

TOWNSHIP OBSERVER

Community First



THERAPEUTIC MASSAGE
at
Center for Spine and Injury



484-821-0880
2591 Baglyos Circle Suite C44
Bethlehem, PA 18020

NEW CLIENT SPECIAL

\$45
**ONE HOUR
MASSAGE**

484-821-0880
2591 Baglyos Circle Suite C44 Bethlehem, PA 18020
Coupon must be presented at the time of the
massage, and can not be combined with other offers.
Offer expires May 31, 2018.

ISSUE NO. 19

We are Thankful of our Readers and Community

LATE JANUARY- EARLY FEBRUARY ISSUE 2018

5 GREAT PLACES TO SKI

Ryan Chadwick
Community Focus | Local Sports
PAGE 4

ATHLETE OF THE MONTH

T.J. Schaeffer
Community Focus | Local Sports
PAGE 6

WHY BE GREAT

Ron Ball
Faith
PAGE 7

YOU'RE ALL WITH ME RIGHT

Tracey c. Jones
Motivational
PAGE 9

EAGLES FANS FEELING SUPER

Brian Startare
Feature Article
PAGE 12

ROCKY II ?

SUPER BOWL PREVIEW

PAGE 10 - 13



PHOTO CREDIT : www.philadelphiaeagles.com

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



**DOWNLOAD
THE APP!**

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

St Luke's
UNIVERSITY HEALTH NETWORK

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



DISPLAY YOUR AD HERE

For a local story inquiries

Email: ArticlesBTO@gmail.com

For advertisement inquiries

Email: AdvertisementBTO@gmail.com

Bethlehem Twp.
18020, 18045
Distribution 10,000
*5,000 Delivered
to households*

Local Distribution:

- ShopRite
- Height's Deli
- Wine & Spirits (Madison Farms)
- Moyer's Lumber
- Young's Pharmacy
- Cigar's International
- Friendly's Mart (William Penn Hwy)
- Giant (Easton Ave)
- Speedway (Easton Ave)
- Valley Farm
- And over 45 more locations

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

Now Offering Residential Trash and Recycling Service in Your Community!

**CHRI
HAULING
INC.**



**SPECIAL OFFERS
CALL FOR PRICING!**

PLAN "A" (2) 96 gal. Toters **OR** **PLAN "B"** (2) 64 gal. Toters

(610) 258-8737

www.Chrin.org

An independent, family-owned and operated business serving the Lehigh Valley since 1961.

EXTRAORDINARY CORPORATE AND INDUSTRIAL CLEANING

10% OFF FIRST CLEANING



Professional Services, LLC.
Corporate & Industrial Cleaning

570-795-4256
www.jzproclean.com

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 SERVING 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.



CONTRIBUTORS

Pat Breslin | Publisher

Contributing Writers

Ryan Chadwick
Christian Jackson
Thomas J. Schaeffer
Ron Ball
Tracey C. Jones

Feature | Guest Writers

Garry Cobb
Brian Startare

INDEX

Community Focus | Local Sports - 4 - 6

Faith - 7

Motivational | Leadership- 8,9

Feature Article - 10-13

COVER STORY

Super Bowl Preview

PHOTO CREDIT

www.philadelphiaeagles.com

Graphic | Publication Design
ALBE Design

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

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



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

IT'S NEVER TOO COLD TO HIT THE SLOPES - FIVE GREAT PLACES TO SKI THIS WINTER SEASON

While this year's winter season has been a little up and down temperature wise, even the most optimistic among us have to realize that cold weather is still the destiny of the next several weeks. If you are getting a little tired of the daily routine and craving the cool rush that only a downhill slope can provide, check out these five area ski destinations.

1- Camelback Mountain Resort

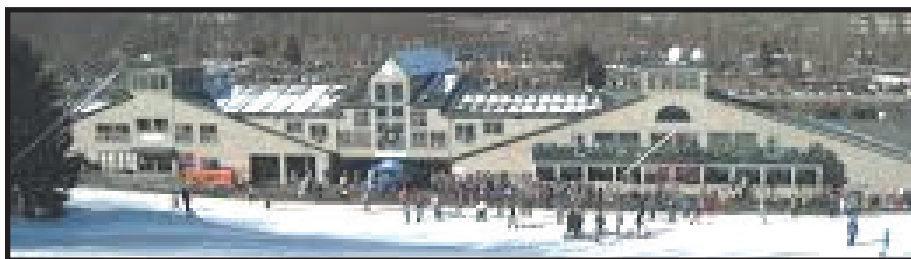
301 Resort Drive, Tannersville PA 18732

Camelback Mountain Resort is a ski and snowboard resort located in the Pocono Mountains region in Pocono Township and Jackson Township. This resort has been a mainstay for local skiers, having provided ski runs as far back as the 1950s. With over 160 acres of skiing and snowboarding the mountain offers 35 slopes with 15 ski lifts. Camelback has a full service hotel and offers snow tubing as well. This is truly a great place to get away with the entire family, regardless of skiing experience.

www.skicamelback.com

2- Shawnee Mountain Ski Area

401 Hollow Road, East Stroudsburg PA 18301



Shawnee Mountain Ski Area is easy to access, just quick trip up route 33, and offers 23 different slopes for all skill levels. Prices are reasonable and the staff is always ready to lend a hand to beginners. Hotel accommodations are available if you want to make a weekend out of it, but the fact that it's close makes it the perfect destination for a quick getaway. Shawnee is perfect for beginners wanting to experience the thrill of the slopes for the first time

www.shawneemt.com

3 - Jack Frost Ski Resort

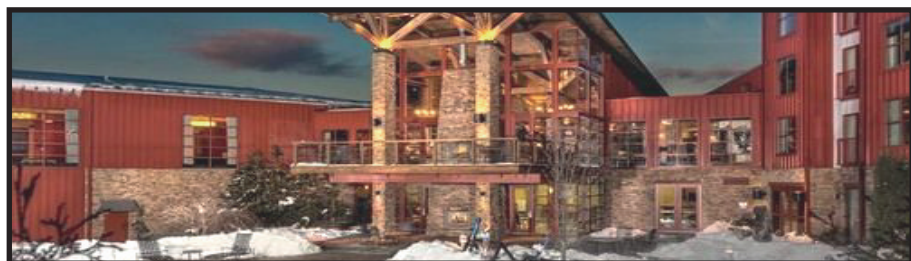
434 Jack Frost Mountain Road, White Haven PA 18661

Jack Frost Ski Resort opened its slopes in 1972. Located near White Haven, Jack Frost is also part of the Pocono Mountain region. This quaint destination offers 20 trails for all skill levels but it's true selling point is the terrain park. The terrain park, for either skiing or snowboarding offers thrill seekers a different experience than the tradition downhill run. The Hotel is beautiful if you want to make a weekend out of it and the fact that you can choose how to spend your time on the slopes makes Jack Frost a must see this winter.

www.jfbb.com

4 - Bear Creek Mountain Resort

101 Doe Mountain Lane, Macungie PA 18062



Bear Creek Mountain Resort is our areas very own skiing destination. Situated just outside of the Emmaus area, Bear Creek Mountain Resort offers something fun for everyone in your family. With plenty of slopes to keep the skiing and snowboarding enthusiasts content, the other amenities will keep the low key person in your family happy. Whether it's a fun run down the tubing trail or a lengthy message in the spa area, Bear Creek is the perfect place to run away too for a day or a long weekend. The fact that it's close to home certainly makes this destination that much more attractive.

www.bcmountainresort.com

5 - Blue Mountain Ski Area

1660 Blue Mountain Drive, Palmerton PA 18071

Continued on page 5



SYMONS SANITATION INC.

Commercial • Residential • Industrial
Container Service 1-25 Cubic Yards
Prompt & Reliable

P.O. Box 106
Bethlehem, PA 18016

610.868.6221

symonssanitation@gmail.com
www.symons-sanitation.com



BEN KING Sales Consultant

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

400 S. West End Boulevard, Quakertown PA 18951



Continued from page 4

Blue Mountain resort is located near Palmerton Pennsylvania. Opened in 1977, Blue Mountain has quickly become the areas premiere destination for skiing and snowboarding. Just a short trip away from the township, Blue Mountain is perfect for all ages and is close enough for a day trip. With almost 40 runs available for all skill levels as well as tubing and other fun activities at the lodge. Blue Mountain is beloved by all who have spent time there and may soon become your families' favorite destination. The fact that it's close is a great selling point and the sheer amount of open runs means your family will have fun for hours. If you are a newcomer looking to test the waters so to speak Blue Mountain is very encouraging to beginners and has ski instructors available.

www.skibluemt.com

So whether you are a snow bunny looking for a new place to explore or a beginner thinking about giving it a go, we here at the Township Observer think that these five places are can't miss locations for great family fun. Whether or not Old Man winter cooperates weather wise, all of these locations make their own snow, so don't let that deter you. If you are looking for a fun adventure, why not hit the slopes this winter?

By Ryan Chadwick

A week and a half removed from their last meeting at Freedom, the Lady Hawks and Lady Pates basketball teams squared off again on January 23 at Bethlehem Catholic High School for a rematch of what was certainly a very memorable game. Last time these two teams met, Freedom walked away with a shocking, wild, and emotional 66-59 win over the defending PIAA 4A state champions. The team's confidence was at an all-time high, rightfully so. They would need all of it headed into their next meeting with Becahi.

The formula for success last game was firmly on the shoulders of Freedom senior Kyra Jefferson, who scored 28 points against Becahi last meeting. That's exactly how Freedom would begin the game, a basket by Jefferson to go up 2-0. From there, the tables started to turn in the other way. Bethlehem Catholic would begin to work in the game plan that kept them in it on the eleventh. Give the ball to Taliya Medina. The six-foot sophomore sensation was too much for the Freedom defense in the first quarter as the Lady Hawks would take a firm 11-2 lead at the end of the first quarter, going on an 11-0 run for long remainder of the period.

What also lead to success for the Lady Pates last time was being able to drive the ball down the lane against a big and tough Bethlehem Catholic defense. After perhaps being a bit outplayed last game, the Lady Hawks got it together on this night and wouldn't let Freedom anywhere near the basket, which was the game plan they needed to execute to be successful. Turnovers and miscues a plenty on Freedom's end would lead to a 23-10 score in favor of Bethlehem Catholic headed into halftime.

CASH BINGO FREEDOM HIGH SCHOOL BASEBALL

Sunday, February 25th @ 1:00 pm
Doors Open @ 12pm

Freedom High School Cafeteria
3149 Chester Ave. Bethlehem, PA 18020

20 Games for \$20 in advance
\$25 at the door

Raffles, 50/50 Drawing and Refreshments!

Special Games: Cash Prizes ranging from \$50 - \$750!!!

For Tickets, order forms, and info email fhsbaseballbingo@gmail.com
or call 610-216-0484

HELP SUPPORT THE FREEDOM FAMILY OF BASEBALL!

SWEET REVENGE

Lady Hawks Win Grudge Match Against Freedom After Shocking Defeat



To make it a game, Freedom would need to shift their game plan entirely to what made them successful last time. Be more aggressive, which head coach Dean Reiman stressed following their last win against Becahi. This game would continue to turn into a runaway in the second half, however. The Lady Hawks opened up a 21-point lead in the third quarter. Freedom would pull to within 10 points after that, but this game was never close as Bethlehem Catholic would show why they are the defending state champions as they rebound to win 54-43 over Freedom.

It was a complete victory for Becahi as they got revenge and are still undefeated since dropping their last game versus Freedom on the twelfth, improving to 14-2 overall. The Lady Pates were also undefeated as well until losing to Bethlehem Catholic January 23, falling to 11-3. Taliya Medina of the Lady Hawks was once again the leading scorer for Bethlehem Catholic with 15 points. Hope Brown also had a very solid day along with Medina, finishing with 14 points.

On January 12, seven Lady Pates tallied points against Bethlehem Catholic. On January 23, just four got on the board. Freedom's Jennifer Kokolus was the leading scorer this time for the Lady Pates with 16 points. Kyra Jefferson, who had an astounding 28 points last time against Becahi, was held to only eight points this time. Both teams are in good shape as the season heads into the final stretch, as Becahi and Freedom are both top three times in the Eastern Pennsylvania Conference Steel Division.

By Christian Jackson

The Township Observer Athlete of the Month: Chrystain Simmons

Article sponsored by The BAYOU

January has officially rolled around, bringing 2018 and exciting winter sports along with it. From wrestling to rifle to swimming to basketball, sports around the valley have been extremely competitive all season long. As superior athletes in Bethlehem continue to dominate their respective sports, there are some lesser-known athletes that perform their roles to the best of their ability, becoming an integral part of their team's success. Chrystain Simmons, a senior at Freedom High School, is one of those athletes, which is why he's the Township Observer's Athlete of the Month. TJ Schaeffer sat down with Chrystain to talk about his favorite sport and life.

Q: What got you started into basketball?

A: "I started basketball in 2nd grade because you [TJ Schaeffer] and Garrett [Duh] were telling me that basketball was really fun and the team you guys played for was winning, so I thought I would give it a shot."

Q: What did you like about it that made you stick with it?

A: "I thought it was really fun. When I was little, I always wanted to be a multi-sport athlete. Football was always my #1 sport, but I just fell in love with the game of basketball in high school."

Q: How did you balance school with sports? How did you stay involved with the sport?

A: "With being a student-athlete, you have to get your school work done. At the same time, however, you must find time to practice. So, a lot of times after practice, I would get home and just get my work done so I could go to sleep. Staying involved, I just played all the time throughout middle school and high school."

Q: What do you believe to be most notable trait/skill as an athlete/basketball player?

A: "I do what it takes to win. I'm not necessarily exceptionally skilled in one particular thing or another, but I will dive for a loose ball and I will do whatever it takes."

Q: What is most important to you as an athlete? What excites you the most?

A: "Winning, because the more you win, the more people that come to your games and the more fun you have. It's a lot of fun playing in front of big crowds, like the game we had against Bechai the other day (Freedom only lost to Bechai by 5)."

Q: Who do you make your success out to?

A: "My mom because she has been there since I was little. She always walked the extra mile for me. I take it if she could do all this stuff for me, then why can't I play basketball for her. Also, my little cousins, who are in my iPhone wallpaper holding up a sign for me against Liberty. Just putting on for the fam."

Q: What are your plans post-high school?

A: "Temple University is my #1 school right now, and I'm probably going to study pharmacy. Basketball in college isn't really a priority for me, but I can play intramural basketball and still go to the gym."

Q: How do you believe your season has gone? Individually? Team? Compared to the pre-season? What are you looking forward into the future?

A: "As a team, we expected this, to be the underdogs every game, and we are always undersized as it is, so every game is going to be a dogfight. We just have to do the little things to win. Individually, I would never think this was going to happen. I'm a starter on the team, but at the beginning of the season, I wasn't even playing. I enjoy it, but it's sad knowing that the season is going to end in the next couple weeks."

Q: What is your advice to young, upcoming athletes?

A: "Don't let the experience pass you by. A lot of times, older kids always tell you 'It goes fast,' and you're like 'Whatever.' I remember freshman year perfectly. If I could back and relive it, I would. Time flies."

Q: What have you taken from basketball? How has it changed you as a person?

A: "It makes me live in the moment. I'm going to be an adult very soon having adult responsibilities, and I wish I just could be a kid forever. When you're a kid, you always want to do these 'grown up' things, but when those responsibilities come, you don't want to do them. Basketball just allows you to have fun and enjoy it, since it's going to come to an end sooner or later."

By T.J. Schaeffer




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



Simmons high-fiving teammates before a Freedom Game

Photo Credit: Tom Buchner

**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

WHY BE GREAT?

The D-Day Allied invasion of Europe was one of the most important days in human history. 156,000 brave soldiers risked everything to break the Nazi hold on Europe. After more and more came ashore, the fighting was so intense that there were eventually 209,000 Allied casualties. 53,714 men died. Most of these soldiers were young, in their twenties. A few years or months before they had been high school students, factory workers, farmers, college freshmen, and many other ordinary occupations. An astonishing percentage were volunteers.

In addition to military training these young men had been told what the Nazis had done to millions of innocent people and what they were likely to do to more innocent people if their world-wide aggression was not stopped. These soldiers were determined to defeat the Nazis. If you have ever wondered about the motivation that filled the hearts of these dedicated soldiers one simple story may answer your question.

In the middle of the invasion, on the first day, as waves of men struggled ashore in the face of murderous fire, one particular transport stopped and discharged its nervous occupants. Every man was armed and equipped for battle. Every man except one. Bill Millin was dressed in a Scottish kilt, armed only with a ceremonial dagger stuck in a stocking and a bagpipe. When the transport unloaded, Bill jumped out with his fellow soldiers and waded ashore with bullets punching around them. Before he even reached the beach, he opened up his bagpipe and began to play "Hieland laddie". He kept playing even when the man behind him was hit and dropped into the water.

When he arrived on land Bill continued to play song after song. He marched up and down the beach as men fell all around him. He ignored the guns and seemed oblivious to the mortal danger. Men began to cheer. Soldiers cried and pushed harder against the enemy. Bill played songs they knew. Songs from their childhoods. He played until the inspiration lifted everyone within earshot. Even his commander Lord Lovat, moved by the music, called to Bill above the noise and chaos to keep playing. One soldier, Tom Duncan, said years later, "I shall never forget hearing the skirl [music] of Bill Millin's pipes. It is hard to describe the impact it had. It gave us a great lift and increased our determination. As well as the pride we felt, IT REMINDED US OF HOME AND WHY WE WERE FIGHTING FOR OUR LIVES AND THOSE OF OUR LOVED ONES."

Bill Millin survived the war and died in 2010 at the age of 88, loved and respected by all who knew and remembered him. You need a great reason to be great. It is not enough to want greatness so you can dominate other people or have more money to spend. True greatness is inspired by great motives. You need a purpose greater than yourself to be great. The soldier who left a record of Bill's D-Day courage pointed to the reason for his and the other soldier's greatness that day, "IT REMINDED US OF HOME AND WHY WE WERE FIGHTING FOR OUR LIVES AND THOSE OF OUR LOVED ONES." Why are YOU fighting? Why are YOU working? Why are YOU building? What is YOUR reason to pursue greatness?

If you want to be great, find and do God's will for your life. Fight for the welfare of your loved ones. Spread good to as many people as possible. Support freedom and righteousness everywhere you can. Be great and do great. If you enjoy great blessings as well, that is also good. But the greatest blessing is for God to use you to bless others. The Bible says in I Corinthians 10: 31, "...whatever you do, do it all for the glory of God."

Go to www.choosegreatness.com today for more insight into living a great life and to watch Choose Greatness: Your Key to a Happier Life, Tuesdays and Thursdays at 4:30am EST/1:30am PST and Mondays and Wednesdays at 4:30pm EST/1:30pm PST.

Please tune in to TBN Salsa to watch Ron's show, Choose Greatness: Your Key to a Happier Life, Tuesdays and Thursdays at 4:30am EST/1:30am PST and Mondays and Wednesdays at 4:30pm EST/1:30pm PST. <http://tbn-salsa.org/index.php/watch>.

If you missed any shows, you can watch them on our YouTube Channel:

<https://www.youtube.com/channel/UC9hfhg3gJWYP8auB02aoerA>

Like us on Facebook: <https://www.facebook.com/ronball/>

By Ron Ball

**Your yard is
calling you...**

Plan your outdoor projects today!

WEEKEND RENTALS

PICK UP Friday 3-6 PM

RETURN Monday 7-9 AM

ONE DAY CHARGE!



QUAKERTOWN

EASTON

ALLENTOWN

610-253-7368

www.orerentals.com

HOW TO INSPIRE YOU (and your children) TO GREATER SUCCESS

Little Alfredo was enjoying a happy childhood in Palaco, Mexico when a series of disasters tore into his life. His father's once prosperous business fell apart forcing him to declare bankruptcy. The family's finances became so bad that his mother was forced to make clothing to sell to the local prostitutes. When it seemed that nothing worse could happen young Alfredo's world was again rocked when his sister died and he was left to deal with his grief and confusion.

When Alfredo was fifteen his family sent him to California to work with his uncle harvesting farm fields. He spoke no English and weighed only 92 pounds. He worked through the summer, sent much needed money home to his family, then went back to Mexico. A few years later he returned to California determined to find a way to succeed. He found a job shoveling sulfur which provided income but made him smell horribly of "rotten eggs." He still spoke no English.

Soon he became restless and decided to attend classes at the University of California at Berkeley even though he was not a registered student (and still did not speak English.) Two professors noticed him and were impressed with his positive attitude and high level of commitment. They encouraged him to remain in class and learn English which he did (although they had to overcome the fact that he still smelled like "rotten eggs.") He worked hard and became such an exceptional student that arrangements were made for him to officially enroll in the university.

He quickly mastered English and produced grades high enough to place himself on the honored Deans List. As he approached graduation he decided to aim high and apply to Harvard Medical School. He was immediately accepted. When he arrived in Cambridge, Massachusetts to begin classes he was shocked by the cold weather. After growing up in Mexico and living in California he had never experienced the cold of a New England winter. Alfredo eventually married, had a daughter, became a naturalized American citizen and graduated from medical school.

Today he is considered by many in his field to be the top brain surgeon in the entire world. What inspired Alfredo to reach such heights of greatness? What happened to launch him from rural Mexico to the pinnacle of his profession? The answer may surprise you. When Alfredo was twelve years he was captivated by the adventures of a Mexican comic book super hero named Kaliman.

Kaliman used his powers to do good and help people in need. Young Alfredo wanted to be Kaliman. The more he read of the exploits of his hero the more he believed that he could become a hero as well. Psychologists call this "the narrative effect." When you create a heroic narrative story of your own life, that script helps you become a hero. Do you want to inspire yourself to greatness? Do you want to inspire your children to greatness? Then expose yourself (and them) to inspirational leaders and motivating stories.

Choose to mentally live with positive people who do good and honor God. Study great Bible leaders such as David, Moses, Joshua and the apostle Paul. Plunge into the life of Jesus and let Him saturate your life. Live with heroes and become heroic. Live with greatness and learn to be great for the glory of God. The Bible says in Philippians 4:8, "Finally...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think on these things."

Go to www.choosegreatness.com today for more insight into living a great life and to watch Choose Greatness: Your Key to a Happier Life, Tuesdays and Thursdays at 4:30am EST/1:30am PST and Mondays and Wednesdays at 4:30pm EST/1:30pm PST.

Please tune in to TBN Salsa to watch Ron's show, Choose Greatness: Your Key to a Happier Life, Tuesdays and Thursdays at 4:30am EST/1:30am PST and Mondays and Wednesdays at 4:30pm EST/1:30pm PST. <http://tbn-salsa.org/index.php/watch>.

If you missed any shows, you can watch them on our YouTube Channel:

<https://www.youtube.com/channel/UC9hhhg3gJWYP8auB02aoerA>

Like us on Facebook: <https://www.facebook.com/ronball/>

By Ron Ball



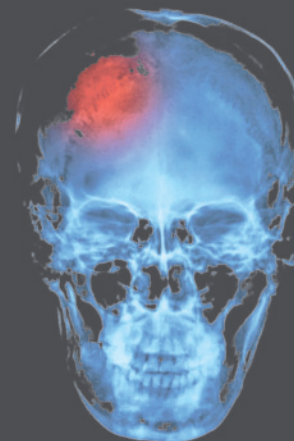
CONCUSSION

"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



YOU'RE ALL WITH ME RIGHT?

Understanding Bias Awareness

I spent the past week teaching the future generation of leaders at the Kosovo Leadership Academy located in Mitrovica, Kosovo. The school opened in 2015 and in addition to teaching cognitive skills, it infuses lessons of character, leadership, and personal development for students grades 6 through 11.

One of the lessons we shared encompassed an element of critical thinking and a challenge for students to think in a metacognitive fashion. We dove deep into self-awareness and the real probability that others may have a viewpoint or perspective vastly different than their own. It was an especially powerful teaching experience for me to conduct this class in another country with a group of students who have childhood, educational, and life experiences different than my upbringing.

I was struck by the fact that although we bring forward our own bias, assumptions and blind spots as a result of our innate coding and unique familial and cultural perspectives, there are many areas where we seamlessly connect. As I shared lessons

on leadership, personality, friendship, setting goals, and followership, I watched closely to see how the universal truths landed. Whenever a redirect to the front of the class was in order, the teacher would say, "Learn It" and the class would respond, "Live It".

It was a simple yet effective reminder that everything we process to learn, must be applied in our daily lives. While we need to be in a state of situational awareness so that we do not fall prey to false assumptions and biases, we should also strive to find the underlying threads of timeless truths that unite us all. Recognizing bias is great; overcoming bias is tremendous.

Truth stands on its own legs. Contexts and application may change, but that doesn't change truth; it changes how we "Live It". We are all products of what's been poured into our proverbial bucket of life. In watching the students process this fact and heighten their own self-awareness I could see the light bulbs flashing above their heads. None of us is ever purely objective, however, that doesn't negate the fact that there are universal truths we

should all seek to incorporate into our lives. Cleaning the lenses of our own glasses removes the smudges left by bias.

Bias can be a huge crutch to lean upon. We have to be unlearning as much as we are learning and that is a constant evolution of hearing and doing. I have often dismissed poor actions or miscommunications as a product of two or more individuals speaking different "languages." I see now that I was doing humanity a grave disservice. Leadership entails working with one another to hear and process divergent viewpoints from all sides. Until that happens, we are not learning and we are certainly not living. We are ignoring, silencing, or vilifying.

I was honored to personally witness the cultivation of a fresh new generation of leaders in Kosovo and to work alongside the parents, teachers, and volunteers who are working to bring awareness and unity through education and development. I am excited to return many times in the future so I can watch these young people tamp out their biases and learn to speak the universal language of character.

By Tracey C. Jones



TREMENDOUS TRACEY

Leadership with a kick

Speaker • Author • Consultant • Leadership Expert



Featured Expert on: CBS NEWS RADIO FOX NEWS Recruiter HR.com monster

catalyst

CAI's Leadership Training Program

IS YOUR ORGANIZATION PREPARED FOR ITS FUTURE?



Studies show that when organizations invest in leadership development, they:

- Attract and retain talent
- Drive a performance culture
- Increase organizational agility
- Build a strong leadership pipeline

CAI's Catalyst Leadership Training Program® facilitates the learning of core management and leadership competencies that drive organizational performance. An organization's ability to nurture these skills in their management team can make the difference between success and failure. Whether you're interested in your own self-improvement or in developing leadership capabilities in your team or organization, CAI's

Catalyst Leadership Training Program® offers a web-delivered, competitively-priced solution.

Individual Courses

Enroll yourself or your team in one or more of the following courses to address development gaps or build on your strengths:

- Management vs Leadership
- Understanding Who I am as a Person, a Leader, and a Manager
- Focusing on the Human Dimension
- Performance Management
- Teams and Teamwork
- Managerial Decision-Making
- Becoming the Change Agent Your Organization Needs

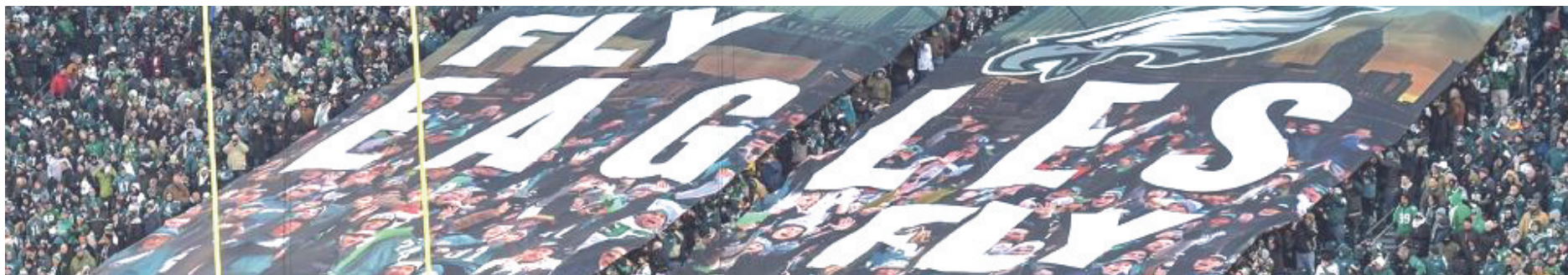


By taking our simple CAI Leadership Quiz you can identify areas Catalyst will enhance the leadership strengths of your organization.

www.Leadership.Compaid.com

For more information contact:
Pat_Breslin@compaid.com

THE EAGLES DEFENSE MUST PRESSURE AND POUND BRADY FOR SIXTY MINUETS



The Eagles defense will have their work cut out for them on Sunday February 4 at Super Bowl LII as they attempt to outplay the great Tom Brady, and his New England Patriots.

First of all, it's imperative that this defense be ready to focus their efforts and compete with every ounce of energy they have until the clock reads 00:00 at the end of the second half. Eagles defensive coordinator Jim Schwartz and the Birds defensive coaching staff need to be ready to adjust during the game because Bill Belichick and the Patriots staff may be the very best in the history of the sport at making adjustments during the contest.

From a matchup stand point, the key to the Birds defensive success against the Pats starts in the middle of their defensive line with Pro Bowl defensive tackle Fletcher Cox and his partner Tim Jernigan. These two need to get penetration up the middle when pass rushing and they must push the pocket back into Brady's face. Cox, Jernigan and their backups Beau Allen and Destiny Vaeao must dominate that battle with the Patriots center, David Andrews and the two guards, Joe Thuney and Shaq Mason.

New England's future Hall of Fame quarterback has no problem stepping up and avoiding the pass rush of defensive ends. It's the pressure in his face that forces him to take his eyes off of downfield targets and move out of the pocket. He can't run so most of the time, he will try to slide in the pocket, avoid the rush and continue looking for an open receiver. Brady is at his best when he doesn't have to move off of his spot in the middle of the pocket. Cox and company must force him to move.

The fact that the Eagles rotate their defensive line will be a big plus because they must maintain the pressure on Brady and hit him every chance they get. Pass rush pressure from their front four is a requirement for the Birds because Brady has always been very good at recognizing blitzes, adjusting the blocking scheme to pick it up, then getting the football out of his hands before the rush can get to him. Schwartz can sprinkle in some blitzes, but he can't do it too much or Brady will make him pay.

The defensive ends will need to play at a fever pitch for the entire game, as well. Brandon Graham, Vinny Curry, Chris Long and Derek Barnett must have Brady running for his life for sixty minutes and more if the game goes into overtime. The defensive ends need to be thinking "strip sack", if they get the chance to force a fumble.

The Patriots are going to try to exploit the matchups between their speedy and quick running backs Dion Lewis and James White versus Eagles linebackers Nigel Bradham and Mychal Kendricks. Both of the Eagles defenders are good coverage backers, but the Patriots running backs are outstanding pass receivers, so you know these are going to be key battles and an important part of the Patriots passing game plan. I would advise the backers to get physical with the undersized backs each time they get the chance to hit them. The physical pounding will gradually slow them down.

Schwartz and company should assume Patriots Pro Bowl tight end Rob Gronkowski is going to play. At this moment that I'm writing this article, he's not cleared to play, but the Eagles should assume that he is going to play, so that they're prepared for him. It's nearly impossible to find a perfect matchup against him, but I expect the Birds to give safety Malcolm Jenkins the primary job of covering Gronk, when the Eagles are in man-to-man coverages. I think they need to double team him at times, and also let the Birds backers, Bradham or Kendricks matchup with him on occasion. He's going to catch some passes, but they must battle him and contest every pass.

The Patriots wide receivers are more quick than they are fast. The two burners they have in the group are Brandin Cooks and Phillip Dorsett. The rest of them, Chris Hogan, Danny Amendola and Kenny Britt are more possession receivers. The Birds linebackers and secondary must tackle well in the open field. It means wrapping up each ball carrier and pounding them each chance they get.

Every time the Birds cornerbacks, Jalen Mills, Ronald Darby or Patrick Robinson line up on Cooks, they've got to be thinking of him going deep, especially if they're in a coverage where neither Rodney McLeod nor Jenkins is backing them up. I also expect the Pats to run a couple of double-move routes because both Mills and Darby have been beaten by them. The Birds can't afford to give up any long touchdown plays to the Patriots. They must make Brady and company work for everything they get.

The Patriots running game isn't dominant, but it's effective enough to keep the defense honest. The Pats were tenth in the league in rushing, so they are capable of hurting you on the ground, if you don't keep lane integrity, which means every Eagles defensive player occupy the correct gap on each play. They must be disciplined and focused for the entire game versus the Pats.

The Eagles defense, which was number one in the league versus the run, must eliminate New England's running game. They must take run away and force Brady to throw the ball nearly every play, so that the pass rush can pressure him and pound him. If New England is allowed to run the football, the Birds are in trouble.

The Birds defense must be thinking of ways to force a turnover on each play. The second, third and fourth man in on a tackle must be going after the football. Every time they get the chance to sack Brady, they must be thinking strip sack. The Eagles defense needs to force at least two or three turnovers. That means the defensive backs and linebackers must catch the football if it hits their hands.

The Eagles can win this game, but the Birds defense will need to play their best football of the season. The key to it all will be Cox and the big fellas upfront. They must dominate from start to finish. I think they're capable of it, but they've got to go out and do it.



By Garry Cobb
www.GCobb.com

Motivational Speaker
Former NFL Player
GCobbMedia@gmail.com (856) 673-6282

Dr. Kyle A. Emerich
Chiropractic Neurologist
Phone: (484) 821-0880

Email: EmerichCCN@gmail.com
Web: EmerichChiropractic.com

2591 Baglyos Circle Suite C-44 Bethlehem, PA 18020

EAGLES VS. PATRIOTS SUPER BOWL: THEN VS. NOW

On February 6th 2005, the New England Patriots squared off against the Philadelphia Eagles to decide a champion for the 2004 NFL season. It was Super Bowl XXXIX (39). While the Eagles had their chances to win that day, ultimately it was the Patriots who were victorious, winning the game 24-21. Thirteen years later these two teams will once again battle it out on the gridiron. Almost all the faces are different for both teams (save for Tom Brady and Bill Belichick) but if you examine these teams there are a lot of similarities heading into Super Bowl LII (52).

Ultimately it all comes down to how the players perform on the field, but in the interest of predicting a winner let's take a look at how this year's Eagles team can go back in time to win the Lombardi trophy this time around. Back in the 2004 season the Patriots were trying to win their third title in four seasons, having defeated

the Rams and Panthers previously. Tom Brady was an up-and-coming superstar and the Patriots defense was one of the most talented in the League.

Bill Belichick had been around the block but his true mastery of the game had yet to be truly cemented as the greatest to ever coach. The Patriots benefited from a solid ground game that year and offensively they liked to spread the ball around to many different targets. This is to say that they never had to rely on one offensive superstar to score points.

The Eagles on the other hand had been to the NFC championship four years in a row, they brought in high profile Wide Receiver Terrell Owens to bolster their offensive output and their defense, while solid, wasn't the best that the city of Philadelphia had seen. It could be argued that the Eagles, which superstars Donovan McNabb

and Owens were the bright light of the league and certainly favorites to win the game.

In the end it was the methodical approach of the Patriots (and an unfortunate McNabb vomit episode) that led the Patriots to the championship. Fast-forward thirteen years and this time around the Patriots are favored. Their defense is nothing to write home about and their offense is a little on the unbalanced side. They rely on superstar Tight End Rob Gronkowski to provide mismatches and their running game isn't that strong. Yet for the Eagles, they more closely resemble the 2004 Patriots than the Patriots do.

This is an up-and-coming team. They go to this point in the season thanks to the MVP caliber play of their Quarterback Carson Wentz, who suffered a season ending knee injury in December. This Eagles team is

truly that, a team. They spread the ball around to multiple offensive weapons. They lean on their truly elite defensive unit and their special teams, while not eye popping, have provided the team with consistently above average play all season.

The Eagles don't rely on just one player or one unit to win games. In the NFC championship game vs. the Minnesota Vikings the Eagles had three players gain almost 100 yards and their balanced attack kept the game clock running so at the end of the game the Eagles had dominated time of possession. The Eagles have a reliable kicker in Jake Elliot (just like the Patriots did in 2004) and while their head coach (Doug Pederson) has not yet cemented his legacy in the league, he is beginning to prove that he belongs and the players believe in him and his decisions.

Pederson has shown all year that he isn't afraid to go for it on 4th down and he has shown that he is willing to keep the foot on the gas deep into games, believing that no lead is safe. It is these kinds of trends that will absolutely help the Eagles defeat the Patriots. Strong defensive unit that can pressure Brady? Check Coach willing to take chances to get his team points and then keep rolling? Check Balanced offensive attack that doesn't need just one player to shine? Check And finally, and arguably most importantly...A belief that this team can win? Check

You see, this version of the Philadelphia Eagles resembles the 2004 Patriots in all the right ways but at the end of the day, the 2017 Eagles have created their own identity. They are a team down to the truest sense of the word. Together they have achieved more than most thought possible this year. And together, they have a real chance to achieve what Eagles fans have desperately longed for since the inception of the Super Bowl over 50 years ago. To hold up the Lombardi Trophy and be crowned Champions.

**By Ryan Chadwick
Sports Reporter**

PHOTO CREDIT : www.philadelphiaeagles.com

WE ARE IN THE NEIGHBORHOOD





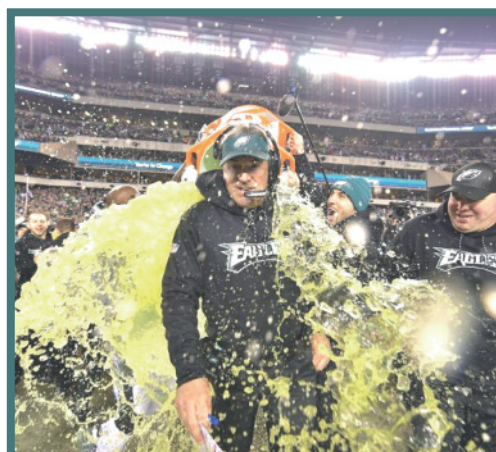
Beth El Gibor

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





Care Anywhere

DOWNLOAD THE APP!

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



St Luke's
UNIVERSITY HEALTH NETWORK



EAGLES FANS FEELING SUPER

"There are no worse fans in sports than Philly fans. I'm guessing many -- not all -- are subhuman. I wanted to laugh watching their 'celebration' Sunday night but I was too busy crying. What a joke they are. What an embarrassment."

-Ron Cook – Radio Host 97.3 Pittsburgh

It has been nearly a fortnight but Eagles fans are still basking in the glow of a decisive 38-7 drubbing of the Minnesota Vikings in the NFC Championship game held at Lincoln Financial Field. The blowout victory catapulted the Bird's to the franchise's third Super Bowl appearance, still searching for that elusive first Lombardi Trophy. They will now get their chance Sunday versus Tom Brady and the Patriots, a rematch of Super Bowl 39.

In the aftermath of the game's final seconds, victorious celebrations were being set off throughout the Delaware Valley. The joyous midnight green laden fans scaled the poles at Cottman and Frankford, despite the Crisco grease applied to halt such actions. They danced, they drank, they high fived up and down Broad Street. Eagles fans shouting incessantly the team's well known cheer as the Fight Song bellowed off the walls of City Hall. A cacophony orchestrated from relief and pent up emotion. It was a party that the city and its fans were waiting 13 long years for. It happened. The Eagles were headed to Super Bowl 52 in Minneapolis. Rejoice. And rejoice they did.

Let's rewind shall we? The early afternoon clouds with slight slivers of sunlight cascading down of fired up Eagles fans, tailgating in true Philly fashion on the hard asphalt tops surrounding The Linc. And amidst the majority of the peaceful beer drinking, corn hole playing, football tossing, amateur chefs of Eagles Nation were the several bad apples, okay, maybe a bushel, poisoning the day. The ones that always seem hell bent on keeping the passionate Philadelphia fans stuck forever with the national moniker of drunken louts. Those Philly fans are the worst.

You've seen the videos by now. Several, mostly young and foolish misguided punks, who thought it was a good idea to hurl full beer cans at the visiting purple clad Viking pack walking though the pre-game parking lot parties. Several other pre-game videos surfaced with over the top heckling Eagles "fans" making life miserable for those who dared to wear the opposition's colors.

Across the way, in what seems to be a pattern of late, a 19 year old drunken fool was led away in handcuffs, left in a bloody mess after police had determined he punched a horse. He had it coming; the punk, not the horse. When you think about it, there are 70,000 people gathered hours before the actual game itself. Some will over indulge

and some will act in foolishness. And make no mistake, in this day and age, there are always cameras rolling. Everyone has a cell phone at the ready to capture another embarrassing moment that will soon be uploaded to social media for the world to feast upon.

Bottom line: If it bleeds, it leads. It's boorish behavior and there's zero excuses for those who partake but as well know everyone slows down to see the wreck on the highway. However, there was much more that the cameras failed to capture that day. Nary did we see the many peaceful exchanges between Vikings and Eagles fans having a few beers together talking football and talking about their travels. Did you see the one where the nice couple from Minnesota spent 30 minutes laughing it up with the green legion? I did. How about all of those pleasant exchanges inside the Linc during the game? No? Well, guess what? They happened, I was there.

Now, just a few days before the game, a Minnesota television station warned those Vikings fans that were brave enough to travel to our town that they should look out for the gangs of green. "It's no joke in Philly" they offered. There will be trouble. Well, the facts are the facts. Did you know in 2014, Vikings games averaged 41 fan ejections? Now if that doesn't say frustration. Also, in 2013 during the playoffs against Green Bay, there were a total of 21 arrests and 91 ejections. I bet if it happened in Philly you would've know that for sure.

Truth be told, there were just a handful of the ordinary ejections at the Linc one might expect in a night game of this magnitude. There were zero reports of violence inside the stadium, and on the contrary, many more exchanges of civility and celebration could be found. Even in the aftermath and the crazy celebration there were just six arrests reported by police, and just *two* for disorderly conduct. Yes, *two*. There was one little bonfire, two fools with a disgusting sign and thousands more dancing in the streets in euphoria. No one died, no one got hurt. The city is still standing. But yet, social media was ready to dump on Philadelphia sports fans again over the actions of a few:

"There are no worse fans in sports than Philly fans. I'm guessing many -- not all -- are subhuman. I wanted to laugh watching their 'celebration' Sunday night but I was too busy crying. What a joke they are. What an embarrassment."

-Ron Cook – Radio Host 97.3 Pittsburgh

This coming from a man who covers Pittsburgh sports, who despite having recent successes and titles have had their share of fan unruliness. They once had a game in 2013 where 56 people were arrested at Heinz Field. As 94WIP's



PHOTO CREDIT : www.philadelphiaeagles.com

Rhea Hughes correctly responded in a radio interview with Cook, "I don't recall us calling you animals or subhuman." No, we didn't.

The fact remains that there are drunks and louts everywhere. There are fools out there in stadiums across the NFL who are oblivious to know right from wrong or what civility means. Like the many cases in Cleveland, Green Bay, New York, and in Dallas, (no, not Dallas) an entire team's fan base should not be blamed for the actions of those misguided "fans" who practice hooligan behavior. The great fans of Philadelphia continually apologize for those actions but shouldn't have to. In Philadelphia, the stereotype of the worst fans in America perpetuates and sadly will remain but we don't care. We know who we are. The Eagles still have a football game to play. And 30 other teams do not. There's an old adage in sports that reads, "When you win, act like you've been there before." Well, after Super Bowl Sunday, Eagles fans may just have that chance.

By Brian Startare

Brian is co/author of the book "This day in Philly Sports" ..He was a long time radio host on 94 WIP radio station and is currently the announcer for St Joseph University Men's Basketball.

4 Unique Super Bowl Party Foods

Well, in case you somehow didn't hear, the Philadelphia Eagles are going to Super Bowl LII to face the New England Patriots! This certainly means that Super Bowl parties around Bethlehem Township, the Lehigh Valley, and the Philadelphia region will be turned up a few notches (responsibly of course).

Sure, pizza, wings, chips and dip are cool at Super Bowl parties, but that's a bit too cliché. Super Bowl parties are more than likely going to be bigger than any other year, which means you're going to need more ideas for some food at your shindig. Look no further, here are five unique Super Bowl party food ideas for your friends and family.

1. Spinach Cups (original recipe provided by Tanya Dewalt)

These baked snacks aren't only delicious (trust me, they have my personal endorsement), but they're a bit of a healthier option than those fried party foods! Put the spinach dip aside, and indulge in these warm, flaky and green delights!

- 1 tube of Cresent dough
 - 1 bag of frozen chopped spinach
 - ½ cup chopped onions
 - 2 teaspoon garlic powder
 - 2/3 cup cream cheese
 - 1/3 cup sour cream
 - 1 cup shredded cheese blend
- “Sautee spinach and onions in a pan with butter, drain the juice out and mix in the rest of the ingredients. Form pieces of the Cresent dough into mini muffin tins and spoon the spinach mixture into it. Sprinkle more shredded cheese on top. Bake in the oven on 350 until dough is golden brown (about 15 minutes).”

2. Philly Cheesesteak Egg Rolls (recipe from delish.com.

Posted by Lena Abraham)

This one just makes too much sense this year. What better way to celebrate the Philadelphia Eagles being in the Super Bowl than with a unique Asian spin on the world famous classic, the Philly Cheesesteak!

- 1 tablespoon extra-virgin olive oil
- 1 large yellow onion, thinly sliced
- 2 bell peppers, thinly sliced
- Kosher salt
- Freshly ground black better
- 2/3 cup plus 2 teaspoon vegetable oil
- 2-pound sirloin steak
- 1 teaspoon oregano
- 12 egg roll wrappers
- 12 slices provolone

DIRECTIONS can be found at delish.com. look up Philly Cheesesteak Egg Rolls



3. Shrimp Appetizer Spread (recipe from tasteofhome.com. Post- ed by Brenda Buhler)

Every good party needs some shrimp, especially shrimp cocktail, and every good party also needs dip. This dish combines them both for a great combination of seafood and party food!

- 1 package of cream cheese
 - ½ cup sour cream
 - ¼ cup mayonnaise
 - 3 pages frozen cooked salad shrimp (thawed)
 - 1 cup seafood sauce
 - 2 cups shredded mozzarella cheese
 - 1 medium green pepper (chopped)
 - 1 small tomato (chopped)
 - 3 green onions with tops (sliced)
 - Assorted crackers
- “In a mixing bowl, beat cream cheese until smooth. Add sour cream and mayonnaise; mix well. Spread mixture on a round 12-in. serving platter. Sprinkle with shrimp. Top with seafood sauce. Sprinkle with mozzarella cheese, green pepper, tomato and onions. Cover and refrigerate. Serve with crackers” and chips too

4. Cheesy Pretzel Chicken Pops (recipe from aspicyperspective.com. Posted by SOMMER)

This one once again sticks with the Philly foods theme with another spin on the classic Philly pretzels! For sure this one of the more creative recipes on this list, and its uniqueness will put your party on the map!

- 2 pounds chicken tenders (around 14 strips)
 - 1/3 cup plain Greek yogurt
 - ½ teaspoon garlic powder
 - ½ teaspoon salt
 - 1 cup crushed cheese crackers, any variety.
 - 1 cup crushed pretzels
 - 1 half stick (4 tablespoons) unsalted butter
 - 14 bamboo/wooden skewers
- For a honey mustard sauce: 1 cup plain Greek yogurt, ½ cup yellow mustard, 1/3 cup honey.

DIRECTIONS can be found at aspicyperspective.com. Look up Cheesy Pretzel Chicken Pops

#FlyEaglesFly

By Christian Jackson

Delight your day.



Two Locations:

- **Nazareth Pike,
Bethlehem**
- **Easton Avenue,
Bethlehem**



**Buy One Get One
FREE**

**Buttermilk Crispy Chicken
or Artisan Grilled Chicken
Sandwich**

Free item of equal or lesser value



CANNOT BE COMBINED WITH ANY OTHER COUPON OFFER. VALID THROUGH 02/28/18

Valid through 12/31/17. Valid at McDonald's Restaurants on Nazareth Pike and Easton Avenue in Bethlehem, PA. 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. ©2017 McDonald's.



FREE

**Medium Hot or Iced
Coffee with purchase
of any Breakfast
Sandwich**

Cannot be combined with McPick 2 for \$4 offer



CANNOT BE COMBINED WITH ANY OTHER COUPON OFFER. VALID THROUGH 02/28/18

Valid through 12/31/17. Valid at McDonald's Restaurants on Nazareth Pike and Easton Avenue in Bethlehem, PA. 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. ©2017 McDonald's.



FREE

**Medium Fries and
Medium Soft Drink
with purchase of
any Large Sandwich**

Cannot be combined with McPick 2 for \$3 offer



CANNOT BE COMBINED WITH ANY OTHER COUPON OFFER. VALID THROUGH 02/28/18

Valid through 12/31/17. Valid at McDonald's Restaurants on Nazareth Pike and Easton Avenue in Bethlehem, PA. 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. ©2017 McDonald's.



99¢

**Hotcakes with purchase
of any Beverage**



CANNOT BE COMBINED WITH ANY OTHER COUPON OFFER. VALID THROUGH 02/28/18

Valid through 12/31/17. Valid at McDonald's Restaurants on Nazareth Pike and Easton Avenue in Bethlehem, PA. 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. ©2017 McDonald's.



**Buy One Get One
FREE**

**any Breakfast
Sandwich**

Free item of equal or lesser value
Cannot be combined with
McPick 2 for \$4 offer



CANNOT BE COMBINED WITH ANY OTHER COUPON OFFER. VALID THROUGH 02/28/18

Valid through 12/31/17. Valid at McDonald's Restaurants on Nazareth Pike and Easton Avenue in Bethlehem, PA. 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. ©2017 McDonald's.



**Buy One Get One
FREE**

**Big Mac® or
Quarter Pounder™
with Cheese**

Free item of equal or lesser value



CANNOT BE COMBINED WITH ANY OTHER COUPON OFFER. VALID THROUGH 02/28/18

Valid through 12/31/17. Valid at McDonald's Restaurants on Nazareth Pike and Easton Avenue in Bethlehem, PA. 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. ©2017 McDonald's.



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.



WINTER SPECIAL
15% OFF
Spa
Products

Charles G. Wolfe, DDS
Bethlehem Township · 610-691-6522
Offer expires 2-28-18

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

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 2-28-18

WINTER 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 2-28-18.

WINTER 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 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 2-28-18.



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