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PRESS



January 23, 2025

GOD BLESS AMERICA

Vol. 52, No. 27



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Pen Argyl Wins Over Freedom in Girls Basketball Pink-Out Game



Pen Argyl took on Freedom High School Girls Basketball team in their Pink-Out game on January 18th. Pen Argyl won, 47 to 39. Photo by Dale Young/The Free Weekly Press

REAL ID To Be Placed In Effect on May 7



Beginning May 7, Pennsylvanians will need a REAL ID-compliant license/identification card or other federally acceptable identification (such as a valid passport or military ID) to board domestic commercial flights or enter a military installation or federal facility that requires ID. To get a REAL ID, **REALID cont'd on pg 3**

North Warren Takes To The Mat Against Newton During Senior Night Wrestling Match



North Warren wrestled Newton during their Senior Night on January 15th, but were defeated, 58 to 24. Photo by Dale Young/The Free Weekly Press

Bangor Wins Over Southern Lehigh in Girls Basketball



Bangor took on Southern Lehigh on January 17th, winning 63 to 42. Bangor's cheer squad (pictured above) put on a show to help amp up the crowd. Photo by Dale Young/The Free Weekly Press

Project Self-Sufficiency Seeks Donations for "Sister-to-Sister" Prom Shop

Project Self-Sufficiency is seeking donations of new and gently used formal wear, including prom dresses, bridesmaids' dresses, gowns for mothers-of-the-bride, evening bags, jewelry, wraps and shawls, as well as shoes in good condition for display in the agency's annual "Sister-to-Sister" Prom Shop. The dresses must be dry cleaned and on a hanger. All items will be displayed in a boutique pop-up shop housed on Project Self-Sufficiency's Newton



campus; teen girls are invited to select shoes, wraps and jewelry to complement their dress. The Sister-to-Sister Prom Shop will be open 3:00 – 7:00 p.m., April 1st, 2nd, 3rd; 3:00 to 6:00 p.m., April 4th; and 9:00 a.m. **PROM cont'd on pg 8**

Bangor Area School District Board of Directors Recognition Month



First Row: (L to R) Thomas Mort, Melissa Smith, President Christopher Marozzi, Colleen Schiavone; Second Row: (L to R) Michael Goffredo, Vice-President Craig Berger, David DeNardo, and Treasurer Kenneth L. Brewer Jr. Absent (photo right) – Tanya Peifly

January is School Director Recognition Month, a recognition that honors members of local boards of education for their commitment to providing quality public education for children within their community. School directors generously contribute their time and talents

toward the advancement of public education. Some of their responsibilities include the establishment of policies that provide the framework for our public schools, annual budget approval, facility improvements, and staffing. As representatives of their local communities, they



complete PSBA training sessions, serve on committees, and attend monthly board meetings. These dedicated volunteers reside in our community. They are our friends, neighbors, community leaders, parents, and engaged senior citizens. Although communities make a special effort to show gratitude to school directors in January, their contribution is a year-round commitment, and deep appreciation is extended to them always. The Bangor Area School District extends a sincere "Thank You" to the members of the 2025 BASD Board of Directors.

Pennsylvania State Lawmakers Launch Bipartisan Competitiveness Caucus

Pennsylvania state Sens. Kristin Phillips-Hill, R-York; and Lisa Boscola, D-Northampton; along with state Reps. Paul Friel, D-Chester; and Josh Kail, R-Beaver; announced the formation of a new bipartisan, bicameral group within the state General Assembly: the Pennsylvania Competitiveness Caucus.

The legislators said the new caucus aims to unify efforts across the Capitol and party lines to strengthen the state's economic competitiveness and ensure a robust, dynamic economy today and into the future.

The formation of the Pennsylvania Competitiveness Caucus comes at a crucial time for the commonwealth. As the state faces challenges in retaining businesses, attracting new investment, and reversing stagnant population growth, the caucus will serve as a dedicated platform for lawmakers to collaborate on policies that drive economic growth and make Pennsylvania an attractive place to live and work.

"Although we sit on opposite sides of the aisle, we are united in our belief that making Pennsylvania more economically competitive through the advancement of pro-growth policies will benefit working-

class families, reverse our stagnant population growth, and ensure our commonwealth is an attractive place to live, work, and raise a family for generations to come," Phillips-Hill said. "I am thrilled to be joining this bipartisan group of my colleagues to elevate this vital conversation and focus on key policies that will grow our state."

The Pennsylvania Competitiveness Caucus will build on the momentum created by recent pro-growth wins in the 2024-25 state budget, including permitting reform and eliminating Pennsylvania's start-up tax by improving the treatment of net operating losses. These policy victories reflect a broader effort to enhance the state's economic landscape – a commitment the caucus intends to carry forward.

"The most recent budget was a giant step forward in making Pennsylvania more competitive today and building the workforce of tomorrow," Boscola said. "We need to keep the momentum going, and that takes both parties and both chambers working together to create commonsense policies that help our businesses thrive and create family-sustaining jobs."

The caucus will work to strengthen the commonwealth's long-term economic competitiveness and focus on key public

policy impacting the commonwealth's ability to attract and retain business investment in Pennsylvania.

"Our Competitiveness Caucus recognizes the enormous potential of Pennsylvania to be a global leader in industry, technology and innovation," Friel said. "We also know that the prosperity of our citizens is tied to the policies that unlock this economic potential, and we are dedicated to developing legislative approaches that strengthen our families, our businesses and our commonwealth."

The Pennsylvania Competitiveness Caucus will unite legislators from all four caucuses to work together on the shared mission of positioning Pennsylvania as a leader in economic performance.

"The time to unleash Pennsylvania's potential as an economic powerhouse is now," Kail said. "I am grateful for the opportunity to co-chair the bipartisan, bicameral Competitiveness Caucus, and look forward to collaborating on actionable policies that will spur prosperity in Pennsylvania."

The caucus will hold a news conference at 8:30 a.m. on Jan. 28 in the Main Capitol Rotunda to discuss the caucus' goals for the legislative session. Immediately following, the caucus will hold its first meeting for members only.

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Boscola Announces Over \$1.1 Million in State Grants for Afterschool and Violence Prevention Programs

Senator Lisa Boscola announced that \$1,132,206 in state funding has been awarded to Lehigh Valley Health Network (LVHN) and Easton Area Community Center's (EACC) St. Anthony's Youth Center to support after school and violence prevention programs in Northampton County by the Pennsylvania Commission on Crime and Delinquency (PCCD). The grants are funded through the FY 24-25 Building Opportunity Through Out-of-School Time (BOOST) Grants and the FY 24-25 Violence Intervention & Prevention (VIP) Grant Programs. Additionally, the Pennsylvania Alliance of Boys & Girls Clubs were awarded \$1.5 million in BOOST funding to be split among the 12 Boys & Girls Clubs in the Commonwealth that run out-of-school time (OST) programs, which both the Boys & Girls Clubs in Bethlehem and Easton provide.

"This state funding will enhance efforts to provide out of school time programming in Bethlehem and Easton and to sustain the Cure Violence partnership between Lehigh Valley Health Network and Promise Neighborhoods of the Lehigh Valley," Boscola stated. "Afterschool programs such as those at St. Anthony's

and the Boys & Girls Club of Bethlehem and of Easton improve academic performance, improve social skills and provide a place for children to have fun in a safe setting. Without these programs many children would be unsupervised and there would be a much higher risk of engaging in risky behaviors."

The grants were awarded as follows:

- Lehigh Valley Health Network, \$950,000 (VIP)
- St Anthony Youth Center of Easton, Pa Inc (dba Easton Area Community Center), \$182,206 (Boost)

Lehigh Valley Hospital, Inc. (LVH), in collaboration with Promise Neighborhoods of the Lehigh Valley (PNLV), will sustain its Cure Violence partnership in Allentown and other counties and communities in Central Eastern Pennsylvania, including those in Northampton County. Cure Violence is an evidence-based public health model that treats violence as a learned and preventable behavior and can lead to reductions in retaliatory violence. This project maintains critical elements of a collaboration between LVH Trauma Centers and the PNLV's Zero Youth Violence Team to build relationships with people who are immersed in



and struggling with violence, intervene during the crisis of hospitalization, decrease retaliatory violence, and promote n o r m - c h a n g i n g messages of anti-violence. This grant is expected to result in decreased retaliatory acts of violence and, ultimately, reduced hospital admissions for violent injury, within the project's regional service area.

Easton Area Community Center will use the \$182,206 to support the enhancement and expansion of its OST programs, which includes the after school and summer camp programs, at St. Anthony's Youth Center. EACC will be able to provide

transportation and increase its capacity, add new programs and collaborations with an expanded set of community partners/contractors / instructors, and expand the utilization of current evidence-based and evidence-informed programs and practices with proven partners/collaborators to drive positive youth development.

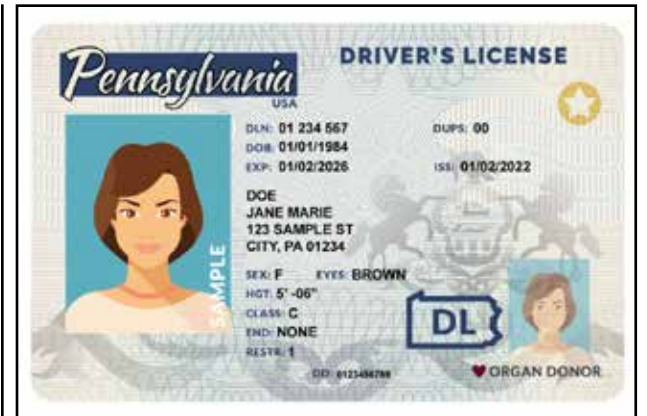
The Pennsylvania Alliance of Boys & Girls Clubs will expand statewide OST services for school-aged at-risk youth. Funds will support sub-grants to 12 affiliated Boys & Girls Clubs that currently offer OST programs and represent low-income urban, rural and suburban

communities across the Commonwealth. Annually, Pennsylvania Boys & Girls Clubs serve over 43,600 youth with OST programs. Of these youth, 68% are 12 and younger and 32% are teens; 56% identify as male and 40% as female; 77% come from minority races/ethnicities; 83% qualify for free or reduced lunch; and 43% live in single-parent households. By funding this project, the PA Alliance will remove barriers thereby increasing youth participation in robust, trauma-informed, evidence-based, OST programming throughout the state. Funds will be used for each location's specific needs.

The FY 24-25 Budget made \$56.5 million available for

the BOOST (\$11.5 million) and VIP Grant Programs (\$45 million). PCCD received a total of 296 applications for the BOOST Program requesting \$63.2 million, of which 44 local projects and 2 statewide projects were selected for funding.

PCCD received a total of 176 applications for the tradition VIP program (grants to community groups) and 13 applications for the Collaborative Community Violence Intervention (CCVI) Strategies grants. The 189 applications for both portions of the VIP program requested more than \$111 million in funds. A total of 66 traditional VIP applications and 1 CCVI application were awarded, covering 21 counties across the Commonwealth.



REAL ID

Continued from page 1

you must bring your documents to a driver licensing center for verification in person. Learn about the specific items that are required to be issued a REAL ID. The website also offers the option to pre-verify online if your documents are already on file with the Pennsylvania Department of Transportation. REAL ID is optional. It is not required to drive, vote, access hospitals, visit the post office, access federal courts or apply for or receive federal benefits.

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Adult Non Fiction:

What is You are the Answer? And 26 Other Questions that Just Might Change Your Life by Rachel Hollis; The Let Them Theory: A Life-Changing Tool that Millions of People Can't Stop Talking About by Mel Robbins

Junior Fiction:

Skandar and the Skeleton Curse by A. F. Steadman; A Copycat Conundrum by Lisa Yea

Junior Non Fiction:

Where is the Eiffel Tower? by Dina Asastasio; Who was Blackbeard? by James Buckley, Jr.; Who was Jim Thorpe? by James Buckley, Jr.; Glowing Bunnies!?: Why We're Hybrids, Chimeras, and Clones by Jeff Campbell; Who was Queen Elizabeth? by June Eding; Who was Stan Lee? by Geoff Edgars; Where is the Sahara Desert? by Sarah Fabiny; Who was Jane Austen? by Sarah Fabiny; Who was Georgian O'Keefe? by Sarah Fabiny; Who was Frida Kahlo? by Sarah Fabiny; Who was A. A. Milne? by Sarah Fabiny; Who was Edgar Allen Poe? by Jim Gigliotti; Who was Sally Ride? by Jim Gigliotti; Where is Stonehenge? by True Kelley; Who is Jeff Kinney? by Katrick Kinney; A Kid's Guide to America's First Ladies by Kathleen Krull; Who was Princess Diana? by Ellen Labrecque; Where is Chichen Itz? by Paula Manzanero; Where is Area 51? by Paula Manzanero;

Where is the Great Barrier Reef? by Nico Medina; Who was Leif Erikson? by Nico Medina; Who was Isaac Newton? by Janet B. Pascal; Ancient Greece by Anne Pearson; Who was Lewis Carroll? by Pam Pollack; Who was Catherine the Great? by Pam Pollack; Who was Steve Jobs? by Pam Pollack; Who was Marie Antoinette? by Dana Meachen Rau; Explore Robotics by Abbe L. Starr; Explore Nanotechnology by Abbe L. Starr; Who was Sally Ride? by Megan Stine; Who was Queen Elizabeth II? by Megan Stine; Where is the White House? by Megan Stine; Who was Claude Monet? by Ann Waldron

Young Adult Fiction:

Dating and Dragons by Kristy Boyce; Dungeons and Drama by Kristy Boyce; The Last Bookstore on Earth by Lily Braun-Arnold; Spy x Family 13 by Tatsuya Endo; Throwback: A Reese's Book Club Pick by Maurene Goo

Young Adult Non Fiction:

The Mythmakers: The Remarkable Fellowship of C.S. Lewis & J.R.R. Tolkien by John Hendrix

BANGOR VS PLEASANT VALLEY GIRLS BASKETBALL CANCER AWARENESS



Photos by Dale Young/
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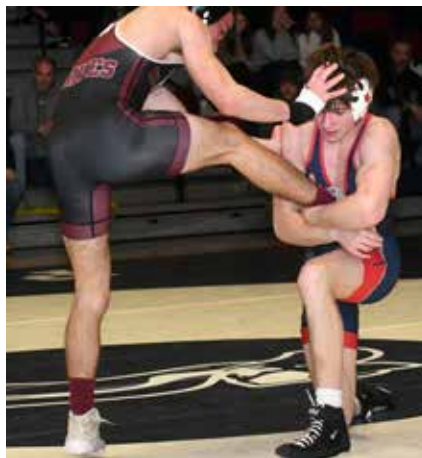
Logan Garriques with his parents, Theresa and Todd, and his sister, Carly



Daniel Pita with his teammates, Trey, Jackson, and Conor



Kayleigh Dolinsky and Alex Pohl, this years senior stat girls



Photos by Dale Young/The Free Weekly Press



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Project Self-Sufficiency Offers Free, Virtual Bankruptcy Seminar

Project Self-Sufficiency will host a free, virtual Bankruptcy seminar featuring attorney Steve McNally, Thursday, January 30th, 5:00 p.m. Participants will discuss the process of filing for bankruptcy, as well as the options available to those facing overwhelming credit card debt, foreclosure, or asset repossession with an attorney. The free legal education seminar is a program of the Journey Family Success Center at Project Self-Sufficiency. The presentation is free and open to the public;



interested participants must call Project Self-Sufficiency, 973-940-3500, to obtain log-in information.

Blood Donations Keep Leukemia Patient Alive

For years, James Farrand of Lower Saucon Township would donate blood when he could. Most of his donations happened when his church or workplace would hold a blood drive. A mobile van made it very convenient, he says. Occasionally, he would go to Miller-Keystone Blood Center to donate directly.

At 72, Farrand was diagnosed with leukemia. For eight years, he was treated successfully with chemotherapies. Two years ago, his chemo regime stopped working.

"Blood transfusions are the only thing keeping me alive," says Farrand, now 82.

Farrand knows the blood transfusions wouldn't happen without blood donors like he was in his younger days. "Although I frequently gave blood



when I was younger and

healthy," Farrand says, "my current condition makes me wish I had given more. Now I know how important it is."

How often Farrand needs a transfusion varies. He has gone as long as four months between transfusions and as little as five days. He can tell when he needs a transfusion because "I just drag," he says. "I do the slightest thing, and I start

gasping for breath." Farrand gladly tells his story in the hopes that it will encourage others who are able to donate blood when they can.

St. Luke's, a founding member of Miller-Keystone Blood Center over 50 years ago, continues its unwavering commitment as the only local health care network that identifies MKBC as its primary blood supplier. Without St. Luke's steadfast support for MKBC, the Lehigh Valley could run out of the blood necessary to provide lifesaving care for patients, particularly during a regional or national blood shortage or other crisis.

MKBC has locations in Allentown, Bethlehem, Easton, Reading, the Poconos, Pittston and Ewing, NJ, and holds blood drives at area businesses and other locations.

"I really have been blessed to have outlived all the initially predicted shorter lifespans for me," Farrand says. "I thank the Lord for his grace in letting me live this long, thank St. Luke's medical staff for guiding a very effective treatment program and now many thanks to the generous blood donors who keep me going. "You are all my heroes!"



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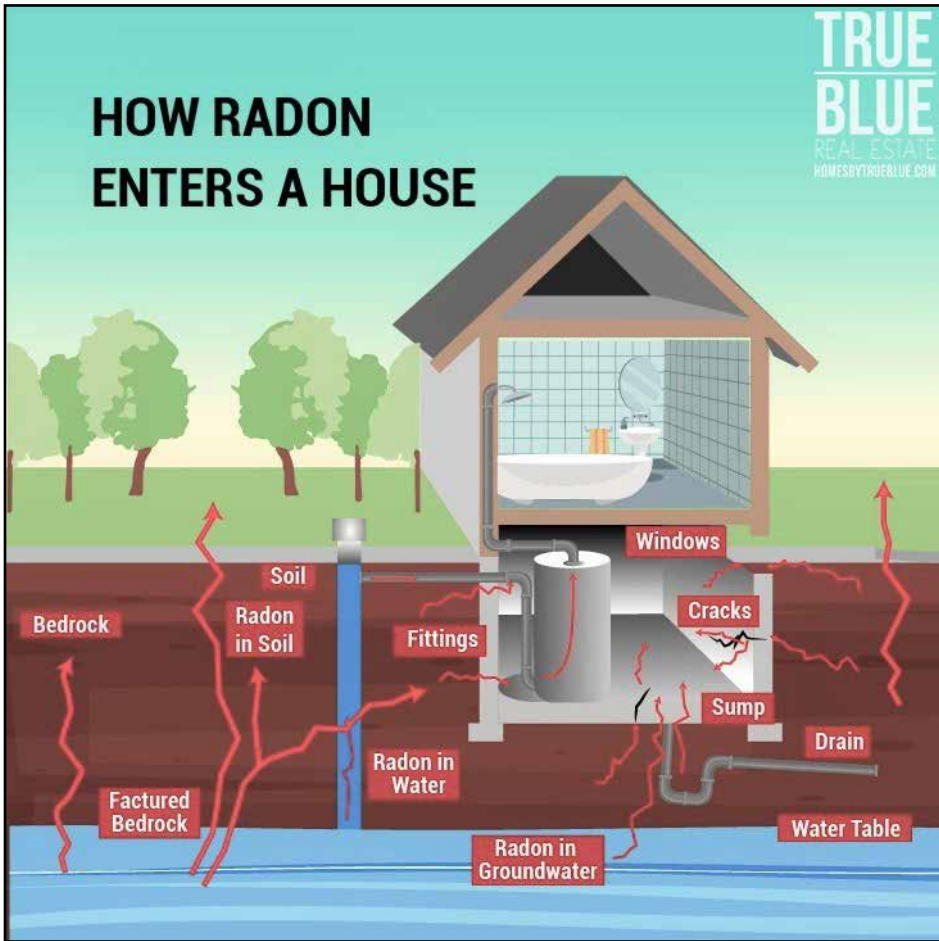
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DEP Encourages Pennsylvanians to Test Their Homes for Radon During National Radon Action Month



The Pennsylvania Department of Environmental Protection (DEP) is encouraging Pennsylvania residents to test their homes for radon during Radon Action Month, bringing public awareness for this serious health hazard. "Radon is the second-leading cause of lung cancer after smoking in the United States, and is a serious concern within the Commonwealth,"

said DEP Acting Secretary Jessica Shirley. "DEP remains committed to working with home builders, school districts, realtors, family physicians, and other Pennsylvania departments to address radon issues and keep all Pennsylvanians safe." Radon is responsible for an estimated 21,000 lung cancer deaths every year in the U.S., according to Environmental

Protection Agency (EPA), and about 40 percent of Pennsylvania homes have radon levels above the EPA action level of 4.0 pCi/L (picocuries per liter). While radon problems may be more common in some regions, there is potential for any home to have high radon levels. Pennsylvania is particularly prone to elevated radon levels, and the only way homeowners can know

for certain if they have a radon problem is to test their home. DEP recommends that all homes, schools, public and private buildings get tested. The best time to test is during the colder months, when homes and buildings are closed, and radon is most likely to be trapped and build up to higher levels. Radon test kits are also available at many home improvement and hardware stores, as well as from Pennsylvania-

certified radon laboratories. Radon test kits typically cost approximately \$20-\$30. Completed test kits are sent to a Pennsylvania-certified lab where the sample is analyzed, and the results are sent to the home or building owner. Homeowners are also able to hire a state-certified radon testing company to do the testing for them. The public is encouraged to call DEP's Radon Division at 717-783-3594, or the

Radon Hotline at 800-237-2366, for help with interpretation of their test results and what follow-up action may be necessary. Permanent radon mitigation systems typically cost between \$800 and \$1,200 and require minimal maintenance. A list of state-certified radon contractors, labs, and testers is available on DEP's website. The list is also available by calling 1-800-23-RADON.

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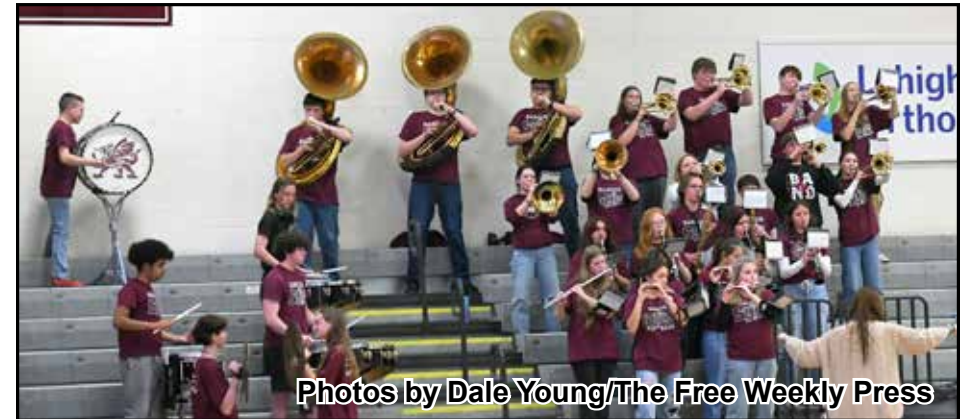
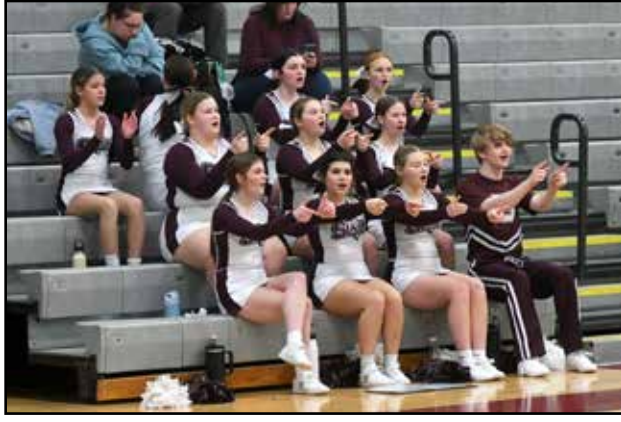
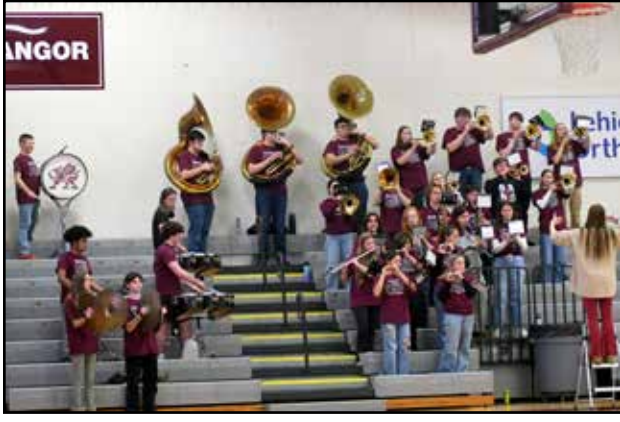
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BANGOR (63) VS SOUTHERN LEHIGH (42) GIRLS BASKETBALL



Photos by Dale Young/The Free Weekly Press



PROM

Continued from page 1

... - 1:00 p.m., April 5th. Open to the public; no appointment required.

"The community has been particularly supportive of the 'Sister-to-Sister Prom Shop' every year, and we hope

to have a large collection of beautiful gowns and accessories for display," commented Deborah Berry-Toon, Executive Director of Project Self-Sufficiency. "We believe that every young woman deserves the chance to have a beautiful dress for that special, once-in-a-lifetime event, and we are looking forward to opening the prom shop in April."

Donations will be accepted at Project Self-Sufficiency, Monday

- Friday, 9:00 a.m. - 3:00 p.m. Project Self-Sufficiency is located at 127 Mill Street in Newton. The Sister-to-Sister Prom Shop is a program of the Journey Family Success Center at Project Self-Sufficiency. For information about the Sister-to-Sister Prom Shop, or to find out more about any of the programs at Project Self-Sufficiency, call 973-940-3500 or visit www.projectsselfsufficiency.org.

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Winter Turkey Sighting Survey Has Begun for Pennsylvania

The Game Commission is asking for the public's help finding turkey flocks to trap for ongoing projects.

Pennsylvanians are encouraged to report the location of any turkey flocks they see across the state. Information is being collected online at <https://pgcdata-collection.pa.gov/TurkeyBroodSurvey> now through March 15.

Among other things, visitors to that webpage are asked to provide the date of the sighting, the location, and the type of land (public, private or unknown) where birds are seen.

Game Commission crews will assess sites for the potential to trap turkeys. Just like the last five winters, the Game Commission will put leg bands on male turkeys statewide. Turkeys will not be moved; they'll simply be leg-banded and released on site. In four Wildlife Management Units – WMUs 2D, 3D, 4D and 5C – female turkeys, hens, also will be leg banded and about 130 hens also will be outfitted with GPS transmitters, then be released back on site, to be monitored over time. Trapping turkeys du-

ring winter is part of the Game Commission's ongoing population monitoring, and provides information for large-scale turkey studies, as well.

Hunters who harvest these marked turkeys, or people who find one dead, are asked to report the band number and/or transmitter, either by calling toll-free or reporting it online.

"The data give us information on annual survival rates and annual spring harvest rates for our population model, and provides the person reporting the information on when and approximately where the turkey was banded," said Mary Jo Casalena, the Game Commission's turkey biologist. "In the four WMUs where hens are getting the GPS transmitters, we're studying turkey population and movement dynamics, disease prevalence, and other aspects that may limit populations."

The field study will conclude at the end of December 2025, so that, in the end, the Game Commission will have monitored 500-plus hens and 200-plus male turkeys. Males were equipped with GPS



transmitters from 2022-2024 and also are being monitored through 2025.

These studies are being done in partnership with Penn State University and the University of Pennsylvania's Wildlife Futures Program.

The population and movement portion of that work is looking at how landscape and weather impact hen nest rates, nest success, poult survival, predation, habitat use and movement. Male turkey survival, movement and habitat use also are being studied. The disease portion of the study is examining how disease prevalence varies based on landscape and impacts things like turkey survival rates and nesting rates of

hens of different ages. This is accomplished by collecting blood, throat swabs, feces, etc. from turkeys that receive backpack-style transmitters at the time of capture.

Researchers from Penn State and the Wildlife Futures Program will interpret the data collected. Maryland, New Jersey, Ohio and West Virginia are part of the study, as well.

"It is the largest turkey project we've ever conducted, with the hope of answering many questions regarding current turkey population dynamics," Casalena said.

Finding birds to trap is key to accomplishing the work. That's where the public comes in. Fortunately, Pennsylvanians have a history of helping in this way.

Casalena said participation in the Winter Wild Turkey Sighting Survey has been extremely useful for locating trappable flocks over the past three winters.

"The public was so helpful the last few years and some even helped with monitoring sites and trapping," Casalena said. "We look forward to continuing this winter."

Free Job Training Program for Women Starts in February

Project Self-Sufficiency announces that the next session of its popular employment skills training program, Higher Opportunities for Women (HOW), will launch February 11th. The 16-week HOW Program combines intensive computer skills training with classroom instruction and on-the-job experience. Curriculum prepares women who have been out of the workforce or underemployed to seek entry-level office administrative positions. Classes will take place on Tuesdays and Thursdays, 9:30 a.m. – 3:00 p.m. at the agency's campus, located at 127 Mill Street in Newton. Open Houses about the Higher Opportunities for Women program will be held at 10:00 a.m., January 27th; 1:00 p.m. January 24th; and 5:00 p.m. January 30th. Interested participants are invited to call 973-940-3500 or visit <https://www.projectselfsufficiency.org/higher-opportunities-for-women> to enroll.

Women who take part in the agency's HOW program can expect 80 hours of computer skills training, including instruction in Microsoft Word, Excel, and other

applications. The HOW program also includes 40 hours of classroom instruction and 120 hours of an unpaid externship at a community employment site, which further prepares participants to successfully venture into the job market. Additional coursework focuses on workplace navigation, life skills training, resume preparation, and interviewing strategies.

Since the HOW program's inception, more than 1,000 women have gained self-confidence and learned marketable skills which placed them on the path to economic self-sufficiency. Deborah Berry-Toon, Executive Director of Project Self-Sufficiency explains that the HOW program is more than just a job-skills program. "The job market is constantly evolving, and the Higher Opportunities for Women program gives participants the skills and confidence they need for success."

To make a donation, or for more information about the programs and services offered by Project Self-Sufficiency, visit www.projectselfsufficiency.org or call 973-940-3500.

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meals, clothing, and free medical care through the DeSales Free Medical Clinic for the duration of their stay.

In November, the Mission partnered with Josh Early Candies for its Thanks for Giving Food & Supplies Drive. With the help of the wonderful people at Josh Early Candies and community support, the event proved to be an overwhelming success, feeding Mission guests for the holidays and restocking the Mission's pantry to start 2025.

The Allentown Rescue Mission is 100% non-government funded and relies on the generosity of individuals and local businesses. The men served and the successes achieved in 2024 were only possible with the community's help. On behalf of every man whose life has been touched by the kindness of its nearly 16,000 donors and volunteers, the Allentown Rescue Mission thanks you.

The Allentown Rescue Mission would like to thank the community and its faithful supporters for the many blessings they bestowed on its men experiencing homelessness throughout 2024. Donors and volunteers provided love and resources that helped the Mission rescue, rehabilitate, and restore hundreds of men this past year.

On the most basic level, the donations collected allowed the Allentown Rescue Mis-

sion to provide 20,418 nights of safe shelter and 64,562 nutritious meals to men in need of refuge. Patron support further aided 84 guests looking to change the trajectory of their lives by joining the Mission's eight-week Transformation Program. Sixty-nine graduates of the program went on to be employed by the Clean Team Workforce to develop work skills and save money to transition to independent living. Guests received shelter,



The Allentown Rescue Mission, a 501c3, 123 bed non-profit homeless shelter has been providing shelter to men experiencing homelessness since 1900.

In addition to emergency shelter services (365 days a year), the Allentown Rescue Mission offers a residential life skills program, and transitional employ-

ment on the Clean Team Workforce that's available for hire to the community. The Clean Team Workforce pays the men above PA state minimum wage— helping them save a nest egg to transition back into the community. In a typical year, the Allentown Rescue Mission provides shelter services for nearly 1,000 men and serves more than 60,000 meals to men in need.

To refer someone to the Allentown Rescue Mission for services or to learn ways you can help make a difference please visit www.allentownrescuemission.org

Five students from Bangor Area High School will participate in the Pennsylvania Music Educators Association District 10 band. They are Nicholas Janneck - Clarinet, Nathan Deeney - Trumpet, Leah Hoffer - Horn, Eric Goffinet - Euphonium & Trombone and Brandon Martinho - Tuba. They were among hundreds of students who auditioned from schools in the counties of Berks, Carbon, Lehigh, Monroe, Northampton, Pike, and Schuylkill. Of those, 130 were selected to create the District 10 Band. The host school this year is Catasauqua High School January 23-25, 2025. Concert will be January 25 at 3pm.

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Murphy Administration Updates Public On Steps Being Taken To Track And Respond To H5n1 Avian Influenza

The Murphy Administration today reminded the public that state agencies continue to aggressively monitor occurrences of H5N1 avian influenza, also known as Highly Pathogenic Avian Influenza (HPAI), in domestic and wild bird populations. While there have been recent confirmations of deaths in localized wild bird populations in parts of New Jersey, there have been no recent reports in domestic poultry or cattle and no human infections in the state.

The U.S. Centers for Disease Control and Prevention has declared that the ongoing nationwide H5N1 outbreak is primarily an animal health issue that poses low risk to the health of the public. The three principal state agencies involved in monitoring and responding to avian influenza are the New Jersey Department of Environmental Protection, the New Jersey Department of Health and the New Jersey Department of Agriculture, which provide the following updates:

New Jersey Department of Environmental Protection reports that avian influenza is suspected to have caused localized deaths of multiple wild birds, predominantly snow geese and Canada geese, in parts of the

state since the end of December. The last previous confirmation of H5N1-related deaths in wild birds in New Jersey was in April 2024. If you encounter sick or dead wild birds report the finding to the DEP hotline at 877-WARN-DEP (877-927-6337).

New Jersey Department of Health Seasonal influenza activity continues to increase, as expected for this time of the year. However, there are no reports of human novel influenza cases, including H5N1 bird flu, in New Jersey at this time.

New Jersey Department of Agriculture reports that there have been no reported H5N1 cases in domestic poultry or livestock throughout 2024 and thus far this year.

The state maintains a comprehensive website with the latest information on H5N1 at <https://www.nj.gov/H5N1>

“The Murphy Administration is committed to preparedness, advanced monitoring, rapid response and responsible waste management to protect public health from the impacts of H5N1,” said Environmental Protection Commissioner Shawn M. LaTourette. “State agencies are working closely together and with federal partners to rapidly assess and respond to

any threats. Together, we remain committed to keeping the public informed about current conditions and steps that they can take to protect themselves and their families.”

“While we have not seen any person-to-person spread of H5N1, there have been cases nationally of human illness from the virus ranging from mild symptoms to severe. The good news is that the current public health risk remains low. However, it’s important to understand your risks and take the necessary precautions to mitigate those risks,” said New Jersey Health Commissioner Kaitlan Baston, MD, MSc, DFASAM. “People whose jobs or hobbies potentially expose them to birds or other infected animals, or who consume undercooked or uncooked poultry, eggs, or raw milk could be at greater risk. Together with our state and federal partners, we continue to monitor the situation and are committed to ensuring the health and well-being of residents and workers in New Jersey.”

“With the identification of H5N1 in migratory birds in New Jersey, it is crucial for owners of poultry flocks and those going to live bird markets to take steps to reduce in-

teraction with wild bird populations,” New Jersey Department of Agriculture Secretary Ed Wengryn said. “We continue to test backyard flocks and live bird markets on a constant basis as well as monitor what is happening nationally concerning this virus. Protection of our domestic poultry and livestock industry starts at home. Our regular communications with the Department of Environmental Protection and Department of Health ensures that each agency is aware of how this virus can affect humans, livestock and wildlife.”

Department of Agriculture

The New Jersey Department of Agriculture and U.S. Department of Agriculture’s Animal and Plant Health Inspection Service conduct surveillance on commercial operations, on backyard and hobby flocks, in poultry auctions, and in the live bird marketing system.

The department has an emergency response plan in place for the rapid control and elimination of the virus during outbreaks of both Low Pathogenic Avian Influenza and Highly Pathogenic Avian Influenza. The plan includes provisions to limit the spread of the disease through increased biose-



curity, including limiting the traffic to and from the infected premises, increased surveillance in designated quarantine areas, rapid turnaround time for submitted samples and depopulation, and disposal for infected birds.

The Department of Agriculture regularly tests backyard flocks and live bird markets around the state. Last year the department tested more than 3,800 backyard flocks and performed testing in 43 live bird markets for HPAI. There have been no positive tests for HPAI through 2024 and thus far this year.

The U.S. Department of Agriculture requires any dairy cattle moving across state lines to be

tested for HPAI. There have been no positive tests of HPAI in dairy cattle in New Jersey, which is one of the states that is part of the USDA’s National Milk Testing Strategy.

The Department of Agriculture and Department of Health have plans in place with the Rutgers Cooperative Extension Offices in each county for PPE materials to be available for anyone who may handle poultry, birds, or work with dairy cattle.

Sick or dead domestic birds should be reported to the New Jersey Department of Agriculture Division of Animal Health at 609-671-64 For the Full Article visit: https://dep.nj.gov/news-rel/25_00117/



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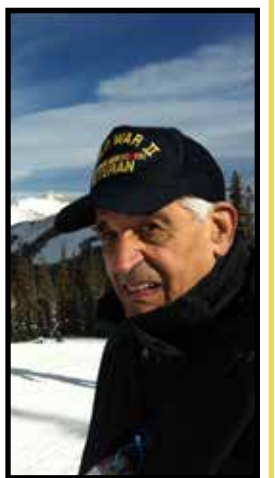
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In Loving Memory of Al Carrazzone

Al Carrazzone (Al), 98, of Hardwick Township, NJ, passed away peacefully surrounded by family on January 12, 2025. Born in Millbrook, NY, he was the fourth of ten children to Italian immigrants Louis and Linda Carrazzone. Nicknamed by his kindergarten teacher, his family would always know him as “Pete”. From a young age, he worked various jobs, including delivering milk and volunteering as a fireman, before enlisting in the Coast Guard at 17. He served in the Philippines during World War II and later met Jeanne Kimball, his future wife, while attending night school. They married in 1948, settled in Syracuse, NY, and began their family while Al earned a degree in Administrative Engineering at Syracuse University.



Al’s 36-year career with General Electric (GE) began in Syracuse, where he negotiated U.S. military contracts. In 1960 he accepted a role in Wiesbaden, Germany, overseeing the installation of radar systems and moved his family there for three years. Returning to the U.S. in 1964, Al continued his GE career in Philadelphia and King of Prussia, PA, managing contracts for NASA, including the Galileo, Magellan, Viking, and Voyager projects. He and Jeanne settled in Wayne, PA,

where they raised their children. Jeanne taught mathematics at Radnor High School while Al served as a deacon at Wayne Presbyterian Church and held leadership roles with the Wayne Lions Club.

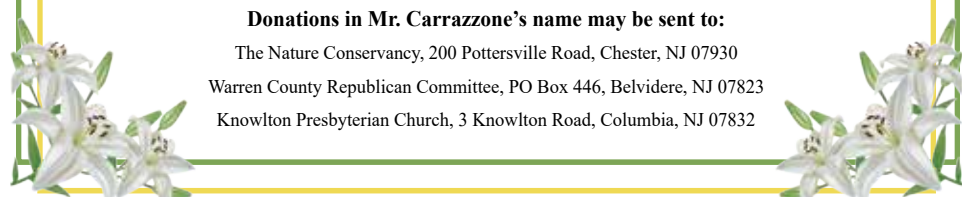
In 1988, Al retired with Jeanne to Hardwick, NJ, where he became a cornerstone of the community. He was a member of Knowlton Presbyterian Church and the North Warren Lions Club, enjoying travels with Lions International. A founding member of the Hardwick Township Historical Society and the Hardwick Senior Organization, he championed local preservation efforts, including the restoration of the Historic Vass Farmstead. Al also served on the Planning Board and Republican Municipal Committee for over 30 years, advocating for the annexation of Pahaquarry Township and officiating weddings as deputy mayor, including a granddaughter’s. He was a life member of Blairstown and Belvidere VFW posts, Al served as chaplain and was honored as Grand Marshal of Blairstown’s 67th Memorial Day Parade in 2012.

Al is survived by his children Kim Patterson (Ralph) of Marlton, NJ, Teri Mooney (Tom) of Hardwick, NJ, Peter Carrazzone of Waldwick, NJ, Paul Carrazzone of Hardwick, NJ; grandchildren Tara, Robyn, Matthew (Megan), Shannon (Chris), Elizabeth (Tom), Zak, Paul, Alexandria (Alex), Annabelle, Jeanna, Tallulah, Scott; step-grandchildren Aleshane, Colter; great-grandchildren, Kiera, Adrian, Emilia, Mary, Adeline, Natasha; and siblings Linda Christie of South Salem, NY, Anna Armet (Jack) of Charlotte, NC, and Louis V. Carrazzone (Joanne) of Millbrook, NY. He is predeceased by Jeanne, his beloved wife of 58 years; siblings Gerry, Tess, Fred, Reno, Louise, Evelyn; and grandson PJ.

A visitation will be held on January 25th, from 9am-Noon at Newbaker Funeral Home in Blairstown, NJ. An American Legion service will follow at 12PM at the funeral home. Burial will be private.

Donations in Mr. Carrazzone’s name may be sent to:

- The Nature Conservancy, 200 Pottersville Road, Chester, NJ 07930
- Warren County Republican Committee, PO Box 446, Belvidere, NJ 07823
- Knowlton Presbyterian Church, 3 Knowlton Road, Columbia, NJ 07832



Garden Dilemmas? Ask Mary!



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Hello, fellow readers,
The perennial rock garden is stock-full of dry perennials remaining. It has nothing to do with being lazy or too busy tending to others' gardens. Leaving seed heads on your dormant perennials over winter will encourage many plants to spread. Plus, it provides a habitat for beneficial insect larvae and food for wildlife.

John from Bangor, PA, asked if there is a way to encourage self-seeding. Yes, there is! If you want to foster seedlings, don't dead-head, don't use Preen (a chemical pre-emergent that folks use to prevent weeds), and don't mulch heavily (yay—another reason not to mulch).

Giving your seeds a hand self-seeding sounds like an oxymoron—a quirky word for an expression using words with opposite meanings. Doesn't self-seeding mean no need to intervene? Nonetheless, I am all for helping good things along.

While roaming the property, I found a baby White Pine without a mother pine nearby. I marveled at the find. The baby tree planted itself in the rock garden, where it would not live

to be a big tree, so I will move the little guy come spring. It occurred to me that I've had pinecones as decorations in my window boxes that I gathered from the library parking lot, so a seed likely found its way into the garden. It's much like when squirrels bury acorns and then forget to return, spreading Oak trees to new places.

Self-seeding occurs best in soil with a loose or crumbly surface. To help self-seeding along, scratch the surface with a garden rake and broadcast seeds before the ground freezes, or lay the deadheads on the naked soil and let Mother Nature do her part. That's my strategy. Call me lazy (smile).

It's fun to collect seeds and start plants come spring, but leave some if you don't mind. There are oodles of flowers that produce seeds to tempt birds. A few popular ones include Asters, Black-eyed Susan, Coneflowers, Coreopsis, Cosmos, Daisies, Gol-



denrods, Marigolds, Sedums, Sunflowers (my fav!) and Zinnias.

During the growing season, deadheading spent blooms encourages new flowers as the plant will continue to push out blooms rather than put energy into making seeds. But as the season wraps up, let flowers go to seed to encourage

self-seeding and drop the spent heads where you want more plants. It's such fun! While some dormant plants are neither particularly good self-seeders nor considered interesting in the winter garden, beauty is in the eye of the beholder, plus there are hungry birds to feed and beneficial insects to protect.

To close, I can't help but reflect on Martin Luther King Jr. The holiday to celebrate his life is Monday, close to his January 15th birthday. This year, Martin Luther King Jr. Day landed on Inauguration Day, when the United States made a transition of presidents while the world is in

transition, some would say, turmoil.

I love Martin Luther King Jr.'s sentiment: "Love is the only force capable of transforming an enemy into a friend."

So let's do our part of self-seeding love even if we don't agree with those elected to office. We are here to live in peace, which is our innate nature.

The only constant in life is change. Positive changes come with feelings and actions of love, acceptance, kindness, and tolerance. Or we can change negatively by resenting, hating, and judging others. Hate perpetuates hate. Yes, tragic things are happening, such as wildfires, natural disasters, and the wars that humankind engages in. However, if more of us seed love, our world will positively change as love grows exponentially. Let there be peace on earth, and let it begin with you and me.

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Buying

I BUY JEWELRY & STERLING FLATWARE! **JEWELRY: GOLD, SILVER, COSTUME & VINTAGE** **THE BEST PRICES PAID IN CASH!** I can come to you, or we can meet Call Kolleen: **973-459-0725** Serving PA, NJ & NY

LOOKING TO GET THE WORD OUT BUT KEEP ADVERTISING COSTS LOW? Contact Melissa for ONLINE ONLY Advertising options at thepressads@gmail.com

Classified Ad Order Form

All Classified ads are \$15 per week, per inch, with the exception of Yard Sale ads, which are \$5. There is no charge for items being listed as FREE. Please specify the category in which you would like you ad to appear (ex: Help Wanted, Real Estate, Rentals, Vehicle...Etc.) Please specify which size ad, and how many weeks you wish to run. **PLEASE PRINT CLEARLY.**

Ads with Photos! \$20

NAME: _____
 PHONE: _____
 ADDRESS: _____
 CATEGORY: _____

One inch (actual size shown here)

WEEKS RUNNING: _____ AMOUNT PAID: _____
 Please PRINT Your Ad Information Below

Two inches (actual size shown here)

CLASSIFIEDS MUST BE RECEIVED NO LATER THAN NOON ON FRIDAY IN ORDER TO BE PRINTED IN THE UPCOMING EDITION. All classified ads must be paid in full, in advance. Credit cards are NOT accepted for charges less than \$25 **CLASSIFIED ADS CAN BE SUBMITTED VIA EMAIL TO: THEPRESSADS@GMAIL.COM OR BY MAIL TO: THE FREE WEEKLY PRESS, PO BOX 606, BANGOR, PA 18013** Help Wanted ads are free for current advertisers. Classifieds are NOT accepted by phone **Make Checks Payable to: The Free Weekly Press, LLC**



Valentine's Day Is Less Than A Month Away! Start Planning Now!

Eat In or Take Out

Emiliano's Pizzeria

610-588-3299

New Hours - Open 7 Days A Week - 11am to 10pm!

Monday & Wednesday Specials

2 Large Cheese Pizzas \$23.99+ tax	3 Steak Sandwiches for \$26.99 <small>(add Cheese for 50 cents)</small>	3 Italia Hoagies for \$26.99	1 Lg. Cheese Pizza, 12 wings & a 2 Liter of Soda for \$29.99
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We Deliver on Door Dash & Slice

Gift Certificates Available

VISA Find Us on Facebook

1436 Bangor Rd., Pen Argyl (RT. 191)

Emiliano's Pizzeria



WINTER HOURS: Mon-Fri 8am-5pm, Sat 9am-4pm, Sun 9am-3pm

Proudly Stocking



We Carry All Horse, Chicken, Sheep, Rabbit, Pig, & Goat Feed From: Albright's Mill, Buckeye Nutrition, Kalmbach, And Purina

- Kleins Raw Milk And Cheeses
- Heinsohn Honey - 1lb, 2lb, 5lb Jars
- Hop A Long Farms Grass Fed Beef
- Raviolis & Pierogies
- We Also Carry Chicken, Turkey & Pork
- Watergap Coffee - All The Specialty Flavors
Whole Bean • Decaf • Regular Ground

**ALL OF THIS PLUS:
Eggs & Produce!
Stop By For Your
One Stop Shop!**



STOP IN FOR FRESH BAKED GOODS

We fill propane tanks of all sizes



Wines From Tolino Vineyards

We Have Rock Salt! By The Bag Or By The Ton



Stock Up on Woodpellets By The Bag or By the Ton!

Barefoot or New England Pellets

\$380/Ton

50lb Bags of Shell Corn - \$11
25lb Black Oil Sunflower Seeds - \$15.95
We Sell Hay & Straw! Rye & Wheat

Why Did The Chicken Cross The Road?

To Try Our Very Own CHICKEN FEED!

Made From Our Own Corn With Black Oil Sunflower Seeds Added

\$16.95

