

# TOWN TOPICS

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## Kids Can Carry Virus In Respiratory Tracts For Weeks

by Jacqueline Howard and Sandee LaMotte, CNN

Children can carry coronavirus in their noses and throats for weeks even if they don't show any symptoms, which might explain how the virus can spread silently, researchers in South Korea reported Friday.

"In this case series study, inapparent infections in children may have been associated with silent COVID-19 transmission in the community," the researchers wrote in a new study.

"Interestingly, this study aligns with adult data in which up to 40% of adults may remain asymptomatic in the face of infection," Dr. Roberta DeBiasi and Dr. Meghan Delaney, both of Children's National Hospital in Washington, DC, wrote in an accompanying editorial. Neither was involved in the research.

"In this study, the authors estimate that 85 infected children (93%) would have been missed using a testing strategy focused on testing of symptomatic patients



alone," they wrote.

The study comes out at a time when the US Centers for Disease Control and Prevention has been criticized for changing its guidelines on asymptomatic testing, which the American Academy of Pediatrics called "a dangerous step backward" in a

statement on Friday.

In the CDC's updated guidelines, some people without symptoms may not need to be tested, even if they've been in close contact with someone known to have the virus.

This newly released research adds more evidence as to why casting a wide net when it comes to contact tracing is a key strategy to mitigate viral spread.

"We know that children often show few or no symptoms of COVID-19. We also know they are not

See **VIRUS** Page 2

## Belvidere Pool Open

Reminder Labor Day 9/7 will be the LAST day the Belvidere pool is open. Hours: 12pm -6:30pm. Daily Passes Available. Adults: \$8.00. Children and Seniors: \$6.00. Children under 3 : Free

## Free Dinner

The East Bangor United Methodist Community Church welcomes you to a FREE Dinner (BBQ Chicken sliders, cole slaw, and dessert) on Sunday, Sept. 6 from 4:00-5:00 p.m. The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA. Questions? call 610-588-4453 or visit <http://ebumc.org/>

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## VIRUS continued from page one

immune to this virus, and they can become very sick. Testing exposed individuals who may not yet show symptoms of COVID-19 is crucial to contact tracing, which helps identify and support other people who are at risk of infection," AAP President Dr. Sally Goza said in the statement.

### Hard to diagnose

The study, published in the journal JAMA Pediatrics on Friday, included data on 91 asymptomatic, presymptomatic and symptomatic children diagnosed with Covid-19 between February 18 and March 31 at 22 centers throughout South Korea.

Among those patients, 20 of them -- or 22% -- did not show any obvious symptoms and remained asymptomatic throughout the study.

Another 18 children -- or 20% -- were presymptomatic, meaning they didn't look or feel sick at the time but eventually got symptoms later.

In total, more than half of the children -- 71 kids or 78% -- did show symptoms, which included fever, cough, diarrhea, abdominal pain and loss of smell or taste, among other symptoms. The duration of the symptoms appeared to vary, ranging from one to 36 days.

"This suggests that even mild and moderately affected children remain symptomatic for long periods of time," DeBiasi and Delaney wrote in the editorial.

The data showed that only 8.5% of those patients with symptoms were diagnosed with Covid-19 at the time their symptoms began. Most -- 66.2% -- of the patients with symptoms had symptoms that were not recognized before they were diagnosed, and 25.4% developed symptoms after they were diagnosed.

"This highlights the concept that infected children may be more likely to go unnoticed either with or without symptoms and continue on with their usual activities, which may contribute to viral circulation within their community," DeBiasi and Delaney wrote.



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# #MaskUpPA



## 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)

<https://pabusinessgrants.com>

## 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](mailto:info@bangorlibrary.org) or call 610-588-4139

## License Expiration

Dates for driver licenses, photo ID cards & learner's permits scheduled to expire from March 16, 2020 through August 31, 2020, have been extended until August 31, 2020 in response to statewide #COVID19 mitigation efforts.

## Chat About Chickadees and Climate Change

Thursday, September 17 at 7:00pm to 8:00pm

This program will be held virtually via Skype it will NOT take place face-to-face at the center.

You may have spotted small and cute black, gray,

and white

chickadees

at your

birdfeeder

or while

hiking in

the woods.

What

you may

not have

realized

is that the

chickadees



you've spotted here in the Lehigh Valley could be hybrids--formed when individuals from two different species mate and produce offspring.

If you've lived in the Lehigh Valley for several years or more, the chickadees you've spotted recently might be more likely to be hybrids than those that you saw ten years ago! Dr. Amber Rice will talk about research done in her lab at Lehigh University that has shown how climate change is affecting the ranges of chickadees, and possibly leading to increased hybridization.

She will also discuss how she's examining some of the consequences of this hybridization on chickadee behavior, and how it may translate into selective pressures acting on chickadees. This is a virtual program. Participants will need to possess an internet capable device with the Skype application installed. Registration is Required.

Register for community programs online [Click Here.](#)



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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.

## 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](mailto: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!

## 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>

## 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

## NWS Forecast - August 31

### Today

Mostly cloudy, with a high near 76. Northeast wind around 5 mph becoming southeast in the afternoon.

### Tonight

A chance of showers, mainly after 11pm. Mostly cloudy, with a low around 62. Southeast wind around 5 mph. Chance of precipitation is 40%. New precipitation amounts of less than a tenth of an inch possible.

### Tuesday

A chance of showers. Mostly cloudy, with a high near 76. Southeast wind around 5 mph. Chance of precipitation is 50%. New precipitation amounts between a tenth and quarter of an inch possible.

### Tuesday Night

A chance of showers, mainly after 2am. Mostly cloudy, with a low around 65. Southeast wind around 5 mph. Chance of precipitation is 40%. New precipitation amounts of less than a tenth of an inch possible.

### Wednesday

A chance of showers and thunderstorms. Mostly cloudy, with a high near 77. South wind 5 to 10 mph. Chance of precipitation is 50%. New rainfall amounts of less than a tenth of an inch, except higher amounts possible in thunderstorms.

### Wednesday Night

A slight chance of showers and thunderstorms. Mostly cloudy, with a low around 67. Chance of precipitation is 20%.

### Thursday

A chance of showers, with thunderstorms also possible after 2pm. Partly sunny, with a high near 83. Chance of precipitation is 40%.

### Thursday Night

A chance of showers and thunderstorms. Mostly cloudy, with a low around 68. Chance of precipitation is 30%.

### Friday

**Daily Weather Updates**  
[sbtopics.com](http://sbtopics.com)

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# Slate Belt Happenings

**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 [Click Here](#).

## 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 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 [murphyllaw@epix.net](mailto:murphyllaw@epix.net)

**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

See HAPPENINGS page 6

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**HAPPENINGS** continued from page 5

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 6**

### Free Dinner

The East Bangor United Methodist Community Church welcomes you to a FREE Dinner (BBQ Chicken sliders, cole slaw, and dessert) on Sunday, Sept. 6 from 4:00-5:00 p.m. The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA. Questions? call 610-588-4453 or visit <http://ebumc.org/>

**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 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 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 [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

See **HAPPENINGS** page 7

## HELP WANTED

### Mt. Bethel Beverage

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**HAPPENINGS** continued from page 10

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 [Click Here](#).

**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

**Girl Scouts Love Building Safe Campfires**

Saturday, September 12 at 10:00am to 11:30am

Campfires are lots of fun! They are great places to relax, share stories, sing songs, and cook delicious snacks. Join us to learn how to choose a site, gather materials, and safely build a fire using a magnesium fire starter. Scouts will be able to practice building a fire of their own. Scouts are welcome to bring snacks to cook over their fires, but the park will not be providing any foods for this program. This event is part of the Girl Scouts Love State Parks Weekend. This program is specifically for Girl Scouts. Scouts must be accompanied by an adult. Please register all members of your party including adults as space for this program is limited to 15 attendees total. 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. Our written health and safety plan is available upon request. Register for community programs online [Click Here](#).

**County Day Camps**

Saturdays in September Day Camps 9 am-4pm

- Saturday, September 12, Louise Moore Park, Easton
- Saturday, September 19 Wayne Grube Park, Northampton
- Saturday, September 26 Bear Swamp Park & Archery Center, Bangor

County Parks. Advance registration is required. Register

**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

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[debbie.pettinari.wz73@statefarm.com](mailto: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 [sbtopics@rcn.com](mailto:sbtopics@rcn.com) or call 610-863-1988**



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Sunday 10:00-5pm - 570-897-BEER



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

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# Bangor Library New Books

August 20 2020 to August 27, 2020

## Adult Fiction

Hello, Summer by Mary Kay Andrews  
 A Private Cathedral by James Lee Burke  
 The Lions of Fifth Avenue: A Novel by Fiona Davis  
 The Sea of Lost Girls: A Novel by Carol Goodman  
 The Year of the Witching by Alexis Henderson  
 Trouble the Saints by Alaya Dawn Johnson  
 The Friendship List by Susan Mallery  
 Mexican Gothic by Silvia Moreno-Garcia  
 The Kept Woman by Karin Slaughter  
 The Silent Wife: A Novel by Karin Slaughter

## Adult Non-Fiction

Caste: The Origins of Our Discontents by Isabel Wilkerson  
 Live Free or Die: America (and the World) on the Brink by Sean Hannity  
 Die with Zero: Getting All You Can From Your Money and Your Life by Bill Perkins  
 Here For It: Or, How to Save Your Soul in America: Essays by Eric R. Thomas

## Easy Fiction

Dog's Colorful Day: A Messy Story about Colors and Counting by Emma Dodd  
 The Case of the Stinky Stench by Josh Funk  
 Little White Fish by Guido Van Genechten  
 Little Owl Lost by Chris Haughton  
 'Ohana Means Family by Ilima Loomis  
 The Listening Walk by Paul Showers  
 A Tree is Nice by Janice May Udry

## Junior Fiction

Bo The Brave by Rebecca Elliott  
 Rowley Jefferson's Awesome Friendly Adventure by Jeff Kinney

## Young Adult Fiction

Love from A to Z by S. K. Ali  
 Set Fire to the gods by Sara Raasch  
 Star Daughter by Shveta Thakrar

# 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](mailto: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](http://www.celticfest.org).



## 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](http://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](mailto: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](mailto:jones.frank@penargylsd.org).

For more information about Families First see their website [www.familiesfirstpenargyl.org](http://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](mailto: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](mailto: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](mailto: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](http://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.

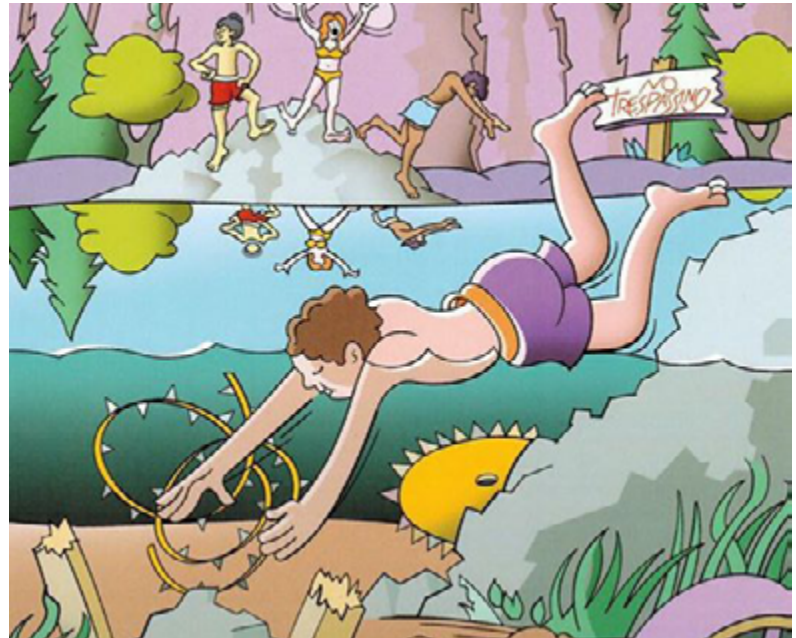


## Quarry Holes Filled With Water and Hidden Dangers

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  
at [www.wildlandspa.org](http://www.wildlandspa.org)

## **Girl Scouts Love Learning About Invasive Species**

Saturday, September 12 at 2:00pm to 3:00pm

Plants and animals that are introduced into new ecosystems can be very disruptive. Join us to learn about some of the invasive plants and animals in the park and what is being done to control them. This event is part of the Girl Scouts Love State Parks Weekend. This program is specifically for Girl Scouts. Scouts must be accompanied by an adult. Please register all members of your party including adults as space for this program is limited to 15 attendees total. 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. Our written health and safety plan is available upon request. Register for community programs online [Click Here](#).

**September 15**

## **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 16**

## **Hike for Health**

Wednesday, 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 [mmulligan@celticfest.org](mailto: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](http://www.celticfest.org).

## **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 18**

## Family Night Magnificent Monarchs!

Friday, September 18 at 6:30pm to 7:30pm

Monarch Butterflies are beautiful creatures that make an amazing migration each year. Learn about their life cycle and what you can do to help Monarchs along their journey. We will take a close look at some young Monarchs and explore the wildflower fields of Jacobsburg in search of adult butterflies. This program is best for families with children ages 5 and up. Registration is required in order to limit group size in accordance with current health guidelines. Participants must wear a face mask and practice proper social distancing while attending the program. Please call to find out more, 610-746-2801 or [Click Here.](#)

### 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 19**

### County Day Camps

Saturdays in September Day Camps 9 am-4pm

- Saturday, September 12 , Louise Moore Park, Easton
- Saturday, September 19 Wayne Grube Park, Northampton
- Saturday, September 26 Bear Swamp Park & Archery Center, Bangor

County Parks. Advance registration is required. Register at [www.wildlandspa.org](http://www.wildlandspa.org)

### Monarch Tagging

Saturday, September 19 at 10:00am to 11:30am

Join local butterfly enthusiast Doug Burton as he captures and tags Monarch butterflies heading to Mexico for the winter. Butterfly nets will be on hand for those who wish to assist Doug in capturing these beautiful insects. Participants should dress for the weather and wear comfortable shoes. Registration is required in order to limit group size in accordance with current health guidelines. Participants must wear a face mask and practice proper social distancing while attending the program. Register for community programs online [Click Here.](#)

**September 21**

### Monday Morning Birds & Beans

Mondays, 8:00-9:30am, September 21, 28, & October 19

Rise and shine! Join us for a bird walk through Jacobsburg in search of fall warblers and other Neotropical migrants. This is a great opportunity to learn tricky fall warbler identification. Please dress for the weather, wear comfortable shoes, and bring binoculars and your favorite field guide! Registration is required in order to limit group size in accordance with current health guidelines. Participants must wear a face mask and practice proper social distancing while attending the program. Register for community programs online [Click Here.](#)

**September 22**

### 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 23**

## **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](#).

**September 24**

## **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 25**

## **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 26**

## **County Day Camps**

Saturdays in September Day Camps 9 am-4pm

- Saturday, September 12, Louise Moore Park, Easton
- Saturday, September 19 Wayne Grube Park, Northampton
- Saturday, September 26 Bear Swamp Park & Archery Center, Bangor

County Parks. Advance registration is required. Register at [www.wildlandspa.org](http://www.wildlandspa.org)

## **Slate Belt Chamber Business and Shopping Day**

Slate Belt Chamber of Commerce Presents Business & Shopping Saturday, September 26th (rain date 9/27) 8 am – 2 pm 1310 Blue Valley Drive, Pen Argyl behind Washington Pet/Ignite Fitness

Enjoy shopping with our Slate Belt Business Owners as well as Yard Sale vendors!

Space Fees: \$20 for SBCC Members \$25 Non SBCC Member Tables

You will have a 10 x 10 area to use. Please bring your table/chair, tent, items, etc. All vendor spaces must be set up prior to the event start time.

You must also provide an item of your choice for a silent auction. This is an opportunity to showcase your business outdoors during these critical times.

Social distancing and masks are required. Space is limited, first come, first serve!

## **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