRLIN

Sebastian Garcés, Peter Tichy and Stephen Callaghan celebrate after a Freedom goal on Monday night in the EPC playoffs.

Patriot girls fall

BY KATIE MCDONALD
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Freedom's girls were knocked out of East Penn Conference soccer playoffs on Monday night after a 4-0 quarterfinal loss to Nazareth at Andrew S. Leh Stadium, Nazareth.

"The first time we played them, we scored pretty late off of a PK, so I feel like if we scored in the first half, it would give us more energy and let them fall mentally," said Blue Eagles forward Kayley Hynes, whose goal in the 34th minute went just out of Freedom keeper Megan Raffino's reach.

But the Pates didn't fall mentally and came out striking in the second half, taking three shots that were just high of the goal.

"We kind of know what they do," said Hynes. "You can't stop watching, and you can't stop paying attention."

A penalty kick in the 71st minute by Rachel Billet put Nazareth up



PRESS PHOTO BY LINDA ROTHROCK

Tess Zalutsky and the Pates fell to Nazareth.

2-0, and from there, it was all Blue Eagles.

"I feel like we play better in the second half, but scoring in the first half helped us get more into it and have momentum," said Hynes, who hit the top right corner in the final minutes.

Then, after a missed free kick, Mikela Mooney found the back of the net to end the match.

"We had so many opportunities (in the regular season) and never finished any of them," Hynes said. "It got to be frustrating for us, so we managed to take down their team and finally beat them."

Nazareth will move on to a semifinal match on Wednesday, and Freedom will look ahead to District XI playoffs.

LHS field hockey focused on districts

BY PETER CAR
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Liberty's time in the EPC tournament only lasted one round, as the Hurricanes were unfortunately dealt with taking on top seed Emmaus in Saturday's first round of the tournament.

The Hornets (19-0) didn't have trouble putting the Hurricanes (9-9) away en route to an 11-0 win.

Head coach Jill Dorn was disappointed with how the result unfolded, but also hopes the opportunity to play in a post-season contest before districts can help the team next week when the playoffs officially begin.

"The loss to Emmaus was obviously hard because of the infiltration of corner plays we al-

lowed and their impeccable ability to finish," said Dorn of Emmaus, "but there was no better team to prepare with as we use this time to continue to train for more season to come. We also were able to get many of our young players in to have post season experience."

Liberty was the only local team to qualify for the postseason, as Freedom (5-12) and Bethlehem Catholic (4-11) fell short of playoff goals.

With the East Penn Conference championship taking place on Thursday, Liberty will have a week to prep for the postseason.

"Heading into this postseason we will focus on the takeaways from our losses and continue to work on those elements to create our

practices accordingly," said Dorn of the plan in the lead up to districts. "The maturity of each player being able to evaluate where they have come from since the start of the season, and where they are now has been important in our growth. We want to focus on more connective passing strategies, and of course finishing on goal. There have been games we've come up short by a goal and need to give ourselves opportunities by netting more with higher expectations as we prepare. We will prepare better cutting opportunities from our defensive end, and above all, continue to be together as a team and enjoy all the time post-season grants us."

GOLF

Continued from page A9

at districts, both earned the right to compete in Tuesday's PIAA Class 3A Championships at Heritage Hills Golf Course in York. That event was played after Press deadline.

A few other Hurricane players came close to finishing in the top six last week to qualify for states. Jase Barker and Matthew Ronca shot 78 to tie for ninth place, while Jimmy Barker tied for 12th at 79.

Emmaus senior Evelyn Wong repeated as the District 11 Class 3A girl champs, shooting 75 to beat Saucon Valley's Emma Shelby by three strokes.

In Class 2A, Palmerton's Josh Suto shot



BY NANCY SCHOLZ

Mike Vital qualified for states with a third place finish at the district tournament.

1-under par and edged the Class 2A girls tournament with a 104. Evan Eichenlaub (Moravian Academy) by one stroke. Brooke Poweis (North Schuylkill) won Class 2A team championship.

Heidemann 1st in final regular season meet

BY KATIE MCDONALD
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Freedom harrier Alex Heidemann crossed the finish line and checked his watch, looking more like he'd taken a 5K stroll than a 5K run after winning the final cross country meet of the regular season last Tuesday at Northampton.

"I kind of tried to just take everyone out hard and drop them pretty

quick. I mean, I was ready for competition from some of the top guys, but they dropped off, so I ran to win," Heidemann said.

The Patriot senior surged around a half mile in, took the lead from Northampton's Zeke Colyer, and from there, was by himself.

Heidemann said the flat course favored him, and he was able to drop

time as a result.

With two Nazareth runners on Colyer's heels, maintaining second place to the finish line was most important in order to score team points for the Konkrete Kids.

"I knew they were there, so I was working hard. Just under a mile to go, they started creeping up a little bit," Colyer said. "I was trying to

compete with [Heidemann], but he's been racing really well this season."

The K-Kids did defeat the Pates in boys team results, 26-30, Bethlehem Catholic, 15-46, and Easton, 21-34, but lost to Nazareth, 21-37, and Liberty, 24-34.

Freedom defeated Becahi, 21-40, but lost to Liberty, 22-29, while the Hurricanes defeat-

ed Becahi, 15-50, and Easton, 16-47.

This week begins the post season when the East Penn Conference Cross Country Championships are scheduled for Tuesday at DeSales University.

"I'm interested to see who tries to go with me at leagues," said Heidemann. "I'm ready for a good race."

BOYS TOP 10:

1. A. Heidemann (F) 16:17,
2. Z. Colyer (NP) 16:32,
3. A. Kollgaed (NZ) 16:35,
4. C. Koch (NZ) 16:38,
5. C. Murphy (NZ) 16:45,
6. J. Orrico (L) 17:02.29,
7. E. Leshko (L) time not recorded,
8. O. Reilly (L) 17:15,
9. D. Boyle (F) 17:19,
10. J. Gorman (NZ) 17:20

Hurricane girls get four cross country wins

BY KATIE MCDONALD
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Liberty's girls cross country team closed out the regular season with wins over Freedom, 15-50, Bethlehem Catholic, 15-50, Northampton, 23-34, and Nazareth, 24-35, and lost to Easton, 21-40, last Tuesday at Northampton.

Placing first for the Hurricanes girls team was Maddie Mumma with a time of 19:36.

"I took the first mile really quick, and I was actually in first place in the second mile. It was a pretty big risk because that was faster than I had been running, and so, for the third mile,

I tried to keep going," Mumma said. "It happens, but I got passed by three people toward the end."

Freedom sophomore Ava Fihlman settled in with the front of the pack, letting senior runners lead the way.

"I was fourth, and at the two-mile mark, I

started picking it up a little bit, but I wanted the girls in front of me to set the pace because this was my first time doing the course," Fihlman said. "Holding third was a comfortable pace for me. I didn't feel like I could speed up any more."

Both Fihlman and

Mumma set personal records on Tuesday.

In Freedom's team results, the Patriot girls carry only a handful of runners, and lost 15-50.

The East Penn Conference Cross Country Championships are scheduled for Tuesday, past Press deadlines, at DeSales University.

GIRLS TOP 10:

1. C. Voloshin (NZ) 19:19,
2. L. McPeck (E) 19:33,
3. A. Fihlman (F) 19:35,
4. M. Mumma (L) 19:36,
5. E. Vincente (E) 20:27,
6. T. Adebayo (E) 20:32,
7. M. Maticavage (L) 20:33,
8. F. Belote (E) 21:00,
9. K. Karavich (NZ) 21:12,
10. O. Hoen (NP) 21:14

Pete's Top-10: Poll gets a makeover this week

BY PETER CAR
pcar@tnonline.com

Is it really week 9 nine already?

After last week's warm temperatures, it makes you feel like it's still early in the season, but here we are with only two weeks left in the regular season.

The top dogs in the poll kept rolling last week, while the middle tier got a shake up.

Scroll below to see which two teams broke the top five this week

and who slid down the poll.

1. Freedom (6-2)

Last week's rank: #1
First step toward the city crown comes this week for Freedom.

The Pick: Freedom 35- Bethlehem Catholic 14

1. Emmaus (7-1)

Last week's rank: #1
Hornets get a tough test this week, but they're clearly a better team than Easton.

The Pick: Emmaus 28- Easton 14

3. Parkland (6-1)

Last week's rank: #3
Trojans might find themselves in a tussle this week.

The Pick: Parkland 31- Liberty 17

4. Easton (4-2)

Last week's rank: #6
Rovers have not beaten a top tier team this year and I don't see it happening this week either.

The Pick: Emmaus 28- Easton 14

5. N'ampton (8-0)

Last week's rank: #7
Kids crack top five for first time.

The Pick: Northampton 35- Dieruff 20

6. Nazareth (5-3)

Last week's rank: #4
Blue Eagles have had some bad luck as of late, but should find themselves back in the win column.

The Pick: Nazareth 24- Whitehall 7

7. N'western (8-0)

Last week's rank: #8

Tigers keep moving up the poll after beating Pottsville, but can they avoid a victory hangover?

The Pick: Northwestern 31- Saucon Valley 21

8. Central (5-3)

Last week's rank: #5
Vikes drop even after a win. Some other teams just had better weeks.

The Pick: Central Catholic 42- Pocono Mountain East 8

9. Whitehall (3-4)

Last week's rank: #9

Zephyrs struggle continues.

The Pick: Nazareth 24- Whitehall 7

10. Notre Dame (6-1)

Last week's rank: #10
Should be an easy one for the Crusaders.

The Pick: Notre Dame 49- Pen Argyl 7

Last week's pick: 7-1
Season records: 50-10

LHS, FHS volleyball reach semifinals

BY PETER CAR
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Preparation is key this time of year and Liberty's volleyball team might be getting the best reps they could ask for before districts with this week's East Penn Conference tournament.

The Hurricanes took down Bethlehem Catholic in four games during the first round of their EPC opener, setting the stage for Tuesday's semifinal against top-ranked Parkland.

But the win over the Hawks might be a catalyst for the team, as they move ahead this post-season, no matter what happened against Parkland [which was past Press deadlines].

"The win against Becahi was huge for us," said head coach Connor Swigart. "We had a poor first set and Beca could do whatever they wanted, whenever they wanted. We started down 11-3 in the second. We had a timeout and talked about taking it one point at a time and we played like that the rest of the match. We had to go to 31-29 in the second and 30-28 in the third. It was a highly emotional game

and to be able to see our team get knocked down and keep getting back up was really amazing to see. We have some great senior leadership and they wouldn't let us quit."

Liberty (12-5) split their season series with the Hawks, but to top them again in the EPC tournament was a sign of confidence for Swigart.

Now, his team has to tame Parkland (17-0), who have only dropped one set to their opponents this season.

"Parkland is a great program," said Swigart. "Each year they have a team that is contending and winning championships. The biggest challenge is being able to play consistently good ball and be able to adapt to what they are doing. They are very disciplined, each player does their job very well and very well a lot of the time. Teams like that will take away your Plan A and Plan B so seeing how we adapt and respond to those situations will be a huge thing to watch. We are excited for the opportunity to play one of the

best teams in the state and see where we stack up."

Freedom (18-1) was also in Tuesday's semifinal round, as the Pates swept Nazareth in first round of the EPC tournament to set up a match with Emmaus (16-2). It would be the first time both teams faced each other this year, as the final four of the conference tournament features three of the top 10 teams in the state.

"The EPC is one of, if not, the toughest leagues from top to bottom and being able to play in this tournament can only make you better," said Swigart. "We played Beca, Parkland on Tuesday and in the other semifinal you have Freedom and Emmaus. All 4 of those teams are ranked in the top 10 in the state. No other league can say that, so knowing you have to come into each game and play your best is a challenge. Those types of challenges get us ready for district play when you can't have a bad day or you're done for the year, and no one on our team is ready to be done yet."

FHS

Continued from page A9

Freedom is now on a four-game win streak with just two weeks left in the regular season. The Patriots climbed up to third in the District 11 Class 6A rankings with the win, behind only Parkland and

Northampton. The top four places are all somewhat close and even with wins the Patriots could find themselves as low as fourth, or as high as first or second when the regular season is complete.

Roeder had no inclination to look at district rankings with Bethlehem Catholic and Lib-

erty remaining on the schedule.

"We have a city game this week," he said. "It's all about playing Bethlehem Catholic right now. Everything we do is about that. There will be time when the season is over to look big picture but right now it's all about Bethlehem Catholic."

DARTS

With a sweep of Light of Christ, 2-0, 5-0, 12-1, St. Paul's moved into a tie for 1st place. Leading the way for St. Paul's: Don Biggs 6-13, Alan Antry 6-14, Rich Kern 5-13, John Hoysan 5-14 (2 Double Plays), Larry Kneller HR. Andy Meixsell 6-11, Norm Schoenberg 5-11 for Light of Christ.

Despite losing a pair of games to Ebenezer 5-4, 4-2, winning the nightcap 5-0, Christ UCC maintained a share of 1st place. Top hitters: Charlie Cos-

tanzo 4-10 (HR), Paul Yoder, Conner Lankay 4-12 each, Joey Blevins HR for Ebenezer, while Keith Laudenslager was 5-12, Garry Hunsicker 4-12, Donnie Laudenslager HR Christ UCC.

In another sweep Star of Bethlehem beat Farmersville 3-0, 7-2, 5-3. For Star of Bethlehem: Walt Hoffert 7-14, Tyler Frankenfield 6-14, Nolan Hoffert GWHR bottom of the 9th with 2 outs in Game 3. Gene Grim 6-14 for Farmersville. Emmanuel sandwiched 5-0,

2-1 wins around a 13-1 loss to Dryland. Troy Haydn 5-12 (HR) for Emmanuel; Earl Sigely 7-14, Nathan Pares 6-12 for Dryland.

Christ UCC	12	6	.667
St. Paul's	12	6	.667
Ebenezer	11	7	.611
Dryland	8	7	.533
Emmanuel	8	10	.444
Star of Beth.	8	10	.444
Light of Christ	6	12	.333
Farmersville	4	11	.267

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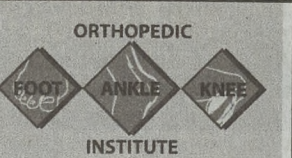
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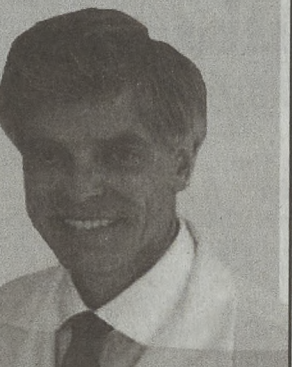
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WHAT did the reporter see when reporting about this place or event?

What do you think the reporter heard, smelled, tasted or touched when reporting about this event?

Why do you think using the five senses (see, hear, smell, taste, touch) is important in reporting?

Standards Link: Reading/Writing: Draw evidence from informational text.

KID SCOOP'S MISSION

Children are born curious. From their earliest days, sensory exploration brings delight and wonder. New discoveries expand their minds. When they unlock the joy of reading, their world widens further. **Magic happens.** Kid Scoop opens the doors of discovery for elementary school children by providing interactive, engaging and relevant age-appropriate materials designed to awaken the magic of reading at school, at home, and throughout their lives.

For more information about our literacy non-profit, visit kidscoopnews.org

Kid Scoop VOCABULARY BUILDERS

This week's word: DEVICE
The noun **device** means a piece of equipment used for a special purpose.

This electronic **device** is used to open the garage door and turn on the lights, too.

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

Write On! Mission Possible

Describe what you would like to be if you could be anything in the world.

ELECTRICIANS

What do you want to be when you grow up? Have you ever thought about being an electrician?

Which cord belongs to which lamp?

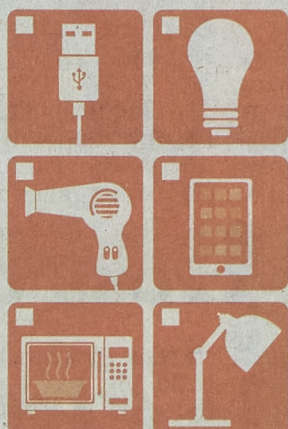
Have you ever turned on a light? Turned up the heat when you are cold? Recharged a phone or watched TV? If so, you can thank an electrician!

An electrician uses wiring and equipment to bring electricity to the devices and appliances in your house. Electrical outlets, plugs, wires and other

equipment carry electricity throughout your home.

Warning! Electricity is a powerful friend, but it can also be very dangerous, even deadly. Be sure to read the Electrician's Safety Tips.

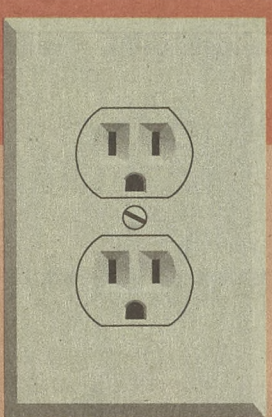
How many of these things can you find in your home? Go on an electrical search with a parent!



Avoid a Shock or Worse! Electrician Safety Tips

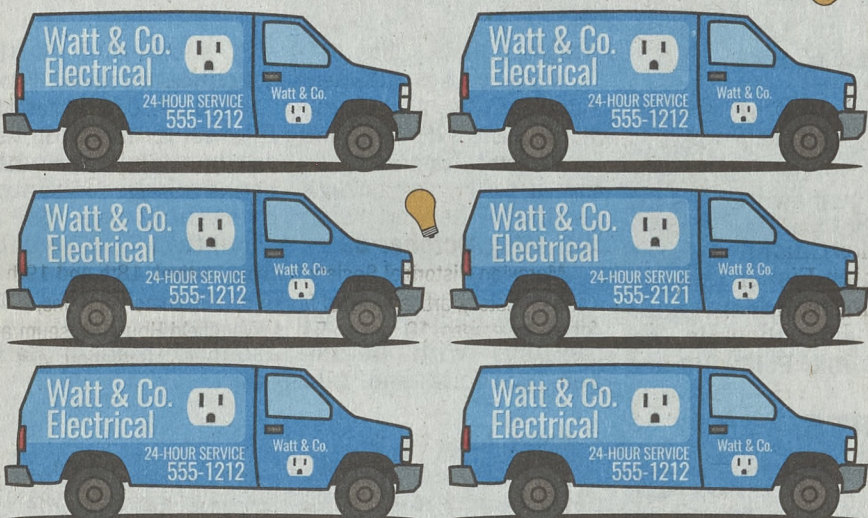
Replace the missing words.

- Never put _____ or objects into outlets.
- Never use electronics near _____ or when your hands are wet.
- Never plug too many things into the same power strip or extension _____.
- Never pull cords out of outlets by the cord — pull on the plug or ask an _____.
- Never _____ outdoor transformer boxes.
- Never fly _____ or drones near power lines.
- Never climb _____ near power lines.
- Always ask an adult for help when using new electronics.



TOUCH TREES
WATER KITES
ADULT CORD
FINGERS

Can you find the electrician van that's different?



How many light bulbs can you find on this page?

Being an electrician is a great job:

- Electricians get to help people.
- The pay is very good.
- Almost everyone needs an electrician.
- There is a shortage of electricians so there are many job openings.

Extra! Extra! Electric Words

Look through the newspaper for 10 or more words that describe electricity and/or what electricity does, such as "power," "run," "on," "off," etc. Write a poem or paragraph about electricity with your words.

Standards Link: Writing: Create poems or prose addressing a topic with supporting details.

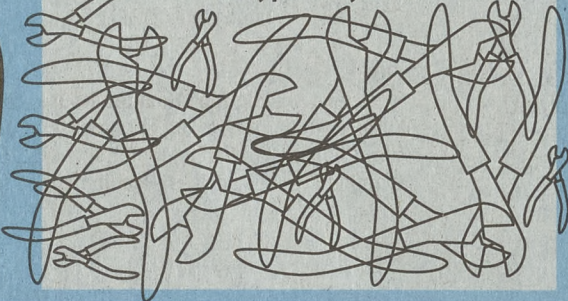
Kid Scoop Puzzler

TOOL BOX TRIVIA: PLIERS

Pliers are important for electricians who work with and cut wire. Electrical pliers have rubber-coated handles to help protect the user from electric shock. It's important that the handles be kept clean, dry and free of grease that could pass electricity from the pliers to the electrician's hand.



How many pliers do you see?



Standards Link: Mathematics: Understand base 10 place value.

Double Double Word Search

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

- TELEVISION
- ELECTRIC
- OUTLETS
- FINGERS
- SAFETY
- PLIERS
- WIRING
- DEADLY
- LIGHT
- PLUGS
- POWER
- SHOCK
- HEAT
- CORD
- WET

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

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

FROM THE Kid Scoop LESSON LIBRARY

Power Surge

Look through the newspaper for things that need electricity. For each example, make a list of ways people could accomplish the same work without using electricity.

Standards Link: Physical Science: Electrical energy can be converted to heat, light and motion.



What do you call a flower that runs on electricity?

ANSWER: A power plant.

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Harper, future actress



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PRESS PHOTOS BY ELISABETH KEMMERER

Celtic Classic competitors Kyle Lillie (Sacramento), Chuck Kasson (Lincoln), Colin Dunbar (Long Beach), Damien Fisher (Bellingham), Wes Kiser (Gibsonville), John Van Beuren (Boise), Nathan Burchett (Mason City) and Jeff Kaste (Atkinson). Competition winners were: Fisher for the 16 and 22-pound hammer throws; Kasson for the 56-pound Weight for Distance; Kiser for the Sheaf Toss; Van Beuren for the Braemar Stone, Caber Toss, 28-pound Weight for Distance, Open Stone Put, and 56-pound Weight for Height. Van Bueren set field records for the Braemar Stone and 56-pound Weight for Height and took third place overall in the competition. Lillie took second place and Fisher took first place. Photo coverage continues on page A14.

800-year-old Highland Games continue

BY ELISABETH KEMMERER
Special to the Bethlehem Press

After a hiatus in 2020 due to COVID-19, the Celtic Classic Highland Games and Festival returned for its 34th year as strong as ever Sept. 23-25. The weekend was home to the U.S. National Highland Games Championship, where the top 10 professional highland athletes from around the country competed in nine rugged field events that have changed very little since they were commonplace in medieval Scotland. Festival attendees crowded around Highland Field on Saturday and Sunday for the show of strength and skill.

"This sport is 800 years old and is the precursor to modern track and field," explained 20-year highland athlete Beau Fay. He has served as the Highland Games announcer for the past three Celtic Classic festivals and has competed coast to coast and in Scotland. "It may seem like a spectacle seeing a bunch of guys competing in kilts, but these are world-class athletes."

Case in point, crowds looked in awe on as 26-year-old, 310-pound competitor John Van Beuren from Boise, Idaho, did a standing backflip after each of his many victorious throws or tosses. Likewise, Kyle Lillie, 355-pound competitor from Sacramento, Calif., did a crowd-pleasing cartwheel following his victories.

Van Beuren set field records for the 56-pound Weight for Height and the Braemar Stone events and took



Wes Kiser sends the 20-pound bale of hay up and over the 24-foot bar during the Sheaf Toss. Kiser would go on to win this event after a toss clearing 32 feet. Highland athletes own their own pitchforks for this event and spend a lot of time meticulously choosing them, explains announcer Beau Fay.



Damien Fisher enters his spin as he prepares to release the 56-pound agricultural weight during the Heavyweight Throw for Distance. Fisher took second place in this event with a throw of 40 feet 9 1/2 inches and would go on to take first place overall, becoming the 2021 US National Highland Games Champion.

third place overall in the competition. The Braemar stone is a rock

weighing approximately 22 pounds that the competitors throw like

a shotput. The 56-pound weight used in the Weight for Height and Weight for Distance is an agricultural weight with a chain and handle.

"Throwing the 56-pound weight is like throwing a car battery with one hand," Fay announced between the competitors' throws.

Lillie took second place for the competition and this year's US National Highland Games Champion is Damien Fisher from Bellingham, Wash.

Judges calculate an aggregate of the competitors' scores for all nine events to determine competition winners, Fay explained. The key to winning, he says, is consistency.

"It's not enough to be strong in just a few events, or weak in just a few," Fay said. "You need high placement in all the events and Damien Fisher accomplished that."

Along with Fisher, Lillie and Van Beuren, competitors included 2019 national champion Chuck Kasson from Lincoln, Neb., Colin Dunbar of Long Beach, Calif., Wes Kiser from Gibsonville, N.C., Nathan Burchett of Mason City, Iowa, and Jeff Kaste of Atkinson, N.H.

Winners for each event were: Fisher for the 16-pound and 22-pound hammer throws; Kasson for the 56-pound Weight for Distance; Kiser for the Sheaf Toss; Van Beuren for the Caber Toss, 28-pound Weight for Distance, Open Stone Put, 56-pound Weight for Height, and Braemar Stone.



After a powerful running start, John Van Beuren launches the 130-pound caber for a perfect toss that helps him win the event. For a "perfect toss," the athletes must toss the caber end over end in a straight line. Van Beuren won four other events and set field records for the Braemar Stone and 56-pound Weight for Height.

MAMA'S MUSINGS Handling challenges

Anything that can go wrong probably will. After two solid weeks of dental and doctor's visits, we had a really nice Saturday.

We visited a friend at their farm. My friend is an author and illustrator, and we were able to see his studio and the farm animals, and we came home with eggs and sausage from the farm.

We visited my adoptive mom for the first time in a long time. She had some very bad health challenges, and last week when I found the place where she is accepting visitors, including kids, I was anxious to see her. But James wasn't feeling well, so we had to wait another week. It was great to see her in person again.

We went to a fun event at the Lehigh and Keystone Valley Railroad Museum, and James enjoyed the stories from the visiting librarian, and the fantastic train displays.

Then we went to another barn and fed the horses. It was great fun. James helped a lot, pulling a big wagon and using a hose to soak the food. It was a beautiful day, despite the pouring rain. Horses love feeding time, and it was a pleasure to see them.

Then, as we were driving home, my low tire pressure light came on. So I spent the last 10 minutes of the drive fretting that a tire would go flat, and we would crash. It didn't happen. (The next day when it wasn't raining, I took the SUV to Wawa and filled the tires. Thanks for the free air, Wawa!)

I started dinner. I forgot to preheat the waffle iron and the waffles stuck to the heating plates. I prised them out with a metal spatula and served them. At that point, I was exhausted. But James tried the waffles and proclaimed them "the best." He also said he had a great day.

Life hands us challenges. It always has, and always will. Make the best of them!



By Lani Goins

HOLIDAY EVENTS

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.

Weekends in October

Historic Haunts Ghost Tours every Friday and Saturday during October. Cost. Call 610-866-5481 to make reservations. Masks are required. Tours start at 6:30, 7, 7:30 and 8 p.m. Moravian Book Shop, 428 Main St. Masks are required for all guests for duration of the tour. Private group tours are available.

Daily through October 30

Historic Downtown Bethlehem second annual Scarecrow Showdown, along Main and Broad streets. Information: www.facebook.com/events/142262817976981/?event_time_id=142262871310309Octoberfest

Friday, October 22

Moravian Historical Society Spooky Stories lantern-led Historic Nazareth Walking Tour. Departures: 7 and 8 p.m. Cost. Whitefield House Museum, 214 E. Center St., Nazareth. For information, visit www.eventbrite.com/e/spooky-lantern-led-historic-nazareth-walking-tour-tickets-170199472203?aff=erelpanelorg

Saturday, October 23

Moravian Historical Society Harvest Festival. 18th and 19th century history, artisans, local farms, music, demonstrations, foods, beverages. 10 a.m. to 5 p.m. Whitefield House Museum and grounds, 214 E. Center St., Nazareth, 18064. Information: visit www.moravianhistory.org/harvestfestival

Sunday, October 24

Annual Family Fall Festival, free games, prizes, crafts, face painting; marionette show every hour. Food, drinks for purchase, 1 to 4 p.m. 8065 William Penn Highway, Easton. Joined by Aspire to Autonomy, EmpowerWorks LLC and the Pocono Mountain Recovery Center.

Wednesday, October 27

Great Pumpkin Games. Ages eight and up. STEM activities, games. Build a group catapult and use it to complete a variety of pumpkin challenges. 4 p.m. Southside branch library. Must register; visit www.bapl.org/events/time-for-the-great-pumpkin-games-south-side/

Thursday, October 28

Three-hour Zombie Masks class, (cost) 6:30 - 9:30 p.m., Fowler Family Southside Center, N.C.C., 511 E. Third St. Basics of special effect masks, makeup, prosthetics, costume special effects. To enroll, visit www.northampton.edu/fablab or call 610-332-8665. Course code is FABPL104.

Friday, October 29

"Behind the Big Top" Haunted House, cost - order online at visit www.CharterArts.org or purchase at door, 7 p.m. Lehigh Valley Charter High School for the Arts, 321 E. Third St. Parental discretion (PG-13) advised. Recommended for children 10 years and older.

Saturday, October 30

Cops N Kids: A Haunted Scavenger Hunt. Come in costume. Friendly witch Taylor will read "Inside a House That is Haunted" by Alyssa Satin. Make a miniature haunted house out of household materials. Ages three and up. 10 a.m. to noon. Reading Room at the Fowler Family Southside Center, 511 E. Third St. Must register; email lvccops-n-kids@att.net or call 610-861-5526. General information: visit www.lvccopsnkids.org.

"Behind the Big Top" Haunted House, cost - order online at www.CharterArts.org or purchase at door, 7 p.m. Lehigh Valley Charter High School for the Arts, 321 E. Third St. Parental discretion (PG-13) advised. Recommended for children 10 years and older. Friday,

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.

PEOPLE

Bethlehem resident earns white coat

Sruthi Lakshminarayanan, of Bethlehem, a doctor of pharmacy student in Philadelphia College of Pharmacy at University of the Sciences, received a white coat at a ceremony Sept. 18. The ceremony included a recitation of the Oath of a Pharmacist by students in their first professional year (third year) of USciences' six-year pharmacy program. The pledge is a commitment to continue working with patients compassionately, to enhancing their health and well-being, and symbolizing their dedication to the profession of pharmacy and to the care of others.

Submit PEOPLE news items to gtaylor@tronline.com, fax 610-740-0947 or mail it to PEOPLE, c/o Bethlehem Press, 1633 N. 26 St., Allentown, PA 18104.



Ed Land, a blacksmith from Easton, shows the array of tools in a typical blacksmith's arsenal while explaining the history of blacksmithing in the Lehigh Valley Sunday morning at Heritage Hollow. In the 1700's, the building he was standing in would have housed a blacksmith, tinsmith, locksmith, gun stocker, plumber, nailer and later a pewterer, and each would have had four apprentices.



Professional blacksmith Ed Land demonstrates a variety of blacksmithing techniques at Heritage Hollow Sunday morning. After heating the rod to 2,000 degrees, he begins pounding it into the shape of a coat rack.

Ian Anderson, Lance Katz and Jason Marshall welcome customers to their company, USA Kilts, out of Spring City, Pa. They have been regular vendors at Celtic Classic for the past 20 years.



The Sean McGonigal Memorial Pipe Band of Kearny, N.J., breaks out into a crowd-stopping number outside of Highland Field. The band won first place in the Grade 4 Pipe Band competition. Lorna McGonigal Sheehan explains that her great-grandfather started the band in 1949 when he came over from Scotland. Her Celtic heritage has been a shaping force in her life – she is a drummer in the Grade 3 pipe band and an instructor for Grades 4 and 5, “and I married a bagpiper,” she says.



Capital District Youth Pipe Band from the Capital District of New York performs during the Grade 4 Pipe Band Competition Saturday afternoon in the Wooden Match parking lot. Pipe bands are organized into Grades 1 through 5 based on skill level, with Grade 1 being the highest skilled and Grade 5 being beginner level. CDYPD won third place for the Grade 3 competition.



Margaret Young of Tipton on the Hardanger fiddle and **Mark Stewart** of Lambertville, N.J., on the bouzouki, the Irish relative of the mandolin, formed a spontaneous duo in the tunnel near Heritage Hollow Sunday morning. With 37 years of musical experience between them, the two strummed a series of Celtic tunes that caught plenty of attention from folks passing by.



Students of O'Grady Quinlan Academy of Irish Dance step to high-energy tunes in the Grand Pavilion.



Vendors like the House of Douglas Bakery of Cosby, Tenn., which specialize in Celtic baked goods, came from far and wide with enough soda bread, scones, cakes and cookies to appease the Celtic heritage in anyone.

Randy Dutan

Liberty HS

Grade: 12

Family Members: Socorro (mom), Mayra (sister), Johan (nephew), Manuel (dad), Diana (sister, Lizbeth (sister), James (brother)

Favorite subject: My favorite subject is English because I enjoy reading and writing in my free time.

Activities: Editor and staff writer of Liberty HS newspaper

Next steps: My next steps would be to enter a two-year community college to study English and move out of my parents' house.

Career goals: The goals I have in the future are to get into the field of English and work as a writer.

Heroes: The heroes in my life are my sister, Mayra and mom. My sister demonstrates a great show of independency. She works hard and manages a good life on her own better than anyone else I know. My mom is a diligent person who tries her best for her children. She tirelessly took care and loved us growing up, despite how troublesome we were. She still tries her hardest today.

Hobbies: I enjoy reading books from authors: Gary Paulsen, Walter Dean Myers and E.L. Doctorow.



Volunteer/community work:

The community work I involved myself in was at a Holy Infancy Church. I acted as an assistant to teachers and a brother to the kids who attended the church program to learn more about Catholicism. I served there for two summers during two years.

Likes: Spending time with family and playing games with my friends.

Dislikes: Disrespectful and immoral behavior

Greatest accomplishment (so far): To get involved in my school's newspaper and have one of my articles published

Advice for peers: When it comes to passion, try your hardest.

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

LIBERTY HS NEWS

By RANDY DUTAN

Getting back to 'normal'

This year, Liberty HS marks its 100th anniversary. The first month of September eases students in after the dragging experience they had last year. In light of this change, Liberty HS added new aspects to their school for the new environment. This isn't stopping more opportunities for seniors from opening up toward their steps after high school. Along with the activities starting for students to make a change and enjoy themselves.

Many seniors are already looking ahead in their plans for college. Liberty's guidance department hosted a college application night and financial aid night Sept. 22 and Oct. 5. The guest speaker, Alyson Remsing-Engelhardt, director of recruitment at Moravian University, presented for Liberty's college application night in the auditorium. Seniors were informed of the college application process and moved toward the college of their interest. Up to this point, all of them took visits in colleges and prepared to commit to the next four years of their lives.

On Oct. 5, guest speaker Greg Mitton, director of financial aid and associate dean of admissions at Muhlenberg College, presented for financial aid night in the auditorium. With seniors weighing their options, Mitton discussed the types of aid and application process. Many students learned the best possible option for them and learned how to make their college affordable.

In addition to the year, Liberty's school staff implemented the "two-minute pause" at the start of each class. During the two minutes, all technology is closed and students listen to calming music playing through the school's speaker. This acts as a mindful or meditative experience.

The feedback on the "two-minute pause" mixes from student to teacher. Senior student Luis Santiago gave constructive criticism about the topic.

"The two-minute pause in theory is good," he said, "however, two minutes isn't enough to mentally prepare students. If the school wants to incorporate mindfulness for the sake of the students, it should be fully embraced and not half assed."

School staffer Elizabeth Vincent had an opposed view.

"I enjoy the two-minute pause," she said. "It gives me time to prepare for my next class." She called it a "center of attention" to keep her focused.

The homecoming dance took place Oct. 9 at Liberty's tennis courts. Of course, as tradition, there's always a football game prior to the homecoming event. This year, Liberty lost to Emmaus, 35-0.

During the dance, the homecoming king and queen were chosen among the homecoming court: Tavia Flecksteiner; Lindsey Heffernan; Mia Lobach; Mariah Olmo; Angelina Santiago; Emma Silvestr.; Joseph Barnes; Matthew Byrnes; Peyton Carson; Kevin Conklin; Hayden O'Neill; and Caleb Stein. While some students were excited to have a great time, others wanted a warm welcome back to celebrate Liberty's commemoration.

COLLEGE NOTES

Northampton Community College

News organization's Risen to speak Nov. 9

Pulitzer Prize-winning Investigative Journalist James Risen will speak on the "Last Honest Man" and national security at 11 a.m. Nov. 9 on Zoom. The best-selling author will speak about surveillance and infiltration of political and civil rights groups, and mind-control experiments on unsuspecting Americans.

He is The Intercept's senior National Security correspondent based in Washington, D.C. He is director of First Look Media's Press Freedom Defense Fund, which supports news organizations, journalists and whistleblowers in legal fights in which a substantial public interest, freedom of the press or related human or civil rights are threatened. As a New York Times reporter, he won the 2006 Pulitzer Prize for National Reporting for his stories about the National Security Agency's domestic spying program. He was a member of the reporting team that won the 2002 Pulitzer Prize for explanatory reporting for coverage of the Sept. 11 attacks and terrorism.

The presentation, open to the public, will be moderated by Rob Hays, coordinator of Journalism, Media & Professional Writing at the college. Email rhays@northampton.edu to receive the Zoom link in November.

Criminal Justice program gets high ratings

Higher education data and analytics company College Factual ranked Northampton Community College's criminal justice associ-

See **NOTES** on Page A16



THE Liberty HS Choral Ensemble entertains the community during 100-minute 100th year anniversary walk.

LIBERTY HIGH SCHOOL 100th anniversary walk cheerful, enthusiastic

Despite overcast skies, the participants at Liberty HS's 100th anniversary celebration walk were cheerful and enthusiastic. Walking for 100 minutes around the school property represented a minute for each year that this school has provided free public education to this community on its 100 year anniversary. Current students participated by performing in the band, the choral ensemble, cheering and baton twirling exhibits on the front steps near the main entrance to the school while walkers circled the building. Music was playing throughout the course of the walk and food trucks were on site. Alumni were reunited with classmates and could be heard sharing stories about their time at Liberty. Some did more talking than walking but everyone appeared to enjoy the festive atmosphere and lively company.



Walkers acknowledge and celebrate Liberty HS 100th anniversary, 1922-2022

PRESS PHOTOS BY JENN RAGO



Liberty HS band members liven up the celebratory walk.

2022 THON is under way

BY JENN RAGO
njastrzemeski@tonline.com

Student representatives Ellie Cirillo, Jalyana Martin and Maryan Kariyn were all too eager to explain their roles in this Liberty HS's annual mini-THON, a smaller version of Penn State University's fundraising event to benefit Pediatric Cancer.

Each year, students begin fundraising in September by hosting bake sales, car washes and similar events, culminating with the "dance-a-thon" at the end of the school year.

Participants raise money and awareness by dancing (staying on their feet), for a desig-

nated period of time. University students at the main THON dance at Penn State dance for up to 24 hours - high school students dance for 12 hours.

Last year, due to COVID, the students were limited to three hours maximum. Cirillo said, "We are really hoping that COVID will not be an issue this year and we will be able to have the event for the full 12 hours."

This year's THON is scheduled for April 2, 2022. So far the students have raised \$2,000 and are setting their sights on \$35,000, a common goal in pre-COVID years.



PRESS PHOTO BY JENN RAGO

Liberty HS junior Ellie Cirillo, and sophomores Jalyana Martin and Maryan Kariyn, eagerly represent the "mini-THON" at the school's celebratory walk Oct. 9.

YOUR LOCAL WEATHER

7 Day Forecast	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Sunny	Partly Cloudy	Chance Showers	Mostly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Scattered Rain
71 / 50 5-10 mph W	72 / 53 2-9 mph SSW	65 / 45 5-8 mph W	59 / 41 3-8 mph NW	57 / 40 3-9 mph WNW	53 / 34 5-9 mph NW	52 / 35 2-6 mph E	

FORECAST FOR LEHIGH VALLEY PENNSYLVANIA

Today we will see sunny skies with a high temperature of 71°, humidity of 51%. West wind 5 to 10 mph. The record high temperature for today is 78° set in 1936. Expect clear skies tonight with an overnight low of 50°. West southwest wind 2 to 6 mph. The record low for tonight is 24° set in 1972. Thursday, skies will be partly cloudy with a slight chance of showers, high temperature of 72°, humidity of 53%. South southwest wind 2 to 9 mph. Thursday night, skies will be mostly cloudy with a 30% chance of showers, overnight low of 53°. Southwest wind 7 mph. Friday, skies will be partly cloudy with a 30% chance of showers, high temperature of 65°, humidity of 59%. West wind 5 to 8 mph. Friday night, skies will be mostly cloudy with an overnight low of 45°. South southeast wind 5 mph.

Weather Trivia

Does lightning kill men or women more often?

Answer: Eighty-five percent of the people killed by lightning are male.



FALL IS HERE!...

Get your pre-season fill up today.

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610-266-8990

NOTES

Continued from page A15

ate degree program in the top 10 percent of all schools in the nation in their 2022 Best Colleges Ranking. In addition, three Northampton degree programs scored number one in the state of Pennsylvania: criminal justice, hospitality management and emergency management.

NCC's information technology associate degree program was rated number 2 in the state.

College Factual rankings are based on numerous degree categories, including average early career salary, online options, student completions, affordability, and educational resources provided by the school.

Fall accelerated semester starts Oct. 25

Take advantage of the accelerated Fall II semester with a start date of Oct. 25. For more information, visit northampton.edu/fall.

Culinary sessions begin Oct. 25

Program Director Chef Francine Marz will speak about the opportunities Northampton Community College culinary students experience during open to the public information presentations. Listen to professionals in the industry about jobs in the region. Attendees will meet and network with Lehigh Valley companies including McCarthy's Red Stag Pub, Great Wolf Lodge, Kalahari Resorts and Convention Centers,

Folino Estate Winery, Historic Hotel Bethlehem, Mister Lee's Noodles and The Flying V.

Sessions will be held from 9 a.m. to noon on Oct. 25 and from 1:30 to 3:30 p.m. Oct. 26 in Alumni Hall, Bethlehem Campus. Information and registration is available by visiting northampton.edu/culinary-industry-week or at <http://northampton.meritpages.com/news/NCC-Offers-Free-Culinary-Arts-Program-and-Employment-Info-Sessions/22546>

Fall craft fair Nov. 6

The annual fall craft fair will be held from 9 a.m. to 2 p.m. Nov. 6, from at the Bethlehem Campus, 3835 Green Pond Road. Over 130 crafters will be selling handmade jewelry, food, woodworking and more. Breakfast and lunch will be available for purchase through Sodexo food service. NCC's H.O.P.E. food pantry will be collecting donations of nonperishable canned items and toiletry items that will be given to students who need them. Masks are required.

Northampton Community College's main campus is located at 3835 Green Pond Road. The Fowler Family Southside Center is located at 511 E. Third St. For information, call 610-861-5000 or visit www.northampton.edu.

Joint training exercise



PRESS PHOTO BY JIM MARSH

Three dozen firefighters from Western Salisbury Fire Department, Eastern Salisbury Fire Department

and Fountain Hill Fire Department participated in a joint training exercise Aug. 30, in two vacant buildings owned by Fountain Hill Borough

along Dodson Street. The firefighters drilled techniques and protocols for search and rescue, roof ventilation, ladder work, hose handling and forcible entry. The three companies are occasionally called upon to work together at mutual aids calls, and the joint training gives firefighters a chance to drill common techniques and to familiarize themselves with each others' equipment. The properties formerly housed Fountain Hill administrative functions and borough managers saw the benefit in letting first responders use the properties for non-destructive training purposes.

ELECTION BOARD NOTICE

The Lehigh County Board of Elections will conduct a public test of the central tabulating equipment which will be used to count and record mail ballots cast at the November 2, 2021 Municipal Election on Thursday, October 28, 2021, 10:00 A.M. in the Bureau of Elections & Voter Registration Office located on the bottom floor of the Lehigh County Government Center, 17 South 7th Street, Allentown, Pa.

AVISO DE LA JUNTA ELECTORAL

La Junta de Elecciones del condado de Lehigh Llevará a cabo la prueba pública del equipo de tabulación central que se utilizará para contar y registrar las boletas de voto por correo el 2 de Noviembre 2021 en la elección Municipal a las 10:00 A.M. el 28 de Octubre 2021 en la oficina de registro de votantes localizado en el sótano del edificio centro de gobierno, 17 South 7th Street, Allentown, PA.

Election Board of Lehigh County
Junta Electoral del condado de Lehigh
De: Timothy A. Benyo
Oficial Mayor

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FALL PREVIEW

'Awakening' puts NCC students back on stage

CURTAIN RISES



By Kathy Lauer-Williams

The Northampton Community College Theatre Department kicks off its 2021-2022 season with its first in-person production in 18 months.

The coming-of-age rock musical, "Spring Awakening," will be presented live on stage, Oct. 21-24 in the Bethlehem Township college's Lipkin Theatre.

"We're counting the days until we are back on stage to a live, in-person audience," says William Mutimer, NCC theater department head and director of the musical. The last live on-stage theater See **NCC** on Page B3



CONTRIBUTED PHOTO

"The Boys" rehearse for "Spring Awakening," Oct. 21-24, Northampton Community College.

'Blueprint' for music performers



CONTRIBUTED PHOTO

Frank Demilt

LITERARY SCENE



By Dave Howell

It has never been easy to make a living as a musician. And it is becoming more complicated than ever.

"The Blueprint: The Bible For Becoming a Successful Performing Artist in the Digital Age" by Frank Demilt (Blue Heron Book Works, 2021, 224 pp., \$19.50) is a guide to navigating the music world. It covers the recording process, copyrights, distribution, marketing, contracts, touring and sustaining a career.

Demilt, who lives in Keyport, N.J., is an audio engineer and head of artist

development-A&R at Water Music-Sloppy Vinyl. He has worked with Grammy and Emmy-winning artists and producers. His book is published by Blue Heron Book Works, Allentown.

In a phone call from Nashville, Demilt says that things in the music industry happen so quickly now that he had to make changes while writing and editing the book. He plans to do yearly updates.

The Internet has been a major influence on music careers. It has had a negative impact for artist revenues, as more songs are heard by listening on streaming platforms. Services like Spotify reimburse creators a minuscule amount each time a song is played.

"You do not make much from song sales," he says. "You get maybe a tenth of a cent on the dollar from See **DEMILT** on Page B3

The Rotunda 'Narratives'

GALLERY VIEW



By Ed Courrier

The Bethlehem Fine Arts Commission (BFAC) themed show, "Art Narratives: Combining Text & Art," features work of six artists, through Nov. 5, Rotunda Gallery, Town Hall, Bethlehem.

Invited by the BFAC to participate in the exhibit were Paul Deery, Lucy Gans, Domenick Naccarato, David P. Richards, Maryann Riker and Barbara Schulman.

"We wanted to incorporate the written word with the visual image. These six talented artists have done that in their See **ROTUNDA** on Page B3



PRESS PHOTO BY ED COURRIER

From left, Domenick Naccarato, Maryann Riker, David P. Richards, Barbara Schulman, Paul Deery, "Art Narratives," through Nov. 5, Rotunda Gallery, Town Hall, Bethlehem.

8 DAYS A WEEK

Your look ahead at Valley Arts



CONTRIBUTED PHOTO

Country gospel: Josh Turner, SmithField, 8 p.m. Oct. 24, Penn's Peak, 325 Maury Road, Jim Thorpe. Doors open at 6 p.m. Rescheduled from May 28, 2020 and Oct. 25, 2020. Original tickets honored. From his 2003 platinum-selling debut, "Long Black Train," to his 2017 Billboard No. 1 release, "Deep South," Turner has received multiple Grammy and Country Music Awards. The Hannah, S.C., native has sold more than 8 million units and topped more than 1.5 billion in global streaming with the hits, "Hometown Girl," "Would You Go With Me," "Your Man," "Time Is Love," "Why Don't We Just Dance" and "Long Black Train." His 2018 album, "I Serve A Savior," debuted at No. 2 on Billboard's Top Country Albums Chart and Top Christian Albums Chart, with an accompanying DVD featuring a performance of Turner and his wife Jennifer and their four sons. His book, "Man Stuff: Thoughts on Faith, Family and Fatherhood," was published in 2014. His latest album is "Country State of Mind" (2020). Tickets: www.ticketmaster.com; Ticketmaster, 800-745-3000; Penn's Peak box office; Information: <https://www.pennspeak.com/events/all>; 866-605-PEAK



CONTRIBUTED PHOTO

Alone now: Tommy James and the Shondells, 8 p.m. Oct. 23, Penn's Peak, 325 Maury Road, Jim Thorpe. Doors open at 6 p.m. Rescheduled from June 20, 2020, Oct. 3, 2020, and June 12, 2021. Original tickets will be honored. The Shondells, formed in Niles, Mich., in 1964, had two No. 1 singles, "Hanky Panky" (1966) and "Crimson and Clover" (1969), and charted 12 other Top 40 hits, including five in the Hot 100's Top 10: "I Think We're Alone Now," "Mirage," "Mony Mony," "Sweet Cherry Wine" and "Crystal Blue Persuasion," with 23 gold records, nine platinum albums and more than 100 million records sold worldwide. He wrote a critically-acclaimed memoir, "Me, The Mob and The Music." Tickets: www.ticketmaster.com; Ticketmaster, 800-745-3000; Penn's Peak box office; Information: <https://www.pennspeak.com/events/all>; 866-605-PEAK



CONTRIBUTED PHOTO

BC time: Bev Conklin & The BC Combo, 8 p.m. Oct. 23, Godfrey Daniels, 7 E. Fourth St., Bethlehem. Lehigh Valley favorite Bev Conklin & The BC Combo return to Godfrey's stage for what is sure to be a rousing, exciting evening as she offers up her special blues sounds. Conklin is a multiple-year Lehigh Valley Music Award winner and was presented with a Lifetime Achievement Award by the Blues Guild of the Lehigh Valley. Tickets: <https://godfreydaniels.org>; 610-867-2390

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A text for a text; a call for a call

Dear Jacquelyn,
There are days that I am very busy and find it impossible to stop and take the time to take a phone call. Is it bad manners to respond to a phone call with a text message?

Dear Reader,
Sometimes you just don't have time to answer the phone.

You could be driving, having dinner with your family, or maybe you just don't want to talk. In such a connected world today, keeping your phone manners on point and respectful can be tricky.

RESPECTFULLY YOURS

By Jacquelyn Youst



Modern-day courtesy suggests you return any message via the same medium in which it was sent. This is basic politeness.

A phone call requires a return phone call. A text deserves a text.

If someone calls you and you respond back with a text message, it might be interpreted as rude. It implies that the interaction in real time

is not very important to you.

Of course, there are exceptions to the central tenet of modern-day tech etiquette. For those times you are unable to take a phone call, it is acceptable to reply with a text. Respond by saying, "I saw you called but I can't talk right now. I'll call you as soon as I'm free."

Actual conversations are time-consuming but more authentic than a text and, for that reason, it's nice to make time to have an actual dialogue.

Make the effort to respond quickly. Otherwise, your lack of response might be in-

terpreted as a lack of caring. The key is to not make the caller feel irrelevant.

To avoid mishaps and hurt feelings, always handle missed calls with courtesy.

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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Letting go of excess stuff

I am not a pack rat and never could be.

I am not a hoarder and never could be.

I never thought I could be accused of being either.

But now I think there might be a little bit of both in many of us.

I've come to realize I hang on to things I don't use and absolutely don't want to throw them away.

It's more than I don't want to. I don't think I'm capable of letting go of some of the stuff that would be better in a new home.

My husband has closets full of stuff from his parents and grandparents. He never looks at it, never even opens the boxes. But there is no way he would ever consider paring it down or asking his sons if they want it. It all has great sentimental value.

I agree it's not hoarding when it involves things with sentimental value. Someday, he says, it will be up to his sons to open the boxes and keep what they want.

My jammed cabinets probably hold little that will hold sentimental value for my daughters.

So why am I saving so much stuff?

When my daughter Maria came to visit this week she gallantly offered to organize my food pantry and laundry area. When she tried to put paper products in one wall cabinet, there was no room. My collection was there.

For years when I'm at an estate sale or thrift store, I look for the colorful enameled cast-iron cookware. The LeCreuset French cookware pieces sell for as much as \$400 at William Sonoma. But a dedicated thrift store shopper occasionally makes a great find.

I found a cobalt blue LeCreuset casserole at what I call an upscale thrift shop for the unbelievable price of \$9. If you go online it's still selling for several hundred dollars.

You can bet that pretty little casserole came home with me.

My friend Jan also collects the colorful cast-iron cookware. She creates a stunning display by hanging the pieces on one wall.

Because they are heavy cast iron, I could never hang them on my wall. So I just kept all my collection in one wall cabinet.

OK, true confession time. Do you know how often I use any of the casseroles?

Never. I don't find them to be very practical because they are too heavy to handle.

So, why do I keep them? Because I can't bear to give them up.

Is that hoarding or being a pack rat?

A male friend of mine says no. It's just keeping something you like. Nothing wrong with that, he says.

He points out that he has a collection of antique car parts taking up all the room in his garage. He has to park in the driveway because the garage is filled with car parts.

After my daughter

WARMEST REGARDS

By Pattie Mihalik
newsgirl@comcast.net



Maria did such a good job organizing my pantry shelves, it inspired me to keep clearing away clutter.

I live in a small house with limited storage. That's both good news and bad.

If I had more room I would fill that space, too, creating more clutter.

I'm finally at the point where I am clearing away things I no longer use. It took a lot of resolve but I packed two boxes with my prized colorful cookware. I'm taking them to a thrift shop that raises money for the needy.

No longer can I hang on to what doesn't get used.

I have two acquaintances that have a part-time business clearing away households when the owners passed away.

They get hired by family members appalled to see what they view as so much junk they will never use. It's too daunting a task to go through the stuff so many are happy to sell everything to my two friends specializing in estate clearing.

I watched a sad scenario unfold this week in my neighborhood after a neighbor's son had her admitted to a memory care unit.

Then he took care of clearing her house that was filled with Jean's treasures. Because Jean once owned an upscale store, she did indeed have many fine pieces.

This is how her son cleared the house. He hired a big dumpster and two men to haul everything away in the dumpster.

As I watched I recalled how Jean asked her neighbor and good friend if she could put some sealed boxes in her garage. She said they were filled with valuable things she had collected over the years. Jean packed it carefully, saying she was saving her most priceless things for her son.

I watched as those "priceless boxes" were thrown unopened into the dumpster. Her son didn't bother looking at them to see if he wanted them.

In one clear swoop, everything Jean had saved for him was thrown in the trash.

That sad scenario reinforced for me that we oldsters need to stop saving stuff for the next generation unless we check with them. Our grown kids have their own house filled with things that are more in keeping with their taste.

I know without a doubt some of the priceless things that can successfully be passed from one generation to the next. That includes sweet memories from family times together along with a heart filled with love that was stored up through the years.

That will never end up in a dumpster.

Contact Pattie Mihalik at newsgirl@comcast.net.

Girl will get over dislike of younger sister

Q: My 12-year-old daughter does not like her two-year-old sister. She will babysit, but doesn't want anything else to do with her. I make a point to do things with just my older daughter and she seems to enjoy it. But I'm afraid she will never like her sister.

Normal sibling rivalry and a big age difference may be making this situation more difficult, said the Family Project panel.

"Never is an awfully long time and I don't think you need to be concerned that this won't change," said panelist Mike Daniels.

Daniels noted that the older girl was probably eight or nine when she first heard about a new baby sister. She had always been the center of attention and suddenly, there is a replacement.

"You already know the answer is to spend time with your older daughter. Have a conversation with her and talk about what she was

THE FAMILY PROJECT

By Kathy Lauer-Williams



like at two. How was she the same and how is she different from her sister? Make it about family," Daniels said.

"A 10-year age gap makes it harder," said panelist Chad Stefanyak.

"A 12-year-old is starting to do cool things and there is nothing cool about a two-year-old. When they both get older and the two-year-old can do more, bonding will take place," Stefanyak said, adding, "Age 12 is the perfect age for her to be disinterested."

"At age eight, she would find the baby more fun and at age 14, would be interested in making money by babysitting," Stefanyak said.

Panelist Pam Wallace wondered if having the older girl babysit makes her resent her sister.

"Babysitting a two-year-old is not a lot of fun. Acknowledge that taking care of her sister may not be fun for her," Daniels said.

"Parents often have visions of their kids growing up and being best friends, but reality is not that simple," Stefanyak said.

"Try not to force it or the 12-year-old may resent her sister even more. Give it time to play out and make sure you set time aside to spend with the older daughter," Stefanyak said.

"Look carefully and you will probably see little signs of love between the 12-year-old and her sister," Daniels said.

"You are already modeling love for your older daughter. Children learn from their parents that you take care of little ones," Daniels said.

This week's panel: Pam Wallace, program coordinator, Project Child, a program of Valley Youth House; Chad Stefa-

nyak, school 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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Angina requires immediate medical attention

Q. How serious is angina?

Angina pectoris, aka angina, is the medical term for chest pain or discomfort usually caused by coronary artery disease. Angina is a sign that someone is at increased risk of heart attack, cardiac arrest and sudden cardiac death. If you get angina, you should get medical attention immediately.

Angina (pronounced "an-JI-nuh" or "AN-juh-nuh") hits when the heart doesn't get enough blood. This usually happens when there is a narrowing or blockage in one or more of the vessels that supply blood to the heart.

Angina can come from exertion. It may make you sweat or lose your breath. The pain can strike your arm or neck, too.

"Stable angina" comes on with exertion and then goes away easily. You can have this kind of angina for a long time.

When the pattern of angina changes a lot, it's called "unstable angina." This is a danger sign. Unstable angina

HEALTHY GEEZER

By Fred Cicetti
fred@healthygeezer.com



may be the first sign of a heart attack.

Then there is "variant angina pectoris" or "Prinzmetal's angina." It usually occurs spontaneously and almost always occurs when a person is at rest. It doesn't follow physical exertion or emotional stress, either. Variant angina is caused by transient coronary artery spasm.

Physicians have a variety of diagnostic tools.

An electrocardiogram (EKG or ECG) can tell a doctor if your heart has been damaged by a heart attack. If the EKG is done while you are having chest pain, it can also show if your angina is caused by a problem with your heart.

A stress test is often done while you walk on a treadmill. Your doctor will look at your EKG to see if it's abnormal when you exercise. Your doctor may also have X-rays of the heart tak-

en before and after you exercise. These pictures can show if an area of the heart is not getting enough blood during exercise.

A cardiac catheterization involves inserting a long, thin tube into an artery in the arm or leg and then guiding it into the heart. Dye is injected into the arteries around the heart. X-rays are taken. The X-rays will show if any of the arteries that supply the heart are blocked.

Most people diagnosed with heart disease have to take medicine. Beta blockers, calcium channel blockers and nitrates can help relieve angina.

There are surgical options.

Angioplasty uses a tiny balloon to push open blocked arteries around the heart. The balloon is inserted in an artery in the arm or leg. A stent (a small tube) might be put into the artery where the blockage was to hold the artery open.

In bypass surgery, the surgeon uses a healthy blood vessel taken from your leg, arm, chest or

abdomen and connects it to the other arteries in your heart so that blood is bypassed around the diseased or blocked area. This increases the blood flow to the heart.

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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DEMILT

Continued from page B1

each stream you generate. You might make something like \$4,000 from millions of plays."

Demilt says that many artists do not even try to sell CDs anymore, or they might only sell special vinyl editions along with other merchandise.

"A lot of artists make money from touring endorsements," he says.

There are ways to make money from song publishing, he says: "Someone can profit every time you hear music in a movie, TV show, or even background music in a restaurant."

Online social media has offered new opportunities. "Music is still definitely a viable career choice," says Demilt. "Artists can do so much for their career for themselves. It depends on how you are

going about it.

"It is easier now than 10 or 15 years ago, where you had to constantly do shows, go around town, and hope someone can see you. Now you can build your own social media following and do everything from your house.

"Record companies will scour the Internet looking for artists with a large online following. A label might sign someone doing covers who does not even have any music released," Demilt says.

"The Blueprint" lists the many ways music can be submitted to various platforms, including the use of companies that specialize in distribution. CD Baby, once a major online music retailer, is now a distribution company.

Demilt writes in the book's introduction that at major record labels, "artist development is a dying art form. Talent

no longer matters.

"If an artist doesn't have the numbers, a non-artist with a million followers will get signed faster than the most talented singer with a mere thousand followers."

The book has detailed advice about the recording process, including what type of equipment to use. "You don't have to spend thousands of dollars for top-line equipment," he says. "It is only good if you know how to use it."

You can make a recording at home, but it probably will not be good enough for today's high-tech competitive market. "Home recordings can be pretty decent, but the quality doesn't compare to what you hear on the radio," says Demilt.

Making a record takes steps which might take place in the same or different studios.

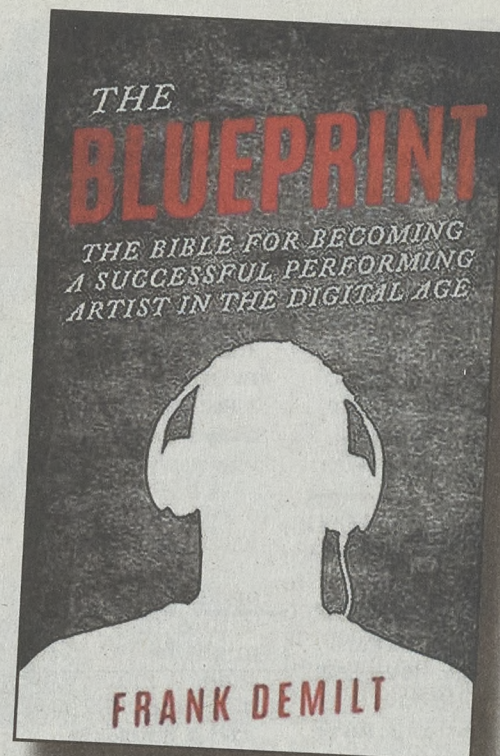
"One studio might do the recording, an-

other might do the mixing without interfacing with the artist, and another might master an MP3, making it CD or radio-quality ready."

The book describes the team members and managers that will be needed as an artist's career progresses. It also goes over the complicated aspects of contracts, for which Demilt recommends the use of expert legal advice.

"There are younger people, even pre-teens, going in alone, not understanding what they are signing without the financial means or know-how."

"The Blueprint" shows that the modern environment is not hopeless for musicians, but the book stresses that the ones who succeed are driven by a strong work ethic. With its comprehensive overview, the book is a great resource for beginning and experienced artists.



Information: books and publishing. <https://blueheron-bookworks.com/> "Literary Scene" is a column about authors, To request coverage, email: Paul Willistein, Focus editor, pwillistein@tnonline.com

ROTUNDA

Continued from page B1

own individual voices," says BFAC co-chair James DePietro. Forty-five pieces are in the curated exhibition.

Easton-based artist Deery creates works of scrambled sculpted text from a variety of materials. His on-site installation, "Pillar of the Community" (2021; rope, mixed material, twist ties, 30 in. x 30 in. x 84 in.), pays homage to immigrants, past and present, with an excerpt from Emma Lazarus' poem, "The New Colossus," from the Statue of Liberty. It's assembled from letters formed with rope glazed with blackened epoxy.

Gans, chair, Department of Art, Architecture, and Design, Lehigh University, gives women a voice through her printmaking and encaustics. "I Never Told Anyone" (2011; monoprint with watercolor, gouache, ink and graphite, 30 in. x 22 in.) depicts a distraught woman besieged by feelings of "Guilt and Shame."

Naccarato, of Easton, has mixed media pieces from his "Number Word Vignettes" series. "Number Word Vignettes: One" (2020; mixed media on fiberboard, 11 in. x 11 in.) projects a contemporary industrial look created with layered elements. These include found objects, such as wire screen and carpenter

try hardware.

Richards' "Icarus" (2020; cut photography collage, 8 in. x 8 in.) is assembled with images the artist photographed and printed on watercolor paper run through an inkjet printer. The cut-out elements include a pair of feathers and a cigarette butt on a slab engraved with the quote "It always seems impossible until it's done." These are arranged in layers to provide an illusion of depth. "Sometimes it just isn't possible," quips Richards about his visual tale of the demise of a character from Greek mythology. After living in Allentown for two decades, Richards relocated to Salisbury, Md.

Phillipsburg, N.J.-based mixed-media artist Riker is the designer of three-dimensional book sculpture and other pieces which blend words with images. "Finding Center" (2021; mixed media, 7 in. x 5 in. x 3 in.) is the last piece in a series of foldable "artist books" created with prints on archival paper and found objects. "It can tell a narrative much more in depth than what a regular assemblage or collage can do," explains the artist.

Schulman's "Death Maze" (2020; mixed media textile, 27.5 in. x 26.5 in.) is a quilted political narrative comparing gun violence in the United States with COVID-19. Patches from

the Museum of Death in New Orleans are interwoven with sugar skulls and other related images on hand-dyed fabric.

The exhibition, sponsored by the Bethlehem Fine Arts Commission, is curated by co-chairs James DePietro and Richard Begbie, with the assistance of Vince Gentilcore, Barbara Kozero, Stacie Brennan and Ward Van Haute.

Rotunda Gallery, Town Hall, 10 E. Church St., Bethlehem. Gallery hours: 8:30 a.m.-4:30 p.m. Monday-Friday, Closed weekends.

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

NCC

Continued from page B1

show at NCC prior to the coronavirus (COVID-19) pandemic shutdown was "Little Foxes" in February 2020.

Mutimer called the show, which features music by Duncan Sheik, a "passionate musical story."

Based on the 1891 German play of the same name by Frank Wedekind, "Spring Awakening" explores the journey from adolescence to adulthood in a sexually-repressed society with a poignancy and passion that is illuminating and unforgettable.

"Spring Awakening," winner of eight Tony Awards, including Best Musical, it is a fusion of morality, sexuality and rock 'n' roll.

Because of the show's themes, the production is recommended for mature audiences.

The cast includes Samantha Prentice, Mary Eitzenberger, Amelia Illingworth, Kait Stein and Kate Morgan as the girls; Justin Abarca, August Gaumer, Maxwell Wetherhold, Connor Sternberg, Joshua Crowley and Cade Kocher as the boys, and Trish Steele and David Lippincott as the adults.

The creative team includes music director Lucille Kincaid and choreographer Tina Williams.

Theater-goers are required to wear face masks. Proof of COVID-19 vaccination for audience will not be required. The actors will not wear face masks.

Performances are 7:30 p.m. Oct. 21-23 and 2 p.m. Oct. 24.

The NCC Theatre Department continues its partnership with Hampton Winds, the student-run restaurant in Alumni Hall on the cam-

pus. A "Spring Awakening"-themed dinner is available Oct. 21 and 22 before the show. Reservations: 610-861-4549

The college has announced the rest of its 2021-22 theater season.

"The Burn" will run Nov. 18-21. In the play, a high school production of "The Crucible" forces four girls together and tensions escalate into bullying.

Lynn Nottage's Pulitzer Prize-winning "Sweat" will be presented Feb. 17-20. "Sweat" tells the story of a group of friends who have spent their lives working together in a factory floor in Reading, Berks County, when layoffs pit them against each other.

Carol Churchill's "Cloud9" will run March 3-9. The time-shifting comedy is a scathing parody of colonialism and the Victorian rigid attitude toward sex. Its humor conveys a message about accepting people who are different.

The cult musical "Xanadu" will be presented April 21-24. Based on the movie that starred Olivia Newton-John, Michael Beck and Gene Kelly, "Xanadu" is a quirky roller-skating musical adventure about following your dreams despite the limitations others set for you. The show's score was composed by Electric Light Orchestra's Jeff Lynne and John Farrar.

Information: www.ncctix.org

"Silence! The Musical!" in LV debut at Civic: After being postponed in 2020 because of the coronavirus (COVID-19) pandemic, "Silence! The Musical" will have its Lehigh Valley debut, Oct. 22-31, Civic Theatre of Allentown's Theatre514, 514 N. 19th St., Allentown.

Termed an "unauthorized parody" of the 1991 Academy Award-win-

ning film, "The Silence of the Lambs," "Silence!" recreates the horror thriller with song and dance in the 2005 musical comedy created by Jon and Al Kaplan.

In the story, rookie FBI agent Clarice Starling matches wits with the brilliant but insane cannibal, Dr. Hannibal Lecter, in order to catch the serial killer known as Buffalo Bill.

The laugh-out-loud satire is X-rated with several songs that have titles that can't be printed in a family newspaper. It also features a singing chorus of floppy-eared lambs narrating the action as Buffalo Bill gleefully dances a hoedown about kidnapping hapless Catherine Martin.

Fueled by a rabid cult following after the songs debuted online, "Silence!" was expanded into a live stage show and shattered every box office record at the Fringe NYC festival.

William Sanders, Civic

Theatre of Allentown artistic director, directs the show.

Leading the cast are Deena Linn (Clarice Starling), Mike Daniels (Dr. Hannibal Lecter) and Jason Roth (Buffalo Bill). The cast includes Audrey Lasicki, Juanita Shockley, Mason McGowan, Todd Rizzuto, Nina Elias Ace, Ryan Donchez, Kate Pistone and Jason Sizemore.

Performances are 7:30 p.m. Oct. 22, 23, 25, 26, 28 and 31 and 7:30 and 11 p.m. Oct. 30.

Proof of vaccination is required and face masks must be worn.

Tickets: www.civictheatre.com; 610-433-8903

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

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<p>ANGLICAN</p> <p>ST. PAUL'S ANGLICAN CHURCH 25th & Livingston Streets Allentown, 610-435-0712 9 a.m. Holy Communion Fr. Norman Flowers, Rector</p>	<p>EVANGELICAL FREE</p> <p>GRACE COMMUNITY CHURCH 7343 Gun Club Road New Tripoli 610-298-8028 Rev. Sean Roche Sunday School 9:15 a.m. Sunday Worship 10:30 a.m. www.gcnc.org</p>	<p>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</p>	<p>UNION LUTHERAN CHURCH 5500 Rt. 873 Schnecksville 610-767-6884 9 a.m. Sunday Worship Visit uclv.org for worship video</p>	<p>PRESBYTERIAN PC (USA)</p> <p>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</p>	<p>UNITED CH. OF CHRIST</p> <p>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"</p>	<p>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</p>
<p>ASSEMBLY OF GOD</p> <p>NORTHAMPTON ASSEMBLY OF GOD 3449 Cherryville Road Northampton 610-262-5645 www.NAOG.ws James Trantham Jr. Pastor Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening 6:00 p.m. Wed. Prayer & Bible 7 p.m.</p>	<p>LUTHERAN</p> <p>CHRIST LUTHERAN CHURCH 1245 W. Hamilton St Allentown PA 18102 610-433-4271 In person worship - 10:30 a.m. Zoom worship - 10:30 a.m. See our website for more information www.christ-atown.org</p>	<p>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</p>	<p>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.</p>	<p>FIRST PRESBYTERIAN CHURCH OF HOKENDAUQUA 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</p>	<p>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 251th Anniversary Year!</p>	<p>ST. JOHN'S UCC MICKLEY'S 2918 MacArthur Rd., Whitehall Int. MacArthur & Eberhardt Rd. 610-821-8725 stjohnsuccmickleys.org Rev. Virginia Schlegel 9:15 a.m. Sunday School 10:30 a.m. (In Person) Worship All Are Welcome Here!</p>
<p>VALLEY CHURCH Meets in Roxy Theater, 2004 Main St., Northampton 610-984-4904 Pastor Phil Miller 10 a.m. Every Sunday Refreshments</p>	<p>CONCORDIA LUTHERAN CHURCH 2623 Brookside Rd., Macungie (Intersection of Sauerkraut Lane) Join Us Every Sunday! 8 & 10:45 a.m. (Worship) 9:15 a.m. Fellowship 9:30 a.m. (Family Education) Rev. Wally Vinovskis 610-965-3265 Friendly People, Awesome God concordia-macungie.com</p>	<p>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 In Person Tent Worship, 8:30 & 10:30 a.m. 9:30 a.m. Family Service 10:30 a.m. Livestream on Zoom & Facebook Services held rain or shine Masks & Social Distancing</p>	<p>ZIEGELS LUTHERAN 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</p>	<p>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</p>	<p>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</p>	<p>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</p>
<p>BAPTIST</p> <p>HERITAGE BAPTIST CHURCH OF SCHNECKSVILLE 3749 Route 309 North Orefield, 610-395-4970 Luke Rex, Pastor Sunday Services 9:30 a.m. 10:45 a.m. and 6 p.m. Wed. Service 7:30 p.m.</p>	<p>FAITH EVANGELICAL LUTHERAN CHURCH 3355 MacArthur Road Whitehall, PA 18052 (610) 435-0451 The Rev. Thomas D. Busted, Pastor 8 & 10:30 a.m. In Person Worship with Livestreaming 9:15 to 10:15 a.m. Sunday School, Bible Babies, Adult Forum, Confirmation Class email prayer requests to FaithLutheranWhitehall.org Handicapped Accessible Hearing Devices Available</p>	<p>NATIVITY LUTHERAN CHURCH 4004 Tilghman St. 610-395-5062 Barry Mitchell, Transitional Pastor Check website for service times www.nativityallentown.org Live Streaming on Facebook</p>	<p>MORAVIAN</p> <p>EMMAUS MORAVIAN CHURCH 146 Main St., Emmaus, PA 18049 610-965-6067 Rev. Brian Dixon, Pastor 9:00 a.m. Sunday School 10:30 a.m. Worship; outdoors if possible, inside if not. Masks required inside Updates/zoom info available at www.emmausmoravian.org</p>	<p>QUAKERS</p> <p>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</p>	<p>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!</p>	<p>ST. PETER'S LYNNVILLE UCC 5129 Schochary Road New Tripoli, PA 610-298-8064 Worship 9:30 a.m. Handicapped Accessible All Welcome!</p>
<p>BIBLE FELLOWSHIP</p> <p>WHITEHALL BIBLE FELLOWSHIP CHURCH 3300 Seventh Street Whitehall, 610-434-8661 www.WhitehallBFC.org Timothy Schmoyer, Sr. Pastor 9 a.m. Sunday School 10:15a.m. Morning Worship 6 p.m. Bible Study</p>	<p>GRACE LUTHERAN CHURCH 28 W. Main St. Macungie In Person & Livestream Worship 10:30 a.m. Sunday School, 9:15 a.m. Call church office for more info. Rev. Samantha Drenman 610-966-3325 www.gracemacungie.org</p>	<p>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</p>	<p>NON-DENOMINATIONAL</p> <p>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</p>	<p>SHARED MINISTRY</p> <p>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"</p>	<p>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</p>	<p>WESLEYAN</p> <p>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</p>
<p>CHARIS FELLOWSHIP</p> <p>LV GRACE BRETHREN 580 Bridle Path Rd. Bethlehem, Pa. 18017 610-868-0004 www.lvgbc.org Worship, Sunday 10AM</p>	<p>HOPE LUTHERAN CHURCH 4131 Lehigh Drive, P.O. Box 1030 Cherryville (610) 767-7203 www.hopecherryville.org The Rev. Jami Possinger, Pastor Worship: Sunday, 8 a.m. in the building, masks req. & 10:30 a.m. in the parking lot Handicap Access. & Air Cond. People of Hope, working together, with God, to love & serve others.</p>	<p>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.</p>	<p>PRESBYTERIAN (ECO)</p> <p>GRACE CHURCH BETHLEHEM Worshipping at Bethlehem Catholic High School, 2133 Madison Ave., Bethlehem Rev. Dr. Marlie 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</p>	<p>JERUSALEM WESTERN SALISBURY CHURCH 3441 Devonshire Rd. Allentown, PA 18103 610-797-4242 Rev. Donald Brown 9:45 a.m. Worship in the Sanctuary Online Facebook & YouTube</p>	<p>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</p>	<p>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</p>

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

Calvary Baptist welcomes the Rev. Melvin Thomas Jr. as pastor

Calvary Baptist Church, South Whitehall Township, recently announced the Rev. Melvin Thomas Jr. has been appointed pastor.

"Rev. Thomas will lead Calvary with his dynamic leadership and interpersonal skills to advance the kingdom of God at Calvary Baptist Church," The Search Committee noted.

Rev. Thomas comes from a family of Baptist preachers. He is passionate and enthusiastic about helping people build a personal faith perspective and relationship with God.

Rev. Thomas has been a dedicated servant to Christ, and to diverse groups of people in many different capacities that have allowed him to "Grow People's Lives."

Rev. Thomas graduated from the University of Colorado and continued on to Eastern and DeSales universities for post-Baccalaureate coursework.

His ministerial experience includes various roles as pastor and minister in several Wesleyan and

AME Zion churches in Allentown. Rev. Thomas applied interpersonal skills honed by working as a certified addiction counselor in Pennsylvania for 10 years to other employment experiences.

These include mental health counselor at Carbon Lehigh Intermediate Unit and emotional support teacher in the Allentown School District.

He remains the head football coach at William Allen High School and for the Allentown Police Athletic League.

Rev. Thomas has applied his athletic skills when filling roles in community service and organizations including the NFL Alumni Association and Eagles Youth Partnership.

He is a member of the Prince Hall Masonic Lodge Wyoming No. 135.

He lives with his wife, Joan, in Trexlertown. They are the parents of two sons and two daughters.



The Rev. Melvin Thomas Jr.

'Time' for Bond-ing

AT THE MOVIES
By Paul Willistein
pwillistein@tnonline.com



much away, plot-wise, Madeleine is no mere Bond Girl. She's James Bond's girl, his one and only. There may even be a little Bond Girl, Madeleine's daughter.

"No Time To Die" out-Bonds the James Bond films.

The 25th Bond film and fifth and last with Daniel Craig in the title role is one of the best of the James Bond films. It's exhilarating from beginning to end and, at nearly three-hours-long, that's saying a lot.

Daniel Craig, looking like his last name could be Craggy, is terrific, bringing not only the action-hero theatrics we expect from Bond, but moments of quiet reflection, emotional engagement and male vulnerability.

The so-called toxic masculinity that some films and scenes display in James Bond films is mostly gone. The Bond Girls of the Bond films, whereby women were often depicted as sex objects, are replaced in "No Time To Die" with several strong female roles. It's more Team Bond, where the women have Bond's back and save another part of his anatomy.

What makes a Bond film a Bond film? There's the theme song, of course, with its brass fanfare and rhythmic guitar. There are the catch phrases, such as "Bond, James Bond," by way of introduction, and "shaken, not stirred" when ordering a martini.

What sets the Bond movie franchise apart from those it spawned or influenced? What makes a Bond film different from "The Bourne Identity," "Mission: Impossible," "Kingsman," "Charlie's Angels" and even "Austin Powers" (admittedly, a parody of the spy genre)?

Moreover, what is it that is so fascinating about the spy film genre? (Can you say Havana Syndrome?)

James Bond is a British Secret Service, or MI6, agent: Agent 007. Twelve Bond novels were written by Ian Fleming (1908-1964), beginning in 1953. After Fleming's death, eight other authors have written Bond novels or novelizations.

The Bond movies, beginning with "Dr. No" (1962), starring Sean Connery as James Bond (plus six more). Those who played James Bond include Roger Moore (seven films), Pierce Brosnan (four), Timothy Dalton (two), David Niven (one) and George Lazenby (one).

Craig, 53, is a working-man's Bond, stout of stature, a very buff Bond in "No Time," with a clipped manner of speech, piercing blue eyes (showcased in several closeups in "No Time"), a seemingly perpetually perturbed countenance with a petulant pout that breaks into an impish smile, and an overall cool charm that recalls actor Steve McQueen (1930-1980).

Without giving anything away, the circumstances of the storyline regarding James Bond moved me to tears at the film's conclusion. When was the last time a James Bond movie made you cry? "No Time To Die" did.

In "No Time To Die," the Bond facade is broken by his love interest, Madeleine (Léa Seydoux).

Seydoux, reprising her role from "Spectre" (2015), in which she starred opposite Craig, has an unassuming presence that is captivating. She presents deep emotion and compassion.

Without giving too

With James Bond's retirement, Nomi (Lashana Lynch) has taken on the mantle of 007. She's not a Bond Girl, either. She's fully capable soldier-spy and owns the role.

Paloma (Ana de Armas), a spy operative is closest to the stereotypical Bond Girl in "No Time," that is until she her martial arts skills and weaponry expertise kicks in.

Rami Malek (Oscar, actor, "Bohemian Rhapsody," 2018) is appropriately menacing as the difficult to pronounce arch villain Lyutsifer Safin. Guess what his world-domination scheme is? A DNA-mutating virus. Sound familiar?

Excellent in supporting roles are Ralph Fiennes (M), Naomi Harris (Moneypenny), Ben Whishaw (Q), Jeffrey Wright (Felix), Billy Magnussen (Logan Ash) and Christopher Waltz (Blofeld).

Cary Joji Fukunaga (Primetime Emmy, Director, Drama, "True Detective," 2014; director, "Beasts Of No Nation," 2015; "Jane Eyre," 2011) directs "No Time" with a masterful sense of pacing and a balance between huge action set pieces and character dialogue scenes.

Fukunaga co-wrote the screenplay with Neal Purvis and Robert Wade (screenwriters, James Bond films, "Spectre," "Skyfall," 2012; "Quantum Of Solace," 2008; "Casino Royale," 2006, each starring Craig, and "Die Another Day," 2002; "The World Is Not Enough," 1999) and Phoebe Waller-Bridge (three Primetime Emmys, "Fleabag," 2016) from a story by Purvis, Wade and Fukunaga based on characters by Ian Fleming.

"No Time To Die" is a huge, continent-hopping film with spectacular vistas. There are amazing chase scenes, including the iconic James Bond sports car, a 1963 Aston Martin DB5; a beige Toyota Land Cruiser Prado J90 (circa 1997-2002), and an incredible leap by Bond riding a Triumph Scrambler motorcycle.

This being a Bond film, there's a panoply of gadgets developed by the Q-Branch of MI6, including a two-seat, folding wing glider that turns into a submarine, and an



CONTRIBUTED PHOTO BY METRO-GOLDWYN-MAYER
Daniel Craig (James Bond), Paloma (Ana de Armas), "No Time To Die"

Omega Seamaster Diver 300M with an electromagnetic pulse that disables electronic devices. (Not unlike the Havana Syndrome that is allegedly giving headaches to United States diplomats overseas.)

The cinematography by Linus Sandgren (Oscar, cinematography, "La La Land," 2016) is crisp and vibrant with creative camera placement. The score by Hans Zimmer (Oscar, score, "The Lion King," 1994) builds on the James Bond theme music to great effect.

The death count in "No Time To Die" is high, but the violence is usually shown off-screen, or at a distance, and involves few depictions of blood with a few exceptions.

"No Time To Die" was to have been released in April 2020, but its opening was delayed several times because of the coronavirus (COVID-19) pandemic shutdown, availability of the Pfizer, Moderna and J&J vaccines and the public willingness to return to movie theaters.

Is "No Time To Die" worth the 16-month wait? Definitely. It's one of the year's best films. And it would be nice for Daniel Craig to receive an actor Oscar nomination. He's that good. So is the film.

"No Time To Die," MPAA rated PG-13 (Parents Strongly Cautioned. Some material may be inappropriate for children under 13.) for sequences of violence and action, some disturbing images, brief strong language and some suggestive material; Genre: Action, Adventure, Thriller; Run Time: 2 hr., 43 min. Distributed by Metro-Goldwyn-Mayer.

Credit Readers Anonymous: The Louie Armstrong version of "We Have All the Time in the World," recorded in

1969 for the James Bond film, "On Her Majesty's Secret Service," with music by John Barry and lyrics by Hal David, is heard during the "No Time To Die" closing credits.

Billie Eilish sings the "No Time To Die" title song, with music by Finneas O'Connell and lyrics by Billie Eilish, over yet another lavish James Bond movie opening credits sequence. The song received a 2021 Grammy.

The "James Bond Theme" music written by Monty Norman is heard during the film's opening scenes, during the film and during the end credits.

"No Time To Die" filming locations included Oslo, Norway; Matera, Italy; Inverness, Scotland; Faroe Islands; Port Antonio, Jamaica, and London and Pinewood Studios, England.

The final words on the screen are: "James Bond will return."

At The Movies: "No Time To Die" was seen in the Dolby Theatre at AMC. "No Time" is one of the 2021 releases that I would like to see again in the 3D and Imax format.

Theatrical Movie Box Office, Oct. 8-10: "Halloween Kills" slayed at the weekend box office, opening at No. 1 with \$50.3 million, in 3,705 movie theaters, pushing the James Bond film, "No Time To Kill," down one place from its one week at No. 1 to No. 2 with \$24.2 million, in 4,407 theaters, \$99.5 million, two weeks.

3. "Venom: Let There Be Carnage" dropped one place, \$16.5 million, in 4,013 theaters, \$168 million, three weeks. 4. "The Addams Family 2" dropped one place, \$7.1 million, in 3,607 theaters, \$42.2 million, three weeks. 5. "The Last Duel," \$4.8 million, in

3,065 theaters, opening. 6. "Shang-Chi and the Legend of the Ten Rings" dropped two places, \$3.5 million, in 2,300 theaters, \$218 million, seven weeks. 7. "Honsla Rakh," \$706,000, in 100 theaters, opening. 8. "Free Guy" dropped two places, \$680,000, in 915 theaters, \$120.8 million, 10 weeks. 9. "Lamb" dropped one place, \$543,004, in 865 theaters, \$2 million, two weeks. 10. "Most Eligible Bachelor," \$470,000, in 195 theaters, one week.

Box office information from Box Office Mojo as of Oct. 17 is subject to change.

Unreel, Oct. 22:

"Dune," PG-13: Denis Villeneuve directs Timothée Chalamet, Rebecca Ferguson, Zendaya and Oscar Isaac in the Science-Fiction film. It's an adaptation of Frank Herbert's science fiction novel.

"The French Dispatch," R: Wes Anderson directs Léa Seydoux, Timothée Chalamet, Christoph Waltz and Owen Wilson in the Romance Comedy. A fictional 20th century

French city brings to life stories published in The French Dispatch magazine.

"Ron's Gone Wrong," PG: Sarah Smith, Jean-Philippe Vine and Octavio E. Rodriguez direct the voice talents of Zach Galifianakis, Jack Dylan Grazer, Olivia Colman and Ed Helms and the animation in the comedy. A middle-school student has a robotic friend.

"Broadcast Signal Intrusion," Jacob Gentry directs Harry Shum Jr., Kelley Mack, Chris Sullivan and Anthony E. Cab in the Mystery Thriller. Sinister pirate radio broadcasts are investigated.

"Warning," R: Agata Alexander directs Annabelle Wallis, Kylie Bunbury, Alice Eve and Thomas Jane in the Science-Fiction film. The meaning of life is explored through people living in the future.

Movie opening dates from Internet Movie Database as of Oct. 17 are subject to change.



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PUBLIC NOTICE

Estate of Robert William Smicker a/k/a Robert W. Smicker, deceased, late of Allentown, Lehigh County, Pennsylvania. Letters of administration have been granted to the undersigned, who request all persons having claims or demands against the Estate of the Decedent to make known the same, and all persons indebted to the Decedent to make payments without delay to:

PUBLIC NOTICE SALISBURY TOWNSHIP, LEHIGH COUNTY, PA ZONING HEARING BOARD WEDNESDAY, NOVEMBER 3, 2021 at 7:00PM

The Salisbury Township Zoning Hearing Board will hold a public hearing on Wednesday, November 3, 2021 at 7:00 PM in the Township Municipal Building located at 2900 South Pike Avenue, Allentown PA 18103. The meeting will be held to hear the following cases:

APPEAL NO. 21-0305 - 1245 SOUTH CEDAR CREST BOULEVARD Appeal of Cedar Crest Professional Park VII, LP for a variance from §27-704 (Attachment 8) to construct a free-standing sign with a sign face of 100 sq. ft. (60 sq. ft. permitted) and a height of 11.5 ft. (10 ft. permitted) at 1245 South Cedar Crest Boulevard. The property is located within the C1, Office Laboratory zoning district.

APPEAL NO. 21-0270 - 730 EAST TIOPA STREET Appeal of Calvin and Annie Greaves for a variance from §27-307.2.B to construct a parking pad within the required side yard setback (6 feet required, 3 feet proposed) at 730 East Tiopa Street. The property is located within the R4, Medium Density Residential zoning district.

All applicants and interested parties must attend in-person. Requests for more information, and to review the files in advance, should be directed to Kerry Rabold, Planning & Zoning Officer, at krabold@salisburytownship.pa.gov or (484) 661-5825. Oct. 13, 20

PUBLIC NOTICE NOTICE

Notice is hereby given that on Thursday, October 28, 2021 at 7:00 p.m. in the Salisbury Township Municipal Building located at 2900 South Pike Avenue, Allentown, PA, the Salisbury Township Board of Commissioners will act on the following ordinances:

AN ORDINANCE OF SALISBURY TOWNSHIP, LEHIGH COUNTY, PENNSYLVANIA, ADOPTING PART 7 (NOISE) OF CHAPTER 6 (CONDUCT) OF THE SALISBURY TOWNSHIP CODE OF ORDINANCES TO ESTABLISH REGULATIONS REGARDING EXCESSIVE SOUND AND THE SOURCES OF EXCESSIVE SOUND WITHIN SALISBURY TOWNSHIP, PROVIDING FOR ENFORCEMENT, FINES AND PENALTIES AND FURTHER PROVIDING FOR SEVERABILITY; FAILURE TO ENFORCE NOT A WAIVER; REPEALER AND AN EFFECTIVE DATE

AN ORDINANCE OF SALISBURY TOWNSHIP, LEHIGH COUNTY, PENNSYLVANIA, AMENDING CHAPTER 6 PART 3 (LITTERING) OF THE SALISBURY TOWNSHIP CODE OF ORDINANCES TO BE RENAMED "LITTERING AND DUMPING" IN ITS ENTIRETY TO ESTABLISH REGULATIONS REGARDING LITTERING AND DUMPING WITHIN SALISBURY TOWNSHIP, PROVIDING FOR ENFORCEMENT, FINES AND PENALTIES AND FURTHER PROVIDING FOR SEVERABILITY; REPEALER AND AN EFFECTIVE DATE

Copies of the full text of the proposed ordinances may be examined at the Salisbury Township Municipal Building, 2900 South Pike Avenue, Allentown, PA during normal business hours from 8:30 a.m. to 4:30 p.m., Monday through Friday or contacting info@salisburytownship.pa.gov. Cathy Bonaskiewich Township Manager/Secretary Oct. 20

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 November 4, 2021, for the HVAC Upgrade to Macungie Institute. The scope of work includes replacing existing mechanical heating and cooling equipment, distribution, supporting electrical systems, and all other related work as indicated or reasonably implied on the contract documents and drawings. Prevailing wage rates apply.

Bidding Documents are available online at no cost at www.PennBid.net beginning at 12:00 PM on October 8, 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.

Questions may be submitted through PennBid's "Clarifications (From Vendors)" tab on or before 4:00 PM on October 27, 2021. Responses will be provided via PennBid to all registered plan holders.

A pre-bid meeting will be held at 10:00 AM on October 21, 2021 at the Macungie Institute (510 E. Main Street, Macungie, PA 18062). 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. 13, 20

PUBLIC NOTICE

Notice is hereby given that the Upper Macungie Township Board of Supervisors has scheduled a Public Hearing on Thursday, November 4, 2021 at 6:30 p.m. in the Upper Macungie Township Municipal Building, 8330 Schantz Road, Breinigsville, PA 18031. The purpose of this hearing is to receive testimony, evidence, input, and comment from interested parties and the general public concerning Ordinance No. 2021-12, a proposed amendment to Chapter 27 - Zoning, of the Township of Upper Macungie Code of Ordinances.

Further notice is hereby given that Ordinance No. 2021-12 shall be considered and, if appropriate, enacted by the Board of Supervisors of Upper Macungie Township at its meeting scheduled to be held on Thursday, November 4, 2021 at 7:00 p.m. in the Upper Macungie Township Municipal Building at the address indicated above.

Ordinance No. 2021-12: An Ordinance of the Board of Supervisors of the Township of Upper Macungie, Lehigh County, Pennsylvania, amending Chapter 27 (Zoning) of the Township of Upper Macungie Code of Ordinances, known as the Upper Macungie Township Zoning Ordinance; specifically, this Ordinance amends:

- § 27-202 Terms Defined
§ 27-603 Design Standards for Off-Street Parking
§ 27-703 Miscellaneous Signs Not Requiring Permits
§ 27-704 Freestanding and Wall Signs, Wall and Window Signs
§ 27-709 Prohibited Signs
§ 27-711 Measurement and Major Types of Signs

Copies of the proposed Ordinance shall be on display at the Upper Macungie Township Municipal Building at the address indicated above, between the hours of 7:30 a.m. and 4:00 p.m., Monday through Friday, excluding holidays, and on file at The Parkland Press, Allentown, PA, where it may be inspected.

Kalman Sostarecz, Township Secretary

Oct. 20, 27

Conceptis Sudoku

By Dave Green

9x9 Sudoku grid with some numbers filled in.

Difficulty Level ★★★

10/20

Answer to previous puzzle

9x9 grid with the solution to the previous puzzle.

Difficulty Level ★★★

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

CRYPTOGRAM

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UL XOMXIO UB W XWEVUJCIWE JOBVEWI LIMEUQW
JUVH TOWE FWEGOBVR TUVK GWVJKUBF KCOR,
WEO VKOH MJWIW-JMMEQUBWVOQ?

Today's Cryptoquip Clue: L equals F

See answers on Page B8

PREMIER Crossword

By Frank A. Longo

SCALE MODELS ACROSS

- 1 Bucolic
9 Break away formally
15 Lazes about
20 Out of prison conditionally
21 Brand of infant formula
22 "vincit amor" ("Love conquers all")
23 Try to get the job done
24 "The Grass Is Singing" novelist
26 Falco of "Oz"
27 Bonding stuff
29 Peevish
30 O or Elle, e.g.
31 Original host of "Who Wants to Be a Millionaire"
35 In a calm way
37 Bellhop's employer
38 Ultimate
40 Actress Hagen
41 They suffer for what they believe in
45 First lady who wrote "American Grown"
52 Self-confident declaration
53 Zilch
54 Ugly plants
55 Stuff oozing down a trunk
56 She sang "I'll Be Missing You" with Puff Daddy
60 Skewed view
61 Unicycle part
62 Trout feature
63 "go brag"
64 Makes taboo
65 Sister chain of Marshalls
67 Art collector who founded a Manhattan museum
72 Daisy parts
74 Nets or Nats
75 Daily opinion page
76 The Monkees' "Believer"
79 Since
80 Like lingerie
81 She played Kerry Weaver on "ER"
84 Hertz offering
85 Actress Keanan of "Step by Step"
87 Transmitted
88 This plus that
89 George C. Scott's "Taps" co-star
92 Certain stream of particles
95 N, S, E or W
96 de mer
97 Utility bill info
99 Waifish supermodel
104 Creator and star of FX's "Atlanta"
110 Wall St. hedger
111 Remove a collar from, e.g.
113 Musk of SpaceX
114 Co. transfer

19x19 crossword puzzle grid with numbers in starting squares.

- 115 Luminaries like the eight featured in this puzzle? (hint: look at their first few letters)
118 Took off on
121 Pacific island nation
122 Dubbed
123 Greatness
124 Some female singers
125 Refugees
126 Goes along with humbly

- DOWN
1 Strength
2 Battery pole
3 Small shoot
4 George who played Sulu
5 Singer Rita
6 Get decayed
7 Touches down
8 Leave alone
9 Second half of a single
10 "Beso"
11 City about 50 miles west of Athens
12 Arab leader
13 Casino chips, e.g.
14 J.R. Ewing's mother
15 California city near San Jose
16 Meditation syllables
17 Japanese cartoon art
18 Ultimate
19 Drooping

- 25 Invested (with)
28 Funny Tracey
32 Timid
33 "favor"
34 Old Andean
36 Eatery bill
39 Chopping with an ax
41 Peeve
42 Brazilian berry
43 Cloudburst
44 Blasting aid
46 Passports, e.g.
47 Rent
48 The, in Paris
49 Area south of the Black Sea
50 Karl with a manifesto
51 Zenith
53 Manipulation of matter on a tiny scale
57 Satan's home
58 God of love
59 Liveliness
60 Satchel, e.g.
61 "Eww, no more!" in texts
64 Lazy type
65 Ellington's "Take — Train"
66 Yoda is one
68 Klutzy type
69 Medication for acid reflux
70 Part of LGBT
71 "Fresh Air" airtel
72 Postwar deal
73 Morales of the screen

- 77 Prefix with analysis
78 Pallid
80 Put in words
81 Feline sign
82 Occurring every year
83 Clippers' org.
85 Provocation
86 Ruler's seat
87 WWII battle city in France
90 Pindar poem
91 Frog-to-be
92 Sullied reputation
93 Yolk's place
94 Business card no.
98 Slanted
99 Iota-lambda link
100 "That's — shame"
101 Fastening rod with a crosspiece
102 Lazy type
103 Bulgarian capital
105 Essentials
106 Arrangement
107 Leaf features
108 Vote in
109 Roping event
112 Being seen via the small screen
116 Kung — shrimp
117 Wallet bill
119 Discharge from service, informally
120 Wallet bill

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NORTHAMPTON COUNTY SENIOR MENUS

Locations, closings and current updates: Northampton County: Northampton County Senior Centers are now open. Hours and menus vary per location. Please visit www.northamptoncounty.org/HS/AGING/Pages/Senior-Centers.aspx or call the center you are interested in for site specific details.
Basilio Huertas Senior Center, 520 E. Fourth St., Bethlehem. 8:30 a.m.-1:30 p.m. (610) 868-7800, ext. 227.
Old York Road Center, 720 Old York Road, Bethlehem. 8:30 a.m.-3 p.m. (610) 691-8409 ext. 128.
Saucon Valley Community Center, 323 Northampton St., Hellertown. 9:30 a.m.-2 p.m. (610) 838-0722
Northampton County senior menus (subject to change without notice)

Wednesday, October 20: Chicken bruschetta, wide noodles, corn, spinach and kale w/ bacon dressing, ice cream cup, chocolate cake.
Thursday, October 21: Sausage w/ peppers and onions on roll, home fries, mixed vegetables, banana mousse, apple juice.
Friday, October 22: Meatloaf, mashed potatoes, Brussel sprouts, wheat bread w/ margarine, cookie.

Monday, October 25: Baked cod, scalloped potatoes, lima beans, wheat bread w/ margarine, Mandarin oranges, cranberry juice.
Tuesday, October 26: Breaded veal patty, red potatoes, succotash, wheat bread w/ margarine, fruit cocktail.
Wednesday, October 27: Chicken Marsala, rice pilaf, carrots, apple pie, wheat bread w/ margarine.
Thursday, October 28: Macaroni and cheese, stewed tomatoes, tossed salad w/ French dressing, blushed pears.
Friday, October 29: Pot roast sandwich, cole slaw, potato chips, cup cake, apple cider.

LEHIGH COUNTY SENIOR MENUS

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

Wednesday, October 20: Hot: Swiss steak, mixed vegetables, mashed potatoes, whole-wheat dinner roll, fruit cocktail. Cold: Chef salad with chicken, whole-wheat dinner roll, fresh orange.
Thursday, October 21: Hot: Sweet & sour chicken stir fry, vegetables, brown rice, dinner roll, fresh orange. Cold: Ham and cheddar sandwich broccoli salad, whole-wheat bread, fresh apple slices.

Friday, October 22: Hot: BBQ riblet vegetable medley, macaroni & cheese, fresh melon, Cold: Shrimp Caesar salad, whole-wheat dinner roll, grapes.
Monday, October 25: Holiday roast turkey w/ gravy, Brussel sprouts, bread stuffing, apple crisp. Cold: BBQ chicken salad, whole-wheat dinner roll, fresh fruit salad.

Tuesday, October 26: Hot: Hot roast pork w/ gravy, green beans, vegetable rice pilaf, orange, shortbread cookie. Cold: Reuben sandwich, broccoli salad, rye bread, fresh orange.
Wednesday, October 27: Hot: Chicken scallopini, broccoli, garlic pasta, dinner roll, peach- es. Cold: Turkey Cobb salad, whole - wheat dinner roll, pineapple.

Thursday, October 28: Hot: Hot roast beef sandwich, pumpkin bisque, mashed potatoes, whole-wheat bread, double chocolate chip cookie. Cold: Cuban sandwich, cucumber-tomato-on- ion salad, whole - wheat bread, fresh melon.

Friday, October 29: Hot: Penne and turkey, meat sauce, Italian vegetable medley, garlic spinach, whole-wheat penne, pineapple. Cold: Chicken Caesar salad, whole - wheat dinner roll, fresh orange.

**PUBLIC NOTICE
Public Meetings**
Budget Meeting Notice - The Council of the Borough of Fountain Hill will meet on the following dates to review and discuss the proposed 2022 budget.
 November 3 - 6pm - General Fund, Liquid Fuels, Capital Projects
 November 10 - 7pm - Sewer, Health, Fire, Library, etc. Funds
 November 17 - 6pm - Unfinished budget business prior to council meeting (IF NEEDED)
Stormwater Authority Meeting Notice - The Stormwater Authority for the Borough of Fountain Hill will meet on the following date for regular business and to discuss the proposed 2022 budget.
 November 23 - 6pm
 These meetings will be held in-person at Borough Hall, 941 Long St, Fountain Hill, PA 18015. COVID19 precautions are in effect.
 Eric C. Gratz, Borough Manager
 Oct. 20

**PUBLIC NOTICE
NOTICE**
The Upper Macungie Township Zoning Board of Adjustment will hold a public hearing on October 27th at 6:30 P.M., at the Township Building, 8330 Schantz Road, Breinigsville, PA 18031 to hear the following appeal:
#10 21 028 The Zoning Appeal of David Bogert, 124 E. Keller St., Tipton, PA 19562; for a variance from Section 27-307.f "Table of Lot and Setback Requirements by District" to allow the placement of an accessory structure (garage) in a required front yard setback at 1282 Little Creek Circle, Breinigsville, PA, 18031. The property is situated in the R3 Zoning District. The Parcel Identification Number is 5464273478821.
 Applicants must appear at the hearing.
 All interested parties may appear and be heard.
 Daniel DeMeno, Zoning Officer
 Oct. 13, 20

**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 Thursday October 28, 2021 at 7:30 pm for the purpose of hearing the following Zoning Appeals:
Appeal No. 210006, Thomas Gyory, 2075 Red Hill Road Slatington, PA 18080 is hereby requesting a Special Exception of North Whitehall Township Zoning Ordinance Section -- Section 403.D.2.d -- Free standing antenna above 30 feet in a Residential Zoning District. Variances are requested from the North Whitehall Township Zoning Ordinance Section 403.D.2.a -- Antennae, Standard "Height", Section II -- "Accessory Structures".
 The property in question is located at 5932 Riverview Road Slatington, PA 18080, and is situated in the (CR) Conservation Residential Zoning District. Tax ID# 5571 3300 1929.
Appeal No. 210007, Leon & JoAnne Créyer, 5665 Riverview Road Slatington, PA 18080 is hereby requesting a Variance of the North Whitehall Township Zoning Ordinance Section 202 "Accessory Structures" To construct an accessory structure on another lot next to the Applicant's lot which does not serve a purpose customarily incidental to and subordinate to the use of the principal use and located on the same lot as the principal use.
 The property in question is located at 5705 Riverview Road Slatington, PA 18080, and is situated in the (CR) Conservation Residential Zoning District. Tax ID# 5571 4124 6730.
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.
 Oct. 13, 20

**PUBLIC NOTICE
NOTICE OF PUBLIC HEARING ON PROPOSED ORDINANCE**
 TAKE NOTICE that the Board of Supervisors of North Whitehall Township will consider the following Ordinance at a public hearing on Monday, November 1, 2021, beginning at 7:30 p.m. The meeting will be held at the North Whitehall Township Municipal Building meeting room, 3256 Levans Road in Ironton, Pennsylvania. The following is a summary of the proposed Ordinance:
Proposed Ordinance
AN ORDINANCE OF THE BOARD OF SUPERVISORS OF NORTH WHITEHALL TOWNSHIP, LEHIGH COUNTY, PENNSYLVANIA, TO REPEAL ORDINANCES 2018-4 AND 2019-1 WHICH PROVIDED FOR TAX CREDITS FOR VOLUNTEER MEMBERS OF VOLUNTEER FIRE AND AMBULANCE COMPANIES
 Inspection and copies of the complete proposed ordinance is available for review by the public at the Township Municipal Building, by contacting Brenda Nordor, Township Secretary, and will also be on file at this newspaper. Any individual who requires special assistance in order to attend the hearing should contact the Township Secretary at least one week prior to the hearing. The Township Municipal Building is handicapped accessible.
 Lisa A. Young, Esquire
 Solicitor, North Whitehall Township
 Oct. 13, 20

**PUBLIC NOTICE
WHITEHALL TOWNSHIP
NOTICE TO BIDDERS**
 The Township of Whitehall is accepting bids for the following project:
BID #2021-10: "SELF-CONTAINED BREATHING APPARATUS (SCBA) DECONTAMINATION WASHER"
 Sealed bids will be received at the Whitehall Township Municipal Building, 3219 MacArthur Road, Whitehall, PA 18052, by Lenore Brazier, Purchasing Agent, or her designee, until 10:00 a.m., Local Time, on Monday, November 8, 2021, at which time they will be opened, in front of a township witness. Bids will be accepted via U.S. Postal Service or dropped into the Administration drop box in front of the Municipal Building. The Municipal Building is currently closed to the public, therefore bid results will be posted on the Township's website: www.whitehalltownship.org. Late bids will not be accepted.
 Bid security in the amount of ten percent (10%) of the bid price shall be submitted with the bid.
 Bid Documents, including plans and specifications, may be obtained beginning immediately by sending an email to request a bid packet to: bids@whitehalltownship.com, or by calling 610-437-5524 x 1165. Bid Packets are free of charge.
 Whitehall Township reserves the right to determine, in its sole discretion, whether any aspect of a bid satisfactorily meets the criteria established in this Request for Bid, to accept either in whole or in part, any one bid or combination of bids, to waive or permit the curing of any immaterial defects informalities or irregularities in a bid as permitted by law, to reject any or all bids with or without cause, and to take any action which the Township deems appropriate. The Township intends to select that bid(s) which, in the sole opinion of the Township is/are most favorable and in the best interests of the citizens of Whitehall Township.
 LENORE BRAZIER, Purchasing Agent
 Oct. 20, 27

**PUBLIC NOTICE
PASSED ORDINANCES**
 The Whitehall Township Board of Commissioners, at a regular Public Meeting on Monday, October 11, 2021 held in the Public Meeting Room of the Whitehall Township Municipal Building, 3219 MacArthur Road, Whitehall, PA, approved the following legislation:
ORDINANCES
 1. ORDINANCE NO. 3247 (SECOND HEARING)
 TITLE: AN ORDINANCE AMENDING CHAPTER 27 (ZONING), ARTICLE VII (DEFINITIONS AND LIMITATIONS USES), ARTICLE IX (SCHEDULE OF PERMITTED, ACCESSORY, SPECIAL EXCEPTION AND CONDITIONAL USES), ARTICLE XVI (DEFINITIONS OF WORDS), TO REDUCE THE NEGATIVE IMPACT OF OUTDOOR COMMERCIAL COOKING OPERATIONS IN RESIDENTIAL NEIGHBORHOODS.
 2. ORDINANCE NO. 3248
 TITLE: AN ORDINANCE DEFERRING THE REQUIRED INSTALLATION OF CURBING AND SIDEWALKS ALONG THE MACARTHUR ROAD AND SPRING MILL ROAD FRONTAGES OF 4124 AND 4128 SPRING MILL ROAD AS REQUIRED IN CHAPTER 21, SECTION 21-16 OF THE CODIFIED ORDINANCES OF WHITEHALL TOWNSHIP. (DEVELOP)
 3. ORDINANCE NO. 3249 (SECOND HEARING)
 TITLE: AN ORDINANCE AMENDING CHAPTER 27 (ZONING) OF THE WHITEHALL TOWNSHIP ZONING ORDINANCE OF 1989 BY ADDING CONDITIONAL AND PERMITTED USES IN THE C-2 REGIONAL/COMMUNITY COMMERCIAL DISTRICT, INCLUDING THE USE OF COORDINATED COMMERCIAL DEVELOPMENT, TO SECTION 27-80.D AND PROVIDING CRITERIA FOR THE COORDINATED COMMERCIAL DEVELOPMENT USE IN SECTION 27-80.G; ADDING ADDITIONAL PERMITTED USES TO SECTION 27-80.A; ADDING DEFINITIONS OF WORDS TO SECTION 27-94.A. (PLANNING)
 4. ORDINANCE NO. 3250
 TITLE: AN ORDINANCE AUTHORIZING THE ACCEPTANCE OF A PROPOSAL FOR PURCHASING GRANULAR SODIUM CHLORIDE TREATED WITH LIQUID MAGNESIUM CHLORIDE FOR THE PUBLIC WORKS BUREAU OF THE TOWNSHIP OF WHITEHALL IN ACCORDANCE WITH SECTION 3.20 OF THE HOME RULE CHARTER WHICH REQUIRES AUTHORIZATION OF ACQUISITIONS IN EXCESS OF \$25,000 BY ORDINANCE (PUBLIC WORKS)
 The above Ordinances are available for review by the public in the Administration offices at Whitehall Township Municipal Building, 3219 MacArthur Road, Whitehall, PA, between the hours of 8:00 a.m. and 4:00 p.m. Oct. 20

**PUBLIC NOTICE
NOTICE OF SPECIAL MEETING OF
CATASAUQUA BOROUGH COUNCIL**
DATE: OCTOBER 25, 2021
TIME: 7PM
PLACE: 90 BRIDGE STREET, CATASAUQUA
PURPOSE: TO ADOPT ORDINANCE #1409, AND ANY OTHER BUSINESS THAT MAY COME BEFORE COUNCIL.
 Oct. 20

**PUBLIC NOTICE
NOTICE**
 The Township of Whitehall will not be conducting the PLUMBING EXAMS for MASTER AND JOURNEYMAN LICENSES this year due to COVID-19 and the Township building being closed to the public.
 Oct. 13, 20

PUBLIC NOTICE
 The Whitehall Township Board of Commissioners will hold Budget Hearings on Tuesday, October 26th, Wednesday, October 27th, and Thursday, October 28th, 2021 at 6:00 p.m. at the West Catasauqua Avenue Playground Building, 2301 Pine Street, Whitehall, PA.
 /s/Thomas Slonaker
 FOR THE BOARD OF COMMISSIONERS
 TOWNSHIP OF WHITEHALL
 Oct. 20

**PUBLIC NOTICE
MEETING NOTICE**
 The Whitehall-Coplay School District hereby gives public notice of the following meetings in the Whitehall High School's Large Group Instruction room, 3800 Mechanicsville Rd., Whitehall, PA:
 Notice is hereby given that the Committee Chairpersons (the "Committee") of the Whitehall-Coplay School District (the "District") shall convene Committee Meetings beginning at 4:00 p.m. on October 25, 2021. The Education/Student Activities Committee will meet at 4:00 p.m., and the Operations/Transportation Committee and Finance/Personnel Committee will follow consecutively.
 The Committees welcome citizens to their open meetings and invites them to bring to its attention matters of concern. A member of the public present at a Committee meeting may address the Committee in accordance with law and Board policy and procedures. Citizens, desiring to be heard by the Committee at a regular or special meeting without prior notification, may be allotted by the Committee Chairperson a reasonable amount of time to present the issue of concern. The Committee Chairperson 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.
 Oct. 20

**PUBLIC NOTICE
NOTICE OF INCORPORATION**
 NOTICE IS HEREBY GIVEN that Articles of Incorporation have been filed with the Department of State of the Commonwealth of Pennsylvania at Harrisburg, Pennsylvania, for the purpose of obtaining a Certificate of Incorporation pursuant to the Pennsylvania Nonprofit Corporation Law of 1988, as amended.
 The name of the Corporation is:
Lehigh Hills Community Association
 Date of Incorporation: July 30, 2021
 Purpose for which it was organized:
 Planned community association
 Zator Law
 American Heritage Building
 4400 Walbert Avenue
 Allentown, PA 18104
 Oct. 20

**PUBLIC NOTICE
NOTICE**
 Notice is hereby given that Myers Emergency Power Systems, 44 South Commerce Drive, Bethlehem, Pennsylvania 18017, phone 610-868-3500 intends to submit an application to the Department of Environmental Protection for a National Pollutant Discharge Elimination System (NPDES) Individual Permit for the discharge of stormwater in a manner that meets Department's requirements, from its facility located in Hanover Township, Northampton County. This is for an existing discharge of stormwater to a tributary of Monocacy Creek.
 The application is made under the provision of the Clean Streams Law, the Act of June 22, 1937, PL 1987, as amended. Persons desiring additional information or who wish to provide comment concerning this permit application, should contact the Company as indicated above, or the Department at the following address: Pennsylvania Department of Environmental Protection Clean Water Program, 2 Public Square, Wilkes-Barre, PA 18701-1915, phone (570) 826-2511 after approximately September 30, 2021 Sept. 29, Oct. 6, 13 20

**PUBLIC NOTICE
NOTICE OF SPECIAL MEETING
UPPER MILFORD TOWNSHIP**
 There will be a Special meeting of the Upper Milford Township Planning Commission and the Board of Supervisors on Monday, October 25th, 2021 at 7:00 P.M. at the Township's Municipal Office, 5671 Chestnut St, Old Zionsville, PA. The purpose of the meeting will be to discuss Zoning change request for 4650 Indian Creek Rd.
 Edward Carter, Township Manager
 Oct. 20

**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 available in PDF upon request to D'Huy Engineering, Inc., 1 E Broad St STE 310 Bethlehem 18018, 610-865-3000. Add'l info avail at: www.basdschools.org
 Oct. 20, 27, Nov. 3

**PUBLIC NOTICE
BIDS WANTED**
 Sealed electronic bids will be received by the Lehigh County Schools Joint Purchasing Board, until 2:00 p.m., November 4, 2021 for the following:
**HVAC Filters
Trash Can Liners**
 All bids will be exclusively received and processed through the eSchoolMail easyBid application process at www.eschoolmail.com; the failure to follow this process (no paper submissions will be considered) will disqualify the bid submission. Bid instructions and specifications can be obtained from Ms. Kay Paul at 610-799-1337 or kpaul@lcti.org. Bids will be opened at 2:00 p.m. on November 5, 2021.
 Patricia T. Bader, LCSJPB Board Chairperson
 Oct. 13, 20, 27

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.
Nicholas Torres - Space #301
Patricia Thompson - Space #1292
 Oct. 13, 20

**PUBLIC NOTICE
Notification of Receipt of a Final Report for the Statewide Health Standard [Section 303(h)(2)]**
 Notice is hereby given that Edwards-Harter Realty Partnership has submitted a Final Report to the Pennsylvania Department of Environmental Protection (PA DEP) Northeast Regional Office to demonstrate attainment of the Statewide Health Standard for an Act 2 Site located at 900 13th Avenue in the City of Bethlehem, Lehigh County, Pennsylvania. American Analytical & Environmental, Inc., 738 Front Street, Catasauqua, PA 18032 on behalf of Edwards-Harter Realty Partnership has indicated that the remediation measures taken have attained compliance with the residential Statewide Health Cleanup Standard established under the Land Recycling and Environmental Remediation Standards Act.
 This notice is made under the provision of the Land Recycling and Environmental Remediation Standards Act, the Act of May 19, 1995, P.L. 4, No. 2
 Oct. 20

**PUBLIC NOTICE
ARTICLES OF AMENDMENT** - Notice is hereby given that Articles of Amendment were filed with the Pa. Dept. of State to change the corporate name of Grant M. Brown Memorial Foundation to The Zachary Barker Chittick Foundation under the provisions of the PA Nonprofit Corp. Law of 1988, as amended. TROUTMAN PEPPER HAMILTON SANDERS LLP, Solicitors, 100 Market St., Ste. 200, Harrisburg, PA 17101.
 Oct. 20

**PUBLIC NOTICE
ESTATE NOTICE**
Estate of KERRI M. SODL, deceased, late of Trexlertown, 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
Devin T. Sodl, Administrator
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
 Oct. 13, 20, 27

**PUBLIC NOTICE
ESTATE NOTICE**
Estate of Wendy-Gail M. Fox, a/k/a Wendy Gail M. Fox, a/k/a Wendy Maureen Fox, a/k/a Wendy Gail Maureen Fox, 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
Erin M. Scott, Administratrix
c/o YOUNG & YOUNG
Rebecca M. Young, Esq.
Lia K. Snyder, Esq.
119 E. Main Street
Macungie, PA 18062
 Or to her Attorney **YOUNG & YOUNG**
Rebecca M. Young, Esq.
Lia K. Snyder, Esq.
119 E. Main Street
Macungie, PA 18062
 Oct. 6, 13, 20

**PUBLIC NOTICE
ESTATE NOTICE**
RE: ESTATE OF MARYANNE DARGATIS
 NOTICE IS HEREBY GIVEN that Letters Testamentary in the Estate of **MARYANNE DARGATIS**, late of Bethlehem, Northampton County, Pennsylvania, have been granted to the undersigned. All persons indebted to said estate are required to make immediate payment and those having claims shall present them for settlement to:
LISA M. DEEGAN, EXECUTRIX
BRENDA D. COLBERT, Esquire
COLBERT & GREBAS, P.C.
 210 Montage Mountain Road - Suite A
 Moosic, PA 18507
 Date of Death: July 30, 2021
 Oct. 13, 20, 27

**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 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
 Notice is hereby given that, in the estate of the decedent set forth below, the Register of Wills has granted letters testamentary to the person(s) named. All persons having claims or demands against said estate are requested to make known the same and all persons indebted to said estate are requested to make payment without delay, to the executors or administrators or their attorney named below:
DOROTHY F. LERCH, dec'd.
 Late of the Township of Upper Nazareth, County of Northampton and Commonwealth of Pennsylvania.
Executor: Sharon Corinne Lerch c/o Karl F. Longenbach, Esquire, 425 W. Broad Street, Bethlehem, Pennsylvania 18018-1920
Attorney: Karl F. Longenbach, Esquire, 425 W. Broad Street, Bethlehem, Pennsylvania, 18018-1920, (610) 867-8150.
 Oct. 13, 20, 27

**PUBLIC NOTICE
NOTICE OF INTENTION**
 The Board of Supervisors of Lynn Township - Lehigh County, PA hereby gives notice of its intention under 53 PS 65917(b) to appoint on December 09, 2021 a certified or competent public accountant or a firm or certified or competent public accountants, to examine all the accounts of the Township for the fiscal year ending 2021. As a result of such appointment, the appointee shall have the powers given to the board of auditors under the Second Class Township Code, except that (1) the audit shall be made in accordance with generally accepted auditing standards and (2) the appointee shall not have the power to determine compensations. The appointee shall be subject to the same penalties as the elected auditors under this act. The report of the accountant or firm is subject to appeal the same as reports of the board of auditors under this act. Moreover, as a result of such appointment, the elected auditors shall not audit, settle or adjust the account audited by the appointee but shall perform the other duties of their elected office.
 The Board will consider this appointment, subject to the terms and conditions of the Sunshine Act, during its regular scheduled Board of Supervisors meeting beginning at 6:30 pm on December 09, 2021 at the Lynn Township Municipal Building, 7911 Kings Highway, Lynn Township, PA
 Tammy M. White
 Secretary/Treasurer
 Oct. 20

**PUBLIC NOTICE
ESTATE 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. Holm, 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 NOTICE**
ESTATE OF ANGELA T. O'MARA, late of the Township of Whitehall, County of Lehigh, Pennsylvania. Letters Testamentary have been granted to the undersigned, who requests all persons having claims or demands against the Estate of the decedent to make known the same and all persons indebted to the decedent to make payable without delay to:
ROBERT J. CASSIDY
 3220 Highfield Circle
 Bethlehem, PA 18020
 or to his Attorney
John L. Obrecht, Esquire
 1731 Main Street
 Northampton, PA 18067-1544
 Oct. 13, 20, 27

**PUBLIC NOTICE
ESTATE 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 NOTICE**
Estate of Joyce L. Hentzel, late of Allentown, Lehigh County, Pennsylvania. Letters of Administration have been granted to the undersigned, who request all persons having claims or demands against the Estate of the Decedent to make known the same, and all persons indebted to the Decedent to make payments without delay to **Lee Hentzel, c/o The Roth Law Firm**, 123 North Fifth Street, Allentown, PA 18102 or his Attorney, **Larry R. Roth, Esquire, The Roth Law Firm**, 123 North Fifth Street, Allentown, PA 18102.
 Oct. 6, 13, 20

**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 STEPHEN YANOCHKO, SR., aka GEORGE S. YANOCHKO, late of Lower Macungie Township, County of Lehigh, and State of Pennsylvania, deceased.
 WHEREAS, Letters of Administration in the above-named estate have been granted to **George Stephen Yanochko, Jr., Administrator of the Estate of George Stephen Yanochko, Sr., aka George S. Yanochko**. All persons indebted to the said estate are requested to make immediate payment, and those having claims or demands to present the same without delay to:
George Stephen Yanochko, Jr.
c/o Scott R. Steirer, Esquire
Pierce & Steirer, LLC
 124 Belvidere Street
 Nazareth, Pennsylvania 18064
 Attorneys for the Estate
 I.D. No. 306977
 Oct. 13, 20, 27

**PUBLIC NOTICE
ESTATE OF RUTH M. JONES**, deceased, late of Washington 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:
Raymond C. Miller, Exec.
Kathryn E. Hunsicker, Exec.
c/o KEITH W. STROHL, ESQ
STECKEL AND STOPP, LLC
 125 S. Walnut Street, Suite 210
 Slatington, PA 18080
 Oct. 6, 13, 20

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
MEETING NOTICE**

The Northampton County Housing Authority will hold a board meeting on Monday, October 25, 2021 at 4:15 pm. This will be held both virtually due to COVID-19 concerns, and, in person at Oliver C. Border House at 15 S. Wood Street, Nazareth, PA 18064. Masks and social distancing will be required for all attending in person.

Use the link below to join the virtual meeting, or, call one of the telephone numbers listed to join by phone.

Topic: NCHA Board Meeting Office Suite HD Meeting
Time: Monday, Oct 25, 2021 04:15 PM Eastern Time (US and Canada)
Join Office Suite Meeting
https://meeting.windstream.com/j/1128789892?pwd=MTVZNM10Q29KTKG13a0s1THR3eVBMGz09
Meeting ID: 112 878 9892
Password: 006481
One tap mobile
+16467415292, 1128789892# US (New York)
+16467415293, 1128789892# US (New York)
Dial by your location
+1 646 741 5292 US (New York)
+1 646 741 5293 US (New York)
+1 973 854 6173 US
Meeting ID: 112 878 9892
Please contact Ms. Feiertag if there are any questions at: (610) 965-4514 ext 5-212.

Christina M. Feiertag, Executive Director

Oct. 20

**PUBLIC NOTICE
NOTICE**

The Lowhill Township Zoning Hearing Board will conduct a hearing on November 10, 2021 at 7:00 p.m. in the Township Building at 7000 Herber Road, New Tripoli, PA to hear the following appeal:

Appeal No. 21-5, Case No. 179, the appeal of Fun Unlimited, LLC/James E. Mackin for the property at 6750 KOA Drive, New Tripoli, PA 18066. The Applicant seeks the following interpretations or variances: Continuation of non-conforming use pursuant to Zoning Ordinance §952; alternatively, expansion of a non-conforming use under Zoning Ordinance §§954 and 1092.1; alternatively, change of non-conforming use under Zoning Ordinance §§955 and 1092.02; alternatively, a favorable interpretation that use of an onsite residence for manager of the campground is permitted by right under Zoning Ordinance §1232; a favorable interpretation that Zoning Ordinance §§741.01 and 871 are not applicable to the extent that the residence proposed is a component of and attribute of the campground, accessory thereto not a proposed separate standalone single family residence. The property is located in the Rural Conservation District (RC) and the Environmental Protection District (EP) and is designated as Tax Parcel No. 543899233000 1.

FITZPATRICK LENTZ & BUBBA, P.C.
SOLICITORS
LOWHILL TOWNSHIP
ZONING HEARING BOARD

Oct. 20, 27

**PUBLIC NOTICE
IN THE COURT OF COMMON PLEAS
OF YORK COUNTY, PENNSYLVANIA
CIVIL ACTION - LAW**

NELSON TORRES-CARILLO : No. 2017-FC-001124-02
vs : CIVIL ACTION - LAW
DALIA BURGOS : DIVORCE

NOTICE TO DEFEND AND CLAIM RIGHTS

YOU HAVE BEEN SUED IN COURT. If you wish to defend against the claims set forth in the following pages, you must take prompt action. You are warned that if you fail to do so the case may proceed without you and a decree of divorce or annulment may be entered against you by the Court. A judgement may also be entered against you for any other claim or relief requested in these papers by the Petitioner. You may lose money or property or other rights important to you including custody or visitation of your children.

When the ground for the divorce is indignities or irretrievable breakdown of the marriage, you may request marriage counseling. A list of marriage counselors is available in the Office of the Prothonotary at York County Judicial Center, 45 North George Street, York, PA 17401.

IF YOU DO NOT FILE A CLAIM FOR ALIMONY, DIVISION OF PROPERTY, LAWYER'S FEES OR EXPENSES BEFORE A DIVORCE OR ANNULMENT IS GRANTED, YOU MAY LOSE THE RIGHT TO CLAIM ANY OF THEM.

YOU SHOULD TAKE THIS PAPER TO YOUR LAWYER AT ONCE. IF YOU DO NOT HAVE A LAWYER GO TO OR TELEPHONE THE OFFICE SET FORTH BELOW. THIS OFFICE CAN PROVIDE YOU WITH INFORMATION ABOUT HIRING A LAWYER.

IF YOU CANNOT AFFORD TO HIRE A LAWYER, THIS OFFICE MAY BE ABLE TO PROVIDE YOU WITH INFORMATION ABOUT AGENCIES THAT MAY OFFER LEGAL SERVICES TO ELIGIBLE PERSONS AT A REDUCED FEE OR NO FEE.

LAWYER REFERRAL SERVICE OF THE
YORK COUNTY BAR ASSOCIATION
137 EAST MARKET STREET
YORK, PENNSYLVANIA 17401
TELEPHONE: (717) 854-8755

AVISO PARA DEFENDER Y RECLAMAR DERECHOS

USTED HA SIDO DEMANDADO/A EN LA CORTE. Si usted desea defenderse de las quejas en las siguientes paginas, debe tomar accion con prontitud. Se le avisa que si no se defiende, el caso puede proceder sin usted y decreto de divorcio o anulamiento puede ser emitido en su contra por la Corte. Una decision puede tambien ser emitida en su contra por cualquier otra queja o compensacion reclamados por el demandante. Usted puede perder dinero o propiedad u otros derechos importantes para usted.

Quando la base para el divorcio es indignidades o rompimiento irreparable del matrimonio, usted puede solicitar consejeria matrimonial. Una lista de consejeros matrimoniales esta disponible en la oficina del Prothonotary en el York County Judicial Center, 45 North George Street, York, PA 17401.

SI USTED NO RECLAMA MANUTENCION, DIVISION DE PROPIEDADES MARITALES, HONORARIOS DE ABOGADO U OTROS GASTOS ANTES DE QUE EL DECRETO FINAL DE DIVORCIO O ANULACION SEA EMITIDO, USTED PUEDE PERDER EL DERECHO A RECLAMAR CUALQUIERA DE ELLOS.

USTED DEBE LLEVAR ESTE DOCUMENTO A SU ABOGADO DE INMEDIATO. SI NO TIENE O NO PUEDE PAGAR UN ABOGADO, VAYA O LLAME A LA OFICINA INDICADA ABAJO PARA AVERIGUAR DONDE PUEDE OBTENER ASISTENCIA LEGAL.

LAWYER REFERRAL SERVICE OF THE
YORK COUNTY BAR ASSOCIATION
137 EAST MARKET STREET
YORK, PENNSYLVANIA 17401
TELEFONO: (717) 854-8755

Oct. 20

PennSCAN
statewide classified ad listings

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FREON WANTED: We pay \$\$\$ for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-291-9169 or visit RefrigerantFinders.com

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**PUBLIC NOTICE
NOTICE OF NON-PROFIT INCORPORATION**

NOTICE IS HEREBY GIVEN that Articles of Incorporation-Nonprofit were filed with the Department of State, Commonwealth of Pennsylvania at Harrisburg, Pennsylvania on September 10, 2021 with a proposed non-profit corporation formed pursuant to the provisions of the Business Corporation Law of 1988, approved December 21, 1988, P.L. 1444, No. 177, as amended.

The name of the corporation is: **Constitution Square Homeowners Association**
Lisa A. Pereira, Esquire
BROUGHAL & DeVITO, L.L.P.
38 West Market Street
Bethlehem, PA 18018

Oct. 20

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Connection**

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www.nwlehighsd.org to apply
EOE

**NORTHWESTERN SCHOOLS
HOUSER'S PUBLIC AUCTIONS**
1900 SQ. FT. COUNTRY
2.5 STORY HOME
3 P.M. FRI. OCT. 29, 2021
Location: 7127 Bake Oven Rd., Village of Germansville, Penna.
Charm, character and curb appeal is this 1900 sq. ft. late 1800's Victorian style single family 2.5 story farmhouse and detached storage shed that is situated on a 90'x 190' landscaped lot in the quiet Village of Germansville. The interior home features - eat in kitch-dining comb., dbl. living rm., 3 bedrms., bathrm., wine cellar, attic & lower-level basement - laundry/storage area. EXTRAS INCLUDE - pine/orig. wood floors & interior trim, dbl. staircase, wrap around frt. covered porch, (new) roof/windows & oil burner, 200-amp elec. service and more. WITH FANTASTIC POTENTIAL, SOME MINOR INTERIOR UPGRADES(now or later), IT PRESENTS AN EXCELLENT OPPORTUNITY FOR ANY PRIVATE FAMILY OR INVESTOR Terms: (R.E.) 5% down, bal. in 45 days. Inspec.: (R.E.) Wed. Oct. 27, 2021 - 4:30 to 6 P.M. FULL AD at www.HOUSEAUCTIONEERS.COM
Jason/Nathan Houser Aucts. AU-000534 Sale by: Charles & Robert Fink
Doug/Tim Houser - Assoc. Aucts. 610-799-2396 or 484-550-8593

80 FOR SALE

FULLY SEASONED firewood. Full & half cords delivered. Call or text 484-239-0298

220 ARTICLES WANTED

OLD BOOKS, OLD TOYS, FURNITURE, GLASSWARE, etc Call Linda 610-837-0960

345 YARD SALES

NORTHAMPTON
Fri. 7:30-1:30 & Sat. 7:30-12:30 511 Howtown Rd. Touring bike, mtn. bike, baskets, books, clothing, hh, & xmas items.

SOUTH WHITEHALL
Yard Sale, Oct. 23, 8-2. 1314 Devon Circle. Antiques, vintage toys & misc. items

390 HELP WANTED

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

BOROUGH OF NORTH CATASAUQUA LABORER/HEAVY EQUIPMENT POSITIONS
The Borough of North Catasauqua is looking for qualified candidates to fill current and/or future laborer and heavy equipment positions. We are considering full time, part time and seasonal help. Positions require manual labor and handling various indoor and outdoor activities in the municipality. Duties include using tools and equipment, lifting, and working in various weather conditions. Applicants should possess a valid PA Driver's License and general knowledge of PA vehicle code. Applicants should have a CDL or will be required to obtain one with in six months for the Heavy Equipment position. Full job descriptions can be found on www.NorthCatasauqua.org. Applications can be emailed to ncboro@rcn.com or dropped off to the office at 1066 4th Street, North Catasauqua, Monday to Friday from 8am to 4:30pm.

DIETARY AIDE wanted. Sacred Heart Senior Living - Northampton. ***Sign On Bonus*** FT & PT positions available. Serving our senior residents there meal and cleaning up after the meal. Weekends are required. This is a great job for someone who is retired and looking for extra income. 22 years of excellence in service. Apply in person or at rschmidt@shfamily.org. or 610-262-4300.

Director of Music Ministries/Choir
Director position available to assist in blended worship services. Send resume & statement of faith to Jacob's Church, Attn. Music Ministry Search Committee, 8373 Kings Hwy, New Tripoli, PA 18066. Inquiries call Louise 610-767-1286

The Lehigh Valley Press has an immediate opening for a reliable **Sample Delivery Driver** to deliver samples to various neighborhoods in the Lehigh Valley area. Daytime hours vary and will not exceed 25hrs per week however all deliveries must be completed by 5PM. Must have a valid driver's license and good driving record. For more information and to apply please go to Employment Opportunities at www.pencor.com. E.O.E.

EXPERIENCED Floral Designer. FT/PT. Call 610-262-3501

Code Enforcement / Zoning / Planning Official

The Borough of Emmaus is accepting applications for the full-time position of Code Enforcement / Zoning / Planning Official. The position is responsible for the enforcement of State and Local Codes, issuance of licenses and permits, physical inspections of properties, plan reviews, zoning, issuance of citations, attendance at court hearings, and any other code enforcement related activity. The successful candidate should have a broad background in building construction, knowledge of the UCC, a working knowledge of computers, and the ability to work with the public in a pleasant and professional manner. Pay is between \$60,000 - \$80,000 depending on UCC certifications and skillset already possessed by the successful applicant. Complete job description and details can be obtained at www.borough.emmaus.pa.us. Applications due October 21, 2021 to Emmaus Borough Hall, 28 S. 4th Street, Emmaus, PA 18049 or to spee@borough.emmaus.pa.us. EOE There is a potential that the successful candidate may be selected to be the manager of the department if they possess the proper experience in the field and have the proper UCC certifications. EOE
Shane M. Pepe
Emmaus Borough Manager

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

Director of Music Ministries/Choir
Director position available to assist in blended worship services. Send resume & statement of faith to Jacob's Church, Attn. Music Ministry Search Committee, 8373 Kings Hwy, New Tripoli, PA 18066. Inquiries call Louise 610-767-1286

The Lehigh Valley Press has an immediate opening for a reliable **Sample Delivery Driver** to deliver samples to various neighborhoods in the Lehigh Valley area. Daytime hours vary and will not exceed 25hrs per week however all deliveries must be completed by 5PM. Must have a valid driver's license and good driving record. For more information and to apply please go to Employment Opportunities at www.pencor.com. E.O.E.

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Director of Public Works

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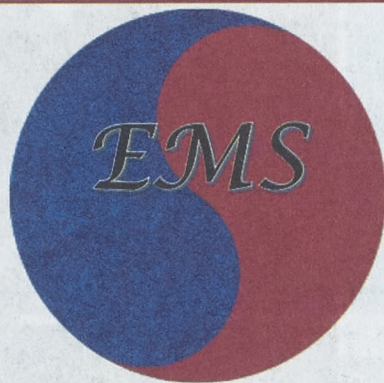
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Ed holds a master's degree in social work and is also a licensed nursing home administrator. He worked in the senior care industry for the past 30 years and started EMS Senior Care Advisor, LLC in 2020. His passion has always been to offer care and guidance that is personalized and specific to each person's needs. EMS Senior Care Advisor LLC was created with a goal of combining his passion for helping people with his professional expertise and knowledge to help support and educate individuals on health care services to meet their needs. Michael joined Ed in 2021. Michael has spent his career working in the customer service industry and shares Ed's passion for helping meet his customers needs and providing a quality customer experience.



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6 tips for seniors to travel safely

One of the perks of getting older is having more time to devote to recreation and traveling.

According to the U.S. Census Bureau, there are roughly 52 million people who are age 65 or older in the United States. With a \$1.6 trillion total net worth, seniors spend more on groceries, pharmaceutical items and travel and leisure than any other demographic.

Age does not have to restrict one's ability to travel, and with age comes experience and more opportunities to enjoy travel. Before taking off for parts unknown, men and women over 50 can take steps to ensure their excursions are as safe as they are memorable.

See **TIPS** on Page 6



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Eric R. Strauss, Esquire, a shareholder at the law firm of Worth, Magee and Fisher, P.C., was recently elected as a Fellow of The American College of Trust and Estate Counsel (ACTEC), an international organization of approximately 2,600 lawyers elected to membership by demonstrating the highest level of integrity, commitment to the profession, competence, and experience as trust and estate counselors. Attorney Strauss

practices exclusively in the area of probate, trust and estate law and related fields of estate planning, trust and estate taxation, and fiduciary litigation in the firm's Allentown and Lehigh Valley offices. He is a past Chair of the Pennsylvania Bar Association Real Property, Probate and Trust Law Section and has presented numerous seminars in his field of practice to lawyers, community and professional groups.



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TIPS

CONTINUED FROM PAGE 4

1 Consider risk. The coronavirus pandemic of 2020 taught the world that situations can change rapidly. Before booking any travel, weigh the risks and the benefits of a trip. Determine if COVID-19 is spreading where you live or at your destination. Older adults have a higher risk for severe illness caused by the virus. Until you are vaccinated, it may be best to wait to travel.

2 Use senior-friendly services. Seek out travel services that offer the best perks for older adults. Many travel providers no longer offer senior discounts, but they may offer other benefits, such as early boarding or assistance with traveling from gates to baggage areas.

3 Get travel insurance. According to Liz Dahl, cofounder of



Boomer Travel Patrol, a website featuring expert advice geared toward the Baby Boomer demographic, travel insurance can be essential for older travelers. Older travelers may be more at risk of falling or getting sick and some may need extra medication if travel is interrupted or delayed. Travel insurance can provide extra coverage for a relatively low price if something goes wrong.

4 Don't advertise your absence. It may be tempting to upload photos of your beachside vacation to social media as you are immersed in paradise. Unfortunately, seniors tend to be targets for thieves because they are seen as vulnerable. Don't make the job easier by advertising you are away from home. In addition, have a neighbor periodically pick up your mail and set lights on tim-

ers to give the impression you are home even when you're not.

5 Share your itinerary. Keep loved ones apprised of your general travel itinerary, especially if you are traveling solo, recommends AARP. Keep a mobile phone on you at all times.

6 Pack copies of important documents. In the event paperwork is lost while traveling, request copies of prescriptions and/or statements of medical conditions from each physician and medical treatment center so you have a second set. Keep copies of your passport, driver's license, insurance cards, travel tickets, and other documents as well.

Seniors have the ability to travel much more than other age groups. Make the experience enjoyable by focusing on safety.

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Objectivity and Perspective for Memory Care Caregivers

Who is on your team? The minute your loved one begins to experience brain change which impacts their lives and yours is the minute you need a team. Sadly, this is also the timeframe when friends and family may have started to distance themselves.

You come home from the appointment feeling a bit better knowing there is a reason for all the strange occurrences of lost objects, erratic thinking, and memory change. But then it starts to sink in - dementia (Alzheimer's, Frontotemporal Dementia (FTD), Vascular, Lewy Bodies). You start to wish the reason for these things occurring was due to something else.

Then, you begin to conduct research and what was a small nagging voice of concern becomes a shouting blast of fear. Meanwhile, your loved one continues to experience brain changes, only now your response is less laid back—more driven.

Why don't you read the note I put out?

If you slept better, your brain would do better.

You have to take this medicine/supplement. It is very important.

As caregivers, our fear of next stage, next possible changes,

drives us to grasp at straws while we shelve our own self-care. We lose all perspective and objectivity. Which is why we need a well-trained team to help us provide and protect our loved one.

What kind of team?

- A companion or home health aide to provide you and your loved one with respite from one another
- A support group, live or online
- A good doctor who understands dementia
- Memory care experts to provide education
- A good elder lawyer to help you with vital paperwork
- A trusted friend to confide in
- A counselor or advisor to guide you in self-preservation

Alzheimer's disease and related dementias are strong opponents which require caregiver endurance and fortitude.

When it comes to our loved one, we are unable to be objective no matter what degree, experience or commitment we possess. Dementia behaviors can take us to the brink.

Reach out to our Memory Care Advisor at Arden Courts to be on your team so you can stay in the game for both you and your loved one. Call Arden Courts of Allentown at 610.366.9010 or Arden Courts of Old Orchard at 484.373.5170 today.

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Things to know before drafting a living will



During the prime of their lives, people typically don't give much thought to scenarios in which they become ill or are facing the end of life. Sickness and mortality are not easy conversations to have, but it is important for everyone to approach these heavy topics with close family members so that individuals can rest easy knowing their needs will be met if or when their health falters.

An advanced health-care directive - also known as a living will - is a legal document in

which a person lists the specifics of medical care and comfort actions they desire should the individual no longer be able to make decisions for themselves due to illness or incapacity. The legal advice resource Legal Zoom says the living will may list certain things, such as whether life support is desired or if pain medication should be administered. A living will should not be confused with a traditional will, which is a legal document that explains wishes for financial and personal assets after a person dies. Living wills also differ from living trusts, which address how assets will be managed if a person becomes incapacitated.

A living will is not always a necessity if a person does not have strong feelings about decisions made on his or her behalf while not cognizant. However, for those who do want to have a say in care, a living will is the best method for ensuring

See **WILL** on Page 9



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WILL

CONTINUED FROM PAGE 8

choices will be carried out. The following are some other questions people should ask themselves concerning living wills.

• Do I want to remove the burden of tough choices from my loved ones? A living will relieves grieving loved ones of the responsibility of making challenging decisions of invoking life-saving procedures or not - particularly if they're not sure what you desire.

• Do I have firm feelings about life-saving methods? A living will allows you to spell out preferences on insertion of feeding tubes, if you want specialized hydration, if you want to be hooked up to life support if brain function is minimal, and a host of other scenarios.

• Is cost preventing me from drafting a living will? Cost need not be a

factor in setting up a living will. You can download a free template from any number of online legal sources. Local hospitals often have forms as well, which can be notarized for only a few dollars. These forms are generally comprehensive and can help you answer all the questions and write in specifics.

• Have you selected a trusted person to carry out wishes? A health care proxy, according to the American Bar Association, is a person appointed by you with the authority to make decisions for you if you are unable to express your preferences for medical treatment. Together with the living will, the health care proxy, also called a durable medical power of attorney, can fulfill your wishes accordingly.

A living will is an important component of medical and estate planning.

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For more information on Majestic House, contact Cheryl Martuscelli at: 570-668-6372 Mon-Fri 8:30am-4:30pm, majestichouse@ptd.net



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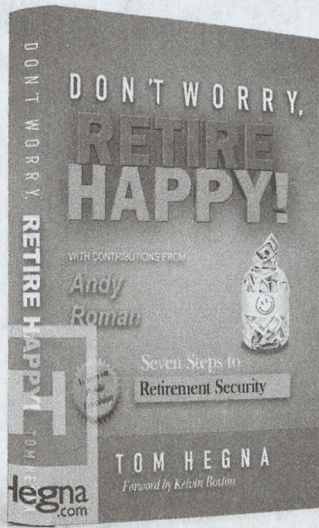
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When is clumsiness a cause for concern?

Who hasn't tripped over his own feet or knocked over a water glass on a table? No one is immune to the occasional clumsiness, but some people may grow concerned that their bouts of clumsiness are becoming more frequent.

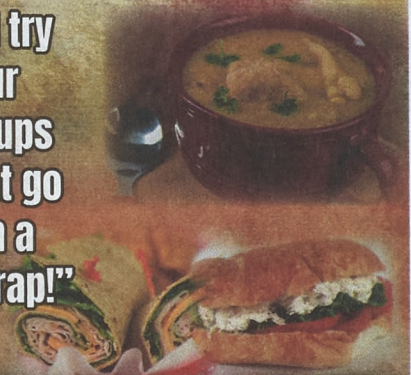
For healthy people, bumping into a wall when

misjudging a corner or dropping silverware on the floor is often a minor, isolated incident. Lack of concentration or multitasking often may be to blame. In 2007, Professor Charles Swanik and a research team at the Univer-

See **CLUMSINESS** on Page A11

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CLUMSINESS

CONTINUED FROM PAGE 10

sity of Delaware studied athletes to discover why some seem to be more injury prone than others. Researchers found that clumsy athletes' brains seemed to have "slowed processing speed," which referred to how their brains understand new information and respond to it.

But clumsiness also can be a sign of a bigger issue at play, namely motor problems within the brain. According to Taylor Harrison, MD, clinical instructor in the neuromuscular division of Emory University, coordination of the body is complicated and tied to both motor and sensory systems. That means the eyes, brain, nerves, cerebellum, which specializes in coordination and balance, muscles, and bones must work together.

Clumsiness can result from stroke, seizure disorders, brain trauma or the

presence of tumors, and other conditions. Healthline also says that clumsiness may be an early symptom of Parkinson's disease or Alzheimer's. Parkinson's affects the central nervous system and can impair motor skills. Alzheimer's slowly damages and kills brain cells and may cause issues with coordination. This may be the case with other dementias as well.

Clumsiness sometimes result from a lack of sleep or overconsumption of alcohol. Arthritis can lead to clumsiness when joint pain and restrictive movements make it challenging to get around.

Psychologists may suggest cognitive behavioral therapy or propose performing tasks with more mindfulness to reduce clumsiness. If that doesn't work, men and women should visit their physicians, who can conduct tests to rule out certain things and provide peace of mind.

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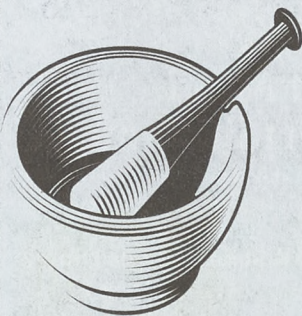
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Welcome to South Mountain Memory Care "Small House"

Our ultimate goal at South Mountain Memory Care is to enrich the quality of life of our residents. To do this we built SMMC in the small house model that has been found to be the most successful environment in providing that sense of home, connectedness and ultimately, happiness. Research indicates that residents in small house communities were significantly more socially engaged and displayed few non-aggressive behaviors, such as wandering, than residents in larger, traditional settings.

While small scale is critical, there are other design elements we included:

- Separate bedroom suites with clear paths from bedroom to bathroom designed to reduce the stress associated with toileting and bathing.
- Abundance of natural light that helps regulate circadian rhythms which can alleviate sleep disorders, sundowning and seasonal depression.
- Wayfinding and orientation with the use of colors, aromatherapy and artwork, including views to the outdoors that promotes use of exterior spaces and walking.
- Safety and security. Not only is it important for residents to be safe and secure, they must perceive themselves to be safe and secure. This can be achieved with restricted window openings and secure garden fences. Secure outdoor spaces give people with dementia a secure place to go outside and helps reduce elopement attempts because residents no longer feel "cooped up".
- Consistent staff assignments with the same staff assigned to the same house at the same time in order to foster a sense of familiarity, an ability to truly know each individual and cater to their needs.
- Smaller, intimate gathering places for those residents that feel overwhelmed by larger crowds.

The design and layout of SMMC minimizes overstimulation as many residents become overwhelmed by large groups and spaces. We mitigate the size of our 24 room small house by linking two 12 room houses around a central "Town Hall" that can be used for arts and crafts, dining and group activities.

Please stop by and visit with our team and take a tour of SMMC to experience the difference small house design can make.



Active seniors can protect their vision



Retirement may be seen as a time to slow down and enjoy some well-earned rest and relaxation, but today's seniors clearly did not get the memo. Modern seniors look and act a lot different than traditional depictions of retirees.

The shift in attitudes regarding aging is noticeable in the growth of active retirement communities, which are designed for aging men and women who want to engage in activities where no chairs are required. Active seniors may not fit outdated stereotypes of cardigan-clad grandparents shuffling about dusty retirement homes, but even the most ener-

getic retirees may still be vulnerable to age-related health complications. For example, the American Optometric Association notes that men and women over the age of 60 may be vulnerable to age-related vision problems. A certain degree of vision loss is natural as men and women age, but that doesn't mean active seniors have to sit idly by. In fact, there are many ways for active seniors to protect their vision so they can continue to get up and go without having to worry about losing their eyesight.


• Make your diet work for you. The AOA notes

See **VISION** on Page A14

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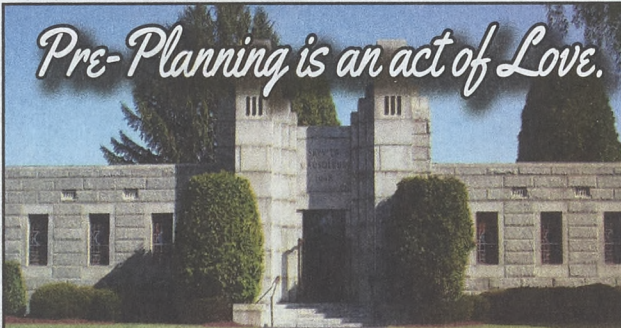
The park is maintained by our own full-time staff. The use of our own equipment enables us to have a truly continuous well-maintained perpetual care cemetery.

Sky-View is keeping up with the modern ideas of the cemetery business while maintaining the grounds of the cemetery. In August 2002, the future in cremations and above ground burials brought the idea of a new structure to the cemetery. An octagonal shaped granite columbarium with 96 niches was erected near the entrance of the cemetery for those who do not want a traditional 'in ground' burial. Recently, Sky-View has purchased their second columbarium which is made from carnelian stone and granite, thus keeping up with the needs for cremation and 'above ground' burials.

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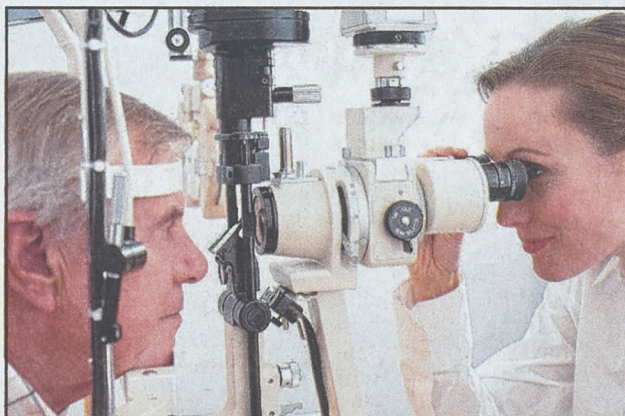
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VISION

CONTINUED FROM PAGE A12

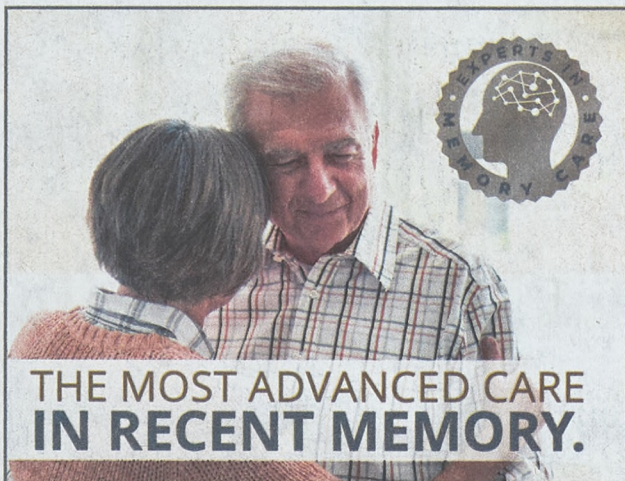
that a number of eye diseases can develop after an individual turns 60, and some of these conditions can be minimized with wise lifestyle choices. For example, a healthy, nutrient-rich diet can protect vision over the long haul. The National Council On Aging notes that studies have found that omega-3 fatty acids, which can be found in foods like spinach, kale and salmon, can reduce individuals' risk for age-related eye diseases. Seniors can speak with their physicians about other ways to utilize diet to combat age-related vision problems.

Protect your eyes and look cool at the same time. Active seniors spend lots of time outdoors, and that may have an adverse effect on their vision. The NCOA notes that lengthy exposure to the sun's ultraviolet rays can cause

both short- and long-term eye damage. Thankfully, such issues are easily avoided if seniors wear sunglasses with UV protection when going outside. Brimmed hats also can protect the eyes from harmful UV rays.

Be mindful of screen time. Much has been made of how much screen time is healthy for young people. But seniors also are not immune to the potentially harmful effects of spending too much time staring at their phones and other devices. The NCOA recommends seniors employ the 20-20 rule in regard to screen usage. Every 20 minutes, look about 20 feet away for 20 seconds. This quick exercise can reduce eye strain.

An active lifestyle benefits seniors in myriad ways. Seniors should take steps to protect their vision so they can continue to get up and go long after they retire.



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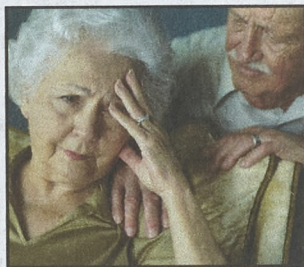
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Did you know?

According to the Alzheimer's Association, people with a parent or sibling with Alzheimer's disease are more likely to develop the disease than those who do not have a first-degree relative with Alzheimer's. In addition, those who have more than one first-degree relative with Alzheimer's are at an even greater risk of getting Alzheimer's. Though family history is not necessary for an individual to develop Alzheimer's, the AA notes that researchers have identified hereditary Alzheimer's genes. For example, researchers estimate that between 40 and 65 percent of people diagnosed with Alzheimer's have the APOE-e4 gene. APOE-e4 is characterized as a risk gene because it increases the likelihood of developing Alzheimer's but does not guarantee it will hap-



pen. The gene is inherited from a parent, and people who inherit two copies of APOE-e4 from their mother and father have a higher risk for Alzheimer's than those who inherit one copy of the gene from their mother or father. The AA also notes that researchers have found deterministic genes that cause Alzheimer's. However, these genes are rare and have only been found in a few hundred families across the globe, accounting for 1 percent or less of all Alzheimer's cases.

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- Legal Assistance • Home Delivered Meals
- Personal Care • Adult Day Care
- Protective Services • Prime Time Health
- Employment Services
- Information & Referral Services
- PDA Waiver

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Stroudsburg: 570-420-3735
1-800-498-0330

- Friendly Visitor • Transportation • Senior Centers
- APPRISE (Health Insurance Counseling)
- Protective Services • Employment • Legal Advice
- Care Management • Home Support/Personal Care
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- Information & Referral • Home Delivered Meals
- Medical Assistance Waiver • Prime Time Health
- Pre-admission Assessment • Private Senior Citizen Clubs • Family Caregiver's Support Program
- Retired & Senior Volunteer Program

LEHIGH COUNTY AREA AGENCY ON AGING

Allentown: 610-782-3200

- In-home Services • Protective Services
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Who is most vulnerable to osteoporosis?

Osteoporosis is a disease in which the density and quality of bones are reduced. According to the International Osteoporosis Foundation, age and gender are two of the fixed risk factors for osteoporosis. Fixed risks factors are things that cannot be changed, and the IOF notes the importance of being aware of these factors. Awareness of the fixed risk factors for osteoporosis allows people to take steps to reduce bone mineral loss in an effort to prevent osteoporosis. Bone loss is gradual and painless, and people may experience no symptoms suggesting they are developing osteoporosis, even though the National Osteoporosis Foundation notes that as many as one in two women and up to one in four men over age 50 will break a

bone due to osteoporosis. In addition to age and gender, the NOF notes that certain diseases and conditions can increase the likelihood that people will develop osteoporosis. Autoimmune disorders like rheumatoid arthritis, lupus and multiple sclerosis and certain types of cancer, include breast cancer and prostate cancer, also can elevate a person's risk for osteoporosis. People who have neurological or nervous system disorders, such as Parkinson's disease and spinal cord injuries, also may be more vulnerable to osteoporosis than those without such conditions. Men and women age 50 and older should discuss their medical histories and their risk factors for osteoporosis with their physicians.



Anniversary
Announcements

Share the news of your upcoming Anniversary!

Find an Anniversary Form in this Special Edition

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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: _____

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Megan S. Balliet DPM, MPH, AACFAS

Dr. Megan S. Balliet completed her residency training in podiatric medicine and reconstructive and rearfoot surgery at St. Luke's University Health Network where she was Chief Resident during her final year.

Areas of particular interest include diabetic foot care, advanced wound healing, sports related injuries, bunions, hammertoes, plantar fasciitis, fractures and dermatologic conditions of the foot and ankle.

Dr. Balliet strongly values the importance of patient education and active collaboration with other healthcare specialties to produce positive outcomes for her clients. Through her affiliation with St. Luke's University Health Network, she provides inpatient podiatric services and educates residents and students in surgical skills and patient care.



Effective exercise routines for seniors

Losing interest in an exercise regimen is a situation many fitness enthusiasts have confronted at one point or another. Overcoming a stale workout routine can be simple for young athletes, whose bodies can typically handle a wide range of physical activities. That flexibility allows younger athletes the chance to pursue any number of physical activities when their existing fitness regimens grow stale. But what about seniors who have grown tired of their workouts?

Even seniors who have lived active lifestyles since they were youngsters are likely to encounter certain physical limitations associated with aging. According to the Centers for Disease Control and Prevention, the likelihood of dealing with one or more physical limitations increases with age. CDC data indicates that 8 percent of adults between the ages of 50 and 59 have three or more physical limitations. That figure rises to 27 percent among adults age 80 and

over. Physical limitations may be a part of aging for many people, but such obstacles need not limit seniors looking to banish boredom from their workout routines. In fact, many seniors can successfully engage in a variety of exercises that benefit their bodies and are unlikely to grow stale.

Water aerobics: Sometimes referred to as "aqua aerobics," water aerobics may involve jogging in the water, leg lifts, arm curls, and other activities that can safely be performed in a pool. The YMCA notes that water aerobics exercises are low impact, which can make them ideal for seniors with bone and joint issues like arthritis.

Resistance band workouts: Resistance band workouts can be especially useful for seniors who spend a lot of time at home. Resistance bands are inexpensive and don't take up a lot of space, making them ideal for people who like to exercise at home but don't See **EXERCISE** on Page 24

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EXERCISE

CONTINUED FROM PAGE 22

have much space. Resistance bands can be used to strengthen muscles in various parts of the body, including the legs, arms and back. Resistance bands can be pulled or pushed in any direction, which allows for more versatility in a workout than weight machines and dumbbells. That versatility allows seniors to spice up their workout regimens when things get a little stale.

Pilates: Pilates is another low-impact exercise that can be ideal for seniors with bone and joint issues. According to SilverSneakers®, a community fitness program for seniors that promotes living through physical and social engagement, Pilates can help seniors build overall strength, stability and coordination. SilverSneakers®

even notes that seniors can experience improvements in strength and stability by committing to as little as 10 to 15 minutes of daily Pilates exercises.

Strength training: Seniors on the lookout for something more challenging than a daily walk around the neighborhood should not overlook the benefits of strength training. The CDC notes that seniors who participate in strength training can stimulate the growth of muscle and bone, thereby reducing their risk for osteoporosis and frailty. In fact, the CDC notes that people with health concerns like arthritis or heart disease often benefit the most from exercise regimens that include lifting weights a few times each week.

Physical limitations are a part of aging. But seniors need not let such limitations relegate them to repetitive, boring workouts.



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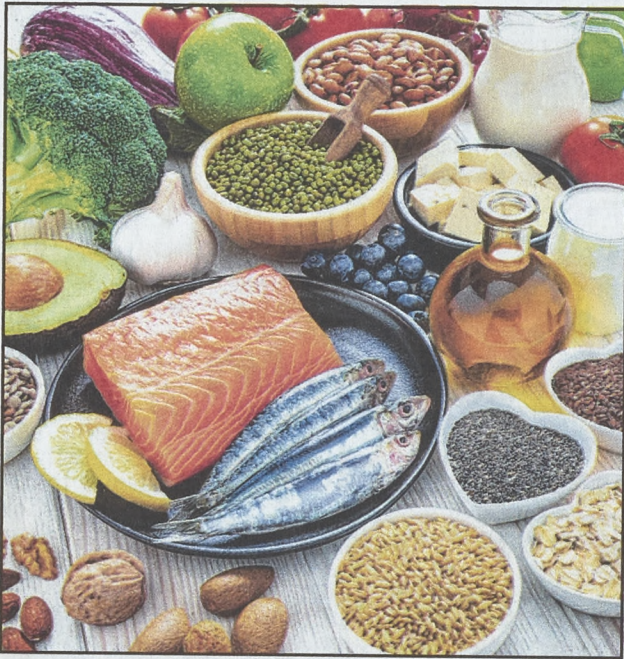


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Healthy eating options for seniors citizens

“Let food be thy medicine” is a quote attributed to Hippocrates, the ancient scholar considered to be the father of modern medicine. The saying relates to the notion that what people put in their bodies can heal and/or prevent certain conditions.

For seniors with medicine cabinets full of over-the-counter and prescription medications, the idea of relying predominantly on food to promote optimal health may be tempt-

ing, and various foods can be particularly useful to the 50-and-over demographic.

According to the World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Poor diet has been connected to the development of diabetes, and degenerative diseases such as osteoporosis also may be linked to the foods one eat. The National Council for Aging Care says mi-

See **EATING** on Page 27

Frank W. Yandrisevits Attorney-at-law



Do you need assistance planning for your own or your family's future?

I have been an attorney, with my practice primarily in Northampton and Lehigh Counties, since 1979. Since then, I have helped countless numbers of people with legal issues affecting them in their senior years. I have prepared Wills and Trusts, Durable Powers of Attorney, Pre-Nuptial Agreements, Living Wills and Advanced Health Care Directives. I have also assisted many families with the administration of the estates of their loved ones who have passed away.

I am a member of the Pennsylvania and Northampton County Bar Associations and the Lehigh Valley Estate Planning Council. I would be honored if you would consider allowing me to help you with any of your legal needs.

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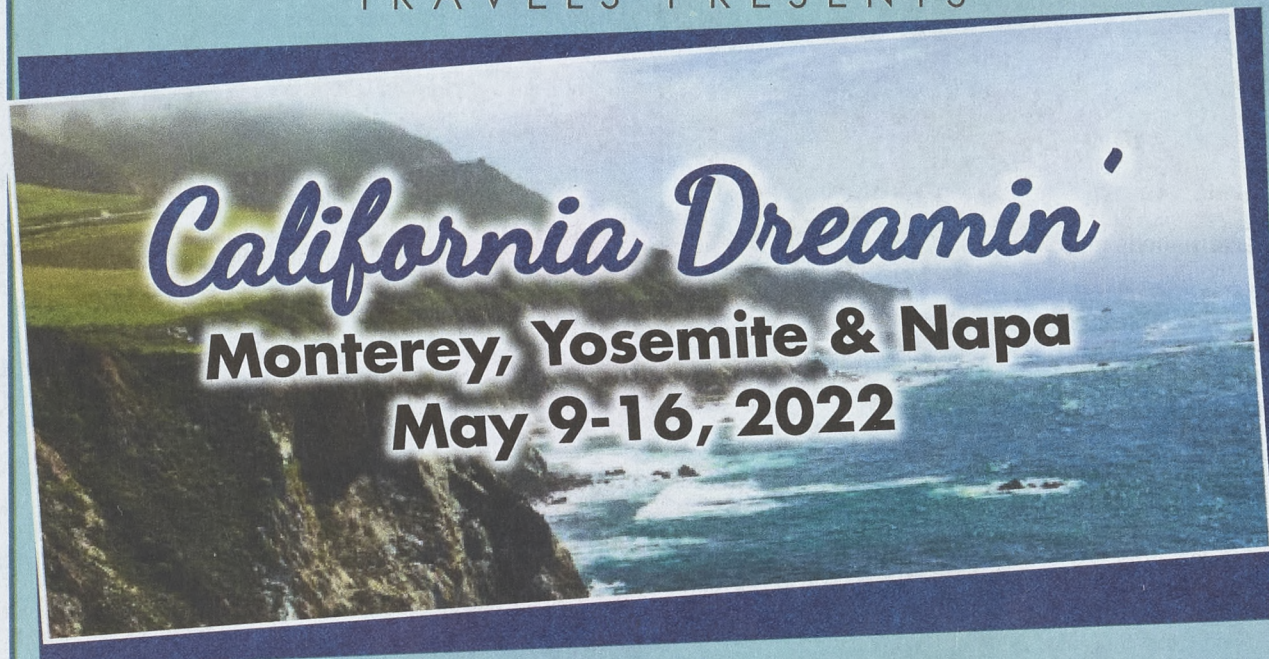
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EATING

CONTINUED FROM PAGE 25

chronutrient deficiency is often a problem among the aging due to factors like lack of variety in diet and reduced food intake. Eating a variety of foods can provide all of the nutrients people need to stay healthy as they get older. Certain foods may be particularly helpful.

Brain-friendly foods: Foods such as avocado, leafy vegetables, sunflower seeds, blueberries, and salmon are good sources of vitamin E, antioxidants, omega-3 fatty acids, and other nutrients that may help ward off dementias like Alzheimer's disease, advises Sonas Home Health Care.

Anti-inflammatory foods: Foods rich in omega-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should be consumed at least twice per week.

Fruits and vegetables: Fresh, canned or frozen produce tend to be high in micronutrients, including a variety of important vitamins that are essential for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as leafy greens or broccoli, and orange vegetables, such as carrots

and sweet potatoes.

Energy-boosters: Choose whole grains that can provide sustained energy by way of healthy carbohydrates over processed grains.

Bone-friendly foods: Calcium-rich foods, such as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.

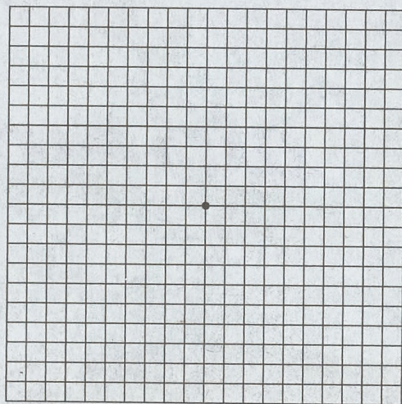
Digestive system-friendly foods: The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken and digestive contractions that push waste along may slow down and become fewer. Foods rich in fiber can promote proper digestion by moving food through the digestive tract more easily. High-fiber foods also may help naturally reduce blood cholesterol levels.

High-iron foods: Without enough iron in the body, a person may feel tired and lethargic from a reduced production of hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body. A lack of oxygen in body tissues from anemia can be serious, says the National Council for Aging Care. Tofu, spinach, lentils, pumpkin seeds, and fortified breads and cereals are high in iron.

Smart food choices can help seniors live long and healthy lives.

HOW TO TEST YOUR EYES WITH THIS AMSLER GRID

- Test your eyes under normal room lighting used for reading.
- Wear the eyeglasses you normally wear for reading.
- Hold the grid approximately 14 to 16 inches from your eyes.
- Test each eye separately: Cup your hand over one eye while testing the other eye.
- Keep your eye focused on the dot in the center of the grid and answer these questions:



1. Do any of the lines in the grid appear wavy, blurred or distorted?
2. Do all the boxes in the grid look square and the same size?
3. Are there any "holes" (missing areas) or dark areas in the grid?
4. Can you see all corners and sides of the grid (while keeping your eye on the central dot)?

• Switch to the other eye and repeat.
IMPORTANT – Report any irregularities to your eye doctor immediately. Mark areas of the chart you're not seeing properly.

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Seniors' senses of smell and taste change with age

Aging comes with several sensory changes, many of which people expect. Loss of hearing or diminishing vision are widely associated with aging. But one's senses of smell and taste may diminish with aging as well.

The senses of taste and smell work in concert. The sense of smell is vital to personal health, not only because inhaling pleasant aromas can provide comfort and stress relief through aromatherapy and help trigger important memories, but also because smell enables a person to detect the dangers of smoke, gas, spoiled food, and more. The National Institute on Aging says that, as a person gets older, his or her sense of smell may fade, and that will also affect taste. The Mayo Clinic says some loss of taste and smell is natural and can begin as early as age 60.

9,000 taste buds sensing sweet, salty, sour, bitter, and umami flavors, or those corresponding to the flavor of glutamates. Many tastes are linked to odors that begin at the nerve endings in the lining of the nose. Medline says the number of taste buds decreases as one ages, and that remaining taste buds may begin to shrink. Sensitivity to the five tastes also begins to decline. This can make it more difficult to distinguish between flavors.

Similarly, especially after age 70, smell can diminish due to a loss of nerve endings and less mucus in the nose. With the combination of the reduction of these important sensory nerves in the nose and on the tongue, loss of smell and taste can greatly affect daily life.

Changes in these senses can contribute to feelings of depression, diminish one's enjoyment of food and cause

Adults have about

See **SMELL** on Page 31

Should I Give My House Away to My Child?

By Gross McGinley, LLP

Several factors should be considered when deciding whether to transfer your home to your children.

1) Medicaid; Protection from Nursing Homes
Nursing homes don't take your house. Rather, the PA Department of Human Services puts a lien against your Estate after your death. Will a lifetime transfer of your house actually help you qualify for Medicaid? Will you survive the 5-year look-back period?

2) Creditor Protection
Do you trust your children as landlords of your home? Do your children have other risks (divorce, bankruptcy, other creditors) that could jeopardize ownership of the house?

3) Taxes: Inheritance vs. Income
Transferring your house to your children during your life will help minimize the inheritance tax when you die. However, will it cause your children to pay a larger capital gains tax when they sell the house?

4) Avoiding Probate
The Pennsylvania probate process is relatively simple and inexpensive compared to other states. Is a probate avoidance strategy beneficial for you?

Before you make a decision that cannot be reversed, discuss this issue with your legal counsel.

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Did you know?

Health screenings are a vital component of preventative health care. Specific screenings for older adults can help them stay healthy. Healthline and WebMD recommend older adults schedule these routine tests. The frequency of the screenings may depend on individuals' health histories, so each test should be discussed with a physician during adults' annual checkups.

- Blood pressure check
- Blood test to check cholesterol and triglyceride levels
- Colorectal cancer

exam starting at age 50

- Weight screening to check for gains or losses
- Prostate cancer screening for men age 70 and older
- Breast exam and mammogram for women, starting at age 40
- Pap smear and HPV tests at the recommended intervals advised by a doctor
- Hearing test
- Osteoporosis test
- Shingles and pneumococcal vaccines
- Eye exam
- Periodontal exam once per year

SMELL

CONTINUED FROM PAGE 29

harmful conditions, such as extreme weight loss from disinterest in food to problems associated with overusing salt or sugar.

Although aging is often to blame, loss of smell and taste also may be tied to early symptoms of Parkinson's disease or Alzheimer's disease. Cancer treatments, medications, lack of saliva, colds, flu, and other factors may contribute to sensory loss. Changing medications or treatments may help.

It's important to bring up diminished flavors or smells with a doctor to

rule out something more serious and to determine what might help restore pleasure from smells and flavors. An otolaryngologist, or a doctor who specializes in diseases of the ears, nose and throat, may be able to help fix the problem, though some people may be referred to a neurologist or another specialist.

Continuing to use one's sense of smell and taste by cooking, gardening, trying new flavors, and experimenting with different aromas may help slow down the decline these senses. Although age-related loss of taste and smell cannot be reversed, some such cases may be treatable.

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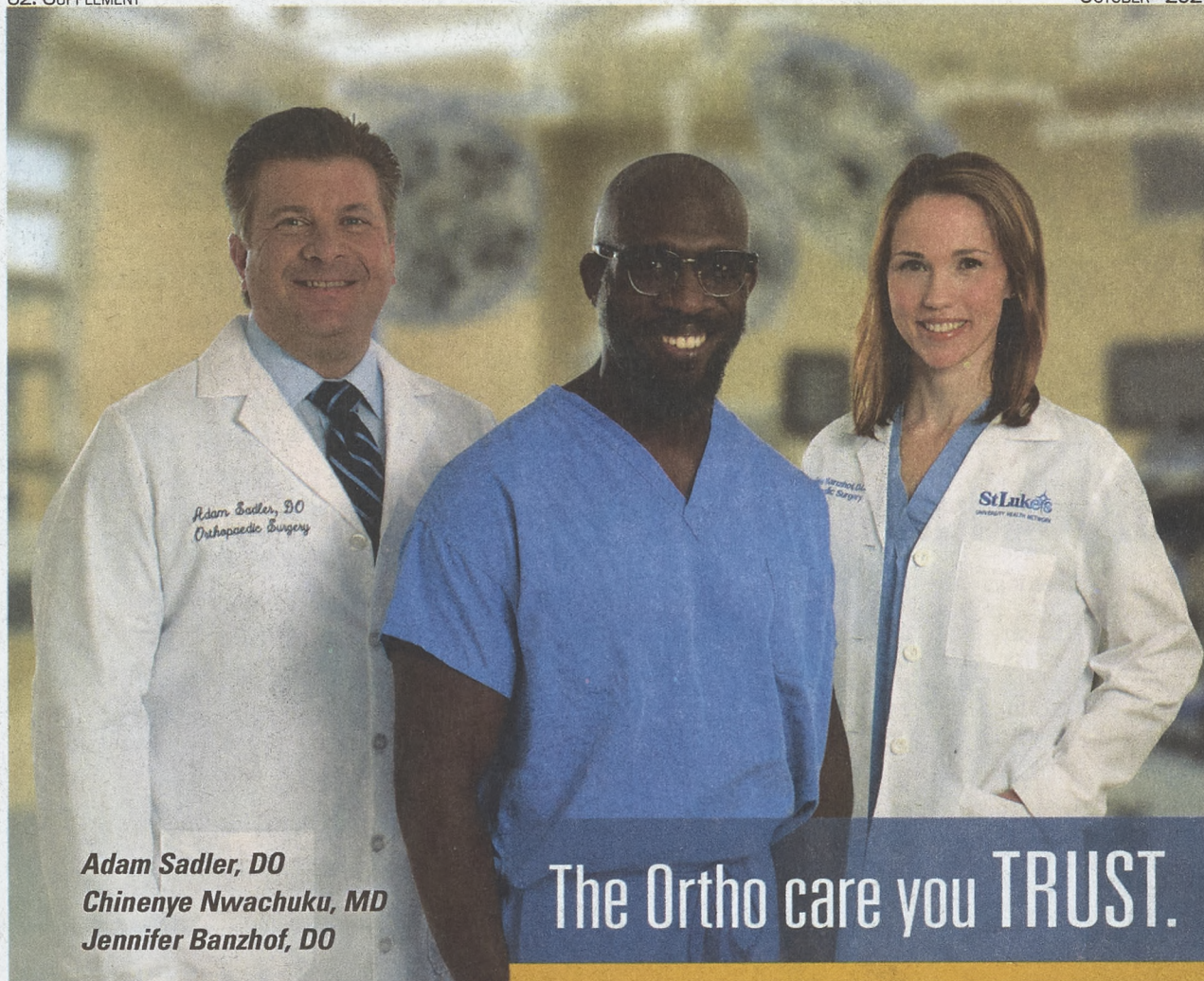
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