



Serving Lehigh Valley Homes
and Businesses Since 1929

- Fuel Oil
- HVAC – Residential & Commercial
- Propane
- Whole-House Generators

DEITER BROS!
HEATING • COOLING • ENERGY
Just Right.

610-868-8566
www.dbrothers.com



PA Contractor Reg #PA736

NJ HIC# 13VH04248200

ISSUE NO. 26

We are Thankful of our Readers and Community

LATE JUNE ISSUE 2018

FREEDOM IS NOT FREE

**8 Best Diners in
Northampton**
Christian Jackson
Community Focus
PAGE 6

**76er's On Perfect
Position**
Pat Breslin
Community Focus | Sports
PAGE 8

**Eagles Repeat
Stars Now**
Brian Startare
Feature Story
PAGE 9

**Feeling A
Bit Lost**
Nicole Celentano Gallagher
Health | Wellness
PAGE 11



PAGE 4
Ryan Chadwick

Photos By: Harvey & Brianne Peralta

Visit Our Website And View The Latest Digital Issues At www.TownshipObserver.com



**Care
Anywhere**

DOWNLOAD
THE APP!

Virtual Doctor Visit 24/7
No Appointment • No Waiting
ConnectWithADoctorNow.org

St Luke's
UNIVERSITY HEALTH NETWORK

79 Years



4 Generations



1 Family



1 Commitment



A.D. MOYER

LUMBER

Trusted Experts Since 1939

Andersen® windows
and patio doors
Used by more builders
and homeowners than
any other brand

For the products and
installation options
you need, plus the
tools and support to
help you win jobs and
satisfy customers,
Andersen is your
company for
replacement.



4514 Easton Ave

Mon - Fri
7:00 - 4:30
(All Locations)

Sat
7:00 - 12:00
(Kutztown Closed)

admoyer.com

GILBERTSVILLE
(610) 367-2036

POTTSTOWN
(610) 327-1120

BETHLEHEM
(610) 868-2010

KUTZTOWN
(610) 683-7391

FREE Delivery
on most items



PA2267

We are looking for local writers if you're interested contact us at ArticlesBTO@gmail.com

CELEBRATING **30** YEARS

HEATING & AIR CONDITIONING
PURCHASE A NEW
AIR CONDITIONING/HEATING SYSTEM
& ENTER TO WIN A
55" SONY BRAVIA 4K TV!

*VALID UPON COMPLETION OF WORK. WORK MUST BE COMPLETED BY SEPTEMBER 31, 2018. CANNOT BE COMBINED WITH ANY OTHER COUPONS OR SPECIALS. WINNER MUST RESIDE IN THE LEHIGH VALLEY AND SURROUNDING AREAS. WINNER MUST BE ABLE TO PICK UP TV AT CTS HEADQUARTERS.

Curtis
TOTAL SERVICE
Everything Under One Roof!
Plumbing • A/C • Heating • Electrical • Remodeling • Construction

COOLING | HEATING | PLUMBING | ELECTRICAL | REMODELING

610-770-9045

FIND MORE MONEY SAVING COUPONS AT
CURTISTOTALSERVICE.COM

24 HOUR EMERGENCY SERVICE • FAMILY OWNED & OPERATED SINCE 1988

PA#4383

Readers' **CHOICE** 2017
THE MORNING CALL

BEST FRIED CHICKEN

The BAYOU

Southern Kitchen & Bar

SUN-THURS:

11AM-10PM

RSVP

RECOMMENDED

FRI-SAT:

11AM-11PM

702 HAWTHORNE RD • BETHLEHEM

610.419.6669 • WWW.DAT-BAYOU.COM

CONTRIBUTORS	INDEX
<p>Pat Breslin Publisher</p> <p>Contributing Writers</p> <p>Christian Jackson Ron Ball Tracey C. Jones Ryan Chadwick Nicole Celentano Gallagher Pat Breslin</p> <p>Feature Guest Writers</p> <p>Brian Startare</p>	<p>Community Focus - 4,5,7</p> <p>Regional Sports - 8,9</p> <p>Motivational Leadership - 10</p> <p>Health & Wellness - 11</p> <p>Faith - 12</p> <p>Community Happenings - 13</p>
<p>Graphic Publication Design</p> <p>ALBE Design LLC</p> <p>Tarrant Booker</p>	<p>COVER STORY</p> <p>By Ryan Chadwick Page 4</p>

REACH US

EM: TownshipObserver@gmail.com
For Advertisement email:
AdvertisementBTO@gmail.com
For Articles email:
ArticlesBTO@gmail.com
WS: TownshipObserver.com

Published By Township Observer LLC*

*This newspaper is not an official Bethlehem Township publication.

Bethlehem Twp.
18020, 18045
Distribution 10,000

5,000 Delivered to households

P.O. BOX 3291
Bethlehem, PA 18017
PH: 484-241-9211

Werner & Co.

Accountants you like as much as you trust.

Full-service CPAs. Our experience across many industries can help you.

Werner & Co., CPA | Certified QuickBooks ProAdvisor®
 4865 Hamilton Blvd., Suite 2002, Allentown, PA 18106 | 731 W. Broad Street, Bethlehem, PA 18018
 610-770-9236 | www.werner CPA.net

TOWNSHIP OBSERVER | TOWNSHIPOBSERVER.COM

Page 3

THINGS TO DO FOR THE FOURTH OF JULY



Independence day is right around the corner. Maybe you and your family already have plans laid out, but for those of us out there searching for something to do during the national holiday, here is a handy list of fun activities in your area.

1 – Go for a walk through historic Downtown Bethlehem

The 4th of July is a celebration of the birth of our nation. So what better way to spend a part of your holiday then exploring a town that was around all the way back in 1776? Downtown Bethlehem offers a wide array of historic monuments and landmarks, as well as dozens of fantastic places to eat or shop. It will probably be on the warmer side again this year, so do yourself a favor and stop by the Penn State Creamery inside the Hotel Bethlehem for a decadent scoop (or two) of homemade ice cream.

2 – Visit the Lehigh Valley Heritage Museum 432 W. Walnut Street Allentown

This absolutely beautiful museum is truly one of the Lehigh Valley's hidden gems. If you have not been to this Museum before then the 4th of July is the perfect time to go. The Museum is running a special exhibit during June and July and is open on the 4th from 10:00 am until 4:00 pm. Stop in and discover the Lehigh Valley story of American History, from the American Revolution to the Industrial Revolution, this exhibit shows you that the Lehigh Valley has been at the forefront of it all.

3 – Have a good old-fashioned 4th of July picnic

Nothing says 4th of July like a backyard bbq. Round up your friends and neighbors and get your grill fired up. Coming together with loved ones is practically essential during important holidays and you could argue its even more important when you consider that this country was built with unity and camaraderie. Break out the horseshoes or volleyball net, load up on the sunscreen and simply enjoy the freedoms that our fore fathers fought for. If you don't have the means (or the friends) for your own picnic, head over to Macungie for their community "Old-Fashioned Picnic".

4 – Stop by the SteelStacks Campus

Celebrate the birth of our great nation with three days of music and patriotic programming, highlighted by a free concert by the Allentown Band and of course, the areas best fireworks show the night of the 4th. There are many varied activities including kids kite building, patriotic crafts, face painting and tons of great food.

The SteelStacks truly has something for everyone, and one great extra benefit is the fact that this program runs for three days, so if you don't feel like braving the crowds on the 4th you can head down before or after and still enjoy all the activities.

5 – Watch a Fireworks show

With this one it is important to distinguish between attending a show live versus watching one of television. While it is OK to watch fireworks on TV is you have no other options, there really is nothing quite like going to a live show. All your senses come alive! Not only are they fireworks visually stunning, but you can feel the explosions, hear the ear shattering bangs and smell the burn off. There truly is nothing like a firework show any time of year, but on the 4th it is just that much more special. There are quite a few great shows in the area but downtown Bethlehem has the best. Most people have their favorite spots to go watch and they arrive early to guarantee a seat, if you don't know where you should watch from here a few of my favorite spots.

- On the top floor of the Walnut Street parking garage in downtown Bethlehem. This spot is extra special because the view actually allows you to see other firework shows miles away.
- Just beyond the Hill-to-Hill Bridge by the old Masonic Temple. Seating is limited here but if you can get there early it is absolutely worth it. The fireworks explode right in front of you. It will absolutely take your breath away
- Look Out Point on the Lehigh University Campus. Make your way up to the top of the mountain and see the show unfold down below. This is a pretty popular area and it may be hard to get a spot because it isn't that big of an area but the view is definitely breath taking.

Those are just a few fun ideas for you and your family this 4th of July, but sometimes the most fun thing to do is just stay home and relax. There are always great movies on during the 4th of July and remember this is the last holiday until Labor Day which is two months away, so maybe just catching up on some rest is just what you need.

Whatever you do this holiday make sure you stay safe and have fun.

**By Ryan Chadwick
Reporter**

REMEMBER THE VETERANS

During all the pomp and circumstance of the 4th of July holiday don't forget to take time to remember all the brave men and women who gave the ultimate sacrifice in defending this great nation.

While we often celebrate those military personnel who gave their lives, all too often the surviving veterans go unacknowledged.

There are countless veterans in and around the Lehigh Valley area and many of them could use your help and support.

Whether its donating your time to a shelter or food bank, or donating some money directly to great veterans charities like the Wounded Warrior Program, every little bit helps.

If you have the desire to provide some help but honestly don't know what to do or where to start please check out the Lehigh County veterans affairs page.

The main website is www.lehighcounty.org

Navigate the site by clicking on departments and then Veteran affairs. Here you will find amazing links to various groups and departments that are accepting all kinds of donations.

Whether it is becoming a Military Buddy or sending get well emails, there are countless ways to help all on this site.

Have a great and safe holiday and remember to remember the true patriots of this great nation.

**Ryan Chadwick
Reporter**





AMERICAN VALUES
at WORK.

CONSUMER | COMMERCIAL | COMMUNITY



EMBASSY BANK®
For the Lehigh Valley



8 Offices Valleywide • 610-882-8800 • embassybank.com

EXTRAORDINARY CORPORATE AND INDUSTRIAL CLEANING



Professional Services, LLC.
Corporate & Industrial Cleaning
570-795-4256
www.jzproclean.com

10% OFF FIRST CLEANING



SPECIALIZING IN

- OFFICE CLEANING
- RETAIL & BANKING FACILITIES
- INDUSTRIAL BUSINESS PARKS
- POST CONSTRUCTION CLEANING
- ON CAMPUS SCHOOL DORMS
- STATE AND GOVERNMENT BUILDINGS
- MEDICAL FACILITY CLEANING

Attention To Detail

Is What Sets Us Apart

CURRENTLY SERVICING THE FOLLOWING COUNTIES:

**LEHIGH
NORTHAMPTON
MONROE
BUCKS AND
CARBON**

Why settle for dust, cob webs and mediocre performance? Your business deserves better. Let us clean what they left behind.



DEALicious!

Enjoy these great offers at one of our Bethlehem locations:



Nazareth Pike -or- Easton Avenue

<p>Buy One, Get One FREE</p> <p>Any Signature Crafted® Sandwich</p>  <p><small>Expires 08/31/18. Valid for product of equal or lesser value. Valid only at Bethlehem Easton Ave & Nazareth Pike McDonald's. Prices may vary. Not valid with any other offer, discount, coupon or combo meal. Cash value 1/20 of 1 cent. Limit one coupon per person per visit. Tax may apply. Price of required purchase posted on menu board. Coupon may not be transferred, auctioned, sold or duplicated in any way or transmitted via electronic media. Valid when product served. May not be valid for custom orders. Void where prohibited. © 2018 McDonald's</small></p>	<p>FREE Large Coffee</p> <p>with Egg McMuffin® or Breakfast Platter purchase</p>  <p><small>Expires 08/31/18. Valid only at Bethlehem Easton Ave & Nazareth Pike McDonald's. Prices may vary. Not valid with any other offer, discount, coupon or combo meal. Cash value 1/20 of 1 cent. Limit one coupon per person per visit. Tax may apply. Price of required purchase posted on menu board. Coupon may not be transferred, auctioned, sold or duplicated in any way or transmitted via electronic media. Valid when product served. May not be valid for custom orders. Void where prohibited. © 2018 McDonald's</small></p>	<p>FREE Medium Soft Drink and Medium Fries</p> <p>with Big Mac®, Quarter Pounder™ or Filet-O-Fish® purchase</p>  <p><small>Expires 08/31/18. Valid only at Bethlehem Easton Ave & Nazareth Pike McDonald's. Prices may vary. Not valid with any other offer, discount, coupon or combo meal. Cash value 1/20 of 1 cent. Limit one coupon per person per visit. Tax may apply. Price of required purchase posted on menu board. Coupon may not be transferred, auctioned, sold or duplicated in any way or transmitted via electronic media. Valid when product served. May not be valid for custom orders. Void where prohibited. Quarter Pounder® sandwich *Weight before cooking is at least 4 oz. © 2018 McDonald's</small></p>
<p>Buy One, Get One FREE</p> <p>Any Premium Salad or Signature Crafted® Sandwich purchase</p>  <p><small>Expires 08/31/18. Valid for product of equal or lesser value. Valid only at Bethlehem Easton Ave & Nazareth Pike McDonald's. Prices may vary. Not valid with any other offer, discount, coupon or combo meal. Cash value 1/20 of 1 cent. Limit one coupon per person per visit. Tax may apply. Price of required purchase posted on menu board. Coupon may not be transferred, auctioned, sold or duplicated in any way or transmitted via electronic media. Valid when product served. May not be valid for custom orders. Void where prohibited. © 2018 McDonald's</small></p>	<p>Buy One, Get One FREE</p> <p>Medium Frappé or Medium Smoothie</p>  <p><small>Expires 08/31/18. Valid for product of equal or lesser value. Valid only at Bethlehem Easton Ave & Nazareth Pike McDonald's. Prices may vary. Not valid with any other offer, discount, coupon or combo meal. Cash value 1/20 of 1 cent. Limit one coupon per person per visit. Tax may apply. Price of required purchase posted on menu board. Coupon may not be transferred, auctioned, sold or duplicated in any way or transmitted via electronic media. Valid when product served. May not be valid for custom orders. Void where prohibited. © 2018 McDonald's</small></p>	<p>Buy One, Get One FREE</p> <p>Any Breakfast Bagel Sandwich</p>  <p><small>Expires 08/31/18. Valid for product of equal or lesser value. Valid only at Bethlehem Easton Ave & Nazareth Pike McDonald's. Prices may vary. Not valid with any other offer, discount, coupon or combo meal. Cash value 1/20 of 1 cent. Limit one coupon per person per visit. Tax may apply. Price of required purchase posted on menu board. Coupon may not be transferred, auctioned, sold or duplicated in any way or transmitted via electronic media. Valid when product served. May not be valid for custom orders. Void where prohibited. © 2018 McDonald's</small></p>

Limited time only at participating restaurants. Cannot be combined with any other offer or any combo meal. ©2018 McDonald's



THE 8 BEST DINERS IN NORTHAMPTON COUNTY

Sure, there are plenty of great diners in the Lehigh Valley in general, but here we're going to focus slightly more locally, so here are the 8 best diners in Northampton County...



#8: Gap Diner

Open 24 hours; 1041 S Broadway, Wind Gap

It seems that the later you go, the better your food will be. The Gap Diner boasts a tremendous staff throughout both the daytime and nighttime hours, but is perfect for a late night meal if you happen to be in the area. You will be greeted with warmth, and your food will be prepared with care in this generally quiet mountain town diner.



#6: Family and Friends Country Restaurant

Open 5am-8pm; 244 E Moorestown Road, Wind Gap

Up 512 past Bath and Moorestown sits a place called Family and Friends, unique for being a small, cozy, and Southern feeling diner/restaurant. A nice spot among Wind Gap, Bushkill Township, and Moorestown locals, for its Southern hospitality, and its Southern themed foods like grits and biscuits and gravy. Opening at 5am and staying open until 8pm, they specialize in all food areas and are very reasonably priced. Bring your family and friends to Family and Friends.



#7: Spiro's Restaurant

Hours vary by day; 740 Washington Street, Bethlehem

Right near the Freemansburg Municipal Park sits Spiro's Restaurant. Among the commotion in that section of town, Spiro's sits as a very nice and very simple place to get a nice breakfast. They are known for their great tasting omelets, soups, and very friendly staff who love to work for Spiro, and it shows, as they routinely receive great reviews online. If you're in that area, definitely give Spiro's a try.



#5: Diner 248

Hours vary by day; 3701 Nazareth Road, Easton

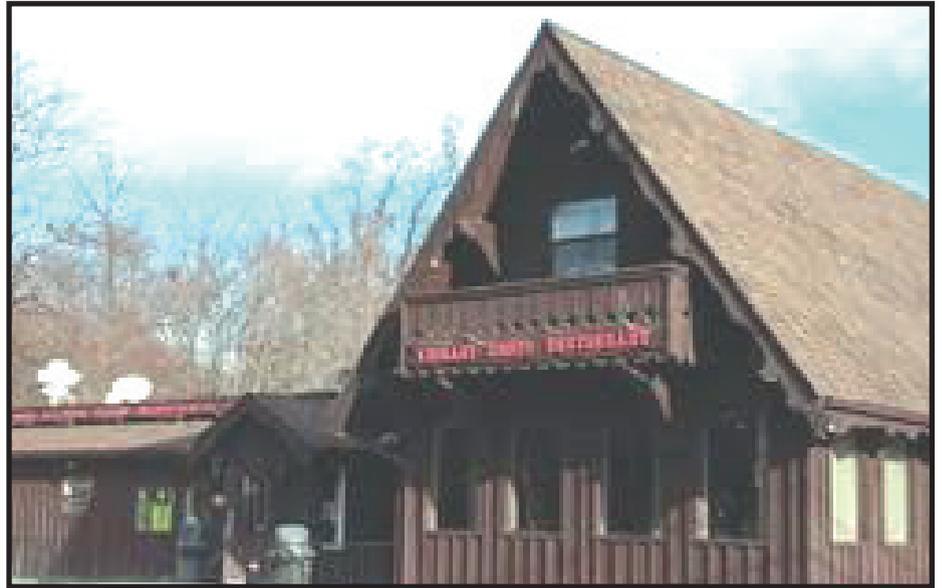
Diner 248 does it well in all three phases: breakfast, lunch, and dinner. Near the hustle and bustle of the Northampton Crossings, Diner 248 makes a breakfast that is very popular among patrons and makes a dinner that feels like something you'd expect from a sports bar, which one could expect from them as it is a nice place to grab a dinner and drinks. Diner 248 is a hybrid type of diner/restaurant that can't really be put into a specific category, something that the Lehigh Valley diners are not known for, which certainly adds to the appeal.



#4: Hanover Eatery

Open 7am-9pm; 5090 Bath Pike, Bethlehem

While much closer to Bath than Bethlehem Township, the Hanover Eatery prepares some of the best breakfast around in a very clean environment. Formerly known as the Goldenview Diner, the Hanover Eatery may have changed hands and gone through a renovation, but there was an even trade off as everything that was great about Goldenview is just as great at the Hanover Eatery, with attention to cleanliness and great customer service.



#2: Trolley Shops Restaurant

Hours vary by day; 257 E Central Avenue, Bangor

Keep taking 512 towards Stroudsburg and you'll pass the Trolley Shops Restaurant, alongside of Trolley Shops Ice Cream. This scenic, train themed attraction offers one of the best tasting breakfasts in not only the Slate Belt, but in Northampton County in general, as well as friendly staff. On your way to Stroudsburg and the Delaware Water Gap, you won't be disappointed stopping for a bite here.



#3: Billy's Downtown Diner

Open 7am-3pm; 10 E Broad Street, Bethlehem

An upscale breakfast? That's certainly what it feels like when you eat at Billy's Downtown Diner, but you have to pick the right time as they are only open until 3pm. Attention to detail to the food is very important at Billy's, as simple breakfast dishes are spun into experimental art forms. A formula that is working so well for them, that they have opened up a location in Allentown, and will soon be opening an Easton location as well. In the heart of Bethlehem where great places to eat are plentiful, Billy's is yet another delicious place to grab a bite from.



#1: Nazareth Diner

Open 24 hours; 581 S Broad Street, Nazareth

Since their remodeling several years ago, the Nazareth Diner has focused on ambience as well as great food. Both of which they excel in with each passing year as you can get delicious food (especially breakfast) all 24 hours of the day, as well as beer purchases from 11am-1:30am. Thanks to recent additions to the diner, it's rare that you will be waiting for a bite at the Nazareth Diner, and it's also rare that you'll get a bad meal too.

By Christian Jackson



76er's ON PERFECT POSITION TO LAND A BIG-NAME FREE AGENT

Now that the Calangelo era has officially come to an end, it's time to look forward to the future with the Philadelphia 76er's.. As ESPN reporter Adam Wejnarowski mentioned, the Sixers open GM slot is the "gold standard" of job openings in the NBA right now...

How could it not be? Joel Embid and Ben Simmons are generational players.. The bench has some good young talent. Brett Brown is considered a top-tier head coach.. And the Sixers have 2 first round picks in the 2018 draft..

There's a lot to like about this team. and all of that value is certainly going to catch the eyes of free agents like Lebron James and Paul George this offseason. Now that the Calangelo situation is behind us, the Sixers are in the perfect spot to land one of these guys, or perhaps make another big move to acquire a star player..

The team has turned to Brett Brown to lead there free agency charge this summer. And while that may sound like a lot to handle for a head coach it's actually what will give the Sixers a leg up on the competition.. Brown has always been known as a players' coach, and the incredible level of trust that has forged with his team is all that a free agent like Lebron or George needs to see to understand what they're getting themselves into.. Brown always has his team's back, and that kind of team culture can go a long way making a decision..

To make the situation even better, Brown won't be the only one pitching the team..During his first press conference since assuming more responsibility with the team, he mentioned that Embid and Simmons will be joining him on the recruitment trail.. So not only will free agents get to meet Brown and get a good understanding of his system and the team's culture, they'll also get to sit down with the Sixers top two players and see exactly who they'll be playing with.. And knowing how likable these two are, it'll make it that much harder to turn down..

While some may believe that the Sixers need to attract a big fish, the absence of a long term situation in the front office may be another factor, as a superstar would likely say in who the team hires as their President and General Manager..

And all of that together, and the Sixers are in perfect spot to land their missing piece this summer. With Brett Brown leading the way and Embid and Simmons ready to take things to the next level, Philly is primed and ready to make a big jump..

By Pat Breslin
Sports Reporter



Picture Courtesy of Rolling Stones

WE'VE BEEN PUTTING
HEAVY DEMANDS
ON OUR FENCES
for decades

OWNER: HOWIE HANKE AGE: 4

American Fence & Flag Since 1983

PORCH, DECK, AND STAIR RAILINGS
VISIT OUR DISPLAY YARD OPEN 24/7

610.437.1944 | 2738 EBERHART RD. | WHITEHALL | AMERICAN-FENCE.COM



EAGLES EFFORT TO REPEAT STARTS NOW

Philadelphia- Last week, The Super Bowl Champion Philadelphia Eagles received their championship rings at a glitzy celebration held at the team’s home, Lincoln Financial Field in South Philadelphia. For some, especially the fans, the party and the exciting aftermath of that historic February victory will continue on forever, as it should. After all, it was the team’s first Super Bowl win in the 52 year history of the game and their sensational conquest will live on in the hearts and minds as lasting memories to cherish. And while the fans will continue to party on, perhaps re-watching the Super Bowl for the 2,000th time or proudly sporting their world championship garb, the players and coaches know, the show must go on. Eagles Head Coach Doug Pederson told reporters, he is full steam ahead.

“Honestly, after the ring ceremony, to me, we’ve put that to bed. We’ve put that to rest, and we move on to 2018,” Pederson offered. “Listen, we always are going to remember. It’s going to be every time we’re in the city — I was at two events [recently] and the city is on fire. It’s great. I love it. Fans are excited, and they should be.” But clearly for the Eagles, it’s time to go to work. In a title starved city such as Philadelphia, the 41-33 victory over the New England Patriots was legendary.

The Eagles gave the city just its second big 4 championship this century and only the 3rd in thirty five years! The parade of nearly a million fans dancing up and down Broad Street was epic. Streamers and confetti floated through the air as the team took its victory lap amidst a sea of green. It was all so worth it, but now comes the challenge to defend and repeat. Not an Easy task. In fact the Patriots were the last team to do so, ironically after besting the Eagles in Super Bowl XXXIX, some thirteen years ago. Ask anyone who has ever played the game and they will tell you that as hard as it is to get to the pinnacle, it’s even more difficult to remain there.

In a recent press conference, Pederson talked about the team’s need for sacrifice, an element necessary to maintain that fiery edge. He knows full well, the rest of the league

GATEWAY

QUAKERTOWN, PA

BEN KING
Sales Consultant

P: 215-538-3500 F: 215-538-9244

400 S. West End Boulevard, Quakertown PA 18951

is aware of how good his team is. And his team will be ready to face the obstacles ahead. “Again, nothing is ever handed to us. We have to go earn it. We faced adversity. The team was very resilient last year, but what are you willing to give up individually between now and camp to help this football team get back to that championship game again? ... The target got a little bit bigger on our backs, and we embrace that. Moving forward, that’s going to be our challenge”

As is the norm in professional sports today, there’s been a ton of roster turnover. Some big names and important pieces from their incredible run are gone and it’s time for new heroes to step up. And time for some older ones to regain their form. All eyes will be on the franchise quarterback Carson Wentz, 6 months into his recovery from a very serious knee injury. By all accounts, Wentz looked to be progressing well in the team’s most recent mini-camp, keeping his hopes and goal alive to be ready September 6th versus Atlanta in the season opener.

There will be players taking on new roles, bigger responsibilities. There will be new faces appearing up and down the roster on both sides of the ball. The team will also be facing a slew of injuries heading into train camp as some key members will be continuing their efforts to get back playing, such as Darren Sproles, Alshon Jeffrey, Brandon Graham along with Jordan Hicks and Jason Peters among others.

There will be new coaches in place, new trainers and players. There will be distractions; there will be the enormous pressure to repeat. There will be expanded media coverage as the expectations soar to levels unseen. The need for that intense desire and the commitment that it takes to win, which was clearly evident in drives last season, will need to be even more elevated this time around. The stakes are even higher now.

Everyone wants a shot at the title. The Eagles have their rings; they have the Lombardi Trophy in their once empty case. And soon, very soon, that elusive World Champion banner will fly high atop the Linc, hanging there forever. And then it will be time to play football once again, but this time as defending champions.

Brian Startare is the Public Address Announcer for the St. Joseph Hawks, a sports radio and television veteran in Philadelphia and the co author of This Day in Philadelphia Sports, now in its 3rd Edition.

By Brian Startare

Care Anywhere™

Virtual Doctor Visit 24/7
No Appointment • No Waiting

ConnectWithADoctorNow.org

DOWNLOAD THE APP!

UNIVERSITY HEALTH NETWORK

FROM FLYING BLIND TO SEEING STRAIGHT

Like many of you, I'm busier than mustard trying to ketchup. I often teach about the dangers of operating beyond your bandwidth, as something will get dropped. This past week, I did not practice what I preach. I did, however, find out that even when we drop the ball, we still can have one.

Last Tuesday I was contemplating travel mode for my upcoming trip to NYC to spend time with a dear friend and coworker after a 10-year disconnect. I knew this trip was coming for months, so it was not a spur of the moment event. My departure date was Wednesday (yes, the next day) so I needed to decide, NOW. Trains, planes, or automobiles? I had plenty of airline miles, so I decided to book a flight with reward travel.

NYC has several airports. I got online to figure which one was closest to our Manhattan hotel. It was LaGuardia Airport (LGA). I got on TripAdvisor to find out which public transport I should take from LaGuardia Airport (LGA) once I landed to get to the hotel. I even confirmed the arrival time of my friend coincided with my arrival time at LaGuardia Airport (LGA).

Know what I did next? I booked a round-trip ticket to Islip Airport (ISP) in Long Island. How I picked ISP over LGA, I'll never know. But I did sit next to two tremendous people on my flight, so I was blissfully unaware of my error until I landed at the serenely calm and quiet airport. "Wow," I thought to myself, "things have settled down in the City that Never Sleeps!" Know when it really hit me? When I went down to the taxi stand and the women explained to me that I was 55 miles away from downtown Manhattan. I believed her,

but I had to be sure. I checked google maps on my phone. Yep, she was correct. I checked my ticket purchase online to see if someone they had printed me the wrong destination. Nope, they landed me exactly where I said I wanted to go. As I'm sitting there thinking, "Man, I need this vacation more than I thought", and swearing the taxi reps to a vow of secrecy that they shall never tell the story of the Pennsylvucky woman who flew into the wrong airport, I finally took a moment out of my busy life to assess the situation. I'm an optimistic and go-with-the-flow type person. I try hard to create and stay on tremendous fight plans in life, but sometimes I get it wrong. I drop the ball. I over promise and under deliver. I mean to go left when my actions take me right. I miss stuff.

The good news was, I wasn't speaking in NYC, so my extra 90 minutes to get to the hotel was not an issue. Wednesday evening was spectacular on the East Coast. Clear, not humid, the setting sun against the backdrop of coming into the city, and minimal traffic. Best of all, I got to spend time getting to know my driver, Frank, from Puerto Rico, who shared his upbringing, his coming to the US, and all about his nine-year-old daughter who happens to love dogs. Providence.

Fast forward four tremendous days and I had the same issue of how to get from Manhattan back to ISP. Frank could not make the return leg but had a friend, Jason, step in. Jason is a seasoned comic who has been on stage everywhere with everyone. When he picked me up at the hotel and told me he was a professional comic, I almost lost it!! I got to hear how he writes his material, share our favorite jokes, and dive into the power of humor in connecting people. (BTW,

if you haven't yet checked out The 3 Therapies of Life by Charlie "T" Jones, people and humor are two of the therapies). Providence.

Lessons Learned:

Measure twice, cut once. Never book a flight after midnight if you've been staring at the computer all day. Also, I am not an octopus. I cannot do eight things at once. ...seven maybe, but never eight! Plan and commit. Squirrels that stand in the middle of the road get run over. Pick a side, any side, and go with it. Had I decided on my travel mode more than 24 hours in advance I could have noticed the error and made the correction without incurring a change fee.

Where did the city go??

It all comes out in the wash. Life is all about cycles and full of ups and downs (also in The 3 Therapies of Life by Charlie "T" Jones). My flight was free; my airport transports were not. After it was paid and done, the shuttles to and from the airport cost me the price of the plane ticket. The three hours I did not get to spend with my friend were spent getting to know two tremendous people I would never have crossed paths with otherwise.

In life, if we aren't intentional and vigilant, we think we're going where we're going, but we're headed to an entirely different destination. No need to get angry at others or beat yourself up for your mistakes. Just take control of the stick, and rightly orient yourself. The good news is, you can forgive yourself and enjoy where you are until you get on the proper course. After all, you are the pilot of your life.

By Tracey C. Jones

A WINNING ATTITUDE

Lobsters look like aliens from another planet. Their eyes are set atop long swinging stalks, their powerful tails propel them backwards when they sense danger and their giant claws threaten serious damage if a predator gets too close. Lobsters inhabit a world that exists mostly on the ocean floor. They live, eat, fight and mate as solo operators, always looking for individual advantages.

Lobsters don't always fight but will choose combat if nothing else causes another lobster to leave the territory claimed by the first lobster. Jordan Peterson, clinical psychologist, in his book, 12 Rules For life, gives an excellent description of the escalation that can occur when two stubborn lobsters contend for dominance. Peterson writes that if both lobsters are equal in size they will face one another waving their antennae and swiping the water with their claws. If neither backs down, they both will then squirt a black liquid from beneath their eyes that contains chemical codes that identify the size, power and even healthiness of each lobster. These "codes" serve as warning signals that alert each lobster as to the seriousness of the adversary it faces.

If nothing else causes one of the creatures to retreat, then full combat begins and only stops when one of the lobsters is completely triumphant. What happens next reveals a great principle of success and failure, not just for lobsters but for humans as well. Because the lobster's brain and nervous system are very simple they are easy to study. The few neurons possessed by the lobster are similar enough to humans that they help us understand how our brains work.

A confident and positive lobster has a brain that is flooded with high levels of serotonin and low levels of octopamine. These chemicals make the lobster "feel" like a winner. BUT, when a lobster is badly defeated its brain, filled with "confident chemicals" actually dissolves and the lobster grows a new brain that is now the brain of a defeated lobster with the chemicals reversed. Now there are low levels of serotonin and high levels of octopamine. Note this: The defeated lobster gets rid of its "winners brain" and replaces it with a "losers brain." Because of this transformation, the defeated lobster withdraws from competition and NEVER WINS AGAIN.

This can happen to humans as well. When you suffer a defeat or experience a failure this can imprint on you (and within you) the

belief that you are a failure and cannot succeed at high levels. Studies at the UCLA school of medicine have shown that chemical reactions do occur in your brain that correspond to the beliefs you accept about yourself. This is powerful. This means that what you choose to believe after a defeat or failure can be more important than the defeat or failure itself.

When you experience a relationship disappointment or a financial failure or any reversal in your life, what really matters is how you choose to respond. That choice isn't just emotional it is a trigger that causes the chemicals in your brain to support you as a winner or convince you that you are a failure. The lobster reacts automatically. It does not have the ability to change its response. But God has given you the power of decision. You can choose to see yourself as a success, despite your circumstances, and your God-given brain will cooperate and "chemically" help you. What a blessing!

This means that God has placed within you a mechanism that you can activate by making the decision to believe that you are better than your defeat. This is your opportunity! Don't be a defeated lobster, be a winner. It's your choice. The Bible says in Proverbs 15:15b, "...a cheerful heart has a continual feast."

By Ron Ball

Go to www.choosegreatness.com

HOW YOGA AND HIKING HELPED ME FIND ME



I went through a tumultuous divorce and custody matter several years ago that left me feeling a bit “lost” in the chaos. I had gone from living a safe and consistent life to not knowing who I was anymore. I had always been confident in being a mom, wife, chauffeur, plumber, shopper, psychologist, CEO, friend, daughter and all-around happy person. I had a purpose and I knew who I was.

I was needed. On the other side of the divorce, I was alone. I was still all those things, except that I was scared and not sure of my purpose anymore. I had zero confidence and I simply lost my way. I struggled with this new me... I didn't recognize her.

I was not sure what to do, but I knew I needed to start doing the work to find myself. I tried running, hiding, attending every charity event I could find and I went on a lot of first dates. It took me a couple of years to finally accept that I was busy and appeared to “have it all together”, but the truth is I was even more lost. I had twisted and turned myself inside out to try to “be” someone. None of these attempts moved me closer to me.

It was about two years ago when I began practicing yoga regularly. I felt like I lived at the studio. It wasn't work, but became my addiction. It was something... someplace I needed to go to and be a part of. It was the only hour out of each day that I actually was able to “not think” about my spiraling life. I was feeling calmer and more comfortable with myself. I was looking at my life differently. Always feeling like I was only one day away from an epiphany. The secret to life would soon be revealed.

Now, I have to say that I am still not super flexible or a pro-yogi at my practice, but I feel amazing and alive after every class. I am there on an average of four times weekly and I feel clarity and okay with my purpose of being myself. Making progress toward reinventing who I am and want to be when I grow up. I suffer from rheumatoid arthritis that affects my hands and wrists, so I do, at times, make adjustments, which is key to my not giving up. It's the intention at the beginning of each practice that helps open my heart and mind to all the possibilities ahead of me. I spent many classes, with tears streaming down my face, from deep within, when a particular struggle was on my mind. I always find that when I stray too far from practice, I MUST get back to the studio to right myself.

Now, you are wondering where the hiking, my second of three addictions, comes in. Well, yes, one hour a day of yoga was my saving grace. However, there are 24 hours in each day. So, I needed to fill the other waking hours. I took a trip to Colorado for two weeks, fell in love, and became obsessed with hiking. I vowed to move there and “hike my way through life and love”, with my then boyfriend and best friend. (more on that whole story in my future book) My version of “Eat, Pray, Love”. Once back in Pennsylvania, I enjoyed hiking our beautiful and scenic local trails, to hold me over until I could make the move. I mistakenly took some time from the yoga studio, because I fooled myself into believing if I had love and a relationship, I didn't need to find myself anymore. Boy, was I wrong. It didn't take long for me to get back to the studio and immediately back to four times a week. This time, with the hiking added in to my daily routine.

I would hike before yoga, after yoga, sometimes both, in the rain, in the cold. I was averaging 55 miles a week!! Here is the truth. I realized I would walk and walk because I wanted to get away from myself. I wanted to get away from me... the me I had twisted myself into, again. The girl I didn't know. I finally understood the saying, “wherever you go, there you are”. I couldn't get away from myself by walking and hiking.

I was always right there. I had to accept that I couldn't just walk out of my own skin and escape all the ugliness and chaos in my mind. The only option was to do the work. Practice my yoga and hike with myself. Face myself and take care of me. It has taken almost fifty years to figure out how to be one with oneself and nature. Self-care... Find yourself right where you are. Practice yoga or meditate daily. Walk in nature. Take it all in. Put down your phone and step away from technology. Find what gives you peace and do it!

When you think you are “having a good day” and don't need to check-out... trust me, you do. “Live a Life Full of Love, Energy and Wanderlust! Live a Brown Dog Life. Let's walk and talk”.

By [Nicole Celentano Gallagher](#)

Nicole@tacticalbrowndog.com
LIVE A BROWN DOG LIFE



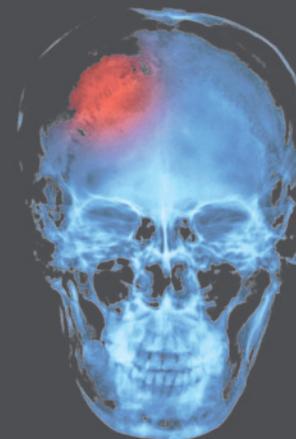
CONCUSSION

“THERE'S MORE TO DO THAN WAIT”

HOPE offers a customized patent-pending treatment to help eliminate concussion symptoms in as little as 24 hours.

HOPE has the only known treatment to assist in reducing brain swelling and encourage blood flow back to the damaged tissue.

HOPE can help reduce long-term effects of concussion with this ground breaking painless, drug-free, non-invasive Low Level Laser Therapy (LLLT) protocol.



Our Concussion/Neurological Injury Center is one of the nation's leading LLLT facilities addressing new treatments, publishing case studies and participating in FDA studies. HOPE protocols treat Concussion, Parkinson's Disease, Tourette's, MD, ADHD, CAPD as well as high level athletes. Call today, “Where HOPE Becomes Reality”.

H.O.P.E.
LASER INSTITUTE

3600 Nicholas Street, Easton
Call 610-438-1765 for a consultation
More information at HopeLaserInstitute.com

WHY YOU NEED FRIENDS

I experienced the remarkable support of my world-wide network of friends when my grandmother Lafferty died. My mother's mother had been a profound influence in my life. She had lost her husband when she was a relatively young woman with children still at home. She had no education beyond high school and no income. What few financial resources she had were consumed by her husband's final illness.

She refused all government help and managed to get an appointment as a rural postmistress, delivering mail in our Kentucky mountain county. She did not own a car and did not even have a driver's license, so she hired high school students to drive her after school to deliver the mail. She generated enough income to support her family. Through all of this she maintained a vibrant Christian faith. She continued to participate in worship at her church and played the organ for services.

My grandmother was a powerful example of self-reliance (and God reliance), hard work and determination. Her influence influenced every member of her family. In 1957, she helped coordinate rescue efforts after the worst school bus accident in American history. Twenty-six school children and the driver (my grandmother's first cousin) drowned when their school bus slid off an icy road into the Big Sandy River. My grandmother received a Congressional citation in appreciation for her work in the tragedy. This was the woman who died the day after Christmas in 1994 at the age of eighty-nine.

Our family planned a Christian funeral to celebrate her life and to emphasize her happy relationship with Jesus Christ. She wanted other people to have the opportunity to know Christ as their Savior and meet her in heaven. That is who she was.

In addition to planning, I helped my mother, my grandmother's only daughter cope with her loss. It was a busy time of preparation. My family has lived in the same Eastern Kentucky county for nine generations. We have many relatives so were expecting a large crowd for the memorial. In addition, one of my grandmother's sons had been the county judge, another son, a municipal court judge, a brother who was the current clerk of the Eastern Kentucky circuit and a grandson who was the administrative clerk for the county.

All these political offices brought people to the service from all over our state. The night before the funeral we were preparing to attend a special viewing, open to the public, when I received a message from the director of the funeral home. He said that something had happened at the facility and he urgently needed help. I hurried to the funeral home and was met by the director. A line of trucks was waiting in the driveway. When I asked what had happened the director replied that so many flowers were being delivered that there was no longer any room for them. The trucks were waiting to make even more deliveries. These new deliveries were in addition to the local flowers that had already been delivered.

I entered the funeral home. It was like a florist explosion. Flowers were everywhere, and more were being carried in as I looked.

We opened two additional rooms and stacked flower arrangements in every space available. When we finished I decided to take some time to look at the cards that accompanied the arrangements (although flowers continued to be delivered throughout the evening.) What I saw moved my heart beyond words. Card after card gave expressions of prayer, sympathy and encouragement. They were all from wonderful people we had met at events where I had spoken. Some of the names I recognized, and others were unknown to me. Many were from people I had never personally met. But all were from individuals who had either met or heard me in a function. I was overwhelmed with gratitude and amazement. It was like a "world-wide" funeral.

Most of these friends were committed Christians who assured us that we were in their prayers. This is the community that Amy, our children, Allison and Jonathan, have grown to love and

appreciate over the years. This is a community that recognizes and supports its members. This is a community of friendship that spreads compassion and caring. This is a community that remembers people in need. One of the most important things you can do is to build a network of friends and you do this by being the best friend you can be. The Bible says in Proverbs 27:17, "Iron sharpens iron, so one man [or woman] sharpens another."

By Ron Ball

Go to www.choosegreatness.com



**GARZA'S CUTTING ZONE
BARBERSHOP**

1429 Stefko Blvd. Bethlehem, Pa. 18017-6647
610-866-6642

New Client \$2 Off Any Service with Ad

est. 1993

**Hours M 10-5 T&W 8-5 TH&F 8-7
Saturday 8-4 Walk-In Service Only
Closed Sun. www.garzascuttingzone.com**

WE ARE IN THE NEIGHBORHOOD



Beth El Gibor
A Messianic Jewish Congregation

We are Jew and Gentile worshipping and living together as a community in the richness of the Jewish heritage of our Messiah Yeshua(Jesus) while honoring God's Word, the Bible.

Shabbat Services • Saturdays 10:30 am

1555 Linwood Street
Bethlehem, PA 18017
610.504.1083
rabbimarkshulman@gmail.com
bethelgibor.org



**Freedom High School Patriots
Softball & Baseball Annual Golf Outing**

Saturday, August 25, 2018
Whitetail Golf Club, 2679 Klein Road, Bath, PA
Registration opens at 12:00 p.m.
1:30 p.m. Shotgun Start – Scramble Format
\$90 per golfer*

**includes golf, cart, range balls for warm-up, dinner buffet, beverages, giveaways, contests, prizes, 50/50 drawing, basket raffle and Best Authentic Sports Auction during dinner! Hole-in-one chance to win a 2018 Chevy Camaro from Chevy 21 .Not golfing? Join us for dinner for \$25.*

Contact Patrick Presto at ppresto@stokeselectric.com or
Mark Throne at ckins@rcn.com for more information.



*Make Memories
that will last Forever!*

CALL 610.253.2505 TO BOOK
YOUR 2018/2019 WEDDING!

THE PUBLICS COUNTRY CLUB!

Call for tee times
610-691-9453

GREEN POND
COUNTRY CLUB & BANQUET FACILITY

greenpondcc.com • 3604 Farmersville Rd, Bethlehem, PA

CENTER VALLEY, Penn. – May 18, 2018 – Putt U is celebrating its 20th anniversary by holding “The Craziest Mini-Golf Tournament Ever” on Saturday, July 14 at 9:00 a.m. and donating a total of \$4,000 to local charities.

In this special tournament, golfers must play 18 holes with anything but a regular putter. No golf clubs are allowed, so players are encouraged to bring the most creative and outrageous gadget they can use to putt with. Prizes will be awarded to the person with the lowest score and the person with the “best putting gadget.”

The two winners of Putt U’s tournament will each receive \$20 in cash and the qualified charitable organizations of their choosing will each receive \$2,000. The only limitation is that the winners’ selected charities must serve local residents.

Registration for the tournament is \$20, and the cost includes refreshments, door prizes, a commemorative T-shirt, and a pass for a future round of golf. Registration is limited to the first 150 golfers. All golfers must be pre-registered to participate. Visit Putt U or call 610-798-9800 to register or find out more information

Contact:

Attn: Randy Bloch

Putt U Miniature Golf

5201 Route 309, Center Valley, PA, 18034

Tel: 610.798.9800

Email: puttuniversity@aol.com



Is Having A

Patient Appreciation Day

June 23rd 1-4pm

Chair Massages, Bounce House, Balloons, Face Painting, Raffles, Prize Cube Game, 99.9 Radio Station Broadcasting, Franks, Pizza, and Rita’s Italian Ice.

Charles G. Wolfe, DDS

5250 Freemansburg Ave. Bethlehem Township
Www.TheBethlehemDDS.com

Office: 610-691-6522

Bruno Scipioni's

ITALIAN RISTORANTE

COME AND DINE WITH BRUNO!
GREAT FAMILY ITALIAN RESTAURANT



OPEN

Monday - Friday: 11 am - 11 pm
Saturday: 11 am - 11 pm
Sunday: 11 am - 9 pm

610.867.9040

E: bruno@bruno-s.com
WS: www.BrunoScipioni.com
FB: www.facebook.com/BrunoScipionisRestaurant/
4034 Easton Ave., Bethlehem, PA 18020



Visit Our Website And View The Latest Digital Issues At www.TownshipObserver.com



Taste

with a View

Enjoy a night out dining with Lehigh Valley's premier steak and seafood restaurant.

Historic Hotel Bethlehem
HISTORIC HOTELS OF AMERICA



437 Main Street • Historic Bethlehem • 610-625-5000
www.hotelbethlehem.com



Wolfe Dental *spa*

Charles G. Wolfe, DDS
5250 Freemansburg Ave. Bethlehem Township
Www.TheBethlehemDDS.com

Office: 610-691-6522



We are a family owned and operated office specializing in the Lehigh Valley for over 30 years.

Gift Cards are now available for both Spa and Dental Services.

We Feature



CIRCADIA
by Dr. Pugliese

Advanced Professional Skincare

SPRING SPECIAL
15% OFF
Spa Products

Charles G. Wolfe, DDS
Bethlehem Township · 610-691-6522
Offer expires 7-31-18

NEW PATIENT SPECIAL
**BRIGHT SKIN
BRIGHT SMILE
10% OFF**

Regular Price \$400.00
Whitening + Brightening Facial

* Must Be Prepaid

Charles G. Wolfe, DDS
Bethlehem Township · 610-691-6522
Not valid with any other offer or discount plan
New patients only. Offer expires 7-31-18

SPRING SPECIAL
NEW PATIENTS ONLY

\$49

EXAM (0105), CLEANING
AND BW X-RAYS

(\$247 VALUE)

Includes initial cleaning. Does not include perio or deep scaling if needed. Exam (0150), cleaning & BW x-rays subject to insurance (if applicable) includes initial cleaning. New patients only. Pan/full mouth x-rays are not included with this coupon

Charles G. Wolfe, DDS
Bethlehem · 610-691-6522

Not valid with any other offer or discount plan. New patients only. Offer expires 7-31-18.

SPRING SPECIAL
NEW PATIENTS ONLY

FREE

EMERGENCY EXAM
OR 2ND OPINION

(\$47 VALUE)

Subject to insurance (if applicable) emergency exam, consultation & necessary PA x-rays (0220) Does not include cleaning. New patients only. Pan/full mouth x-rays are not

Charles G. Wolfe, DDS
Bethlehem · 610-691-6522

Not valid with any other offer or discount plan. New patients only. Offer expires 7-31-18.



Spa 610-419-6788

Botox® / Dermal Filler / Kybella™



Micro Needling



Custom Facials



Microdermabrasion

Complimentary Skin Analysis

Connect with a doctor online NOW!



No appointment – No waiting. Sign up for FREE today!



**ALWAYS
Available**



**NO
Waiting**



**PRESCRIPTIONS
as Appropriate**

**\$49 OR
LESS**

**DOWNLOAD THE APP
AND SIGN UP FOR FREE!**



When you need care, let us bring a doctor to you.

From your smartphone, tablet or computer, it's never been easier for patients to access the expertise of St. Luke's telehealth services. Get a diagnosis or a prescription from a doctor. All in one quick session. You can count on the strength of the St. Luke's University Health Network to receive the highest level of care for yourself and your family.

St Luke's
UNIVERSITY HEALTH NETWORK

ConnectWithADoctorNow.org • 1-866-STLUKES