



# Stone Lake Winery presents Sangria Around the World Festival

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JOIN US FOR OUR 2ND ANNUAL SANGRIA AROUND THE WORLD FESTIVAL! ENJOY A VARIETY OF FOOD AND SANGRIA PAIRINGS FROM COUNTRIES AROUND THE GLOBE!

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For vendor opportunities email blueflameevents@yahoo.com Vendor Cost = \$40(10x10 space) Food Vendor Cost = \$75(10x10 space)



July 16th & 17th 11AM to 5PM each day

Stone Lake Inn 407 Greenview Dr. Saylorsburg, PA 18353

PURCHASE YOUR PASSPORTS ON EVENTBRITE FOR \$20 OR \$25 AT THE GATE.

# Bangor Borough FAMALY DARY AT MEMORIAL PARK POOL AT MEMORIAL PARK POOL S3 ADULTS 50m-9:30pm \$2 AGES 3-17

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#### NEWS TODAY NOT NEXT WEEK



sbtopics@rcn.com

July 10, 2022

www.sbtopics.com

## New Books Available at Local Libraries

## **Bangor Public Library**

Adult Fiction My Killer Vacation y Tessa Bailey Horse by Geraldine Brooks The Hotel Nantucket by Elin Hilderbrand Reminders of Him by Colleen Hoover A Face to Die For by Iris Johansen A Botanist's Guide to Parties and Poisons by Kate Khavari Lapvona by Ottessa Moshfegh Nighterawling by Leila Mottley Escape by James Patterson The Messy Lives of Book People by Phaedra Patrick

The House Across the Lake by Riley Sager

#### **Adult Non-Fiction**

How to Raise an Antiracist by Ibram X. Kendi The Hydroponic Garden Secret: How to Grow More Food Faster All Year Long by Susan Patterson Rough Draft: A Memoir by Katy Tur

#### **Easy Fiction**

Little Turtle and the Changing Sea by Becky Davies Strega Nona Meets Her Match by Tomie DePaola Saving Tally by Serena Lane Ferrari Dinosaurs Love Underpants by Claire Freedman Octavia and Her Purple Ink Cloud by Donna Rathmell German Alba and the Ocean Cleanup by Lara Hawthorne Coral by Molly Schaar Idle Dazzle the Dinosaur by Marcus Pfister Chicken Sunday by Patricia Polacco I Love You Night and Day by Smriti Prasadam-Halls Save the Ocean by Bethany Stahl Duck Soup by Jackie Urbanovic

#### **Easy Non Fiction**

The Popcorn Book by Tomie DePaola Coral Reefs by Gail Gibbons The Boy on Fairfield Street: How Ted Geisel Grew Up to Become Dr. Seuss by Kathleen Krull The Brilliant Deep: Rebuilding the World's Coral Reefs: The Story of Ken Nedimyer and the Coral Restoration Foundation by Kate Messner What a Shell Can Tell: Where They Live ,What They Eat, How They Move, and More by Helen Scales

#### **Easy Reader Fiction**

Elsa's Epic Journey by Susan Amerikaner Rooster Is Off to See the World by Eric Carle A Picture for Harold's Room by Crockett Johnson

Kindergarten Fun by Victoria Kann

## Sunday's Forecast High Temperatures



The Fat Cat Sat on the Mat by Nurit Karlin Battle of the Power Ring by Donald B. Lemke Mouse Soup by Arnold Lobel Space Cows by Eric Seltzer Lloyd: A Hero's Journey by Tracey West

#### **Easy Reader Non Fiction**

Dizzy Dinosaurs : Silly Dino Poems

#### **Junior Fiction**

The Last Kids on Earth by Max Brallier The Boy Who Knew Everything by Victoria Forester

The Girl Who Could Fly by Victoria Forester Search for Treasure by Mary Alice Monroe Slappy's Tales of Horror by Dave Roman

**Young Adult Fiction** 

The Summer I Turned Pretty by Jenny Han

#### **DVDs**

Father Stu Morbius The Witches

## **Blue Mt. Library**

**Adult Fiction:** 

Violeta, Isabel Allende Moment in Time, Suzanne Redfearn The Paris Library, Janet Charles When We Were Birds, Ayanna Banwo Sierra Six, Mark Greaney French Braid, Anne Tyler The Good Left Undone, Adriana Trigiani In the Blood, Jack Carr Her Last Affair, John Searles Seabreeze Book Club, Jan Moran Welcome to the School by the Sea, Jenny Colgan The Younger Wife, Sally Hepworth The Family Holiday, Shalini Boland The Wedding Veil, Kristy Woodson Harvey The Last Night in London, Karen White Take Your Breath Away, Linwood Barclay Our Last Days in Barcelona, Chanel Cleeton Sparring Partner, John Grisham The Homewreckers, Mary Kay Andrews Revenge Tour, Mike Lupica Beach House Summer, Sarah Morgan

#### Large Print:

Summer at the Cape, RaeAnn Thayne Summer Love, Nancy Thayer Sunday at the Sunflower Inn, Jodi Thomas

# **Slate Belt Town Topics**

sbtopics@rcn.com

July 10, 2022

#### www.sbtopics.com

## Slate Belt Weather Forecast

#### Sunny 82 Today ... Sunny 84 Monday

National Weather Service Forecast

(Hazardous Weather Outlook for Northampton County is possible scattered severe thunderstorms Tuesday.)

**Today,** Sunny, with a high near 82. Northeast wind 5 to 10 mph becoming light and variable in the afternoon.

Tonight, Mostly clear, with a low around 59. Calm wind becoming south around 5 mph.Monday, Patchy fog before 7am. Otherwise, sunny, with a high near 84. Wind 5 to 10 mph.Monday Night, Mostly clear, with a low around 64. Southwest wind around 5 mph.

**Tuesday,** Showers likely and possibly a thunderstorm after 2pm. Mostly sunny, with a high near 88. Southwest wind 5 to 10 mph, with gusts as high as 20 mph. Chance of precipitation is 60%. New rainfall amounts of less than a tenth of an inch, except higher amounts possible in thunderstorms.

**Tuesday Night,** Showers likely and possibly a thunderstorm before 8pm, then a chance of showers and thunderstorms between 8pm and 2am. Partly cloudy, with a low around 68. Chance of precipitation is 60%. New rainfall amounts of less than a tenth of an inch, except higher amounts possible in thunderstorms.

Wednesday, Mostly sunny, with a high near 87. Air Quality: Good (0-50) Bethlehem (28) Columbia N.J. (40)

Pollen: 3.6 Low-Medium (Top Alergen (s) Grasses

UV: Very High Risk Hours: 10-5. Peak 8.6 at 1:00 pm

### **Area Roadwork This Week**

**Interstate 78 Between:** Exit 67 (PA 412) and Exit 75 (To PA 611) Lane restriction 07:00 PM To 06:00 AM eastbound for concrete repair work. Start date: 7/11/22 Est completion date: 7/16/22

**Moore Township Road name: Scenic Drive Between: Mountain View Drive and Bushkill Drive.** Restriction 09:00 AM To 02:00 PM : Lane restriction with flagging. Start date: 7/11/22 Est completion date: 7/11/22

**Lower / Upper Mount Bethel. Road name: Richmond Road Between: Richmond Road and Johnsonville Road**. Restriction 09:00 AM To 02:00 PM: Lane restriction with flagging. Start date: 7/11/22 Est completion date: 7/13/22

PA 33 Between: US 22 and PA 512. No restriction. Start date: 7/11/22 Est completion date: 7/15/22

**US 22 West Between: PA 33 and PA 191**. Restriction 09:00 AM To 02:00 PM: Westbound lane. Start date: 7/12/22 Est completion date: 7/12/22

**US 22 Between: PA 191 and PA 33.** Restriction 09:00 AM To 02:00 PM: Eastbound lane restriction. Start date: 7/13/22 Est completion date: 7/13/22

**Bangor / Washington. Road name: Jacktown Road. Between: PA 611 and Messinger Street** Daytime Restriction 09:00 AM To 02:00 PM: Lane restriction. Start date: 7/14/22 Est completion date: 7/15/22

**PA 611/South Delaware Drive Between: Cedarville Road and Buck's County Line** Restriction 09:00 AM To 02:00 PM: Lane restriction with flagging. Start date: 7/15/22Est completion date: 7/15/22



**BVFS Tractor Pull** 



WW II Weekend

## **Recent Photo Galleries**



Weona Summer Sounds



#### **Sunday July 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 Bangor Pool - Open 11-7 Pen Argyl Golf & Carousel - Open 3-9

#### **Monday July 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

#### **Slate Belt Weather**

ICYMI (Click Below to Read)		
July 9	July 3	
July 8	July 2	
July 7	July 1	
July 6	June 30	
July 5	June 29	
July 4	June 28	



**Portland July 4th Parade** 



**PUBLISH YOUR EVENT** To publish info about your event, email sbtopics@rcn.com Please send in text form. Do not send photos of text.

#### July 10 Weona Park Concert

Large Flowerheads 6-8pm.

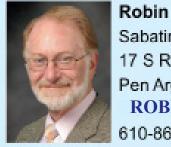
July 11

#### **Park Pals**

The Weona Park Pool Pals will meet at the social room of the town hall on North Robinson Avenue on Monday, July 11th at 7 P.M. to



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discuss fundraising activities for the Weona Park pool. The public is encouraged to attend this meeting.

#### July 14 **Weekly Weeders**

Thursday, 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 at https://events. dcnr.pa.gov/search/events?order=date&searc h=jacobsburg

## **History of Pen Argyl**

The Slate Belt Heritage Center will hold its' monthly historic program on Thursday, July 14, (a) 7:00 PM. Walter Cole, former history teacher and town historian for Pen Argyl will do a presentation on his upcoming book, The History of Pen Argyl From the 1840's to the Present. The program will include showing the many primary and secondary sources he used to conduct his research. Mr. Cole will also reveal the many topics that will be included in the book which will also include human interest stories and personal interviews. In addition to preserving historical information for future generations, the other purpose in publishing the book is that proceeds raised will go towards funding the building of the new Pen Argyl swimming pool. Mr. Cole asks that anyone who has personal memories, of Pen Argyl or local lore, to contact him at 610-863-6472. The program is free and open to the public. The Heritage Center is located at 30 North 1st Street, Bangor, PA. For additional information please contact: Karen Brewer at 484-894-5661

#### July 16 **Basketball Clinic**

It's not too late to register! A Youth Basketball Clinics with Enes (Kanter) Freedom is coming up on Saturday, July 16! Here is your child's chance to learn basketball skills and meet a professional basketball player!

Enes Freedom will be at our Slate Belt and Bethlehem Branches on Saturday, July 16 to teach and inspire kids ages 8-18 about the amazing sport of basketball!

Morning Clinic: 10:00 a.m.-12:30 p.m. at the Slate Belt YMCA Branch-315 West Pennsylvania Avenue, Pen Argyl, PA 18072 Afternoon Clinic: 3:00 p.m.- 5:30 p.m. at the Bethlehem YMCA Branch-430 East Broad Street, Bethlehem, PA 18018Free and open to the entire community! Space is limited, so register today at: www.gv-ymca.org/events

### **July 17 Moravian Historical Society**

The Moravian Historical Society is pleased to announce their participation in Passport to History Month—a celebration of the sites, stories, and community that bring Lehigh Valley history to life. The event gives an opportunity for visitors, regardless of family size or income, to explore local history through a variety of museum tours, interactive exhibits, children's activities, and more.

On Saturday July 16 from 10 a.m. - 4 p.m. and Sunday July 17 from 12 p.m. - 4 p.m., the Moravian Historical Society will offer free admission, guided museum tours, kids activities, an antique book sale, and programs for explorers of all ages.

Visitors can learn about the significant contributions Moravians made to music, art, education and culture in early America on a guided tour of the 1740-1743 Whitefield House Museum. Explore archival documents and historic maps detailing the perspectives of surveyors, European settlers and Indigenous people in our special exhibit "Charting the Unknown: Early Moravian Maps."

Children can try their hand at colonial chores and other history-themed activities. Adults will enjoy browsing a large collection of antique books offered for sale.

## **July 17**

Wind Gap Park Concert 6:00pm - New Individuals

#### July 20 **Hike for Health**

Wednesday, July 20 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.



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# Check Us Out at vcaavh.com

BUSINESS HOURS Mon 8:00 AM - 7:00 PM • Tue - Wed 8:00 AM - 6:00 PM Thurs 8:00 AM - 7:00 PM Fri 8:00 AM - 5:00 PM • Sat 8:00 AM - 2:00 PM

#### Calendar 2

#### July 21 Weekly Weeders

Thursday, 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 at https://events. dcnr.pa.gov/search/events?order=date&searc h=jacobsburg

## July 23 Butterflies of Jacobsburg

Saturday, July 23 at 10:00am to 12:00pm Join local butterfly enthusiast Bill Grant for this walk through the fields of Jacobsburg in search of these beautiful insects. He'll show you how to quickly identify local species and the best places to look for them. Participants should wear comfortable shoes. A hat, bottled water sunscreen, binoculars, and camera are recommended. This program is best for families with children ages 8



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and up. Registration is required.

## **Creek Critters**

Saturday, July 23 at 2:00pm to 3:00pm Join us to learn about the fascinating creatures living in Bushkill Creek. Equipment to study these animals will be provided. Wear close-toed shoes that can get wet and expect to be in the water up to your knees. This program is best for families with children ages 5 and up. Registration is required

> July 24 Weona Park Concert Philadelphia Funk Authority 6-8pm. July 23-24 SBHC Passport to History Weekend

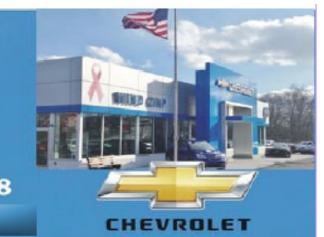
The Slate Belt Heritage Center will host "Passport to History Weekend on July 23-24. The Museum will be open Saturday from 10-4 and Sunday from 12-4. The Center is featuring "We Look Higher: the African American Experience in the Slate Belt" as this year's special exhibit and "All of Us" about the waves of people who moved to the Slate Belt from the 18th Century Lenape to the 21st Century Bulgarians. Newly designed galleries tell stories about the creation of Flicksville, the work in the Textile Industry and the service of Fire Fighting in the Slate Belt. Mike Piersa and team plan to periodically run the Flory Quarry Hoist in the adjacent Bethel Park during one of the days. Flory Hoists were manufactured in Bangor and powered the cable ways that lowered men into quarries and raised massive slabs of slate from quarry beds. Perry Morris will demonstrate the craft of wooden ornament making throughout the weekend. Guides will be available to give tours or you can wander through the museum on your own. .The Slate Belt Heritage Center is located at 30 North 1st Street

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#### **Calendar 3**

in the heart of Bangor's Historic District. For additional information contact: Karen Brewer @ 484-894-5661.

Perry Morris will also be doing a "Story Time", in addition to ornament making, for the children.

The 122-year-old Bangor Quarry Hoist, in adjacent Bethel Park, will operate, weather permitting on that Saturday from noon to 3 PM. Flory Hoists were manufactured in Bangor and powered the cableways that lowered men into quarries and raised massive slabs of slate from quarry beds. The Hoist will run courtesy of compressed air provided by Todd Kluska of Serene Scenes Landscaping.

#### July 28 Weekly Weeders

Thursday, July 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 at https://events. dcnr.pa.gov/search/events?order=date&searc h=jacobsburg

July 31 Wind Gap Concert

Wind Gap Park Concert 6:00pm -Steel Creek

Aug 5,6,7

### **Roseto Yard Sales**

The annual Roseto Borough yard sale will be held the first weekend of August. day, Saturday and Sunday August 5th, 6th and 7th. The Borough waives the normal fees for this weekend, so setup and sell your treasures.

#### August 7 Aonghus Oakley Ames Miller 4x4 Truck Show

The first Annual Aonghus Oakley Ames Miller 4x4 Truck Show to fund Blue Collar Scholarship in his memory is planned for the Blue Valley Farm Show 1:00 p.m. Sunday August 7. Tickets · \$10 -\$45 www.eventbrite.com/e/310620603587

Fun! Trucks! Prizes! Food!

You can help pay it forward through the Blue Collar Scholarship!!! Check out **www. aoamfoundation.org/bluecollarscholarship** for information!

Your Donation/ticket will enter you to win an hourly door prize and will be used as your vote for the Best in Show 4x 4 Truck!

Your Truck Entry fee will get you a spot on the lot, a t-shirt and sticker with an opportunity to win one of three prize bundles!! Best in Show, Best 2014 and older, Best 2015 and newer!!!

Vendors will be on site, food, music! Come join us and have a good time and enjoy the 4 x 4's

### Weona Park Concert

Moss Henry and the Bryophytes 6-8pm.

#### August 12 Basketball Golf Scramble

The Pen Argyl Girls Basketball Golf Scramble Riverview Country Club, 1 Riverview Drive, Easton, PA 18040 will be held Friday, August 12, 2022; 8:15 am check-in, 9:00 am shot-gun start,1:30 pm- lunch.

Registration: https://tinyurl.com/mn6yn2fw

\$100 Per Player/ \$400 Per Team

Includes:: Golf, Lunch, Putting, Long Drive and Pot of Gold Contests and Prizes

Registration Payable to:Todd Oessenick, Pen Argyl Girls' Basketball, 205 N. Broadway Wind Gap, PA 18091

Contact: Todd Oessenick- tcoslo@epix.net 610-390-6271 Brion Morro- brionmorro@gmail. com

#### August 14

## Wind Gap Concert

Wind Gap Park Concert 6:00pm - Inch and the Echoes

August 21 Weona Park Concert Desire 6-8pm.

#### 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

#### August 28 Wind Gap Concert

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

#### Sept 11,12 Revolutionary War Weekend

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

#### 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

Festival Sep 17, 2022 At 6 Pm – Sep 19, 2022 At 9

The Lancaster Balloon Festival is a one-of-akind 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!

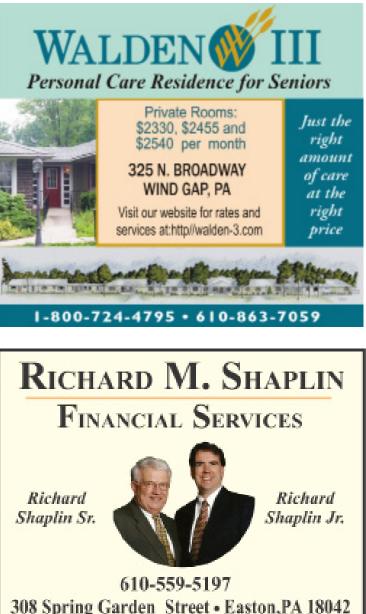
#### September 18 MDPH Open Show

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



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## 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. July 9 - 8pm AA Meeting
Sun July 10 -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 July 10- 9:00 a.m. –5th Sunday after Pentecost, Service of the Word



Church Worship Times And Schedules Are Public Service Announcements Published Free of Charge by The Slate Belt Town Topics

> E-Mail Information to sbtopics@rcn.com



State Farm

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

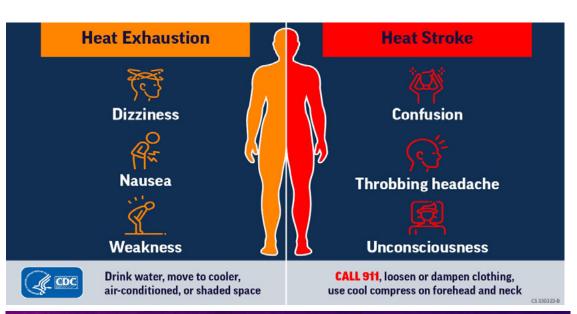
The deadline for senior citizens and Pennsylvanians with disabilities to apply for rebates on rent and property taxes paid in 2021 has been extended to Dec. 31.

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 home-owners 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



## 10 Early Signs and Symptoms of Alzheimer's

- 1. Memory loss that disrupts daily life
- 2. Challenges in planning or solving problems
- 3. Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- 6. New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- 8. Decreased or poor judgment
- 9. Withdrawal from work or social activities
- 10. Changes in mood and personality



- · drink plenty of water
- stay cool indoors
- use sunscreen of SPF 15 or higher
- limit outdoor activity
- · avoid alcohol & caffeine
- · wear light-colored, loose clothing
- · check on older family & friends
- never leave kids, older adults or pets in unattended vehicles



# Maternal Mental Health Hotline

CALL OR TEXT 1-833-9-HELP4MOMS (1-833-943-5746)

## PREVENT MOSQUITO-SPREAD DISEASE: AVOID MOSQUITO BITES







**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

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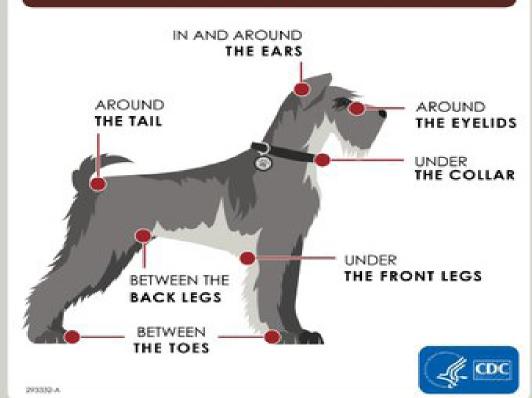


hours a week in nature is associated with good health and wellbeing!

## NEVER LEAVE CHILDREN, OLDER ADULTS OR PETS IN A PARKED VEHICL



#### WHERE TO CHECK YOUR PET FOR TICKS





Aim for 60 minutes

of physical activity

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

ş



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



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

**Fireworks** 

140-160 dB

Lawn Mowers

80-100 dB

# 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.





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

## 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

DCNR



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

# native flowering shrubs mammals in win 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.





## Fall Sports Schedules 2022 (League only)

#### **Bangor Field Hockey (0-0)**

	e	•
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)

	<i>Sv v</i>	
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
9/20	Pen Argyl @ Moravian	4:00pm
9/22	Pen Argyl @ Northwestern	6:15pm
9/24	Pen Argyl @ Salisbury	1:30pm
9/30	Bangor @ Pleasant Valley	4:00pm
9/28	Wilson @ Pen Argyl	4:00pm
10/1	SLehigh @ Pen Argyl	2:00pm
10/4	Catasauqua @ Pen Argyl	4:00pm
10/6	Pen Argyl @ Bangor	4:00pm

#### Pen Argyl Girls Soccer (0-0)

	80	
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
9/15	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

#### **Bangor Golf (0-0)**

8/11	Bangor @ Moravian	2:45pm
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 Football (0-0)**

9/2Jim Thorpe @ Bangor7:00pm9/9Bangor @ S. Lehigh7:00pm9/16Bangor @ Saucon Valley7:00pm9/23Wilson @ Bangor7:00pm9/30Bangor @ Pottsville7:00pm10/7Lehighton @ Bangor7:00pm10/14Bangor @ Northwestern7:00pm10/21Blue Mountain @ Bangor7:00pm10/28Bangor @ Pen Argyl1:30pm	8/26	Palisades @ Bangor	7:00pm
9/16Bangor @ Saucon Valley7:00pm9/23Wilson @ Bangor7:00pm9/30Bangor @ Pottsville7:00pm10/7Lehighton @ Bangor7:00pm10/14Bangor @ Northwestern7:00pm10/21Blue Mountain @ Bangor 7:00pm	9/2	Jim Thorpe @ Bangor	7:00pm
9/23Wilson @ Bangor7:00pm9/30Bangor @ Pottsville7:00pm10/7Lehighton @ Bangor7:00pm10/14Bangor @ Northwestern7:00pm10/21Blue Mountain @ Bangor7:00pm	9/9	Bangor @ S. Lehigh	7:00pm
9/30Bangor @ Pottsville7:00pm10/7Lehighton @ Bangor7:00pm10/14Bangor @ Northwestern7:00pm10/21Blue Mountain @ Bangor 7:00pm	9/16	Bangor @ Saucon Valley	7:00pm
10/7Lehighton @ Bangor7:00pm10/14Bangor @ Northwestern7:00pm10/21Blue Mountain @ Bangor 7:00pm	9/23	Wilson @ Bangor	7:00pm
10/14 Bangor @ Northwestern 7:00pm 10/21 Blue Mountain @ Bangor 7:00pm	9/30	Bangor @ Pottsville	7:00pm
10/21 Blue Mountain @ Bangor 7:00pm	10/7	Lehighton @ Bangor	7:00pm
ë ë i	10/14	Bangor @ Northwestern	7:00pm
10/28 Bangor @ Pen Argyl 1:30pm	10/21	Blue Mountain @ Bangor	·7:00pm
	10/28	Bangor @ Pen Argyl	1:30pm

#### Pen Argyl Football (0-0)

	8.	
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 Boys Soccer (0-0)**

	e •	• • •
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
10/3	Bangor @ NDGP.	4:00pm
10/5	Pen Argyl @ Bangor	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
	Pen Argyl Golf	(0-0)
8/11	Pen Argyl @ Palmerton	2:45pm
8/15	Moravian @ Pen Arovl	2.45nm

0/11	Pen Argyi ( <i>w</i> Paimerton	2:43pm
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

#### 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

#### **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
9/12	Bangor @ Wilson	4:00pm
9/14	Bangor @ Palisades	4:00pm
9/19	Bangor @ Saucon Valley	4:00pm
9/21	Wilson @ Bangor	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 4:00pm9/8 Pen Argyl @ Salisbury 4:00pm
- 9/8Pen Argyl @ Salisbury4:00pm9/14S. Lehigh @ Pen Argyl4:00pm
- 9/21 NDGP @ Pen Argyl 4:00pm
- 9/26 Pen Argyl @ Palisades 4:00pm