Slate Belt Town Topics

Monday, August 15 **Exhibits and Vendors Open at 5:00pm**

Entering of ALL exhibits EXCEPT animals.....4:00pm - 8:00pm

Tuesday August 16 Exhibits and Vendors Open at 5:00pm

Judging of Exhibits ..... 9:00 am - Noon

Pasty Dinner Sponsored by The Smokin' Pasty Co. .....5:00pm - 8:00pm

King or Queen's Court Ceremony and Awards for 4-H Scholarships..... 5:00pm

Bingo 6:00pm

4-H Dairy Youth Show/Open Dairy Show 6:30pm

Entertainment. "Jesse Wade Gang" (Country) 7:30pm

Wednesday, August 17 **Exhibits and Vendors Open at 5:00pm**

Poultry Show 4-H Round Up 4:00pm

Charcoal Broil Steak Dinner Sponsored by Blue Valley Farm Show .....5:00pm - 8:00pm

Car Cruise 5:00pm

Dairy Goat 4-H Round Up 6:00pm

Bingo 6:00pm

Child Fingerprinting by Washington Township Police Department .....5:00pm - 8:00pm

Cornhole Tournament 6:00pm

Garden Tractor Pulls 6:00pm

Entertainment; "New Individuals" (Oldies) 7:30pm

Thursday, August 18 **Exhibits and Vendors Open at 5:00 pm**

Sheep Show/Market Goat/Breeding Goat Show 4-H Round Up 4:00pm

Steamed Clams Dinner Sponsored by St. Peters Lutheran Church..... .....5:00pm - 8:00pm

Crazy H's Pulls..... 6:00pm

Bingo 6:00pm

Entertainment: "The Large Flowerheads" (60s)..... 7:30pm

Friday, August 19 **Exhibits and Vendors Open at 5:00 pm**

Dairy Beef & Beef Open/ 4-H Round Up 10:00am

Swine 4-H Round Up 5:00pm

Rabbit Show. 4-H Round Up..... 5:00pm

Mexican Themed Dinner Sponsored by BAHS Theater Department .....5:00pm - 8:00pm

Tractor/Truck Pulls. 6:00pm

Bingo 6:00pm

Adult & Kiddie Pedal Tractor Pull..... 6:30pm

Entertainment. "Steel Creek (Country) 7:30pm

Saturday, August 14 **Exhibits and Vendors Open at 1:00 pm**

5K Race 9:30am

Entertainment: High School Marching Band..... 1:00pm

Blue Valley Youth Livestock Show and Sale 1:00pm

Tractor/Truck Pulls 3:00pm

Chicken Bar-B-Que Sponsored by the Bangor Exchange Club .....5:00pm - 8:00pm

Bingo 6:00pm

Entertainment "Cody Templeton Band" (Country) 7:30pm

Baby Photo & Pet photo Winners Announced 9:00pm

Slate Belt Town Topics

sbtopics@rcn.com | Aug 17 2022 | www.sbtopics.com

Blue Valley Farm Show Queen and Scholarship Winners

Blue Valley Farm Show Queen: Kaylee Patch (Middle) Eliana Koehler (L)
Second Runner Up, Hannah Kromer (R) First Runner up

4-H Scholarship Winners: L-R Daniel Eyre, Shyanne Ackerman, Haylee Hoagland, Emilee Brewer, Hannah Kromer, Rachel Kromer. (Far Right) Farm Show Manager Melissa Koehler

SBCC WEBSITE

Tickets Will Be Mailed

SPECIALTY BINGO

Sunday, September 11, 2022
Bangor Elks Lodge, 120 Broadway, Bangor

Sponsored by the Slate Belt Chamber of Commerce

Designer Bags; Coach, Michael Kors, Vera Bradley
Kate Spade, Longaberger Baskets & More

- Tickets $20
- 20 Bingo Games
- Bingo .....1 PM
- Doors .....12 PM
- Refreshments

Make Checks payable to: Slate Belt Chamber of Commerce 187 Blue Valley Dr., Bangor, PA 18013

Slate Belt Town Topics

sbtopics@rcn.com | Aug 17 2022 | www.sbtopics.com

Slate Belt Weather

Mostly Sunny, Chance of Showers 76 Today
Sunny 81 Thursday

National Weather Service Forecast - 6am Today

Today, AA chance of showers, with thunderstorms also possible after 2pm. Mostly sunny, with a high near 76. North wind around 5 mph. Chance of precipitation is 40%. New rainfall amounts of less than a tenth of an inch, except higher amounts possible in thunderstorms.

Tonight, A chance of showers and thunderstorms before 8pm, then a slight chance of showers between 8pm and 10pm. Partly cloudy, with a low around 58. Calm wind becoming northwest around 5 mph. Chance of precipitation is 30%. New precipitation amounts of less than a tenth of an inch, except higher amounts possible in thunderstorms.

Thursday, Sunny, with a high near 83. Northwest wind around 5 mph.

Friday, Sunny, with a high near 87. Calm wind becoming southwest around 5 mph in the afternoon.

Saturday, A chance of showers after 2pm. Partly sunny, with a high near 86. Chance of precipitation is 40%.

Saturday Night, A chance of showers before 2am. Mostly cloudy, with a low around 65. Chance of precipitation is 30%.

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

Sunday Night, A chance of showers. Mostly cloudy, with a low 65. Chance of precipitation is 40%.

Monday,Showers likely and possibly a thunderstorm. Mostly cloudy, with a high near 83. Chance of precipitation is 60%.

Monday Night, Showers and thunderstorms likely. Mostly cloudy, with a low around 66. Chance of precipitation is 60%.

Air Quality: Good (0-50) Bethlehem (?) Columbia N.J. (47)

Pollen: 9.4 Medium-High (Top Alergen (s) Ragweed, Grasses.

UV: High Risk Hours: 10-4. Peak 6.4 at 1:00 pm

Area Roadwork Next Week

US 22 Between: 25th Street Interchange and Bethman Road Overpass Eastbound nighttime lane restrictions 07:00 PM To 06:00 AM for pavement rehabilitation work. Start date: 8/15/22Est completion date: 8/20/22

Bushkill Township Road name: Jacobsburg Road Between: Henry's Road and Fehr Road Lane restriction 09:00 AM To 02:00 PM with flagging. Start date: 8/15/22 Est completion date: 8/19/22

US 22 Between: PA 512 and Farmersville Road Restriction: 09:00 PM To 06:00 AM Single lane conditions on US 22 for pavement rehabilitation work. Work includes concrete patching, paving, bridge deck rehabilitation, and pavement markings on US 22 and interchange ramps. Traffic disruptions will include short-term single lane closures between the hours of 9:00pm and 6:00am weeknights, as well as weekend lane closures from Friday 9:00pm to Monday 6:00am. Start date: 8/18/22 Est completion date: 8/22/22

Plainfield Twp. Road name: PA 33 Between: Belfast Exit and PA 512 Lane restrictions 07:00 PM To 06:00 AM for construction work. Contractor will begin in the northbound direction then move southbound. Start date: 8/15/22 Est completion date: 8/19/22

Happening Soon

Wednesday August 17

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
Bangor Pool - Open 12-7

Thursday August 18

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
Bangor Pool - Open 12-7

WHAT'S GOING ON????
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sbtopics@rcn.com

Slate Belt Weather

ICYMI

(Click Below to Read)

August 16 | August 9
August 15 | August 8
August 14 | August 7
August 12 | August 6
August 11 | August 5
August 10 | August 4

Recent Photo Galleries

Bangor Football

Bangor Plant Fest

Pen Argyl Football

Miller Truck Show

PUBLISH YOUR EVENT

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

August 18

Weekly Weeders

Thursday, 18, & 25 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 required **https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg**

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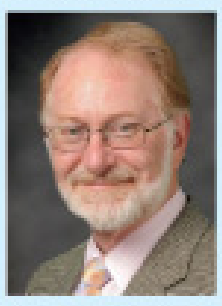

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August 19

Family Science Night - Compass Course

Friday, August 19 at 6:00pm to 7:30pm

Learn how a compass works by creating your own simple compass! We'll also learn how to navigate using a compass and practice on our own mini orienteering course. This program is best for families with children ages 9-13. Registration is required. **https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg**

Bangor Band Dinner

Bangor Theater Dept. hosting Mexican Themed Dinner August 19, 2022 4:00PM to 8:00PM Blue Valley Farm Show

August 15-20

Summer Book Sale

The Friends of the Bangor Public Library will hold their Summer Book Sale at the Blue Valley Farm Show the week of August 16th-20th. The sale will be held in the large "Gray Display Barn" on the upper grounds of the fair on the following days:

Tuesday-Friday (15th-19th): 5:00 PM-10:00 PM Saturday (20th): Noon-9:00 PM ($5.00 Bag Day).

Over 1000 like new and gently used books, in all genres will be available for adults, teens and children. Fiction will be sorted according to author and non-fiction according to subject matter. If you are interested in helping and for additional information contact: Karen Brewer @ 484-894-5661.

August 20

Volunteer Event: Beebalm Borders

Saturday, August 20 at 5:00pm to 6:30pm

Volunteer with us at our education area as we replace invasive Japanese stiltgrass borders with beneficial Scarlet beebalm to enhance the wildlife value. All equipment and safety materials provided. Registration Required. **https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg**

August 20-21

WTVFC Semi-Annual Kids Mart

The Washington Twp Fire co. will hold their semi-annual Kids Mart from 9am-3pm at the fire co.

If you are you tired of paying too much for kids clothing that only fit for 1 season? This will be your ONE STOP SHOP for everything you need for your kiddos! Just in time for back to school shopping. Stock up on gently used items for kids and teens. There will be baby, kids and teens clothing. Along wth shoes, baby gear, bedding, bedroom decor and furnishings, toys, outdoor play equipment, books, games, DVDs, sporting goods, strollers, carseats, bassinets and more

This is a great sale to stock up for new parents, foster parents, grandparents, teachers and early childhood educators.

$2 per person entry fee

Interested in selling? Outdoor, covered pavillion, and indoor spaces now available to rent. Don't want to haul your own tables? We will also have tables to rent for your convenience! You set your prices, you keep all of your profit from your sales!

For more information on selling, contact Jenna. Email-**fire38kidsmart@hotmail.com**

Phone - 570-656-2701

Come out and help make this a big event for your local volunteer fire department!

All proceeds benefit Washington Township Volunteer Fire Co.

August 20

5K Race

The Blue Valley Farm Show 5k will be held August 20 at 9:30am. Registration entry fee $12. Registration details unavailable.

Bangor Band Performance

The Bangor High School Band will perform 1:00pm Saturday August 20 at the Blue Valley Farm Show.

August 21

Weona Park Concert

Desire 6-8pm.

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Fri 8:00 AM - 5:00 PM • Sat 8:00 AM - 2:00 PM

Calendar 2

August 25

Weekly Weeders

Thursday, August 4, 11, 18, & 25 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 required **https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg**

August 27

Delaware Riverfest - Vendors, Food & More

Enjoy the day along the Delaware River shopping with vendors, delicious food, drinks, music, and more!

August 27, 2022 from 10AM to 3PM , 422 Delaware Avenue Portland, PA 18351

For vendor opportunities email **bluefla-meevents@yahoo.com**

Registration cost is $30 Per 10 x 10 space

Intro to Field Botany

Saturday, August 27 at 4:00pm to 5:00pm

Many plants may look similar at first glimpse and it can be overwhelming trying to sort them all out. Join us and learn basic skills in plant identification using keys and field guides. We will focus on commons plants and plant families found at Jacobsburg. Please bring water, a snack, wear sturdy shoes and dress appropriately for the weather. Registration is required. **https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg**

Living Light in the Forest Night

Saturday, August 27 at 8:30pm to 9:30pm

It's not easy to spot but our night forests can be brighter than we realize. Join us as we search for bioluminescent and phosphorescent plants, animals, lichen, and fungi that call our fields and forests home. Please bring water, a snack, a flashlight, wear sturdy shoes and dress appropriately for the weather. Registration is required. **https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg**

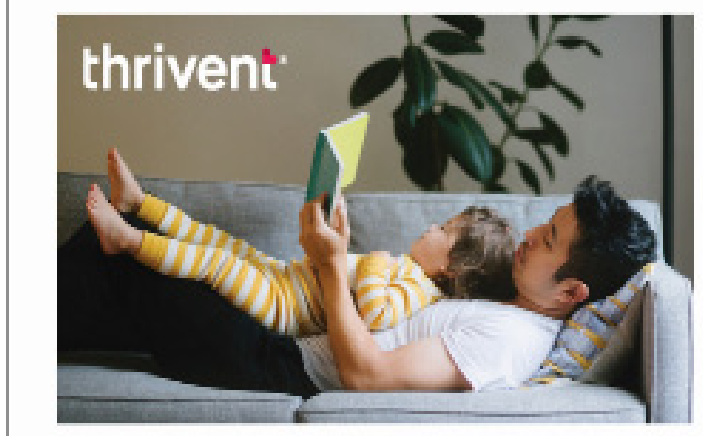
August 28

Wind Gap Concert

Wind Gap Park Concert 6:00pm - Joey and the T-Birds

Stackhouse Car Show

A car show in memory of Tommy Stackhouse



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CHEVROLET

will be held Sunday August 28th from 9am to 3pm at the Blue Valley Show Complex 707 American Bangor Road.

Auto Show - Craft Vendors — Auto Parts Swap meet — Food — Games — K9 Demonstration — Free Admission — Live Entertainment - Something for EVERYONE !

Tuner Cars — Hot Rods Trucks — Vans — Motorcycles —Antiques • Big Rigs — 4X4

Monster Trucks - Aircraft— utility Trucks - Police, Fire and Rescue apparatus on display— Kids Power wheels show - This event is open to anything with a motor.

Craft Show and meet Vendors Wanted!!

For Information call or Text Bob @ 484-239-5294

September 10

Roseto Flea Market

Come join us the Roseto Helping Hands Vendor and Flea Market Event September 10, 2022 from 9:00 a.m. to 4:00 p.m. at the Roseto Ball Park located at the corner of McKinley and Denisco Roads in Roseto. Food will be available for purchase!

If you wish to be a Vendor, please contact Darlene Dunbar via text at 908-619-7643 or email at **darlendunbar@entermail.net**.

Sept 11,12

Revolutionary War Weekend

Jacobsburg Revolutionary War Weekend September 10,11 10am - 3pm

September 16

Trapping

Pennsylvania Trappers Association District 10 Trappers Convention: September 16, 2022 12-6pm, and September 17, 2022 8am-6pm. West End Fairgrounds 570 Fairgrounds Rd. Gilbert, PA. Free admission. There will be something for every sportsman at this convention. Tailgaters welcome. Contact Bob Counterman 610-759-9203

Sept 17-19, 2022

Hot Air Balloon Festival

2022 Lancaster Hot Air Balloon Festival Sep 17, 2022 At 6 Pm – Sep 19, 2022 At 9

The Lancaster Balloon Festival is a one-of-a-kind event in Lancaster County, Pennsylvania. Hosted in the village of Bird-in-Hand, PA the festival features the mass launch of dozens of big, beautiful balloon, family entertainment, fire works, delicious food, Amish goods, and even buggy rides!

September 18

MDPH Open Show

An MDPH Oipen Show is scheduled for 9:00 a,m. Sunday, September 18 at 2557 Ackermanville Rd, Bangor,

September 23-25

Celtic Classic 35th Anniversary

The Celtic Cultural Alliance has announced its music line-up for the 35th annual celebration of the Celtic Classic Highland Games and Festival, which will take place on September 23-25, 2022, in downtown Bethlehem.

"We are excited this year that many of our crowd favorites are returning, like Gerry Timlin, The Steel City Rovers and Low Lily. "Being an anniversary year, we tried to cover all the Celtic genres from trad to Celtic rock" explained Jayne Ann Recker, Executive Director. Across the Pond, Dave North Trio and The McKrells will satisfy fans of the traditional while The Kilmaine Saints, Emish and the Glengarry Bhoys will raise the tempo. Local favorites Fig For a Kiss and Chivalrous Crickets return as well. Visitors will be surrounded with the distinct Celtic sound of tin whistles, bag pipes and fiddles wherever they are on the grounds.

The Celtic Classic has 5 free stages of Celtic music throughout the festival grounds and in the Ice House. World class Celtic entertaines will perform over 100 hours of free Celtic music. Many of the Celtic tunes are the traditional Irish jigs, shanties, drinking songs and ballads combined with a lyrical story-telling.

In addition to musical performances, O'Grady Quinlan Irish Academy of Dance will have several performances throughout the festival weekend. With precision footwork and dazzling costumes, O'Grady Quinlan shares the Irish culture through their performances. Cultural presentations will be held throughout the day in Celtic Heritage Hollow, including musical workshops, a Scottish shortbread baking contest, lectures, clans & societies and the Children's Activity Tent.

Celtic Classic will also see the return of Gene Sheninger of Wayside Farm. Sheninger will demonstrate how border collies can herd sheep and ducks. Border collies have been used for herding for hundreds of years in the Celtic nations.

For full line-up and schedule, www.celticfest.org

September 25

September To Remember Vendor Show

September To Remember Vendor Show is set for September 25 from 10-3 at Bangor Memorial Park, 90 eisenhart Blvd., Bangor.

Join them for a fun filled family day with over 50 vendors to shop with, fantastic food and drinks, sweet treats, and more! Beer, wine & sangria will also be available.

Sleggy's Axe House will be set up for patrons to practice their axe throwing.

Magician Mary: Mysterrio will be doing a magic show, and there will be free face painting! you won't want to miss this.

October 8

Waste Management Chili Cookoff

The 5th Annual Chili Cookoff at Waste Management Route 512 October from 11-2 pm is set!

Join the fun with the entire family. Kids Activities, Landfill Bus Tours, Touch-a-Truck and so much more.

Ten area non-profits are vying for your vote to win a Grand Prize of $1,000 as well as bragging rights! Donation of $5 supports the participating non-profits.

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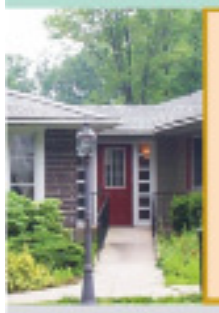

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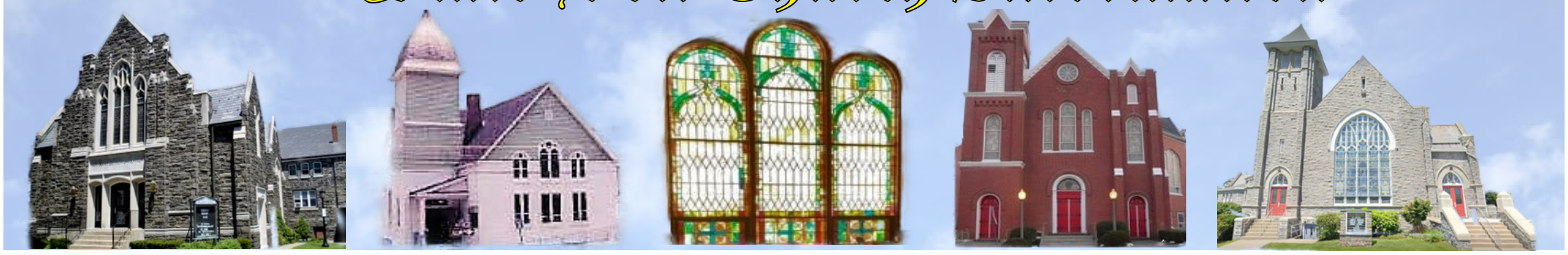
Slate Belt Church Information



Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor
www.christpcsb.org
More info 610-588-4864.
E-mail: **info@christpcsb.org.**
Sunday Worship, 10:00 a.m. (Until 9/11)
in-person/Zoom/Facebook Live.
For more info: 610-588-4864.

Flicksville UCC

1337 Lower South Main St., Bangor
Pastor Ken Hess 610-588-4648
www.flicksvilleucc.com
Summer Worship at 10 AM
following social distancing guidelines

Trinity Lutheran Church

404 Broadway Bangor (610-588-2023)
telcbangor@frontier.com
Website: www. tlcbangor.com
Sunday worship 9:00 a.m.
Holy Communion: First and Third Sundays
Refreshments after. Masks optional.

East Bangor UMC

136 W. Central Ave. (Rt.512) East Bangor
Sat. August 13 8pm AA Meeting
Sun August 14 -9:30 a.m. Worship Service
(Live & on Zoom) 10:45 Fellowship Hour
(For Zoom, go to **ebumc.org** to sign in)

First United Methodist Church of Bangor

Pastor Elisandra Garcia - 610-588-4673
55 North Third Street, Bangor PA
11:00am service (Communion First Sunday)

Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel, 18343
http://www.celcpa.org/
Email: **celcpaorg@yahoo.com**
610-588-7056
Worship: Sundays 9:00 a.m.
Holy Communion: First and Third Sunday
Toddler Sunday School: Sept-May 10:15

Richmond United Methodist Church

Rev. Peter Jamieson, Pastor
http://richmondumc.com/
8538 Delaware Dr, Bangor, PA 18013
610.588.7317 | **richmondumc@epix.net**
Sunday Worship - Weekly at 10:00 a.m.

Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064
www.gracebelfastpa.org 610-759-9080
Email:**gracebelfast@rcn.com**
August 14- 9:00 a.m. – 10th Sunday after Pentecost, Service of the Word.

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E-Mail Information to
sbtopics@rcn.com

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Debbie Pettinari Agency
106 S. Broadway, Wind Gap, PA
610-881-4433
www.debbieinsurespa.com
debbie.pettinari.wz73@statefarm.com

Deadline Extended for 2021 Property Tax/Rent Rebate Program

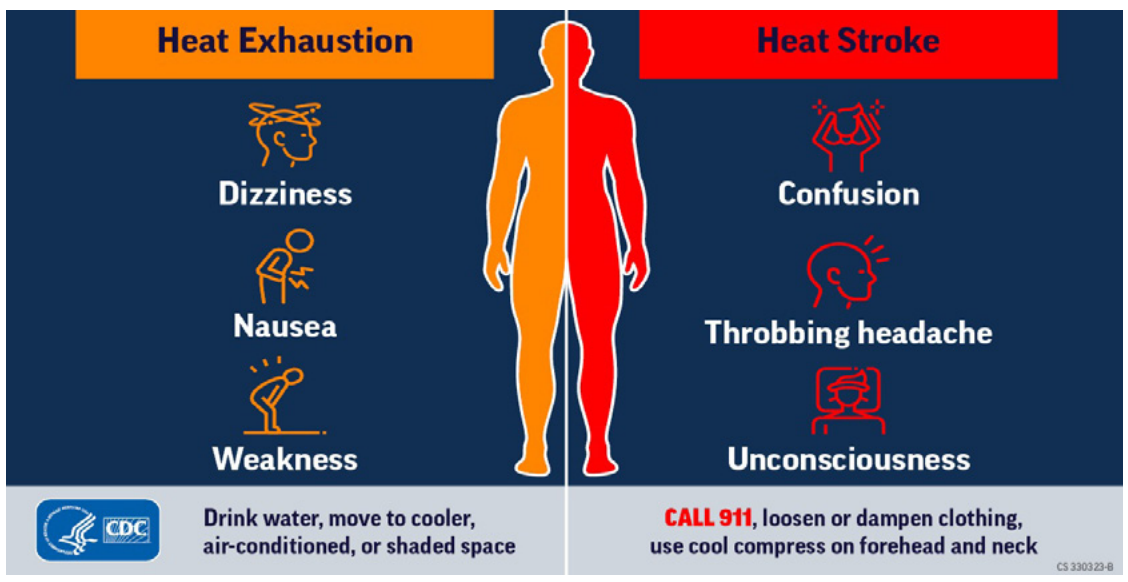
The deadline for senior citizens and Pennsylvanians with disabilities to apply for rebates on rent and property taxes paid in 2021 has been extended to Dec. 31.

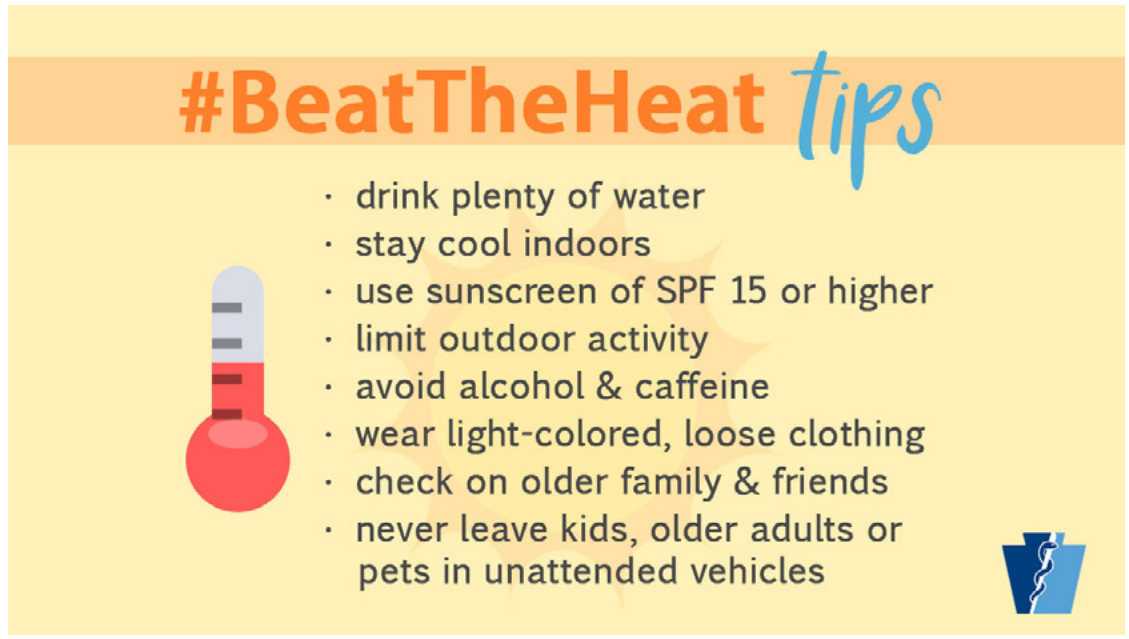
The Property Tax/Rent Rebate Program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The income limit is $35,000 annually for homeowners and $15,000 annually for renters, and half of Social Security income is excluded.

The maximum standard rebate for homeowners is $650, but supplemental rebates for certain qualifying homeowners can boost rebates to $975. The Department of Revenue automatically calculates supplemental rebates for qualifying homeowners.

Claimants are encouraged to file their rebate applications online by visiting mypath.pa.gov. No account is required. Applicants who still wish to file a paper application form may obtain Property Tax/Rent Rebate claim forms (PA-1000) and related information on the Department of Revenue's website or by calling 1-888-222-9190.

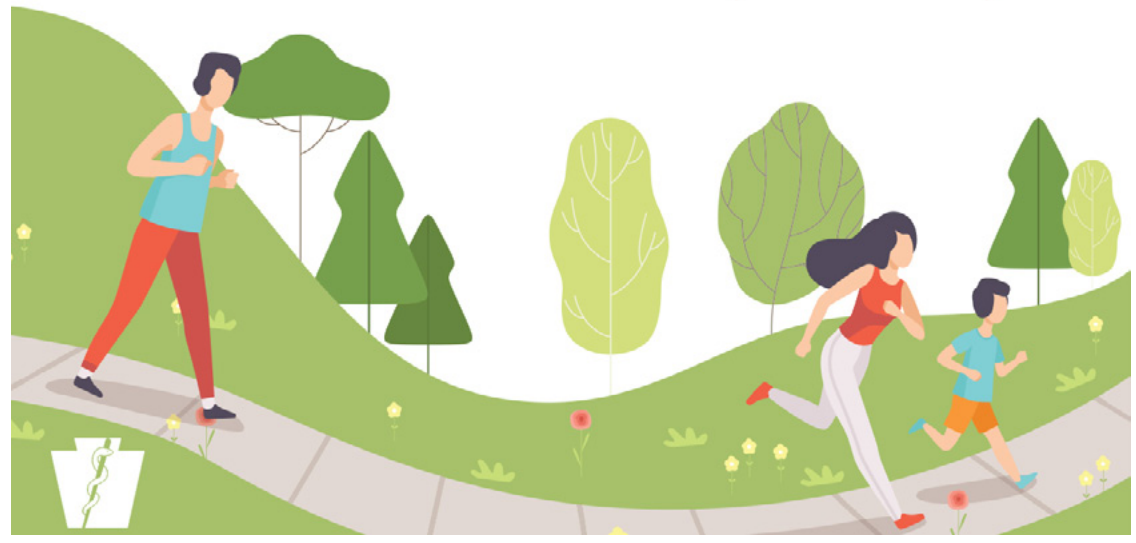
Rebates will be distributed beginning July 1, as required by law. The easiest way to check the status of your rebate after July 1 is to use the Where's My Rebate? tool. To check on the status of your claim, you will need your Social Security number, claim year and date of birth





Tumble dry clothes on **high heat for 10 minutes** to kill ticks on dry clothing.

Make exercise a family activity!



FOOD SAFETY TIPS

- **WASH** your hands with soap and water before preparing food.
- **SEPARATE** raw meats from other foods.
- **CLEAN** fruits and vegetables to remove dirt.
- **CHECK** internal temperature with a food thermometer.
- **REFRIGERATE** leftover foods promptly.

pennsylvania
DEPARTMENT OF HEALTH

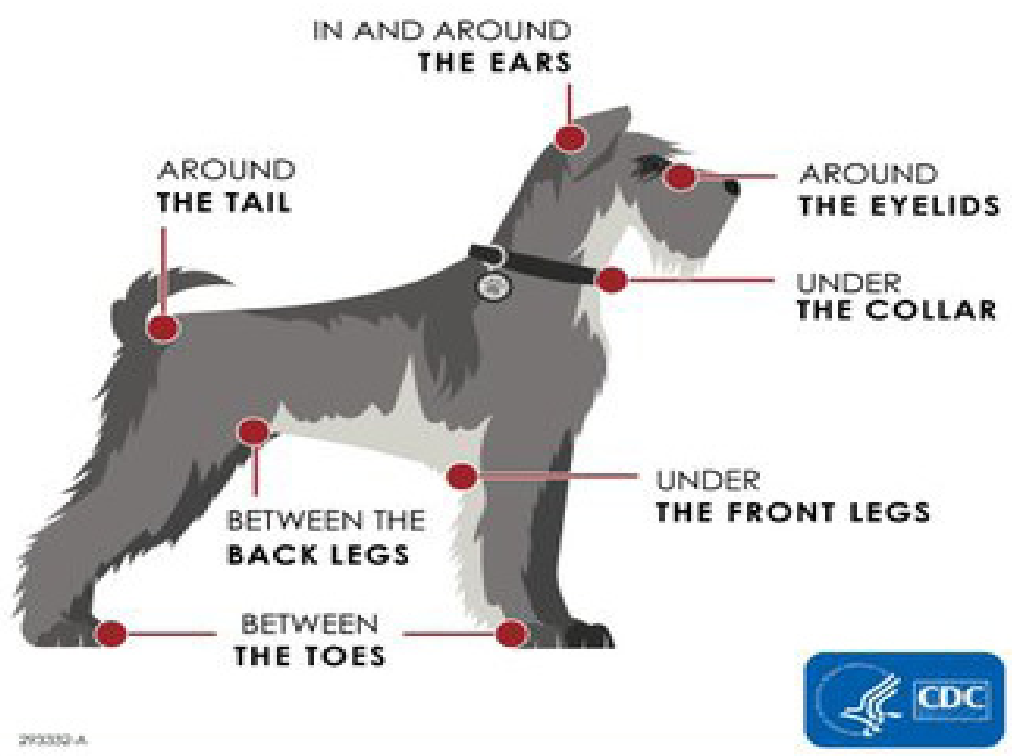
Spending 2 hours a week in nature is associated with good health and wellbeing!

NEVER LEAVE CHILDREN, OLDER ADULTS OR PETS IN A PARKED VEHICLE

Aim for 60 minutes of physical activity EVERY DAY!

DRINK WATER before you're thirsty to avoid heat-related illness!

WHERE TO CHECK YOUR PET FOR TICKS



DID YOU KNOW

you can lose some of your hearing after a few minutes around these noises?

Ambulance Sirens
110-129 dB

Lawn Mowers
80-100 dB

Fireworks
140-160 dB

Centers for Disease Control and Prevention
National Center for Environmental Health

Always protect your hearing. Wear hearing protection such as earplugs or earmuffs.

Ways to Help NATIVE BEES

- Plant native trees. Trees provide a large nectar source from their blossoms and habitat for some bees.
- Plant native plants that bloom during the spring, summer, and fall to provide a continuous food source.
- Avoid using herbicides, pesticides, and insecticides. Find organic ways to garden and remove pests.
- Provide water and habitat such as bare soil in your garden for ground-nesting bees, leave plant stems standing in winter, dead trees or fallen logs, or bee nesting houses.
- Participate in citizen science opportunities to help count bees like the Bumble Bee Watch, Great Sunflower Project, and more.
- Spread the word! Let others know how they can help.

iCONSERVE PENNSYLVANIA

Tips for planting a POLLINATOR GARDEN

- Choose native plants which provide nutritional value for pollinators and require less maintenance
- Choose native plants that bloom at different times (early spring – late fall), providing food all season
- Choose plants with flowers of different sizes, shapes, and colors for the diversity of pollinators
- Plant at least 3 or more of one kind of plant together to provide larger drifts of color to attract pollinators
- Form a weed barrier by planting natives closer together instead of using mulch or landscape fabric
- Save garden clean up until spring! Pollinators overwinter in different life stages

Source: PennState Extension

iCONSERVE PENNSYLVANIA

Mountain Laurel

Pennsylvania State Flower Facts

Chosen as state flower in 1933 by Governor Gifford Pinchot

Shrub that grows 4 to 10 feet high and blooms late May through June

Not an easy to grow landscaping plant, has particular soil needs

All parts of shrub are toxic to people and animals

Host plant for the Laurel Sphinx Moth

Attracts butterflies, hummingbirds, and other pollinators

Considered one of the most beautiful native flowering shrubs

Provides shelter for birds and small mammals in winter

Ways to Help Eastern MONARCHS

- Plant native nectar plants that bloom in the spring, summer, and fall in a sunny area.
- Plant the caterpillar host plant milkweed (butterfly weed *Asclepias tuberosa*, common milkweed *Asclepias syriaca*, swamp milkweed *Asclepias incarnata*).
- Avoid using herbicides and pesticides. Find organic ways to garden.
- Enhance monarch habitat by providing water and a place to shelter with dense patches of wildflowers and shrubs.
- Participate in citizen science opportunities where you can help track monarch sightings in spring and fall.
- Spread the word! Let others know how they can help.

Slate Belt Town Topics

Fall Sports

2022

Fall Sports Schedules 2022 (Preliminary Schedules)

Bangor Football (0-0)

8/26	Palisades @ Bangor	7:00pm
9/2	Jim Thorpe @ Bangor	7:00pm
9/9	Bangor @ S. Lehigh	7:00pm
9/16	Bangor @ Saucon Valley	7:00pm
9/23	Wilson @ Bangor	7:00pm
9/30	Bangor @ Pottsville	7:00pm
10/7	Lehighton @ Bangor	7:00pm
10/14	Bangor @ Northwestern	7:00pm
10/21	Blue Mountain @ Bangor	7:00pm
10/28	Bangor @ Pen Argyl	1:30pm

Pen Argyl Girls Soccer (0-0)

8/30	Pen Argyl @ Wilson	4:00pm
9/1	Northwestern @ Pen Argyl	4:00pm
9/6	Pen Argyl @ Catasauqua	4:00pm
9/8	NDGP @ Pen Argyl	4:00pm
9/13	Pen Argyl @ ESN	4:00pm
9/15	Pen Argyl @ N.Lehigh	4:00pm
9/17	Palisades @ Pen Argyl	10:00am
9/19	Pen Argyl @ Salisbury	7:00pm
9/21	Moravian @ Pen Argyl	4:00pm
9/27	Pen Argyl @ S. Lehigh	4:00pm
9/29	Saucon Valley @ Pen Argyl	4:00pm
10/3	Pen Argyl @ Palmerton	4:00pm
10/5	Bangor @ Pen Argyl	4:00pm
10/8	Lehighton @ Pen Argyl	10:00am
10/14	Pen Argyl @ NDES	4:00pm

Bangor Field Hockey (0-0)

8/29	Wilson @ Bangor	4:00pm
8/31	Palisades @ Bangor	4:00pm
9/3	Bangor @ Saucon Valley	10:00am
9/7	Moravian @ Bangor	4:00pm
9/9	Bangor @ N. Lehigh	3:45pm
9/10	ESS (Youth Day)	10:00 am
9/12	Palmerton @ Bangor	4:00pm
9/14	Bangor @ Pen Argyl	4:00pm
9/20	Bangor @ Wilson	4:00pm
9/22	Salisbury @ Bangor	4:00pm
9/23	Bangor @ S. Lehigh	4:00pm
9/26	Bangor @Lehighton	4:00pm
9/28	Bangor @ Moravian	4:00pm
10/1	Bangor @ Catasauqua	2:00pm
10/4	Northwestern @ Bangor	4:00pm
10/6	Pen Argyl @ Bangor (Srs)	4:00pm
10/8	Northampton @ Bangor	10:00am

Pen Argyl Field Hockey (0-0)

8/29	Moravian @ Pen Argyl	4:00pm
8/31	Pen Argyl @ Palmerton	4:00pm
9/3	Pen Argyl @ Palisades	10:00am
9/7	Pen Argyl @ Wilson	4:00pm
9/10	Saucon Valley @ Pen Argyl	10:00am
9/12	N. Lehigh @ Pen Argyl	4:00pm
9/14	Bangor @ Pen Argyl	4:00pm
9/17	Lehiighton @ Pen Argyl	10:00am
9/20	Pen Argyl @ Moravian	4:00pm
9/22	Pen Argyl @ Northwestern	6:15pm
9/24	Pen Argyl @ Salisbury	1:30pm
9/26	Pen Argyl @ ESS	4:00pm
9/28	Wilson @ Pen Argyl	4:00pm
10/1	S..Lehigh @ Pen Argyl	2:00pm
10/4	Catasauqua @ Pen Argyl	4:00pm
10/6	Pen Argyl @ Bangor	4:00pm

Pen Argyl Football (0-0)

8/27	Pen Argyl @ Wilson	2:30pm
9/2	Pen Argyl @ Mahanoy	7:00pm
9/9	N. Lehigh @ Pen Argyl	1:30pm
9/16	Pen Argyl @ Northwestern	7:00pm
9/23	Catasauqua @ Pen Argyl	1:30pm
9/30	Minersville @ Pen Argyl	1:30pm
10/7	Pen Argyl @ Palisades	7:00pm
10/14	Pen Argyl @ Schuylkill Haven	7:00pm
10/21	Pen Argyl @ Panther Valley	7:00pm
10/28	Bangor @ Pen Argyl	1:30pm

Bangor (0-0) PA (0-0) Boys CC

9/7	Wilson, Southern Lehigh, Salisbury, Pen Argyl, Catasauqua @ Bangor 4:00pm
9/13	Saucon Valley, Pen Argyl, Palisades, Notre Dame G.P., Moravian Academy, Bangor @ Wilson 4:00pm
9/20	Wilson, Palmerton, Northwestern, Northern Lehigh, Bangor @ Pen Argyl 4:00pm
9/27	Wilson, Southern Lehigh, Pen Argyl, Ca tasauqua, Bangor @ Salisbury 4:30pm
Tue 10/4	Wilson, Saucon Valley, Pen Argyl, Notre Dame G.P., Moravian Academy, Ban gor @ Palisades 4:00pm
10/11	Wilson, Pen Argyl, Palmerton, Northwest ern, Bangor @ Northern Lehigh 4:00pm

Bangor (0-0) PA (0-0) Girls CC

9/7	Wilson, Southern Lehigh, Salisbury, Pen Argyl, Catasauqua @ Bangor 4:00pm
9/13	Saucon Valley, Pen Argyl, Palisades, Notre Dame G.P., Moravian Academy, Bangor @ Wilson 4:00pm
9/20	Wilson, Palmerton, Northwestern, Northern Lehigh, Bangor @ Pen Argyl 4:00pm
9/27	Wilson, Southern Lehigh, Pen Argyl, Ca tasauqua, Bangor @ Salisbury 4:30pm
Tue 10/4	Wilson, Saucon Valley, Pen Argyl, Notre Dame G.P., Moravian Academy, Ban gor @ Palisades 4:00pm
10/11	Wilson, Pen Argyl, Palmerton, Northwest ern, Bangor @ Northern Lehigh 4:00pm

Pen Argyl Girls Tennis (0-0)

8/22	Moravian A @ Pen Argyl	4:00pm
8/24	Pen Argyl @ Bangor	4:00pm
8/29	Wilson @ Pen Argyl	4:00pm
8/31	Pen Argyl @ NDGP.	4:00pm
9/1	Palisades @ Pen Argyl	4:00pm
9/6	Pen Argyl @ Saucon Valley	4:00pm
9/8	Pen Argyl @ Salisbury	4:00pm
9/14	S. Lehigh @ Pen Argyl	4:00pm
9/17	Jim Thorpe @ Pen Argyl	4:00pm
9/21	NDGP @ Pen Argyl	4:00pm
9/26	Pen Argyl @ Palisades	4:00pm

Pen Argyl Boys Soccer (0-0)

8/30	Wilson @ Pen Argyl	4:00pm
9/1	Pen Argyl @ Northwestern	6:30pm
9/6	Catasauqua @ Pen Argyl	4:00pm
9/8	Pen Argyl @ NDGP.	4:00pm
9/15	N. Lehigh @ Pen Argyl	4:00pm
9/17	Pen Argyl @ Palisades	10:00am
9/19	Salisbury @ Pen Argyl	4:00pm
9/21	Pen Argyl @ Moravian	4:00pm
9/27	S. Lehigh @ Pen Argyl	4:00pm
9/29	Pen Argyl @ Saucon Valley	4:00pm
10/3	Palmerton @ Pen Argyl	4:00pm
10/5	Pen Argyl @ Bangor	4:00pm
10/8	Pen Argyl @ Jim Thorpe	10:00am
10/14	NDES @ Pen Argyl	4:00pm

Pen Argyl Golf (0-0)

8/11	Pen Argyl @ Palmerton	???
8/15	Moravian @ Pen Argyl	2:45pm
8/16	Pen Argyl @ Northwestern	10:00am
8/18	Bangor @ Pen Argyl	2:45pm
8/22	S. Lehigh @ Pen Argyl	2:45pm
8/23	Pen Argyl @ Wilson	2:45pm
8/24	Pen Argyl @ Saucon Valley	2:45pm
8/29	Salisbury @ Pen Argyl	2:45pm
8/30	Pen Argyl @ NDGP	2:45pm
9/1	Palmerton @ Pen Argyl	2:45pm
9/6	Pen Argyl @ Moravian	2:45pm
9/8	Northwestern @ Pen Argyl	2:45pm
9/12	Pen Argyl @ Bangor	2:45pm
9/14	Pen Argyl @ Stroudsburg	2:00pm
9/15	Pen Argyl @ NDES	2:30pm

Bangor Boys Soccer (0-0)

8/30	Bangor @ N. Lehigh	3:45pm
9/1	Palisades @ Bangor	4:00pm
9/6	Bangor @ Salisbury	4:00pm
9/8	Moravian @ Bangor	4:00pm
9/13	Bangor @ S.Lehigh	4:00pm
9/15	Saucon Valley @ Bangor	4:00pm
9/17	Bangor @ Palmerton	10:00am
9/21	Wilson @ Bangor	4:00pm
9/27	Bangor @ Northwestern	6:30pm
9/29	Catasauqua @ Bangor	4:00pm
9/30	ESS @ Bangor	4:00pm
10/1	Weatherly @ Bangor	1:00pm
10/3	Bangor @ NDGP.	4:00pm
10/5	Pen Argyl @ Bangor Park	7:00pm
10/8	Bangor @ Northampton	10:00am

Bangor Girls Tennis (0-0)

8/23	Bangor @ Salisbury	4:00pm
8/24	Pen Argyl @ Bangor	4:00pm
8/31	S. Lehigh @ Bangor	4:00pm
9/1	NDGP. @ Bangor	4:00pm
9/6	Bangor @ Moravian	4:00pm
9/8	Saucon Valley @ Bangor	4:00pm
9/9	Bangor @ Stroudsburg	3:30pm
9/10	Bangor @ Jim Thorpe	11:00am
9/12	Bangor @ Wilson	4:00pm
9/13	Pottsville @ Bangor	4:00pm
9/14	Bangor @ Palisades	4:00pm
9/17	Bangor @ Pleasant Valley	10:00am
9/19	Bangor @ Saucon Valley	4:00pm
9/21	Wilson @ Bangor	4:00pm
9/23	Northampton @ Bangor	3:30pm
9/26	Bangor @ NDES	4:00pm

Bangor Golf 1-1)

8/11	Bangor @ Moravian	L
8/12	ESS @ Bangor	W
8/15	Northwestern @ Bangor	2:45pm
8/16	Saucon Valley @ Bangor	2:45pm
8/18	Bangor @ Pen Argyl	2:45pm
8/22	Palmerton @ Bangor	2:45pm
8/23	Salisbury @ Bangor	10:00am
8/25	Bangor @ NDGP	2:45pm
8/29	S. Lehigh @ Bangor	2:45pm
8/30	Bangor @ Palmerton	2:45pm
9/1	Moravian @ Bangor	2:45pm
9/6	Bangor @ Northwestern	2:45pm
9/8	Bangor @ Wilson	2:45pm
9/12	Pen Argyl @ Bangor	2:45pm

Bangor Girls Soccer (0-0)

8/30	Northern Lehigh @ Bangor	4:00pm
9/1	Bangor @ Palisades	4:00pm
9/6	Salisbury @ Bangor	4:00pm
9/8	Bangor @ Moravian	4:00pm
9/12	Pleasant Valley @ Bangor	4:00pm
9/13	Southern Lehigh @ Bangor	4:00pm
9/15	Bangor @ Saucon Valley	4:00pm
9/17	Palmerton @ Bangor	10:00am
9/21	Bangor @ Wilson	4:00pm
9/27	Northwestern @ Bangor	4:00pm
9/29	Bangor @ Catasauqua	4:00pm
10/1	Liberty @ Bangor	10:00am
10/3	Notre Dame G.P. @ Bangor	4:00pm
10/5	Bangor @ Pen Argyl	4:00pm
10/7	Stroudsburg @ Bangor	4:00pm
10/8	Northampton @ Bangor	10:00am

Slate Belt Town Topics

sbtopics@rcn.com | Aug 12 2022 | www.sbtopics.com

Pen Argyl Football Ready to Tackle 2022 Season

Pen Argyl is coming off an 0-10 season with a young but more seasoned group than a year ago. That fact alone should help the Knights make significant progress in 2022.

Last year's winless season was only the fourth in school history and the first since 1992 when the Knights finished at 0-11. Prior winless seasons happened in 1955 (0-8) and in 1943 (0-6-1)

Among returnees this year is junior wide receiver Damien Tyminski with 43 catches for 780 yards and eight touchdowns last year.

He is likely to be on the receiving end of balls thrown by junior quarterback Brad Rissmiller who completed 54 passes in 103 attempts for 692 yards and six touchdowns last year in just five games before he was injured and missed the second half of the season.

As a team Pen Argyl featured a pass-heavy offense last year with graduated Carl Dorshimer adding 923 yards for a total of 1630 seasonal yards versus 478 rushing. That ratio is likely to change this year with a more experienced team.

Captains for 2022 include senior Kris Kessler, stellar senior defender Gian Greggo and Rissmiller.

Photos: Katrina Valente .... PHOTO GALLERY

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Slate Belt Town Topics

sbtopics@rcn.com Aug 10 2022 www.sbtopics.com

Veteran Slater Team Preparing for 2022 Season

Bangor Head Coach Paul Reduzzi enters his fourth season with Slaters coming off a 7-4 record last year and winning the Eastern Conference championship. The Slaters lost all-star running back Kael Goshslk to graduation but have a veteran nucleus for the 2022 season.

"We have a mature group of players who continue to develop and challenge each other every day," Reduzzi said. "They experienced some success last season and began to realize their potential. They understand the team chemistry, work ethic, and accountability that is required to succeed."

Offensively, Bangor will the return a group of players on the offensive line who led the way to rush for over 3,000 yards last season. That group has continued to improve during the off-season both in the weight room and on the field. Eric Striba is returning as a dual threat QB who continues to develop as a leader on and off the field. The Slaters need to fill backfield spots at both the RB and HB positions and Ashton Kluska, Noah Hillis, and Riley Stapp are competing for those spots. There is also strong competition for the open receiver positions.

"Their success on offense will be built on establishing control of the line of scrimmage and rushing the football, " Reduzzi said. "But we are seeing very positive developments in our passing game."

Defensively, Reduzzi says , "We will look to continue developing a physical and fundamental defensive scheme that creates turnovers and is able to get off the field on key downs."

Bangor returns players at all three levels of the defense who can lead the unit both verbally and physically.

'Our linebackers are physical athletic players that can play the run as well as execute our coverage schemes," Reduzzi said. " Our secondary players developed throughout the season last year. We expect to see them continue to impact the run game as well as execute their coverage responsibilities. We have Jacob Weaver(11 sacks) returning at defensive end, but must fill the three other positions on the defensive line. There are a few new names as well as some of our returning offensive lineman competing for those spots."

Reduzzi says that the Slaters' success on defense, "will be based on getting pressure up front while staying solid against the run. We expect to face a number of multiple offenses and we will rely on our leaders to communicate and adjust to formations so we are in position at the snap. "

Slate Belt Town Topics

sbtopics@rcn.com | Aug 15 2022 | www.sbtopics.com

BANGOR PLANT FESTIVAL

Aug 14 2022

Photos: Larry Cory .... PHOTO GALLERY

SBCC WEBSITE

Tickets Will Be Mailed

SPECIALTY BINGO

Sunday, September 11, 2022
Bangor Elks Lodge, 120 Broadway, Bangor

Sponsored by the Slate Belt Chamber of Commerce

Designer Bags; Coach, Michael Kors, Vera Bradley
Kate Spade, Longaberger Baskets & More

- Tickets $20
- 20 Bingo Games
- Bingo .....1 PM
- Doors .....12 PM
- Refreshments

Make Checks payable to: Slate Belt Chamber of Commerce 187 Blue Valley Dr., Bangor, PA 18013

NEWS TODAY NOT NEXT WEEK

Slate Belt Town Topics

sbtopics@rcn.com Aug 14 2022 www.sbtopics.com

Hot Weather Makes Men Hungrier Than Women

A new study has revealed that hot weather leaves men more hungry than women.

The sun activates a protein in men that leaves them peckish while in women, estrogen blocks it.

Researchers suggest the new discovery is a biological legacy of UV hitting the skin to signal winter is ending and mating season is beginning.

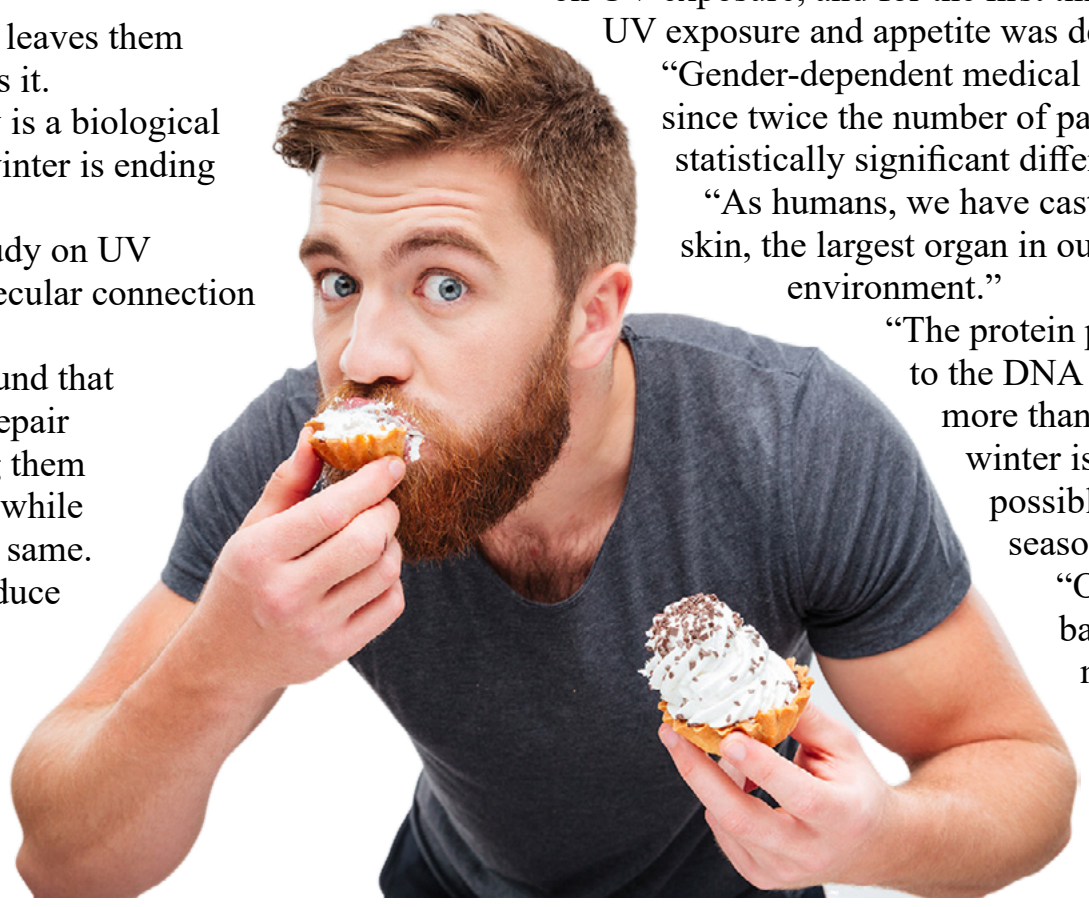
It is the first-ever gender-dependent study on UV exposure which discovered the first molecular connection between sun and appetite.

The team from, Tel Aviv University found that in men the sun activates protein p53 to repair DNA damage caused by its rays, leaving them consuming more in summer than winter while women's food intake stays relatively the same.

Activation of p53 tells the body to produce ghrelin which stimulates hunger, but in women, estrogen blocks the protein's interaction with ghrelin and stops magnifying the urge to eat.

The study published in the journal Nature Metabolism identifies the skin as the primary regulator for energy and appetite.

Professor Carmit Levy, a lead author, said: "We examined the differences between men and women after sun exposure and found that men eat more than women because their appetite has increased.



"Our study was the first gender-dependent medical study ever conducted on UV exposure, and for the first time, the molecular connection between UV exposure and appetite was deciphered."

"Gender-dependent medical studies are particularly complex since twice the number of participants are required in order to find statistically significant differences."

"As humans, we have cast off our fur and consequently, our skin, the largest organ in our body, is exposed to signals from the environment."

"The protein p53, found in the skin, repairs damage to the DNA caused by sun exposure, but it does more than that. It signals to our bodies that winter is over, and we are out in the sun, possibly in preparation for the mating season."

"Our results provide an encouraging basis for more research, on both human metabolism and potential UV-based therapies for metabolic diseases and appetite disorders."

The paper studied the eating habits of around 3,000 male and female Israelis for a year, some of whom spent time in the sun, and combined their results with their genetics studied in a lab.

SBCC WEBSITE

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Slate Belt Town Topics

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Aongus Miller 4x4 Truck Show Blue Collar Scholarship

Photos Larry Cory .... PHOTO GALLERY

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Slate Belt Town Topics

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Bangor Marching Band Camp

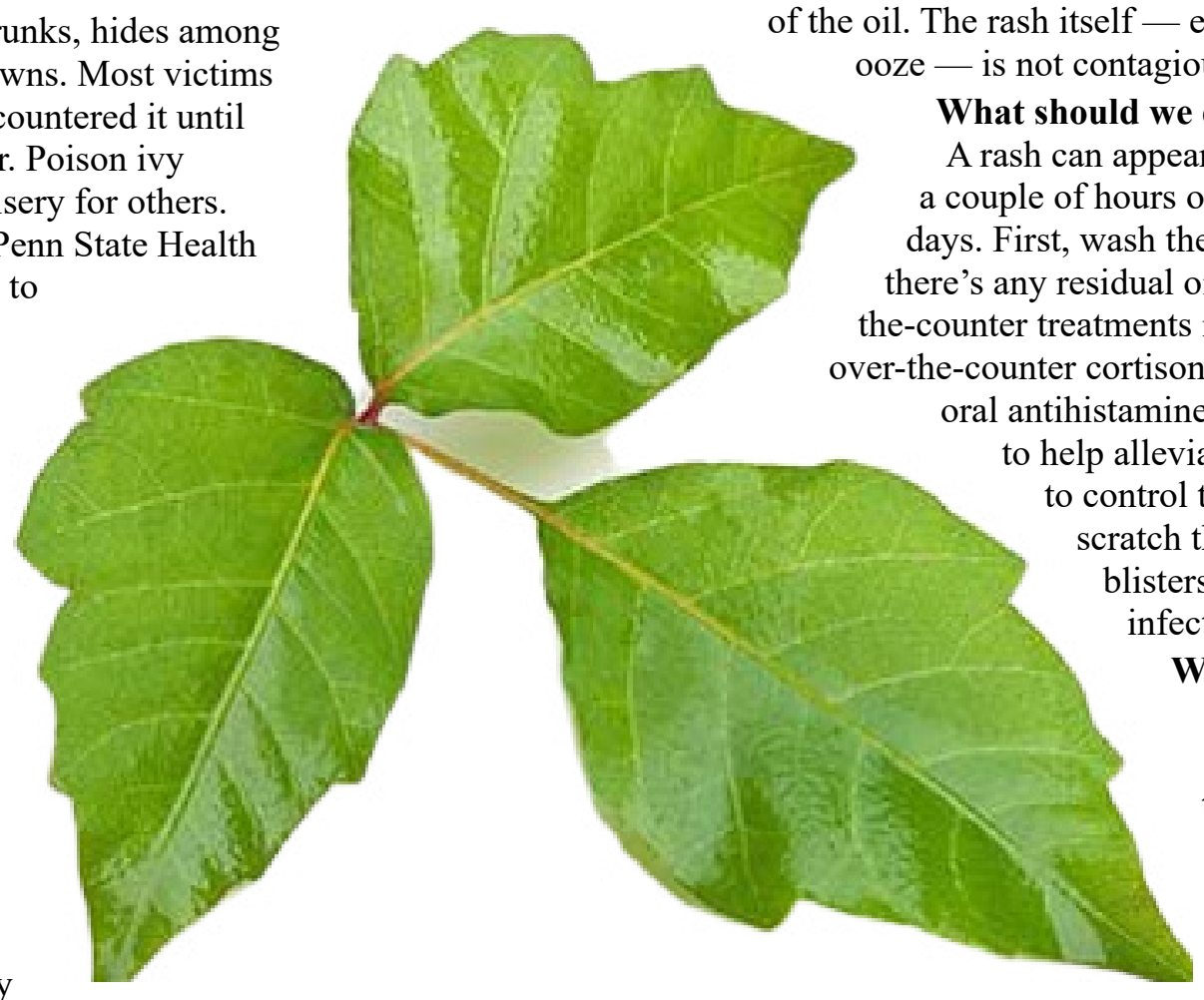
NEWS TODAY NOT NEXT WEEK

Slate Belt Town Topics

sbtopics@rcn.com Aug 14 2022 www.sbtopics.com

Leaves of Three - Let Them Be

HERSHEY, Pa. — It winds around tree trunks, hides among flowers and creeps along less-manicured lawns. Most victims of its offending oil are unaware they've encountered it until the tell-tale rash, blisters and itching appear. Poison ivy can cause discomfort for some and utter misery for others. Dermatologist Dr. Alexandra Flamm with Penn State Health Dermatology answers questions about how to avoid the pesky weed and what to do if exposed.



How can we recognize poison ivy?

There's an old rhyme that I love — "Leaves of three, let them be." What you're looking for is a grouping of three leaves together. That's usually a sign that you're dealing with poison ivy. Sure, some other types of plants grow in that pattern, but it's better to assume all leaves of three are poison ivy and take precautionary measures.

What types of precautions?

I'd recommend wearing long sleeves, long pants and covered shoes. Wear heavy cotton gardening gloves if you're going to be weeding where there might be poison ivy. Interestingly, rubber gloves won't protect you because the oil extract from poison ivy that causes the reaction — urushiol — penetrates rubber.

We've been exposed. Now what?

Wash the area immediately with soap and water — within five to 10 minutes of exposure. It's a much shorter window to avoid developing a rash than people may realize. And because it's an oil, it can spread. So if you think your hands touched poison ivy, avoid touching any part of your body until you've washed them. If you get it on your clothes, run them through the washing machine to get rid of the oil. And wash those gardening gloves.

Can you explain the risks of burning poison ivy?

We generally see poison ivy in the summer, but then we'll see another peak in the fall when people burn leaves and unknowingly they've got some poison ivy in the pile, too. When burned, the urushiol from the poison ivy gets into the smoke and people can get the rash over their entire exposed body.

What about the dangers of breathing it in?

The smoke from burning poison ivy can possibly irritate your nasal passages or lungs, but it much more commonly causes an external rash.

Is the rash contagious?

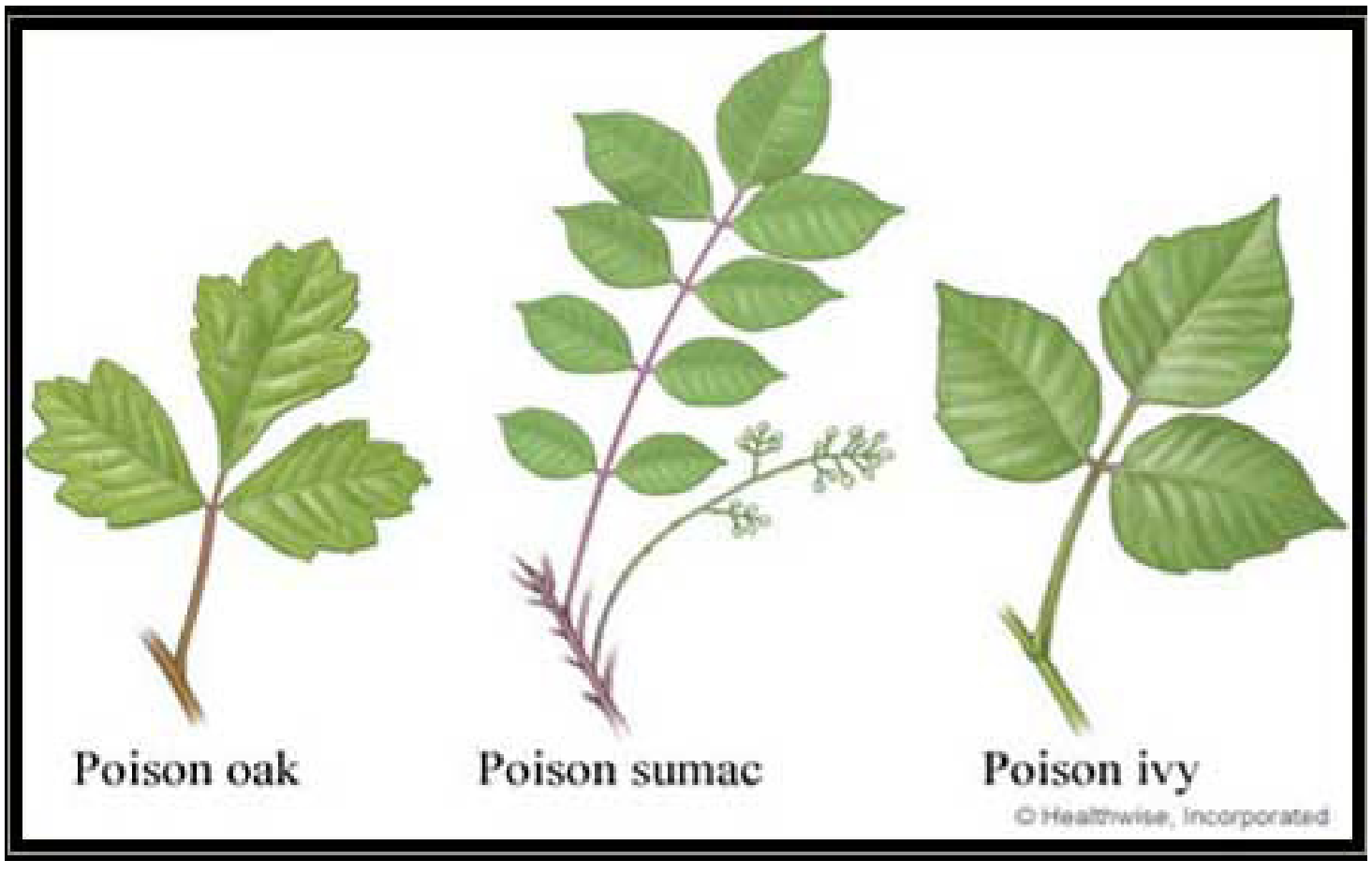
Poison ivy only spreads through the transference of the oil. The rash itself — even if the blisters pop and ooze — is not contagious.

What should we do when a rash develops?

A rash can appear anywhere from within a couple of hours of exposure to a couple of days. First, wash the area thoroughly in case there's any residual oil. Then you can use over-the-counter treatments including cool compresses, over-the-counter cortisone cream, oatmeal baths and oral antihistamines like Benadryl or Claritin to help alleviate the itchiness. You want to control the itching because if you scratch the rash or break open the blisters, you could develop an infection.

When should someone seek medical care?

If you've tried those over-the-counter treatments and you're still having a lot of itching, you should see a doctor for treatment. If you have a lot of your body covered in poison ivy, that would also be a reason to go to a doctor. Or if the poison ivy rash is affecting very sensitive areas — your face or your groin area, or on the palms of your hands or soles of your feet — that can cause swelling and you should see a doctor.



How do you treat it?

We typically will use topical prescription steroids as a first-line

Advertise Your Event For Less in the Town Topics
Call/Text us at 570-688-3724 or email sbtopics@rcn.com

NEWS TODAY NOT NEXT WEEK

Slate Belt Town Topics

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Large Crowd, Long Lines at Roseto NNO

Photos Larry Cory .... PHOTO GALLERY

NEWS TODAY NOT NEXT WEEK

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Lookout Fire Company Presents Program for BMCL Summer Fun

Lookout Fire Co. recently gave an outstanding program to the children and parents who attended the Blue Mt. Community Library "Summer Fun" event.

They were treated to stories and a craft activity at Weona Park and then took a walk to the Fire Station across the road.

There were four Fire Fighters who spoke to the children about all the equipment on the trucks and how to stay safe in a fire situation. They were then able to watch one the men dress in the fire gear, climb up into a fire truck, and finally, take a ride around the parking lot in one of the fire trucks with the siren blaring!

What a great opportunity and learning experience for everyone that was there. The BMCL would like to thank Lookout for giving their time and talents to us. The final "Summer Fun" event with the library will be on

Wednesday Aug. 24 at Weona Park Pavilion and the theme will be "Money, Money, Money." Children aged 3 -third grade are welcome. Call the library at 610-863-8322 to attend.

SBCC WEBSITE
Tickets Will Be Mailed

SPECIALTY BINGO

Sunday, September 11, 2022
Bangor Elks Lodge, 120 Broadway, Bangor

Sponsored by the Slate Belt Chamber of Commerce
Designer Bags; Coach, Michael Kors, Vera Bradley
Kate Spade, Longaberger Baskets & More

- Tickets $20
- 20 Bingo Games
- Bingo .....1 PM
- Doors .....12 PM
- Refreshments

Make Checks payable to: Slate Belt Chamber of Commerce 187 Blue Valley Dr., Bangor, PA 18013