

# 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 - Low

Asthma - **Low-Moderate**

Sinus - Low

UV Index - **High 10-5**

Air Quality - **Moderate**

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**



# Stuff the Bus at Wind Gap Pharmacy



**PHOTO GALLERY**  
More Photos Tomorrow  
Photos: Larry Cory



**State Farm**

**Debbie Pettinari Agency**  
106 S. Broadway, Wind Gap, PA  
**610-881-4433**

[www.debbieinsurespa.com](http://www.debbieinsurespa.com)  
debbie.pettinari.wz73@statefarm.com





## Rep. Ann Flood Named to PA Governors Advisory Commission on Women

Local Rep. Ann Flood was sworn in as one of 27 new members of the Governor's Advisory Commission on Women during a ceremony in Harrisburg on Thursday. The commission also held its first quarterly meeting.

The commission's role is to advise the governor on the experiences and needs of Pennsylvania women and how best to meet them. I look forward to working with my commission colleagues for the benefit of all women in our Commonwealth.



## FDA Okays First Oral Treatment for Postpartum Depression

Today, the U.S. Food and Drug Administration approved Zuruvae (zuranolone), the first oral medication indicated to treat postpartum depression (PPD) in adults. PPD is a major depressive episode that typically occurs after childbirth but can also begin during the later stages of pregnancy. Until now, treatment for PPD was only available as an IV injection given by a health care provider in certain health care facilities.

"Postpartum depression is a serious and potentially life-threatening condition in which women experience sadness, guilt, worthlessness—even, in severe cases, thoughts of harming themselves or their child. And, because postpartum depression can disrupt the maternal-infant bond, it can also have consequences for the child's physical and emotional development," said Tiffany R. Farchione, M.D., director of the Division of Psychiatry in the FDA's Center for Drug Evaluation and Research. "Having access to an oral medication will be a beneficial option for many of these women coping with extreme, and sometimes life-threatening, feelings."

As with other forms of depression, PPD is characterized by sadness and/or loss of interest in activities that one used to enjoy and a decreased ability to feel pleasure. It can present with symptoms such as cognitive impairment, feelings of sadness or inadequacy, loss of energy or suicidal ideation.

## Virtual Listening Sessions Set for PA Master Plan for Older Adults

The Department of Aging will host a series of virtual listening sessions during the month of August to discuss and gather input on Pennsylvania's Master Plan for Older Adults – a 10-year strategic plan designed to help transform the infrastructure and coordination of services for older residents.

During the virtual listening sessions, the department will present an overview of the plan with a concentration on AARP's 8 Domains of Livability for Age-Friendly Communities on the following dates:

- Tuesday, Aug. 8, 3-4:30 p.m.
- Thursday, Aug. 17, 3-4:30 p.m.
- Tuesday, Aug. 22, 10-11:30 a.m.
- Friday, Aug. 25, 8:30-10 a.m.

[Click Here to Register:](#)

# \$CAM JAM!

August 23, 2023 - 1:00 p.m. - 3:00 p.m.

Lookout Fire Company Social Hall  
123 S. Main St, Pen Agryl, PA 18072

Light refreshments and drinks will be provided

# Yoga

FOR STUDENTS OF ALL LEVELS

CHAIR YOGA ALSO AVAILABLE FOR THOSE WITH LIMITED MOBILITY

LIMITED SPOTS AVAILABLE JOIN NOW

*Classes begin September 6, continuing each Wednesday from 6-7p.m. for 6 weeks.*

*Lead by Becky Gillen - 200 hour Registered Yoga Instructor*

**\$30.00 - 6 WEEK COURSE**

CALL GREG AT 610-452-9348 TO REGISTER.

A Clean Slate  
Slate Belt Recovery Center  
118 S. 1ST STREET BANGOR

A Clean Slate will be hosting a six week yoga course beginning Wednesday, September 6, instructed by Becky Gillen, 200 hour registered yoga instructor. This class will explore the fundamentals of yoga while introducing the wellness benefits of aroma therapy and focus on mindfulness. Sign-up today and help bring balance to your self care!



## 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.

### TRINITY LUTHERAN CHURCH

404 Broadway, Bangor  
More info: 610-588-2023





# Bangor National Night Out



118 S. 1st St.  
Bangor, PA  
610.452.9348  
[www.cleanslatebangor.org](http://www.cleanslatebangor.org)



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Help and  
Referral



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CHEVROLET-BUICK  
199chevy.com

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610 - 863 - 6100





# Roseto National Night Out



PHOTO GALLERY

Photos: Larry Cory

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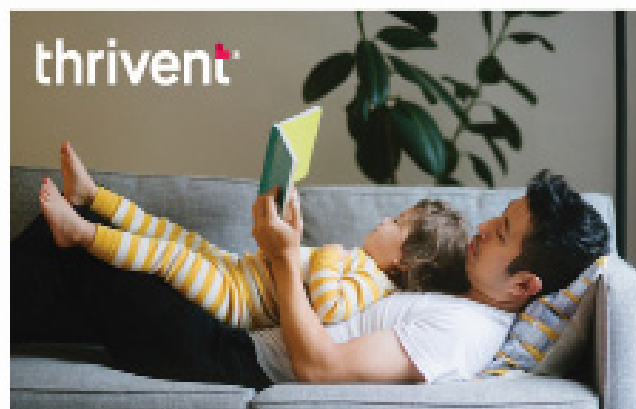


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**610-588-1902 Fax 588-1887**

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**FINANCIAL SERVICES**

*Richard  
Shaplin Sr.*

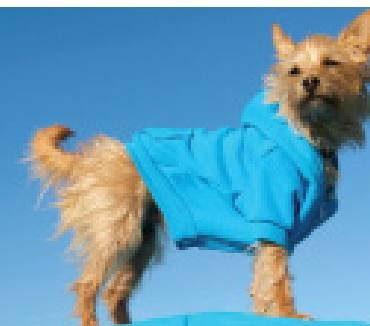


*Richard  
Shaplin Jr.*

**610-559-5197**

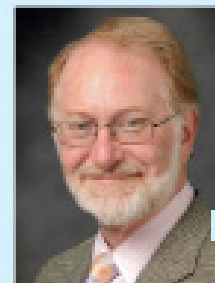
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**PUBLISH YOUR EVENT**

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



**FEATURING SLATE BELT SPORTS YEAR-ROUND**



## PUBLISH YOUR EVENT

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

**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 2.5 miles over uneven terrain. Dogs are welcome to hike on a leash. Meet at the Visitor Center flagpole at 400 Belfast Road. Registration is not required. Join the email reminder list by contacting us at 610-746-2801 or [jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov). Registration is not required.

**August 10**

## Weekly Weeders

Thursday, Aug 17,24,31 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>

## 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>

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**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 17,24,31 at 8:30am to 10:30am

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**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 23**

## Scam Jam

A Scam Jam designed to help understand scams to deceive people into thinking something is real when it is not will be held August 23 at Lookout Fire Co. in Pen Argyl from 1pm to 3pm.

**August 24**

## Weekly Weeders

Thursday, Aug 3, 24,31 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> 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](http://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, previous Vendors/Crafters will not be able to request their spot locations from last year's events.

Please email us at [craft.wtvfc@gmail.com](mailto: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

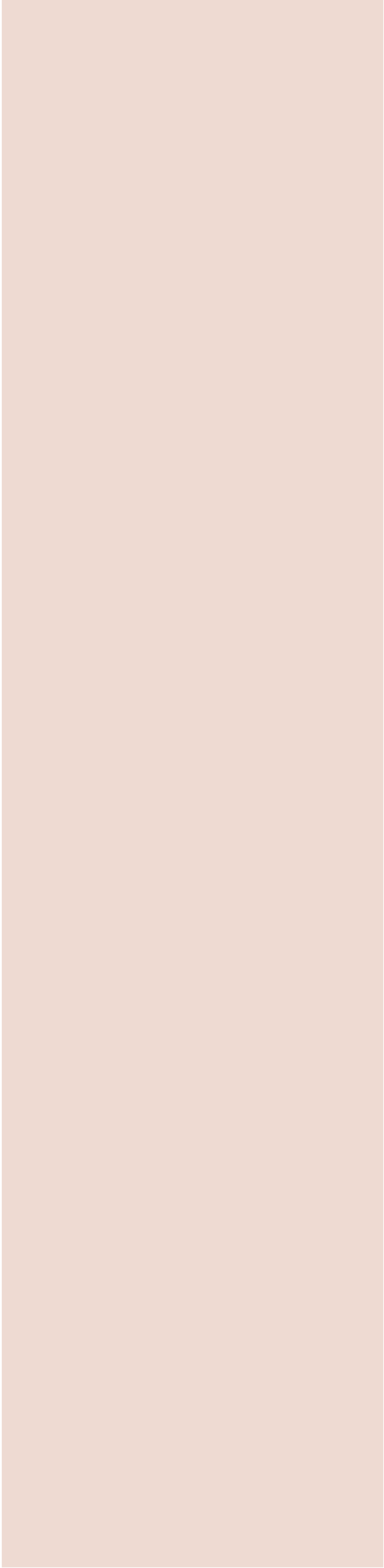


instructors break it down step-by-step for you to create your very own masterpiece.

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

## CONTROL MOSQUITOES BOTH INSIDE + OUTSIDE YOUR HOME

### INSIDE

- Install or repair + use window and door screens.
- Close doors, including garage doors. Do not leave doors propped open.
- Use air conditioning when possible.

### OUTSIDE

- Remove standing water where mosquitoes lay eggs.
- Once a week, empty any items that hold water like buckets, pools, birdbaths, or trash containers.
- Use an outdoor adulticide to kill adult mosquitoes in areas where they rest.

## How Litter IMPACTS WILDLIFE

Wildlife can get their heads stuck in food containers, cups causing them to suffocate or starve to death

Wildlife can get caught in plastic bags causing them to suffocate

Cans and broken glass can cut wildlife, leading to infection and death

Eating food wrappers can make wildlife sick or damage their digestive tracts, causing starvation

Gum can get matted in feathers or fur, as well as string and netting, making it difficult to move

Roadside litter can cause wildlife to be hit by cars

Cigarette butts contain nicotine which is toxic to wildlife if consumed

ALT

DCNR



## SUMMER FEST

at the Flowering Fox

August 13 from 11-2

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Public Event

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Momentos

Bright Light  
Creations





# 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.

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

# 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

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

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



# Regular Events

**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 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 10**  
**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 September 11**  
**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



# SLATE BELT CHURCH INFORMATION



## Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor

[www.christpcsb.org](http://www.christpcsb.org)

More info 610-588-4864.

E-mail: [info@christpcsb.org](mailto: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](mailto: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](mailto: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](mailto: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](http://popbangor.org)

[poplbangor@gmail.com](mailto: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](http://ebumc.org) to sign in)

## Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064

[www.gracebelfastpa.org](http://www.gracebelfastpa.org) 610-759-9080

Email: [gracebelfast@rcn.com](mailto: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](http://www.flicksvilleucc.com)

Worship at 10:00am

**Ruggiero**  
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Stephen Ruggiero, Supervisor

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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](mailto: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](http://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](http://www.bmcl.org) for information about the library

## PUBLISH YOUR EVENT

To publish info about your event, e-mail [sbtopics@rcn.com](mailto: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



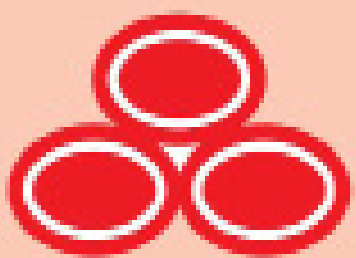
# Roseto National Night Out



**Recovery  
Revolution**  
steps for healthy living



**PHOTO GALLERY**  
More Photos Tomorrow  
Photos: Larry Cory



**State Farm**

**Debbie Pettinari Agency**  
106 S. Broadway, Wind Gap, PA  
**610-881-4433**

[www.debbieinsurespa.com](http://www.debbieinsurespa.com)  
[debbie.pettinari.wz73@statefarm.com](mailto: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.



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# Queen and Her Court

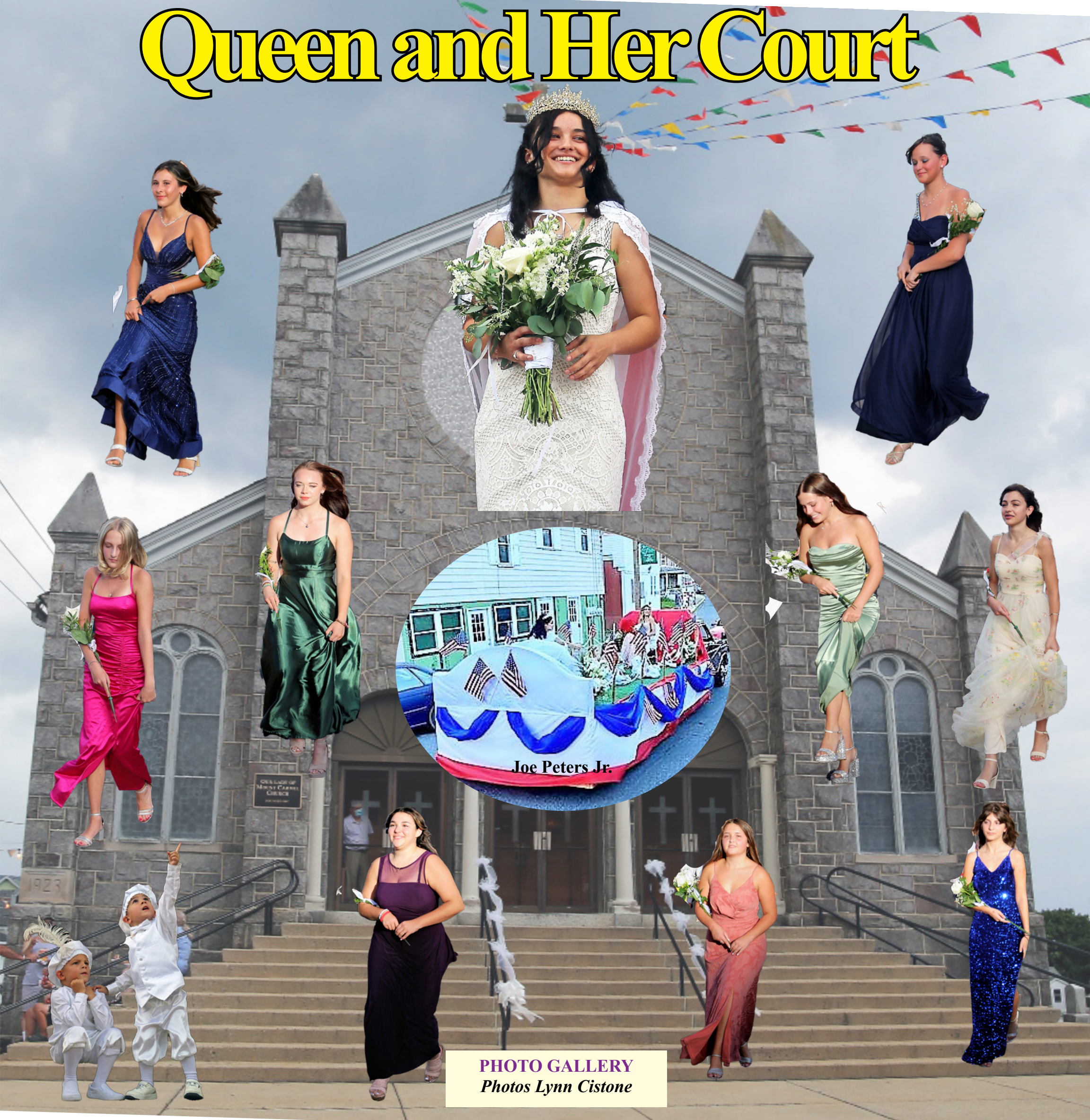


PHOTO GALLERY  
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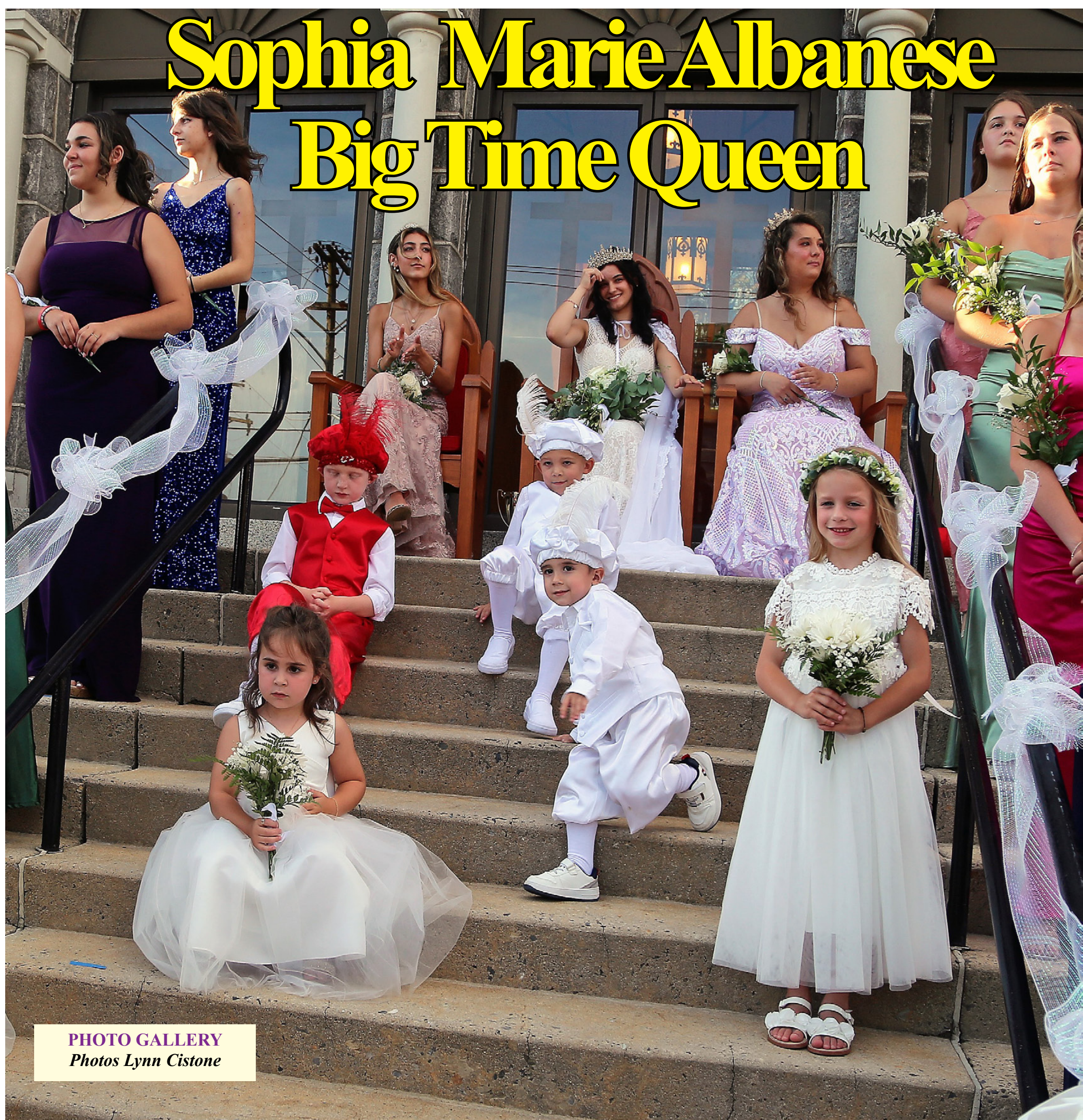


CHEVROLET



# 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.

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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





# 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

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*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

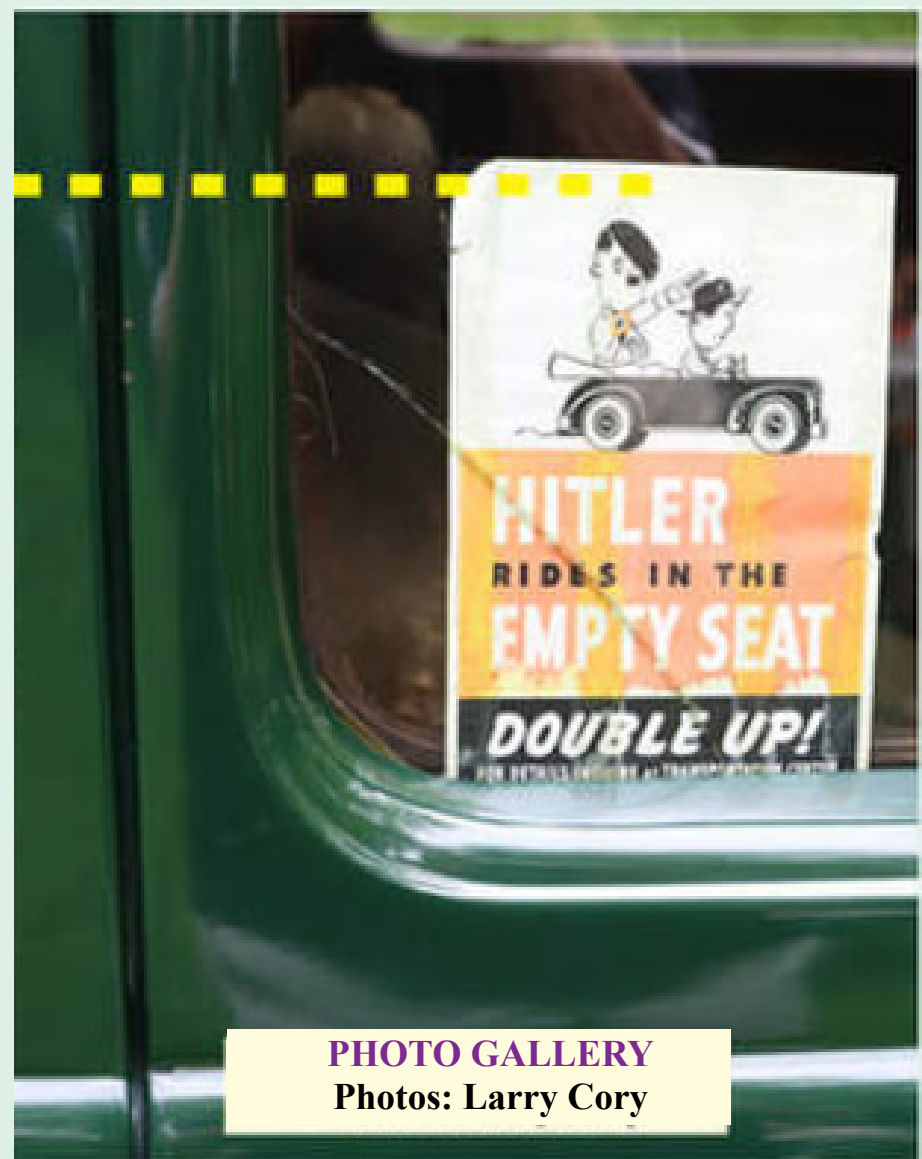
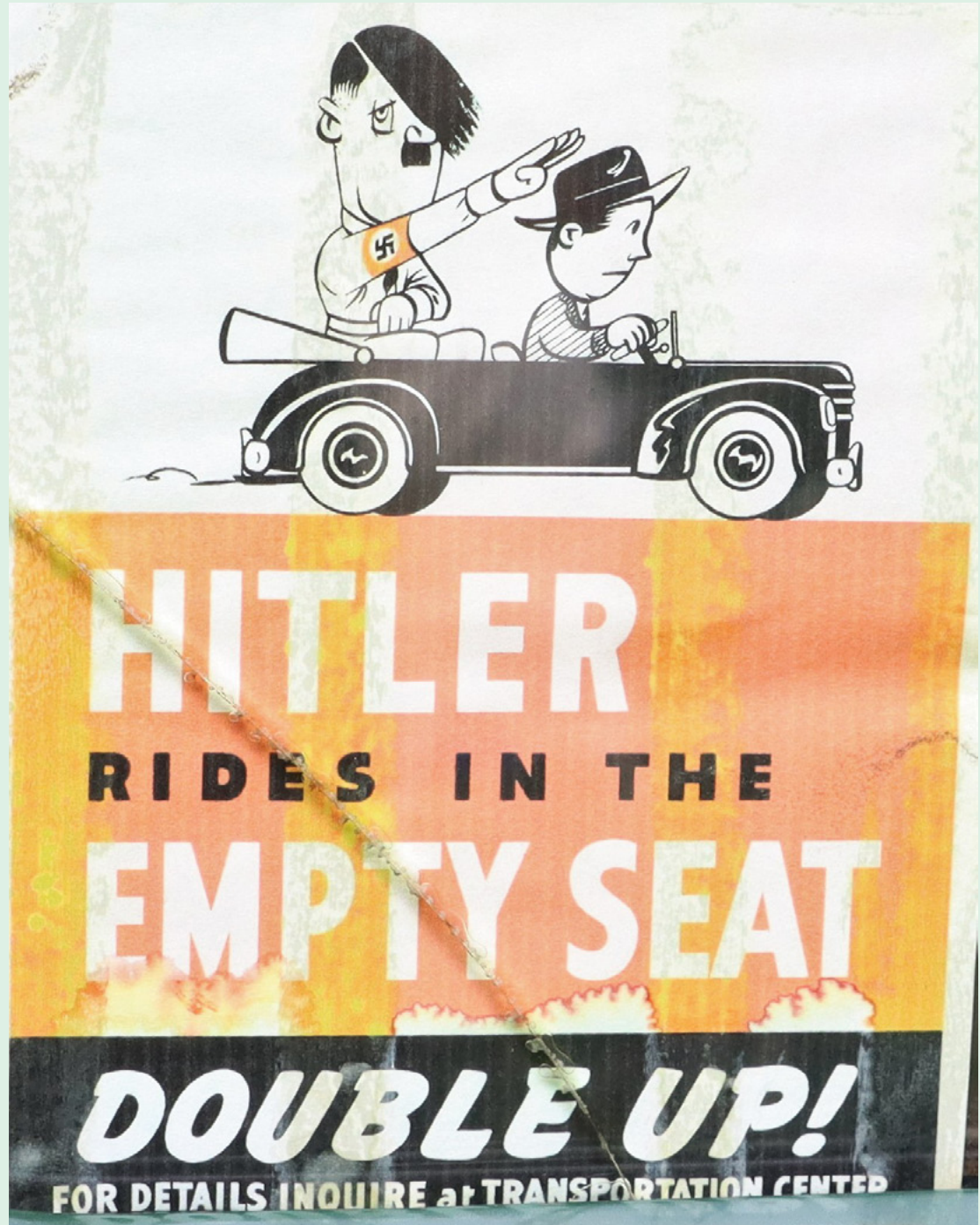
An 80-year-old poster on the window of a Dodge Car, circa 1942, on display at the Jacktown Summer Show held this past weekend tells a story about gasoline conservation during World War II.

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

