

Slate Belt Town Topics

NEWS TODAY NOT NEXT WEEK

Summer Fun

Bangor Pool

Hours: 12-7 Monday - Friday

11-7 Saturday and Sunday

Weona Park Carousel and Golf

Fridays 3-9

Saturdays, Sundays & July 4 - 1-9

From 9/9 to 10/1 - Saturdays & Sundays 1-8.

Summer Sounds

Wind Gap 6:00pm July 30

Weona Park 6:00pm July 23

July 21, 2023

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(Click Above)

Our Lady of Mt. Carmel 130th Big Time Celebration
OLMC Plaza, 81 Ridge St., Roseto (school grounds)

JULY 26 -28 (6:00 -11:00pm) JULY 29 (6 -12 Midnight)



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



FAMILY NIGHTS

July 26 & 27

Ride Specials - \$25.00

TRADITIONAL FOOD

Pizza Fritta - Sausage & Peppers

Pasta, Italian Pastries, Gelato & More

Italian American Band After Coronation July 29

Religious Procession July 30



OUR LADY OF MOUNT CARMEL

BIG TIME

ROSETO

**FREE
ADMISSION**

Service Clubs Were Tenants of Third Floor Halls in Slate Belt Communities A Century Ago

Nearly a century ago in the Slate Belt, boasting a unique charm and a strong sense of community, a tradition was born—the gathering of service clubs in grand halls that adorned the upper floors of buildings.

In the year 1906, clubs, such as the True Ivories, Odd Fellows, Stone Church Encampment, and others, found their homes in the third-floor meeting rooms at the top of downtown buildings in Bangor. These rooms were no ordinary spaces; they were auditoriums or opera houses, adorned with regal decor and featuring a large stage at one end. The members of each club took pride in supplying their own ornate furniture and paraphernalia, including altars, Bible stands, and secret chairs hidden away when not in use.

Every borough in the region had its own meeting hall, a place where the residents came together, shared stories, and worked for the betterment of their communities. Bangor's Steinmetz Hall, located on the third floor of the Steinmetz Bakery building on Broadway and Murray streets, served as a gathering place for various clubs on different nights of the week. Meanwhile, Houseman Hall on Main Street and Pennsylvania Avenue was where the Masons, Sons of Veterans, American Mechanics, and Ladies Aid held their meetings.

The tradition of meeting in these ornate halls continued for years, with even the area's banks and stores—such as Correl's in Pen Argyl and Brays in East Bangor—providing their upstairs spaces for the meetings of various clubs.

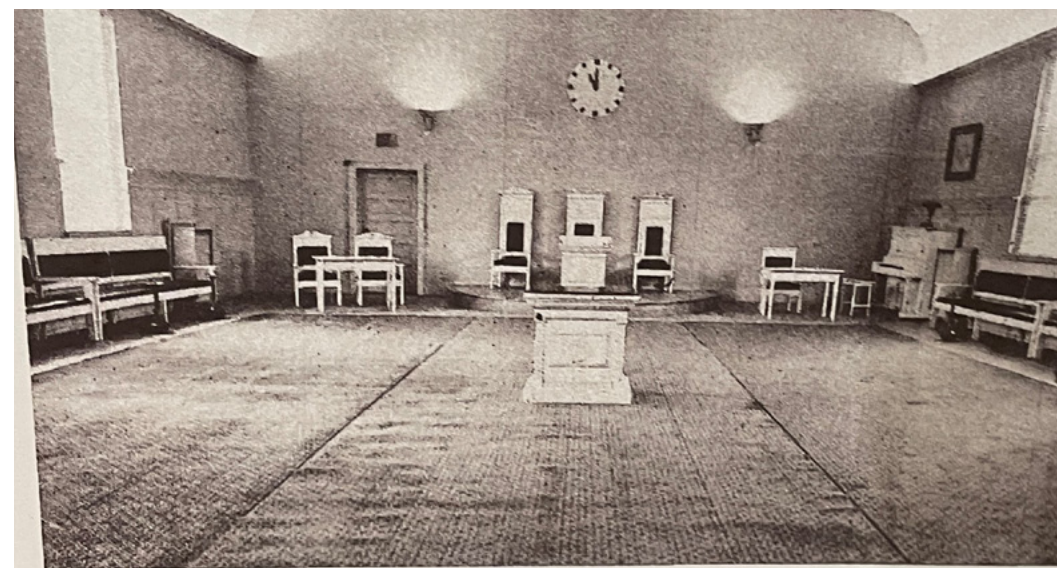
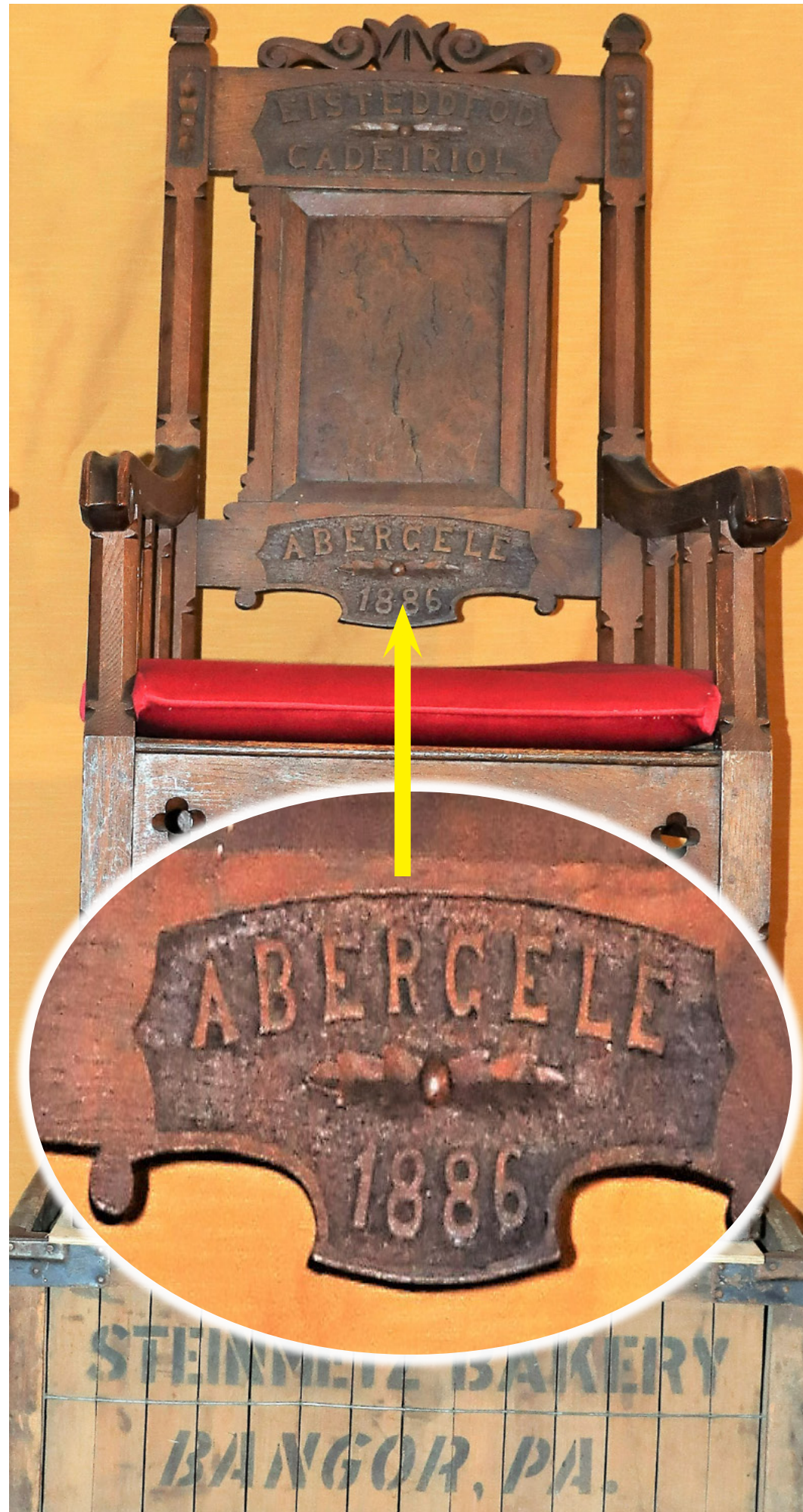
However, in 1908, the Bangor Elks (*Below*) took a step that would set them apart when they decided to construct their own building.

As time went on, the service clubs continued to thrive, and their halls became symbols of community pride and togetherness. Over the years, the halls witnessed countless celebrations, gatherings, and acts of benevolence, each etching a new chapter in the history of the Slate Belt.

Yet, amid all the grandeur and celebration, there was a peculiar treasure in one of the halls—a chair unlike any other in the United States. Handmade in Wales, the chair was an Eisteddfod Chair, intended to be presented to the winner of a Welsh Eisteddfod—a competition celebrating song writing, singing, oration, and poetry writing. The esteemed winner of this competition was crowned and granted the title of Bard, one of the highest honors one could achieve in life. (**Chair on display at the Slate Belt Heritage Center**)

The chair (*Right*) presented in 1886 to the victorious bard in the Welsh town of Abergele, bore the name of its maker, J. R Ellis, displayed on a brass plaque on its back. It was a one-of-a-kind masterpiece, rich in history and significance. How this chair found its way to one of the halls in the Slate Belt remains a mystery, but it became a cherished relic, symbolizing the connections between the Welsh heritage and the proud community that had adopted it.

And so, the halls of the Slate Belt stood as a testament to the power of unity and shared values. These service clubs and their members, diverse in backgrounds and aspirations, worked hand in hand to create a tapestry of benevolence and compassion, leaving an indelible mark on the Slate Belt and its people. The grand halls, with their lofty ceilings and ornate decor, echoed the laughter and stories of generations past, continuing to inspire new generations to come together, to serve, and to be a force for good in their beloved communities.



LODGE ROOM



Working Moms Reveal Most Annoying Things Colleagues Say

.”

By Mustafa Mirreh via SWNS

Working moms are on a mission to reduce the number of times they hear comments from colleagues like “she’s only part time,” “I forgot you leave early” and “I wish I could have Fridays off.”

A study, of 1,000 employed moms, revealed the common remarks they face in the workplace including, “you look tired,” “enjoy the rest of your week off” and “can’t your partner do any of the childcare?” But 55 percent are determined to change workplace lingo and get more recognition in the office.

And while 38 percent feel their work provides a great support network, 29 percent wish they heard more supportive phrases like “you’re doing a brilliant job,” “thanks for all your work this week” and “your children come first” more often.

However, 63 percent believe their colleagues mean no harm when making such comments.

While 26 percent admitted a co-worker has corrected themselves midway through saying something that could be perceived as ill-informed to working parents.

The research was commissioned by MALTESERS, to launch its #MotherLover campaign which aims to help lighten the load for working moms and encourage those around them to support where they can.

It has also partnered with women’s online community Peanut to create the “Work & Motherhood” content hub, providing actionable tips, tools and real-life advice around the challenges working mothers face.

Leah Dyckes, brand director at MALTESERS, said: “It’s hard for working mums; society tells them they can ‘have it all’, but the reality is often very different.

“There are so many challenges, and it can be a real struggle to make it work – and too often the expectations and structures at work and home aren’t changing quickly enough.

‘Through the #MotherLover campaign and meaningful partnership with Peanut, which directly creates spaces for mums every day, we can help shift this dynamic by asking everyone around women to step up, to show empathy, and do what they can as allies to lighten their load.”

The research also revealed moms’ top struggles when balancing their job as an employee and parent include fatigue and burnout (41 percent),

emotional stress (32 percent), and childcare arrangements (30 percent).

While changing workdays due to child sickness (23 percent), morning preparations (17 percent) and school commitments (11 percent) were among the most stressful things for working parents.

And 82 percent said their employer is supportive of them when it comes to routine changes, such as childcare or working from home.



Top 10 Things Working Moms Would Like To Hear Less In The Workplace:

- You look tired
- She’s only part time
- I forgot you leave early
- Wish I could have Friday off
- I bet it feels like a break coming into the office
- I could never do that
- Enjoy the rest of the week off
- Must be nice to get a sleep-in on [days they aren’t in work)



Free Ice Cream In Pen Argyl



Pen Argyl Borough will be welcoming the Fidelity Bank Sweets & Treats van on Friday, July 21st from 4-7 pm for FREE icecream!! In addition to the delicious ice cream, everyone can enjoy a ride on our historic carousel for \$1, a game of golf will be discounted to \$3 and the Pool Pals will be there with crafts for the kids along with a donation!! It's going to be a Fun Friday night at Weona Park!! We hope to see everyone there!!

Families First 21st Annual 5K Race & 1 Mile Fun Walk

Join Families First as they celebrate their 21st year serving residents in the Pen Argyl Area School District and participate with annual 5K Race & 1 Mile Fun Walk on Saturday, September 9, 2023.

The Race and Walk will start at 9 am in the Wind Gap Borough Park. Registration the day of the Race will begin at 7:30 am.

This event is for the entire family. All proceeds will go to support the Adopt-A-Family Holiday program and activities provided by Families First. "PEOPLE HELPING PEOPLE" in the Pen Argyl Area School District!

A copy of our official registration form can be downloaded from the Families First website: www.familiesfirstopenargyl.org.

Non-Refundable Entry: \$20 per person or \$50 for a family of three or more before September 9th; \$25 per person on Race Day. Family entries must be mailed together. Students - \$15 entry fee.

Checks payable to: Families First and mail to Families First Race Committee 1620 Teels Road, Pen Argyl, PA 18072.

Entry includes a quality T-Shirt and Race Bag guaranteed to the first 100 runners and a great opportunity to support a worthwhile cause.

Raffle: Each race participant will be assigned a raffle number. Randomly selected numbers will receive a prize.

Support: Be creative in showing your support for Families First on Social Media. Submit your entry to our Families First Race Committee and the Board of Directors will award several prizes for creativity and content.

All levels of sponsorship will include: publicity, listing of corporate logo or Name on the event T-Shirts, and the opportunity to place informational material in the Runners Race Bags. For sponsorship information, contact the Families First Director, at 610-863-3688 or via email to jones.frank@penargylsd.org. A copy of the Sponsorship form can also be down loaded from our Families First Website. All sponsorship request forms must be received by August 11, 2023 in order to be listed on the Race T-Shirts.

Your organization or business may prefer to donate items, such as gift certificates or gift cards for our raffle at the event.

For more information about Families First, check out our website www.familiesfirstopenargyl.org and Like us on Facebook.

Historical Maps Program Planned Heritage Center

The Slate Belt Heritage Center will hold their monthly historic program on Thursday, August 10th @ 7:00 PM. Speaker for the evening will be Mr. Joel Hoffner. Join Mr. Hoffner as he introduces the new Lehigh Valley Historical Maps Consortium (LVHNC) website that accesses the map inventory, discusses a selection of maps that are particularly fascinating and reviews the progress of an early schoolhouse mapping project here in the Slate Belt and entire Northampton County.

Genealogy and local history researchers sometimes overlook the treasure trove of information contained on maps and other geographical and visual image documents. The (LVHNC) was founded to create an inventory of these types of documents available to the public at twenty-two regional institutions. Mr. Hoffner is a Lehigh Valley native who has cataloged collections at the Northampton County Historical and Genealogical Society, National Museum of Industrial History, Moravian Archives, Moravian Historical Society and Hunter Martin Museum in Lower Mt. Bethel Twp.

He has published four books mapping the tracts of land occupied by the early Warrantees and Patentees of ten of the townships of Northampton County. The event is free and open to the public. The Heritage Center is located at 30 North 1st Street, Bangor, Pa. Contact Karen Brewer @ 484-894-5661 for additional information.



Wind Gap Community Pharmacy presents
"Stuff The Bus"
A bus will be located in the parking lot of our pharmacy for the community to bring donations to "stuff the bus". The donations will then be distributed throughout the local school districts to help out multiple families with school supplies. Teachers all over the country spend their own money on supplies to help the kids whose family can't afford it. Therefore, we would like to give back to the teachers who give their all to their kids as they deserve some recognition for doing so.

List of supplies needed (but not limited to):

- | | |
|----------------------|------------------------|
| Backpacks | Glue sticks |
| #2 pencils | Bottle of white glue |
| Pens (black or blue) | Calculator |
| Loose leaf paper | Agenda |
| 3 ring binders (lin) | Scissors |
| Subject dividers | Pencil case |
| Pocket folders | Tissues |
| Erasers | 1 subject notebooks |
| Crayons | Disinfectant wipes |
| Highlighters | Rulers |
| Sharpies | Book covers |
| Paper clips | Expo dry erase markers |
| Staples | Lamination pouches |
| Tape | Post-it notes |

If any businesses are interested in donating towards our "Stuff the Bus" event please contact us at the number or email below.

The bus will be here for a few days to make it easier for everyone to attend. We are able to accept donations before the 5th of August should you not be able to attend our event.



August 5th, 2023
31 W 1st St, Wind Gap, PA 18091

CONTACT US:
(610)881-4260
Windgaprx@gmail.com

Wind Gap Community Pharmacy is accepting donations of school supplies (or you can drop off a check with the memo "school supply donation" made out to Wind Gap Community Pharmacy. We are looking to accept donations of the following school supplies on the list below. If you are a business and looking to donate please feel free to contact me or contact the information on the flyer.

Historic Poster On Car Window Tells Important Story About World War II

An 80-year-old poster on the window of a Dodge Car, circa 1942, on display at the Jacktown Summer Show held this past weekend tells a story about gasoline conservation during World War II.

This poster was designed by the American government for their World War II campaigns. The poster encourages people to use car share and encourages them to make direct inquiries at the ‘Transportation Center.’ The design depicts Hitler “taking a back seat” riding in a car while saluting.

During World War II, anti-Nazi propaganda was used to help the United States during the war. Some specifically, to persuade Americans to conserve resources so they could be utilized in war. One propaganda poster states, “When you ride ALONE you ride with Hitler! Join a Car-Sharing Club TODAY!” It shows a picture of a man driving a car, and an outline of Hitler in the passenger seat. Weimer Pursell created it in 1943 to help conserve oil.

During this time, many people found the ability to drive to be free and independent, so having this freedom taken away most likely angered many Americans. The reality of it was, the government just wanted people to change the way they drive in order to help the war effort, by rationing gasoline. This included a speed limit and car sharing. It did influence the driving culture at the time as it put a halt to the popularity of cars. Propaganda convinced Americans that if they did not ration gasoline, they were siding with Hitler.

The “Ride with Hitler” propaganda poster shows that during this period it was important for American citizens to work together to support the US military because otherwise they would be supporting Hitler.

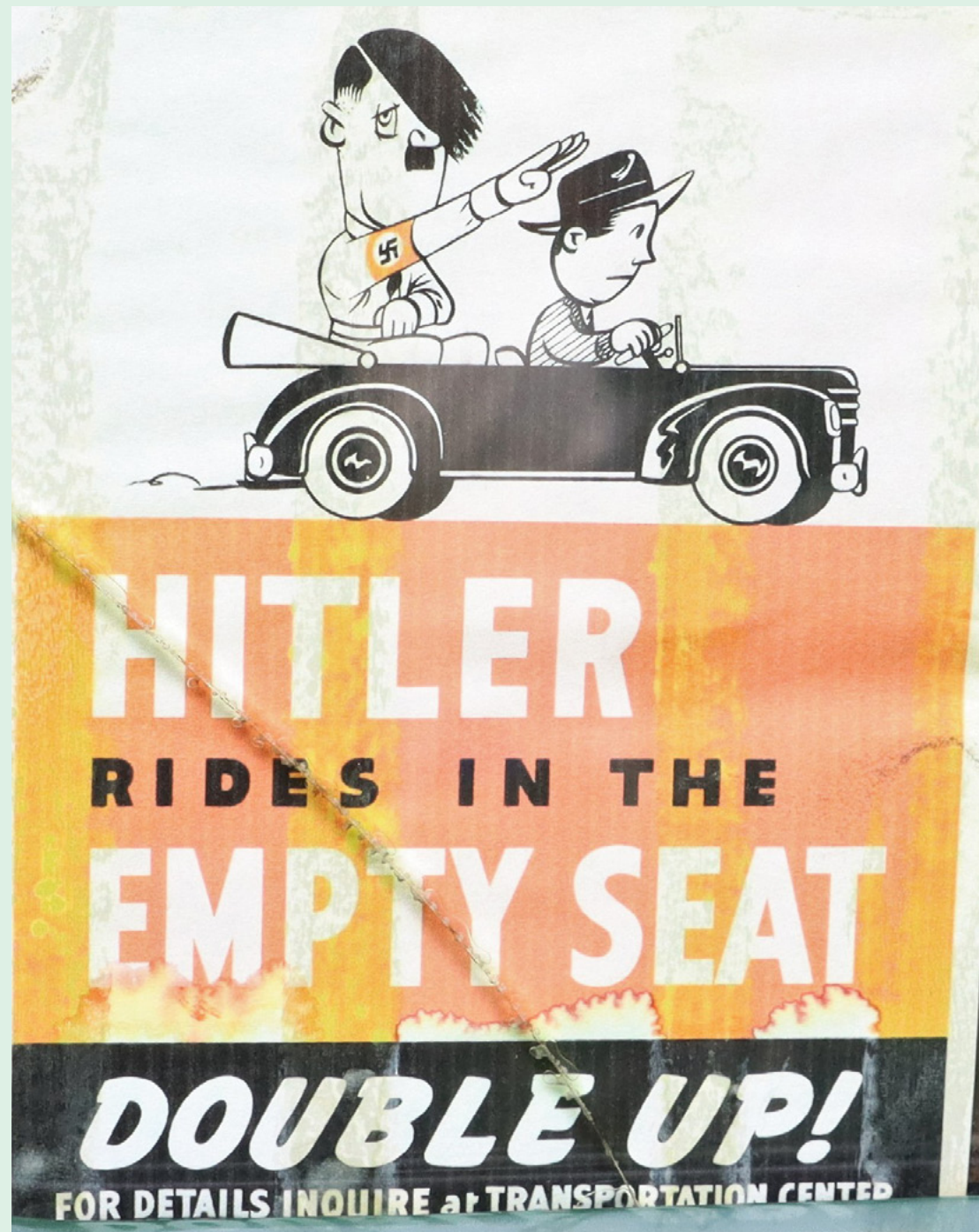


PHOTO GALLERY
Photos: Larry Cory

Jacktown Show a Big Hit

Thousands Attend Despite Thunderstorms



PHOTO GALLERY
More Photos Tomorrow
Photos: Larry Cory



Disability Pride Festival Planned for Tomorrow

Allentown, PA - A disability pride festival event takes place on Saturday, July 22 from 11 a.m. to 3 p.m. at Penn State Lehigh Valley in Center Valley, PA. Admission is free and open to the public.

Disability Pride Lehigh Valley is a welcoming community event serving as an inclusive and supportive environment that honors disability culture and promotes disability pride. Modeled after other Disability Pride Pennsylvania events, Disability Pride Lehigh Valley aims to create a centralized event in our community where individuals come together through the power of the arts to foster disability celebration.

Disability Pride Lehigh Valley will feature live musical performances and a pop-up visual art exhibit that showcase the talents of the Lehigh Valley disability community. Americana Rock band Gooch and the Motion will be headlining the festival along with local performing artists Controlled Chaos, Friends of Tom Band, Larry Mason, and Nicole Rissmiller. The visual art exhibit will feature work by 11 local visual artists.

The event also features resource tables, games for all ages, and a Chill Zone sensory room with calm, quiet activities for attendees who need a break from the action. Food Cactus Blue Mexican Restaurant and The Udder Bar will be available for purchase.

Disability Pride Lehigh Valley is accessible to all. Jacqui Schwartz, LVACA Accessibility Manager, explains, “Our ultimate goal is to make Disability Pride the epitome of accessibility and inclusivity in the Lehigh Valley, ensuring that everyone can actively participate and feel welcome.” The campus at Penn State Lehigh Valley is fully accessible to individuals with mobility access needs. Recorded audio description will be provided for visual arts and American Sign Language interpreters will be working throughout the event to provide ASL interpretation for announcements and performances.

For more information about Disability Pride Lehigh Valley, email info@lvaca.org

Basketball Clinic At Slate Belt Y Monday

The Greater Valley YMCA, in partnership with Chestnut Retreat Center and the Lehigh Dialogue Center for the 3rd Annual Basketball Clinic, announces two free youth basketball clinics with pro basketball player, Enes Freedom.

The clinics will be hosted on Monday, July 24th, at the Greater Valley YMCA's Slate Belt Branch and Easton/Phillipsburg Branch.

Morning Clinic: 10:00 a.m.-12:00 p.m. at the Slate Belt YMCA Branch located at 315 West Pennsylvania Avenue, Pen Argyl, PA 18072

Afternoon Clinic: 3:00 p.m.- 5:00 p.m. at the Easton/Phillipsburg YMCA Branch located at 1225 West Lafayette Street, Easton, PA 18042.

Freedom will teach the basketball clinics for children ages 8-18 for about 60-90 minutes, and then will allow another hour or so for autographs, pictures and refreshments. Participants are encouraged to bring their own memorabilia for Freedom to autograph. A parent/guardian must be present during the event.

Pre-registration for the event is required for this clinic and registration will be open until capacity is reached. Register at www.gv-ymca.org/events

The events provide a unique opportunity for Lehigh Valley youth to learn basketball skills and teamwork directly from a professional basketball player. In 2011, Enes Freedom was the third overall pick in the NBA draft. Over the past decade, Freedom has played with the Boston Celtics, New York Knicks, Oklahoma City Thunder, Portland Trail Blazers and the Utah Jazz.



We Got Your Back! School Backpack Giveaway



Free
Underwear!

Saturday, August 5, 2023
11 am to 3 pm

Free
Socks!

First United Methodist
Church of Bangor
55 North 3rd Street, Bangor, PA



All elementary aged children – Kindergarten to 6th grade – are invited to come out and choose a backpack filled with school supplies. While supplies last.

Free Lunch:

Courtesy of Big Papa's
Smokin' Food Truck
Hamburgers, Hot Dogs
French Fries



Keystone Party Snack Mix
Courtesy of Keystone Snacks



Free scoop of Ice Cream
Courtesy of The Local Scoop



Free Back to
School Haircuts
Courtesy of
Precision Cutz
Barbershop



Thank you to Wesley United Methodist Church in Bethlehem, PA for supplying the backpacks, socks and underwear.

Saturday July 22, 2023
11 AM - 3 PM
Penn State Lehigh Valley



Sixth Annual Slate Belt Sprint 5k

The Slate Belt Y 6th Annual Sprint 5K will be held Saturday August 19 starting 8:15 am at 315 W Pennsylvania Ave, Pen Argyl, PA This is a family event, as well as an event for competitive runners. The challenging, but achievable, course is great for beginners or experienced runners alike.

Register by July 23, 2023 to save! Registration is only \$25 and includes a race t-shirt. Children ages 8-11 can register for the 5k for only \$15 with a participating adult and will receive the same awesome t-shirt. Prices increase on 7/24 and 8/14, sign up early to save!

Children ages 7 and under can participate in the short Kids Fun Run for free. Start times: 7:00 a.m. Day of Registration Opens 8:15 a.m. 5k Run/Walk begins 9:15 a.m. Kids Fun Run begins

AWARDS: First Place Overall Male & Female, Top 3 Male & Female by Age Group: 11 & under, 12-19, 20-29, 30-39, 40-49, 50-59, 60 & up



WHEN IN DOUBT, KEEP PETS OUT!

Don't let your pets swim in,
play in, or drink discolored
or scummy water.

Find out why at
www.cdc.gov/habs



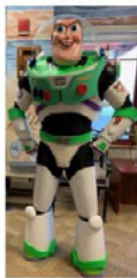
CS341119-A

**40th Annual
National Night Out
in Roseto Borough
August 1, 2023
5-8 pm
Roseto Ballpark**



LVHN- MedEvac

Buzz Lightyear



National Guards

ADT- National Sponsor for NNO

Columbia Fire Co #1

Blue Valley Rescue

Roseto Police with Kids ID

Shawnee Baking Co.

Dinky's Ice Cream

Miss Julie's Dance Studio

Elks' Drug Awareness

and much more.

Roseto Community Events

Summer Reading at the Park

June 21, 26

July 5, 12, 26

August 2, 9

10:00-11:30

Roseto Ballpark

Big Time Celebration

July 25-30

National Night Out

Tuesday, August 1

5:00-8:00

Roseto Ballpark

Roseto Community Yard Sale

August 4, 5, 6

Roseto Helping Hands Bake Sale

Saturday, September 10

ACE Hardware Capital Plaza

No Pumpkin Way! It's a Fall Festival! & Tricky Tray

Saturday, September 30

10:00-3:00

Roseto Ballpark

Roseto Fall Festival

Saturday, October 14

6:00-8:00

Roseto Ballpark

Veterans Day Service

Saturday, November 11

9:30

Mount Carmel Cemetery

711 Liberty Ave. Roseto

Roseto Helping Hands Bingo

Sunday, November 12

Doors open at 12 and Games begin at 1:00

American Legion

143 Garibaldi Ave. Roseto

Christmas Tree Lighting

Sunday, November 26

6:00



FOOD | BEER | WINE & SPIRITS | MUSIC

45 BROADWAY, BANGOR, PA 18013 | THURSDAYS 5 PM - 9 PM

YOGA CLASS

With

Registered Yoga Teacher
Becky Gillen

200 Hour RYT!



Tuesdays

8 - 8:45 PM

\$8 Suggested
Donation Per Class

118 South First Street - Bangor - 610-452-9348
greg@cleanslatebangor.org

Summer Sounds 2023 Concerts

Weona Park

July 23

Lost Ramblers .. String Band
playing Bluegrass, old time
music & more.

August 6

Large Flowerheads ...Musical
sights and sounds of the groovy
60s

August 20

Philadelphia Funk Authority
... More than funk . Party music
from the past five decades

Wind Gap

July 30

Joey and the T-Birds ... 50s,
60s Doo Wop

August 13

New Individuals ..Oldies 60s
and 70s

August 27

Last One Standing ... County,
Classic Rock and oldies mix.

All concerts are free, begin at 6 P.M at Wind Gap or Weona Park
Band shells, as noted. For Pen Argyl, please watch for notifications
(Pen Argyl Borough WEB, Facebook, Nixel, etc.) on any weather-
related change of venue or rescheduling of the event.

Blue Flame Holistic Fair

Blue Flame Events is hosting our first annual Holistic Fair inside the Palmer
Park Mall on August 5th from 11AM to 4PM!

We're looking for vendors (holistic & non-holistic) to join us for this
unique event. We're also looking for event contributors to participate in
mini lectures and demonstrations. They're also looking for sponsors Vendor
Cost = \$40 per space.

To request a registration link or sponsorship packages for text Blue Flame
Events at (272)-200-8163 or email blueflameevents@yahoo.com.

<https://facebook.com/events/s/holistic-fair-explore-the-alte/1405325460242023/>

For more unique opportunities by Blue Flame Events check out our website
at www.blueflameevents@yahoo.com

BANGOR FARMERS' MARKET



WEDNESDAY EVENINGS 4PM-8PM

BEGINNING JULY 12TH AND CONTINUING
THROUGH OCTOBER (WEATHER PERMITTING)

FRESH MEATS, PRODUCE, SOAPS, BAKED GOODS AND MORE!
LOCATED ON BROADWAY IN BANGOR, PA. 18013

SHOP THE MARKET AND OUR MANY DOWNTOWN BANGOR
STORES. GRAB A BITE TO EAT AT ONE OF OUR
RESTAURANTS, PUBS, OR WINERIES



FOR VENDOR FORMS
EMAIL BANGORMARKETING@JANELLCONNOLLY.COM

Slate Belt Town Topics

NEWS TODAY NOT NEXT WEEK

sbtopics@rcn.com

July 21 2023

www.sbtopics.com

Slate Belt 7-Day Weather Forecast

Mostly Cloudy, Showers 82 Today

Mostly Sunny 80 Saturday Sunny 83 Sunday

National Weather Service Forecast - 6am Today

Today, Showers and thunderstorms likely, mainly before 9am. Some of the storms could produce gusty winds and heavy rain. Patchy fog before 9am. Otherwise, mostly cloudy, with a high near 82. South wind around 5 mph becoming southwest in the afternoon. Chance of precipitation is 60%. New rainfall amounts between a half and three quarters of an inch possible.

Tonight, A slight chance of showers and thunderstorms before 9pm. Mostly clear, with a low around 62. Northwest wind around 5 mph. Chance of precipitation is 20%.

Saturday, Mostly sunny, with a high near 80. Northwest wind 5 to 15 mph. Saturday Night Clear, with a low around 58. Northwest wind around 5 mph becoming calm after midnight.

Sunday, Sunny, with a high near 83. Light and variable wind becoming west 5 to 10 mph in the afternoon.

Sunday Night, Mostly clear, with a low around 62.

Monday, A chance of showers and thunderstorms after 2pm. Mostly sunny, with a high near 84. Chance of precipitation is 30%.

Monday Night, A chance of showers and thunderstorms before 8pm. Partly cloudy, with a low around 64. Chance of precipitation is 30%.

Tuesday, A chance of showers and thunderstorms after 2pm. Mostly sunny, with a high near 84. Chance of precipitation is 30%.

Tuesday Night, A chance of showers and thunderstorms before 8pm. Partly cloudy, with a low around 65. Chance of precipitation is 30%.

Wednesday, Mostly sunny, with a high near 85.

Wednesday Night, Partly cloudy, with a low around 66.

Thursday, Mostly sunny, with a high near 88.



Special Events

PUBLISH YOUR EVENT

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

July 22

Summer of Pride

Please join us on July 22, 20 from 12-6pm to celebrate "Summer of Pride" we are joining in with Pocono Pride and Lehigh Valley Pride this year for the first annual Slate Belt Pride Fest. They are doing this to bring awareness, to educate and to build a better and stronger community. Please see our flyer below.

They are also looking for sponsorships, vendors and entertainment. So if you would like to join in all the fun that we are bringing please reach out to Marc Royal personally.

July 24

Basketball Clinic

Register for a Youth Basketball Clinic with Enes Freedom! Here is your child's chance to learn basketball skills and meet a professional basketball player!

Enes Freedom will be at the Slate Belt Y Branch from 10:00 AM to 12:00 PM & our Easton/Phillipsburg Branch from 3:00 PM-5:00 PM on Monday, July 24 to teach and inspire kids ages 8-18 about the amazing sport of basketball!

Free and open to the entire community! Space is limited, so register today at: <https://www.gv-ymca.org/events.html>

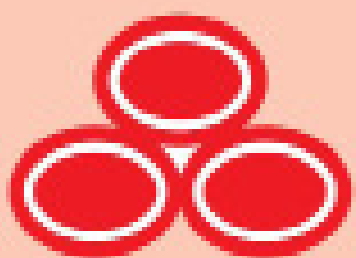
July 27

Weekly Weeders

Thursday, July 27 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,

CONTINUED PAGE 15



State Farm

Debbie Pettinari Agency
106 S. Broadway, Wind Gap, PA
610-881-4433

www.debbieinsurespa.com

debbie.pettinari.wz73@statefarm.com



SLATE BELT WEATHER AND YOU

Temperature

(Today's Forecast

High

Low

82

62

Daily Average Temps

84

63

COPD

0 1 2 3 4 5 6 7 8 9 10

Combination of weather factors that can make one less or more likely to develop a pulmonary attack. Lower numbers are less while higher numbers increase the chance.

Asthma Index

0 1 2 3 4 5 6 7 8 9 10

Combination of weather factors that can trigger asthma. A higher index mean more people w/asthma could be affected by temperature and allergens.

Sinus Headache

0 1 2 3 4 5 6 7 8 9 10

Combination of weather factors that can make one less or more likely to develop a migraine. Lower numbers are less while higher numbers increase the chance.

Migraine Headache

0 1 2 3 4 5 6 7 8 9 10

Combination of weather factors that can make one less or more likely to develop a migraine. Lower numbers are less while higher numbers increase the chance.

Common Cold

0 1 2 3 4 5 6 7 8 9 10

Combination of weather factors that can make one less or more likely to catch a cold.. Lower numbers are less while higher numbers increase the chance.

Air Quality

AM Reading

Pen Argyl- 35

Bethlehem - 34

Allentown - 44

Portland- 51

→

Good 0-50

Moderate (51-100)

Bad for Some (101-150)

Very Bad 150+

Arthritis Index

0 1 2 3 4 5 6 7 8 9 10

Scale of 0-10 with 0 indicating a very low risk of weather-related arthritis pain, and 10 indicating the highest chance of pain.

Cooling Degree Days

Yesterday

Season

10

420

Used to track energy use. Add the daily high and low temperatures, divide by 2 and add 65 to calculate heating degree days.

Rainfall/Snowfall

Rain

Recent - .55

Month - 8.50

Year - 32.68

Snow

Recent - 0.0

Month - 0.0

Season - 10.50

UV Index

0 1 2 3 4 5 6 7 8 9 10 11 12

High Risk -11:00am - 5:00pm Today

(Ultra Violet Rays) Lower number indicates low risk of harm from unprotected sun exposure, higher numbers indicate greater risk

Heating Degree Days

Yesterday

Season

0

0

Used to track energy use. Add the daily high and low temperatures, divide by 2 and subtract 65 to calculate heating degree days.

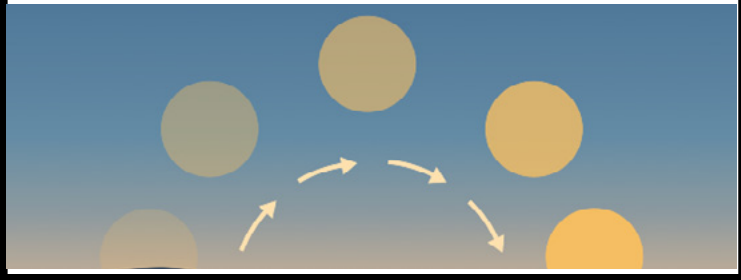
Sun

Sunrise

5:47AM

Sunset

8:27 PM



Pollen-Allergy Forecast

0 1 2 3 4 5 6 7 8 9 10 11 12

Top Allergens - Grasses, Chenopods, Plantain

Scale of 0-12 with zero indicating the least potential allergy and 12 the most. Most prevalent allergen is Ragweed

Flu Index

0 1 2 3 4 5 6 7 8 9 10

Flu index: (0-10) Combo of historical data and temperature. A high flu index means the spread of a flu is very favorable, assuming the disease is present

Bangor Library - New Books

New in the Bangor Public Library
July 14 to July 20

Adult Fiction

Flags on the Bayou: A Novel by James Burke
An Evil Heart: A Kate Burkholder by Linda Castillo
Hello Stranger by Katherine Center
Before She Finds Me: A Novel by Heather Chavez
Wild Fire by Ann Cleeves
Grave Descend by Michael Crichton
Must Love Flowers: A Novel by Debbie Macomber
Obsessed: A Michael Bennet Psychological Thriller by James Patterson
Forget Me Not by Julie Soto

Adult Nonfiction

President Garfield: From Radical to Unifier by C. W. Goodyear
Chaos: Charles Manson, the CIA, and the Secret History of the Sixties by Tom O’Neill

Easy Fiction

The Koala Who Could by Rachel Bright
Reindeers are Better than People by Calliope Blass
Bruce and the Legend of Soggy Hollow by Ryan T. Higgins
Farfallina and Marcel by Holly Keller
Grumpy Monkey Don’t Be Scared by Suzanne Lang
Pop-up Peekaboo! Pumpkin by Clare Lloyd
Santa Claus by Jo Ryan
Night-Night North Carolina by Katherine Sully
Wacky Farmyard by Igloo Books
You’re Finally Here! By Melanie Watt

Easy Reader Fiction

Barbie as the Island Princess by Daisy Alberto
Little Lost Dolphin by Kristen L. Depken
Cooking with the Grinch by Tish Rabe

Junior Fiction

The Skull: A Tyrolean Folktale by Jon Klassen

Junior Non Fiction

American Dreams: A Treasury of 40 Inspiring American by Ma Isabel Sanchez Vegara

DVDs

Are You There God? It’s Me Margaret
Scream VI

Blue Mountain Library - New Books

Adult Fiction:

The Echo of Old Books, Barbara Davis
The Surgeon, Leslie Wolfe
Fifth Avenue Glamour Girl, Renee’ Rosen
The Lonely Hearts Book Club, Lucy Gilmore
The Audrey Hepburn Estate, Brenda Janowitz
Seabreeze Wedding, Jan Moran
Simply Lies, David Baldacci
The Plot, Jean Korelitz
Letters of Trust, Wanda Brunstetter
The Half Moon, MaryBeth Keane

Adult Large Print:

All the Days of Summer, Nancy Thayer
Strawberry Lane, Jodi Thomas
Identity, Nora Roberts
The House on Prytania, Karen White
The Loner, Diana Palmer

Fundraiser

The Blue Mountain Community Library will hold a Fundraiser at The Scorecard, 130 N. Broadway, Wind Gap, PA on Tuesday, July 27 from 11:30 am to closing. The Scorecard will generously donate a portion of all food sales that day to the Library in Pen Argyl. The Fundraiser will include Dine-In or Take-Out orders. Please consider supporting YOUR library by enjoying good food from The Scorecard that day. The money will be used to purchase new books, meet the many expenses associated with maintaining the library and for programs offered to the public. Membership is free to all residents in the Pen Argyl School District and non-residents may join for a small yearly fee. For information, call 610-863-3029 or visit www.bmcl.org. Find us on Facebook and Instagram.

Last Chance Books

The Blue Mountain Community Library will be offering “Last Chance Books” from our Book Nook during the month of August. Stop in, browse through the books, and give them a good home. Donations would be appreciated.

Also, on Sat., August 5 2023, the library will hold a ½ Price Book Nook Sale from 10:00 am to 12:00 pm. Items include adult, young adult and children fiction and non-fiction books and puzzles. Cash or check only. The library is located at 216 S. Robinson Ave., Pen Argyl, PA. Visit our website at www.bmcl.org or find us on Facebook. Call 610-863-3029 for information.

Cookbooks in the Book Nook

Do you like to cook or collect cookbooks? If so, stop into the Blue Mt. Community Library, located at 216 S. Robinson Ave. Pen Argyl and browse through the Book Nook.

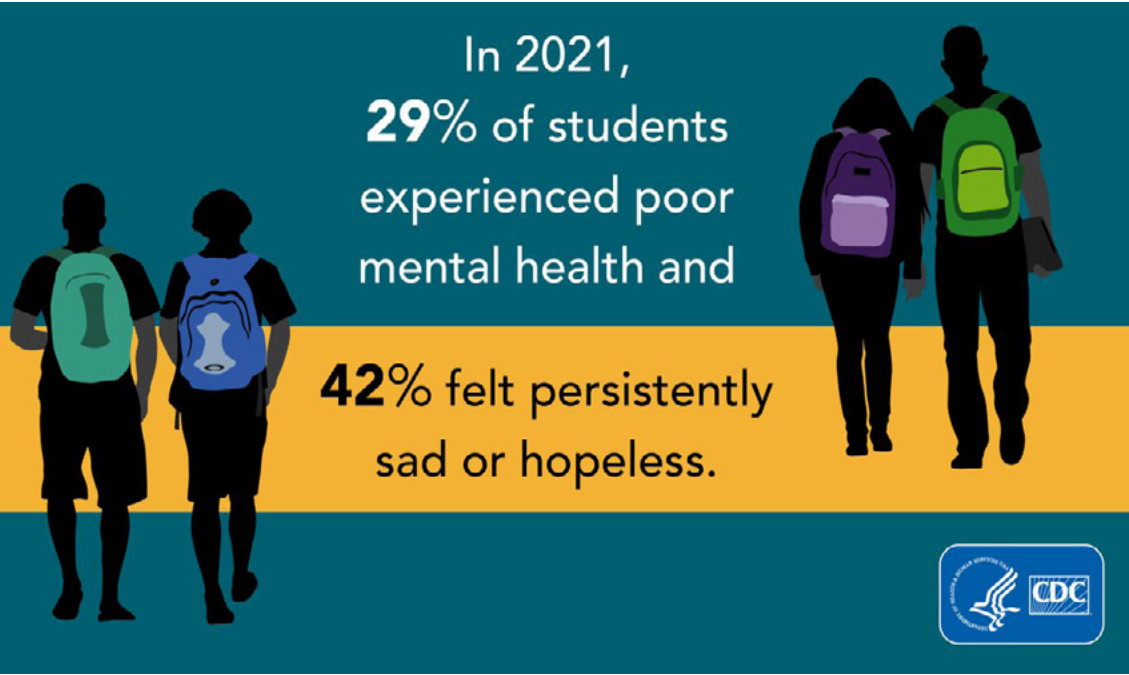
Along with many adult and children’s gently used books and puzzles, there is a large collection of cookbooks available to purchase. The library is open M-Sa, 10:00 am to Noon, and M & Th 6:00 to 8:00 pm.

Membership is not needed to purchase items in the Book Nook, but is free to all residents of the Pen Argyl Area School District. Nonresidents may join for a small yearly fee.

The library also has Pen Argyl yearbooks available to buy. Call 610-863-3029 or visit our Facebook page or website at www.bmcl.org for information about the library

PUBLISH YOUR EVENT

To publish info about your event, e-mail sbtopics@rcn.com
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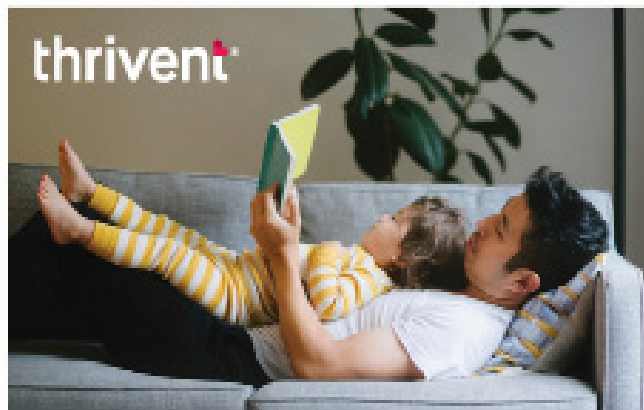
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Daily Schedule

Friday July 21

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 7pm.
Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show
UMBT Planning Commission - Township Building, 7:30pm
Slate Belt YMCA - Open 6:00am - 8:00pm

Saturday July 22

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

Sunday July 23

Fellowship Dinner - First UMC Bangor, 12:30-1:30.
Portland Sunday Sundaes - 6:30 - 8:00pm (Summer only)
Slate Belt Heritage Center - Open 12-3.
Slate Belt YMCA - 10-2

Monday July 24

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show
Bangor Borough Council - Workshop, Bee Hive, 7:00pm
Pump - 8:30-11:30
UMBT Supervisors - 7pm
Slate Belt YMCA - Open 6:00am - 8:00pm

Tuesday July 25

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show
Washington Twp. Recreation - 7pm
Roseto Zoning - 7pm
Slate Belt YMCA - Open 6:00am - 8:00pm
UMBT Zoning - 7pm Room, 7pm

Wednesday July 26

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Washington Township Supervisors Meet - Municipal Building, 3:30pm.
Slate Belt YMCA - Open 6:00am - 8:00pm
Plainfield Zoning - 6:30pm
UMBT Open Space Advisory 7pm

Thursday July 27

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 10-8
Slate Belt Senior Center - Open 8-4. Blue Valley Farm Show
Slate Belt YMCA - 6:00am - 8:00pm
Pen Argyl Council Workshop - 7pm
Plainfield Supervisors - 7pm
Plainfield Twp Fire Co. Bingo - 6:30pm
UMBT Development - 7pm

Friday July 28

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

Saturday July 29

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

Sunday July 30

Slate Belt Heritage Center - Open 12-3.
Slate Belt YMCA - 10-2

Monday July 31

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8

Tuesday August 1

Bangor Public Library - Open 1-8



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Daily Schedule

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

Wednesday August 2

Bingo - Bushkill Fire Co. Doors 5pm. Bingo Bingo 6:45 pm.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 1-8
LMBT Recreation Board - 7pm, Centerfield building
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Slate Belt YMCA - Open 6:00am - 8:00pm
Wind Gap Zoning - 7pm

Thursday August 3

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
Plainfield Environmental Advisory Board - Municipal Building, 7:00pm
Slate Belt YMCA - Open 6:00am - 8:00pm
Wind Gap Planning - 7pm

Friday August 4

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

Saturday August 5

Blue Mountain Library - Open 10-12
Bangor Public Library - Open 10-4
Mission of Love Soup Kitchen - N. Main St., Bangor. 11-2
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

Sunday August 6

Fellowship Dinner - East Bangor UMC, 4-6.
Slate Belt Heritage Center - Open 12-3.
Slate Belt YMCA - 10-2
All-You-Can Eat Breakfast - Bangor Elks 8-12pm. Adults \$10. Kid 6-12 \$6. Under 6 - Free.

Monday August 7

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Pen Argyl Sewer Committee - 4:30 P.M. Council Chambers
Pen Argyl Municipal Authority - 5:00 P.M. Council Chambers
Washington Township Zoning Board - Municipal Building, 6:30 pm.
Roseto Borough Council - Municipal Building, 7:30pm
Lower Mount Bethel Supervisors - Meets Centerfield Building, 7pm
Portland Borough Council - Borough Hall, 7:00pm
Pen Argyl Council - 7pm
Pen Argyl GFWC - St. John , Pen Argyl, 7pm

Slate Belt YMCA - Open 6:00am - 8:00pm
Pump - 8:30-11:30
Weona Park Pals - 7pm
Wind Gap Boro Council - 7pm

Tuesday August 8

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
Pen Argyl Woman's Club Meets 1:30 pm St. John's Lutheran.
Plainfield Parks & Rec - 7pm
Slate Belt YMCA - Open 6:00am - 8:00pm
Wind Gap Boro Council - 7pm (Monday Holiday meet Tuesday)

Wednesday August 9

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm.
Blue Mountain Library - Open 10-12
Bangor Public Library - Open 1-8
LMBT Recreation Board - 7pm, Centerfield building
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Slate Belt YMCA - Open 6:00am - 8:00pm
Wind Gap Zoning - 7pm

Thursday August 10

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

Friday August 11

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

Saturday August 12

Blue Mountain Library - 10-12
Bangor Public Library - 10-4
Columcille Tours - Free. 9:30-11:30. Meet at Stone circle.
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

Sunday August 13

Breakfast - Bushkill Volunteer Fire C. 7:30-12:30.
Fellowship Dinner - Breaking Bread soup kitchen, 4:00pm. Cross Road Baptist, Bangor.
Slate Belt Heritage Center - Open 12-3.
Slate Belt YMCA - 10-2

Monday August 14

Blue Mountain Library - Open 10-12 & 6-8pm
Bangor Public Library - Open 1-8
Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show
Pen Argyl Sewer Auth. - 4:30pm (If needed)
Pen Argyl Municipal Auth. - 5pm (If needed)
Bangor Borough Council - Meets Bee Hive Community Center, 7pm

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SPECIAL EVENTS CONTINUED

pull weeds, divide plants, and amend soil in the center's native plant garden. We provide instruction, tools, and weeding mats. Registration is required. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

July 29

Beginner Archery

Saturday, July 29 at 9:00am to 11:00am or 1:00pm to 3:00pm

Can you hit the target? Learn the basics of archery at Jacobsburg! Join a park educator for two hours of learning and practicing field archery! Attendees must be at least 12 years old. No experience is required, and archery supplies will be provided. Registration is required. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>.

August 1

Roseto National Night Out

National night out in Roseto will be held from 5-8pm August 1 at Roseto Ball Park.

Washington Twsp. National Night Out

National night out in Washington Twps will be held from 5-8pm August at the Municipal building for a community celebration of their police officers at the fire company headquarters..

August 3

Weekly Weeders

Thursday, Aug 3,10,17,24,31 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. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

August 5

Holistic Fair

Blue Flame Events is hosting our first annual Holistic Fair inside the Palmer Park Mall on August 5th from 11AM to 4PM!

We're looking for vendors (holistic & non-holistic) to join us for this unique event. We're also looking for event contributors to participate in mini lectures and demonstrations. We're also looking for sponsors for this fantastic event!

Vendor Cost = \$40 per space.

To request a registration link or sponsorship packages for this event text Blue Flame Events at (272)-200-8163 or email blueflameevents@yahoo.com.

<https://facebook.com/events/s/holistic-fair-explore-the-alte/1405325460242023/>

Stuff The Bus

Wind Gap Community Pharmacy is accepting

donations of school supplies (or you can drop off a check with the memo "school supply donation" made out to Wind Gap Community Pharmacy. We are looking to accept donations of the following school supplies on the list below. If you are a business and looking to donate please feel free to contact me or contact the information on the flyer.

Half Price Books

Also, on Sat., August 5 2023, the library will hold a ½ Price Book Nook Sale from 10:00 am to 12:00 pm. Items include adult, young adult and children fiction and non-fiction books and puzzles. Cash or check only. The library is located at 216 S. Robinson Ave., Pen Argyl, PA. Visit our website at www.bmcl.org or find us on Facebook. Call 610-863-3029 for information.

Ice Cream Social

Christ Evangelical Lutheran Church 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) will hold an Ice Cream Social on Saturday, August 5th from 3pm to 7pm.

Tasty homemade, hand-churned ice cream will be accompanied by hot dogs, hamburgers, sausage, chicken bar-b-cue and beverages. So come on down for dinner, dessert and a fun time. Enjoy entertainment from country singer Jeni Hackett! For information Chrissy at 610-588-0809.

August 9

Hike for Health

Wednesday, August 9 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. Registration is not required.

August 10

Weekly Weeders

Thursday, Aug 17,24,31 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. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

Historical Maps

The Slate Belt Heritage Center will hold their monthly historic program on Thursday, August 10th @ 7:00 PM. Speaker for the evening will be Mr. Joel Hoffner. Join Mr. Hoffner as he introduces the new Lehigh Valley Historical Maps Consortium (LVHNC) website that accesses the

map inventory, discusses a selection of maps that are particularly fascinating and reviews the progress of an early schoolhouse mapping project here in the Slate Belt and entire Northampton County.

August 12

Botanical Treasures of Jacobsburg

Saturday, August 12 at 4:00pm to 6:00pm

Explore the park and search for mid-summer blooms. We'll discuss the ecology of various flowers as well as any legends, myths and stories that might surround them. Be prepared for a moderate hike that may involve muddy slopes and uphill climbs. Please bring water, a snack, and wear sturdy shoes. Registration required.

Magnificent Moths

Saturday, August 12 at 8:30pm to 10:00pm

Moths are everywhere and come in a variety of colors, shapes, and sizes. Join local moth enthusiast Steve Kloiber as we search for moths and other insects of the night. This program is best for families with children ages 5 and up. Please bring a flashlight. Registration required. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

August 13

Truck, Bike Show

A truck and bike show will be in downtown Bangor from 12-4 August 13.

August 17

Weekly Weeders

Thursday, Aug 17, 24, 31 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. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

August 19

Sixth Annual Slate Belt Sprint 5k

The Slate Belt Y 6th Annual Sprint 5K will be held Saturday August 19 starting 8:15 am at 315 W Pennsylvania Ave, Pen Argyl, PA This is a family event, as well as an event for competitive runners. The challenging, but achievable, course is great for beginners or experienced runners alike.

Register by July 23, 2023 to save! Registration is only \$25 and includes a race t-shirt. Children ages 8-11 can register for the 5k for only \$15 with a participating adult and will receive the same awesome t-shirt. Prices increase on 7/24 and 8/14, sign up early to save!

Children ages 7 and under can participate in the short Kids Fun Run for free. Start times: 7:00 a.m. Day of Registration Opens 8:15 a.m. 5k Run/Walk begins 9:15 a.m. Kids Fun Run begins

AWARDS: First Place Overall Male & Female,

Top 3 Male & Female by Age Group: 11 & under, 12-19, 20-29, 30-39, 40-49, 50-59, 60 & up

August 24

Weekly Weeders

Thursday, Aug 3, 24, 31 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. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

August 26

Delaware Riverfest

Delaware Riverfest 422 Delaware Avenue, Portland, Saturday, August 26, 20 at 10 am by Blue Flame Events

Enjoy the day along the Delaware River shopping w/ vendors, food trucks, drinks, music, and more!

Walking in Historical Waters

Saturday, August 26 at 2:00pm to 3:30pm

Walk IN the Bushkill Creek. Discover how early settlers manipulated the land and water to harness the flow of the creek to power different mechanisms. Gain a different perspective as you discover remnant land use clues from the past. Late-August is a great time to walk creeks because the water is not as high as is during other months, and it is still warm enough to feel refreshed as the rippling water grazes your ankles. This program is not appropriate for children under 8 years old or for those who find it difficult to maneuver through uneven, slippery terrain. Hiking poles will be provided along with boots, waders, and sneakers of a limited size assortment. We recommend wearing water shoes, wading boots, or old sneakers. Open toed shoes, sandals, or crocs are not appropriate for this activity. Registration is required. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

Volunteer Event: Lose the Loosestrife

Saturday, August 26 at 6:00pm to 8:00pm

Although beautiful, Purple Loosestrife is an aquatic invasive plant which threatens species diversity. We will be removing this unwanted plant from our planted wetland area. Registration is Required. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

August 31

Weekly Weeders

Thursday, Aug 31 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. <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

September 10

Families First 5K

Join Families First as they celebrate their 21st year serving residents in the Pen Argyl Area School District and participate with annual 5K Race & 1 Mile Fun Walk on Saturday, September 9, 2023.

The Race and Walk will start at 9 am in the Wind Gap Borough Park. Registration the day of the Race will begin at 7:30 am.

This event is for the entire family. All proceeds will go to support the Adopt-A-Family Holiday program and activities provided by Families First. "PEOPLE HELPING PEOPLE" in the Pen Argyl Area School District!

A copy of our official registration form can be downloaded from the Families First website: www.familiesfirstopenargyl.org.

September 15-17

Pen Argyl Yard Sales

Pen Argyl Community Yard Sales - No permit needed. September 15th – 17th.

September 30

No Pumpkin Way

Enjoy a family fun filled day September 30 in the Roseto Ball Park from 10-3.! Shop with unique vendors & crafters, purchase some Tricky Tray tickets for a chance to win some amazing baskets filled with goodies! While you're there, grab some delicious food! If you're feeling ambitious you can participate in the pumpkin throwing contest. Before you leave, be sure to get your FREE Fall digital photo! This event is FREE to attend and open to the public.

We're looking for vendors and crafters to participate in this event. To request a registration please text (272)-200-8163.

Sponsorship and advertising packages are also available for this event! For more information call (272)-200-8163 or [email blueflameevents@yahoo.com](mailto:blueflameevents@yahoo.com).

Sept 30 - Oct 1

Revolutionary War Weekend

Saturday & Sunday September 30, 2023 October 1, 2023 Revolutionary War Encampment, Marching Drills, Life, Makers, Merchants. British Encampment, Skirmishes. Food Truck, Historic Buildings and Museums open for tours Saturday 10-am 4pm and Sunday 12pm - 4pm

October 14

Designer Purse Bingo

It's time for the second annual Designer Purse Bingo Wind Gap Fire Social Hall October 14 at 5pm .Tickets are \$35 in advance and \$45 at the door. Beer and Wine Slushes will be included with your ticket. Tables are available to reserve

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Trinity Lutheran Church

404 Broadway Bangor (610-588-20)

telcbangor@frontier.com

Sunday worship 9:00am

Fellowship Hall

Holy Communion: First and Third Sundays

Masks optional.

East Bangor UMC

136 W. Central Ave. (Rt.512) East Bangor

July 8- A.A Meeting 8pm

July 9- 9:30 a.m. Worship Service

July 9 Adult Sunday School

(Live & on Zoom) 10:45 Fellowship Hour

(For Zoom, go to ebumc.org to sign in)

Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064

www.gracebelfastpa.org 610-759-9080

Email: gracebelfast@rcn.com

July 9, 9:00am

6Th Sunday After Pentecost, Service Of The
Word; Sermon Theme Christian Practice Of
Forgiveness/Repentance

Flicksville UCC

1337 Lower South Main St., Bangor

Pastor Ken Hess 610-588-4648

www.flicksvilleucc.com

Worship at 10:00am

Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor

www.christpsb.org

More info 610-588-4864.

E-mail: info@christpsb.org.

Sunday Worship, 10:00 a.m.

in-person/Zoom/Facebook Live.

For more info: 610-588-4864.



Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel,
18343

<http://www.celepa.org/>

Email: 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

Sunday Worship - Weekly at 10:00 a.m.

First United Methodist Church of Bangor

Pastor Elisandra Garcia - 610-588-4673

55 North Third Street, Bangor PA

11:00am service (Communion First Sunday)

Prince of Peace Ev. Lutheran Church

Rev. Michael J. Scholtes, 610-588-55

2445 Lake Minsi Dr, Bangor

popbangor.org

poplcbangor@gmail.com

Sunday Worship 9:45 am (Weekly

Communion) Sunday School 8:30 am

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Richard
Shaplin Jr.

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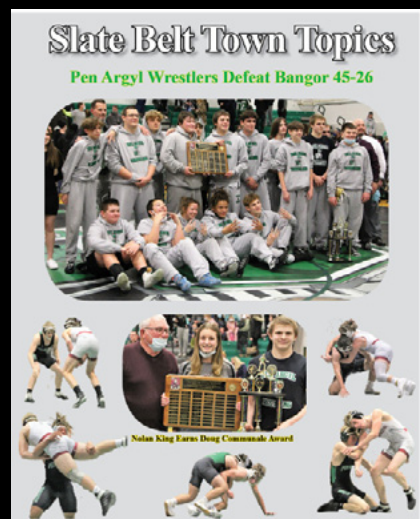
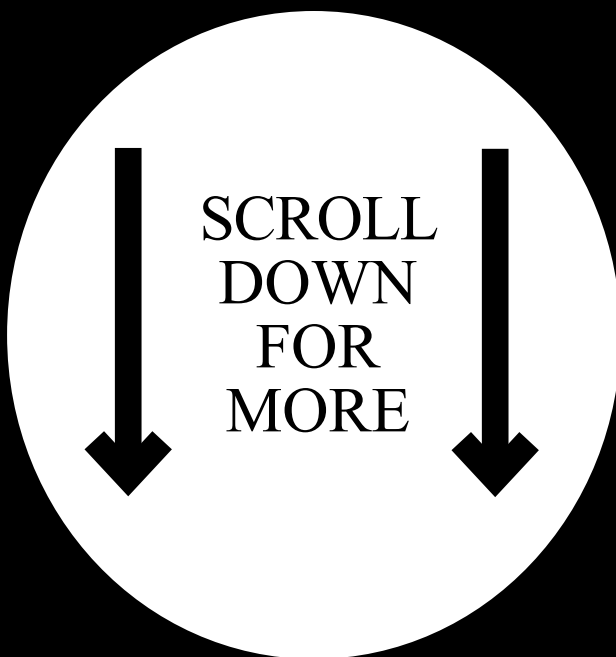
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Controlling Asthma When Air Quality is Bad

The American Lung Association Offers Important Insights



1. Outdoor Air Pollution

While outdoor air pollution can make breathing more difficult for everyone, it's particularly harmful to those with asthma, causing symptoms and increased need for medical attention, and to children, whose lungs are still growing and who breathe in more air per pound than adults. Children with asthma can be especially vulnerable to experiencing negative health effects caused by air pollution.



2.. Outdoor Air Pollution

The effects of climate change increase air pollutants like ozone, particle pollution, pollens, molds from increased rainfall and floods and smoke from wildfires. As temperatures increase, warmer air helps to form ground-level ozone pollution, also known as smog, a powerful air pollutant. Smog acts like a sunburn on your lungs and may trigger an asthma attack.

Before doing any activities outside, check the pollution level in your area by visiting [Airnow.gov](https://www.airnow.gov). When the air is bad, limit the time you and family members spend outdoors and try to move outdoor activities inside.



3. Climate Change

In some areas of the country, climate change is increasing the frequency and intensity of wildfires, and extending wildfire season. Wildfires produce smoke that contains particle pollution, consisting of dangerous particles tiny enough to travel deep into the lungs and sometimes even into the bloodstream. Particle pollution can cause asthma attacks, heart attacks, lung cancer and early death. But you don't need to live in an area prone to wildfire to be impacted. Winds can carry these particles for thousands of miles, meaning many people may have an unknown exposure. Preparation is key to protecting yourself and family. Check out American Lung Association's resources, which includes information about using N-95 masks for protection and creating a clean room inside your home. Visit lung.org/clean-air/emergencies-and-natural-disasters/wildfires to learn more.



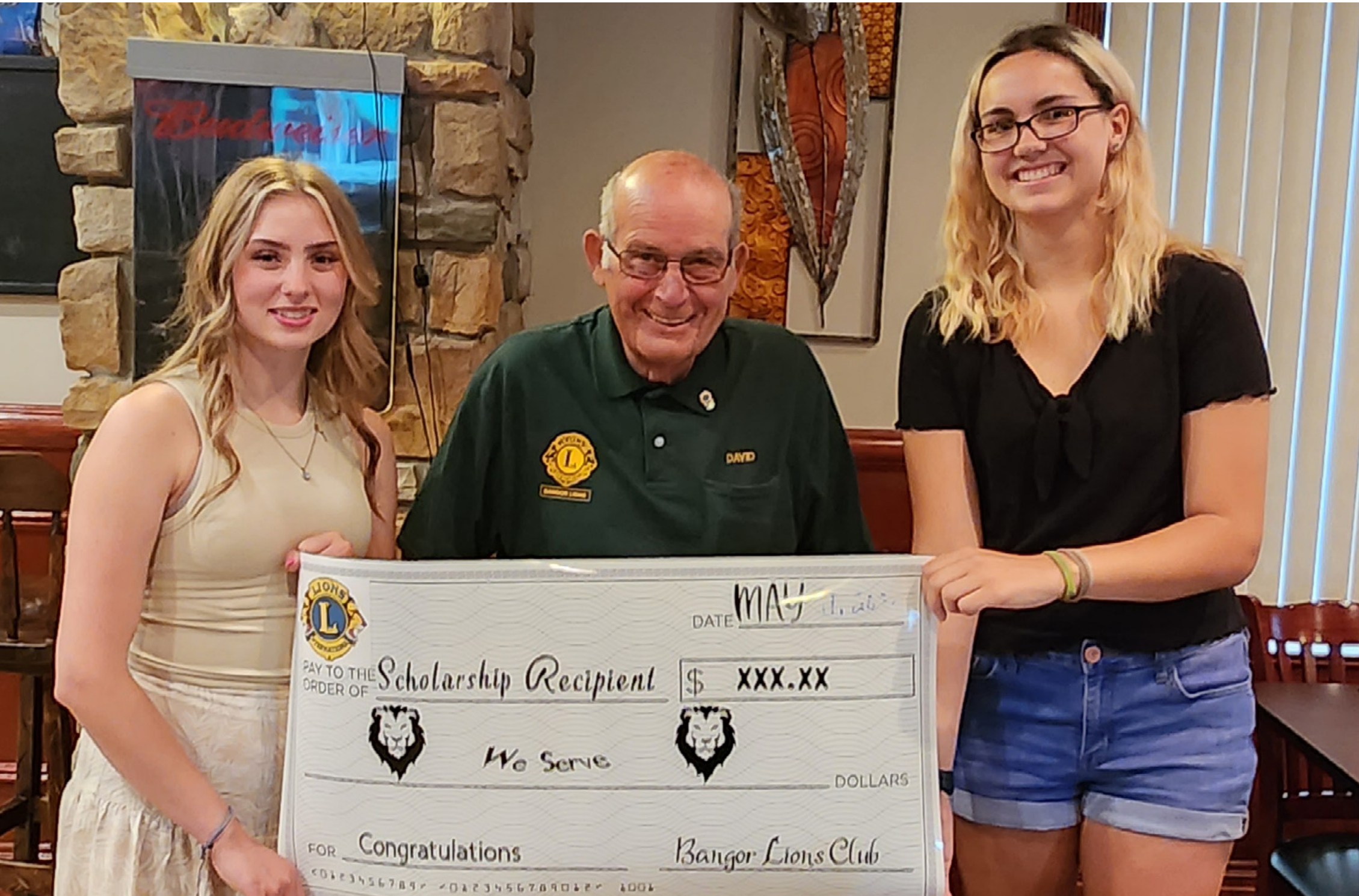
4. Taking Action

Did you know you can reduce your own contribution to air pollution and climate change? Prioritize walking, biking and public transit over diesel or gasoline-powered vehicles. Conserve electricity and purchase your power from clean, non-combustion sources if you can. Don't burn leaves or trash and avoid burning wood whenever possible. Additionally, when looking for a place to live or upgrading your home, look for efficient, zero-emission appliances like induction stoves or heat pumps. You may even be able to take advantage of tax incentives for making these upgrades. (State Point)

Bangor Lions Club Awards Scholarships



Pictured above from left to right are Lion President Zachary Miller, Holly Larsen, Emma Schwartz both from Bangor HighSchool, and Past President and Scholarship Chairperson David Shiner.



(l-r) Pictured above is Alivia Flad from Pen Argyl High School, Past President David Shiner, and Calais Lovett from Bangor High School.

BAHS Grad Angel Ackerman Writer and Publisher

Author Became Co-Founder of Parisian Phoenix Publishing in 2021

by Larry Cory

Bangor High School grad Angel Ackerman entered the publishing field in 2021 founding Parisian Phoenix Publishing. The firm was co-founded with graphic designer Gayle Hendricks and “aims to promote well-crafted writing that highlights themes and voices often overlooked in mainstream literature.”

They have an affiliate shop on [Bookshop.org](https://www.bookshop.org), where readers can find their current books. They also offer special offers and free signed books to their patrons on Patreon.

Parisian Phoenix Publishing provides services such as editing and design, allowing aspiring authors to work with their staff members to achieve their creative dreams. For more information or to order signed copies of their books directly, one can contact them at angel@parisianphoenix.com.

The name “Parisian Phoenix” reflects Angel’s passion for the French language, literature, and history, as well as the belief that it is never too late to rebuild oneself. She has a background in print journalism and has pursued creative and travel writing throughout her life. She holds a BA in English Language and Literature (with a focus on French) from Moravian College, a BA in International Affairs from Lafayette College, and has taken graduate level classes in World History at West Chester University, specializing in post-colonial Francophone Africa and Muslim relations.

She is also known for her “Fashion and Fiends” series, which combines elements of contemporary horror fiction with the humor and lightheartedness of late twentieth-century “chick lit.” Her books delve into weighted topics such as domestic violence, body image and self-esteem, depression and grief, colonialism, women’s rights, coming-of-age, religion, infibulation, infertility, and blended families. Ackerman’s characters face these challenges in their world, offering readers relatable experiences.

In addition to her writing career, Ackerman is actively involved in various nonprofit organizations. She fosters cats with Feline Urban Rescue and Rehab and provides communications oversight at ASPIRE to Autonomy, an Anti-Trafficking group.

She has also volunteered on the board of the Mary Meuser Memorial Library and the Greater Lehigh Valley Writers’ Group. In her professional nonprofit career, Ackerman has worked in public relations and “tech” curriculum development at the YWCA of Bethlehem, communications and fundraising at ProJeCt of Easton (an anti-poverty and literacy organization), and community relations and alumni publications at Lafayette College.

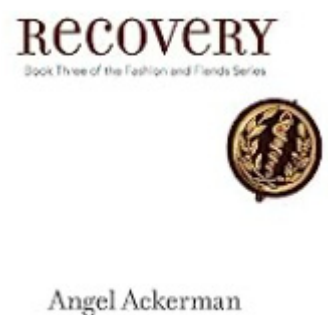
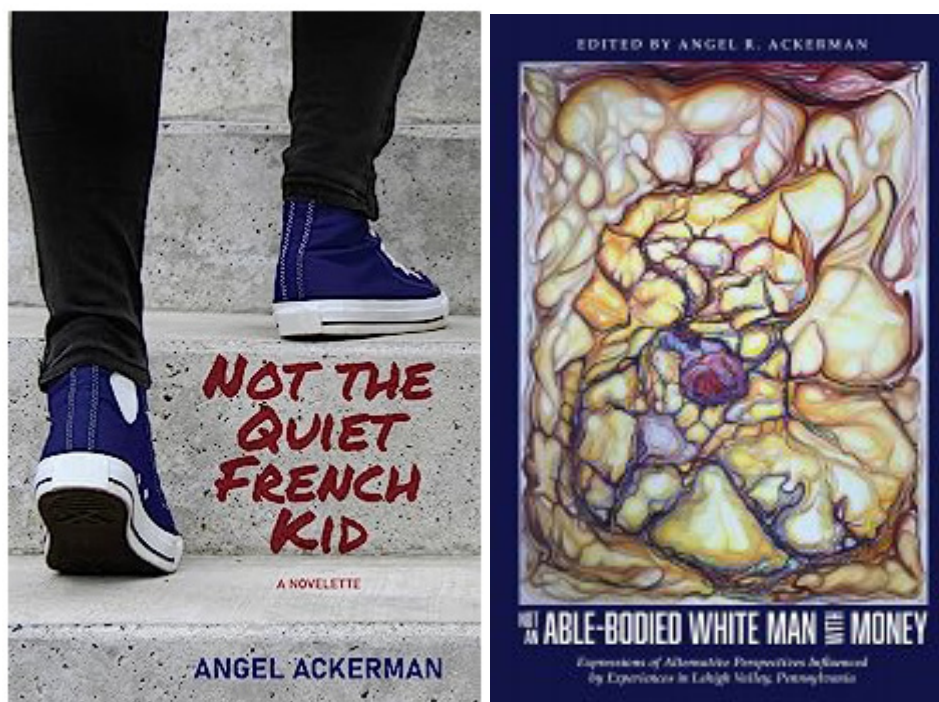
Ackerman also has a range of special interests, including France and Francophone Africa, animal welfare, disability, women’s rights, parenting, food/nutrition, and high fashion



Angel Ackerman, pictured above, is the co-founder of Parisian Phoenix Publishing. Below she poses with Joe Schwartz of Echo City Capers, an illustrator for the firm.

Photos: Larry Cory

Fashions and Fiends Series



WTVFC Car Show



PHOTO GALLERY
Photos: Larry Cory

Shop-n-Stroll w/Your Pup



Brian Fenstermaker (middle) of Slate Belt Rising which sponsored the event poses with event organizers, Tim (L) and Kim Stocker.

Slate Belt Rising is a neighborhood revitalization initiative targeting the four boroughs of Bangor, Pen Argyl, Portland, and Wind Gap through three project focus areas:

- Vibrant Economic Climate
- Quality, Affordable Housing
- Regional Cooperation & Community Engagement

We strive to achieve community and economic development in the four boroughs and throughout the Slate Belt.



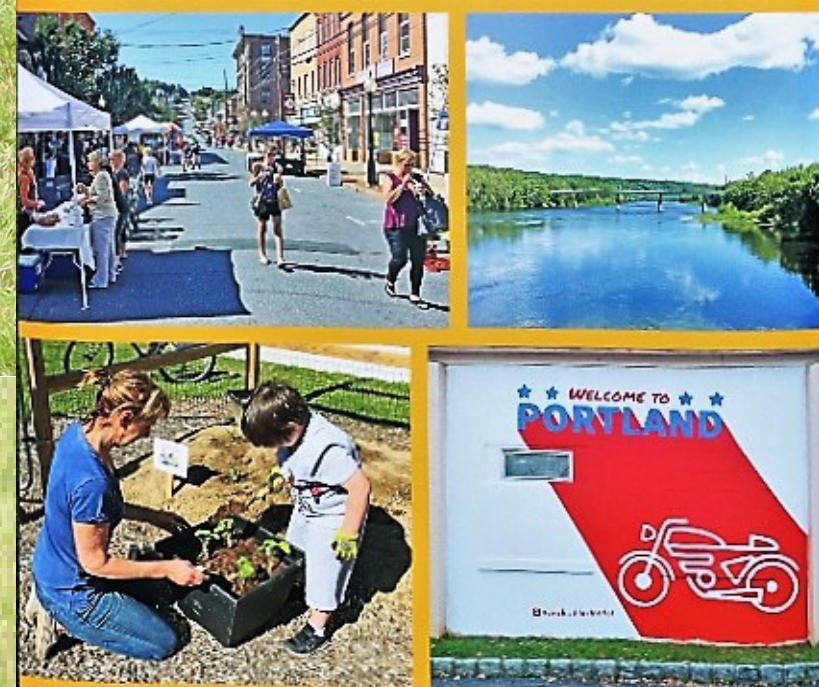
Slate Belt Animal Advocacy Group Inc

PO Box 112, Bangor, PA 18013

(610) 217-7025

www.Facebook.com/SlateBeltShelter

SlateBeltAnimalAdvocacyGroup@gmail.com



484.523.0900 slatebeltrising.org
197 Pennsylvania Avenue, Bangor, PA 18013

PROGRAM OF
COMMUNITY
ACTION



PHOTO GALLERY
(More Photos Tomorrow)
Photos: Larry Cory

Shop-n-Stroll w/Your Pup



PHOTO GALLERY
(More Photos Tomorrow)
Photos: Larry Cory

Quarry Bites & Brews Opens



Quarry Bites & Brews Opens



Caliana Huratiak, with parents Justin and Melissa to her immediate left, cuts the ribbon for the official opening of Quarry Bites and Brews in downtown Bangor which is open every Thursday evening from 5pm - 9pm. *Photo: Larry Cory* [PHOTO GALLERY](#)



Mt. Carmel Big Time Celebrating 130 Years

by Jolynn Holencik

The Our Lady of Mount Carmel Church “Big Time” is a time-honored tradition and will be celebrating 130 years of amusement, delightful food, and most importantly family. The tradition of the “Big Time” brings decades of family generations together to reminisce about old times past and to look forward to making new memories in the future.

The 130-year-old “Big Time” is one of the longest running Italian festivals in the United States and is still going strong. This year’s event will be held July 26th-30th.

The Annual “Big Time” dates back to 1893. The initial celebration was patterned after the festival that took place in Roseto Valfortore, Italy. The festival days were set aside to honor Mary, the Mother of Jesus. The festival is a five-day event beginning on a Wednesday and ending Sunday afternoon.

The “Big Time” is ever evolving but keeps the traditions intact. Entertainment, although there is no longer a circus, includes amusement rides for all ages and bands that play old school Italian favorites as well as modern hits for all generations.

A vast assortment of food complements the entertainment. This includes long

time favorites: sausage and peppers, pizza frita, pasta, and Italian pastries.

The fireworks display on Saturday night is spectacular and what makes it unique is that the show starts at 11:45 PM.

On a beautiful summer night the streets of Roseto are filled with wonder and on this one night you could call Roseto the tiny city that doesn’t sleep.

The Queen of the “Big Time” is appointed by fundraising efforts and she is crowned by the previous year’s Queen in a ceremony Saturday evening. The princess, page boys, and flower girls join The Queen on her float which parades down Garibaldi Avenue, the main street of Roseto. The queen’s court follows in convertible automobiles.

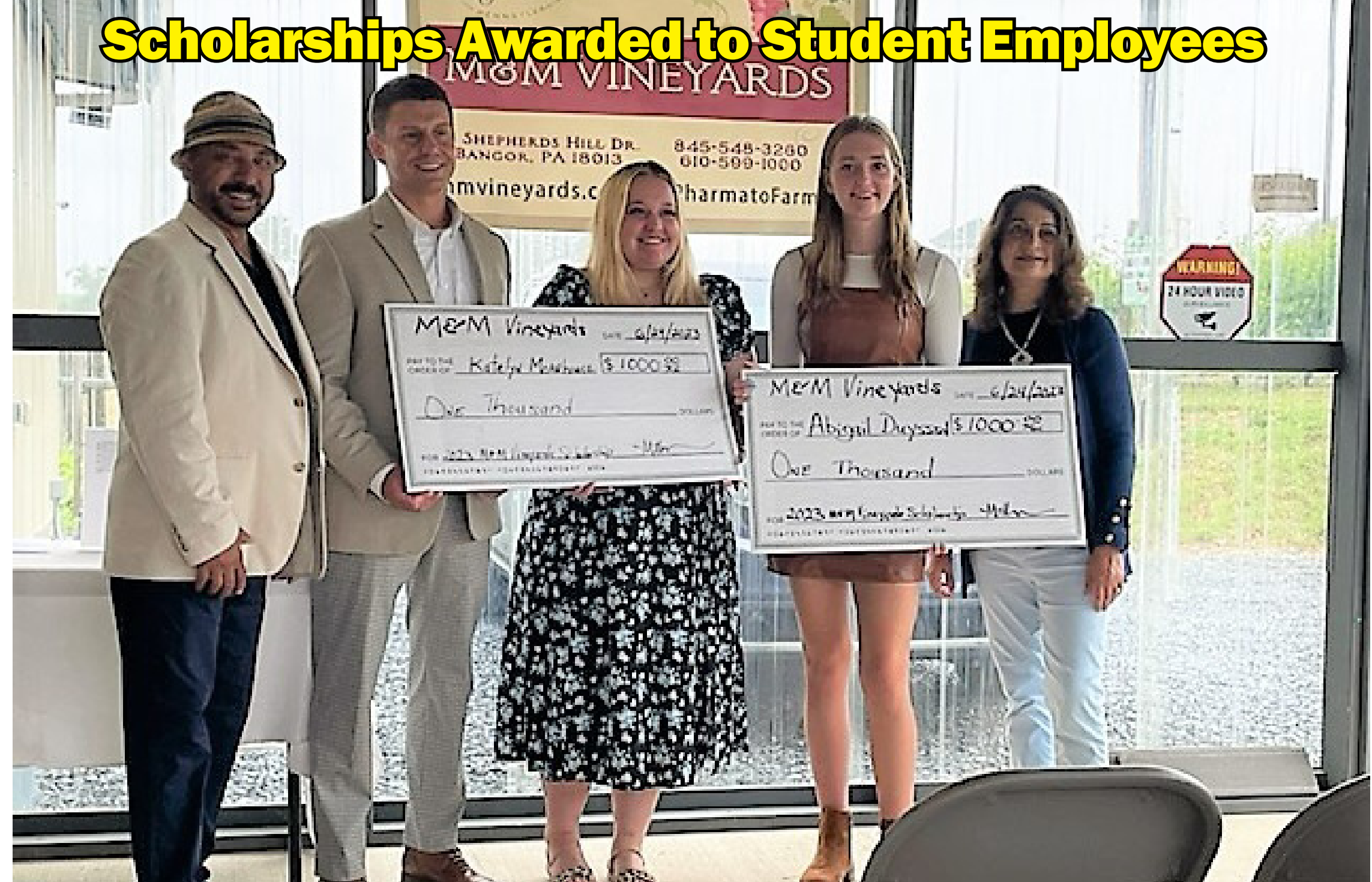
On Sunday, the festival turns its focus to Our Blessed Virgin Mary. The crowning of the Blessed Mother is the main event of the “Big Time”. The queen crowns the statue of Our Lady of Mount Carmel.

Following the crowning, the priests and parish affiliated groups and parishioners parade down Garibaldi Avenue following Our Lady of Mount Carmel’s float as they all recite the Rosary led by a few parishioners.

Come out and experience the Big Time July 26th-30th 20, 560 N 6th St., Bangor PA 18013. <https://mtcarmel-roseto.org>



Scholarships Awarded to Student Employees



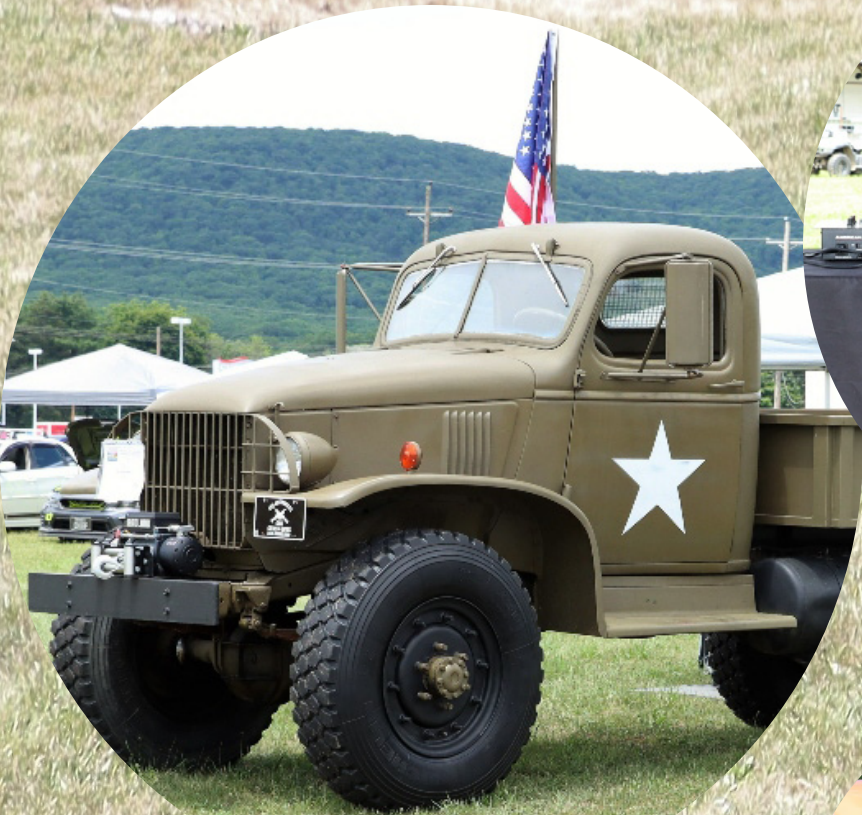
Scholarship awards were recently given to student employees Katelyn Morehouse and Abigail Duyssen by owners of the M&M Vineyards, Mohinder and Mini Sidhu.

Above - Mohinder Sidhu, BASD Braden Hendershot, Katelyn Morehouse, Abigail Duyssen, Mini Sidhu

Below- UMBT Supervisor John Bermingham, BASD Braden Hendershot, Mini Sidhu, Abigail Duyssen, Melanie Whiteleather (Representing State Rep. Ann Flood), Katelyn Morehouse, Mohinder Sidhu

Blue Valley Farm Show Youth Advisory Board

ALL MOTOR SHOW



Photos: Larry Cory
PHOTO GALLERY
(More Photos Tomorrow)



BAHS CHORALE PERFORMS AT CARNEGIE HALL

