



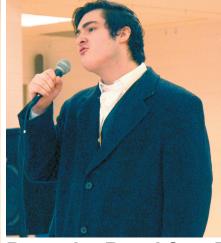


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Pancake Breakfast Fundraiser for Bangor Play

By Michael Ortoski

BANGOR - The Bangor High School Drama Dept. hosted their 7th annual pancake breakfast on Saturday with the cast of this years play Les Miserables, one of their biggest fund raisers each year for their play. People eat their pancakes, sausage and sipped their coffee while the students acted out some sceens from their play, dressed in costume. Local business stepped up to donate over 50 items for the 'tricky tray'.

Director Butch Diminico is looking forward to a packed house for all the hard work the students have done. He also has a thank you to all the parents and volunteers who make it possible every year

Les Miserables spans 20 heart wrenching years of courage, love heartbreak, passion and resilience of the human spirit in post-revolutionary France.

Play dates are: Friday April 1st 7:30 pm; Saturday April 2nd 2pm & 7:30 pm; Sunday 2pm. This is a link to purchase tickets: www.showtix4u.com/events/bahslesmiserablesstudentedition or you can buy them at the door.

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Meals On Wheels Commemorating 50th Anniversary Of The Older Americans Act

By Keri Young

Allentown, PA (March 4, 2022) - Meals on Wheels of the Greater Lehigh Valley (MOWGLV) announced today that it will be participating in a special March for Meals celebration honoring the 50th anniversary of the Older Americans Act Nutrition Program, the federal legislation that helps to fund community-based programs like Meals on Wheels.

Throughout the month of March, MOWGLV will join the national Meals on Wheels network to raise awareness and rally support for this vital public-private partnership that has helped provide seniors throughout the Lehigh Valley with an essential service needed to remain healthy and independent at home.

"Medically-tailored meals delivered on a regular basis are vital to the good nutrition and independence of seniors in our community," says Victoria Coyle, CEO of Meals on Wheels of the Greater Lehigh Valley. "Medical studies continue to show that diets tailored to the

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