

St. Luke's Employee Moonlights as Professional Wrestler

By Sam Kennedy

BETHLEHEM - By day, he's Dan English, St. Luke's Manager of Inventory Control for the Anderson, Easton Warren and Monroe campuses, making sure all the different areas are stocked and ready to serve St. Luke's personnel and patients for the best experience possible.

But after work, the 39-year-old transforms into Dan Champion, a hulking 6-foot-5, 275-pound behemoth who recently won the Pennsylvania Premier Wrestling tag-team title with partner Havoc as Team B1G.

"We won in a no-rules match and we hit them with a chair," Dan said of the title-winning bout as Team B1G defeated Primal Fear in a Slatington Street Fight on June 17.

Big Dan has a big show coming up with SteelStacks Smackdown II in Bethlehem on Saturday, Sept. 16, featuring former WWE wrestlers The Godfather and D'Lo Brown. The show includes a fundraiser for new Bethany Ministries, which offers hope and support to local people who are experiencing poverty, hunger and homelessness.

"I try to do a lot of charity work by partnering with a local screen-printing company that promotes shows in the Lehigh Valley," Dan said. "During COVID we raised \$750 for the St. Luke's COVID-19 Response Fund. I am excited to help New Bethany on Sept. 16. They are one of my favorite charities," he said.

"At St. Luke's, my department is part of the supply chain, so we stock up all kinds of supplies for the different areas," Dan said. "We do have fun and try to keep it light, talking about sports or whatever to keep it loose."

But in the ring, Big Dan is a veritable beast as he unleashes some of the favorite moves in his arsenal such as a TKO, where he uses a fireman's carry to lift and then drop an opponent on his head, or a flying drop kick, or the dreaded splash, where he leaps and comes down with his elbow onto his prostrate opponent.

Dan, who played high school soccer at Phillipsburg High School in New Jersey, loved watching pro wrestling on TV as a child. When he was in high school, he and several friends built a backyard ring and did their own wrestling shows. When he turned 18, he and some of his friends went to a now defunct wrestling school to learn the craft.

The class pace is primarily fast, but suitable to the fitness level for each participant – so are welcome and safety is a priority. Posture, proper form and technique are stressed and reinforced.

St. Luke's metabolic training classes are open to everyone regardless of their present level of fitness as workout is adaptable to your level of fitness.

Dan's pro wrestling career keeps him busy. Last year, he did 49 shows, with trips around the Northeast to Massachusetts and Pittsburgh.

Dan's got a big upcoming schedule with shows in Massachusetts and Cleveland before the hometown highlight at SteelStacks Smackdown II. Tickets can be purchased here: SteelStacks Smackdown II — Event — SteelStacks



Northampton County, Lehigh University Small Business Development Center, and Northampton Community College

By Brittney Waylen

EASTON - The Northampton County Department of Community and Economic Development (DCED), Lehigh University Small Business Development Center, and Northampton Community College will host an event for those interested in starting or growing a food business.

"A Taste of the Food Industry" will take place on Monday, September 25, from 9:00 a.m. to 1:00 p.m. at Northampton Community College. The event will give attendees the opportunity to join panel discussions featuring expert speakers and participate in workshop sessions to learn what led others to success and what tools are needed to start or grow your culinary venture.

Confirmed speakers for panel discussions include representatives from:

- The Bayou Boys & Wiz Kidz
- Chef Night Tonight
- Eight Oaks Farm Distillery
- Franklin Hill Vineyards
- FunNominal Events
- Hangdog Outdoor Adventure
- Local Mama Catering

Covered topics will include:

- Starting and running a food establishment
- Food safety
- Culinary educational programs
- Mobile food vendors
- Expert panelists sharing best practices
- Developing a business plan

To register, visit Lehigh University's website at www.lehigh.edu.

