

# Slate Belt Town Topics

NEWS TODAY NOT NEXT WEEK

## Pen Argyl Borough Hydrant Flushing

Pennsylvania American Water crews will begin routine flushing of the water distribution system in your area 08/07/2023 through 08/18/2023 to provide you with high-quality water service. Flushing in your area will occur between the hours of 2:00 p.m. and 5:00 p.m. Flushing also allows them to test and maintain fire hydrants. When crews are working in your area, you may notice reduced pressure or discolored water. If your water is discolored, run the cold water taps only, at the lowest level of the house for about 3 to 5 minutes until the water runs clear. If discolored water occurs please also refrain from doing laundry during that time. In keeping with American Water’s focus on safety for both customers and employees, please do not approach their crews while they work

## Sunday School Education Coordinator.

Small rural church looking to grow our Christian education program. Position to include selection of curriculum in building faith foundations for future generations. Salary to be determined.

If interested, submit resume to [celcpaorg@yahoo.com](mailto:celcpaorg@yahoo.com) or text Robyn at 610-597-0017.

## Flooding Possible Today

Several instances of flooding in Northampton County today are possible, especially in urban and poor-drainage areas and near vulnerable small creeks and streams. Please go to [weather.gov/phi/ehwo](https://weather.gov/phi/ehwo) for more information on potential weather hazards.

## 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 20

### Weather and Your Health

Arthritis - **High**

Asthma - **High**

Sinus - Low - Moderate

UV Index - No Risk

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**

**High School Sports Schedules**



# Mom Scrambles To Save Kids After Baby Monitor Explodes

By Adam Dutton via SWNS

**A** horrified mom has told how she saved her two children after a baby monitor exploded in her home.

Shannon Makepeace, 31, was baking cakes when her Hello Baby monitor, which was on the kitchen counter, started “hissing” and smoking.

She grabbed 1-year-old daughter Bonnie, who was asleep upstairs, and her son

Joey, 3, and dashed outside their home in Rugby, Warks.

Meanwhile, her mom Carmen, 51, smothered the burning device in a towel and threw it outside.

The Hello Baby monitor that combusted in Shannon’s home. The fire broke out last Tuesday, Aug. 1, two weeks after Shannon bought the £39.99 (\$50.87 USD) monitor from Amazon.

She says if the monitor had exploded while the family were asleep, the outcome could have been tragic.

She said: “It was a terrifying experience.

“The monitor was in the kitchen. It had fallen forwards by itself and was making a sort of hissing noise.

“Smoke was coming out of it really fast and filled the downstairs of my house within seconds. It smelled absolutely awful.

The burned baby monitor.

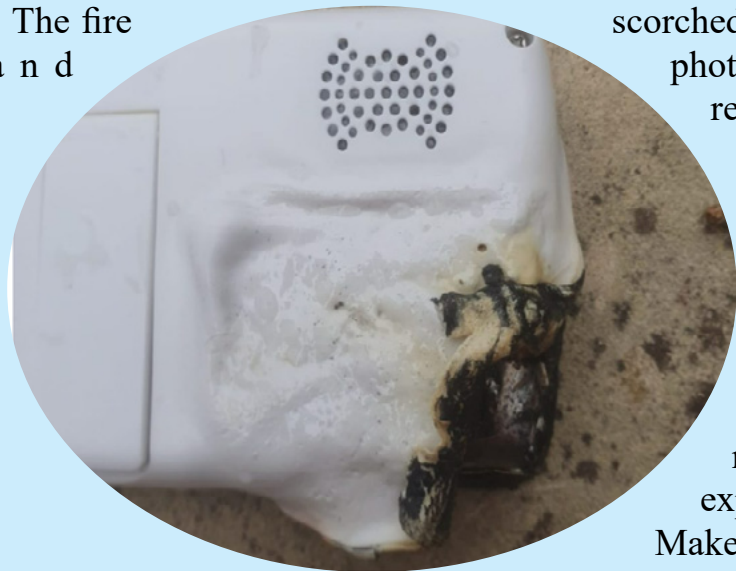
“It just happened really fast, it was like a whistling kettle.

“I told my mom the monitor was on fire and I thought it might really explode like you see electric bikes sometimes do.

“The kitchen was completely filled with smoke and it was filled with a smell of burning plastic.

“My mom quickly wrapped the burning monitor in a towel and chucked it in the garden.”

The fire  
and



scorched the kitchen worktop

photos show the melted  
remains of the monitor.

Shannon complained to the manufacturers Hello Baby but says they just emailed her offering to refund her the money.

The Hello Baby monitor after it exploded. (Shannon Makepeace via SWNS)



She said: “The monitor burned my kitchen worktop and would no doubt have caused a serious fire had the circumstances been different.

“We emailed the company and they replied with a very non sympathetic offer of a refund and ‘sorry for the inconvenience’.

“It looks like the battery exploded in it. We emailed the company and explained what had happened.

“The first email was that they wanted the Amazon number and to offer a refund.

“They sent me back some certificates from testing saying it theoretically shouldn’t happen.

“I was there and I saw it so we could take action quickly. We used that monitor every night and asleep. It’s often on a carpet.

“We’re unlucky that it happened but lucky it happened when and where it did.

“It burnt the kitchen worktop where it was. The danger was had I not been in there it would have escalated into a fire very quickly.”

Shannon Makepeace, her partner Paul Farrington and children Bonnie and Joey.

Shannon’s mom Carmen said: “We believe the battery exploded.

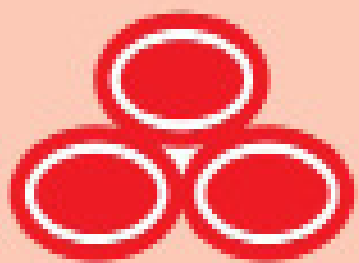
“It was in use but not plugged into the mains.

“Luckily Shannon heard it bang and we were able to get the burning unit out of the house after only a few seconds.

“The whole downstairs filled with awful, acrid smoke.

“It was so scary but we feel lucky. The situation could’ve been a lot worse.”

Hello Baby and Amazon have not responded to SWNS’ requests for comment.



**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)





# Backpack Giveaway at First UMC

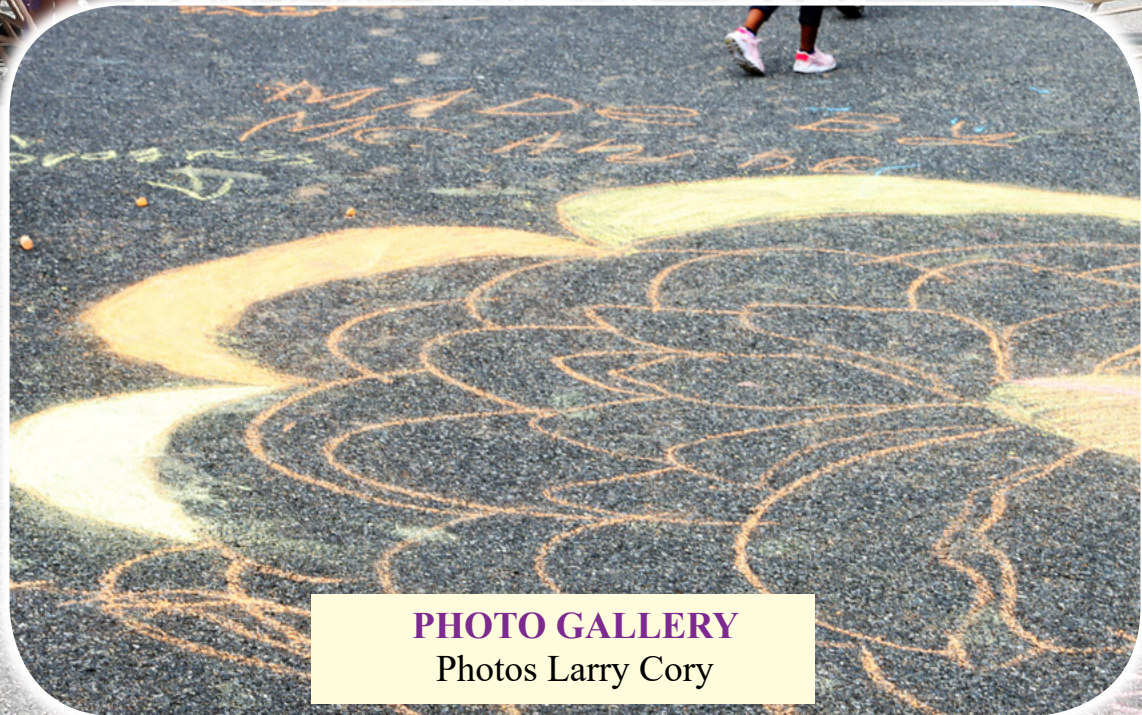


PHOTO GALLERY  
Photos Larry Cory



**Wind Gap**  
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CHEVROLET



# Prime Pizzeria Coming to Sullivan Trail



A new restaurant and pizzeria, Prime Pizzeria at 6221 Sullivan Trail Nazareth, Pa 18064. The owners excited to serve the community with their family owned secret recipes that have been in their family for over 25 years, with 5 family restaurants local. They will be offering a wide range of delicious Italian cuisine including, New York style pizza ! With over 14 years of experience the are sure you will love everything they have to serve ! Stay tuned for their grand opening. They plan to be open 7 days a week. Offering Dine in, take out, and deliveries. This is the site of the former Plainfield Diner.



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# Stuff the Bus at Wind Gap Pharmacy



**PHOTO GALLERY**  
Photos: Larry Cory

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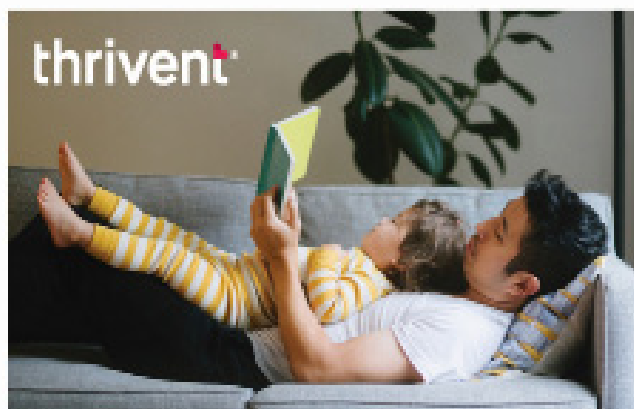
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**PUBLISH YOUR EVENT**

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.



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**FEATURING SLATE BELT SPORTS YEAR-ROUND**



# Special Events

## 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.

**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.

[e&search=jacobsburg](https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg)

**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

lies with children ages 5 and up.

## Dustin Flyte

Hear and Dustin Flyte - Musician at Roseto Rod & Gun Club Saturday, August 12, 2023 At 3 Pm – 5 Pm Edt

**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

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 21**

## Ice Cream Social

Back to School Ice Cream Social will be held August 21 from 6:30 to 8:30 at Wind Gap park Get ready to head back to school by seeing friends and making new ones, all while enjoying some ice cream!

Mon & Mel's Ice Cream Truck will be serving ice cream scoops - Many flavors to choose from!! Mon & Mel's is generously donating sprinkles!

Ice Cream Tickets will be available to purchase from the PTO for \$2 each. The PTO will be covering all additional costs. Cash only please.

**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 5

### DiscoverE: Tales for Tots

Tuesdays, September 5, 12, 19, 26, October 3, 10, 17 at 10:00am to 11:00am or 1:00pm to 2:00pm

Our popular Tales for Tots program returns with all new explorations! Join us for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a craft and short scavenger hunt. Children must be accompanied by an adult. Please note that we will be meeting at the pavilion across the street from the Visitor's Center each week. Children that attend six sessions will earn a DiscoverE Hide n' Seekers certificate. Please note that morning and afternoon sessions will be identical during a given week.

## September 6 Hike for Health

Wednesday, September 6 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..

## September 7 Weekly Weeders

Thursday, September 7, 14, 21, 28 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).

### Speciality Bingo

Slate Belt Chamber of Commerce Specialty Binaog will be held 1:00pm September 10 at the Bangor Elks. Sponsorships are available and ticket sales are open

## September 10

### Monarch Tagging – Girl Scouts Love State Parks

Sunday, September 10 at 9:00am to 11:00am or 1:00pm to 3:00pm

Mid-September is the perfect time to witness migrating monarchs on their way to overwintering grounds in Southern North America. During this program you will have the opportunity to participate as a citizen scientist for Monarch Watch, a conservation and research program based at the University of Kansas. Participants will learn to catch, handle, and tag monarch butterflies. We will also discuss current conservation efforts and ways that you can help the species to thrive throughout its life cycle. This program is only for girl scouts and their families. Registration is required. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

## September 12

### DiscoverE: Tales for Tots

Tuesdays, September 5, 12, 19, 26, October 3, 10, 17 at 10:00am to 11:00am or 1:00pm to 2:00pm

Our popular Tales for Tots program returns with all new explorations! Join us for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a craft and short scavenger hunt. Children must be accompanied by an adult. Please note that we will be meeting at the pavilion across the street from the Visitor's Center each week. Children that attend six sessions will earn a DiscoverE Hide n' Seekers certificate. Please note that morning and afternoon sessions will be identical during a given week..

## September 13

### Monarch Tagging for Adults

Wednesday, September 13 at 10:00am to 12:00pm

During this program you will have the opportunity to participate as a citizen scientist for Monarch Watch, a conservation and research program based at the University of Kansas. Participants will learn to catch, handle, and tag monarch butterflies. We will also discuss current conservation efforts and ways that you can help the species to thrive throughout its life cycle. This program is for adults only. Registration is required. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

## September 14

### Weekly Weeders

Thursday, September 7, 14, 21, 28 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 15

### Family Science Night: Monarch Madness

September 15 at 6:30pm to 8:00pm During this program you will have the opportunity to participate as a citizen scientist for Friday, Monarch Watch, a conservation and research program based at the University of Kansas. Participants will learn to catch, handle, and tag monarch butterflies. We will also discuss current conservation efforts and ways that you can help the species to thrive throughout its life cycle. This program is specifically for families with young children. Registration is required. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

## 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 17**

## Monarch Watch

Sunday, September 17 at 1:00pm to 3:00pm

During this program you will have the opportunity to participate as a citizen scientist for Monarch Watch, a conservation and research program based at the University of Kansas. Participants will learn to catch, handle, and tag monarch butterflies. We will also discuss current conservation efforts and ways that you can help the species to thrive throughout its life cycle. These programs are very popular! Please pick only one! Registration is required. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

**September 19**

## DiscoverE: Tales for Tots

Tuesdays, September 5, 12, 19, 26, October 3, 10, 17 at 10:00am to 11:00am or 1:00pm to 2:00pm

Our popular Tales for Tots program returns with all new explorations! Join us for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a craft and short scavenger hunt. Children must be accompanied by an adult. Please note that we will be meeting at the pavilion across the street from the Visitor's Center each week. Children that attend six sessions will earn a DiscoverE Hide n' Seekers certificate. Please note that morning and afternoon sessions will be identical during a given week

**September 21**

## Weekly Weeders

Thursday, September 7, 14, 21, 28 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>.

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**September 23**

## Volunteer Event: Native Seed Dispersal

Saturday, September 23 at 9:00am to 11:00am

Fall is a great time to collect seeds from plants. We will learn about different native plants and their preferred habitats, collect the seeds from the native plant garden and disperse them around the park to enhance the wildlife value. Registration is Required. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

## Beginner Archery

Saturday, September 23 at 1:00pm to 3:00pm

We're celebrating National Hunt and Fish Day! Learn the basics of archery at Jacobsburg! Join a park educator for two hours of learning and practicing field archery! Attendees must be at least 12 years old. No experience is required, and archery supplies will be provided. Registration is required. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

**September 26**

## DiscoverE: Tales for Tots

Tuesdays, September 5, 12, 19, 26, October 3, 10, 17 at 10:00am to 11:00am or 1:00pm to 2:00pm

Our popular Tales for Tots program returns with all new explorations! Join us for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a craft and short scavenger hunt. Children must be accompanied by an adult. Please note that we will be meeting at the pavilion across the street from the Visitor's Center each week. Children that attend six sessions will earn a DiscoverE Hide n' Seekers certificate. Please note that morning and afternoon sessions will be identical during a given week..

**September 28**

## Weekly Weeders

Thursday, September 7, 14, 21, 28 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 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 Oc-

tober 1, 2023 Revolutionary War Encampment, Marching Drills, Life, Makers,'Merchants. Blt-ish Encampment, Skirmishes. Food Truck, Historic Buildings and Museums open for tours Saturday 10-am 4pm and Sunday 12pm - 4pm

**October 3**

## DiscoverE: Tales for Tots

Tuesdays, September 5, 12, 19, 26, October 3, 10, 17 at 10:00am to 11:00am or 1:00pm to 2:00pm

Our popular Tales for Tots program returns with all new explorations! Join us for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a craft and short scavenger hunt. Children must be accompanied by an adult. Please note that we will be meeting at the pavilion across the street from the Visitor's Center each week. Children that attend six sessions will earn a DiscoverE Hide n' Seekers certificate. Please note that morning and afternoon sessions will be identical during a given week..

**October 10**

## DiscoverE: Tales for Tots

Tuesdays, September 5, 12, 19, 26, October 3, 10, 17 at 10:00am to 11:00am or 1:00pm to 2:00pm

Our popular Tales for Tots program returns with all new explorations! Join us for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a craft and short scavenger hunt. Children must be accompanied by an adult. Please note that we will be meeting at the pavilion across the street from the Visitor's Center each week. Children that attend six sessions will earn a DiscoverE Hide n' Seekers certificate. Please note that morning and afternoon sessions will be identical during a given week..

**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



# 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 Twp.

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

## Yoga

LIMITED SPOTS  
AVAILABLE  
JOIN NOW

FOR STUDENTS OF  
ALL LEVELS

CHAIR YOGA  
ALSO AVAILABLE  
FOR THOSE WITH LIMITED MOBILITY

*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 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!

**SUMMER  
FEST**  
at the Flowering Fox  
**August 13 from 11-2**  
**101 S Robinson Ave**  
**Food Trucks  
& Vendors**  
Public Event  
Sponsor  
Daniele Davanzo  
Realty  
Solutions or PA/N

**Artisan Vendors!!**

**Zulli  
Pottery**

**Precious  
Momentos**

**Bright Light  
Creations**





# Summer Sounds 2023 Concerts

## Weona Park

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

# \$CAM JAM!

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

Lookout Fire Company Social Hall  
123 S. Main St, Pen Argyl, PA 18072  
Light refreshments and drinks will be provided

## WHEN IN DOUBT, KEEP PETS OUT!

Don't let your pets swim in,  
play in, or drink discolored  
or scummy water.

Find out why at  
[www.cdc.gov/habs](http://www.cdc.gov/habs)



CS341119-A

### PUBLISH YOUR EVENT

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

# 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

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  
**Columille 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  
**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,



Regular Events

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  
(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 September 12  
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 September 13  
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 September 14  
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 September 15  
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



# 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**  
Funeral Home, LLC  
Stephen Ruggiero, Supervisor

Serving The Slate Belt For Over A Century

Traditional Funerals - Serving All Faiths  
Full Service - Cremation - Pre-planning

For More Information  
and Obituaries See  
[www.ruggierofuneralhome.com](http://www.ruggierofuneralhome.com)

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126 PENNSYLVANIA AVE., PEN ARGYL, PA  
PH: 610-863-5750 FAX: 610-863-8537

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*Richard Shaplin Sr.* *Richard Shaplin Jr.*

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308 Spring Garden Street • Easton, PA 18042

Securities offered through Royal Alliance  
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## 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 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.

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## 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.





# Pen Argyl High School Fall Sports Schedule



## Pen Argyl Golf (0-0)

Thu 8/10/	Palmerton @ Pen Argyl	2:45pm
Mon 8/14/	Pen Argyl @ Moravian Academy	2:45pm
Tue 8/15/	Northwestern @ Pen Argyl	2:45pm
Thu 8/17/	Pen Argyl @ Bangor	2:45pm
Mon 8/21/	Pen Argyl @ Southern Lehigh	1:00pm
Tue 8/22/	Wilson @ Pen Argyl	2:45pm
Thu 8/24/	Saucon Valley @ Pen Argyl	2:45pm
Mon 8/28/	Pen Argyl @ Salisbury	2:45pm
Tue 8/29/	Notre Dame G.P. @ Pen Argyl	2:45pm
Thu 8/31/	Pen Argyl @ Palmerton	2:45pm
Tue 9/5/	Moravian Academy @ Pen Argyl	2:45pm
Thu 9/7/	Pen Argyl @ Northwestern	2:45pm
Mon 9/11/	Bangor @ Pen Argyl	2:45pm
Thu 9/14	Notre Dame E.S.	2:45pm
Thu 9/21	Mutiple Opponents	2:00pm

## Pen Argyl Girls Soccer (0-0)

Fri 8/25	Pocono Mt. West @ Pen Argyl	3:00pm
Tue 8/29/	Wilson @ Pen Argyl	4:00pm
Thu 8/31/	Pen Argyl @ Northwestern	6:30pm
Tue 9/5/	Catasauqua @ Pen Argyl	4:00pm
Thu 9/7/	Pen Argyl @ Notre Dame G.P.	4:00pm
Wed 9/13/	Northern Lehigh @ Pen Argyl	4:00pm
Sat 9/16/	Pen Argyl @ Palisades	10:00am
Mon 9/18/	Salisbury @ Pen Argyl	4:00pm
Wed 9/20/	Pen Argyl @ Moravian	4:00pm
Tue 9/26/	Southern Lehigh @ Pen Argyl	4:00pm
Thu 9/28/	Pen Argyl @ Saucon Valley	4:00pm
Mon 10/2/	Palmerton @ Pen Argyl	4:00pm
Wed 10/4/	Pen Argyl @ Bangor	4:00pm
Sat 10/7	Pen Argyl @ Lehigh	10:00am
Senior Day 10/2		

## Pen Argyl Boys Cross Country (0-0)

Fri 8/25	Lion Invitational @ Moravian	2:50pm
Wed 9/6/	Bangor, Notre Dame Palisades, Pen Argyl Saucon Valley, Wilson @ Moravian Academy	4:00pm

Tue 9/12/ Wilson, Pen Argyl, Palmerton, Northwestern,  
Northern Lehigh @ Bangor 4:00pm

Tue 9/19/ S. Lehigh Salisbury, Pen Argyl, Catasauqua,  
Bangor @ Wilson 4:00pm

Tue 9/26/ Wilson, Saucon Valley, Palisades, Notre Dame  
G.P., Moravian Academy, Bangor @ Pen Argyl 4:00pm

Tue 10/3/ Wilson, Pen Argyl, Northwestern, Northern  
Lehigh, Bangor @ Palmerton 4:00pm

Tue 10/10/ Wilson, Salisbury, Pen Argyl, Catasauqua,  
Bangor @ Southern Lehigh 4:30pm

## Pen Argyl Girls Cross Country (0-0)

Fri 8/25	Lion Invitational @ Moravian	2:50pm
Wed 9/6/	Bangor, Notre Dame Palisades, Pen Argyl Saucon Valley, Wilson @ Moravian Academy	4:00pm

Tue 9/12/ Wilson, Pen Argyl, Palmerton, Northwestern,  
Northern Lehigh @ Bangor 4:00pm

Tue 9/19/ S. Lehigh Salisbury, Pen Argyl, Catasauqua,  
Bangor @ Wilson 4:00pm

Tue 9/26/ Wilson, Saucon Valley, Palisades, Notre Dame  
G.P., Moravian Academy, Bangor @ Pen Argyl 4:00pm

Tue 10/3/ Wilson, Pen Argyl, Northwestern, Northern  
Lehigh, Bangor @ Palmerton 4:00pm

Tue 10/10/ Wilson, Salisbury, Pen Argyl, Catasauqua,  
Bangor @ Southern Lehigh 4:30pm

Text Game Scores To  
570-688-3724





# Pen Argyl High School Fall Sports Schedule



## Pen Argyl Football (0-0)

8/26/	Wilson @ Pen Argyl	2:30pm
9/2/	Mahanoy @ Pen Argyl	1:30pm
9/8/	Pen Argyl @ Northern Lehigh	7:00pm
9/16/	Northwestern @ Pen Argyl	1:30pm
9/22/	Pen Argyl @ Catasauqua	7:00pm
9/29/	Pen Argyl @ Minersville	7:00pm
10/7/	Palisades @ Pen Argyl	1:30pm
10/14/	Schuylkill Haven @ Pen Argyl	1:30pm
10/20/	Pen Argyl @ Panther Valley	7:00pm
10/27/	Pen Argyl @ Bangor	7:00pm

Green & White Day 8/26

Shirt Off Back Day 9/2

Hall of Fame 9/16

Homecoming 10/7

Senior Day 10/14

## Pen Argyl Field Hockey (0-0)

Sat 8/26/	Palisades @ Pen Argyl	2:00pm
Mon 8/28	Pen Argyl @ Moravian	4:00pm
Wed 8/30/	Palmerton @ Pen Argyl	4:00pm
Thu 8/31	Pen Argyl @ Lehighton	4:00pm
Wed 9/6/	Wilson @ Pen Argyl	4:00pm
Sat 9/9/	Pen Argyl @ Saucon	10:00am
Mon 9/11/	Pen Argyl @ N, Lehigh	4:00pm
Wed 9/13/	Pen Argyl @ Bangor	4:00pm
Sat 9/16	ESS @ Pen Argyl	10:00am
Tue 9/19/	Moravian @ Pen Argyl	4:00pm
Thu 9/21/	Northwestern @ Pen Argyl	4:00pm
Sat 9/23	Salisbury @ Pen Argyl	10:00am
Wed 9/27/	Pen Argyl @ Wilson	4:00pm
Sat 9/30/	Pen Argyl @ S. Lehigh	10:00am
Tue 10/3/	Pen Argyl @ Catasauqua	4:00pm
Thu 10/5/	Bangor @ Pen Argyl	4:00pm
Thu 10/12	Pleasant V. @ Pen Argyl	4:00pm
Fri 10/13	Pen Argyl @ Whitehall	3:30pm
Youth Day 9/16		
Senior Day 9/23		

## Pen Argyl Boys Soccer (0-0)

Sat 8/26	Pen Argyl @ Pottsville	TBA
Sat 8/26	TBA @ Pine Grove	TBA
Tue 8/29/	Pen Argyl @ Wilson	4:00pm
Thu 8/31/	Northwestern @ Pen Argyl	4:00pm
Tue 9/5/	Pen Argyl @ Catasauqua	4:00pm
Thu 9/7/	Notre Dame G.P. @ Pen Argyl	4:00pm
Thu 9/14/	Pen Argyl @ Northern Lehigh	4:00pm
Sat 9/16/	Palisades @ Pen Argyl	10:00am
Mon 9/18/	Pen Argyl @ Salisbury	4:00pm
Wed 9/20/	Moravian @ Pen Argyl	4:00pm
Sat 9/23	Jim Thorpe @ Pen Argyl	10:00am
Tue 9/26/	Pen Argyl @ Southern Lehigh	6:30pm
Thu 9/28/	Saucon Valley @ Pen Argyl	4:00pm
Mon 10/2/	Pen Argyl @ Palmerton	4:00pm

## Pen Argyl Tennis (0-0)

Mon 8/21/	Wilson @ Pen Argyl	4:00pm
Wed 8//	Pen Argyl @ Salisbury	4:00pm
Thu 8/24/	Southern Lehigh @ Pen Argyl	4:00pm
Mon 8/28/	Pen Argyl @ Notre Dame G.P.	4:00pm
Thu 8/31/	Pen Argyl @ Palisades	4:00pm
Thu 9/7/	Pen Argyl @ Saucon Valley	4:00pm
Mon 9/11/	Moravian Academy @ Pen Argyl	4:00pm
Wed 9/13/	Bangor @ Pen Argyl	4:00pm
Mon 9/18/	Salisbury @ Pen Argyl	4:00pm
Wed 9/20	Pen Argyl @ Jim Thorpe	4:00pm
Mon 9/25/	Palisades @ Pen Argyl (Sr. Day)	4:00pm

Text Game Scores To  
570-688-3724





# Bangor High School Fall Sports Schedule



## Bangor Girls Soccer (0-0)

Mon 8/25	ESN @ Bangor	4:00pm
Tue 8/26	Bangor @ Libery	10:00am
Tue 8/29/	Bangor @ Northern Lehigh	4:00pm
Thu 8/31/	Palisades @ Bangor	4:00pm
Tue 9/5/	Bangor @ Salisbury	6:30pm
Wed 9/6	Bangor @ Stroudsburg	4:00pm
Thu 9/7/	Moravian @ Bangor	4:00pm
Mon 9/11	Bangor @ Pleasant Valley	4:00pm
Tue 9/12/	Bangor @ Southern Lehigh	6:30pm
Thu 9/14/	Saucon Valley @ Bangor	4:00pm
Sat 9/16/	Bangor @ Palmerton	10:00am
Wed 9/20/	Wilson @ Bangor	4:00pm
Fri 9/22	Bangor @ NDES	4:00pm
Tue 9/26/	Bangor @ Northwestern	6:30pm
Thu 9/28/	Catasauqua @ Bangor	6:00pm
Mon 10/2/	Bangor @ Notre Dame G.P.	4:00pm
Wed 10/4/	Pen Argyl @ Bangor	4:00pm
Sat 10/7	Bangor @ Northampton	10:00am
Youth Night 8/28		
Senior Night 10/4		

## Bangor Boys Soccer (0-0)

Mon 8/25	Bangor @ ESN	4:00pm
Tue 8/26	North Pocono @ Bangor	12:00pm
Tue 8/29/	Northern Lehigh @ Bangor	4:00pm
Thu 8/31/	Bangor @ Palisades	4:00pm
Tue 9/5/	Salisbury @ Bangor	4:00pm
Thu 9/7/	Bangor @ Moravian	4:00pm
Tue 9/12/	Southern Lehigh @ Bangor	4:00pm
Thu 9/14/	Bangor @ Saucon Valley	4:00pm
Sat 9/16/	Palmerton @ Bangor	10:00am
Wed 9/20/	Bangor @ Wilson	4:00pm
Fri 9/22	NDES @ Bangor	7:00pm
Sat 9/23	Wallenpaupack @ Bangor	11:00am
Tue 9/26/	Northwestern @ Bangor	4:00pm
Fri 9/29	Bangor @ ESS	3:30pm
Thu 9/28/	Bangor @ Catasauqua	4:00pm
Mon 10/2/	Notre Dame G.P. @ Bangor	4:00pm
Wed 10/4/	Bangor @ Pen Argyl	4:00pm
Sat 10/7	Northampton @ Bangor	10:00am
Youth Night 9/22		
Senior Night 10/2		

## Bangor Field Hockey (0-0)

Sat 8/26/	Saucon Valley @ Bangor	2:00pm
Mon 8/28/	Bangor @ Wilson	4:00pm
Wed 8/30/	Bangor @ Palisades	4:00pm
Tue 9/5/	Bangor @ Moravian	4:00pm
Sat 9/9/	N. Lehigh @ Bangor	10:00am
Mon 9/11/	Bangor @ Palmerton	4:00pm
Wed 9/13/	Pen Argyl @ Bangor	4:00pm
Tue 9/19/	Wilson @ Bangor	4:00pm
Thu 9/21/	Bangor @ Salisbury	4:15pm
Fri 9/22/	S. Lehigh @ Bangor	4:00pm
Mon/9/25	Lehigh @ Bangor	4:00pm
Wed 9/27/	Moravian @ Bangor	4:00pm
Fri 9/29/	Catasauqua @ Bangor	4:00pm
Sat 9/30	Bangor @ ESS	11:00am
Mon 10/2	Pleasant Valley @ Bangor	4:00pm
Tue 10/3/	Bangor @ Northwestern	6:15pm
Thu 10/5/	Bangor @ Pen Argyl	4:00pm
Sat 10/7	Bangor @ Northampton	1:00pm
Youth Day 9/9		
Senior Day 9/13		

## Bangor Football

8/25/	Bangor @ Palisades	7:00pm
9/1/	Bangor @ Jim Thorpe	7:00pm
9/8/	Southern Lehigh @ Bangor	7:00pm
9/15/	Saucon Valley @ Bangor	7:00pm
9/22/	Bangor @ Wilson	1:30pm
9/29/	Pottsville @ Bangor	7:00pm
10/6/	Bangor @ Lehigh	7:00pm
10/13/	Northwestern @ Bangor	7:00pm
10/20/	Bangor @ Blue Mountain	7:00pm
10/27/	Pen Argyl @ Bangor	7:00pm
Senior Night 9/15		
Homecoming 10/13		

Text Game Scores To  
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# Bangor High School Fall Sports Schedule



## Bangor Cross Girls Country (0-0)

Fri 8/25	Lion Invitational @ Moravian	2:50pm
Wed 9/6/	Bangor, Notre Dame G.P., Palisades, Pen Argyl, Saucon Valley, Wilson @ Moravian	4:00pm
Sat 9/02	Bangor @ Northampton	9:00am
Sat 9/9	Bangor @ Open (DeSales)	9:00am
Tue 9/12/	Wilson, Pen Argyl, Palmerton, Northwestern, Northern Lehigh @ Bangor ( <b>Senior Day</b> )	4:00pm
Tue 9/19/	S. Lehigh, Salisbury, Pen Argyl, Catasauqua, Bangor @ Wilson	4:00pm
Tue 9/26/	Wilson, Saucon Valley, Palisades, Notre Dame G.P., Moravian Academy, Bangor @ Pen Argyl	4:00pm
Tue 10/3/	Wilson, Pen Argyl, Northwestern, Northern Lehigh, Bangor @ Palmerton	4:00pm
Tue 10/10/	Wilson, Salisbury, Pen Argyl, Catasauqua, Bangor @ Southern Lehigh	4:30pm

## Bangor Cross Boys Country (0-0)

Fri 8/25	Lion Invitational @ Moravian	2:50pm
Wed 9/6/	Bangor, Notre Dame G.P., Palisades, Pen Argyl, Saucon Valley, Wilson @ Moravian	4:00pm
Sat 9/02	Bangor @ Northampton	9:00am
Sat 9/9	Bangor @ Open (DeSales)	9:00am
Tue 9/12/	Wilson, Pen Argyl, Palmerton, Northwestern, Northern Lehigh @ Bangor ( <b>Senior Day</b> )	4:00pm
Tue 9/19/	S. Lehigh, Salisbury, Pen Argyl, Catasauqua, Bangor @ Wilson	4:00pm
Tue 9/26/	Wilson, Saucon Valley, Palisades, Notre Dame G.P., Moravian Academy, Bangor @ Pen Argyl	4:00pm
Tue 10/3/	Wilson, Pen Argyl, Northwestern, Northern Lehigh, Bangor @ Palmerton	4:00pm
Tue 10/10/	Wilson, Salisbury, Pen Argyl, Catasauqua, Bangor @ Southern Lehigh	4:30pm

## Bangor Golf (0-0)

Thu 8/10/	Moravian Acad @ Bangor	2:45pm
Mon 8/14/	Bangor @ Northwestern	2:45pm
Tue 8/15/	Bangor @ Saucon Valley	2:45pm
Wed 8/16	Bangor @ ESS	12:00
Thu 8/17/	Pen Argyl @ Bangor	2:45pm
Mon 8/21/	Bangor @ Palmerton	2:45pm
Tue 8/22/	Bangor @ Salisbury	3:00pm
Thu 8/24/	NDGP. @ Bangor	2:45pm
Mon 8/28/	Bangor @ So Lehigh	3:20pm
Tue 8/29/	Palmerton @ Bangor	2:45pm
Wed 8/30	Pocono Mt. West @ Bangor	3:00pm
Thu 8/31/	Bangor @ Moravian Acad	2:45pm
Tue 9/5/	Northwestern @ Bangor	2:45pm
Wed 9/6	Bangor @ Easton	2:30pm
Thu 9/7/	Wilson @ Bangor	2:45pm
Mon 9/11/	Bangor @ Pen Argyl	2:45pm
Wed 9/13	Northampton @ Bangor	1:40pm

## Bangor Tennis (0-0)

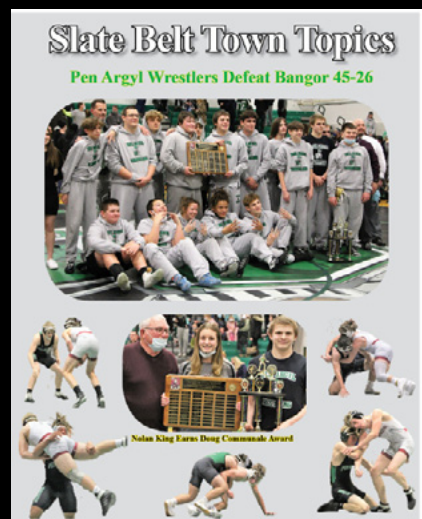
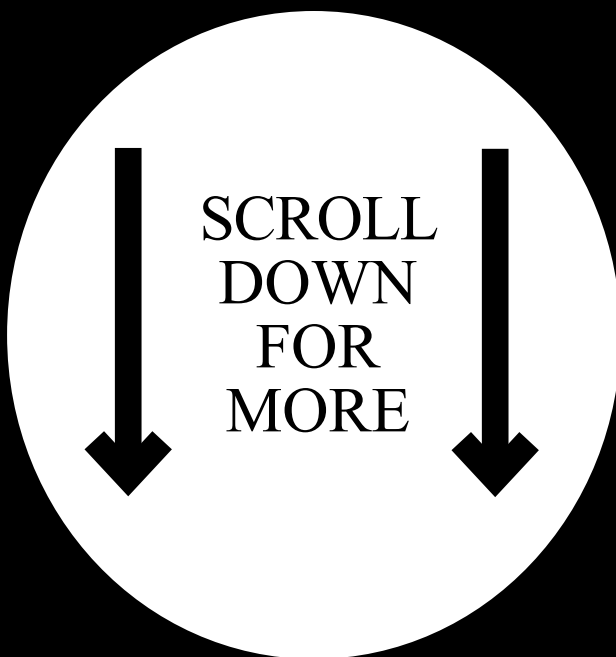
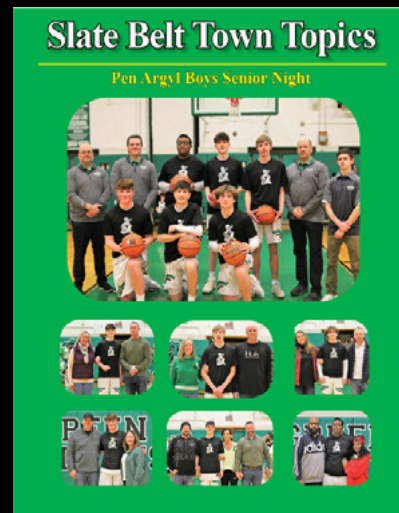
Mon 8/21/	Bangor @ Moravian Academy	4:00pm
Fri 8/25	Notre Dame E.S. @ Bangor	4:00pm
Sat 8/26	Jim Thorpe @ Bangor	11:00am
Mon 8/28/	Saucon Valley @ Bangor	4:00pm
Wed 8/30	Pottsville @ Bangor	4:00pm
Thu 8/31/	Wilson @ Bangor	4:00pm
Tue 9/5/	Bangor @ Salisbury	4:00pm
Thu 9/7/	Southern Lehigh @ Bangor	4:00pm
Wed 9/8	Stroudsburg # Bangor	3:30pm
Mon 9/11/	Bangor @ Notre Dame G.P.	4:00pm
Wed 9/13/	Bangor @ Pen Argyl	4:00pm
Fri 9/15	Palisades @ Bangor	4:00pm
Sat 9/16	Bangor @ Easton	10:00am
Mon 9/18/	Bangor @ Southern Lehigh	4:00pm
Wed 9/20/	Moravian Academy @ Bangor	4:00pm
Fri 9/22	Bangor @ Northampton	3:30pm

Text Game Scores To  
570-688-3724



# Slate Belt Town Topics

## Recent Feature Pages



Read the Town Topics With Fresh News

# Every Day



# Stuff the Bus at Wind Gap Pharmacy



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



**State Farm**

**Debbie Pettinari Agency**  
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[debbie.pettinari.wz73@statefarm.com](mailto:debbie.pettinari.wz73@statefarm.com)





# Bangor National Night Out



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CHEVROLET



# Roseto National Night Out

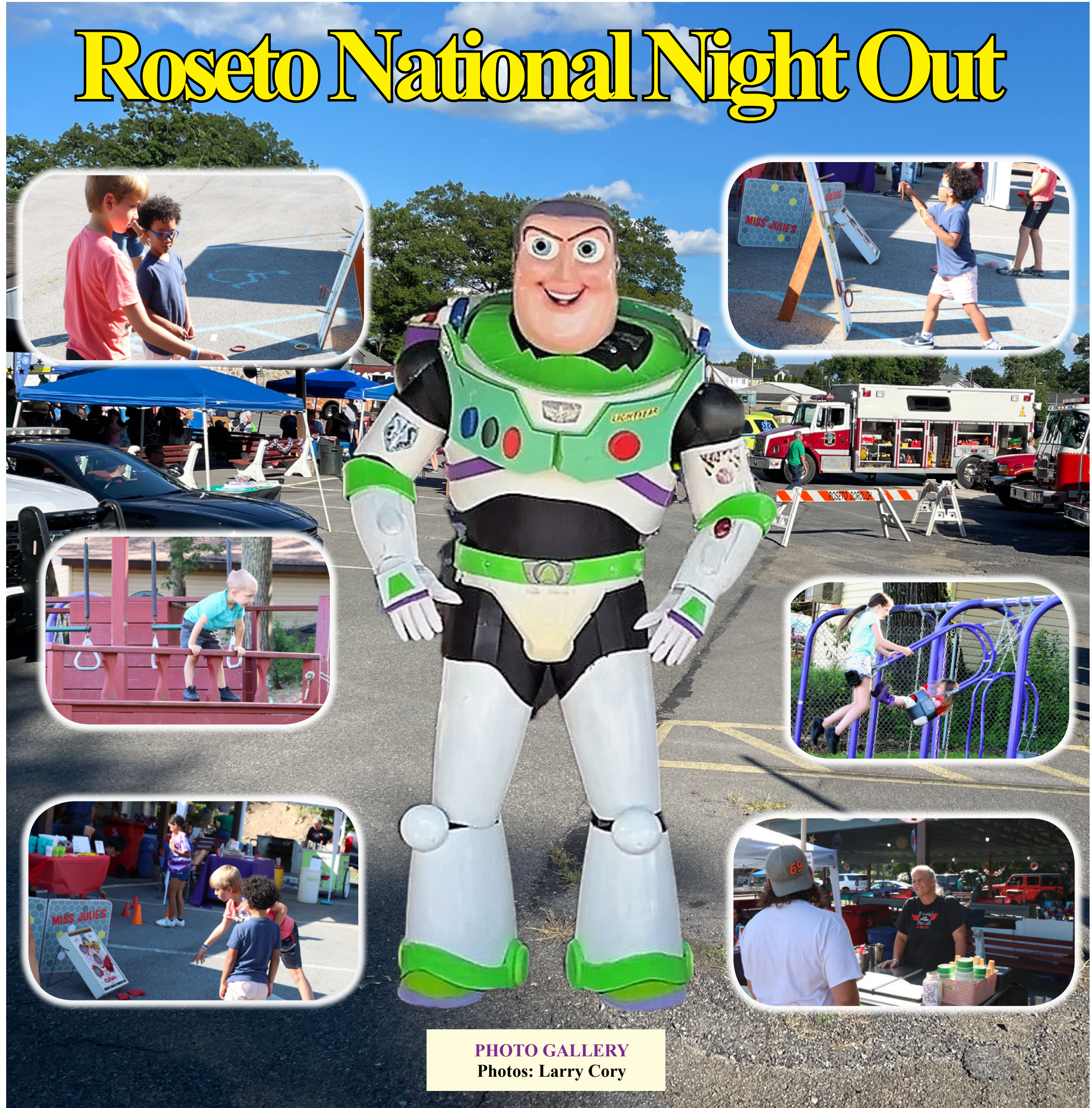


PHOTO GALLERY  
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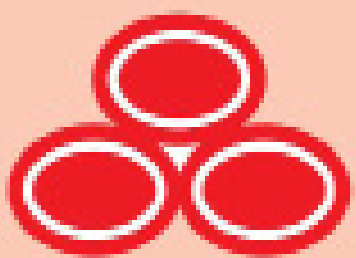
# Roseto National Night Out



**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





# 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

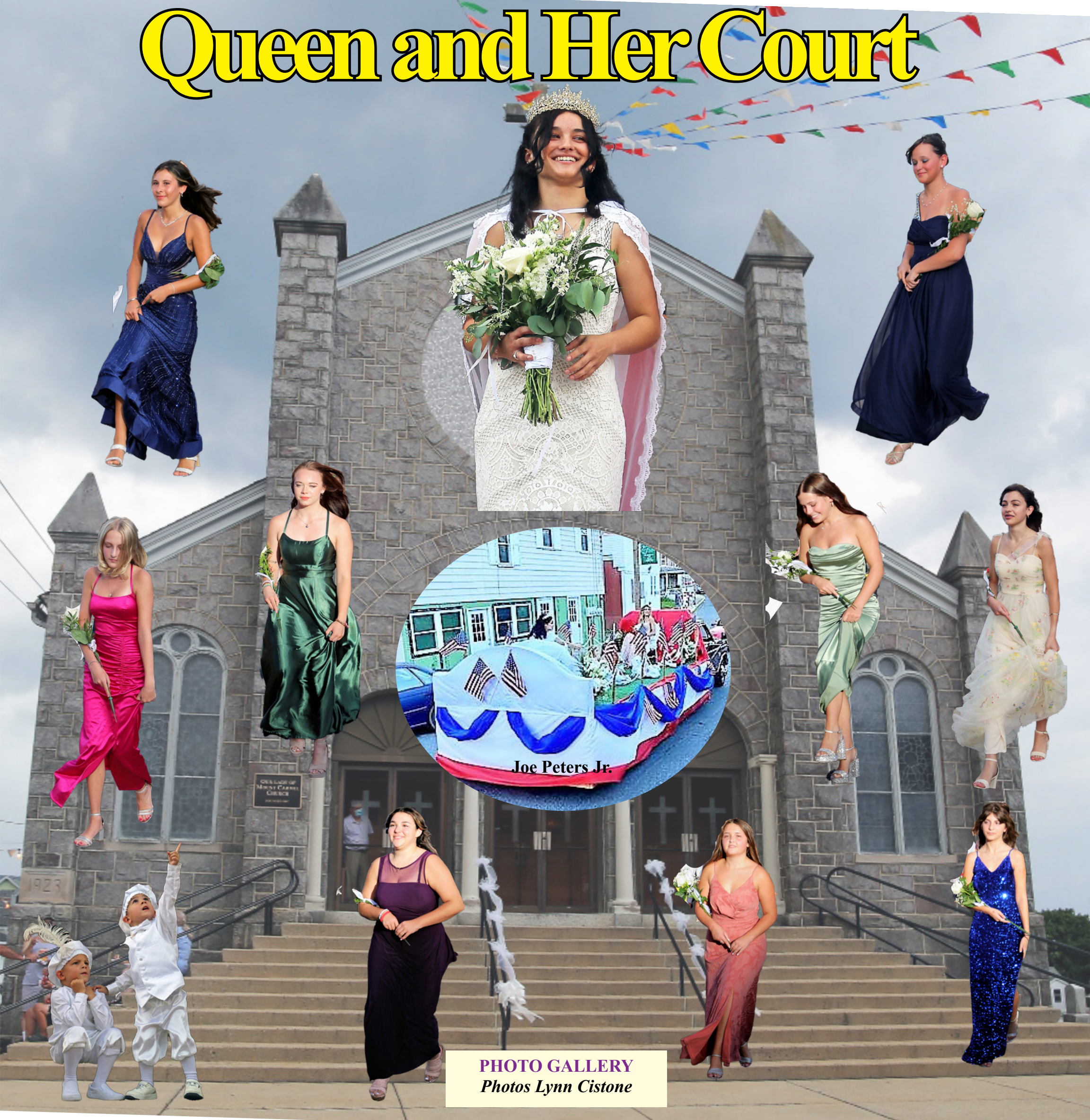


PHOTO GALLERY  
Photos Lynn Cistone



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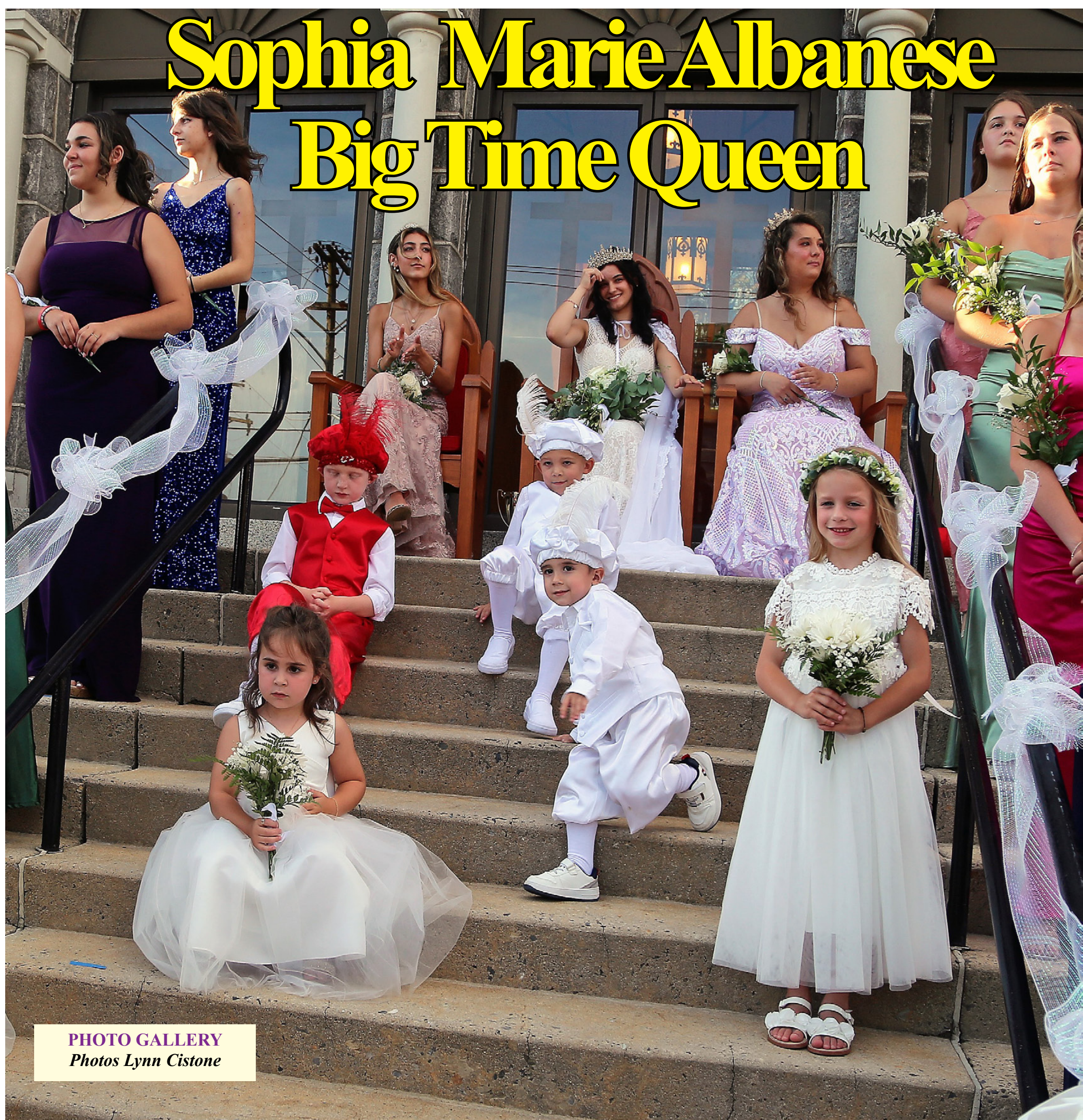
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# Sophia Marie Albanese

## 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  
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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