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# **Fall Sports Approved**



The PIAA sanctioned fall sports for 2020 during a board meeting held Friday. Indoing so, the PIAA ignored the recommendation by Governor Tom Wolf based on scientific guidance to postpone sports until January 2021.

**WN PICS** 

News Today - NOT Next Week

According to a news release from the PIAA, "... the health and safety of students is paramount in moving forward with athletics, the Board believes that through each member schools' adherence to their developed school health and safety plans and the PIAA return to competition guidelines sports can (may) continue. "

The board also made it very clear that "the decision to compete in athletics should be made locally allowing for each school entity to decide whether to proceed and which sports to sponsor."

According to the plan, mandatory practice may begin Monday, August 24. The first date for competition is August 27 for golf and August 31 for tennis. Other sports teams may play their first game September 11.

Bangor, however, may start later. According to a statement posted on the Slater athletics' Twitter account late Friday afternoon "....our fall sports teams will not be starting practice on Monday. We will continue with voluntary workouts at this point. More information will be released next week. "

According to published reports Palmerton will not start mandatory practices until August 31, and Northern Lehigh will wait until September 8.

### Pen Argyl Labor Day Parade Cancelled

*(Excepts Below From Lookout Letter)* At this time it truly brings us great sadness that due to restrictions put into place by Governor Tom Wolf, Pen Argyl Borough Council, and the denial of a permit from the Pennsylvania Department of Transportation, that for the FIRST time in 85 years the Lookout Fire Company No. 1 will not be conducting it's annual Labor Day Parade.

We at Lookout Fire Company No. 1 wish to express how grateful and appreciative we have been to everyone that has reached out by phone call, email, mail, or social media message in regard to our annual Labor Day Parade. We must say this timeless Slate Belt tradition is one of the highlights of the year for us and we are proud to bring it to you time and time again.

### Pen Argyl Awarded \$47,586 for Sewer Improvements

Two Northampton County municipalities this week were awarded state grants through the Pennsylvania Small Water and Sewer Program to assist in the completion of infrastructure improvement projects.

Pen Argyl Borough was awarded \$47,586 for sewer improvements on Moyer Street and East Babbit Avenue. Specifically, the grant funding will address issues with two sewer mains. The work on Moyer Street includes the removal of a deteriorating sewer main point and extending it by 40 feet with a new manhole. On East Babbit Avenue, 100 feet of deteriorating clay pipe will be replaced, along with two service laterals and cleanout assemblies. A new manhole will also be installed.

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

**EXPERIENCE ... EXCELLENCE** 



http//www.slatebeltexecutives.com/

### **Stone Church Pastie Sale**

A Pastie Sale will be held at Christ Evangelical Lutheran Church, 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) on Saturday, September 12th. Pasties can be picked up between 11am and 1 pm. The cost is \$6.00 per beef pastie. Place your order with or without onions. Advance orders are recommended and can be placed until the September 8th. To place your order or for additional information call Chrissy at 610-588-0809

## **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

### **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 <u>info@bangorlibrary.org</u> or call 610-588-4139

### **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 21			
LOCATION	TOTAL CASES	NEW CASES	
State	127,633	693	
Northampton	4,049	13	
Monroe	1,686	7	
Lehigh	5,112	3	



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# Robin Tinsley

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### **Roadwork August 24-28**

**PA 191 Between:Stiles Road and Fox Gap Road.** No restriction 09:00 AM To 02:00 PM. Start date: 8/24/20. Est completion date: 8/28/20

**Plainfield Township Road name:Franklin Hill Road. Between:PA 191 and Uhler Road.** Daytime Lane restriction with flagging 09:00 AM To 02:00 PM.Start date: 8/24/20

Est completion date: 8/25/20

**Sullivan Trail Between: Bushkill Drive and Main** Street Daytime Lane restriction with flagging 09:00 AM To 02:00 PM. Start date:8/26/20 Est completion date:8/28/20



Dotta Development'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



# **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.

### **Supplemental Education for Area Students at Tuscarora**

A supplemental program for home-school, cyber school, and hybrid education for the fall semester: September 8 - December 18 is available at Tuscarora in Mt. Bethel.

Parents are searching for a model of education that works for their families in the midst of the COVID-19 pandemic. Tuscarora wants to help! Odyssey Edu-camp will offer several options to help parents navigate this new normal.

Tuscarora has a long and established tradition of welcoming children and teens to our grounds to teach them the love of Christ in exciting new ways. Each summer, they welcome over 500 students for their Junior Week and Teen Week programs where they get outside and learn! After a successful, and safe, summer season they have decided to extend this portion of their ministry into the fall of 2020.

Questions? email them at <u>odysseyeducamp@gmail.</u> com, or call (570) 431-3181.

# **Girls Scouts Selling Mums**

Girl Scout Troop #874 is selling Local Mums, Asters, Montauk Daisy, and Hardy (perennial) Mums. To order email Anne Wagner at abcw70@yahoo.com or call at 610-504-6932 with questions and orders. The Girl Scouts



will make deliveries or you can pick up after September 20. Support your local Girl Scouts by purchasing some beautiful Mums for your home or office!

# NWS Forecast - August 22

A slight chance of showers and thunderstorms after 1pm. Partly sunny, with a high near 86. Calm wind becoming southwest around 5 mph in the morning. Chance of precipitation is 20%.

#### Tonight

Partly cloudy, with a low around 66. Southwest wind around 5 mph becoming calm.

#### Sunday

A chance of showers and thunderstorms, mainly before 2pm. Partly sunny, with a high near 86. Calm wind becoming southwest around 5 mph in the afternoon. Chance of precipitation is 30%. New rainfall amounts of less than a tenth of an inch, except higher amounts possible in thunderstorms.

#### Sunday Night

Partly cloudy, with a low around 68. Southwest wind around 5 mph becoming calm in the evening.

#### Monday

A chance of showers, with thunderstorms also possible after 2pm. Partly sunny, with a high near 86. Calm wind becoming west around 5 mph in the afternoon. Chance of precipitation is 40%. New rainfall amounts of less than a tenth of an inch, except higher amounts possible in thunderstorms.

#### Monday Night

Partly cloudy, with a low around 68.

#### Tuesday

A chance of showers and thunderstorms after 2pm. Sunny, with a high near 86. Chance of precipitation is 40%.

#### Tuesday Night

A chance of showers and thunderstorms before 8pm. Mostly clear, with a low around 64. Chance of precipitation is 30%.

#### Wednesday

Sunny, with a high near 82.



# **Slate Belt Happenings**

#### 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 <u>Click Here.</u>

### **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.

#### April 23

### **EBUMCC** Live and Zoom

East Bangor United Methodist Community Church 136 W. Central Ave. East Bangor, PA

Sun., August 23- 10:00 a.m. Worship Service. (Live and on ZOOM)

#### 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

#### See HAPPENINGS page 6



**CLICK HERE FOR STORE INFO - www.hometownsaves.com** 

### **HAPPENINGS** continued from page 5

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 <u>Click Here.</u>

#### 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.

### **EBUMCC** Live and Zoom

East Bangor United Methodist Community Church 136 W. Central Ave. East Bangor, PA

Sun., August 23-10:00 a.m. Worship Service. (Live and on ZOOM)

#### 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

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 <u>Click Here.</u>

### **Rights and covid-19 workshop**

A Rights and covid-19 workshop for Parents will be held September 1 from 7 to 8:30pm in the comfort of

#### See HAPPENINGS page 7



#### **HAPPENINGS** continued from page 10

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.

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 <u>murphylaw@epix.net</u>

#### 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 <u>Click Here.</u>

#### 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 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

#### See HAPPENINGS page 16



sbtopics.com

# 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: <u>Click Here</u>

# **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: <u>Click Here</u>

## **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: <u>Click Here</u>

# **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: <u>Click Here</u>

# Little Creek BBQ

Hours: Tue--Wed 3-7. Thurs., Fri., Sat 11-7. Sundays 12-5. More info: <u>Click Here</u>

## 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: <u>Click Here</u>

WHERE TO EAT continued on page 9





### 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: <u>Click Here</u>

### **Doughboys**

Original Doughboys Pizza and Restaurant, 230 W. Moorestown Rd, Wind Gap. Open 11-9 daily. 610-759-3776. More Info: <u>Click Here</u>

### 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: <u>Click Here</u>

### 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: <u>Click Here</u>

### 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: <u>Click Here</u>

### **Broadway Pub**

Broadway Pub 62 Broadway, Bangor. 610-452-9226. COVID Hrs. Tues-Sun (2-8). More Info: <u>Click Here</u>

### Daily COVID 19 Updates sbtopics.com

### **Boar Barbecue**

Boar Barbecue 690 Allegheny Road, Mt. Bethel. 484-908-3407. More Info: <u>Click Here</u>

# 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: <u>Click Here</u>

# **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: <u>Click Here</u>

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 sbtopics@rcn.com or call 610-863-1988





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\*Free initial health exam for new clients only. Not to be combined with any other offer. Not good towards boarding, grooming, prescription and non-prescription medication. and retail items. Not good towards emergency and/or specialty veterinary services. Coupon good for up to two pets (dogs or cats only) per household. Redeemable only at a general practice VCA Animal Hospital. For pet owners who are aged 18 and older. Offer expires on 12/31/2016. Cashier Code: 700.500. \*\* VCA CareClub® Wellness Plans are preventive pet healthcare plans and are not insurance plans. VCA CareClub® Wellness Plans do not cover any services which are not specifically identified in the VCA CareClub® Wellness Plan purchased.



BUSINESS HOURS Mon 8:00 AM - 8:00 PM • Tue 8:00 AM - 6:00 PM Wed-Thu 8:00 AM - 8:00 PM Fri 8:00 AM - 6:00 PM • Sat 8:00 AM - 2:00 PM

# thrivent

### **Financial Guidance** From Someone Who Gets You

Getting your finances in order isn't always easy. That's why I'm here. Together, we can assess your financial picture and personalize your strategy to:

- Protect your future.
- Save and prepare for income in retirement.
- Pay for college or education expenses.
- Invest and manage your assets.
- · Give to causes that matter to you.

Let's connect to get you where you want to go.

Jewel Williamson-Burns, CLU®, FIC, Financial Associate 18 Mauch Chunk St, Nazareth, PA 18064 610-746-0344 jewel.williamson-burns@thrivent.com connect.thrivent.com/jewel-williamson-burns facebook.com/Jewel-Williamson-Burns-Thrivent-Financial-249981011807209 CA Insurance 0M53186

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### **Bangor Library New Books**

#### August 13 2020 to August 20, 2020

Adult Fiction

The Snow Angel by Glenn Beck **Large Print Fiction** Change of Heart: A Novel by Jodi Picoult **Easy Fiction** Sunny the Bunny: Goes to Camp by Jace Higgins **Easy Non-Fiction** Fall Animal Fun by Martha E. H. Rustad Easy Reader Non-Fiction Passover by David Marx **Young Adult Fiction** From Blood and Ash by Jennifer Armentrout Midnight Sun by Stephenie Meyer **DVDs** Bloodshot Charlie's Angels Just Mercy

Like a Boss Scoob!



## **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 **mulligan@celticfest.org** or 610-868-9599.

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

#### 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

			Page 12
Crisis Text Line Text 'PA' to 741741	National Suicide Prevention Lifeline 2 1-800-273-8255		Preventing suicide in PA b 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	Coping COVID-19		COVID-19 resources
855-284-2494	bit.ly/covi	d-coping	org/covid19
Banquet Facility Weddi Here Bacility	I Hall Seats up to 50 plainfieldfireco.com nd Gap, PA	Work & Occupation Screen Printing Embroidery Servit Digital Color Print COACHES & VOLUME DISCO "GOAL POSTS TO SO Phon	s Equipment And Uniforms onal Wear Banners, Decals & WALL BANGERZ, Wall Posters

# **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: <u>phil.giaquinto@aol.com</u> 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 <u>www.familiesfirstpenargyl.org</u>

### 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 <u>wrcole3@gmailcom</u> 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.



# **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: <u>http://on.pa.gov/2MOkvPc.</u> Application: <u>http://on.pa.gov/3d5j0b6.</u>



# **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.



### **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 furtakers, 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

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 <u>Click Here.</u>

#### September 9

### 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 <u>Click Here.</u>

#### 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 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 <u>Click Here.</u>

#### September 12

### **Stone Church Pastie Sale**

A Pastie Sale will be held at Christ Evangelical Lutheran Church, 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) on Saturday, September 12th. Pasties can be picked up between 11am and 1 pm. The cost is \$6.00 per beef pastie. Place your order with or without onions. Advance orders are recommended and can be placed until the September 8th. To place your order or for additional information call Chrissy at 610-588-0809 *September 15* 

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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 with current health guidelines. Register for community programs online Click Here.

#### September 17

#### **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.

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

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

#### **Outdoor School with Jacobsburg**

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#### September 24

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#### September 26

#### Neon 5K and Fun Run

The Bangor Elementary PTO is once again hosting its 4th Neon 5K Fun Run/Walk on 8asm September 26, 2020. Participants in the Neon 5K and Fun Run/Walk will go through 5 Splatter Stations where they will get splattered with color dust. All the money raised will benefit students attending DeFranco, Washington and Five Points Elementary Schools

### **Celtic Youth Fiddle Competition**

A Youth Fiddle Competition September 26, will be held at the Charlie Brown Ice House, Bethlehem at Celtic Classic Highland Games and Festival.

This unique fiddle contest primarily focuses on Celtic fiddling styles, including Irish, Scottish, Cape Breton, Shetland, and Galician. Two age categories divide the contest, and monetary prizes are given to the top 3 in each division.

Sunday, September 27, at 10:00 a.m. at the Celtic Heritage Hollow stage, a Celtic fiddle workshop for youth will be held at Celtic Heritage Hollow at Celtic Classic Highland Games and Festival.

For more information and to register, visit <u>http://www.celticfest.org/celtic\_classic\_youth\_fiddle</u> competition. For questions, please contact Marcie Mulligan at <u>mmulligan@celticfest.org</u>

September 29

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#### **October 2**