

Slate Belt Town Topics

sbtopics@rcn.com

July 4, 2022

www.sbtopics.com

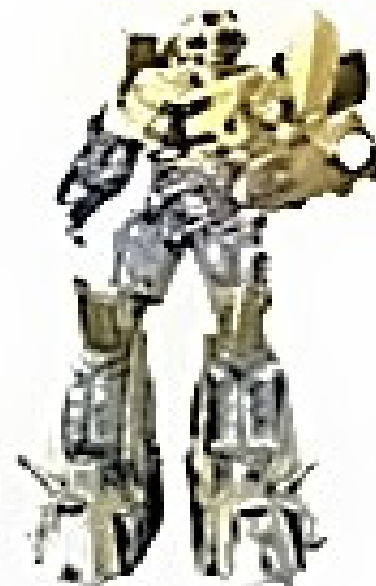
Optimus Prime

Bumblebee

Together

at

the



39th Annual National Night Out
Roseto Ballpark
August 2, 2022
5pm-8pm

Promoting awareness, safety and neighborhood unity

Capitol Ace Hardware
Cascario Beer Distributors
Columbia Fire Co. # 1
Dinky's Ice Cream
Ginder's Greenhouse
Karasek Law Offices, LLC

Renna's Landscaping
Spectrum Signs
Vinnie's Pizza
Weis Market
Zito Automotive



Stone Lake Winery presents Sangria Around the World Festival

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



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



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

**For vendor opportunities email
blueflameevents@yahoo.com**

Vendor Cost = \$40(10x10 space)

Food Vendor Cost = \$75(10x10 space)



**July 16th & 17th
11AM to 5PM each day**

**Stone Lake Inn
407 Greenview Dr.
Saylorsburg, PA 18353**

**PURCHASE YOUR PASSPORTS ON
EVENTBRITE FOR
\$20 OR \$25 AT THE GATE.**

Bangor Borough

FAMILY *Lua* PARTY

AT MEMORIAL PARK POOL

FRIDAY JULY 15TH

7pm-9:30pm

\$3 ADULTS

\$2 AGES 3-17

INCLUDES POOL ADMISSION, DJ, GAMES, CONTESTS
WITH PRIZES, AND 1 SOUVENIR PER FAMILY. FOOD
AND DRINKS AVAILABLE FOR PURCHASE.

FOR MORE INFO CALL
6105886894



**Recovery
Revolution**
steps for healthy living.


Benjamin Moore



Custom Laminating
Corporation



SLATE BELT
PENNSYLVANIA



Slate Belt Town Topics

sbtopics@rcn.com

July 4, 2022

www.sbtopics.com



Happening Soon

Monday July 4

HAPPY FOURTH OF JULY
Portland Parade - 11:00am

Tuesday July 5

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
Plainfield Parks & Rec - 7pm
Slate Belt YMCA - Open 6:00am - 8:00pm
Wind Gap Boro Council - 7pm

Wednesday July 6

Bingo - Bushkill Fire Co. Doors 5pm. Bingo 7pm.
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

PUBLISH YOUR EVENT

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

Support St. John's Cemetery

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

Sunny 85 Today

Sunny/Showers 82 Tuesday

National Weather Service Forecast

Today, Sunny, with a high near 85. Calm wind becoming west around 5 mph in the afternoon.

Tonight, Mostly clear, with a low around 61. Calm wind.

Tuesday, Showers likely and possibly a thunderstorm, mainly after 2pm. Partly sunny, with a high near 82. Southwest wind 5 to 10 mph, with gusts as high as 20 mph. Chance of precipitation is 60%. Rainfall between a tenth and quarter of an inch, except higher amounts possible in thunderstorms.

Tuesday Night, Showers likely and possibly a thunderstorm before 2am, then a chance of showers. Mostly cloudy, with a low around 68. Southwest wind 5 to 10 mph. Chance of precipitation is 60%. New rainfall amounts between a quarter and half of an inch possible.

Wednesday, A slight chance of showers before 11am, then a slight chance of showers and thunderstorms between 11am and 2pm, then a slight chance of showers after 2pm. Mostly sunny, with a high near 83. North wind around 5 mph.

Air Quality: Moderate (50-100) Bethlehem (53) Columbia N.J. (68)

Pollen: 3.7 Medium (Top Alergen (s) Grasses, Dock, Plantain

UV: Very High Risk (10-6) Peak 9.4 at 1:00 pm

Slate Belt Weather

ICYMI

(Click Below to Read)

July 3	June 27
July 2	June 26
July 1	June 25
June 30	June 24
June 29	June 23
June 28	June 22

Recent Photo Galleries



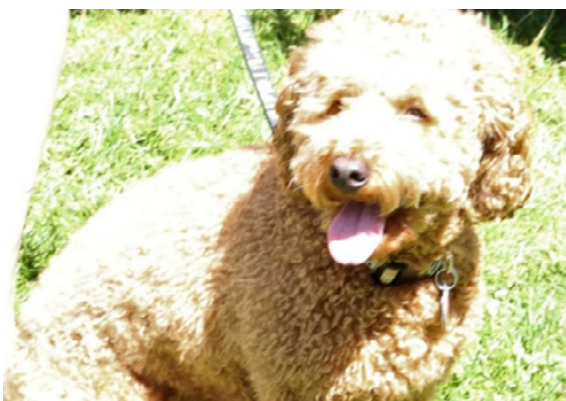
BVFS Tractor Pull



WW II Weekend



Weona Summer Sounds



Wind Gap Shop n' Stroll

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 7

Weekly Weeders

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

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

July 9

Four B's Walk

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

Need a break from the fast pace in a natural

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

Honeysuckle Hacking - Volunteer Event

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

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

July 10

Weona Park Concert

Large Flowerheads 6-8pm.

July 14

Weekly Weeders

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

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

History of Pen Argyl

The Slate Belt Heritage Center will hold its' monthly historic program on Thursday, July 14, @ 7:00 PM. Walter Cole, former history teacher and town historian for Pen Argyl will do a presentation on his upcoming book, The History of Pen Argyl From the 1840's to the Present. The program will include showing the many primary and secondary sources he used to conduct his research. Mr. Cole will also reveal the many topics that will be included in the book which will also include human interest stories and personal interviews. In addition to preserving historical information for future generations, the other purpose

in publishing the book is that proceeds raised will go towards funding the building of the new Pen Argyl swimming pool. Mr. Cole asks that anyone who has personal memories, of Pen Argyl or local lore, to contact him at 610-863-6472. The program is free and open to the public. The Heritage Center is located at 30 North 1st Street, Bangor, PA. For additional information please contact: Karen Brewer at 484-894-5661

July 17

Moravian Historical Society

The Moravian Historical Society is pleased to announce their participation in Passport to History Month—a celebration of the sites, stories, and community that bring Lehigh Valley history to life. The event gives an opportunity for visitors, regardless of family size or income, to explore local history through a variety of museum tours, interactive exhibits, children's activities, and more.

On Saturday July 16 from 10 a.m. - 4 p.m. and Sunday July 17 from 12 p.m. - 4 p.m., the Moravian Historical Society will offer free admission, guided museum tours, kids activities, an antique book sale, and programs for explorers of all ages.

Visitors can learn about the significant contributions Moravians made to music, art, education and culture in early America on a guided tour of the 1740-1743 Whitefield House Museum. Explore archival documents and historic maps detailing the perspectives of surveyors, European settlers and Indigenous people in our special exhibit "Charting the Unknown: Early Moravian Maps."

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

July 20

Hike for Health

Wednesday, July 20 at 5:30pm to 7:00pm

Get moving after work with a brisk hike at Jacobsburg! These guided monthly hikes are 2 to 2.5 miles over uneven terrain. Dogs are welcome to hike on a leash. Meet at the Visitor Center flagpole at 400 Belfast Road. Registration is not required. Join the email reminder list by contacting us at 610-746-2801 or jacobsburgsp@pa.gov.

July 17



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



Robin Tinsley

Sabatino Insurance Agency Inc
17 S Robinson Ave
Pen Argyl, PA 18072-1765
ROBIN@SABATINOINS.
610-863-6033

Discounts, rates and coverages vary by state and are subject to eligibility and applicable rates and rules. ERIE® Insurance services are provided by one or more of the following insurers: Erie Insurance Exchange, Erie Insurance Company, Erie Insurance Property & Casualty Company, Flagship City Insurance Company and Erie Family Life Insurance Company (home offices: Erie, Pennsylvania) or Erie Insurance Company of New York (home office: Rochester, New York). Not all companies are licensed or operate in all states. Not all products are offered in all states. Go to erieinsurance.com for company licensure and territory information. 8/16/15

Hometown
BRAND CENTER
APPLIANCE SALES, SERVICE & SUPPORT



OVER 25
BRANDS

CLICK HERE FOR STORE INFO - www.hometownsaves.com

KLINE'S AUTO REPAIR

460 South First St. Bangor, Pa ~ 610-588-4140

www.klinesautorepair.com



AUTO REPAIRS MAJOR or MINOR

Bruce J. Kline

DALE ALBERT'S GARAGE Inc.



- Oil Change •
- Tires - Tune-Ups •
- Wheel Alignment •
- Major or Minor Repair •
- PA Emissions and Inspection •

A to Z Performance Engines

19 Blue Valley Drive, Bangor
610-588-1902 Fax 588-1887
stodd86@frontier.com

AT VCA, WE CARE

SPECIAL OFFERS

Senior Citizen Tuesday and Friday
(10% OFF non-discounted services)

VCA Care Club® Wellness Plans

VCA AVH ANIMAL HOSPITAL

1027 Blue Valley Dr. Pen Argyl, PA 18072

610-863-7111



Check Us Out at
vcaavh.com



BUSINESS HOURS

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

Thurs 8:00 AM - 7:00 PM

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

Calendar 2

Wind Gap Concert

Wind Gap Park Concert 6:00pm - New Individuals

July 21

Weekly Weeders

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

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

July 23

Butterflies of Jacobsburg

Saturday, July 23 at 10:00am to 12:00pm

Join local butterfly enthusiast Bill Grant for this walk through the fields of Jacobsburg in search of these beautiful insects. He'll show you how to quickly identify local species and the best places to look for them. Participants should wear com-



A life worth living

Is a life worth insuring.

Live your life to the fullest knowing your family can continue the one you envisioned for them—even when you're gone. Purchase insurance today to protect their tomorrow.

Schedule time to discuss your needs today.

Jewel Williamson-Burns, CLU®, FIC
Financial Associate
18 Mauch Chunk St, Nazareth, PA 18064
610-746-0344
jewel.williamson-burns@thrivent.com
connect.thrivent.com/jewel-williamson-burns
CA Insurance 0M53186

This is a solicitation for insurance. A licensed insurance agent/producer may contact you. This contract has exclusions, limitations, and terms under which the benefits may be reduced, or the contract may be discontinued. For costs and complete details of coverage, contact your licensed insurance agent/producer. Thrivent is the marketing name for Thrivent Financial for Lutherans. Insurance products issued by Thrivent. Not available in all states. Licensed agent/producer of Thrivent. Thrivent.com/disclosures 206BBL RB-20

fortable shoes. A hat, bottled water sunscreen, binoculars, and camera are recommended. This program is best for families with children ages 8 and up. Registration is required.

Creek Critters

Saturday, July 23 at 2:00pm to 3:00pm

Join us to learn about the fascinating creatures living in Bushkill Creek. Equipment to study these animals will be provided. Wear close-toed shoes that can get wet and expect to be in the water up to your knees. This program is best for families with children ages 5 and up. Registration is required

July 24

Weona Park Concert

Philadelphia Funk Authority 6-8pm.

July 23-24

SBHC Passport to History Weekend

The Slate Belt Heritage Center will host "Passport to History Weekend" on July 23-24. The Museum will be open Saturday from 10-4 and Sunday from 12-4. The Center is featuring "We Look Higher: the African American Experience 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.

Malachowski & Son, LLC

Mt. Bethel, PA

Providing Quality Service for 30 Years...

- Plumbing • Well Pumps
- Air Conditioning Service & Install
- Certified Water Treatment Installers
- Bathroom Remodel • New Home Construction
- Furnace Cleanings • Heating Service & Repairs



570-897-5443

www.malachowskiandson.com



1043 S Broadway, Wind Gap, PA 18091-0248

610 - 863 - 6100



CHEVROLET

Calendar 3

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

August 7

Weona Park Concert

Moss Henry and the Bryophytes 6-8pm.

August 14

Wind Gap Concert

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

August 21

Weona Park Concert

Desire 6-8pm.

August 27

Delaware Riverfest - Vendors, Food & More

Enjoy the day along the Delaware River shopping with vendors, delicious food, drinks, music, and more!

August 27, 2022 from 10AM to 3PM , 422 Del-



WALDEN III
Personal Care Residence for Seniors



Private Rooms:
\$2330, \$2455 and
\$2540 per month

325 N. BROADWAY
WIND GAP, PA

Visit our website for rates and
services at: <http://walden-3.com>

*Just the
right
amount
of care
at the
right
price*



1-800-724-4795 • 610-863-7059

September 10

Roseto Flea Market

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

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

September 16

Trapping

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

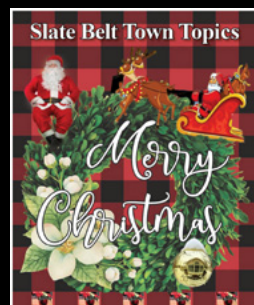
RICHARD M. SHAPLIN FINANCIAL SERVICES



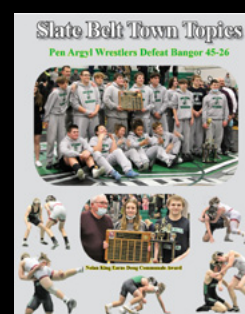
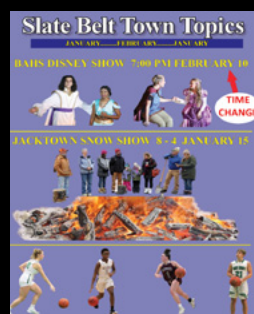
610-559-5197
308 Spring Garden Street • Easton, PA 18042
Securities offered through Royal Alliance Associates, Inc., Member FINRA, SIPC.

Slate Belt Town Topics

**Read the Town Topics With Fresh News
Everyday at These Sites.....**



**Slate Belt Town Topics @ Facebook
Slate Belt Town Topics @ Instagram
Slate Belt Town Topics @ LinkedIn
Slate Belt Town Topics @ Twitter
SlateBeltTownTopics.com
Larry Cory @Facebook**



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 10:30 a.m.

Holy Communion: First and Third Sundays

Refreshments after. Masks optional.

East Bangor UMC

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

Sat. July 2 - 8pm AA Meeting

Sun July 3 -9:30 a.m. Worship Service

(Live & on Zoom) 10:45 Fellowship Hour

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

First United Methodist Church of Bangor

Pastor Elisandra Garcia - 610-588-4673

55 North Third Street, Bangor PA

11:00am service (Communion First Sunday)

Christ Evangelical Lutheran Church

703 South Delaware Drive Mt. Bethel, 18343

<http://www.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 3- 9:00 a.m. -4th Sunday after

Pentecost, Holy Communion

Mt. Bethel Abstract

Complete Title Insurance Services

Susan McKean

President

3013 N. Delaware Drive

Mt. Bethel, PA 18343

Phone: 570-897-9047

Fax: 570-897-9048

Toll Free: 888-325-2433

www.mountbethelabstract.com



SERVING THE
SLATE BELT &
LEHIGH VALLEY

JOHN T. SCHIMMEL

PUBLIC ACCOUNTANT

1400 NORTHAMPTON ST. EASTON, PA 18042

Phone: (610) 253-4000 q Fax: (610) 258-FAX4

E-Mail: john_schimmel@yahoo.com

Duke's
Sporting Goods

Authorized
 Dealer

Owner
Duke Bloodworth
22 Broadway
Bangor, PA 18072

Team Sports Equipment And Uniforms

- Work & Occupational Wear
- Screen Printing
- Embroidery Services
- Digital Color Printing

Banners, Decals &
WALL BANGERZ,
Wall Posters
(FATHEAD TYPE)

COACHES & PARENTS SAVE TIME & \$\$\$!
VOLUME DISCOUNTS ON ACCESSORIES & EQUIP

"GOAL POSTS TO SOCKS AND EVERYTHING IN BETWEEN"



Phone 610-588-2958 Fax 610-588-8461

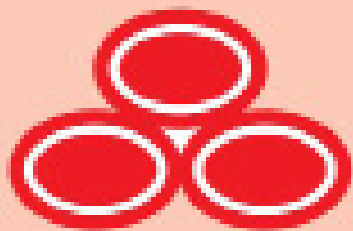
E-Mail: dukessports@fastnet



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

E-Mail Information to

sbtopics@rcn.com



State Farm

Debbie Pettinari Agency

106 S. Broadway, Wind Gap, PA

610-881-4433

www.debbieinsurespa.com

debbie.pettinari.wz73@statefarm.com



Deadline Extended for 2021 Property Tax/Rent Rebate Program

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

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

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

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

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

#BeatTheHeat tips



- drink plenty of water
- stay cool indoors
- use sunscreen of SPF 15 or higher
- limit outdoor activity
- avoid alcohol & caffeine
- wear light-colored, loose clothing
- check on older family & friends
- never leave kids, older adults or pets in unattended vehicles



Maternal Mental Health Hotline

CALL OR TEXT
1-833-9-HELP4MOMS
(1-833-943-5746)

HHS.gov

Heat Exhaustion

- Dizziness
- Nausea
- Weakness



Heat Stroke

- Confusion
- Throbbing headache
- Unconsciousness



Drink water, move to cooler, air-conditioned, or shaded space

CALL 911, loosen or dampen clothing, use cool compress on forehead and neck

CS 330323-0

10 Early Signs and Symptoms of Alzheimer's

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality



content credit: Alzheimer's Association

PREVENT MOSQUITO-SPREAD DISEASE: AVOID MOSQUITO BITES



AVOID BITES AT
DAWN & DUSK



USE FDA-REGISTERED
INSECT REPELLENT



WEAR LONG SLEEVES
& LONG PANTS



REMOVE STANDING
WATER AROUND HOME

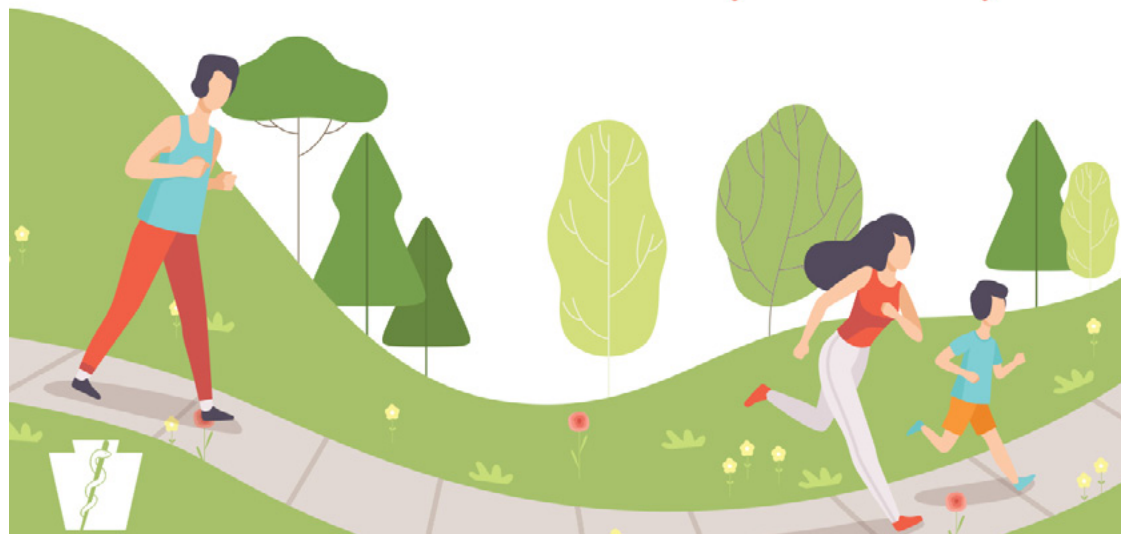




Tumble dry clothes on high heat for 10 minutes to kill ticks on dry clothing.



Make exercise a family activity!



FOOD SAFETY TIPS

- **WASH** your hands with soap and water before preparing food.
- **SEPARATE** raw meats from other foods.
- **CLEAN** fruits and vegetables to remove dirt.
- **CHECK** internal temperature with a food thermometer.
- **REFRIGERATE** leftover foods promptly.



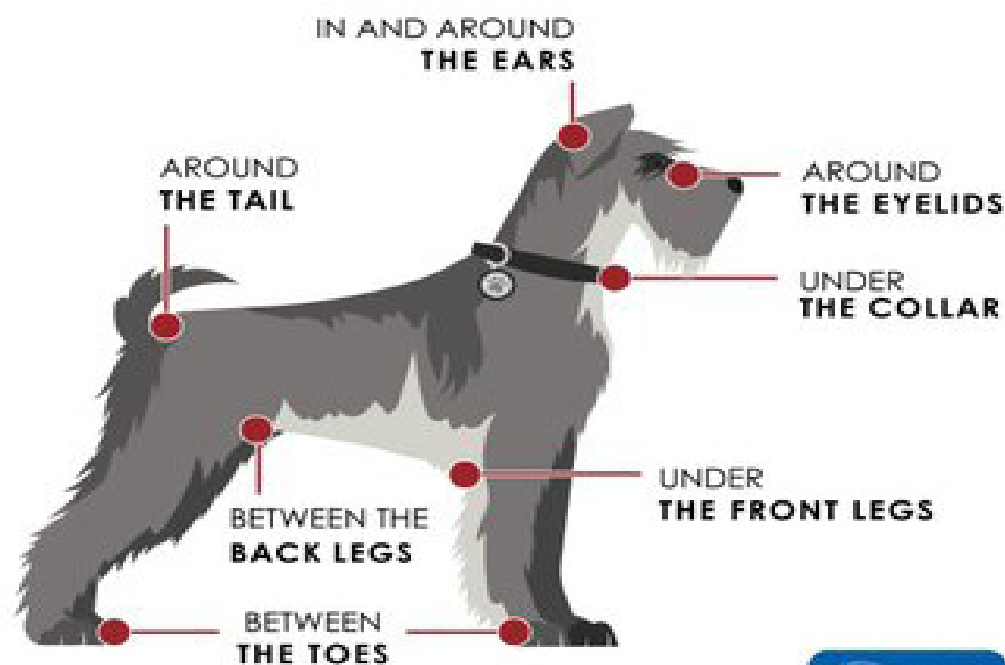
Spending **2 hours a week in nature** is associated with good health and wellbeing!

Aim for 60 minutes
of physical activity
EVERY DAY!

**NEVER LEAVE CHILDREN,
OLDER ADULTS OR PETS
IN A PARKED VEHICLE**



WHERE TO CHECK YOUR PET FOR TICKS



DRINK WATER
before you're
thirsty to avoid
heat-related illness!



DID YOU KNOW

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



Centers for Disease Control and Prevention
National Center for Environmental Health



Ambulance Sirens
110-129 dB



Lawn Mowers
80-100 dB

Fireworks
140-160 dB



Always protect your hearing. Wear hearing protection such as earplugs or earmuffs.

Ways to Help NATIVE BEES



- Plant native trees. Trees provide a large nectar source from their blossoms and habitat for some bees.
- Plant native plants that bloom during the spring, summer, and fall to provide a continuous food source.
- Avoid using herbicides, pesticides, and insecticides. Find organic ways to garden and remove pests.
- Provide water and habitat such as bare soil in your garden for ground-nesting bees, leave plant stems standing in winter, dead trees or fallen logs, or bee nesting houses.
- Participate in citizen science opportunities to help count bees like the Bumble Bee Watch, Great Sunflower Project, and more.
- Spread the word! Let others know how they can help.



Tips for planting a POLLINATOR GARDEN

- Choose native plants which provide nutritional value for pollinators and require less maintenance
- Choose native plants that bloom at different times (early spring – late fall), providing food all season
- Choose plants with flowers of different sizes, shapes, and colors for the diversity of pollinators
- Plant at least 3 or more of one kind of plant together to provide larger drifts of color to attract pollinators
- Form a weed barrier by planting natives closer together instead of using mulch or landscape fabric
- Save garden clean up until spring! Pollinators overwinter in different life stages



Mountain Laurel

Pennsylvania State Flower Facts



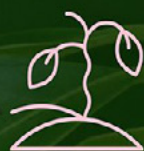
Chosen as state flower in 1933 by Governor Gifford Pinchot



Shrub that grows 4 to 10 feet high and blooms late May through June



Not an easy to grow landscaping plant, has particular soil needs



All parts of shrub are toxic to people and animals

Host plant for the Laurel Sphinx Moth



Attracts butterflies, hummingbirds, and other pollinators



Considered one of the most beautiful native flowering shrubs



Provides shelter for birds and small mammals in winter



Ways to Help Eastern MONARCHS



- Plant native nectar plants that bloom in the spring, summer, and fall in a sunny area.
- Plant the caterpillar host plant milkweed (butterfly weed *Asclepias tuberosa*, common milkweed *Asclepias syriaca*, swamp milkweed *Asclepias incarnata*).
- Avoid using herbicides and pesticides. Find organic ways to garden.
- Enhance monarch habitat by providing water and a place to shelter with dense patches of wildflowers and shrubs.
- Participate in citizen science opportunities where you can help track monarch sightings in spring and fall.
- Spread the word! Let others know how they can help.



Slate Belt Town Topics



Fall Sports Schedules 2022 (League only)

Bangor Field Hockey (0-0)

8/29	Wilson @ Bangor	4:00pm
8/31	Palisades @ Bangor	4:00pm
9/3	Bangor @ Saucon Valley	10:00am
9/7	Moravian @ Bangor	4:00pm
9/9	Bangor @ N. Lehigh	3:45pm
9/12	Palmerton @ Bangor	4:00pm
9/14	Bangor @ Pen Argyl	4:00pm
9/20	Bangor @ Wilson	4:00pm
9/22	Salisbury @ Bangor	4:00pm
9/23	Bangor @ S. Lehigh	4:00pm
9/28	Bangor @ Moravian	4:00pm
10/1	Bangor @ Catasauqua	2:00pm
10/4	Northwestern @ Bangor	4:00pm
10/6	Pen Argyl @ Bangor	4:00pm

Pen Argyl Field Hockey (0-0)

8/29	Moravian @ Pen Argyl	4:00pm
8/31	Pen Argyl @ Palmerton	4:00pm
9/3	Pen Argyl @ Palisades	10:00am
9/7	Pen Argyl @ Wilson	4:00pm
9/10	Saucon Valley @ Pen Argyl	10:00am
9/12	N. Lehigh @ Pen Argyl	4:00pm
9/14	Bangor @ Pen Argyl	4:00pm
9/20	Pen Argyl @ Moravian	4:00pm
9/22	Pen Argyl @ Northwestern	6:15pm
9/24	Pen Argyl @ Salisbury	1:30pm
9/28	Wilson @ Pen Argyl	4:00pm
10/1	S..Lehigh @ Pen Argyl	2:00pm
10/4	Catasauqua @ Pen Argyl	4:00pm
10/6	Pen Argyl @ Bangor	4:00pm

Pen Argyl Girls Soccer (0-0)

8/30	Pen Argyl @ Wilson	4:00pm
9/1	Northwestern @ Pen Argyl	4:00pm
9/6	Pen Argyl @ Catasauqua	4:00pm
9/8	NDGP @ Pen Argyl	4:00pm
9/15	Pen Argyl @ N.Lehigh	4:00pm
9/17	Palisades @ Pen Argyl	10:00am
9/19	Pen Argyl @ Salisbury	7:00pm
9/21	Moravian @ Pen Argyl	4:00pm
9/27	Pen Argyl @ S. Lehigh	4:00pm
9/29	Saucon Valley @ Pen Argyl	4:00pm
10/3	Pen Argyl @ Palmerton	4:00pm
10/5	Bangor @ Pen Argyl	4:00pm

Bangor Golf (0-0)

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

Bangor Football (0-0)

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

Pen Argyl Football (0-0)

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

Bangor Boys Soccer (0-0)

8/30	Bangor @ N. Lehigh	3:45pm
9/1	Palisades @ Bangor	4:00pm
9/6	Bangor @ Salisbury	4:00pm
9/8	Moravian @ Bangor	4:00pm
9/13	Bangor @ S.Lehigh	4:00pm
9/15	Saucon Valley @ Bangor	4:00pm
9/17	Bangor @ Palmerton	10:00am
9/21	Wilson @ Bangor	4:00pm
9/27	Bangor @ Northwestern	6:30pm
9/29	Catasauqua @ Bangor	4:00pm
10/3	Bangor @ NDGP.	4:00pm
10/5	Pen Argyl @ Bangor	4:00pm

Pen Argyl Boys Soccer (0-0)

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

Pen Argyl Golf (0-0)

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

Bangor (0-0) PA (0-0) Boys CC

9/7	Wilson, Southern Lehigh, Salisbury, Pen Argyl, Catasauqua @ Bangor	4:00pm
9/13	Saucon Valley, Pen Argyl, Palisades, Notre Dame G.P., Moravian Academy, Bangor @ Wilson	4:00pm
9/20	Wilson, Palmerton, Northwestern, Northern Lehigh, Bangor @ Pen Argyl	4:00pm
9/27	Wilson, Southern Lehigh, Pen Argyl, Catasauqua, Bangor @ Salisbury	4:30pm
Tue 10/4	Wilson, Saucon Valley, Pen Argyl, Notre Dame G.P., Moravian Academy, Bangor @ Palisades	4:00pm
10/11	Wilson, Pen Argyl, Palmerton, Northwestern, Bangor @ Northern Lehigh	4:00pm

Bangor (0-0) PA (0-0) Girls CC

9/7	Wilson, Southern Lehigh, Salisbury, Pen Argyl, Catasauqua @ Bangor	4:00pm
9/13	Saucon Valley, Pen Argyl, Palisades, Notre Dame G.P., Moravian Academy, Bangor @ Wilson	4:00pm
9/20	Wilson, Palmerton, Northwestern, Northern Lehigh, Bangor @ Pen Argyl	4:00pm
9/27	Wilson, Southern Lehigh, Pen Argyl, Catasauqua, Bangor @ Salisbury	4:30pm
Tue 10/4	Wilson, Saucon Valley, Pen Argyl, Notre Dame G.P., Moravian Academy, Bangor @ Palisades	4:00pm
10/11	Wilson, Pen Argyl, Palmerton, Northwestern, Bangor @ Northern Lehigh	4:00pm

Bangor Girls Tennis (0-0)

8/23	Bangor @ Salisbury	4:00pm
8/24	Pen Argyl @ Bangor	4:00pm
8/31	S. Lehigh @ Bangor	4:00pm
9/1	NDGP. @ Bangor	4:00pm
9/6	Bangor @ Moravian	4:00pm
9/8	Saucon Valley @ Bangor	4:00pm
9/12	Bangor @ Wilson	4:00pm
9/14	Bangor @ Palisades	4:00pm
9/19	Bangor @ Saucon Valley	4:00pm
9/21	Wilson @ Bangor	4:00pm

Pen Argyl Girls Tennis (0-0)

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