

# 17th annual March for Meals

By Jamie Rzeszowski

BETHLEHEM – Meals on Wheels of the Greater Lehigh Valley announced today that it will be participating in the 17th annual March for Meals – a month-long, nationwide celebration of Meal on Wheels and our senior neighbors who rely on the vital service to remain healthy and independent at home. Meals on Wheels of the Greater Lehigh Valley’s celebration will include various activities throughout the month of March, including special deliveries by elected officials, local celebrities, groups and even the Lehigh Valley Roller Derby team.



**The following persons/groups will be delivering meals from our Bethlehem location:**

- |   |          |
|---|----------|
| Marta Gabriel from Sen. Pat Toomey’s office | March 8  |
| Rep. Steve Samuelson                        | March 14 |
| Senator Mario Scavello                      | March 13 |
| Nam Knights Motorcycle Club                 | March 15 |
| Rep. Susan Wild and Team                    | March 19 |
| Lamont McClure & Becky Bartlett             | March 21 |
| N. Michael Bryant, Supervisor Williams Twp. | March 20 |
| Frank Brooks, Tina Smith & Sue Wandalowski  | March 29 |

“The services we provide are a lifeline for seniors of the Lehigh Valley and the need is rapidly increasing,” said Vicki Coyle, Chief Executive Officer “Together, we can keep our senior neighbors well-nourished, feeling safer and more connected to our community as they age.”

“The month of March is a fitting time to not only celebrate the successful history of Meals on Wheels, but also bring us together to support a solution that will strengthen communities into the future,” said Ellie Hollander, President and CEO of Meals on Wheels America. “With 12,000 Americans turning 60 each day, now is the time to invest in these vital programs so that we can provide every senior in need with the nutritious meals, friendly visits and safety checks that will enable them to live healthier and independent in their own homes.”

For more information on how you can volunteer, contribute or speak out for the seniors in Lehigh Valley this March, visit [www.mowglv.org](http://www.mowglv.org)

# March is Problem Gambling Awareness Month!

By Michael Ortoski

BANGOR - March is Problem Gambling Awareness Month in Pennsylvania (PGAM), and is a good time to share information about the issue and where to get help.

Signs of a problem gambler include being preoccupied with, and secretive about, gambling. Help is available 24 hours a day by calling 1-800-GAMBLER. You can find more warning signs and resources at <https://gamingcontrolboard.pa.gov>

PGAM is a grassroots campaign that depends on the participation of NCPG state Affiliate, organizational and individual members, state health agencies, gambling companies, recovery groups and a wide range of healthcare organizations and providers. 2019 is the 15th year for this event. Groups across America hold conferences, air Public Service Announcements, provide counselor trainings, host screening days, run social media campaigns and many other activities to increase public awareness of problem gambling and the availability of prevention, treatment & recovery services.



# Reduce Your Losses Due To Natural Hazards

By Liesel Dreisbach

WASHINGTON TWSP- What can you do to reduce your losses due to flooding, a hurricane, a tornado or other natural hazards?

Residents of the Bangor Area School District are invited to a public meeting Thursday, March 21, 7 - 8:30 pm at the Washington Township Municipal Building to learn more about the science of hazards, what individuals and communities can do to reduce losses and to develop a shared vision of resilience for the area.

Members of Northampton County Emergency Management and Lehigh Valley Planning Commission will discuss hazards in your community and steps identified to mitigate them.

This is an opportunity to engage in ongoing community education and dialogue that will make your community stronger and more resilient to natural hazards.

Washington Township Municipal Building is located at 1021 Washington Blvd. (Rt. 191)

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## Graduation Ceremony Northampton County Department of Corrections

By Becky Bartlett

EASTON - County Executive Lamont McClure congratulates Class 62 of the Training Academy for the Northampton County Department of Corrections. The fourteen graduates received their certificates and badges on Friday, March 15th during a ceremony at the County Government Center. Presenters included Nathan Stahlnecker, Training and Accreditation Compliance Manager, James Kostura, Director of Corrections and The



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Honorable Edward G. Smith, Federal Judge from the US District Court. The new Corrections Officers are: Wesneida Archelus, Drew Beers, Ryan Ellington, Madisyn Einfalt, Andrew Gehringer, Kevin Gunderman, Grant Heatherman, Michael Jasper, Roy McCreary, Justin Morton, John Napolitano, Andreas Poitier, Steven Segarra and Domanique Watson.

## 2019 PMEA Region V Chorus Concert Students

By Mary Lou Cole

BANGOR - Ten Bangor Area High School students were chosen for the 2019 PMEA Region V Chorus Concert. Congratulations to Aimee Bealer, Hannah Bledsoe, Deja Breitfeller, Mason Cruz, Heather Heath, Joshua Martinez, Cathianne McKenna, Andrea Morokutti, Brookel Sabella and Kristen Stopfer for qualifying for this festival! The festival took place March 21-23 at Muhlenberg High School in Laureldale, PA. The best of the District 10 vocalists from northeast PA will join the best of District 7 vocalists from south central PA for the Region V Chorus.

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In photo: Front row: Deja Breitfeller, Cathianne McKenna, Brookel Sabella, Hannah Bledsoe  
Back row: Heather Heath, Joshua Martinez, Mason Cruz, Kristen Stopfer, Aimee Bealer, Andrea Morokutti