

TOWN TOPICS

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Childrens' Educational Rights and Covid-19

A Rights and covid-19 workshop for Parents will be held September 1 from 7 to 8:30pm in the comfort of your home! You just need access to Google Meet.

Learn that your child has rights to receive the individualized services required by the IDEA. Join Angela (Juana-Murphy, Esq.. of Murphy & Murphy P.C.. who will provide you with the information you need.

This Workshop will offer you a comprehensive summary on the updates in the law regarding special education in the wake of the COVID-19 pandemic.

Angela is special education attorney and has more than 20 years of experience fighting for the rights Of children with disabilities and their families.

The workshop is free but registration is required.

email Angela at murphylaw@epix.net

After registering, you will be sent a link to access the Workshop. If you have a parent group that would like to schedule a session; or are interested in an Saturday presentation, please email for more information.

Thursday Take-Out

East Bangor Volunteer Fire Co. will sponsor a Thursday takeout August 20 from 4-7pm. The menu features Meatball sub for \$5.

Outside seating will be available. Cash bar on site available with food purchase. Pick up at hall door. Thursday is meatball subs.

You can start preordering today when you call or text your order at 484-903-4556.



Quiet Valley's Twilight Tour Art Experience

Stroudsburg (PA) – Quiet Valley Living Historical Farm will feature a special fund-raiser with the second of our new Twilight Tour Art Experience Series on Friday, August 28 between 5:30 p.m. to 8:30 p.m. The experience should take from one to one and a half hours. People will be able to practice the art of weaving and visit different stops on the historic farm. They will also see creations of fancy loaves of bread such as braided bread or a Sheaf of Wheat loaf. Enjoy complimentary refreshments made in the outdoor brick bake oven.



This fund-raiser is \$20 adults & \$10 for children, Quiet Valley members are \$15 adults & \$5 for children. Preregistration is encouraged at 570-992-6161.

Regular tours of the historic farm will take place that day from 10:00 a.m. to 4:00 p.m. with an admission price of \$10.00 for adults, \$5.00 for children ages 3 – 12, and children two and under free. The farm museum grounds are open until 5:00 p.m.

The Twilight Tour Art Experience Series is supported in part by a Pennsylvania Partners in the Arts Project Stream grant.

Farm and events are open rain or shine.

Whether you are buying or selling a home, finding the right Realtor is the most important step. You need a Realtor with knowledge of today's changing market; someone with integrity and service to you. We pride ourselves in all those qualities and invite you to visit us

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Brew and BBQ

Get your BREW & BBQ all in one place.

Richmond Farm and Brewery will be at Little Creek BBQ Saturday Saturday from 2 pm – 7 pm. Free Samples!! Beer and soda growlers for purchase

Little Creek Bar B Cue Route 191, South of Bangor near Washington Township Municipal Building.

Library Needs Your Help

The Bangor Library needs your help with quotes for work to be done to the building. Could anyone share with use the names for locksmiths, masonry contractor and anyone who replaces doors. You can email the library at info@bangorlibrary.org or call 610-588-4139

Easton Garlic Fest

Save the dates for Easton Garlic Fest 2020 - Sat. 10/3 & Sunday 10/4 in downtown Easton, PA. 10 am - 6 pm both days.

Mail-In Ballot Applications

Apply TODAY for a mail-in ballot for the general election. If you did not select the annual mail-in option during the last election, you must apply for a mail-in ballot for the general election.

Apply ONLINE:

<http://votesPA.com/ApplyMailBallot>

PA Small Business Grants

The COVID-19 PA Small Business Grant program is accepting applications again until Aug. 28. Businesses with 25 or fewer full-time employees prior to Feb. 15, 2020, and with annual revenues of \$1 million or less may be eligible. Learn more Downwards arrow

<https://pabusinessgrants.com>

Ice Cream Sale

Richmond United Methodist Church will be selling quarts of home-made ice cream; Vanilla, Chocolate, Strawberry, Pineapple and Peach. \$8.00 each



or 2 for \$15.00. Pre-ordering makes sure you get what you want Sunday, August 23, 2020 at 11 AM – 12 PM. Call 610-217-9997

NEW VIRUS CASE REPORT - August 19

LOCATION	TOTAL CASES	NEW CASES
State	126,149	570
Northampton	4,022	8
Monroe	1,671	1
Lehigh	5,093	8

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Sweet Corn and DOSE

Sweet Corn on Sunday from 12-6 with DOSE at Hardball Cider performing live from 2-5pm on Sunday, Aug 23rd by the lake.

They pick their own farm-fresh sweet corn in the morning, then roast and slather them in butter with 5-6 different seasonings of your choice!

There are no reservations and no cover, so feel free to bring chairs, blankets, or pop-up tents in case they run out of seating. Don't forget to bring those leashed doggos. Don't worry, monitored kids are welcome and they have soda and fresh-pressed cider for them also.



**Dotta's Annual Yard Sales will
Be held August 29 from 8-3**

Ongoing Traffic Alerts

- **Delabole Rd closed from American Bangor Road to Molasses Rd** for Bridge repair .
- **Roadwork on Belvidere Road both directions** 0 miles West of DePues Ferry Road, PPL. Lane restriction.
- **Roadwork on I-78 westbound** between Mile Post: 60.5 and Mile Post: 60.0. There is a lane restriction.
- **Roadwork on I-78 westbound** between .5 miles west of Exit 45: PA 863 - and .7 miles west of Exit 35: PA 143 - traffic disruption.
- **US 22 between PA 191 and 25th Street** Weekend restrictions Friday nights 9 PM thru Monday mornings at 6 am. Weeknight lane restrictions 9pm to 6am. (West bound first then East Bound)
- **Jacobsburg Road Between: State Park Road and Belfast Road** Restriction: Closed and detoured for bridge repairs Start date:6/15/20 Est completion date: 9/22/20. All day restrictions.
- **Portland Borough and Upper Mount Bethel Township.** Boulder Drive Between: State Street and Middle Village Road. Boulder Drive will be closed and detoured. Detour will route passenger vehicles on Middle Village Road, PA 611 and State Street. Truck detour will route truck traffic on Middle Village Road, Jacoby Creek Road, Railroad Avenue, PA 611 and State Street. The closure is related to the replacement of the State Street Bridge over Jacoby Creek. Est completion date: 8/31/21

Daily Weather Updates
sbtopics.com



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COVID 19 Test Site

A new COVID-19 drive-through testing site opened in Northampton County Monday.

The new site opened at Coordinated Health on 3100 Emrick Boulevard in Bethlehem Township, according to a county news release.

The site will be open Monday through Friday from 10 a.m. to 4 p.m. Saturday hours will be available twice a month from 9 a.m. to noon. The drive-through testing center is in the parking area to the rear of the Coordinated Health Building and is separate from patient parking and routine patient care.

Half Price Book Sale

A Half-Price, curbside Book Sale will be held during August at the Blue Mt. Library in Pen Argyl.

Mon – Thur – Sat . . 10am – noon

Mon – Thur . . . 6pm – 8:00 pm

Call the library to reserve a bag of books at \$5.00 per bag. Exact change/cash only.

Choose from:

- Adult - mystery, romance, historical fiction non-fiction or “surprise me”
- Kids - young adult, chapter books, easy reader, picture books, non-fiction or “surprise me”

When you arrive in their lot, call the library and the bag(s) will be delivered to you

No limit on number of bags (while supplies last)

For more information, visit www.bmcl.org or Facebook . 216 S. Robinson Avenue, Pen Argyl 610 863 3029



Pen Argyl Feral Cats

The Pen Argyl Feral Cat Program has resumed. If there is a colony of cats living near your home (and their left ear is NOT tipped), contact the Borough office (610-863-4119) for information about the trap neuter return program exclusively for feral cats (free vouchers provided with proof of residency).



NWS Forecast - August 20

Today

Mostly sunny, with a high near 79. North wind around 5 mph becoming calm.

Tonight

Mostly clear, with a low around 54. North wind around 5 mph.

Thursday

Sunny, with a high near 79. North wind around 5 mph becoming calm in the morning.

Thursday Night

Partly cloudy, with a low around 58. Calm wind.

Friday

Mostly sunny, with a high near 83. Calm wind becoming southwest around 5 mph in the afternoon.

Friday Night

Partly cloudy, with a low around 63.

Saturday

Partly sunny, with a high near 84.

Saturday Night

Mostly cloudy, with a low around 66.

Sunday

A chance of showers, with thunderstorms also possible after 2pm. Partly sunny, with a high near 84. Chance of precipitation is 40%.

Sunday Night

A chance of thunderstorms before 8pm. Partly cloudy, with a low around 65. Chance of precipitation is 30%.

Monday

Mostly sunny, with a high near 84.

Monday Night

Partly cloudy, with a low around 65.

Tuesday

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Slate Belt Happenings

August 20

Thursday Take-Out

East Bangor Volunteer Fire Co. will sponsor a Thursday takeout August 20 from 4-7pm. The menu features Meatball sub for \$5.

Outside seating will be available. Cash bar on site available with food purchase. Pick up at hall door. Thursday is meatball subs. You can start preordering today when you call or text your order at 484-903-4556.

August 21

Brew and BBQ

Get your BREW & BBQ all in one place.

Richmond Farm and Brewery will be at Little Creek BBQ Saturday Saturday from 2 pm – 7 pm. Free Samples!! Beer and soda growlers for purchase

Little Creek Bar B Cue Route 191, South of Bangor near Washington Township Municipal Building.

Family Night - Moth Magic

Friday, August 21 at 8:00pm to 9:00pm

Moths are everywhere and come in a variety of colors, shapes and sizes. Join local moth enthusiast Steve Kloiber as we search for moths and other insects

of the night. Steve will try to lure them in with lights and sugaring. Please bring a flashlight. Registration is required in order to limit group size in accordance with current health guidelines. Participants must be in possession of a face mask and practice proper social distancing while attending the program. Register for community programs online [Click Here](#).

August 22

Avian Adventures for Scouts

Saturday, August 22 at 9:30am to 11:00am

Have you ever wanted to learn more about birds? There's no time like the present! Join us to learn about what equipment you'll need, get tips on identifying birds by sight and sound and find out what makes bird watching such a great hobby. This program is best for 8-18 year old scouts. Please register all family members that will be attending. Troop registrations will not be accepted. Registration is required in order to limit group size in accordance with current health guidelines. Participants must be in possession of a face mask and practice proper social distancing while attending the program. Register for community programs online [Click Here](#).

See HAPPENINGS page 6

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HAPPENINGS continued from page 5**Botanical Treasures of Jacobsburg**

Saturday, August 22 at 1:30pm to 3:30pm

Join us as we explore the park and search for both common and unusual late summer flowers. We'll discuss the ecology of various flowers as well as any legends, myths and stories that might surround them. Be prepared for a moderate hike that may involve muddy slopes and uphill climbs. Please bring water, a snack, and wear sturdy shoes. Registration is required in order to limit group size in accordance with current health guidelines. Participants must be in possession of a face mask and practice proper social distancing while attending the program.

Participants must be in possession of a face mask and practice proper social distancing while attending the program. Register for community programs online [Click Here.](#)

August 26**Jacobsburg Weekly Weeders**

Wednesday, August 26 at 8:30am to 10:30am

Interested in learning more about gardening with native plants? Volunteer to work alongside our education staff as they mulch, pull weeds, divide plants, and amend soil in the center's native plant garden.

We provide instruction, tools, and weeding mats. Volunteers will need to wear a mask, bring a water bottle, and practice social distancing. Registration is required in order to maintain small group sizes in accordance with the current health guidance. Register for community programs online [Click Here.](#)

August 28**Twilight Art Tour**

Quiet Valley Living Historical Farm will feature a special fundraiser with the second of our new Twilight Tour Art Experience Series on Friday, August 28 between 5:30 p.m. to 8:30 p.m. The experience should take from one to one and a half hours. People will be able to practice the art of weaving and visit different stops on the historic farm. They will also see creations of fancy loaves of bread such as braided bread or a Sheaf of Wheat loaf. Enjoy complimentary refreshments made in the outdoor brick bake oven.

This fundraiser is \$20 adults & \$10 for children, Quiet Valley members are \$15 adults & \$5 for children

Preregistration is encouraged at 570-992-6161.

August 29**Dotta's Annual Yard Sales will
Be held August 29 from 8-3****August 30****Flea Con**

Flea Con will be held at Mt. Bethel Fire Sunday August 30 from 10am to 4pm. It's not a Comic Con and it's not a Flea Market, it's BOTH!! Join us for our first and last show(?) of 2020 at the Mt. Bethel Fire Hall Event Area, Route 611 South, Mt. Bethel.

September 1**Tales for Tots**

Tuesdays, 10:00-10:45am or 1:00-1:45pm, September 1, 8, 15, 22, 29, October 6, 13 or

See **HAPPENINGS** page 7**HELP WANTED****Mt. Bethel Beverage**

#3 Mt. Bethel Plaza – Mt. Bethel, PA 18343
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- Part Time Day Shift
- Some weekends
- Some lifting required
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HAPPENINGS continued from page 10

Fridays 10:00-10:45am, September 4, 11, 18, 25, October 2, 9, 16

Join for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a short scavenger hunt. Children must be accompanied by an adult. Meeting at the pavilion across the street from the Visitor's Center each week. All participants over the age of two are required to wear a mask in order to participate. All participants are required to maintain a safe social distance at all times during the program. Please register for each session that you plan to attend and register all members of your party including adults and additional children as space for this program is limited to 20 attendees total. Register for community programs online [Click Here](#).

September 3**Outdoor School with Jacobsburg**

Thursdays, 8:30am-3:30pm Sept through Nov.

You may know Jacobsburg as a place to enjoy public environmental programs for individuals, families, and scouts, but we also serve over 35 different public and private K-12 schools for free throughout the academic year. Whichever way your students are learning this year, Jacobsburg is here to help with standards-based outdoor education in biology, environmental science, earth science, history, and language arts. If your student needs to get outside for an in-person educational experience, give them a call. They are prepared to offer in-person and virtual programs by request to groups of families, as well as schools. They require at least 5 students for a free hour-long lesson and group sizes are limited to no more than 20 people total. Please call to find out more, 610-746-2801 or [Click Here](#).

September 4**Tales for Tots**

Tuesdays, 10:00-10:45am or 1:00-1:45pm, September 1, 8, 15, 22, 29, October 6, 13 or

Fridays 10:00-10:45am, September 4, 11, 18, 25, October 2, 9, 16

Join for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a short scavenger hunt. Children must be accompanied by an

adult. Meeting at the pavilion across the street from the Visitor's Center each week. All participants over the age of two are required to wear a mask in order to participate. All participants are required to maintain a safe social distance at all times during the program. Please register for each session that you plan to attend and register all members of your party including adults and additional children as space for this program is limited to 20 attendees total. Register for community programs online [Click Here](#).

September 5-7**Bangor Yard Sales**

Get ready for the Bangor Borough town-wide yard sale taking place Labor Day weekend, Sept. 5-7! The Borough waives the yard sale permit and you have the opportunity to find some treasures and release your unused items to someone who can use them.

September 8**Tales for Tots**

Tuesdays, 10:00-10:45am or 1:00-1:45pm, September 1, 8, 15, 22, 29, October 6, 13 or

Fridays 10:00-10:45am, September 4, 11, 18, 25, October 2, 9, 16

Join for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a short

See HAPPENINGS page 16

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Where to Eat

Napoli Pizza

Dine-In, pick up & delivery. 610-588-1455, 444 S 1st St, Bangor. M- Sat 11-9. Sun. 12-8, Tue - Closed. More Info: [Click Here](#)

Slate Belt Diner

Open for take out. Outdoor Dining 610-452-9205, 370 Blue Valley Drive. More Info: [Click Here](#)

Daisy Family Restaurant

Open 11-9 Sun-Thurs. 11-10 Fri. & Sat. Order by phone for curbside pickup and have your food brought to your vehicle, or order at the counter and take it with you. 6589 Sullivan Trail Wind Gap, (610) 863-4044. Cash or credit still accepted. More info: [Click Here](#)

Three Brothers Pizza

Three Brothers Pizza is now open in the former Plainfield Diner on Sullivan Trail. Dine In 7am- 10pm Call 610-863-4950 to order.

More Info: [Click Here](#)

Mt. Bethel Diner

Mt. Bethel Diner is open for Dine-In and Take-Out Monday - Sunday 8am - 7pm. Call ahead to order 570-897-6409, 2600 N. Delaware Drive, Mt. Bethel, Pa 18343.

Family & Friends Takeout

Family and friends country restaurant is open for take out at are window or curbside pick up. Full menu available. Call for daily specials 610-759-7477. They are located on route 512 in wind gap next to Albanese garden center. More info: [Click Here](#)

Gap Diner

The Gap Diner in Wind Gap is open for dining-in Sun.-Wed 6am-Midnight and 24 hrs Thurs, Fri, & Sat. More info: [Click Here](#)

Little Creek BBQ

Hours: Tue--Wed 3-7. Thurs., Fri., Sat 11-7. Sundays 12-5. More info: [Click Here](#)

TK's Restaurant

TK's will open June 5 in their outdoor seating and To Go services. 7am - 11pm 7 Days A Week. 570-897-6112. There will be a 75-minute limit for each table service if instructed by staff.

NO MORE than 10 people per table unless you are a family from the SAME household. To See menu:

[Click Here](#)

WHERE TO EAT continued on page 9

Slate Belt

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 106 S. Broadway, Wind Gap, PA
610-881-4433

www.debbieinsurespa.com
 debbie.pettinari.wz73@statefarm.com



Where to Eat

Sal's Pizza

Sal's Pizza 487 E. Moorestown Road, Wind Gap. 610-863-7665. Open daily 11am -9pm. Closed Tuesday Mor Info: [Click Here](#)

Doughboys

Original Doughboys Pizza and Restaurant, 230 W. Moorestown Rd, Wind Gap. Open 11-9 daily. 610-759-3776. More Info: [Click Here](#)

Pen Argyl Pizza

Pen Argyl Pizza 510 E. Main St, Pen Argyl. 610-863-6670. M-Sat (11-10) Sun (10-10)
More Info: [Click Here](#)

512 Restaurant

512 Restaurant 2 East Pennsylvania Ave, Pen Argyl. Tues-Sunday, Curbside and delivery. 610-881-4540.
More Info: [Click Here](#)

Detzi's Tavern

Detzi's Tavern 570 North Lehigh Ave., Wind Gap. 863-9882. Open 4 -7:30. and Noon-7:30 Wed., Thurs, Fri & Sat. More Info: [Click Here](#)

Slate Pub

Slate Pub 509 E. Main St., Pen Argyl. 610-881-4700. Opens 12. Tables both under and outside the tent. No reservations will be taken at this time. All social distancing and government mandates will be followed.

- Masks must be except at the table.
- No more than 4 people per table.
- Tables must remain 6' apart

More Info: [Click Here](#)

Broadway Pub

Broadway Pub 62 Broadway, Bangor. 610-452-9226. COVID Hrs. Tues-Sun (2-8).
More Info: [Click Here](#)

Boar Barbecue

Boar Barbecue 690 Allegheny Road, Mt. Bethel. 484-908-3407. More Info: [Click Here](#)

JT Grill

JT Grill at Miller's Egg Ranch on Route 12, East Bangor is serving breakfast and lunch from 10am-3pm Tuesdays through Saturdays! Tuesday, June 9th lunch special: Italian Hot Dog with Beverage Outdoor seating available. More info: [Click Here](#)

Five Points Grill & Pub

Five Points Grill & Pub 1001 Mt. Bethel Highway, Mt. Bethel. 610-588-1773. Reservations are highly encouraged! It helps make your dining experience run as smoothly as possible. Beginning August 11.

New hours are:

Tuesday-Wednesday (3pm-10pm)

Thursday-Saturday (11am-11pm)

Now open Sunday (12pm-8pm)

Please call us at (610)588-1773

More Info: [Click Here](#)

These Restaurant listings are free because of the limitations placed on eateries due to the Coronavirus pandemic. If you have any other listing you want to add contact Slate Belt Town Topics sbttopics@rcn.com or call 610-863-1988



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BUSINESS HOURS

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Fri 8:00 AM - 6:00 PM • Sat 8:00 AM - 2:00 PM

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A to Z Performance Engines

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Bangor Library New Books

August 6, 2020 to August 13, 2020

Adult Fiction

The Doll's House by M. J. Arlidge
 The Snow Angel by Glenn Beck
 The Crow's Call by Wanda E. Brunstetter
 Breakfast at Tiffany's and three stories by Truman Capote
 Christmas at Little Beach Street Bakery by Jenny Colgan
 The Pull of the Stars by Emma Donoghue
 Sweet Tea Tuesdays by Ashley Farley
 An Easy Death by Charlaine Harris
 The Jane Austen Society by Natalie Jenner
 Utopia Avenue by David Mitchell
 Oona Out of Order by Margarita Montimore
 Cajun Justice by James Patterson

Adult Non-Fiction

Door to Door by Edward Humes

Large Print Fiction

The 20th Victim by James Patterson

Easy Fiction

Antiracist Baby by Ibram Kendi
 Ghosts in the House by Kazuno Kohar
 Going Down Home with Daddy by Kelly Starling Lyons
 Jimmy's Boa Bounces Back by Trinks Hakes Noble
 The Feelings Book by Todd Parr
 Time Flies by Eric Rohmann
 Looking for a Mouse by Phyllis Root
 The Busy Little Squirrel by Nancy Tafuri
 Forest Bright, Forest Night; Forest Night Forest Bright by Jennifer Ward
 STOP! BOT! by James Yang

Junior Fiction

Bo and the Dragon-pup by Rebecca Elliott
 Hide and Seek by Sarah Mlynowski
 The List of Things that will not Change by Rebecca Stead

Young Adult Fiction

Girl, Serpent, Thorn by Melissa Bashardoust
 Artemis Fowl, The Artemis Complex by Eoin Colfer
 Artemis Fowl, The Last Guardian by Eoin Colfer

Ogham Art Class

An Ogham Art Class is planned for September 17, 2at the CCA office at 902 4th Ave., Suite 2, Bethlehem. They will follow local, state, national and CDC guidelines regarding the COVID-19 pandemic.

Members of the audience will enjoy a fun night of learning about Ogham alphabet, which was used to represent the Primitive Irish language using a series of perpendicular and intersecting lines, written vertically, and read from bottom to top. After that, the audience will create and take home your own painting. This is suitable for ages 16 and up. The cost of the class is \$25.00 (members) and \$30 (non-members), which includes materials' fees. Instructor Nancy Lewis is a talented artist who continually inspires as students as an art teacher at Liberty High School. A graduate of Kutztown University, she enjoys ceramics, watercolor and pen and ink.

For more info, contact Marcie Mulligan at mmulligan@celticfest.org or 610-868-9599.

For more info on other Celtic Cultural Alliance events, visit the organization's website at www.celticfest.org.

MEN continued from page 1

Source: <https://relevantmagazine.com/>

Amid concerns that stress and boredom of the COVID-19 pandemic is increasing the alcohol consumption among Americans, the federal government is now lowering its recommended daily intake limit for men to one alcoholic drink per day. It's a drop from previous recommended guidelines, which encouraged men to keep alcoholic drinks to two a day. The government updates their recommendations every five years.

"If alcohol is consumed, it should be in moderation," the report states, which was written by the U.S. Department of Agriculture and U.S. Department of Health and Human Services. "For those who choose to drink, moderate alcohol consumption can be incorporated into the calorie limits of most healthy eating patterns."

The new recommended limit for men is now the same as it is for women. The DHHS cautions that excessive drinking can lead to a spike in the risk for various chronic diseases and cognitive functions.

Nevertheless, alcohol sales in the U.S. have seen a sharp uptick in recent months. Nielsen found that alcohol sales jumped 55 percent the week of March 21, when WHO

Crisis Text Line



Text 'PA'
to 741741

National Suicide Prevention Lifeline



1-800-273-8255

Preventing suicide in PA



preventsuicide
pa.org/

Disaster Distress Helpline



800-985-5990

Get Help Now for substance use disorder



1-800-662-4357

Veterans in crisis



veterans
crisisline.net

PA's support helpline



855-284-2494

Coping with COVID-19 stress



bit.ly/covid-coping

COVID-19 resources



mhanational.
org/covid19

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Public Service Announcements

Families First Virtual Race and Walk

Join Families First for their 18th Anniversary serving residents in the Pen Argyl Area School District and participate in their 18th Annual/1st Virtual 5-K Race & 1 Mile Fun Walk on Saturday, September 26 – October 17, 2020..

Register today. Then, during the weeks of September 26th – October 17th, 2020, pick your favorite spot, or somewhere new, alone or with others, and complete the run/walk. The official registration form can be downloaded at the Families First website.

www.familiesfirstpenargyl.org

Non-Refundable Entry: \$20 per person or \$50 for a family of three or more before September 26th; \$25 per person After September 26th. Family entries must be mailed together. Students - \$15 entry fee.

Checks payable to: Families First and mail to Families First Race Committee c/o Frank Jones 1620 Teels Road, Pen Argyl, PA 18072.

Runners: If submitting time, complete 5-K (3.12miles) and record.. Be sure to include your full name, City and State. Email your race results info to: phil.giaquinto@aol.com no later than October 18.

Entry includes a quality T-Shirt guaranteed to first 100 runners. **T-Shirts:** Curbside pick-up is October 19 4 pm to 6:30 pm, in the front of the bus loop at Wind Gap Middle School. 1620 Teels Road, Pen Argyl.

Raffle: Each participant will be assigned a raffle number. One randomly selected number win.

Support: Be creative in showing your support for Families First on Social Media. Submit entry to Families First Race Committee and the Board of Directors will award several prizes. **Sponsorship:**

All levels include publicity, listing of corporate logo or name on the event T-Shirts, and the opportunity to place informational material in the Race Bags. For sponsorship information, contact the Families First Director, Frank Jones at 610-863-9095 Ext. 1387 or via email to jones.frank@penargylsd.org.

For more information about Families First see their website www.familiesfirstpenargyl.org

Weona Park Book

A Centennial book is being written to commemorate the 100th Anniversary of Weona Park in Pen Argyl.

Anyone with fond memories or interesting stories should send them to Walt Cole at wrcole3@gmail.com This would include any information from your parents or grandparents. Perhaps a grandparent or great-grandparent helped to build the park, or worked on a WPA project during the Depression. Perhaps you worked at the park, were a life guard or had an interesting experience.

Stories about sporting events, swimming, or any activities would be of interest. They are also interested in pictures of family reunions, church gatherings or other organizations having picnics at the park. They are also looking for pictures of the clay tennis courts, the old miniature golf course, the band shell and events at the athletic field. Please check out those old photo albums for memories to share.

Celtic Cultural Scholarships

The Celtic Cultural Alliance (CCA) has announced that several scholarships will be awarded this year to students pursuing the study of Celtic dance, music, or art. Please contact Marcie Mulligan, mmulligan@celticfest.org, for information related to either scholarship. For more details about the scholarship programs and to download the applications, visit their webpage at the Celtic Classic which runs from September 25 through September 27, in downtown historic Bethlehem.

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Public Service Announcements

Home Heating Assistance

LIHEAP is a federally funded program that helps individuals and families pay their heating bills through home heating energy assistance grants. It also provides crisis grants to help in the event of an emergency or if a resident is in danger of losing his or her heat due to broken equipment, lack of fuel or termination of utility service.

The income eligibility guidelines for LIHEAP are set at 150% of the federal poverty income level. For example, the income limit for an individual is \$18,735; for a couple, the limit is \$25,365; and for a family of four, it is \$38,625.

Residents may apply for LIHEAP online or by contacting the County Assistance Office in their county of residence.

Struggling With Substances?

People struggling with substances can now walk in for drug and alcohol assessments at the Clean Slate Bangor, 100 South First Street St, Bangor 610-452-9348 Mondays from 10am - 12pm Many times this is the first step toward treatment and a new life.

Free Meals For Kids

Reminder for parents of school-aged children: If your child gets free meals when school is in session, you can receive money for meals through the Pandemic Electronic Benefit Transfer (P-EBT) program

Details: <http://on.pa.gov/2MOKvPc>.

Application: <http://on.pa.gov/3d5j0b6>.

BASD Free Meals Program

Bangor Area School District offers free breakfasts and lunches to students through July and August. Curb-side pick up remains 10-11:30am Monday-Thursday. Email meals@bangorsd.org to reserve.

St. John's Cemetery

Donations for St. John's Cemetery in Bangor are being accepted for maintenance. You can mail them to St. John's Cemetery c/o Carol Hummel, 136 Messinger Street, Bangor, Pa 18013.

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#MaskUpPA



PA Hunting Licenses

The PA Game Commission announced hunting and fur-taking licenses are now available.

General hunting licenses and fur-taker licenses cost \$20.90 each for Pennsylvania residents and \$101.90 for nonresidents. Resident senior hunters and fur-takers, ages 65 and older, can purchase one-year licenses for \$13.90, or lifetime licenses for \$51.90. For \$101.90, resident seniors can purchase lifetime combination licenses for hunting and fur-taking privileges. A change in state law permits big-game hunting on the following Sundays: Nov. 15, for archery deer hunting; Nov. 22, for bear hunting; and, Nov. 29, for deer hunting during regular firearms season.

For additional information visit www.pgc.pa.gov.

Don't Just Push Germs Around, Eliminate Them

Many cleaning tools give the impression that they are killing germs and cleaning your home when in reality they are simply spreading germs to other more hidden areas of your home. The only way to avoid this is by sanitizing these cleaning tools, such as mops, dusters, and dishrags between uses or they will continue to spread bacteria around your house. This issue often goes unnoticed, as some of the most sparkling clean homes can be saturated with bacteria while other

Bangor Slater Face Masks

The BAHS Alumni Association is selling face masks with the Slater logo for \$9.98 each. There are three Slater logos to choose from. See below.

These masks have two breathable cotton/poly layers underneath making for a triple layer mask. There is also an inside pocket for a filter. Ear straps are adjustable and an additional head strap is available for purchase if you do not want to use the ear straps.

The masks come in Small, which fits most youth ages 1-6, Medium, which fits older children through small adults, and Large, which fits most teenagers and adults.

The masks can be bought online directly from the vendor and will be shipped to your address for a \$4.95 shipping fee, which covers all masks coming to the same address.

Visit this website to order and pay online: <https://basdmask2020.itemorder.com/> The website will close on July 26. When it is closed, the masks will be produced and sent directly to you in approximately four weeks. Proceeds go to the BAHS Alumni Association and will be used for their scholarship and awards programs.

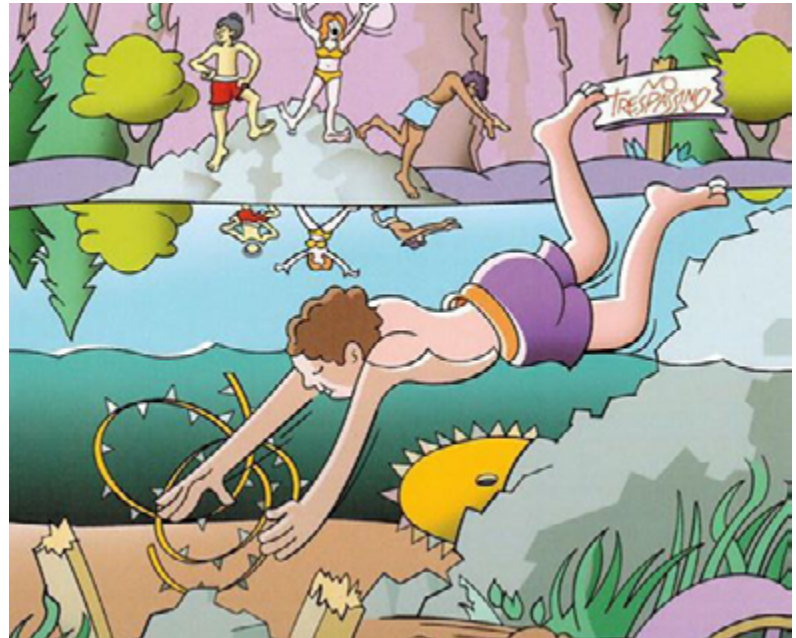


Quarry Holes Filled With Water and Hidden Dangers

During hot weather some quarry lakes look inviting, but there many hidden dangers: deep water, cold water, submerged abandoned machinery and car wrecks, underwater ledges and recesses, hidden currents and tunnels, submerged plants, dead animals and excrement, rubbish, pollution and dangerous algae.

The greatest danger is cold water which is much colder than rivers, lakes and the sea. Many quarries are so deep that they are fed with water from underground springs or aquifers. This water originates deep within the ground, and is extremely cold. You are likely to become exhausted much more quickly than you would think. In addition to this, a sudden plunge into cold water could cause your body to go into "shock".

Source: Slate Belt Regional Police



HAPPENINGS continued from page 7

scavenger hunt. Children must be accompanied by an adult. Meeting at the pavilion across the street from the Visitor's Center each week. All participants over the age of two are required to wear a mask in order to participate. All participants are required to maintain a safe social distance at all times during the program. Please register for each session that you plan to attend and register all members of your party including adults and additional children as space for this program is limited to 20 attendees total. Register for community programs online [Click Here](#).

September 10

Outdoor School with Jacobsburg

Thursdays, 8:30am-3:30pm Sept through Nov.

You may know Jacobsburg as a place to enjoy public environmental programs for individuals, families, and scouts, but we also serve over 35 different public and private K-12 schools for free throughout the academic year. Whichever way your students are learning this year, Jacobsburg is here to help with standards-based outdoor education in biology, environmental science, earth science, history, and language arts. If your student needs to get outside for an in-person educational experience, give them a call. They are prepared to offer in-person and virtual programs by request to groups of families, as well as schools. They require at least 5 students for a free hour-long lesson and group sizes are limited to no more than 20 people total. Please call to find out more, 610-746-2801 or [Click Here](#).

September 11

Tales for Tots

Tuesdays, 10:00-10:45am or 1:00-1:45pm,
September 1, 8, 15, 22, 29, October 6, 13 or

Fridays 10:00-10:45am, September 4, 11, 18, 25,
October 2, 9, 16

Join for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a short scavenger hunt. Children must be accompanied by an adult. Meeting at the pavilion across the street from the Visitor's Center each week. All participants over the age of two are required to wear a mask in order to participate. All participants are required to maintain a safe social distance at all times during the program. Please register for each session that you plan to attend

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September 16

Hike for Health

Wednesday, J September 16, and October 14 at
5:30pm to 7:00pm

Join us after work for a hike with a St. Luke's University health professional! Get some exercise while learning about health and fitness outdoors. Each hike will include a presentation from a guest health professional on topics such as physical fitness, stretching, and nutrition. A different guest will hike with us each month, sharing a topic that they specialize in. We will hike at a brisk pace over uneven terrain for 2 to 2.5 miles guided by a center educator. Our guest will be available during the hike to discuss the topic of the day and answer your questions. This program is being provided in partnership with St. Luke's University Health Network and the Get Your Tail on the Trail initiative. Meet at the Visitor Center at 400 Belfast Road, Nazareth, PA. Participants must be in possession of a face mask and practice proper social distancing while attending the program. Registration is required in order to limit group size in accordance