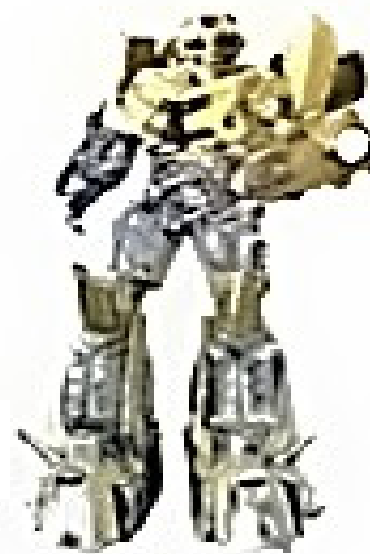


# Optimus Prime Bumblebee



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## 39th Annual National Night Out Roseto Ballpark August 2, 2022 5pm-8pm

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**Spectrum Signs**  
**Vinnie's Pizza**  
**Weis Market**  
**Zito Automotive**

**Our Lady of Mt. Carmel 129<sup>th</sup> Big Time Celebration**  
**OLMC Plaza, 81 Ridge St., Roseto (school grounds)**

**JULY 20 -22 (6:00 -11:00pm) JULY 23 (6 -12 Midnight)**



**F-I-R-E-W-O-R-K-S**



**FAMILY NIGHTS**

**July 20 & 21**

**Ride Specials - \$25.00**

**TRADITIONAL FOOD**

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# Slate Belt Town Topics

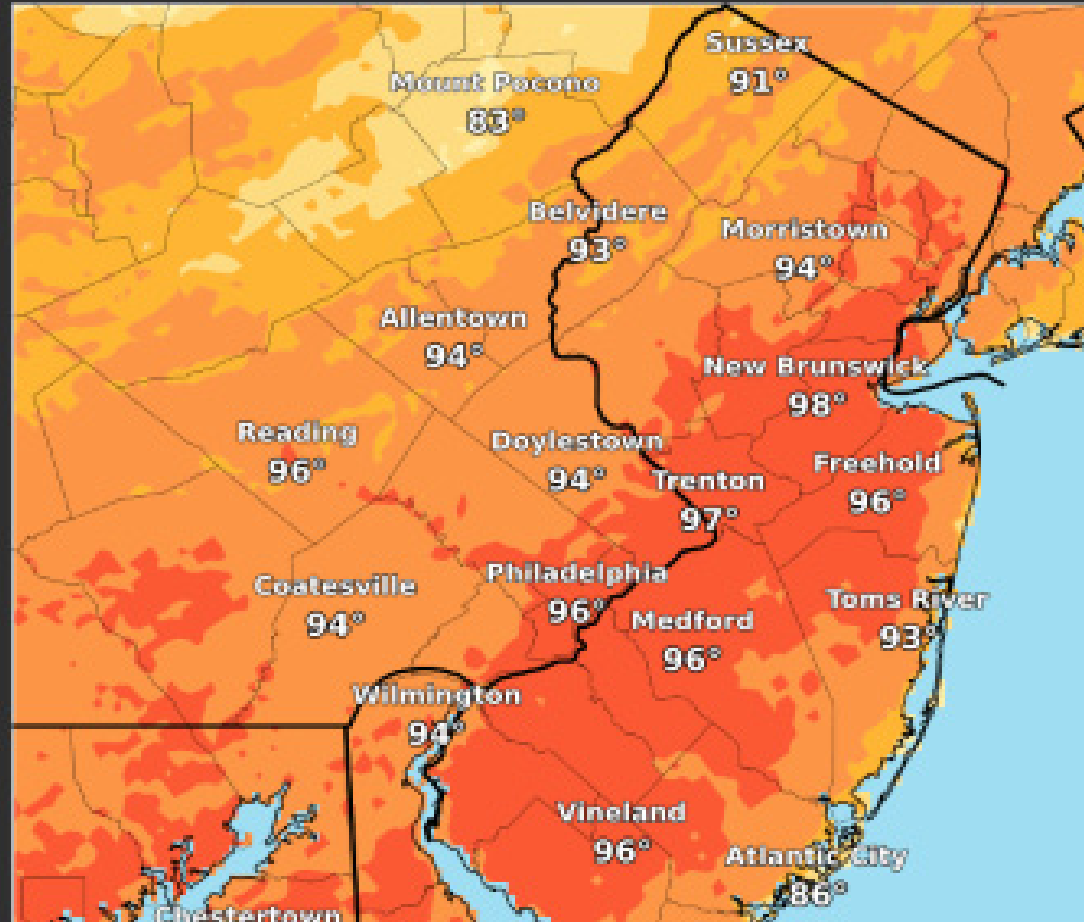
sbttopics@rcn.com

July 12, 2022

www.sbttopics.com

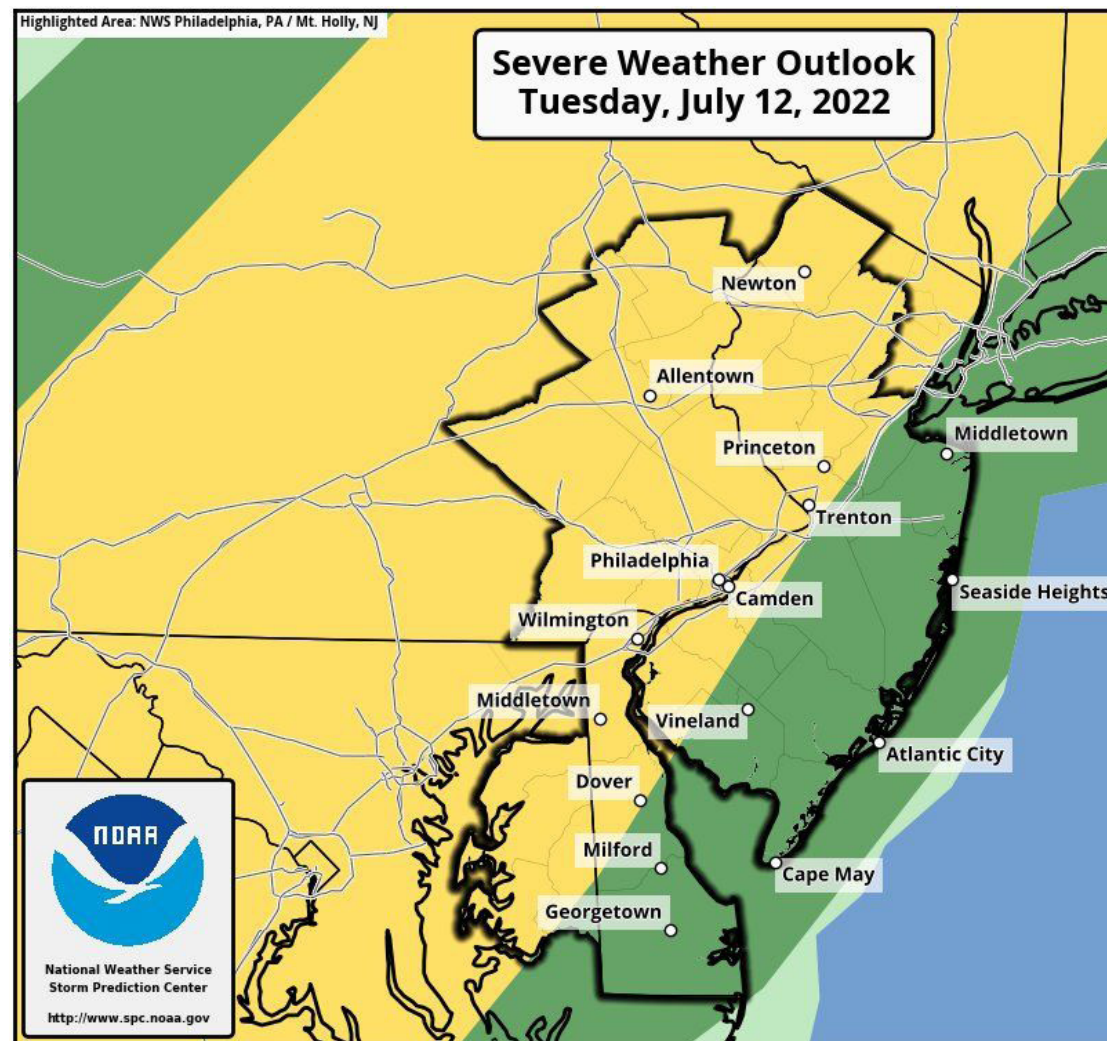
## Apparent Temperature

07/12/2022 08:00 AM - 07/12/2022 08:00 PM EDT



Highlighted Area: NWS Philadelphia, PA / Mt. Holly, NJ

## Severe Weather Outlook Tuesday, July 12, 2022



## Cannabis Could Prevent Many Types Of Diseases

By Mark Waghorn via SWNS

Cannabis could hold the key to preventing neurodegenerative diseases like Parkinson's and Alzheimer's.

Despite its reputation for making people 'dopey,' it contains a chemical that protects brain cells against aging, according to new research.

What's more, the 'miracle compound' CBN (cannabinol) is non-psychoactive. In other words, it doesn't get people high.

Senior author Professor Pamela Maher said: "We've found cannabinol protects neurons from oxidative stress and cell death - two of the major contributors to Alzheimer's."

"This discovery could one day lead to the development of new therapeutics for treating this disease and other neurodegenerative disorders - like Parkinson's disease."

Studies on medical cannabis have focused on the active substances THC (delta-9 tetrahydrocannabinol) and CBD (cannabidiol).

Little is known about the therapeutic powers of CBN - which is molecularly similar but less heavily regulated.



About the July 13 **SUPERMOON**

This full moon is known as the:

Buck Moon

Hay Moon

Berry Moon

Thunder Moon

Native Americans and Europeans named moons for events that happen around this time of the year.

**Big and Bright Supermoon**

This supermoon will be the third of four supermoons in a row and will be the biggest and brightest of the year. Get at a higher elevation with a clear view of the horizon to take in this sight at moonrise.

**Best Time to Enjoy:**

The Full Buck Moon rises around 9:15 PM on Wednesday evening; but will appear full and can be enjoyed from early Tuesday morning through early Friday morning.

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



# Slate Belt Town Topics

[sbtopics@rcn.com](mailto:sbtopics@rcn.com)

July 12, 2022

[www.sbtopics.com](http://www.sbtopics.com)

## Slate Belt Weather Forecast

### Sunny 87/Shwrs Today ... Sunny 86 Wednesday

**National Weather Service Forecast**

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

**Today,** Isolated showers between 1pm and 2pm, then scattered showers and thunderstorms after 2pm. Some storms could be severe, with damaging winds. Mostly sunny, with a high near 87. Southwest wind 5 to 15 mph. Chance of precipitation is 40%. New rainfall amounts between a tenth and quarter of an inch, except higher amounts possible in thunderstorms.

**Tonight,** Scattered showers and thunderstorms before 11pm, then isolated showers between 11pm and midnight. Some storms could be severe, with damaging winds. Mostly cloudy, with a low around 66. Southwest wind around 5 mph becoming northwest after midnight. Chance of precipitation is 40%. New precipitation amounts of less than a tenth of an inch, except higher amounts possible in thunderstorms.

**Wednesday,** Mostly sunny, with a high near 86. Calm wind becoming west around 5 mph in the afternoon.

**Wednesday Night,** A slight chance of showers. Partly cloudy, with a low around 64. Northwest wind around 5 mph becoming calm. Chance of precipitation is 20%.

**Air Quality:** **Moderate** (51-100) Bethlehem (23) Columbia N.J. (39)

**Pollen:** **3.4 Low-Medium** (Top Alergen (s) Grasses

**UV:** **Very High Risk** Hours: 10-5. Peak 9.5 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: 7/15/22 Est completion date: 7/15/22

## Happening Soon

### Tuesday July 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 July 13

**Bingo** - Bushkill Fire Co. Doors 5pm. Bingo 7pm.  
**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** - , 7:00pm

### Thursday July 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

## Slate Belt Weather

### ICYMI

(Click Below to Read)

|                         |                         |
|-------------------------|-------------------------|
| <a href="#">July 11</a> | <a href="#">July 5</a>  |
| <a href="#">July 10</a> | <a href="#">July 4</a>  |
| <a href="#">July 9</a>  | <a href="#">July 3</a>  |
| <a href="#">July 8</a>  | <a href="#">July 2</a>  |
| <a href="#">July 7</a>  | <a href="#">July 1</a>  |
| <a href="#">July 6</a>  | <a href="#">June 30</a> |

## Recent Photo Galleries



BVFS Tractor Pull



WW II Weekend



Weona Summer Sounds



Portland July 4th Parade





## 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.

**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&search=jacobsburg>

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

## History of Pen Argyl

The Slate Belt Heritage Center will hold its monthly historic program on Thursday, July 14, @ 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 18018 Free and open to the entire community! Space is limited, so register today at: [www.gv-ymca.org/events](http://www.gv-ymca.org/events)

**July 17**

## Moravian Historical Society

The Moravian Historical Society is pleased to announce their participation in Passport to His-

tory 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 Concert

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](mailto:jacobsburgsp@pa.gov).

**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&search=jacobsburg>



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### 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 23

### Butterflies of Jacobsburg

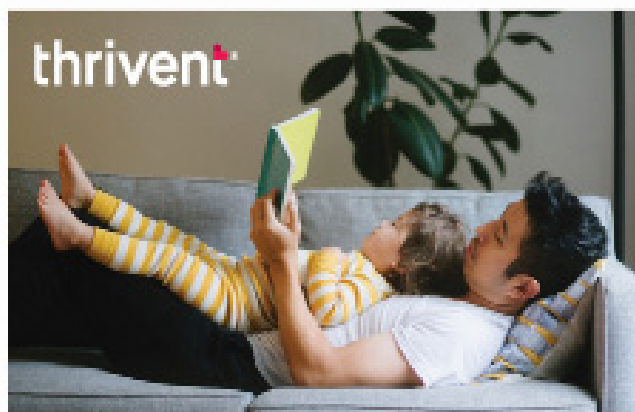
Saturday, July 23 at 10:00am to 12:00pm

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 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



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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 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

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CHEVROLET



### Calendar 3

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&search=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](http://www.eventbrite.com/e/310620603587)

Fun! Trucks! Prizes! Food!

You can help pay it forward through the Blue Collar Scholarship!!! Check out [www.aomfoundation.org/bluecollarscholarship](http://www.aomfoundation.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](mailto:tcoslo@epix.net) 610-390-6271 Brion Morro- [brionmorro@gmail.com](mailto: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 [blueflameevents@yahoo.com](mailto:blueflameevents@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 Dunbar via text at 908-619-7643 or email at [darlendunbar@entermail.net](mailto:darlendunbar@entermail.net).

**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

## 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 entertainers 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.



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# Slate Belt Church Information



## Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor

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

More info 610-588-4864.

E-mail: [info@christpcs.org](mailto:info@christpcs.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](http://www.flicksvilleucc.com)

**Summer Worship at 10 AM**  
following social distancing guidelines

## Trinity Lutheran Church

404 Broadway Bangor (610-588-2023)

[telcbangor@frontier.com](mailto:telcbangor@frontier.com)

Website: [www.tlcbangor.com](http://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](http://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.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.**

## 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 10- 9:00 a.m. -5th Sunday after**

Pentecost, Service of the Word

## Mt. Bethel Abstract

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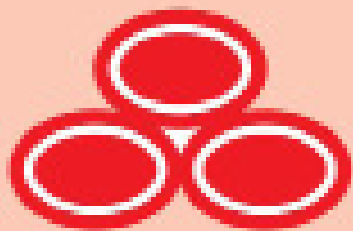
E-Mail: [dukessports@fastnet](mailto:dukessports@fastnet)



**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](mailto:sbtopics@rcn.com)



**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)





# 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](http://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

## #BeatTheHeat tips



- 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)

HHS.gov

### Heat Exhaustion

- Dizziness
- Nausea
- Weakness



### Heat Stroke

- Confusion
- Throbbing headache
- Unconsciousness



Drink water, move to cooler, air-conditioned, or shaded space

CALL 911, loosen or dampen clothing, use cool compress on forehead and neck

CS 330323-0

## 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
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. 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



content credit: Alzheimer's Association

## PREVENT MOSQUITO-SPREAD DISEASE: AVOID MOSQUITO BITES



AVOID BITES AT  
DAWN & DUSK



USE FDA-REGISTERED  
INSECT REPELLENT



WEAR LONG SLEEVES  
& LONG PANTS



REMOVE STANDING  
WATER AROUND HOME



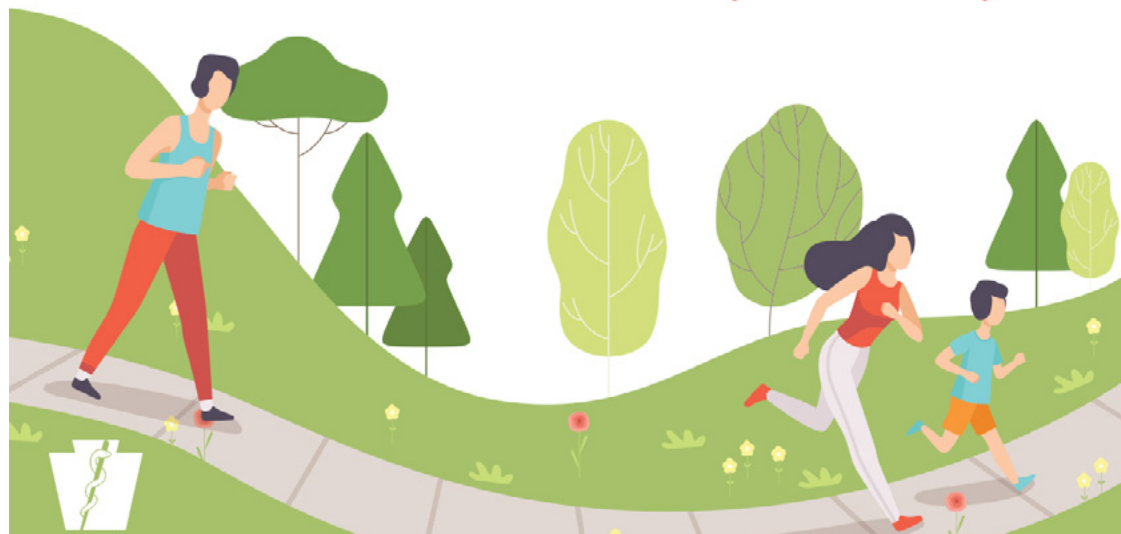




Tumble dry clothes on high heat for 10 minutes to kill ticks on dry clothing.



*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.



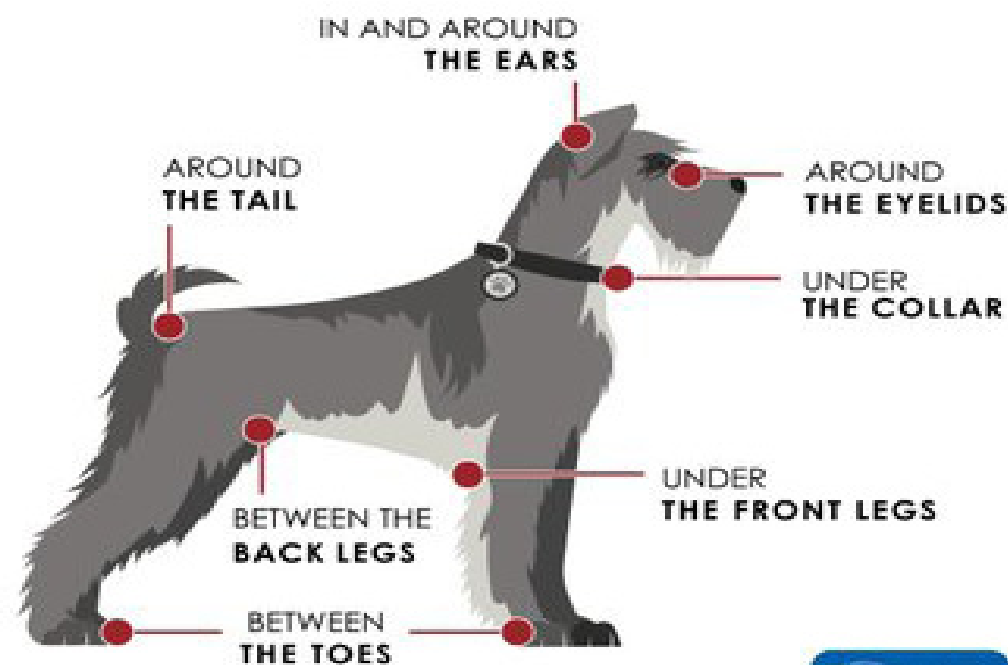
Spending **2 hours a week in nature** is associated with good health and wellbeing!

Aim for 60 minutes  
of physical activity  
**EVERY DAY!**

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



## WHERE TO CHECK YOUR PET FOR TICKS



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





# DID YOU KNOW

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



Centers for Disease Control and Prevention  
National Center for Environmental Health



Ambulance Sirens  
110-129 dB



Lawn Mowers  
80-100 dB

Fireworks  
140-160 dB



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.



## 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



# Mountain Laurel

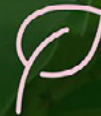
## Pennsylvania State Flower Facts



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 Schedules 2022 (League only)

## 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  |
| 9/20 | 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 | S..Lehigh @ Pen Argyl     | 2:00pm  |
| 10/4 | Catasauqua @ Pen Argyl    | 4:00pm  |
| 10/6 | Pen Argyl @ Bangor        | 4:00pm  |

## 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  |
| 9/15 | 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)

|       |                        |        |
|-------|------------------------|--------|
| 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 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 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  |
| 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 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, Catasauqua, Bangor @ Salisbury                      | 4:30pm |
| Tue 10/4 | Wilson, Saucon Valley, Pen Argyl, Notre Dame G.P., Moravian Academy, Bangor @ Palisades | 4:00pm |
| 10/11    | Wilson, Pen Argyl, Palmerton, Northwestern, 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, Catasauqua, Bangor @ Salisbury                      | 4:30pm |
| Tue 10/4 | Wilson, Saucon Valley, Pen Argyl, Notre Dame G.P., Moravian Academy, Bangor @ Palisades | 4:00pm |
| 10/11    | Wilson, Pen Argyl, Palmerton, Northwestern, 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 | 4:00pm |
| 9/8  | Pen Argyl @ Salisbury     | 4:00pm |
| 9/14 | S. Lehigh @ Pen Argyl     | 4:00pm |
| 9/21 | NDGP @ Pen Argyl          | 4:00pm |
| 9/26 | Pen Argyl @ Palisades     | 4:00pm |