

39th Annual National Night Out

August 2, 2022



5-8pm

Roseto Ballpark



Optimus Prime & Bumblebee
with
Roseto Helping Hands

Together promoting Awareness, Safety & Neighborhood Unity

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Columbia Fire Co #1

Defense Lady- Women's Safety

Elks Drug Awareness

Miss Julie Dance Studio

Roseto Police- Free Children's Photo ID

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PA Senator Lisa Boscola

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July 24 2022

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July 24, 2022

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Passport To History Features Jackson Quarry Hoist

Thanks to historian and Jackson Quarry Hoist owner Mike Piersa the historic piece of equipment so vital to the Slate industry will be coming home. The Bangor Borough Council approved the use of Bethel Park adjacent to the Slate Belt Heritage center at the corner of Market and First streets as a site for the hoist.

Volunteer efforts are underway to make this event come to fruition. The site has been surveyed by Scott Policelli and a huge tree in the northeast corner of the lot will be removed by Craig Wickett Tree Service. Volunteers will also excavate the site and construct a pavilion with a Slate Roof.

The hoist, used in the Jackson Slate Quarry in Pen Argyl and manufactured by S. Flory Manufacturing Co in Bangor circa 1907, found its way to Bethlehem to be part of the National Museum of Industrial History. The museum, however, has not been completed, meaning the Jackson Quarry hoist must find a new home.

Given these circumstances - what a better place to put it than back in the Slate Belt.

Hoists were crucial to the success of mining slate. Quarries are huge holes in the ground and product can only be removed vertically. There are no horizontal shafts where rails can be used for transport.

The Jackson hoist weighs 28,000 pounds and can lift 5-8 tons of slate out of the quarry.

Considering the number of quarries dug in the Bangor-Pen Argyl area, numerous hoists were necessary to quarry Slate. S. Flory manufacturing owned by Solomon Flory on Main Street in Bangor at the site of the current CVS, was conveniently located for local quarry owners. The Flory company made, serviced and repaired the hoists in addition to other quarry machinery.

The company at its productive peak employed over 500 people and sold hoists and other industrial machinery nationwide. It has been estimated that the company made 7,000 machines before going out of business during the Great Depression.

A fire in 1913 at the Flory Company caused damages of \$1,000,000 and made news around the country, including mention in the New York Times.

People unfamiliar with Slate may view the quarry remains in the area as unsightly, but when one considers the success of the Slate Industry and S. Flory Manufacturing, those piles of Slate are a vestige of a great era in Slate Belt history.

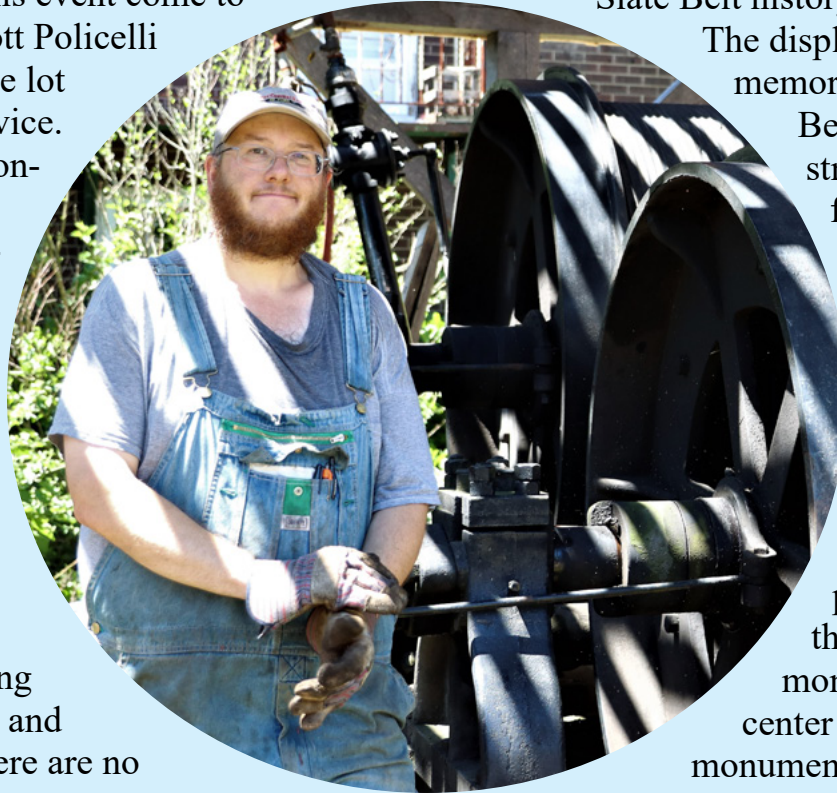
The display of the Jackson hoist will help keep that memory alive.

Bethel Park at the corner of First and Market streets in Bangor has been chosen as the site for the Jackson Quarry hoist which is a Slate Belt historical artifact being returned to the area. The site also has a link to a West Bangor, but not the West Bangor most of us are familiar with.

The hoist will add to the historical flavor of that part of First Street. Bethel Park also has a time capsule placed there in 1975 to be opened in 2025. Across the ally from the park is a monument memorializing those from the Slate Belt who served in the Civil War. That monument stands next to the Slate Belt Heritage center which is rich in Slate Belt History. Another monument stands close to Market Street as a memorial to the Bethel Welsh Congregational Church that was located there from 1872 to circa 1940.

The church got its start in an old school house some time just after the Civil War. Rev. John Williams from West Bangor came to the area, liked what he saw and became the church's first pastor. Rev. Williams came from a similar Welsh church in what was known by several names including West Bangor, Bangor West, Delta and Peach Bottom.

Today, the area is known as Peach Bottom along the Susquehanna River northwest of Lancaster. Incidentally, Peach Bottom is not the only link to a Bangor in the Lancaster area. Just east of Lancaster on what is now Route 23, the Welsh built the Bangor Episcopal Church which is still in existence to day.



(L) Mike Piersa with the Hoist at the Jackson Quarry. (R) Iron Fencing will enclose the Quarry Hoist Pavillion on North First Street in Bangor.

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Slate Belt Town Topics

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July 24 2022

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Slate Belt Weather

Sunny 96 Today ... Showers 85 Monday

National Weather Service Forecast

Today, Mostly sunny, with a high near 96. Southwest wind 5 to 10 mph, with gusts as high as 20 mph.

Tonight, A slight chance of showers and thunderstorms. Mostly cloudy, with a low around 75. Southwest wind 5 to 10 mph. Chance of precipitation is 20%.

Monday, Showers and thunderstorms. High near 85. Southwest wind 5 to 10 mph, with gusts as high as 20 mph. Chance of precipitation is 80%. New rainfall amounts between a quarter and half of an inch possible.

Monday Night, Showers and thunderstorms before 2am, then a slight chance of showers. Low around 65. Southwest wind around 5 mph becoming north after midnight. Chance of precipitation is 80%. New rainfall amounts between a tenth and quarter of an inch, except higher amounts possible in thunderstorms.

Tuesday, Partly sunny, with a high near 82. Calm wind becoming west around 5 mph in the afternoon.

Tuesday Night, Partly cloudy, with a low around 64.

Wednesday, A chance of showers and thunderstorms after 2pm. Partly sunny, with a high near 84. Chance of precipitation is 40%.

Wednesday Night, A chance of showers and thunderstorms before 2am. Mostly cloudy, with a low around 70. Chance of precipitation is 40%.

Thursday, A chance of showers between 8am and 2pm, then a chance of showers and thunderstorms after 2pm. Partly sunny, with a high near 87. Chance of precipitation is 40%

Air Quality: Moderate (50-100) Bethlehem (47) Columbia N.J. (58)

Pollen: 6.1 Medium (Top Allergen (s) Grasses, Plantain, Chenopods

UV: Very High Risk Hours: 10-5. Peak 8.8 at 1:00 pm

Heat Wave Relief Coming After Hottest Day

A heat advisory remains until 8pm this evening. Heat index values up to 102. In Portions of central, northern, northwest and southern New Jersey and east central and southeast Pennsylvania.

Hot temperatures and high humidity may cause heat illnesses to occur.

Today is expected to feature the greatest combination of heat and humidity in this five-day stretch.

Hot, humid conditions will continue into Monday however showers and thunderstorms should bring some relief. The passage of a cold front Monday night will bring more significant relief for Tuesday.

Precautionary/Preparedness Actions...

Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors. Young children and pets should never be left unattended in vehicles under any circumstances.

Take extra precautions if you work or spend time outside. When possible reschedule strenuous activities to early morning or evening. Know the signs and symptoms of heat exhaustion and heat stroke. Wear lightweight and loose fitting clothing when possible. To reduce risk during outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air conditioned environments. Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency! Call 9 1 1.

Happening Soon

Sunday July 24

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

Bangor Park Pool - Open 11-7

Weona Park Carousel & Golf - Open 3-9

Monday 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

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 26

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

Washington Twp. Recreation - 7pm

Roseto Zoning - 7pm

Slate Belt YMCA - Open 6:00am - 8:00pm

Slate Belt Weather

ICYMI

(Click Below to Read)

July 23

July 17

July 22

July 16

July 21

July 15

July 20

July 14

July 19

July 13

July 18

July 12

Recent Photo Galleries



Roseto Big Time



Jacktown Show



Bangor Park Family Luau



Slate Belt Y Basketball Clinic



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 24

Weona Park Concert

Philadelphia Funk Authority 6-8pm.

July 23-24

SBHC Passport to



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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

Fun! Trucks! Prizes! Food!

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

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

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

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

Free Dinner

The East Bangor United Methodist Community Church welcomes you to a FREE "Chicken & Noodle Casserole" Dinner on Sunday, August 7th from 4:00-4:30 p.m. This is TAKE-OUT ONLY. The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA. Questions? call 610-588-4453 or visit www.ebumc.org.

Weona Park Concert

Moss Henry and the Bryophytes 6-8pm.

The Lenape' of the Slate Belt and Cold Air Cave

August 11

Cold Air Cave

The Slate Belt Heritage Center will hold their monthly historic program on Thursday, August 11th @ 7:00 PM. Speaker for the evening will be Perry Morris, local historian.

Mr. Morris will present "The Lenape of the

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Mon 8:00 AM - 7:00 PM • Tue - Wed 8:00 AM - 6:00 PM

Thurs 8:00 AM - 7:00 PM

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

Calendar 2

Slate Belt and Cold Air Cave” and will be explaining why the Cold Air Cave, which is located above Portland, on route 611, was sacred to the Lenape and the tourism it still attracts today. He will also portray the Lenape way of life, along with artifacts, the foods they ate and how they found their way through the forests and fields of the Slate Belt. The event 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 @ 484-894-5661

August 12

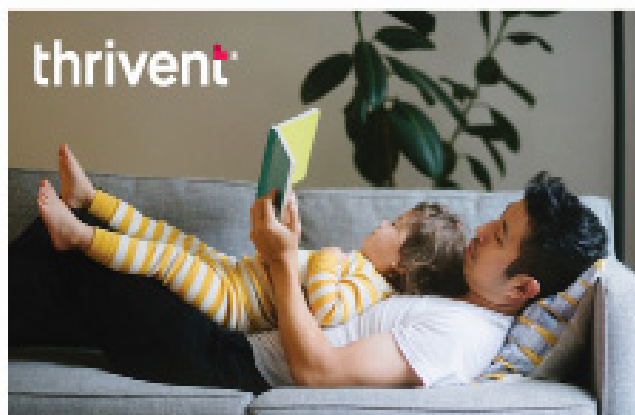
Basketball Golf Scramble

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

Registration: <https://tinyurl.com/mn6yn2fw>

\$100 Per Player/ \$400 Per Team

Includes:: Golf, Lunch, Putting, Long Drive and



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Pot of Gold Contests and Prizes

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

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

August 14

Wind Gap Concert

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

August 15-20

Summer Book Sale

The Friends of the Bangor Public Library will hold their Summer Book Sale at the Blue Valley Farm Show the week of August 16th-20th. The sale will be held in the large “Gray Display Barn” on the upper grounds of the fair on the following days:

Tuesday-Friday (15th-19th): 5:00 PM-10:00 PM
Saturday (20th): Noon-9:00 PM (\$5.00 Bag Day).

Over 1000 like new and gently used books, in all genres will be available for adults, teens and children. Fiction will be sorted according to author and non-fiction according to subject matter. If you are interested in helping and for additional information contact: Karen Brewer @ 484-894-5661.

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!

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CHEVROLET

Calendar 3

August 27, 2022 from 10AM to 3PM , 422 Delaware Avenue Portland, PA 18351

For vendor opportunities email blueflameevents@yahoo.com

Registration cost is \$30 Per 10 x 10 space

August 28

Wind Gap Concert

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

Stackhouse Car Show

A car show in memory of Tommy Stackhouse will be held Sunday August 28th from 9am to 3pm at the Blue Valley Show Complex 707 American Bangor Road.

Auto Show - Craft Vendors — Auto Parts Swap meet — Food — Games — K9 Demonstration — Free Admission — Live Entertainment - Something for EVERYONE !

Tuner Cars — Hot Rods Trucks — Vans — Motorcycles — Antiques • Big Rigs — 4X4

Monster Trucks - Aircraft— utility Trucks - Police, Fire and Rescue apparatus on display— Kids Power wheels show - This event is open to anything with a motor.

Craft Show and meet Vendors Wanted!!

For Information call or Text Bob @ 484-239-5294

September 10

Roseto Flea Market

Come join us the Roseto Helping Hands Vendor and Flea Market Event September 10, 2022 from 9:00 a.m. to 4:00 p.m. at the Roseto Ball Park located at the corner of McKinley and Denisco Roads in Roseto. Food will be available for purchase!

If you wish to be a Vendor, please contact Darlene Dunbar via text at 908-619-7643 or email at darlendunbar@entermail.net.

Sept 11,12

Revolutionary War Weekend

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

September 16

Trapping

Pennsylvania Trappers Association District 10 Trappers Convention: September 16, 2022 12-6pm, and September 17, 2022 8am-6pm. West End Fairgrounds 570 Fairgrounds Rd. Gilbert, PA. Free admission. There will be something for every sportsman at this convention. Tailgaters welcome. Contact Bob Counterman 610-759-9203

Sept 17-19, 2022

Hot Air Balloon Festival

2022 Lancaster Hot Air Balloon Festival Sep

17, 2022 At 6 Pm – Sep 19, 2022 At 9

The Lancaster Balloon Festival is a one-of-a-kind event in Lancaster County, Pennsylvania. Hosted in the village of Bird-in-Hand, PA the festival features the mass launch of dozens of big, beautiful balloon, family entertainment, fire works, delicious food, Amish goods, and even buggy rides!

September 18

MDPH Open Show

An MDPH Open Show is scheduled for 9:00 a.m. Sunday, September 18 at 2557 Ackermanville Rd, Bangor,

September 23-25

Celtic Classic 35th Anniversary

The Celtic Cultural Alliance has announced its music line-up for the 35th annual celebration of the Celtic Classic Highland Games and Festival, which will take place on September 23-25, 2022, in downtown Bethlehem.

“We are excited this year that many of our crowd favorites are returning, like Gerry Timlin, The Steel City Rovers and Low Lily. “Being an anniversary year, we tried to cover all the Celtic genres from trad to Celtic rock” explained Jayne Ann Recker, Executive Director. Across the Pond, Dave North Trio and The McKrells will satisfy fans of the traditional while The Kilmaine Saints, Emish and the Glengarry Bhoys will raise the tempo. Local favorites Fig For a Kiss and Chivalrous Crickets return as well. Visitors will be surrounded with the distinct Celtic sound of tin whistles, bag pipes and fiddles wherever they are on the grounds.

The Celtic Classic has 5 free stages of Celtic music throughout the festival grounds and in the Ice House. World class Celtic entertainers will perform over 100 hours of free Celtic music. Many of the Celtic tunes are the traditional Irish jigs, shanties, drinking songs and ballads combined with a lyrical story-telling.

In addition to musical performances, O’Grady Quinlan Irish Academy of Dance will have several performances throughout the festival weekend. With precision footwork and dazzling costumes, O’Grady Quinlan shares the Irish culture through their performances. Cultural presentations will be held throughout the day in Celtic Heritage Hollow, including musical workshops, a Scottish shortbread baking contest, lectures, clans & societies and the Children’s Activity Tent.

Celtic Classic will also see the return of Gene Sheninger of Wayside Farm. Sheninger will demonstrate how border collies can herd sheep and ducks. Border collies have been used for herding for hundreds of years in the Celtic nations.

For full line-up and schedule, www.celticfest.org

September 25

September To Remember Vendor Show

September To Remember Vendor Show is set for September 25 from 10-3 at Bangor Memorial Park,

90 eisenhart Blvd., Bangor.

Join them for a fun filled family day with over 50 vendors to shop with, fantastic food and drinks, sweet treats, and more! Beer, wine & sangria will also be available.

Sleggy’s Axe House will be set up for patrons to practice their axe throwing.

Magician Mary: Mysterio will be doing a magic show, and there will be free face painting! you won’t want to miss this

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Slate Belt Church Information



Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor

www.christpcs.org

More info 610-588-4864.

E-mail: info@christpcs.org.

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

in-person/Zoom/Facebook Live.

For more info: 610-588-4864.

Flicksville UCC

1337 Lower South Main St., Bangor

Pastor Ken Hess 610-588-4648

www.flicksvilleucc.com

Summer Worship at 10 AM
following social distancing guidelines

Trinity Lutheran Church

404 Broadway Bangor (610-588-2023)

telcbangor@frontier.com

Website: www.tlcbangor.com

Sunday worship 9:00 a.m.

Holy Communion: First and Third Sundays

Refreshments after. Masks optional.

East Bangor UMC

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

Sat. July 23- 8pm AA Meeting

Sun July 24-9:30 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.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.

Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064

www.gracebelfastpa.org 610-759-9080

Email: gracebelfast@rcn.com

July 14- 9:00 a.m. -7th Sunday after

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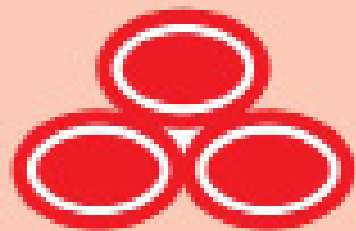
E-Mail: dukessports@fastnet



**Church Worship Times And
Schedules Are Public Service
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Slate Belt Town Topics**

E-Mail Information to

sbtopics@rcn.com



State Farm

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

www.debbieinsurespa.com

debbie.pettinari.wz73@statefarm.com



Deadline Extended for 2021 Property Tax/Rent Rebate Program

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

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

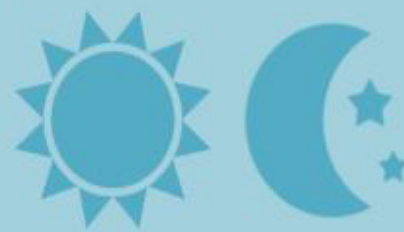
10 Early Signs and Symptoms of Alzheimer's

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

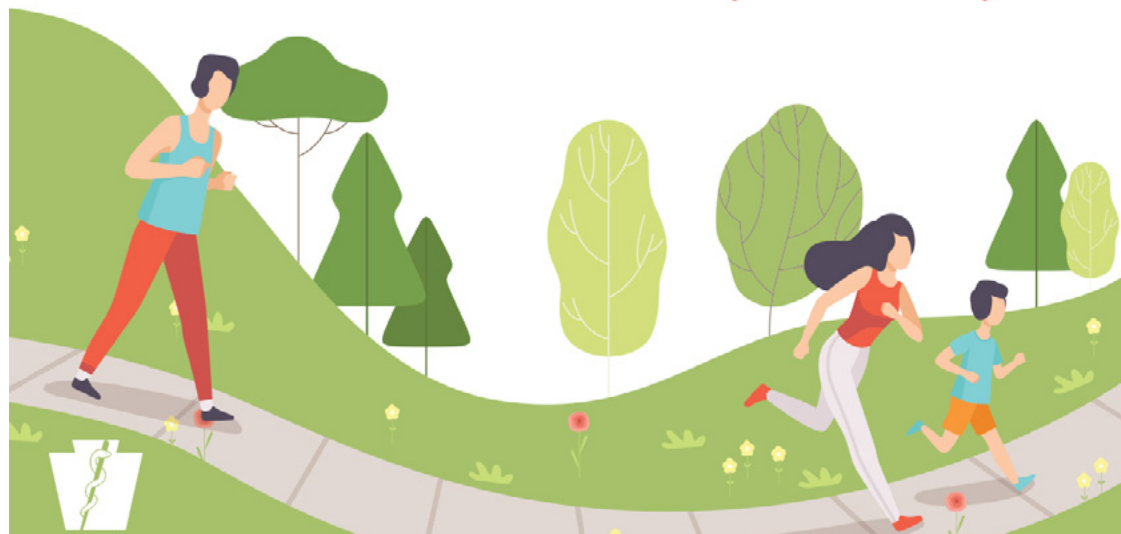




Tumble dry clothes on high heat for 10 minutes to kill ticks on dry clothing.



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.



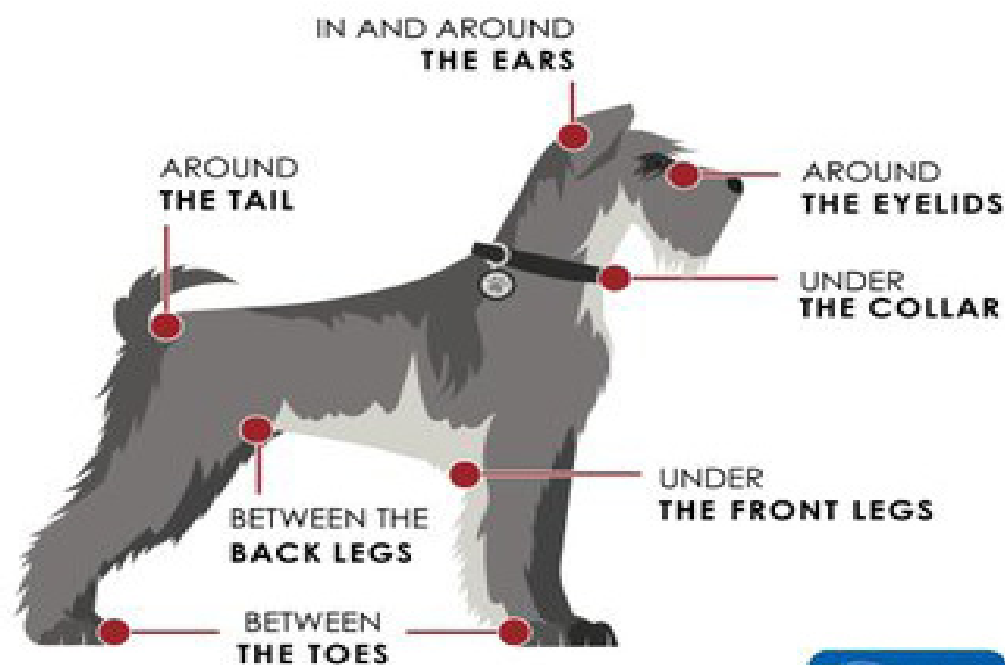
Spending **2 hours a week in nature** is associated with good health and wellbeing!

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



2022



Fall Sports Schedules 2022 (Preliminary Schedules)

Bangor Football (0-0)

8/26	Palisades @ Bangor	7:00pm
9/2	Jim Thorpe @ Bangor	7:00pm
9/9	Bangor @ S. Lehigh	7:00pm
9/16	Bangor @ Saucon Valley	7:00pm
9/23	Wilson @ Bangor	7:00pm
9/30	Bangor @ Pottsville	7:00pm
10/7	Lehigh @ Bangor	7:00pm
10/14	Bangor @ Northwestern	7:00pm
10/21	Blue Mountain @ Bangor	7:00pm
10/28	Bangor @ Pen Argyl	1:30pm

Bangor Field Hockey (0-0)

8/29	Wilson @ Bangor	4:00pm
8/31	Palisades @ Bangor	4:00pm
9/3	Bangor @ Saucon Valley	10:00am
9/7	Moravian @ Bangor	4:00pm
9/9	Bangor @ N. Lehigh	3:45pm
9/10	ESS (Youth Day)	10:00 am
9/12	Palmerton @ Bangor	4:00pm
9/14	Bangor @ Pen Argyl	4:00pm
9/20	Bangor @ Wilson	4:00pm
9/22	Salisbury @ Bangor	4:00pm
9/23	Bangor @ S. Lehigh	4:00pm
9/26	Bangor @ 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 (Srs)	4:00pm
10/8	Northampton @ Bangor	10:00am

Pen Argyl Football (0-0)

8/27	Pen Argyl @ Wilson	2:30pm
9/2	Pen Argyl @ Mahanoy	7:00pm
9/9	N. Lehigh @ Pen Argyl	1:30pm
9/16	Pen Argyl @ Northwestern	7:00pm
9/23	Catasauqua @ Pen Argyl	1:30pm
9/30	Minersville @ Pen Argyl	1:30pm
10/7	Pen Argyl @ Palisades	7:00pm
10/14	Pen Argyl @ Schuylkill Haven	7:00pm
10/21	Pen Argyl @ Panther Valley	7:00pm
10/28	Bangor @ Pen Argyl	1:30pm

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
9/13	Pen Argyl @ ESN	4:00pm
9/15	Pen Argyl @ N. Lehigh	4:00pm
9/17	Palisades @ Pen Argyl	10:00am
9/19	Pen Argyl @ Salisbury	7:00pm
9/21	Moravian @ Pen Argyl	4:00pm
9/27	Pen Argyl @ S. Lehigh	4:00pm
9/29	Saucon Valley @ Pen Argyl	4:00pm
10/3	Pen Argyl @ Palmerton	4:00pm
10/5	Bangor @ Pen Argyl	4:00pm
10/8	Lehigh @ Pen Argyl	10:00am
10/14	Pen Argyl @ NDES	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
9/17	Lehigh @ Pen Argyl	10:00am
9/20	Pen Argyl @ Moravian	4:00pm
9/22	Pen Argyl @ Northwestern	6:15pm
9/24	Pen Argyl @ Salisbury	1:30pm
9/26	Pen Argyl @ ESS	4:00pm
9/28	Wilson @ Pen Argyl	4:00pm
10/1	S. Lehigh @ Pen Argyl	2:00pm
10/4	Catasauqua @ Pen Argyl	4:00pm
10/6	Pen Argyl @ Bangor	4:00pm

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



Pen Argyl Girls Tennis (0-0)

8/22	Moravian A @ Pen Argyl	4:00pm
8/24	Pen Argyl @ Bangor	4:00pm
8/29	Wilson @ Pen Argyl	4:00pm
8/31	Pen Argyl @ NDGP.	4:00pm
9/1	Palisades @ Pen Argyl	4:00pm
9/6	Pen Argyl @ Saucon Valley	4:00pm
9/8	Pen Argyl @ Salisbury	4:00pm
9/14	S. Lehigh @ Pen Argyl	4:00pm
9/17	Jim Thorpe @ Pen Argyl	4:00pm
9/21	NDGP @ Pen Argyl	4:00pm
9/26	Pen Argyl @ Palisades	4:00pm

Pen Argyl Golf (0-0)

8/11	Pen Argyl @ Palmerton	2:45pm
8/15	Moravian @ Pen Argyl	2:45pm
8/16	Pen Argyl @ Northwestern	10:00am
8/18	Bangor @ Pen Argyl	2:45pm
8/22	S. Lehigh @ Pen Argyl	2:45pm
8/23	Pen Argyl @ Wilson	2:45pm
8/24	Pen Argyl @ Saucon Valley	2:45pm
8/29	Salisbury @ Pen Argyl	2:45pm
8/30	Pen Argyl @ NDGP	2:45pm
9/1	Palmerton @ Pen Argyl	2:45pm
9/6	Pen Argyl @ Moravian	2:45pm
9/8	Northwestern @ Pen Argyl	2:45pm
9/12	Pen Argyl @ Bangor	2:45pm
9/14	Pen Argyl @ Stroudsburg	2:00pm
9/15	Pen Argyl @ NDES	2:30pm

Bangor 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
9/9	Bangor @ Stroudsburg	3:30pm
9/10	Bangor @ Jim Thorpe	11:00am
9/12	Bangor @ Wilson	4:00pm
9/13	Pottsville @ Bangor	4:00pm
9/14	Bangor @ Palisades	4:00pm
9/17	Bangor @ Pleasant Valley	10:00am
9/19	Bangor @ Saucon Valley	4:00pm
9/21	Wilson @ Bangor	4:00pm
9/23	Northampton @ Bangor	3:30pm
9/26	Bangor @ NDES	4:00pm

Pen Argyl Boys Soccer (0-0)

8/30	Wilson @ Pen Argyl	4:00pm
9/1	Pen Argyl @ Northwestern	6:30pm
9/6	Catasauqua @ Pen Argyl	4:00pm
9/8	Pen Argyl @ NDGP.	4:00pm
9/15	N. Lehigh @ Pen Argyl	4:00pm
9/17	Pen Argyl @ Palisades	10:00am
9/19	Salisbury @ Pen Argyl	4:00pm
9/21	Pen Argyl @ Moravian	4:00pm
9/27	S. Lehigh @ Pen Argyl	4:00pm
9/29	Pen Argyl @ Saucon Valley	4:00pm
10/3	Palmerton @ Pen Argyl	4:00pm
10/5	Pen Argyl @ Bangor	4:00pm
10/8	Pen Argyl @ Jim Thorpe	10:00am
10/14	NDES @ Pen Argyl	4:00pm

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
9/30	ESS @ Bangor	4:00pm
10/1	Weatherly @ Bangor	1:00pm
10/3	Bangor @ NDGP.	4:00pm
10/5	Pen Argyl @ Bangor	4:00pm
10/8	Bangor @ Northampton	10:00am

Bangor Golf (0-0)

8/11	Bangor @ Moravian	2:45pm
8/12	ESS @ Bangor	11:00am
8/15	Northwestern @ Bangor	2:45pm
8/16	Saucon Valley @ Bangor	2:45pm
8/18	Bangor @ Pen Argyl	2:45pm
8/22	Palmerton @ Bangor	2:45pm
8/23	Salisbury @ Bangor	10:00am
8/25	Bangor @ NDGP	2:45pm
8/29	S. Lehigh @ Bangor	2:45pm
8/30	Bangor @ Palmerton	2:45pm
9/1	Moravian @ Bangor	2:45pm
9/6	Bangor @ Northwestern	2:45pm
9/8	Bangor @ Wilson	2:45pm
9/12	Pen Argyl @ Bangor	2:45pm

Bangor Girls Soccer (0-0)

8/30	Northern Lehigh @ Bangor	4:00pm
9/1	Bangor @ Palisades	4:00pm
9/6	Salisbury @ Bangor	4:00pm
9/8	Bangor @ Moravian	4:00pm
9/12	Pleasant Valley @ Bangor	4:00pm
9/13	Southern Lehigh @ Bangor	4:00pm
9/15	Bangor @ Saucon Valley	4:00pm
9/17	Palmerton @ Bangor	10:00am
9/21	Bangor @ Wilson	4:00pm
9/27	Northwestern @ Bangor	4:00pm
9/29	Bangor @ Catasauqua	4:00pm
10/1	Liberty @ Bangor	10:00am
10/3	Notre Dame G.P. @ Bangor	4:00pm
10/5	Bangor @ Pen Argyl	4:00pm
10/7	Stroudsburg @ Bangor	4:00pm
10/8	Northampton @ Bangor	10:00am

