Slate Belt Town Topics

Summer Fun

Bangor Pool

Hours: 12-7 Monday - Friday 11-7 Saturday and Sunday Weona Park Carousel and Golf Fridays 3-9 Saturdays, Sundays - 1-9 From 9/9 to 10/1 - Saturdays & Sundays 1-8. Summer Sounds Wind Gap 6:00pm July 30 Weona Park 6:00pm August 6

> Weather and Your Health Arthritis - Moderate-High Asthma - Moderate Sinus - Mild UV Index - Very High 10-5 Air Quality - Moderate

Scroll Down To Our Featured Stories and Photosor..... Click on a Link Below

Slate Belt Weather Forecast & Current Conditions

Slate Belt Public Libraries

Slate Belt Church Information

Special Events Calendar

Regular Events Calendar

Sports Coming Soon

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)

FAMILY NIGHTS July 26 & 27 Ride Specials - \$25.00

TRADITIONAL FOOD Pizza Fritta - Sausage & Peppers Pasta, Italian Pastries, Gelato & More

Italian American Band After Cornonation July 29 Religious Procession July 30



FREE ADMISSSION

Lehigh Valley International Airport Terminal Modernization Completed Rep. Susan Wild secured \$5 million in Bipartisan Infrastructure

Law funding and \$600,000 in FY23 Community Project Funding

ALLENTOWN, P.A. - Friday, Congresswoman Susan Wild celebrated the completion of the Lehigh Valley International Airport (ABE)'s terminal modernization project, joining U.S. Secretary of Transportation Pete Buttigieg, Pennsylvania Governor Josh Shapiro, Lehigh Valley-Northampton Airport Authority Executive Director Thomas Stoudt, and other leaders and community members at the TSA Checkpoint and Terminal Connector Unveiling.

This project was made possible by federal investments that Rep. Wild worked to deliver for the Lehigh Valley: \$5 million in Bipartisan Infrastructure Law funding and \$600,000 in Community Project Funding that Rep. Wild pushed to bring to ABE. Last year, Rep. Wild and Secretary Buttigieg toured the project in progress. Now, ABE's modernization and expansion is the first projects to be funded, constructed, and finally completed by the Bipartisan Infrastructure Law.

"The Lehigh Valley International Airport serves as a critical economic driver for our community, providing jobs, bringing visitors, and connecting our thriving local economy to the rest of the nation and world," said Rep. Susan Wild (PA-07). "It's one of the first projects to be funded, constructed, and now completed by the historic Bipartisan Infrastructure Law – and I'm proud to see these investments in ABE that I worked to deliver getting off the ground to modernize our airport infrastructure and support the Lehigh Valley economy."

"Last year, this was among the first projects we funded through the new Airport Terminal Program under President Biden's historic infrastructure law-which, of course, passed thanks to so many dedicated leaders like Senator Casey and Representative Wild. And now that it's complete, passengers here will be able to quickly get through security and get to their gate, which means a faster, easier experience for everyone," said U.S. Secretary of Transportation Pete Buttigieg.

"Federal, state, and local officials worked together to get this done – and I'm proud to be here on behalf of the Commonwealth of Pennsylvania to celebrate the opening of this new terminal and TSA checkpoint here at the Lehigh Valley International Airport. This expansion should send a clear message that Allentown and the Lehigh Valley are ready to drive innovation and economic opportunity on a national and global scale,"





(L-R) U.S. Secretary of Transportation Pete Buttigieg, Pennsylvania Governor Josh Shapiro, and Congresswoman Susan Wild from the Lehigh Valley.

said Governor Josh Shapiro. "Our Commonwealth was a major supporter of this project, investing nearly 13 million dollars in this expansion. We are going to support your continued growth and help the Lehigh Valley compete, not just across the nation but around the world – and this new terminal will be the gateway to that progress."

"This terminal modernization project is the very first construction project I visited that was funded by the Infrastructure Investment and Jobs Act," said U.S. Senator Bob Casey (D-PA). "This law is the largest long-term investment in our infrastructure and competitiveness in nearly a century. The Lehigh Valley and surrounding communities are already reaping the benefits of much-needed dollars for important projects."

About Federal Investments in the ABE's Modernization:

This project is funded in part by the Airport Terminal Program, one of three aviation programs created by the Bipartisan Infrastructure Law that Rep. Wild fought to pass. The law provides a \$5 billion investment in airports to be made over the next five years to address the aging infrastructure of America's airports. ABE received \$5 million of this Bipartisan Infrastructure Law funding in July 2022 for construction of a new four lane TSA checkpoint.

Rep. Wild successfully delivered \$600,000 of further federal investment through FY23 Community Project Funding for the TSA Checkpoint and Terminal Connector project – specifically, the acquisition and installation of public circulation control devices.

The Lehigh Valley International Airport's TSA Checkpoint and Terminal Connector project includes a new 4-lane TSA checkpoint to help improve wait times and expand operating capacity. The project addresses critical operational needs so more people can safely travel through the airport – and increasing the footprint of passengers traveling through our region means fueling local economic growth and allowing the Lehigh Valley to soar to greater heights as a transportation and economic hub on the Eastern seaboard.

Bangor Farmer's Market



Bangor Borough Council Member Marissa Donnelly Cuts The Ribbon Signifying the Opening of the Bangor Farmer's Market on Broadway

Photos: Larry Cory (MORE PHOTOS BELOW)



Former NBA Star Holds Clinic at Slate Belt Y

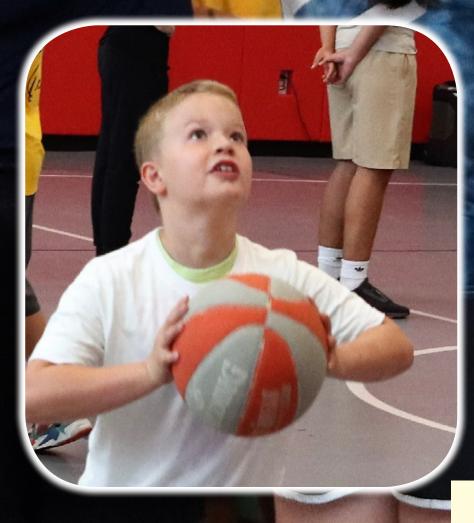


PHOTO GALLERY More Photos Tomorrow Photos: Larry Cory



State Belt Y Baskeiball Clinic

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Enez Freedom

PHOTO GALLERY More Photos Tomorrow Photos: Larry Cory

Special Events

PUBLISH YOUR EVENT

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

July 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&searc h=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 with a community celebration of their police officers at the fire company headquarters..

Slate Belt National Night Out

Slate Belt National Night out will be held at Wind Gap Park from 4pm to 8 pm

Bangor National Night Out

Bangor will hold a National Night Out program at Bangor Memorial Park from 6-9 pm August 1. Bangor Police will do finger printing/DNA swabs. Others features include the Bangor Fire Department, Recovery Revolution, Face Painting, DJ Lanolin, water balloon toss and bounce house.

August 3

Weekly Weeders

Thursday, Aug 3,10,17,24,31at 8:30am to 10:30am

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 & nonholistic) 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-fairexplore-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

Sat., August 5 2023, the library will Also, on Sat., August 5 2023, the library will hold a ¹/₂ 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 6 Free Dinner

The East Bangor United Methodist Community Church welcomes you to a FREE "Turkey Tetrazzini" Dinner on Sunday, August 6th, 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.

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 17,24,31at 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.



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

debbie.pettinari.wz73@statefarm.com



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 17,24,31at 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

Weekly Weeders

Thursday, Aug 3, 24,31at 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

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.ttps://events.dcnr.pa.gov/search/events? order=date&search=jacobsburg

August 31

Weekly Weeders

Thursday, Aug 31at 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.familiesfirstofpenargyl.org.

September 16 Indoor Flea Market

The East Bangor United Methodist Community Church will be holding an Indoor Flea Market/ Crafts on Friday, September 15th, from 10:00 a.m. to 7:00 p.m., and on Saturday, September 16th, from 10:00 a.m. to 3:00 p.m. Tables will be for rent: \$15 for one day or \$25 for both days. Lunch and a bake sale will be available. Contact Cheryl Hower (484-221-4197).

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.

Sept 30 - Oct 1 Revolutionary War Weekend

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





Robin Tinsley Sabatino Insurance Agency Inc 17 S Robinson Ave Pen Argyl,PA 18072-1765 ROBIN@SABATINOINS.

610-863-6033

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October 14 Designer Purse Bingo

It's time for the second annual Designer Purse Bingo Wind Gap Fire Social Hall Octobre 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 on a first come first serve basis. We will have a trickytray and door prize! Doors will open at 4:00 and bingo will start at 5:00. We had so much fun last year and are looking forward to another fun night. For further questions contact Kailey at (484) 626-3132

October 15

The Washington Twp. Fire Co. Fall Craft Fair is on October 15th, 2023 from 10am to 4pm.

Spaces are \$30 for (1) 10ft x 10ft space or \$50 for (2) 10ft x 10ft spaces. Please note that all spaces are outdoors and that this is a rain or shine event. Vendors are also required to bring their own tables, chairs, and coverings. All of this plus other information is listed on the application. Also, previous Vendors/Crafters will not be able to request their spot locations from last year's events.

Please email us at craft.**wtvfc@gmail.com** or call Aundrea at 610-984-7101 to request an application.

Please also remember that we only accept paper applications with cash or check. No one should be asking you to pay online with a credit card.

October 19-21

Trinity Rummage Sale

A rummage sale will be held at Trinity Evangelical Lutheran Church at 404 Broadway, Bangor, October 19-21 from 8am to 2pm.

Oct 29,30

Market Faire Rendezvous Living History Weekend

Saturday & Sunday, October 29 & 30, 2023 Fur Trade Era Encampment and 18th c. Market Faire. Early American Arts & Crafts, exhibits and demonstrations. Open Hearth Cooking.. Food truck. Historic Buildings and Museums open for tours. Saturday 10-4 pm and Sunday 12pm - 4pm

November 17-19

Aladdin

Bangopr Area Middle School will present Aladdin Novemver 17-19.

December 1

Tree Lighting With Santa in Washington Twsp. More Details to come on Facebook.

December 3

Painting with A Purpose Christmas Edition

Painting with a Twist (Bethlehem, PA) Event by Pink Heals Lehigh Valley Chapter Sunday, December 3, 2023 At 1:30 pm – 3:30 pm Save the Date to join us on December 3rd for another fun afternoon as we get into the Christmas Spirit by painting Galactic Christmas Eve. We will add the link to register as soon as it becomes available.

Don't think you can paint? Don't worry; the instructors break it down step-by-step for you to create your very own masterpiece.

This event is open to those 18 and older. Those 13-17 are welcome to attend, provided they are accompanied by a parent or guardian.

Arrive 30 minutes prior and join us for a "happy half-hour" to unwind, mix and mingle.

50% of all proceeds go towards their benevolent fun to help those in need in our community.

Historical Maps Program Planned Heritage Center The Slate Belt Heritage Center will hold their monthly historic program

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 Twsp.

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.



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.

Staples	Lamination pouches Post-it notes	
Sharpies Paper clips	Book covers Expo dry erase markers	our event.
Crayons Highlighters	Disinfectant wipes Rulers	the 5th of August should you not be able to attend
Erasers	I subject notebooks	attend. We are able to accept donations before
ubject dividers Pocket folders	Pencil case Tissues	few days to make it easier for everyone to
oose leaf paper ring binders (lin)	Agenda Scissors	The bus will be here for a
ns (black or blue)	Calculator	below.
Backpacks #2 pencils	Glue sticks Bottle of white glue	Bus" event please contact us at the number or email
	ded (but not limited to):	If any businesses are interested in donating towards our "Stuff the

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.

(610)881-4260

Windgaprx1@gmail.con

Slate Belt Heritage Center Program Schedule

Aug. 10th: Northampton County Schoolhouses & Warrant Mapping Joel Hoffman

Sept. 14th: Cemetery Tour -Kim & Rachael

Oct. 12th & 13th: Haunted Heritage Program

Oct. 29th: Super Sunday: Perry Morris & Rachael Winston

Nov. 12th: Veteran's Program

Dec. 10th: Great slate Belt Trivia contest: Marc Blau

Jan. 14th: - TBA

Feb. 11th: - TBA

March 10th: Founders Program

April 11th: - TBA



We Got Your Back! School Backpack Giveaway



Free S Underwear!

Saturday, August 5, 2023 11 am to 3 pm Free Socks!

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



Free Lunch: Courtesy of Big Papa's Smokin' Food Truck

Hamburgers, Hot Dogs French Fries

Kaystone

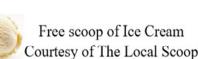
Keystone Party Snack Mix Courtesy of Keystone Snacks



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







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

Summer Sounds 2023 Concerts

Weona Park 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 weatherrelated change of venue or rescheduling of the event.

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



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 Cemetry

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





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Regular Events Calendar

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 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 Breaklfast - 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

 Image: Wind Signabular S

Regular Events

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

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 **Portland Council** - 7pm Pump - 8:30-11:30 **Upper Mount Bethel Supervisors** - Meets 7:00pm

Roseto Borough Council -Municipal Building, 7:30pm Slate Belt YMCA - Open 6:00am - 8:00pm

Tuesday August 15

Bingo - Portland Fire Co., 7pm. **Blue Mountain Library** - Open 10-12

Bangor Public Library - Open 10-8

Slate Belt Senior Center - Open
8-3:30. Blue Valley Farm Show
Mission of Love Food Pantry
& Clothes Closet - N. Main St.,
Bangor, 10-12
Slate Belt YMCA - Open 6:00am
- 8:00pm

Wednesday August 16

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 6:45 pm. Blue Mountain Library - Open 10-12 12:30pm **Bangor Public Library** - Open 1-8 Slate Belt Senior Center - Open 8-3:30. Blue Valley Farm Show Washington Township **Supervisors** Meet - Municipal Building, 7pm Pen Argyl Park Board - 7pm **Plainfield Township Supervisors** - Meets 7:00pm Municipal Building.

Slate Belt YMCA - Open 6:00am -8:00pm East Bangor Municipal Authority

- Municipal Authority Hall, 555 Messinger St., East Bangor, 7:00pm

Thursday August 17

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 18

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 19

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 -

Sunday August 20

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

Monday August 21

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

- 8:00pm

Tuesday August 22 Bingo - Portland Fire Co., 7pm. **Blue Mountain Library** - Open 10-12 & 6-8pm



CLICK HERE FOR STORE INFO - www.hometownsaves.com

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, 10-2 Roseto Planning Commission -7:00pm Borough Hall Slate Belt YMCA - Open 6:00am -8:00pm Washing Twsp. Planning -7pm Wind Gap Boro - Council 7pm

Wednesday August 23

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 8-4. Blue Valley Farm Show UMPT Planning Commission

UMBT Planning Commission -
Township Building, 7:30pmUMBT
Slate B
8:00pm- 8:00pm8:00pm

Thursday August 24

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 -

Friday August 25

8:00pmm

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 August 26

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 August 27

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 August 28

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 August 29

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 August 30

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

E BELT CHURCH INFORMATI





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 28 A.A Meeting 8pm July 30- 9:30 a.m. Worship Service July 30 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 30, 9:00am 9Th Sunday After Pentecost, Sermon Theme Christian Practice Of Vacation

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.christpcsb.org More info 610-588-4864. E-mail: info@christpcsb.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.celcpa.org/ Email: celcpaorg@yahoo.com 610-588-7056 Worship: Sundays 9:00 a.m. Holy Communion: First and Third Sunday Toddler Sunday School: Sept-May 10:15

Richmond United Methodist Church

Rev. Peter Jamieson, Pastor http://richmondumc.com/ 8538 Delaware Dr, Bangor, PA 18013 610.588.7317 | richmondumc@epix.net Sunday Worship - Weekly at 10:00 a.m.

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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Bangor Library - New Books

New in the Bangor Public Library July 21 to July 27

Adult Fiction

A Soul of Ash and Blood by Jennifer L. Armentrout The Block Party: A Novel by Jamie Day Immortal Longings by Chloe Gong After Death by Dean R. Koontz The Paris Agent by Kelly Rimmer

Cook Manifesto: A Novel by Colson Whitehead

Adult Nonfiction

The Heat Will Kill You First: Life and Death on a Scorched Planet by Jeff Goodell

Wayward Lives, Beautiful Experiments: Intimate Histories of Riotous Black Girls, Troublesome Women, and Queer Radicals by Saidiya V. Hartman

Beyond the Story: 10-Year Record of BTS by Myeongseok Kang Behold the Monster: Confronting America's Most Prolific Serial Killer by Jillian Lauren

In Search of the Dark Ages by Michael Wood

Easy Fiction

We're All Wonders by R. J. Palacio Moana b Bill Scollon

Easy Reader Fiction

A Cake to Bake by Apple Jordan

Junior Fiction

Dear Mr. Henshaw by Beverly Cleary Everything on a Waffle by Polly Horvath

The Golden Frog Games by Claribel A. Ortega

DVDs

Knights of the Zodiac

Friends of The Bangor Public Library Annual Summer Book Sale

The Friends of the Bangor Public Library will hold their "Annual Summer Book Sale" at the Blue Valley Farm Show the week of August 15th – 19th. The sale will be in the gray display barn on the upper grounds of the fair on the following days:

Tuesday – Friday (15th-18th) 5:00 – 9:00 PM

Saturday (19th) Noon – 9:00 PM (\$5.00 Bag Day).

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. DVD's, books on tape and puzzles will also be sold. For additional information please contact: Karen Brewer @ 484-894-5661



Members of the Blue Mt. Community Library sold "Make Your Own sundaes" at the Weona Park Summer Sounds Concert on June 23 rd. The library will be back on August 6 th. Please plan to come out and enjoy a beautiful night in Weona Park and support your Library.

<u>WHAT'S GOING ON????</u> Your News Published Free Reach 2500 -3000 Daily Readers Via Socia,l Media sbtopics@rcn.com

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 ¹/₂ 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.

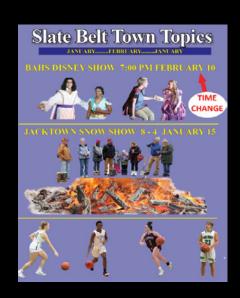
Along with many adult and children's gently used books and puzzles, there is a large collection of cookbooks available to purchase. The library is open M-Sa, 10:00 am to Noon, and M & Th 6:00 to 8:00 pm.

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 Please send in text form. Do not send photos of text.

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Taking Pride

In Who I Am

PHOTO GALLERY

1

Meet The Woman Who Has 1,000 Barbie Dolls And Loved The New Movie



By Douglas Whitbread via SWNS

A Barbie fanatic who has 1,000 of the dolls in her collection "absolutely loved" the new film.

Clare Rawling, 42, saw a pre-release screening that left her in tears with its "lovely touches" and references to the doll's vintage era.

The mom has forked out thousands of dollars on dollar and accessories anonning six decades

dolls and accessories spanning six decades.

She also boasts a brilliant collection of outfits, props and sets which she plays with by arranging them in scenarios and taking pictures for social media.

Clare, who saw the film on Monday with a friend in London, praised Margot Robbie and Ryan Reynolds' real-life performances of Barbie and Ken as "spot on."

And she said fans should be ready for a few "twists and turns" in the movie, which left her feeling emotional about her love for the "plastic fantastic" icon.

Clare Rawling has decided to buy back the Barbies she had as a child early last year as the pandemic hit. (SWNS)

"I absolutely love it. As a fan of Barbie, it spoke to me massively. There were references that related back to the vintage Barbies that I collect," she said.

"I didn't really have any preconceptions going into it. But as a fan, there were certainly lots of really lovely touches.

"It was very emotional in parts. I didn't expect that – and it made me cry. There are definitely a few twists and turns.

"I'm a huge Ryan Gosling fan, but I didn't anticipate what I got from him. He was spot on. Margot Robbie did incredibly well as Barbie. She's beautiful."

Full-time carer Clare also revealed she had already snagged some of the new dolls, released alongside the film, for her huge collection.

"I have a lot of friends who send me gifts, it's a huge part of the

community. My collection will never end, and I got gifted three of the new Barbies," she said.

"They've just released a new wave for the movie. Mattel must be making an absolute fortune!"

Clare Rawling and her Barbie dolls at the pre-release screen of the Barbie movie.

Clare, from Blackpool, said her fascination with Barbie started when she was a child and her obsession was so intense that her dad converted into playspace for her.

"I remember being massively into Barbie from around age seven to 11, I loved them so much," she said.

"I enjoyed the aesthetics, they were so pretty, and really loved all the accessories. I have lots of lovely Barbie memories.

"I would have kept playing with them but girls were being mean to me at school." Clare said she gave her mom permission to sell her original collection when she moved out because she didn't want to take them all with her. And she didn't pay much thought to her favorite childhood pastime until February 2021 when she saw one of her other treasured possessions for sale on eBay.

Her husband Colin, 58, bought her the toy, an Oh Penny doll - which then set Clare's mind racing about how else she might be able to roll back the years.

"I turned 40 and we couldn't go out because of the restrictions so I said, I know, I'm 40 but can I have everything Barbie?," she said.

"I asked for everything to be pink and for a doll's house as my present." Clare jumped in at the deep end by accumulating a staggering 70 dolls in just five months, and now has around 1000 in her possession.

"I have never had a connection with anything like this before, you think it's just Barbie but it's a bit of a rabbit hole when you get into it," she said.

"Everything you can get in real life, you can get in Barbie too. It's amazing."

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.

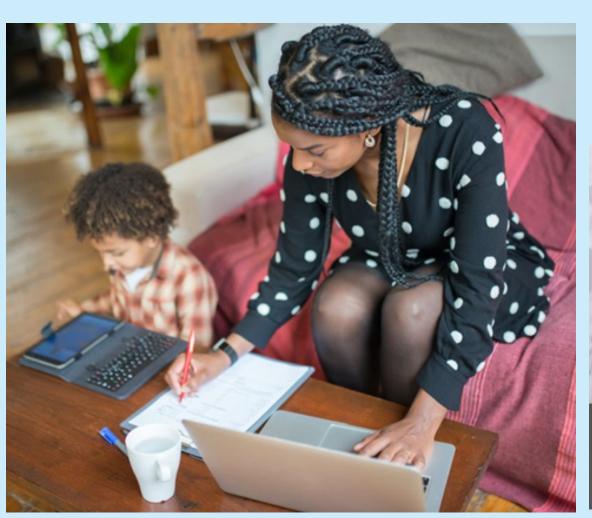
It has also partnered with women's online community Peanut to create the "Work & Motherhood" content hub, providing actionable tips, tools and real-life advice around the challenges working mothers face.

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

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)



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

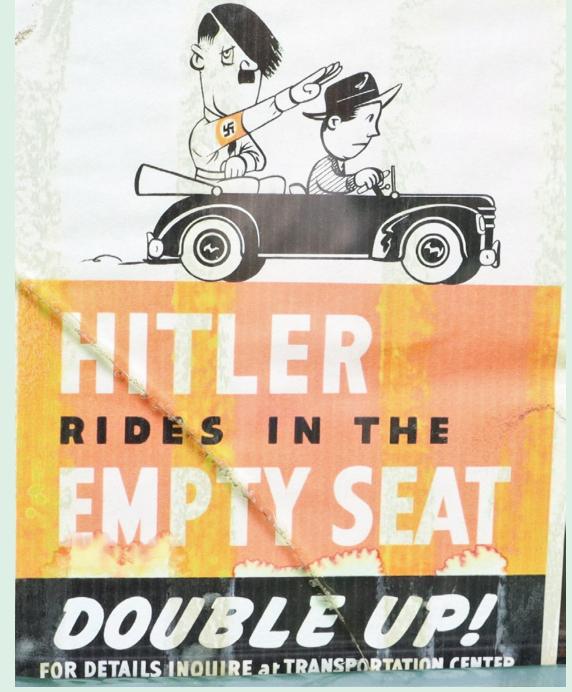
An 80-year-old poster on the window of a Dodge Car, circa 1942, on display at the Jacktown Summer Show held this past weekend tells a story about gasoline conservation during World War II.

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 inquires 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.







Jacktown Show a Big Hit Thousands Attend Despite Thunderstorms

PHOTO GALLERY More Photos Tomorrow Photos: Larry Cory

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. 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-naturaldisasters/wildfires to learn more.



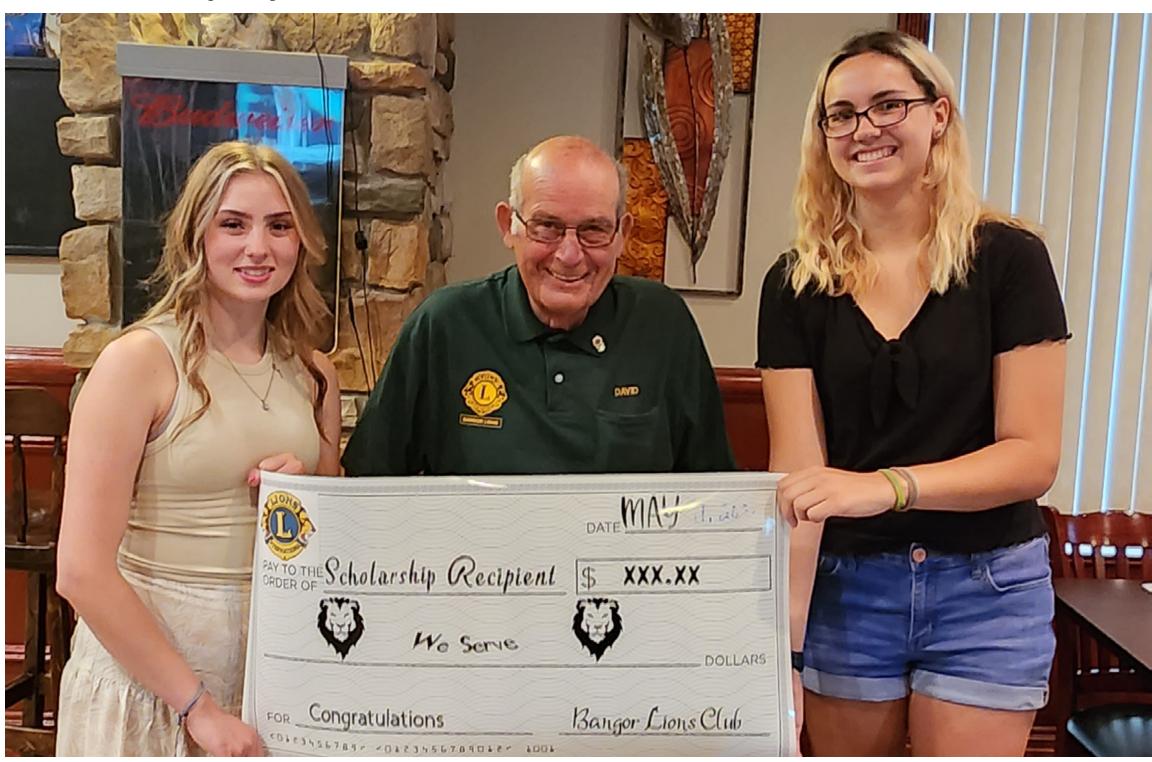
4. Taking Action

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.



(I-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**, 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.

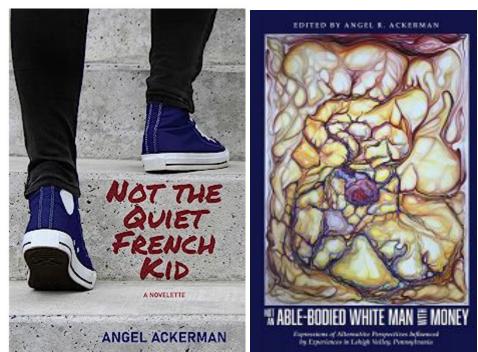
The name "Parisian Phoenix" reflects Angel's passion for the French language, literature, and history, as well as the belief that it is never too late to rebuild oneself. She has a background in print journalism and has pursued creative and travel writing throughout her life. She holds a BA in English 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

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Book One of the Fashion and Fiends Series









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Group

(c)3 Orga



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

Slate Belt Animal Advocacy Group Inc

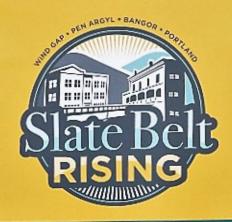
PO Box 112, Bangor, PA 18013 (610) 217-7025 www.Facebook.com/SlateBeltShelter SlateBeltAnimalAdvocacyGroup@gmail.com

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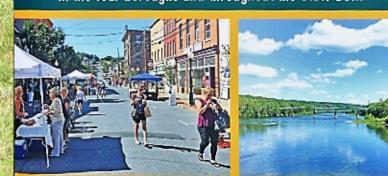
Slate Belt Rising is a neighborhood revitalization initiative targeting the four boroughs of Bangor, Pen Argyl, Portland, and Wind Gap through three project focus areas:

Vibrant Economic Qua Climate

Quality<u>, Affordable</u>

Regional Cooperation &

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







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