

Slate Belt Town Topics

NEWS TODAY NOT NEXT WEEK

Summer Fun

Bangor Pool

Hours: 12-7 Monday - Friday

11-7 Saturday and Sunday

Weona Park Carousel and Golf

Fridays 3-9

Saturdays, Sundays - 1-9

From 9/9 to 10/1 - Saturdays & Sundays 1-8.

Summer Sounds

Wind Gap 6:00pm August 12

Weona Park 6:00pm August 6

Weather and Your Health

Arthritis - **Moderate**

Asthma - **Moderate**

Sinus - Low

UV Index - **Moderate 10-5**

Air Quality - Good

Scroll Down To Our Featured
Stories and Photos

.....Or.....

Click on a Link Below

Slate Belt Weather Forecast &
Current Conditions

Slate Belt Public Libraries

Slate Belt Church Information

Special Events Calendar

Regular Events Calendar

Sports Coming Soon

Bangor National Night Out



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CHEVROLET

Roseto National Night Out



PHOTO GALLERY

Photos: Larry Cory

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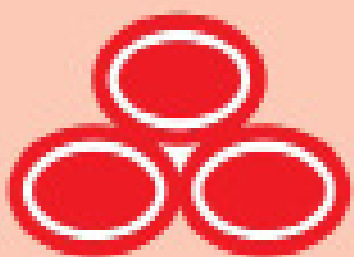
Roseto National Night Out



**Recovery
Revolution**
steps for healthy living



PHOTO GALLERY
More Photos Tomorrow
Photos: Larry Cory



State Farm

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610-881-4433

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



How This Mom Lost Half Her Body Weight

“My Health Is More Important Than How I Look In A Swimsuit.”

By Emma Dunn via SWNS

A mom ditched her daily three-course dinners to lose half her body weight – and is now swallowed by her wedding dress.

Jennifer Brown, 41, says she has always struggled with her weight and tipped the scales a 342 lbs and wore a U.S. size 24 at her biggest.

After being diagnosed with gestational diabetes when she was pregnant she decided she needed to make a change.

But she struggled to ditch her regular McDonald's lunches and three course dinners until a health check up revealed high blood sugar levels.

She kept a food diary and cut out fizzy drinks and large portions and lost 89lbs.

She then started taking weight loss drug Mounjaro - also known as Tirzepatide - to help her shift the extra pounds.

Now a slender 175 lbs and a US size 10, Jennifer's wedding dress dwarfs her.

Jennifer, abstractor, from Des Moines, Iowa, said: “I've lost an entire person from my body.

“I've tired on tops that barely fit me before – now they are like a dress on me.

“I can't believe that I'm here.

“I have a couple of core memories on my wedding day when I looked at my reflection and said out loud to myself how beautiful I felt.

“And that's all that matters. But I am healthier now.

“My health is more important than how I look in a swimsuit.”

Jennifer feared she might not be able to look after her son, Maddox, nine and step-daughter, Cameron, 21, after she was told she had high blood sugars in 2019.

Her husband, Jeff, 46, a shift supervisor at an ethanol refinery, had a heart attack aged 41 which gave Jennifer another boost to make a change.

The mom had often been coming home to a meal of steak, potatoes, salad with ranch dressing, bread and ice cream but switched this to healthy meals such as a pork chop and vegetables.

Jennifer said: “I was a binge eater.

“I would eat out of boredom or emotionally.

“I never felt the feeling of fullness or satisfaction.

“I could go to a restaurant and eat an appetizer, main, desert and still be able to have something later.

“I basically had a three course meal every dinner.”

She lost 89lbs by learning to eat healthy and started walking as much as she could but struggled to shift any more weight.

Jennifer turned to the weight loss drug Mounjaro which has helped her slim down to 175lbs.

She said: “I've never been a size 10 – even in middle school.

“I got on a plane and I didn't have to worry about asking for a seat belt extender.”

Jennifer has also taken up running as part of her daily workouts and can now run 5k.

She said: “I can run miles.

“I can climb mountains.

“I get to play catch with my son and be present in his life.

“I'm showing him it matter to take care of yourself.”

Jennifer doesn't deprive herself of a sweet treat when she is craving it but will get a smaller pot of ice cream instead of her previous order – a hot fudge sundae, with brownie and cherries on top.

She said: “I try to keep really balanced.”

Jennifer said Jeff has been her “biggest supporter” throughout her journey and she has 10lbs left to lose before she is at her goal weight.



HALL RENTAL

- Affordable space for bridal or baby shower, birthday, graduation or wedding party and family gatherings.
- Handicap accessible hall with kitchen and large parking lot. Accommodates up to 100 people.

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More info: 610-588-2023



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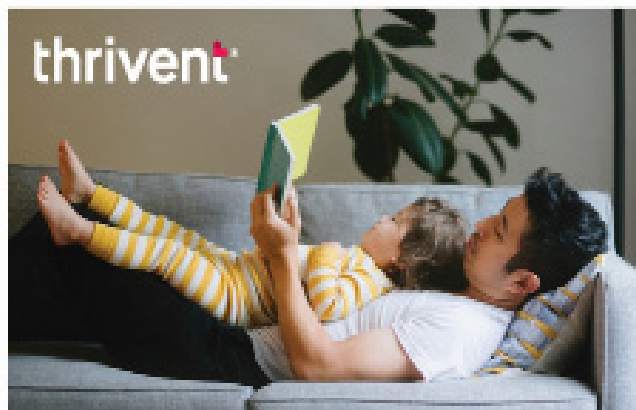


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PUBLISH YOUR EVENT

To publish info about your event, e-mail sbtopics@rcn.com Please send in text form. Do not send photos of text.



PUBLISH YOUR EVENT

To publish info about your event, e-mail sbtomics@rcn.com Please send in text form. Do not send photos of text.

August 5

Holistic Fair

Blue Flame Events is hosting our first annual Holistic Fair inside the Palmer Park Mall on August 5th from 11AM to 4PM!

We're looking for vendors (holistic & non-holistic) to join us for this unique event. We're also looking for event contributors to participate in mini lectures and demonstrations. We're also looking for sponsors for this fantastic event!

Vendor Cost = \$40 per space.

To request a registration link or sponsorship packages for this event text Blue Flame Events at (272)-200-8163 or email blueflameevents@yahoo.com.

<https://facebook.com/events/s/holistic-fair-explore-the-alte/1405325460242023/>

Stuff The Bus

Wind Gap Community Pharmacy is accepting donations of school supplies (or you can drop off a check with the memo "school supply donation" made out to Wind Gap Community Pharmacy. We are looking to accept donations of the following school supplies on the list below. If you are a business and looking to donate please feel free to contact me or contact the information on the flyer.

Half Price Books

Also, on Sat., August 5 2023, the library will hold a ½ Price Book Nook Sale from 10:00 am to 12:00 pm. Items include adult, young adult and children fiction and non-fiction books and puzzles. Cash or check only. The library is located at 216 S. Robinson Ave., Pen Argyl, PA. Visit our website at www.bmcl.org or find us on Facebook. Call 610-863-3029 for information.

Ice Cream Social

Christ Evangelical Lutheran Church 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) will hold an Ice Cream Social on Saturday, August 5th from 3pm to 7pm.

Tasty homemade, hand-churned ice cream will be accompanied by hot dogs, hamburgers, sausage, chicken bar-b-cue and beverages. So come on down for dinner, dessert and a fun time. Enjoy entertainment from country singer Jeni Hackett! For information Chrissy at 610-588-0809.

August 9

Hike for Health

Wednesday, August 9 at 5:30pm to 7:00pm

Get moving after work with a brisk hike at Jacobsburg! These guided monthly hikes are 2 to

August 10

Weekly Weeders

Thursday, Aug 17,24,31at 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. Registration is required.<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

Historical Maps

The Slate Belt Heritage Center will hold their monthly historic program on Thursday, August 10th @ 7:00 PM. Speaker for the evening will be Mr. Joel Hoffner. Join Mr. Hoffner as he introduces the new Lehigh Valley Historical Maps Consortium (LVHNC) website that accesses the map inventory, discusses a selection of maps that are particularly fascinating and reviews the progress of an early schoolhouse mapping project here in the Slate Belt and entire Northampton County.

August 12

Botanical Treasures of Jacobsburg

Saturday, August 12 at 4:00pm to 6:00pm

Explore the park and search for mid-summer blooms. 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 required.

Magnificent Moths

Saturday, August 12 at 8:30pm to 10:00pm

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. This program is best for families with children ages 5 and up. Please bring a flashlight. Registration required. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

August 13

Truck, Bike Show

A truck and bike show will be in downtown Bangor from 12-4 August 13.

August 15-19

Blue Valley Farm Show

The Blue Valley Farm Show will be held from August 15-19. See daily schedule starting Sunday August 13 .

August 17

Weekly Weeders

Thursday, Aug 17,24,31at 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. Registration is required.<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

August 19

Sixth Annual Slate Belt Sprint 5k

The Slate Belt Y 6th Annual Sprint 5K will be held Saturday August 19 starting 8:15 am at 315 W Pennsylvania Ave, Pen Argyl, PA This is a family event, as well as an event for competitive runners. The challenging, but achievable, course is great for beginners or experienced runners alike.

Register by July 23, 2023 to save! Registration is only \$25 and includes a race t-shirt. Children ages 8-11 can register for the 5k for only \$15 with a participating adult and will receive the same awesome t-shirt. Prices increase on 7/24 and 8/14, sign up early to save!

Children ages 7 and under can participate in the short Kids Fun Run for free. Start times: 7:00 a.m. Day of Registration Opens 8:15 a.m. 5k Run/Walk begins 9:15 a.m. Kids Fun Run begins

AWARDS: First Place Overall Male & Female, Top 3 Male & Female by Age Group: 11 & under, 12-19, 20-29, 30-39, 40-49, 50-59, 60 & up

August 24

Weekly Weeders

Thursday, Aug 3, 24,31at 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. Registration is required.<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg> August 26

August 26

Delaware Riverfest

Delaware Riverfest 422 Delaware Avenue, Portland, Saturday, August 26, 20 at 10 am by Blue Flame Events

Enjoy the day along the Delaware River shopping w/ vendors, food trucks, drinks, music, and more!

Walking in Historical Waters

Saturday, August 26 at 2:00pm to 3:30pm

Walk IN the Bushkill Creek. Discover how early settlers manipulated the land and water to harness the flow of the creek to power different mechanisms. Gain a different perspective as you discover remnant land use clues from the past.

Late-August is a great time to walk creeks because the water is not as high as is during other months, and it is still warm enough to feel refreshed as the rippling water grazes your ankles. This program is not appropriate for children under 8 years old or for those who find it difficult to maneuver through uneven, slippery terrain. Hiking poles will be provided along with boots, waders, and sneakers of a limited size assortment. We recommend wearing water shoes, wading boots, or old sneakers. Open toed shoes, sandals, or crocs are not appropriate for this activity. Registration is required.<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

Volunteer Event: Lose the Loosestrife

Saturday, August 26 at 6:00pm to 8:00pm

Although beautiful, Purple Loosestrife is an aquatic invasive plant which threatens species diversity. We will be removing this unwanted plant from our planted wetland area. Registration is Required.<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

August 31

Weekly Weeders

Thursday, Aug 31 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. Registration is required.<https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

September 10

Families First 5K

Join Families First as they celebrate their 21st year serving residents in the Pen Argyl Area School District and participate with annual 5K Race & 1 Mile Fun Walk on Saturday, September 9, 2023.

The Race and Walk will start at 9 am in the Wind Gap Borough Park. Registration the day of the Race will begin at 7:30 am.

This event is for the entire family. All proceeds will go to support the Adopt-A-Family Holiday program and activities provided by Families First. "PEOPLE HELPING PEOPLE" in the Pen Argyl Area School District!

A copy of our official registration form can be downloaded from the Families First website: www.familiesfirstofpenargyl.org.

September 10

Speciality Bingo

Slate Belt Chamber of Commerce Specialty Binaog will be held 1:00pm at the Bangor Elks. Sponsorships are available and ticket sales are open.

September 16

Indoor Flea Market

The East Bangor United Methodist Community Church will be holding an Indoor Flea Market/

Crafts on Friday, September 15th, from 10:00 a.m. to 7:00 p.m., and on Saturday, September 16th, from 10:00 a.m. to 3:00 p.m. Tables will be for rent: \$15 for one day or \$25 for both days. Lunch and a bake sale will be available. Contact Cheryl Hower (484-221-4197).

September 15-17

Pen Argyl Yard Sales

Pen Argyl Community Yard Sales - No permit needed. September 15th – 17th.

September 30

No Pumpkin Way

Enjoy a family fun filled day September 30 in the Roseto Ball Park from 10-3.! Shop with unique vendors & crafters, purchase some Tricky Tray tickets for a chance to win some amazing baskets filled with goodies! While you're there, grab some delicious food! If you're feeling ambitious you can participate in the pumpkin throwing contest. Before you leave, be sure to get your FREE Fall digital photo! This event is FREE to attend and open to the public.

We're looking for vendors and crafters to participate in this event. To request a registration please text (272)-200-8163.

Sponsorship and advertising packages are also available for this event! For more information call (272)-200-8163 or [email blueflameevents@yahoo.com](mailto:blueflameevents@yahoo.com).

Sept 30 - Oct 1

Revolutionary War Weekend

Saturday & Sunday September 30, 2023 October 1, 2023 Revolutionary War Encampment, Marching Drills, Life, Makers,'Merchants. Blltish Encampment, Skirmishes. Food Truck, Historic Buildings and Museums open for tours Saturday 10-am 4pm and Sunday 12pm - 4pm

October 14

Designer Purse Bingo

It's time for the second annual Designer Purse Bingo Wind Gap Fire Social Hall Octobre 14 at 5pm .Tickets are \$35 in advance and \$45 at the door. Beer and Wine Slushes will be included with your ticket. Tables are available to reserve on a first come first serve basis. We will have a tricky-tray and door prize! Doors will open at 4:00 and bingo will start at 5:00. We had so much fun last year and are looking forward to another fun night.

For further questions contact Kailey at (484) 626-3132

October 15

The Washington Twp. Fire Co. Fall Craft Fair is on October 15th, 2023 from 10am to 4pm.

Spaces are \$30 for (1) 10ft x 10ft space or \$50 for (2) 10ft x 10ft spaces. Please note that all spaces are outdoors and that this is a rain or shine event. Vendors are also required to bring their own tables, chairs, and coverings. All of this plus other information is listed on the application. Also, pre-

vious Vendors/Crafters will not be able to request their spot locations from last year's events.

Please email us at craft.wtvfc@gmail.com or call Aundrea at 610-984-7101 to request an application.

Please also remember that we only accept paper applications with cash or check. No one should be asking you to pay online with a credit card.

October 19-21

Trinity Rummage Sale

Arummage sale will be held at Trinity Evangelical Lutheran Church at 404 Broadway, Bangor, October 19-21 from 8am to 2pm.

Oct 29,30

Market Faire Rendezvous Living History Weekend

Saturday & Sunday, October 29 & 30, 2023

Fur Trade Era Encampment and 18th c. Market Faire. Early American Arts & Crafts, exhibits and demonstrations. Open Hearth Cooking.. Food truck. Historic Buildings and Museums open for tours. Saturday 10-4 pm and Sunday 12pm - 4pm

November 17-19

Aladdin

Bangopr Area Middle School will present Aladdin Novemver 17-19.

December 1

Tree Lighting With Santa in Washington Twsp.

More Details to come on Facebook.

December 3

Painting with A Purpose Christmas Edition

Painting with a Twist (Bethlehem, PA) Event by Pink Heals Lehigh Valley Chapter Sunday, December 3, 2023 At 1:30 pm – 3:30 pm

Save the Date to join us on December 3rd for another fun afternoon as we get into the Christmas Spirit by painting Galactic Christmas Eve. We will add the link to register as soon as it becomes available.

Don't think you can paint? Don't worry; the instructors break it down step-by-step for you to create your very own masterpiece.

This event is open to those 18 and older. Those 13-17 are welcome to attend, provided they are accompanied by a parent or guardian.

Arrive 30 minutes prior and join us for a "happy half-hour" to unwind, mix and mingle.

50% of all proceeds go towards their benevolent fun to help those in need in our community.

Historical Maps Program Planned Heritage Center

The Slate Belt Heritage Center will hold their monthly historic program on Thursday, August 10th @ 7:00 PM. Speaker for the evening will be Mr. Joel Hoffner. Join Mr. Hoffner as he introduces the new Lehigh Valley Historical Maps Consortium (LVHNC) website that accesses the map inventory, discusses a selection of maps that are particularly fascinating and reviews the progress of an early schoolhouse mapping project here in the Slate Belt and entire Northampton County.

Genealogy and local history researchers sometimes overlook the treasure trove of information contained on maps and other geographical and visual image documents. The (LVHNC) was founded to create an inventory of these types of documents available to the public at twenty-two regional institutions. Mr. Hoffner is a Lehigh Valley native who has cataloged collections at the Northampton County Historical and Genealogical Society, National Museum of Industrial History, Moravian Archives, Moravian Historical Society and Hunter Martin Museum in Lower Mt. Bethel Twsp.

He has published four books mapping the tracts of land occupied by the early Warrantees and Patentees of ten of the townships of Northampton County. The event is free and open to the public. The Heritage Center is located at 30 North 1st Street, Bangor, Pa. Contact Karen Brewer @ 484-894-5661 for additional information.

Slate Belt Heritage Center Program Schedule

Aug. 10th: Northampton County Schoolhouses & War-
rant Mapping Joel Hoffman

Sept. 14th: Cemetery Tour -Kim & Rachael

Oct. 12th & 13th: Haunted Heritage Program

Oct. 29th: Super Sunday: Perry Morris & Rachael Win-
ston

Nov. 12th: Veteran's Program

Dec. 10th: Great slate Belt Trivia contest: Marc Blau

Jan. 14th: - TBA

Feb. 11th: - TBA

March 10th: Founders Program

April 11th: - TBA

Wind Gap Community Pharmacy presents

"Stuff The Bus"

A bus will be located in the parking lot of our pharmacy for the community to bring donations to "stuff the bus". The donations will then be distributed throughout the local school districts to help out multiple families with school supplies. Teachers all over the country spend their own money on supplies to help the kids whose family can't afford it. Therefore, we would like to give back to the teachers who give their all to their kids as they deserve some recognition for doing so.

List of supplies needed (but not limited to):

- | | |
|----------------------|------------------------|
| Backpacks | Glue sticks |
| #2 pencils | Bottle of white glue |
| Pens (black or blue) | Calculator |
| Loose leaf paper | Agenda |
| 3 ring binders (lin) | Scissors |
| Subject dividers | Pencil case |
| Pocket folders | Tissues |
| Erasers | 1 subject notebooks |
| Crayons | Disinfectant wipes |
| Highlighters | Rulers |
| Sharpies | Book covers |
| Paper clips | Expo dry erase markers |
| Staples | Lamination pouches |
| Tape | Post-it notes |

If any businesses are interested in donating towards our "Stuff the Bus" event please contact us at the number or email below.

The bus will be here for a few days to make it easier for everyone to attend. We are able to accept donations before the 5th of August should you not be able to attend our event.

August 5th, 2023

31 W 1st St, Wind Gap, PA 18091

CONTACT US:

(610)881-4260

Windgaprx@gmail.com

Wind Gap Community Pharmacy is accepting donations of school supplies (or you can drop off a check with the memo "school supply donation" made out to Wind Gap Community Pharmacy. We are looking to accept donations of the following school supplies on the list below. If you are a business and looking to donate please feel free to contact me or contact the information on the flyer.

We Got Your Back! School Backpack Giveaway

Free
Underwear!

Saturday, August 5, 2023
11 am to 3 pm

Free
Socks!

First United Methodist
Church of Bangor
55 North 3rd Street, Bangor, PA



All elementary aged children – Kindergarten to 6th grade – are invited to come out and choose a backpack filled with school supplies. While supplies last.

Free Lunch:

Courtesy of Big Papa's
Smokin' Food Truck

Hamburgers, Hot Dogs
French Fries



Keystone Party Snack Mix
Courtesy of Keystone Snacks



Free scoop of Ice Cream
Courtesy of The Local Scoop



Free Back to
School Haircuts
Courtesy of
Precision Cutz
Barbershop



Thank you to Wesley United Methodist Church in Bethlehem, PA for supplying the backpacks, socks and underwear.

Summer Sounds 2023 Concerts

Weona Park

August 6

Large Flowerheads ... Musical sights and sounds of the groovy 60s

August 20

Philadelphia Funk Authority ... More than funk . Party music from the past five decades

Wind Gap

August 13

New Individuals .. Oldies 60s and 70s

August 27

Last One Standing ... County, Classic Rock and oldies mix.

All concerts are free, begin at 6 P.M at Wind Gap or Weona Park Band shells, as noted. For Pen Argyl, please watch for notifications (Pen Argyl Borough WEB, Facebook, Nixel, etc.) on any weather-related change of venue or rescheduling of the event.

Sixth Annual Slate Belt Sprint 5k

The Slate Belt Y 6th Annual Sprint 5K will be held Saturday August 19 starting 8:15 am at 315 W Pennsylvania Ave, Pen Argyl, PA This is a family event, as well as an event for competitive runners. The challenging, but achievable, course is great for beginners or experienced runners alike.

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AWARDS: First Place Overall Male & Female, Top 3 Male & Female by Age Group: 11 & under, 12-19, 20-29, 30-39, 40-49, 50-59, 60 & up

BASEBALL

MONTHLY MEETING

AUGUST 8TH

6:30 P.M.

LIBERTY FIRE COMPANY

67 N. 8TH STREET, BANGOR

ALL ARE WELCOME TO ATTEND!

Roseto Community Events

Summer Reading at the Park

June 21, 26

July 5, 12, 26

August 2, 9

10:00-11:30

Roseto Ballpark

Big Time Celebration

July 25-30

National Night Out

Tuesday, August 1

5:00-8:00

Roseto Ballpark

Roseto Community Yard Sale

August 4, 5, 6

Roseto Helping Hands Bake Sale

Saturday, September 10

ACE Hardware Capital Plaza

No Pumpkin Way!

It's a Fall Festival! & Tricky Tray

Saturday, September 30

10:00-3:00

Roseto Ballpark

Roseto Fall Festival

Saturday, October 14

6:00-8:00

Roseto Ballpark

Veterans Day Service

Saturday, November 11

9:30

Mount Carmel Cemetery

711 Liberty Ave. Roseto

Roseto Helping Hands Bingo

Sunday, November 12

Doors open at 12 and Games begin at 1:00

American Legion

143 Garibaldi Ave. Roseto

Christmas Tree Lighting

Sunday, November 26

6:00

Regular Events Calendar

Friday August 4
Bingo - Wind Gap Fire Co., 6:45.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Slate Belt YMCA - Open 5:00am - 9:00pm

Saturday August 5
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 10-4
Mission of Love Soup Kitchen - N. Main St., Bangor. 11-2
Slate Belt YMCA - 8-4
Slate Belt Heritage Center - Open 12-3
Hope, Faith & Recovery Group, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

Sunday August 6
Fellowship Dinner - East Bangor UMC, 4-6.
Slate Belt Heritage Center - Open 12-3.
Slate Belt YMCA - 10-2
All-You-Can Eat Breaklfast - Bangor Elks 8-12pm. Adults \$10. Kid 6-12 \$6. Under 6 - Free.

Monday August 7
Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Pen Argyl Sewer Committee - 4:30 P.M. Council Chambers
Pen Argyl Municipal Authority - 5:00 P.M. Council Chambers
Washington Township Zoning Board - Municipal Building, 6:30 pm.
Roseto Borough Council - Municipal Building, 7:30pm
Lower Mount Bethel Supervisors - Meets Centerfield Building, 7pm
Portland Borough Council - Borough Hall, 7:00pm
Pen Argyl Council - 7pm
Pen Argyl GFWC - St. John , Pen Argyl, 7pm
Slate Belt YMCA - Open 6:00am - 8:00pm
Pump - 8:30-11:30
Weona Park Pals - 7pm
Wind Gap Boro Council - 7pm

Tuesday August 8
Bingo - Portland Fire Co., 7pm.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 10-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Mission of Love Food Pantry & Clothes Closet - N. Main St., Bangor, 10-12
Pen Argyl Woman’s Club Meets 1:30 pm St. John’s Lutheran.
Plainfield Parks & Rec - 7pm
Slate Belt YMCA - Open 6:00am - 8:00pm

Wind Gap Boro Council - 7pm
(Monday Holiday meet Tuesday

Wednesday August 9
Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 1-8
LMBT Recreation Board - 7pm, Centerfield building
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Slate Belt YMCA - Open 6:00am - 8:00pm
Wind Gap Zoning - 7pm

Thursday August 10
Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 10-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Bingo - Plainfield Fire Co., 6:30pm
Slate Belt YMCA - Open 6:00am - 8:00pm

Friday August 11
Bingo - Wind Gap Fire Co., 6:45.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Slate Belt YMCA - Open 5:00am - 9:00pm

Saturday August 12
Blue Mountain Library - 10-12
Bangor Public Library - 10-4
Columcille Tours - Free. 9:30-11:30. Meet at Stone circle.
Slate Belt YMCA -8-4
Slate Belt Heritage Center - Open 12-3
Hope, Faith & Recovery Group, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

Sunday August 13
Breakfast - Bushkill Volunteer Fire C. 7:30-12:30.
Fellowship Dinner - Breaking Bread soup kitchen, 4:00pm. Cross Road Baptist, Bangor.
Slate Belt Heritage Center - Open 12-3.
Slate Belt YMCA - 10-2

Monday August 14
Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Pen Argyl Sewer Auth. - 4:30pm (If needed)
Pen Argyl Municipal Auth. - 5pm (If needed)
Bangor Borough Council - Meets Bee Hive Community Center, 7pm
Portland Council - 7pm
Pump - 8:30-11:30

Upper Mount Bethel Supervisors - Meets 7:00pm
Roseto Borough Council - Municipal Building, 7:30pm
Slate Belt YMCA - Open 6:00am - 8:00pm

Tuesday August 15
Bingo - Portland Fire Co., 7pm.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 10-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Mission of Love Food Pantry & Clothes Closet - N. Main St., Bangor, 10-12
Slate Belt YMCA - Open 6:00am - 8:00pm

Wednesday August 16
Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Washington Township Supervisors Meet - Municipal Building, 7pm
Pen Argyl Park Board - 7pm
Plainfield Township Supervisors - Meets 7:00pm Municipal Building.
Slate Belt YMCA - Open 6:00am - 8:00pm
East Bangor Municipal Authority - Municipal Authority Hall, 555 Messinger St., East Bangor, 7:00pm

Thursday August 17
Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 10-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Bingo - Plainfield Fire Co., 6:30pm
Slate Belt YMCA - Open 6:00am - 8:00pm

Friday August 18
Bingo - Wind Gap Fire Co., 6:45.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Slate Belt YMCA - Open 5:00am - 9:00pm

Saturday August 19
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 10-4
Slate Belt YMCA - 8-4
Slate Belt Heritage Center - Open 12-3
Hope, Faith & Recovery Group, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

Sunday August 20
Slate Belt Heritage Center - Open 12-3.
Slate Belt YMCA - 10-2

Regular Events

Monday August 21

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Plainfield Township Planning Commission - Municipal Building, 7:00 pm.
Lower Mount Bethel Supervisors - Meets Centerfield Building - 7pm
Pump - 8:30-11:30
Slate Belt YMCA - Open 6:00am - 8:00pm

Tuesday August 22

Bingo - Portland Fire Co., 7pm.
Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 10-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Mission of Love Food Pantry & Clothes Closet - N. Main St., Bangor, 10-2
Roseto Planning Commission - 7:00pm Borough Hall
Slate Belt YMCA - Open 6:00am - 8:00pm
Washing Twsp. Planning - 7pm
Wind Gap Boro - Council 7pm

Wednesday August 23

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.
Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show
UMBT Planning Commission - Township Building, 7:30pm
Slate Belt YMCA - Open 6:00am - 8:00pm

Thursday August 24

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 7pm.
Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show
UMBT Planning Commission - Township Building, 7:30pm
Slate Belt YMCA - Open 6:00am - 8:00pmm

Friday August 25

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 7pm.
Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show
UMBT Planning Commission - Township Building, 7:30pm
Slate Belt YMCA - Open 6:00am - 8:00pm

Saturday August 26

Blue Mountain Library - Open 10-12
Bangor Public Library - Open 10-4
Slate Belt YMCA - 8-4
Slate Belt Heritage Center - Open 12-3
Hope, Faith & Recovery Group, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

Sunday August 27

Fellowship Dinner - First UMC Bangor, 12:30-1:30.
Portland Sunday Sundaes - 6:30 - 8:00pm (Summer only)
Slate Belt Heritage Center - Open 12-3.
Slate Belt YMCA - 10-2

Monday August 28

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show
Bangor Borough Council - Workshop, Bee Hive, 7:00pm
Pump - 8:30-11:30
UMBT Supervisors -7pm
Slate Belt YMCA - Open 6:00am - 8:00pm

Tuesday August 29

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show
Washington Twp. Recreation - 7pm
Roseto Zoning - 7pm
Slate Belt YMCA - Open 6:00am - 8:00pm

UMBT Zoning - 7pm Room, 7pm

Wednesday August 30

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.
Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Washington Township Supervisors Meet - Municipal Building, 3:30pm.
Slate Belt YMCA - Open 6:00am - 8:00pm
Plainfield Zoning - 6:30pm
UMBT Open Space Advisory 7pm

Friday September 1

Bingo - Wind Gap Fire Co., 6:45.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Slate Belt YMCA - Open 5:00am - 9:00pm

Saturday September 2

Blue Mountain Library - Open 10-12
Bangor Public Library - Open 10-4
Mission of Love Soup Kitchen - N. Main St., Bangor. 11-2
Slate Belt YMCA - 8-4
Slate Belt Heritage Center - Open 12-3
Hope, Faith & Recovery Group, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm

Sunday September 3

Fellowship Dinner - East Bangor UMC, 4-6.
Slate Belt Heritage Center - Open 12-3.
Slate Belt YMCA - 10-2
All-You-Can Eat Breakfast - Bangor Elks 8-12pm. Adults \$10. Kid 6-12 \$6. Under 6 - Free.

Monday September 4

HAPPY FOURTH OF September

Tuesday September 5

Bingo - Portland Fire Co., 7pm.
Blue Mountain Library - Open

10-12
Bangor Public Library - Open 10-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Mission of Love Food Pantry & Clothes Closet - N. Main St., Bangor, 10-12
Pen Argyl Woman's Club Meets 1:30 pm St. John's Lutheran.
Plainfield Parks & Rec - 7pm
Slate Belt YMCA - Open 6:00am - 8:00pm
Wind Gap Boro Council - 7pm (Monday Holiday meet Tuesday

WednesdaySeptember 6

Bingo - Bushkill Fire Co. Doors 5pm.Bingo 6:45 pm.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 1-8
LMBT Recreation Board - 7pm, Centerfield building
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Slate Belt YMCA - Open 6:00am - 8:00pm
Wind Gap Zoning - 7pm

Thursday September 7

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 10-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Bingo - Plainfield Fire Co., 6:30pm
Plainfield Environmental Advisory Board - Municipal Building, 7:00pm
Slate Belt YMCA - Open 6:00am - 8:00pm
Wind Gap Planning - 7pm

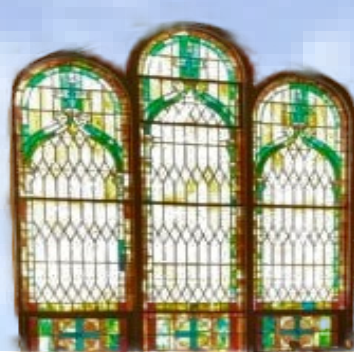
Friday September 8

Bingo - Wind Gap Fire Co., 6:45.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Slate Belt YMCA - Open 5:00am - 9:00pm

Saturday September 9

Blue Mountain Library - 10-12
Bangor Public Library - 10-4
Columcille Tours - Free. 9:30-11:30. Meet at Stone circle.
Slate Belt YMCA -8-4

SLATE BELT CHURCH INFORMATION



Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor

www.christpcsb.org

More info 610-588-4864.

E-mail: info@christpcsb.org.

Sunday Worship, 10:00 a.m.

in-person/Zoom/Facebook Live.

For more info: 610-588-4864.



Trinity Lutheran Church

404 Broadway Bangor (610-588-20)

telcbangor@frontier.com

Sunday worship 9:00am

Fellowship Hall

Holy Communion: First and Third Sundays

Masks optional.

Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel,
18343

<http://www.celepa.org/>

Email: celepaorg@yahoo.com

610-588-7056

Worship: Sundays 9:00 a.m.

Holy Communion: First and Third Sunday

Toddler Sunday School: Sept-May 10:15

Richmond United Methodist Church

Rev. Peter Jamieson, Pastor

<http://richmondumc.com/>

8538 Delaware Dr, Bangor, PA 18013

610.588.7317 | richmondumc@epix.net

Sunday Worship - Weekly at 10:00 a.m.

First United Methodist Church of Bangor

Pastor Elisandra Garcia - 610-588-4673

55 North Third Street, Bangor PA

11:00am service (Communion First Sunday)

Prince of Peace Ev. Lutheran Church

Rev. Michael J. Scholtes, 610-588-55

2445 Lake Minsi Dr, Bangor

popbangor.org

poplbangor@gmail.com

Sunday Worship 9:45 am (Weekly

Communion) Sunday School 8:30 am

East Bangor UMC

136 W. Central Ave. (Rt.512) East Bangor

Aug 5 A.A Meeting 8pm

Aug 6- 9:30 a.m. Worship Service

Aug 6 Adult Sunday School

(Live & on Zoom) 10:45 Fellowship Hour

(For Zoom, go to ebumc.org to sign in)

Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064

www.gracebelfastpa.org 610-759-9080

Email: gracebelfast@rcn.com

July 30, 9:00am

9Th Sunday After Pentecost, Sermon Theme

Christian Practice Of Vacation

Flicksville UCC

1337 Lower South Main St., Bangor

Pastor Ken Hess 610-588-4648

www.flicksvilleucc.com

Worship at 10:00am

Ruggiero
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TRINITY LUTHERAN CHURCH

404 Broadway, Bangor

More info: 610-588-2023



Bangor Library - New Books

New in the Bangor Public Library
July 28 to August 3

Adult Fiction

Pink Lemonade Cake Murder by Joanne Fluke
Everyone Here is Lying by Shari Lapena
Prom Mom by Laura Lippman
The Stars are Dying by Chloe Penaranda
The Wishing Game by Meg Shaffer
The Collector by Daniel Silva
Dead Fall by Brad Thor

Adult Non Fiction

Baking Yesteryear: the Best Recipes From the 1900s to 1980s by
Dylan Hollis
You're Not Enough (and that's okay) by Allie Beth Stuckey
Jackie: Public, Private, Secret by Randy Taraborrelli

Young Adult Fiction

All In by Jennifer Lynn Barnes
Bad Blood by Jennifer Lynn Barnes
Killer Instinct by Jennifer Lynn Barnes
The Naturals by Jennifer Lynn Barnes
Light Bringer by Pierce Brown
House of Roots and Ruin by Erin Craig
One of Us is Back by Karen McManus

Easy Fiction

Olaf's Night before Christmas by Jessica Julius
Construction by Sally Sutton

Easy Non Fiction

I Can Draw Animals by Ray Gibson
I Can Draw People by Ray Gibson

DVDS

Carrie
Creed III
The Last of Us: the Complete First Season
Love Again
The Sixth Sense

Friends of The Bangor Public Library Annual Summer Book Sale

The Friends of the Bangor Public Library will hold their "Annual Summer Book Sale" at the Blue Valley Farm Show the week of August 15th – 19th. The sale will be in the gray display barn on the upper grounds of the fair on the following days:

Tuesday – Friday (15th-18th) 5:00 – 9:00 PM
Saturday (19th) Noon – 9:00 PM (\$5.00 Bag Day).

Like new and gently used books in all genres will be available for adults, teens and children. Fiction sorted according to author and non-fiction according to subject. DVD's, books on tape and puzzles will also be sold. For additional information please contact: Karen Brewer @ 484-894-5661



Members of the Blue Mt. Community Library sold "Make Your Own sundaes" at the Weona Park Summer Sounds Concert on June 23 rd. The library will be back on August 6 th. Please plan to come out and enjoy a beautiful night in Weona Park and support your Library.

WHAT'S GOING ON????
Your News Published Free
Reach 2500 -3000 Daily Readers
Via Social Media
sbtopics@rcn.com

Last Chance Books

The Blue Mountain Community Library will be offering "Last Chance Books" from our Book Nook during the month of August. Stop in, browse through the books, and give them a good home. Donations would be appreciated.

Also, on Sat., August 5 2023, the library will hold a ½ Price Book Nook Sale from 10:00 am to 12:00 pm. Items include adult, young adult and children fiction and non-fiction books and puzzles. Cash or check only. The library is located at 216 S. Robinson Ave., Pen Argyl, PA. Visit our website at www.bmcl.org or find us on Facebook. Call 610-863-3029 for information.

Cookbooks in the Book Nook

Do you like to cook or collect cookbooks? If so, stop into the Blue Mt. Community Library, located at 216 S. Robinson Ave. Pen Argyl and browse through the Book Nook.

Along with many adult and children's gently used books and puzzles, there is a large collection of cookbooks available to purchase. The library is open M-Sa, 10:00 am to Noon, and M & Th 6:00 to 8:00 pm.

Membership is not needed to purchase items in the Book Nook, but is free to all residents of the Pen Argyl Area School District. Nonresidents may join for a small yearly fee.

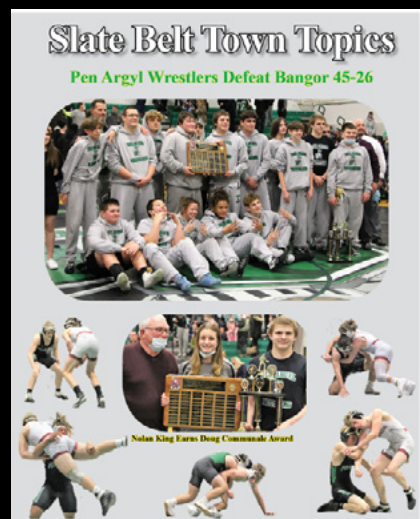
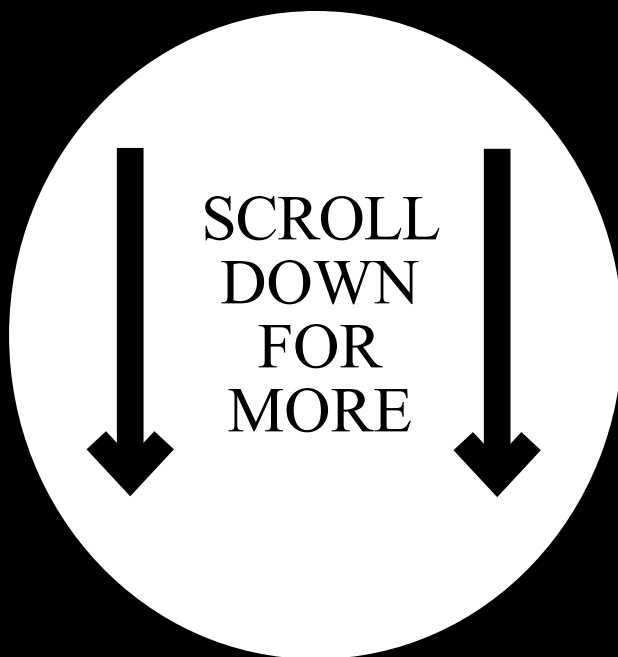
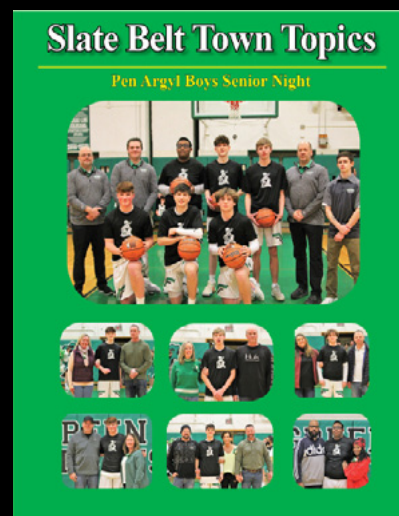
The library also has Pen Argyl yearbooks available to buy. Call 610-863-3029 or visit our Facebook page or website at www.bmcl.org for information about the library

PUBLISH YOUR EVENT

To publish info about your event, e-mail sbtopics@rcn.com
Please send in text form. Do not send photos of text.

Slate Belt Town Topics

Recent Feature Pages



Read the Town Topics With Fresh News
Every Day

Queen and Her Court

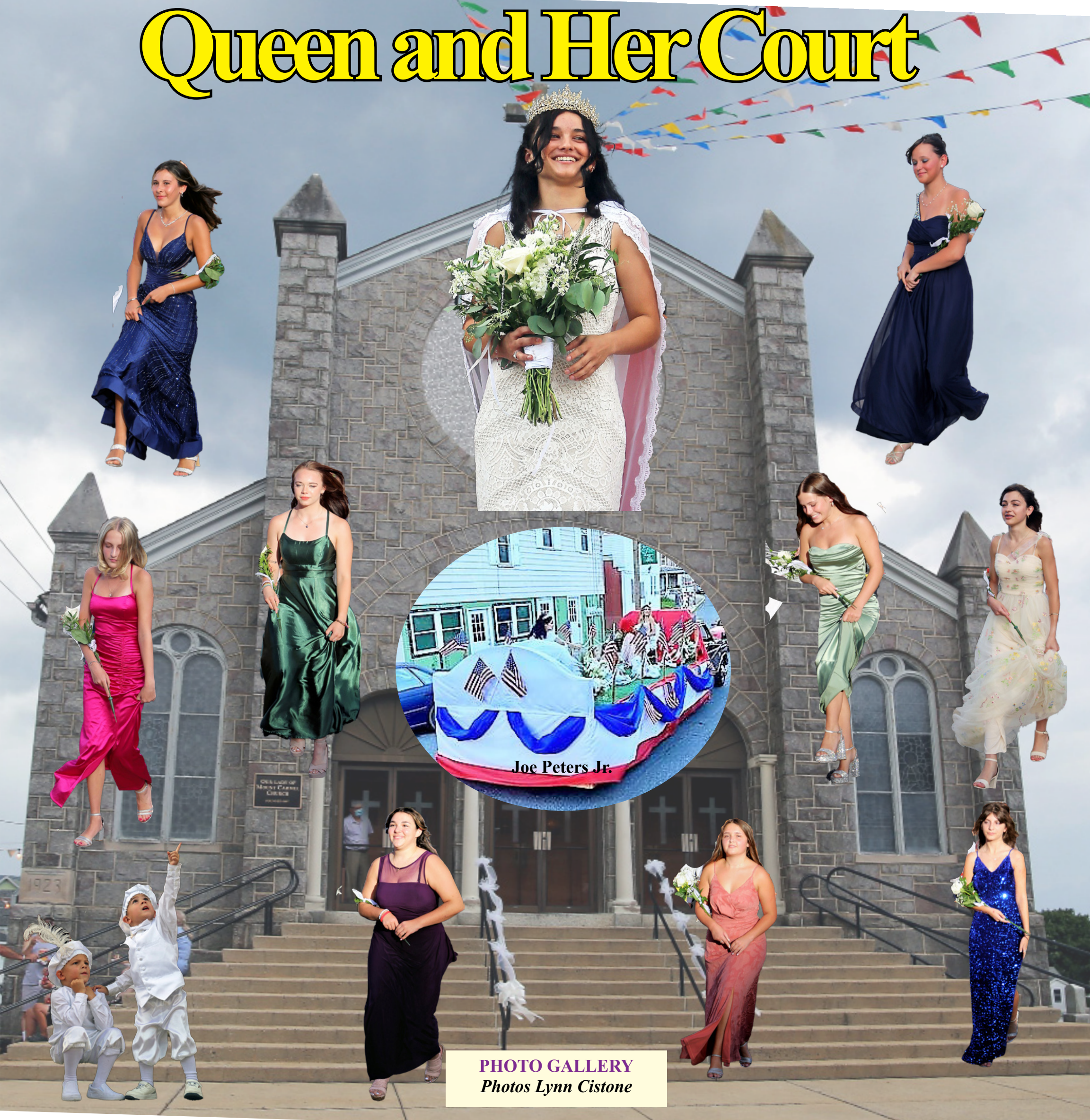


PHOTO GALLERY
Photos Lynn Cistone



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199chevy.com

1043 S Broadway, Wind Gap, PA 18091-0248

610 - 863 - 6100



CHEVROLET

Sophia Marie Albanese

Big Time Queen

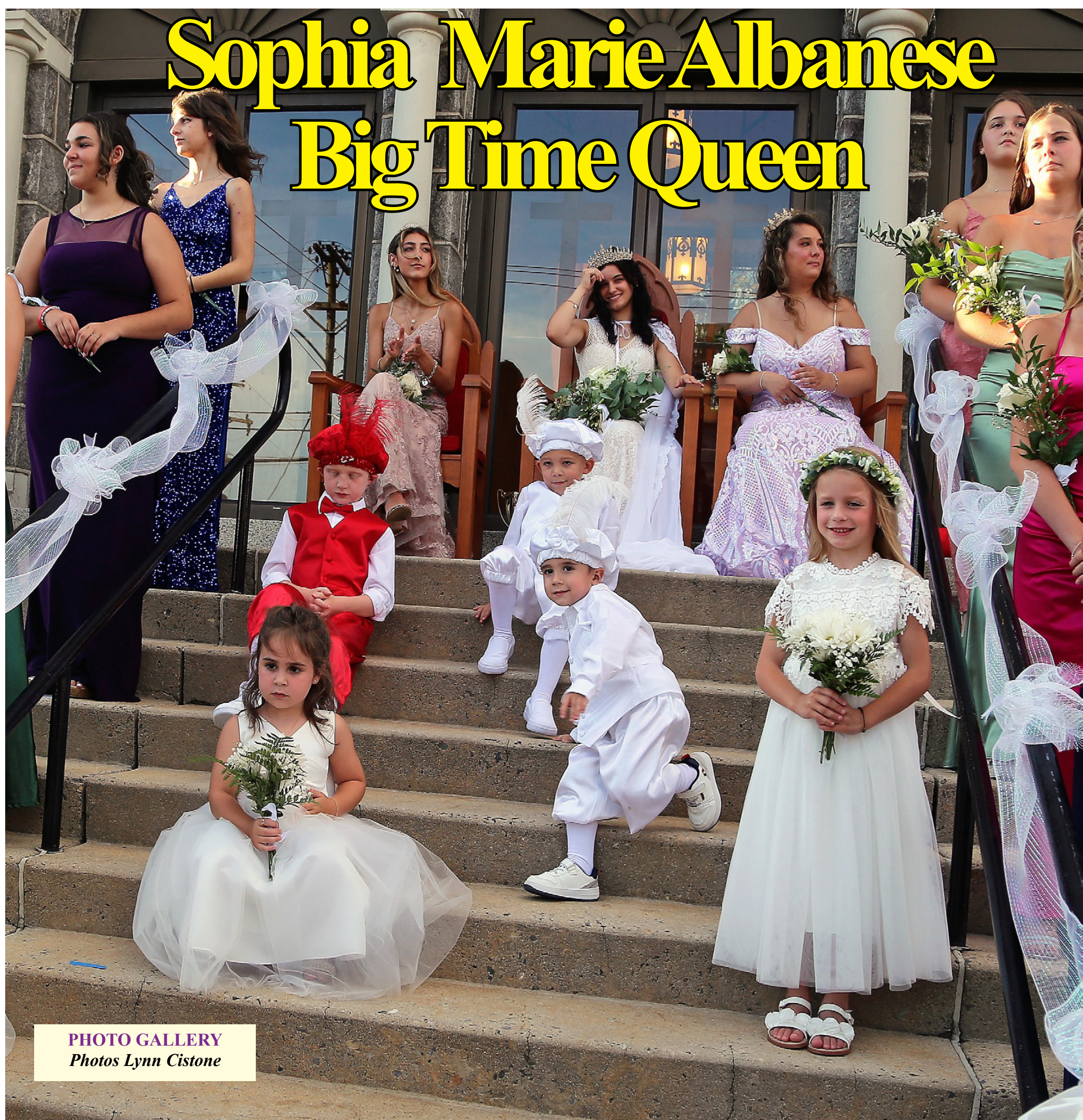


PHOTO GALLERY

Photos Lynn Cistone

TOWN TOPICS WEATHER

The Slate Belt Town Topics is the only Slate Belt-based publication with a daily weather forecast for the area.

We use our own weather station to provide current weather conditions automatically updated every two minutes.

Get information about the current temperature, highs and lows, wind, rain and more. We also provide radar for information on approaching storms.

CURRENT WEATHER

Updated
Every 2 Minutes
Temperature
Wind, Rain
MORE

[CLICK HERE](#)

CURRENT WEATHER

Updated
Every 2 Minutes
Temperature
Wind, Rain
MORE

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Bangor Farmer's Market



**Bangor
Borough Council
Member Marissa
Donnelly Cuts The
Ribbon Signifying the
Opening of the Bangor
Farmer's Market on Broadway**

**Photos: Larry Cory
(MORE PHOTOS BELOW)**



Former NBA Star Holds Clinic at Slate Belt Y



PHOTO GALLERY

More Photos Tomorrow

Photos: Larry Cory

Slate Belt Y Basketball Clinic

Enez Freedom



PHOTO GALLERY
More Photos Tomorrow
Photos: Larry Cory

Slate Belt Pride Festival



Slate Belt Pride Festival



PHOTO GALLERY



Meet The Woman Who Has 1,000 Barbie Dolls And Loved The New Movie



By Douglas Whitbread via SWNS

A Barbie fanatic who has 1,000 of the dolls in her collection “absolutely loved” the new film.

Clare Rawling, 42, saw a pre-release screening that left her in tears with its “lovely touches” and references to the doll’s vintage era.

The mom has forked out thousands of dollars on dolls and accessories spanning six decades.

She also boasts a brilliant collection of outfits, props and sets which she plays with by arranging them in scenarios and taking pictures for social media.

Clare, who saw the film on Monday with a friend in London, praised Margot Robbie and Ryan Reynolds’ real-life performances of Barbie and Ken as “spot on.”

And she said fans should be ready for a few “twists and turns” in the movie, which left her feeling emotional about her love for the “plastic fantastic” icon.

Clare Rawling has decided to buy back the Barbies she had as a child early last year as the pandemic hit. (SWNS)

“I absolutely love it. As a fan of Barbie, it spoke to me massively. There were references that related back to the vintage Barbies that I collect,” she said.

“I didn’t really have any preconceptions going into it. But as a fan, there were certainly lots of really lovely touches.

“It was very emotional in parts. I didn’t expect that – and it made me cry. There are definitely a few twists and turns.

“I’m a huge Ryan Gosling fan, but I didn’t anticipate what I got from him. He was spot on. Margot Robbie did incredibly well as Barbie. She’s beautiful.”

Full-time carer Clare also revealed she had already snagged some of the new dolls, released alongside the film, for her huge collection.

“I have a lot of friends who send me gifts, it’s a huge part of the

community. My collection will never end, and I got gifted three of the new Barbies,” she said.

“They’ve just released a new wave for the movie. Mattel must be making an absolute fortune!”

Clare Rawling and her Barbie dolls at the pre-release screen of the Barbie movie.

Clare, from Blackpool, said her fascination with Barbie started when she was a child and her obsession was so intense that her dad converted into playspace for her.

“I remember being massively into Barbie from around age seven to 11, I loved them so much,” she said.

“I enjoyed the aesthetics, they were so pretty, and really loved all the accessories. I have lots of lovely Barbie memories.

“I would have kept playing with them but girls were being mean to me at school.”

Clare said she gave her mom permission to sell her original collection when she moved out because she didn’t want to take them all with her. And she didn’t pay much thought to her favorite childhood pastime until February 2021 when she saw one of her other treasured possessions for sale on eBay.

Her husband Colin, 58, bought her the toy, an Oh Penny doll - which then set Clare’s mind racing about how else she might be able to roll back the years.

“I turned 40 and we couldn’t go out because of the restrictions so I said, ‘I know, I’m 40 but can I have everything Barbie?,’” she said.

“I asked for everything to be pink and for a doll’s house as my present.”

Clare jumped in at the deep end by accumulating a staggering 70 dolls in just five months, and now has around 1000 in her possession.

“I have never had a connection with anything like this before, you think it’s just Barbie but it’s a bit of a rabbit hole when you get into it,” she said.

“Everything you can get in real life, you can get in Barbie too. It’s amazing.”

Working Moms Reveal Most Annoying Things Colleagues Say

.”

By Mustafa Mirreh via SWNS

Working moms are on a mission to reduce the number of times they hear comments from colleagues like “she’s only part time,” “I forgot you leave early” and “I wish I could have Fridays off.”

A study, of 1,000 employed moms, revealed the common remarks they face in the workplace including, “you look tired,” “enjoy the rest of your week off” and “can’t your partner do any of the childcare?” But 55 percent are determined to change workplace lingo and get more recognition in the office.

And while 38 percent feel their work provides a great support network, 29 percent wish they heard more supportive phrases like “you’re doing a brilliant job,” “thanks for all your work this week” and “your children come first” more often.

However, 63 percent believe their colleagues mean no harm when making such comments.

While 26 percent admitted a co-worker has corrected themselves midway through saying something that could be perceived as ill-informed to working parents.

The research was commissioned by MALTESERS, to launch its #MotherLover campaign which aims to help lighten the load for working moms and encourage those around them to support where they can.

It has also partnered with women’s online community Peanut to create the “Work & Motherhood” content hub, providing actionable tips, tools and real-life advice around the challenges working mothers face.

Leah Dyckes, brand director at MALTESERS, said: “It’s hard for working mums; society tells them they can ‘have it all’, but the reality is often very different.

“There are so many challenges, and it can be a real struggle to make it work – and too often the expectations and structures at work and home aren’t changing quickly enough.

‘Through the #MotherLover campaign and meaningful partnership with Peanut, which directly creates spaces for mums every day, we can help shift this dynamic by asking everyone around women to step up, to show empathy, and do what they can as allies to lighten their load.”

The research also revealed moms’ top struggles when balancing their job as an employee and parent include fatigue and burnout (41 percent),

emotional stress (32 percent), and childcare arrangements (30 percent).

While changing workdays due to child sickness (23 percent), morning preparations (17 percent) and school commitments (11 percent) were among the most stressful things for working parents.

And 82 percent said their employer is supportive of them when it comes to routine changes, such as childcare or working from home.



Top 10 Things Working Moms Would Like To Hear Less In The Workplace:

- **You look tired**
- **She’s only part time**
- **I forgot you leave early**
- **Wish I could have Friday off**
- **I bet it feels like a break coming into the office**
- **I could never do that**
- **Enjoy the rest of the week off**
- **Must be nice to get a sleep-in on [days they aren’t in work)**



Historic Poster On Car Window Tells Important Story About World War II

An 80-year-old poster on the window of a Dodge Car, circa 1942, on display at the Jacktown Summer Show held this past weekend tells a story about gasoline conservation during World War II.

This poster was designed by the American government for their World War II campaigns. The poster encourages people to use car share and encourages them to make direct inquiries at the ‘Transportation Center.’ The design depicts Hitler “taking a back seat” riding in a car while saluting.

During World War II, anti-Nazi propaganda was used to help the United States during the war. Some specifically, to persuade Americans to conserve resources so they could be utilized in war. One propaganda poster states, “When you ride ALONE you ride with Hitler! Join a Car-Sharing Club TODAY!” It shows a picture of a man driving a car, and an outline of Hitler in the passenger seat. Weimer Pursell created it in 1943 to help conserve oil.

During this time, many people found the ability to drive to be free and independent, so having this freedom taken away most likely angered many Americans. The reality of it was, the government just wanted people to change the way they drive in order to help the war effort, by rationing gasoline. This included a speed limit and car sharing. It did influence the driving culture at the time as it put a halt to the popularity of cars. Propaganda convinced Americans that if they did not ration gasoline, they were siding with Hitler.

The “Ride with Hitler” propaganda poster shows that during this period it was important for American citizens to work together to support the US military because otherwise they would be supporting Hitler.

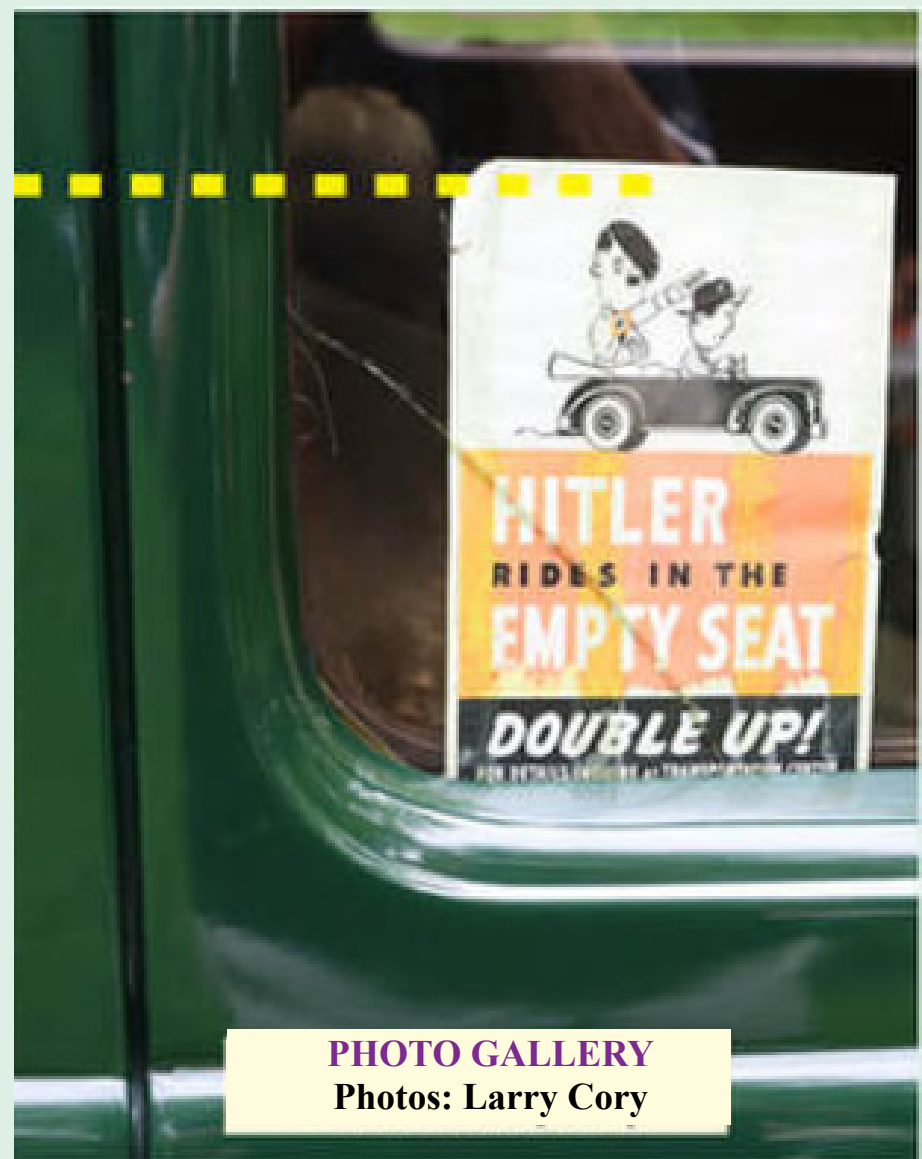
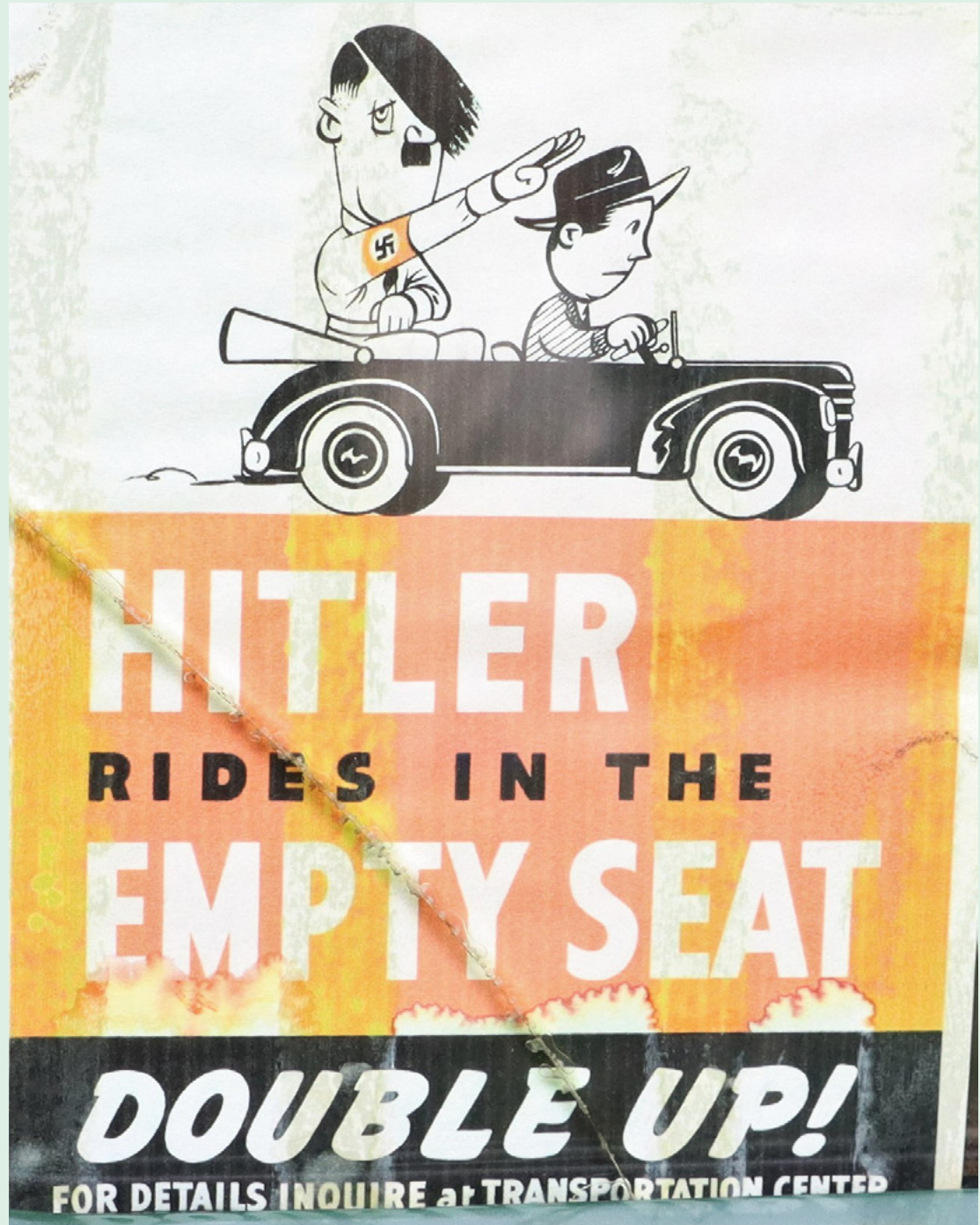


PHOTO GALLERY
Photos: Larry Cory

Jacktown Show a Big Hit

Thousands Attend Despite Thunderstorms



PHOTO GALLERY
More Photos Tomorrow
Photos: Larry Cory



Controlling Asthma When Air Quality is Bad

The American Lung Association Offers Important Insights



1. Outdoor Air Pollution

While outdoor air pollution can make breathing more difficult for everyone, it's particularly harmful to those with asthma, causing symptoms and increased need for medical attention, and to children, whose lungs are still growing and who breathe in more air per pound than adults. Children with asthma can be especially vulnerable to experiencing negative health effects caused by air pollution.



2.. Outdoor Air Pollution

The effects of climate change increase air pollutants like ozone, particle pollution, pollens, molds from increased rainfall and floods and smoke from wildfires. As temperatures increase, warmer air helps to form ground-level ozone pollution, also known as smog, a powerful air pollutant. Smog acts like a sunburn on your lungs and may trigger an asthma attack.

Before doing any activities outside, check the pollution level in your area by visiting [Airnow.gov](https://www.airnow.gov). When the air is bad, limit the time you and family members spend outdoors and try to move outdoor activities inside.



3. Climate Change

In some areas of the country, climate change is increasing the frequency and intensity of wildfires, and extending wildfire season. Wildfires produce smoke that contains particle pollution, consisting of dangerous particles tiny enough to travel deep into the lungs and sometimes even into the bloodstream. Particle pollution can cause asthma attacks, heart attacks, lung cancer and early death. But you don't need to live in an area prone to wildfire to be impacted. Winds can carry these particles for thousands of miles, meaning many people may have an unknown exposure. Preparation is key to protecting yourself and family. Check out American Lung Association's resources, which includes information about using N-95 masks for protection and creating a clean room inside your home. Visit lung.org/clean-air/emergencies-and-natural-disasters/wildfires to learn more.



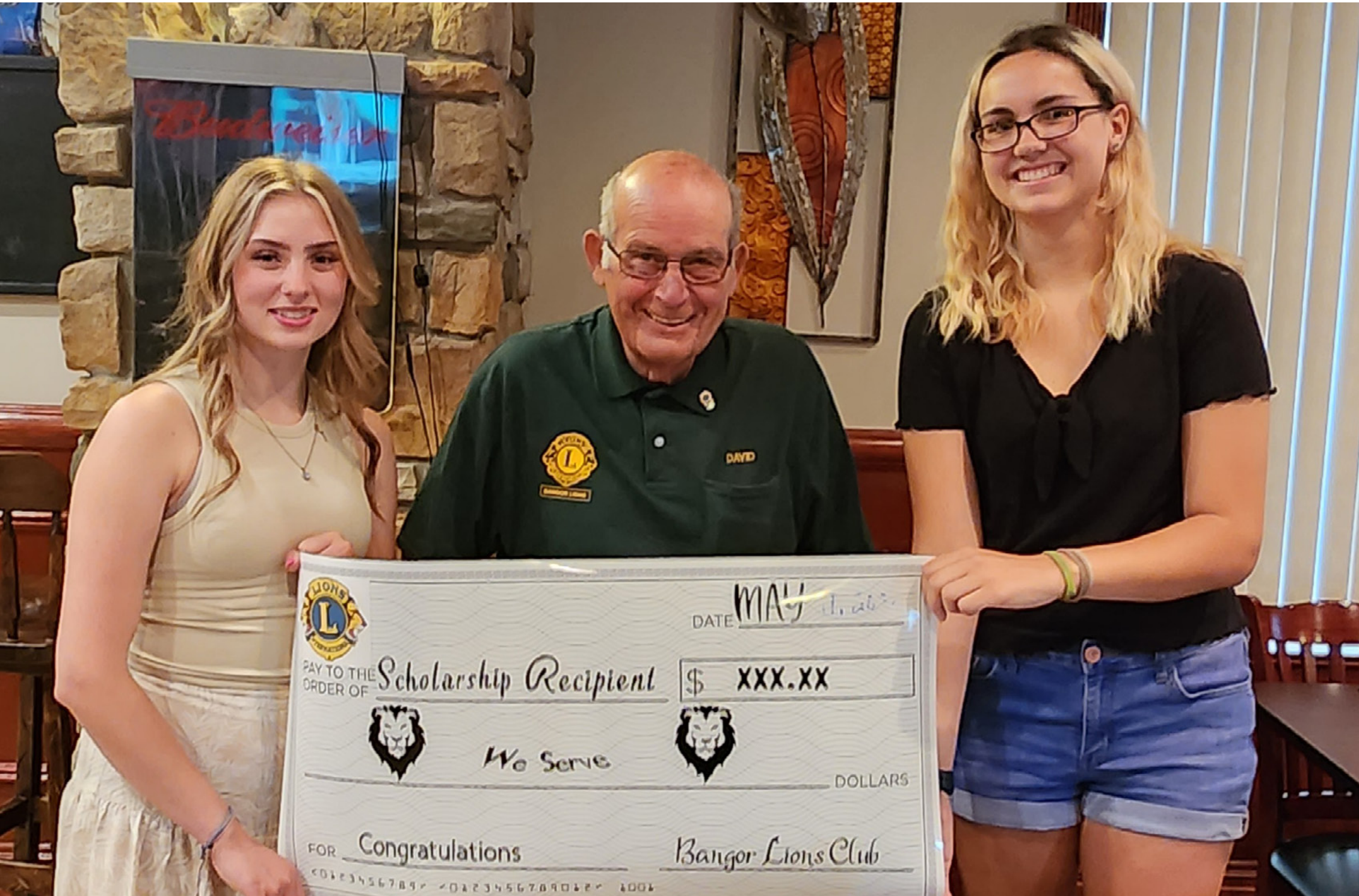
4. Taking Action

Did you know you can reduce your own contribution to air pollution and climate change? Prioritize walking, biking and public transit over diesel or gasoline-powered vehicles. Conserve electricity and purchase your power from clean, non-combustion sources if you can. Don't burn leaves or trash and avoid burning wood whenever possible. Additionally, when looking for a place to live or upgrading your home, look for efficient, zero-emission appliances like induction stoves or heat pumps. You may even be able to take advantage of tax incentives for making these upgrades. (State Point)

Bangor Lions Club Awards Scholarships



Pictured above from left to right are Lion President Zachary Miller, Holly Larsen, Emma Schwartz both from Bangor HighSchool, and Past President and Scholarship Chairperson David Shiner.



(l-r) Pictured above is Alivia Flad from Pen Argyl High School, Past President David Shiner, and Calais Lovett from Bangor High School.