

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 FAMLY NIGHTS July 20 & 21 Fizza Fritta - Sausage & Peppers

Ride Specials - \$25.00

Pizza Fritta - Sausage & Peppers Pasta, Italian Pastries, Gelato & More FREE ADMISSSION

OUR LADY OF MOUNT

Roseto



Stone Lake Winery presents Sangria Around the World Festival

IT'S TIME TO GRAB YOUR PASSPORT AND TAKE A TRIP AROUND THE WORLD WITH STONE LAKE WINERY!

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

We will also have a variety of unique vendors & crafters to shop with!

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. 51st Annual



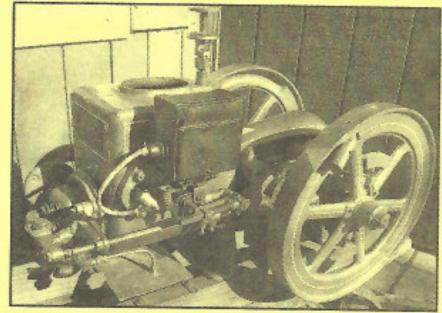


BLUE MTN. ANTIQUE GAS & STEAM ENGINE ASSN., INC.

WWW.JACKTOWN.ORG The Friendly Show in the Grove

Grounds Open 7 A.M. to 9 P.M. Friday & Saturday 7 A.M. to 4 P.M. Sunday

featuring: Cockshott



Click This Page For Website

STEAM SHED DEMONSTRATIONS AMERICAN SAWMILL BUTCHER SHOP PRINT SHOP FARM EQUIPMENT DISPLAY TRAIN RIDES **65 CASE STEAM TRACTOR** JACKTOWN RAILROAD CRAFTS . FLEA MARKET PAGE FUNNEL CAKES JACKTOWN ICE CREAM * DEMONSTRATIONS DAILY FARM MUSEUM * 大 FREE ADMISSION * FREE PARKING * FREE ENTERTAINMENT

(TRACTOR PROVIDED) *

ALL DOGS MUST BE ON A LEASH

For More Information Call: 610-588-6900 (Show Times Only) • 570-897-6601 (Denny Horn) • 610-588-7360 (Tom Buist)

1229 RICHMOND ROAD . BANGOR, PENNSYLVANIA **JACKTOWN GROVE**

15 - 16 - 17

2022

ENTERTAINMENT FRIDAY, JULY 15 6:00 P.M. - Antique Tractor Pull

6:00 - 9:00 P.M. - Bobby Clark

SATURDAY, JULY 16 9:00 A.M. Antique Tractor Pull 1:00 - 4:00 P.M. - Naked Jake 6:00-9:00 P.M. - Steel Creek

SUNDAY, JULY 17 9:00 A.M. - Church Service 10:00 A.M. - Garden Tractor Pull 1-4:00 P.M. - Rehrig Bros.

SUNDAY • JULY 17 **KIDS' PEDAL TRACTOR PULL** Sign up 10:00 am • Pull 11:00 am





sbtopics@rcn.com

July 16, 2022

www.sbtopics.com

Large Crowd Attends Bangor Park Luau



Slate Belt Town Topics

sbtopics@rcn.com

July 16, 2022

www.sbtopics.com

Slate Belt Weather Forecast

Cloudy 85 Today ... Partly Sunny 85 Sunday Slight Chance of Showers Each Day

National Weather Service Forecast

Today, Mostly cloudy. A chance of showers and thunderstorms this afternoon. Highs in the mid 80s. East winds around 5 mph, becoming south around 5 mph this afternoon. Chance of rain 30 percent.

Tonight, Mostly cloudy with a chance of showers and thunderstorms. Humid with lows in the mid 60s. South winds around 5 mph, becoming northeast after midnight. Chance of rain 40 percent.

Sunday, Partly sunny. Scattered showers and thunderstorms in the afternoon. Humid with highs in the mid 80s. South winds around 5 mph. Chance of rain 40 percent.

Sunday Night, Mostly cloudy with scattered showers and thunderstorms. Humid with lows in the upper 60s. South winds around 5 mph. Chance of rain 40 percent.

Monday, Scattered thunderstorms. Scattered showers in the morning, then showers in the afternoon. Humid with highs in the lower 80s. South winds 5 to 10 mph. Chance of rain 80 percent.

Monday Night, Scattered thunderstorms. Showers. Lows in the upper 60s. Chance of rain 80 percent. Tuesday, Mostly sunny. A chance of showers in the morning. Highs in the upper 80s. Chance of rain 40 percent.

Tuesday Night, Mostly clear in the evening, then becoming partly cloudy. Lows in the upper 60s. **Wednesday,** Mostly sunny. Hot with highs in the lower 90s.

Wednesday Night, Partly cloudy with a chance of showers and thunderstorms. Lows in the lower 70s. Chance of rain 30 percent.

Thursday, Mostly sunny with a chance of showers. A chance of thunderstorms in the afternoon. Highs in the lower 90s. Chance of rain 40 percent.

Thursday Night, Partly cloudy with a chance of showers and thunderstorms in the evening, then mostly clear after midnight. Lows in the upper 60s. Chance of rain 40 percent.

Friday, Sunny. Highs around 90.

Air Quality: Moderate (50-100) Bethlehem (48) Columbia N.J. (43)

Pollen: 3.7 Low-Medium (Top Alergen (s) Grasses

UV: Moderate Risk Hours: 10-4. Peak 5,4 at 1:00 pm



Gas prices have come down some, but still pack a mean punch.



BVFS Tractor Pull



WW II Weekend

Recent Photo Galleries Image: Constraint of the second s

Weona Summer Sounds



Portland July 4th Parade

Happening Soon

Saturday July 16

Blue Mountain Library - Open 10-12 Bangor Public Library - Open 10-4 Slate Belt YMCA - 8-4 Slate Belt Heritage Center - Open 12-3 Hope, Faith & Recovery Group, every Saturday, at A Clean Slate, 118 S. 1st, St. Bangor. 11:30am - 12:30pm Bangor Pool Open 11-7 Pen Argyl Carousel & Golf - Open 3-9pm

Sunday July 17

Slate Belt Heritage Center - Open 12-3. Slate Belt YMCA - 10-2 Bangor Pool Open 11-7 Pen Argyl Carousel & Golf - Open 3-9pm

Monday July 18

Blue Mountain Library - Open 10-12 & 6-8pm Bangor Public Library - Open 1-8 Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show Plainfield Township Planning Commission - Municipal Building, 7:00 pm. Lower Mount Bethel Supervisors - Meets Centerfield Building - 7pm Pump - 8:30-11:30 Slate Belt YMCA - Open 6:00am - 8:00pm

Slate Belt Weather

ICYMI (Click Below to Read)

July 15	July 9
July 14	July 8
July 13	July 7
July 12	July 6
July 11	July 5
July 10	July 4



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 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



Save when you insure your home and auto with ERIE. You can have superb insurance coverage, outstanding service, great rates and discounts too. Take advantage of ERIE's multi-policy discount and we're willing to bet your tail will be waggin'. Also ask us about ERIE's other available discounts.



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Discounts, rates and coverages vary by state and are subject to eligibility and applicable rates and rules. ERIE® insurance services are provided by one or more of the following insurers: Erie Insurance Exchange. Erie Insurance Company, Erie Insurance Property & Casualty Company, Flagship City Insurance Company and Erie Family Life Insurance Company (home ofices: Erie, Pennsylvania) or Erie Insurance Company of New York (home ofice: Rochester, New York). Not all companies are licensed or operate in all states. Not all products are offered in all states. Go to Erie insurance.com for company licensure and territory information. \$1693.10/15 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.gvymca.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 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.

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

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

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







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Check Us Out at vcaavh.com

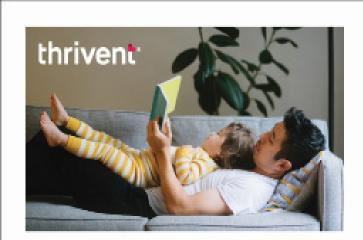
BUSINESS HOURS Mon 8:00 AM - 7:00 PM * Tue - Wed 8:00 AM - 6:00 PM Thurs 8:00 AM - 7:00 PM Fri 8:00 AM - 5:00 PM • Sat 8:00 AM - 2:00 PM

Calendar 2

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



A life worth living Is a life worth insuring.

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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!

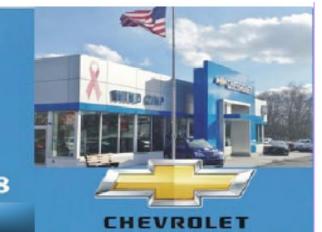
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1043 S Broadway, Wind Gap, PA 18091-0248 610 - 863 - 6100

199chevy.com

Calendar 3

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 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**

Stackhouse Car Show

A car show in memory of Tommy Stackhouse 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

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.

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-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

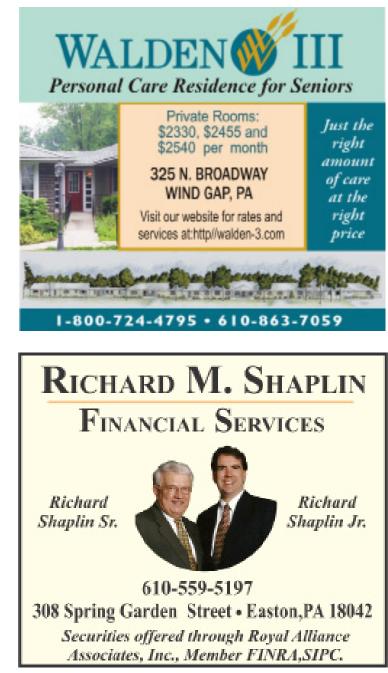
Rovers and Low Lily. "Being an anniversary year, we tried to cover all the Celtic genres from trad to Celtic rock" explained Jayne Ann Recker, Executive Director. Across the Pond, Dave North Trio and The McKrells will satisfy fans of the traditional while The Kilmaine Saints, Emish and the Glengarry 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





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 16 - 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 16- 9:00 a.m. –6th Sunday after
Pentecost, Holy Communion



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

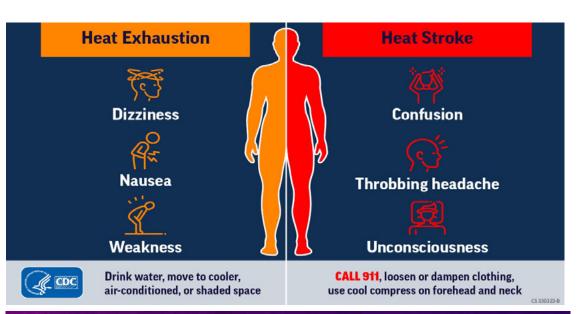
The deadline for senior citizens and Pennsylvanians with disabilities to apply for rebates on rent and property taxes paid in 2021 has been extended to Dec. 31.

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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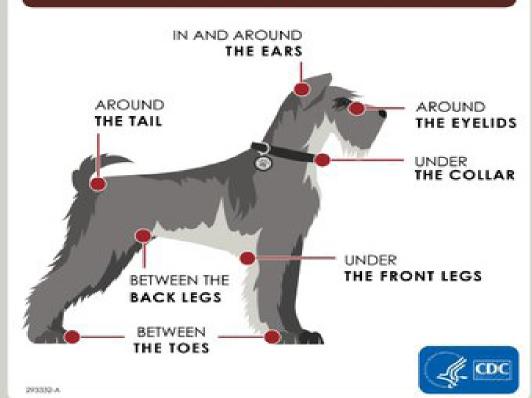


hours a week in nature is associated with good health and wellbeing!

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 (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)

0 / 2 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	SLehigh @ Pen Argyl	2:00pm
10/4	Catasauqua @ Pen Argyl	4:00pm
10/6	Pen Argyl @ Bangor	4:00pm
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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	PenArgyl @ 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	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
9/14	Pen Argyl @ Stroudsburg	2:00pm
9/15	Pen Argyl @ NDES	2:30pm
	Bangor Boys Socce	er (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	4:00pm
10/8	Bangor @ Northampton	10:00am

Bangor Girls Tennis (0-0)

	8	
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
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Bangor Golf (0-0)

8/11	Bangor @ Moravian	2:45pm
8/12	ESS @ Bangor	11:00am
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

