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JANUARY 22, 2019

Martin Luther King Jr. Day

Ben Johnson

WASHINGTON D.C. - Martin Luther King was an important civil rights activist. He was a leader in the movement to end racial segregation in the United States. His most famous address was the "I Have A Dream" speech. He was an advocate of non-violent protest and became the youngest man to be awarded the Nobel Peace Prize. He was assassinated in 1968.

In 1968, shortly after Martin Luther King died, a campaign was started for his birthday to become a holiday to honor him. After the

first bill was introduced, trade unions lead the campaign for the federal holiday. It was endorsed in 1976. Following support from the musician Stevie Wonder with his single "Happy Birthday" and a petition with six million signatures, the bill became law in 1983. Martin Luther King Day was first observed in 1986, although it was not observed in all states until the year 2000. In 1990, the Wyoming legislature designated Martin Luther King Jr/Wyoming Equality Day as a legal holiday.



Continued on page 2 Martin Luther King Jr.

Bangor Company Receives the First Pennsylvania Leopold Conservation Award

By Michael Ortoski

HARRISBURG - Senator Mario Scavella presented a Senate Citation to Bangor's Harvest Home Meats, Pennsylvania's first winner of the prestigious Leopold Conservation Award. The award is given out in 14 states.

Presented in honor of renowned conservationist Aldo Leopold, the Leopold Conservation Award recognizes farmers, ranchers and foresters who inspire others with their dedication to land, water and wildlife habitat management on private, working land. The award is presented in Pennsylvania by Heinz Endowments, Pennsylvania Farm Bureau and Sand County Foundation.

The owners of Harvest Home Meats, Richard Difebo and his son, Dohl, were given the award during a ceremony at the 2019 Pennsylvania Farm Show in Harrisburg.

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Pen Argyl H.S. Honors Sr. Wrestlers Before Their Match

By Michael Ortoski

PEN ARGYL - Three Seniors were honored on Tuesday night before their scheduled wrestling match against Northern Lehigh, Gianni Reto, Austin Ashenfalder and Jordan Sims.

Gianni Reto is the son of John and April Reto. Reto is on the honor roll, was a technology award winner and the shining knight award recipient on the wrestling team last year. Gianni also played football and baseball for the Green Knights. He plans on attending a four year college to further his career.

Jordan Sims is the grandson of Angelo and Margaret Danubio. Jordan has been on the wrestling team since junior high and also was on the football team for the Green Knights in the past.

He placed 6th at the 2018 district XI wrestling tournament and was voted to have the best hair in the senior class, LOL. Jordan plans to attend Northampton Community College to further his education.

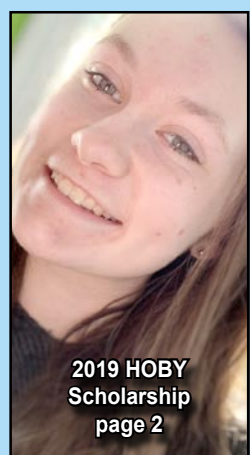
Austin Ashenfalder is the son of Theron and Barbara Ashenfalder. Austin has been wrestling for six years and played football for nine years.

He won the Catasauqua Tournament at 195 lbs this season and is also co-captain.

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L-R John Reto, Gianni Reto and April Reto celebrate Sr. night at PAHS



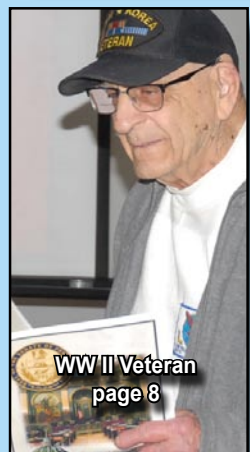
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Alexandria Carson 2019 HOBY Scholarship Recipient Named

By Marilyn Mehas


BANGOR - The Bangor Womens Club GFWC is pleased to announce that Alexandria Carson a Sophomore at Bangor Area High School has been selected to represent our club at the 2019 Hugh O'Brian Youth Leadership Seminar (HOBY) this Spring. Alexandria, or just Alex for short, grew up in Bangor, raised by her wonderful parents, Tara and John Carson.

Athletics and academics seem to consume her life in its entirety at most times; as a tournament level softball player, carrying an all honors schedule, holding a position as Sophomore class Vice President and serving as a delegate on the Girl Scout Board of Directors. In a house with her sister who is equally as involved in sports and other outside activities, she always seems to be out and about. Growing up, she loved being the one to lead. While other kids may have gotten nervous about speaking in public, or taking charge in a group, she always seemed to rise to the occasion being that bossy little girl who always needed to put in her two-cents regardless of the situation. Gaining more experience, she learned to become more of a leader as opposed to being the alpha. Photography and big dreams of marine mammal veterinary sciences are all muddled into this young lady. Alex is grateful to those who supported her giving her the opportunity to represent her school and community at the HOBY Leadership conference.

The Bangor Womens Club GFWC offers many leadership activities for club women. HOBY seminars are one of the opportunities that the club fundraising activities sponsor. The HOBY seminar purpose is to teach youth how to think not what to think while interacting with other youth from our region.



Alexandria Carson

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| FREE CLASSES | | BEGINS February March |
| GED | | |
| BANGOR Tue. & Thur. Begins Feb. 12th or March 5th 6:00-8:30 P.M. DeFranco Elem. School Library 267 Five Points Richmond Road | PEN ARGYL Mon. & Thur. Begins Feb 11th or March 4th 6:00-8:30 P.M. Pen Argyl Sr. High School Library 501 W. Laurel Ave. | NAZARETH Tue. & Thur. Begins Feb. 12th March 5th 6:00-8:30 P.M. Nazareth Sr. High School Library 501 E. Center Street |
| <p>THE FIRST WEEK OF CLASS IS ORIENTATION STUDENTS MUST ATTEND BOTH DAYS. If a student cannot attend both days in February, they must wait until March to begin. Computer Training is included in all classes. Adults who attend class, complete requirements and pass the GED may be eligible for an equivalency High School Diploma. Please contact www.GED.com for info about test.</p> | | |
|  Northampton Community College | | <p>Free classes provided by the NCC Center for College & Career Readiness and Bangor, Pen Argyl, Nazareth School Districts. Call 610-861-5427 for more information</p> |

Martin Luther King Jr. Day

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"This week we take a moment to remember and honor the late Rev. Dr. Martin Luther King, Jr. and his message of peace, justice and reconciliation. While MLK has passed, his incredible work and undying mission lives on today as multitudes have stepped forward to take up his torch and fulfill his vision. In his honor, let us all seek to live each day seeking peace with our neighbors and advocating for the fair treatment of all" said Senator scavello.

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward" MLK.

In the eleven-year period between 1957 and 1968, King traveled over six million miles and spoke over twenty-five hundred times, appearing wherever there was injustice, protest, and action; and meanwhile he wrote five books as well as numerous articles. In these years, he led a massive protest in Birmingham, Alabama, that caught the attention of the entire world, providing what he called a coalition of conscience. and inspiring his "Letter from a Birmingham Jail", a manifesto of the Negro revolution; he planned the drives in Alabama for the registration of Negroes as voters; he directed the peaceful march on Washington, D.C., of 250,000 people to whom he delivered his address, "I Have a Dream", he conferred with President John F. Kennedy and campaigned for President Lyndon B. Johnson; he was arrested upwards of twenty times and assaulted at least four times; he was awarded five honorary degrees; was named Man of the Year by Time magazine in 1963; and became not only the symbolic leader of American blacks but also a world figure.

At the age of thirty-five, Martin Luther King, Jr., was the youngest man to have received the Nobel Peace Prize. When notified of his selection, he announced that he would turn over the prize money of \$54,123 to the furtherance of the civil rights movement.

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