

NEWS TODAY NOT NEXT WEEK

Slate Belt Town Topics

sbtopics@rcn.com

July 1, 2022

www.sbtopics.com

Pen Argyl Teacher Fundraising to Fight Her Multiple Sclerosis

by *Hannah Bonanducci*

Laura Cipriano is a well-known face to all Pen Argyl students. As an English teacher and the school's librarian, she teaches students how to use the school's databases during research projects and can find any book in the library off the top of her head. She's also a researcher, a doctoral student, a mother, and an avid lover of hiking and volleyball. Unfortunately, her recent diagnosis of Multiple Sclerosis threatens to prevent her from doing all of those things.

"To put it simply, Multiple Sclerosis (MS) is a potentially disabling disease of the brain and spinal cord," Cipriano said. "The immune system attacks the protective sheath that covers nerve fibers and causes communication problems between the brain and the rest of the body."

"I was fortunate that my diagnosis process was quick in comparison to many other MS patients' experiences," she continued. "I went to bed one night and my toes were numb, and within several days, that numbness spread until the entire lower half of my body was numb and tingling and I had difficulty walking. I insisted on seeing a neurologist and my doctor sent my chart to Lehigh Valley Neurology, where the chief of the department called me in to see me immediately."

Cipriano's diagnosis of MS is a rather severe one. With multiple lesions on her brain and spinal cord, her MS will eventually lead to permanent disability and reliance on a wheelchair. Currently, there is no treatment to cure MS. However, there is one promising option to help Cipriano fight MS a little longer.

"I learned about the stem cell transplant through reading

about treatment options and discussing with my neurologist," Cipriano said. "I'm a good candidate for the transplant because I do not yet have severe damage from the MS. It's important to do the transplant quickly before that occurs, as the treatment cannot reverse damage. It's still not a cure, but is the most highly effective treatment for halting the disease's progression."

"In short, the treatment is still in clinical trials in the US and isn't FDA approved, and therefore, isn't covered by insurance," she continued. "Patients do get and pay for the treatment privately in the US, but it costs upwards of \$200,000. As a single mom living off of a teacher's salary, I don't have that luxury or privilege."

Thankfully, there is a reputable medical facility in Puebla, Mexico that can provide the treatment for \$55,000, a much more possible reach than the original number. Clinica Ruiz's research and treatment outcomes have been published in numerous international journals, and after extensive consideration with her team of doctors, they are confident that it is the best treatment option to fight Cipriano's MS. With that approval set, Cipriano started a GoFundMe to afford the treatment.

"Pursuing the treatment in Mexico, where it is significantly cheaper, is still considerably expensive and out of reach, but I want to try - it's my best shot," Cipriano said. "I am humbled by this diagnosis and by people's willingness to help. I know I'm just one person among so many who suffer, and I'm deeply grateful for everything this community has been for me and my family."

Anyone interested in learning more or donating to the cause can find Cipriano's GoFundMe at <https://gofund.me/d055676b>.



Spongy Moths (Gypsy Moths) Harming Trees



There is no doubt that 2022 is an outbreak year for spongy moths (formerly known as gypsy moths), whose voracious caterpillars have stripped the leaf canopy in many areas of the state.

Spongy moths are known to target oaks, and many stands of oak have been hit hard in the state.

If you've noticed some barren mountaintops that seem to resemble more of a winter landscape than summer, unfortunately you are not alone. This is the unfortunate result of spongy moths.

When a tree is stripped of its leaves, it is known as defoliation. This weakens the tree as it uses up valuable resources to regrow leaves. It is important to note that it's too early to tell if a recently defoliated tree from spongy moth will die.

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\$2 AGES 3-17

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Slate Belt Town Topics

sbtopics@rcn.com

July 1, 2022

www.sbtopics.com

FIREWORKS LAW

Provided courtesy
of the
Pennsylvania State Police



Q: Which Fireworks are Pennsylvania residents now allowed to purchase and use?

A: Consumers can now purchase and use "Class C" or "consumer-grade" fireworks that include firecrackers, Roman Candles, bottle rockets, etc. that contain a maximum of 50 milligrams of explosive material. "Display fireworks," which are classified as including salutes that contain more than two grains or 130 milligrams of explosive materials and professional-grade aerial shells containing more than 60 grams of pyrotechnic compositions, are still only to be used by professionals with a permit from the municipality.

Q: Who can purchase fireworks?

A: Anyone 18 years of age or older can purchase them.

Q: What are the restrictions on where they can be used?

A: They cannot be ignited or discharged on a public or private property without express permission of the property owner.

- They cannot be discharged from or within a motor vehicle or building.
- They cannot be discharged toward a motor vehicle or building.
- They cannot be discharged within 150 feet of an occupied structure.
- They cannot be discharged while the person is under the influence of alcohol, a controlled substance, or another drug.

Q: Where can the fireworks be purchased?

A: They can be purchased at an licensed facility, including temporary ones. Examples of temporary facilities include tents or other structures found in parking lots. These temporary structures can sell fireworks between the dates of: June 15 – July 8, and December 21 – January 2 each year.



Happening Today

Friday July 1

Bingo - Wind Gap Fire Co., 6:45.

Blue Mountain Library - Open 10-12

Bangor Public Library - Open 1-8

Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show

Slate Belt YMCA - Open 5:00am - 9:00pm

Area Roadwork Today

Washington / Plainfield. Road name: PA 191. Between: Sullivan Trail and PA 512. Lane restriction 09:00 AM To 02:00 PM with flagging. Start date: 6/27 Est completion date: 7/1

Interstate 78 Between: Exit 67 (PA 412) and Exit 75 (To PA 611) Lane restriction 07:00 PM To 06:00 AM in both directions for concrete repair work. Expect delays and please use caution when traveling in work zones. Start date: 6/27 Est completion date: 7/1

Moore Township Road name: Scenic Drive Between: Mountain View Drive and Bushkill Drive Lane restriction 09:00 AM To 02:00 PM with flagging. Start date: 6/27 Est completion date: 7/1

Upper and Lower Mt. Bethel. Road name: PA 611 Between: Bushkill Drive and Portland Borough. Lane restriction 09:00 AM To 02:00 PM with flagging. Start date: 6/29 Est completion date: 7/1

Moore Township: Road name: Whitetail Deer Drive Between: Valley View Drive and Grouse Drive Lane restriction 09:00 AM To 02:00 PM with flagging. Start date: 6/30. Est completion date: 7/1

Support St. John's Cemetery

St. John's Cemetery is conducting their annual cemetery appeal for ongoing maintenance of the cemetery. Donations can be made to St. John's Cemetery, PO Box 9 c/o Carol Hummel, Bangor, PA

Sun, Showers? 89 Today Showers 84 Saturday

National Weather Service Forecast

Today, A slight chance of showers, then a chance of showers and thunderstorms after 2pm. Increasing clouds, with a high near 89. Light southwest wind increasing to 5 to 10 mph in the morning. Winds could gust as high as 20 mph. Chance of precipitation is 30%.

Tonight, A chance of showers and thunderstorms. Patchy fog after midnight. Otherwise, mostly cloudy, with a low around 68. Southwest wind 5 to 10 mph. Chance of precipitation is 40%. Rainfall less than a tenth of an inch, except higher in thunderstorms.

Saturday, Showers and possibly a thunderstorm. Some of the storms could produce heavy rainfall. High near 84. Southwest wind 5 to 10 mph. Chance of precipitation is 80%. New rainfall amounts between a quarter and half of an inch possible.

Saturday Night, Showers and possibly a thunderstorm before 8pm, then a chance of showers and thunderstorms between 8pm and 2am. Some of the storms could produce heavy rainfall. Low around 64. Chance of precipitation is 80%.

Air Quality: Moderate (50-100) Bethlehem (52) Columbia N.J. (50)

Pollen: 4.3 Low-Medium (Top Alergen (s) Grasses, Dock, Plantain

UV: Very High Risk (10-5) Peak 8.9 at 1:00 pm

Slate Belt Weather

ICYMI

(Click Below to Read)

June 30	June 24
June 29	June 23
June 28	June 22
June 27	June 21
June 26	June 20
June 25	June 19

Recent Photo Galleries



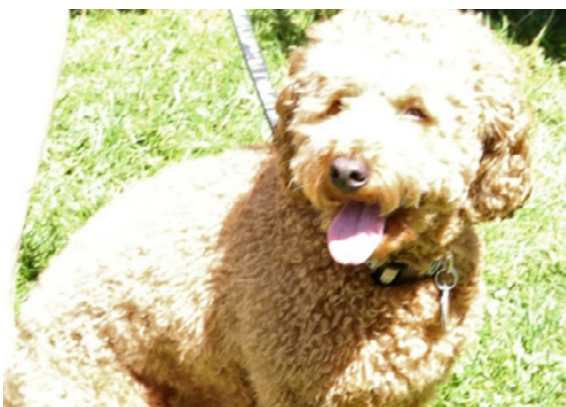
Bangor Tennis Clinic



WW II Weekend



Weona Summer Sounds



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PUBLISH YOUR EVENT

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July 1

Bird Banding at GCS

The Grand Central Landfill Habitat Team and Federal Bird Bander Paul Karner will band baby American Kestrels on Friday July 1, 2022 at 9:30 am at the Grand Central Environmental Education Center (891 Grand Central Road Pen Argyl). We will take a short walk into the grassland field to observe the birds and discuss the importance of the preservation of grasslands in Northampton County. The event is great for all ages!.

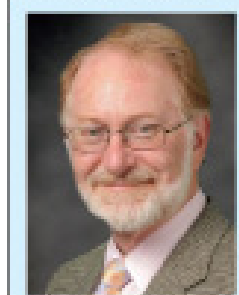
July 2

Blue Valley Tractor Pull

The New Penn Jersey Tractor Pullers Association Inc. Season Opener has been rescheduled at the Blue Valley Farm Show 707 American Bangor Road, Bangor Saturday July 2nd, 2022. (Time TBA) Registration Closes 30 minutes before start.



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The actual running order will be posted the day of event at registration Weight Transfer Machine by Crouse Sled Rental \$10 General Admission, Kids under 12 Free - \$20 hook fee for competitors. All Classes Pay standard NPJ Purse (like at Plainfield) - No Trophies

July 3

Wind Gap Concert

Wind Gap Park Concert 6:00pm - Main St. Cruisers

July 7

Weekly Weeders

Thursday, July 7, 14, 21, & 28 at 8:30am to 10:30am

Interested in learning more about gardening with native plants? Volunteer to work alongside our education staff as they mulch, pull weeds, divide plants, and amend soil in the center's native plant garden. We provide instruction, tools, and weeding mats. Registration is required at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

July 9

Four B's Walk

Saturday, July 9 at 10:00am to 11:30am

Need a break from the fast pace in a natural space? Borrow our nets, binoculars and ID books and join us for a fruitful walk as we find butterflies, bugs, birds, and blooms. Registration Required at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

Honeysuckle Hacking - Volunteer Event

Saturday, July 9 at 1:00pm to 3:00pm

You may be surprised to find out that most of the shrubbery around the park are actually invasive honeysuckle species mixed with other woody-stemmed invasives. We will have a quick lesson on identification, ecological impacts, and management and then get geared up to lop, chop, and stop the spread. Tools and safety equipment will be provided. Registration is required at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

July 10

Weona Park Concert

Large Flowerheads 6-8pm.

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>

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 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,

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Thurs 8:00 AM - 7:00 PM

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

Calendar 2

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."

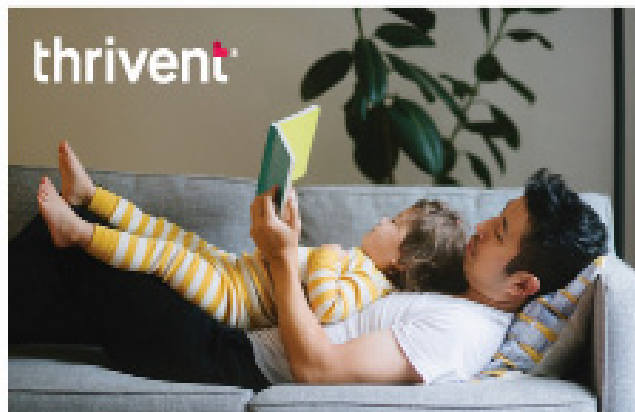
Children can try their hand at colonial chores and other history-themed activities. Adults will enjoy browsing a large collection of antique books offered for sale.

July 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



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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 17

Wind Gap Concert

Wind Gap Park Concert 6:00pm - New Individuals

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

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CHEVROLET

Calendar 3

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 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&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

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6-8pm.

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

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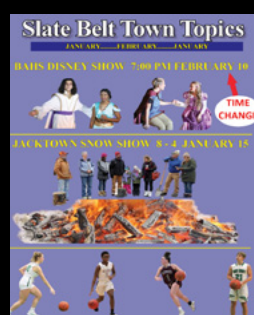
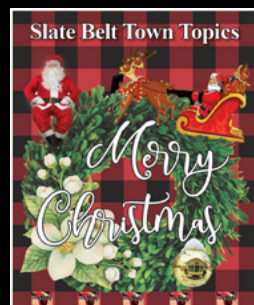
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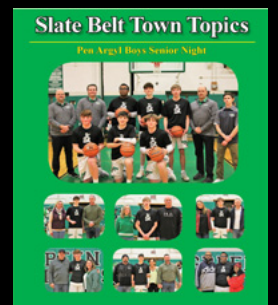
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Slate Belt Church Information



Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor

www.christpcsb.org

More info 610-588-4864.

E-mail: info@christpcsb.org.

Sunday Worship, 10:00 a.m. (Until 9/11)

in-person/Zoom/Facebook Live.

For more info: 610-588-4864.

Flicksville UCC

1337 Lower South Main St., Bangor

Pastor Ken Hess 610-588-4648

www.flicksvilleucc.com

Summer Worship at 10 AM
following social distancing guidelines

Trinity Lutheran Church

404 Broadway Bangor (610-588-2023)

telcbangor@frontier.com

Website: www.tlcbangor.com

Sunday worship 10:30 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 2 - 8pm AA Meeting

Sun July 3 -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 3- 9:00 a.m. -4th Sunday after

Pentecost, Holy Communion

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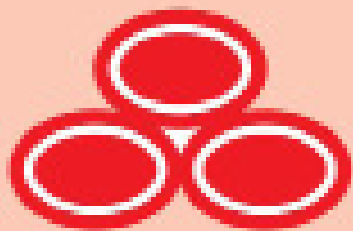
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**Church Worship Times And
Schedules Are Public Service
Announcements Published
Free of Charge by The
Slate Belt Town Topics**

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Deadline Extended for 2021 Property Tax/Rent Rebate Program

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

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

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

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

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

#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

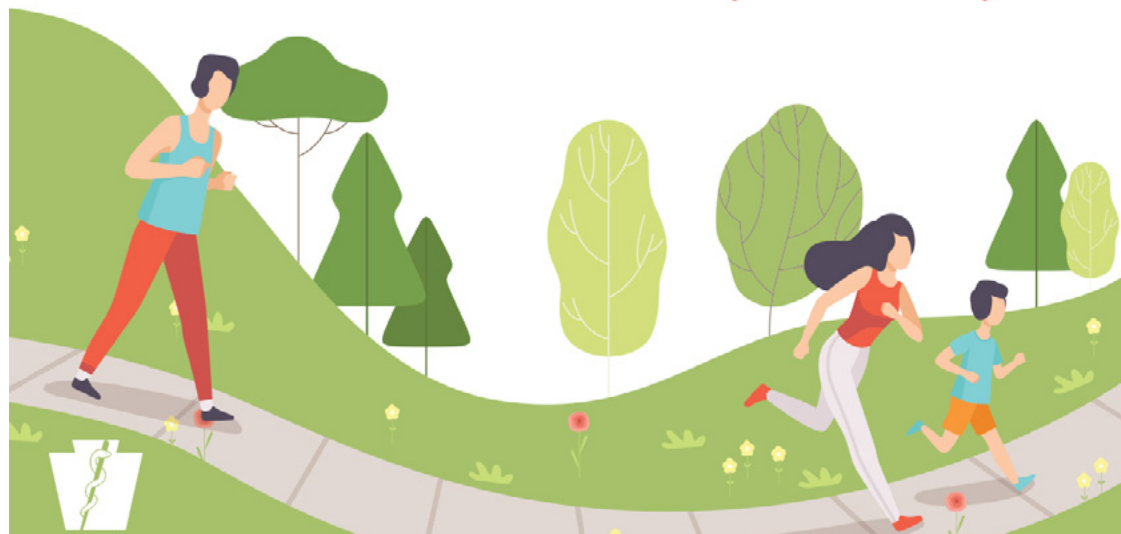




Tumble dry clothes on high heat for 10 minutes to kill ticks on dry clothing.



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.



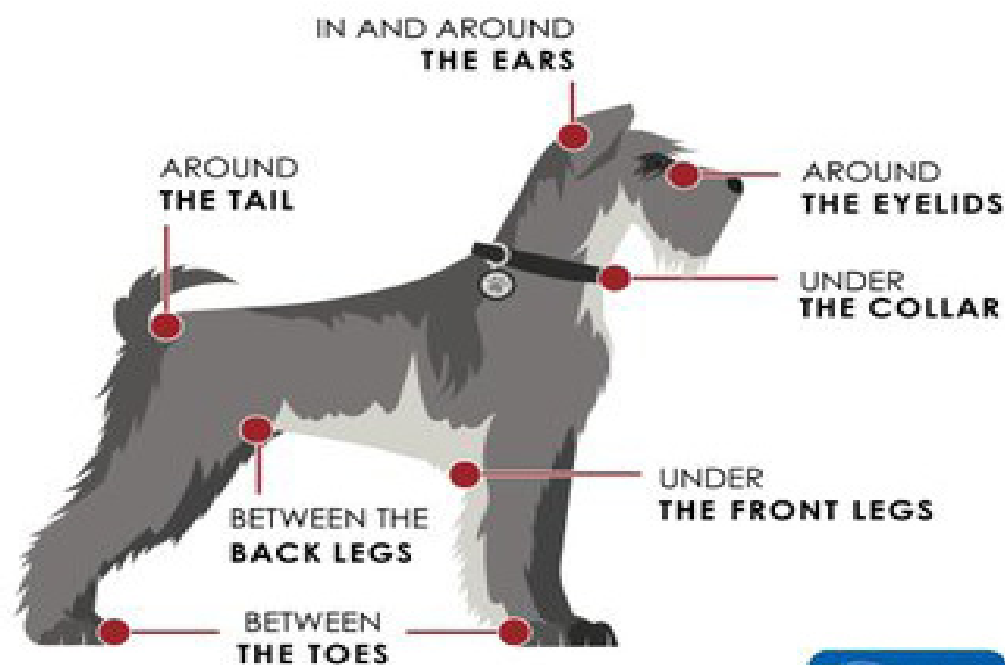
Spending **2 hours a week in nature** is associated with good health and wellbeing!

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

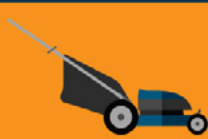
you can lose some of your hearing after a few minutes around these noises?



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

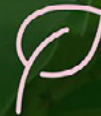
Pennsylvania State Flower Facts



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
9/12	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
9/28	Bangor @ Moravian	4:00pm
10/1	Bangor @ Catasauqua	2:00pm
10/4	Northwestern @ Bangor	4:00pm
10/6	Pen Argyl @ Bangor	4:00pm

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
9/28	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	7:00pm
9/16	Pen Argyl @ Northwestern	7:00pm
9/23	Catasauqua @ Pen Argyl	7:00pm
9/30	Minersville @ Pen Argyl	7:00pm
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