

Slate Belt Town Topics

sbtopics@rcn.com

July 9, 2022

www.sbtopics.com



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

Promoting awareness, safety and neighborhood unity

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\$2 AGES 3-17

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Bangor Woman's Club Installs New Officers

Outgoing President Heidi Bates recently presided over the installation of new officers for the Bangor Woman's Club. She is greatly appreciated and the club thanks her and her officers for their service over the last two years.

The Bangor Womens Club, a non-profit organization was organized in 1913 with Mrs. William Blake the first elected President. The club is dedicated to enhancing the lives of others through volunteer service. In 1916 the club joined the General Federation of Womens Clubs of Pennsylvania which was organized on October 29, 1890. The objective of the Federation is to unite the influence and interest of Pennsylvania women to promote legislative, civic, educational, moral, and social measures. October of 2022, GFWC PA Bangor celebrated 105 years of service to our community. Following is a small list of accomplishments and service the club has accomplished.

The Bangor Public Library was founded in 1921 by the Womens Club, after years of fundraising, the library finally opened to serve Bangor and the surrounding communities. In 1939 Robert Steinmetz, whose wife Pearl was the President of the club, gave the building built in 1890 which was the original home of the Merchant's Bank to the Borough to use as a library and the home for the club meetings. The new location opened in 1940. The Club is a financial supporter of the Bangor Library. The Club donates books to the library in remembrance of deceased Club members.

The Club supports the Slater Family Network with school supplies for children of the Bangor School District. Thanksgiving food baskets; Christmas baskets and gifts for children; and Easter food baskets for families in the area. Since 2010 monthly collections of can goods for PUMP the local Portland, Upper Mt. Bethel food Pantry, have been done to help feed the needy. The Salvation Army in Pen Argyl has received contributions at Christmas. In the past, helped with funds to restore the town clock and the restoration of the town's children's train in Bangor Park.

The Club sends Christmas and Valentine's Day cards to the Slate Belt Nursing and Rehabilitation Center residents. Eighty Mother's Day nosegays were made by club members and Father's Day carnations were given to the residents for their food trays.

Annually the club supports the Hugh O'Brian Leadership Organization. HOBY is a youth leadership organization that identifies the leadership abilities of high school students and helps them apply those skills to their communities and the world. HOBY hosts events that explore and develop topics related to leadership throughout the year. The Club selects a deserving Bangor High School sophomore to attend a weekend event that year and awards a scholarship to finance their attendance.

Bangor High School seniors can apply for a scholarship each spring. A deserving student is selected to receive this award.



Left to right: Ellen Prudenti, Treasurer; Joyce Barilla, Secretary; Bonnie Due, Second Vice President; Clare Osmun standing in for Dorothy Sawyer, First Vice President; and Carolyn Smith, President

In support of the GFWC's Arts & Culture Community Service Program, an Art Festival is held each year in our Club. The winning students are awarded a cash prize for artwork that is submitted from local schools in the area, winners are also awarded a ribbon and certificate of appreciation. Winners proceed on to the next level for more competition throughout the State of Pennsylvania. Members may submit art, photography, and crafts for a ribbon. Local schools submit student poetry and short story literature to be judged that proceeds on throughout the State's levels of competition, awards are also given to winners for Literature.

In the community of Bangor, the club holds bake sales; sells candy; holds card parties; and decorates and sells Christmas wreaths to raise funds. We have donated money to St. Jude's for a wagon, supported the Dairy Farmers of PA by giving a donation, Supported Canine Companions with donated "paws coins," collected used eyeglasses for the Blind Assoc., collected donations for UNICEF/ Ukraine's Children, supported Turning Point with handbags filled with personal products and support GFWC PA Pennies for Art.

The women of GFWC Pennsylvania are great supporters of their communities and are to be commended for their creative and generous efforts on behalf of those in need.

Monthly meetings are being held at Stone Church Trinity United Church of Christ, located at 632 South Delaware Drive, Mt. Bethel. Meetings are held on the third Tuesday of each month at noon beginning with a light lunch served by club members. Meetings resume in September and end in June. Guests are welcome to attend a meeting. For information call Bonnie Due @ 610-588-4779 or email dobdue@ptd.net

Advertise Your Event For Less in the Town Topics
Call/Text us at 570-688-3724 or email sbtopics@rcn.com

Slate Belt Town Topics

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July 9, 2022

www.sbtopics.com

Slate Belt Weather Forecast

Sunny 81 Today ... Sunny 82 Sunday

National Weather Service Forecast

Today, Partly sunny, with a high near 81. Northeast wind around 5 mph.

Tonight, Partly cloudy, with a low around 58. North wind around 5 mph.

Sunday, Sunny, high near 82. Northeast wind around 5 mph becoming calm in the afternoon.

Sunday Night, Mostly clear, with a low around 59. South wind around 5 mph becoming calm.

Monday, Sunny, with a high near 84. Southwest wind 5 to 10 mph.

Monday Night, Mostly clear, with a low around 64.

Tuesday, A chance of showers and thunderstorms after 2pm. Mostly sunny, with a high near 91.

Chance of precipitation is 40%.

Tuesday Night, A chance of showers and thunderstorms before 2am. Partly cloudy, with a low

around 68. Chance of precipitation is 30%.

Wednesday, Mostly sunny, with a high near 87.

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

Thursday, Mostly sunny, with a high near 84.

Thursday Night, Partly cloudy, with a low around 62.

Friday, Mostly sunny, with a high near 85.

Air Quality: Good (0-50) Bethlehem (36) Columbia N.J. (45)

Pollen: 2.6 Low (Top Alergen (s) Grasses

UV: High Risk Hours: 11-5. Peak 7.8 at 1:00 pm

Happening Soon

Saturday July 9

Blue Mountain Library - 10-12

Bangor Public Library - 10-4

Columille 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

Bangor Pool - Open 11-7

Pen Argyl Golf & Carousel - Open 3-9

Sunday July 10

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

Bangor Pool - Open 11-7

Pen Argyl Golf & Carousel - Open 3-9

Area Roadwork This Week

Interstate 78 Between: Exit 67 (PA 412) and Exit 75 (To PA 611) Lane restriction 07:00 PM To 06:00 AM eastbound for concrete repair work. Start date: 7/11/22 Est completion date: 7/16/22

Moore Township Road name: Scenic Drive Between: Mountain View Drive and Bushkill Drive. Restriction 09:00 AM To 02:00 PM : Lane restriction with flagging. Start date: 7/11/22 Est completion date: 7/11/22

Lower / Upper Mount Bethel. Road name: Richmond Road Between: Richmond Road and Johnsonville Road. Restriction 09:00 AM To 02:00 PM: Lane restriction with flagging. Start date: 7/11/22 Est completion date: 7/13/22

PA 33 Between: US 22 and PA 512. No restriction. Start date: 7/11/22 Est completion date: 7/15/22

US 22 West Between: PA 33 and PA 191. Restriction 09:00 AM To 02:00 PM: Westbound lane. Start date: 7/12/22 Est completion date: 7/12/22

US 22 Between: PA 191 and PA 33. Restriction 09:00 AM To 02:00 PM: Eastbound lane restriction. Start date: 7/13/22 Est completion date: 7/13/22

Bangor / Washington. Road name: Jacktown Road. Between: PA 611 and Messinger Street Daytime Restriction 09:00 AM To 02:00 PM: Lane restriction. Start date: 7/14/22 Est completion date: 7/15/22

PA 611/South Delaware Drive Between: Cedarville Road and Buck's County Line Restriction 09:00 AM To 02:00 PM: Lane restriction with flagging. Start date: 7/15/22 Est completion date: 7/15/22

WHAT'S GOING ON????

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Slate Belt Weather

ICYMI

(Click Below to Read)

July 8	July 2
July 7	July 1
July 6	June 30
July 5	June 29
July 4	June 28
July 3	June 27

Recent Photo Galleries



BVFS Tractor Pull



WW II Weekend



Weona Summer Sounds



Portland July 4th Parade



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 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>



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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 11

Park Pals

The Weona Park Pool Pals will meet at the social room of the town hall on North Robinson Avenue on Monday, July 11th at 7 P.M. to discuss fundraising activities for the Weona Park pool. The public is encouraged to attend this meeting.

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 infor-

mation 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 16

Basketball Clinic

It's not too late to register! A Youth Basketball Clinics with Enes (Kanter) Freedom is coming up on Saturday, July 16! Here is your child's chance to learn basketball skills and meet a professional basketball player!

Enes Freedom will be at our Slate Belt and Bethlehem Branches on Saturday, July 16 to teach and inspire kids ages 8-18 about the amazing sport of basketball!

Morning Clinic: 10:00 a.m.-12:30 p.m. at the Slate Belt YMCA Branch-315 West Pennsylvania Avenue, Pen Argyl, PA 18072 Afternoon Clinic: 3:00 p.m.- 5:30 p.m. at the Bethlehem YMCA Branch-430 East Broad Street, Bethlehem, PA 18018 Free and open to the entire community! Space is limited, so register today at: www.gv-ymca.org/events

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.

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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

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 17

Wind Gap Concert

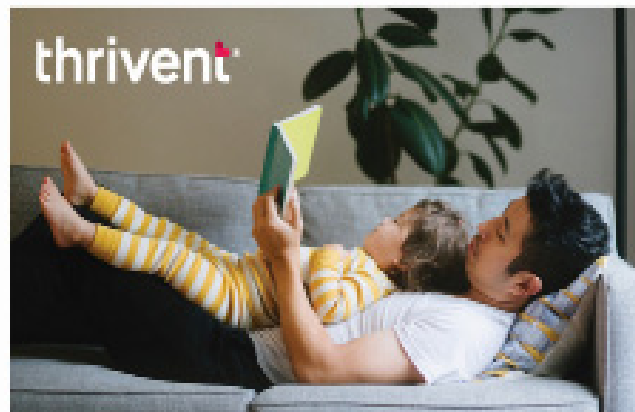
Wind Gap Park Concert 6:00pm - New Individuals

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



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us at 610-746-2801 or jacobsburgsp@pa.gov.

July 21

Weekly Weeders

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

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

July 23

Butterflies of Jacobsburg

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

Join local butterfly enthusiast Bill Grant for this walk through the fields of Jacobsburg in search of these beautiful insects. He'll show you how to quickly identify local species and the best places to look for them. Participants should wear comfortable shoes. A hat, bottled water sunscreen, binoculars, and camera are recommended. This program is best for families with children ages 8 and up. Registration is required.

Creek Critters

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

Join us to learn about the fascinating creatures living in Bushkill Creek. Equipment to study these animals will be provided. Wear close-toed shoes 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.

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CHEVROLET

Calendar 3

July 23-24

SBHC Passport to History Weekend

The Slate Belt Heritage Center will host "Passport to History Weekend" on July 23-24. The Museum will be open Saturday from 10-4 and Sunday from 12-4. The Center is featuring "We Look Higher: the African American Experience in the Slate Belt" as this year's special exhibit and "All of Us" about the waves of people who moved to the Slate Belt from the 18th Century Lenape to the 21st Century Bulgarians. Newly designed galleries tell stories about the creation of Flicksville, the work in the Textile Industry and the service of Fire Fighting in the Slate Belt. Mike Piersa and team plan to periodically run the Flory Quarry Hoist in the adjacent Bethel Park during one of the days. Flory Hoists were manufactured in Bangor and powered the cable ways that lowered men into quarries and raised massive slabs of slate from quarry beds. Perry Morris will demonstrate the craft of wooden ornament making throughout the weekend. Guides will be available to give tours or you can wander through the museum on your own. The Slate Belt Heritage Center is located at 30 North 1st Street in the heart of Bangor's Historic District. For additional information contact: Karen Brewer @ 484-894-5661.

Perry Morris will also be doing a "Story Time", in addition to ornament making, for the children.

The 122-year-old Bangor Quarry Hoist, in adjacent Bethel Park, will operate, weather permitting on that Saturday from noon to 3 PM. Flory Hoists were manufactured in Bangor and powered the cableways that lowered men into quarries and raised massive slabs of slate from quarry beds. The Hoist will run courtesy of compressed air provided by Todd Kluska of Serene Scenes Landscaping.

July 28

Weekly Weeders

Thursday, July 28 at 8:30am to 10:30am

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

July 31

Wind Gap Concert

Wind Gap Park Concert 6:00pm -Steel Creek

Aug 5,6,7

Roseto Yard Sales

The annual Roseto Borough yard sale will be held the first weekend of August. day, Saturday and Sunday August 5th, 6th and 7th. The Borough waives the normal fees for this weekend, so setup and sell your treasures.

August 7

Aonghus Oakley Ames Miller 4x4 Truck Show

The first Annual Aonghus Oakley Ames Miller 4x4 Truck Show to fund Blue Collar Scholarship in his memory is planned for the Blue Valley Farm Show 1:00 p.m. Sunday August 7. Tickets · \$10 - \$45 www.eventbrite.com/e/310620603587

Fun! Trucks! Prizes! Food!

You can help pay it forward through the Blue Collar Scholarship!!! Check out www.aoamfoundation.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 12

Basketball Golf Scramble

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

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

\$100 Per Player/ \$400 Per Team

Includes:: Golf, Lunch, Putting, Long Drive and Pot of Gold Contests and Prizes

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

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

August 14

Wind Gap Concert

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

August 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-

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

Sept 17-19, 2022

Hot Air Balloon Festival

2022 Lancaster Hot Air Balloon Festival Sep 17, 2022 At 6 Pm – Sep 19, 2022 At 9

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



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Slate Belt Church Information



Christ Presbyterian Church of The Slate Belt

332 Kennedy Drive, Bangor

www.christpcs.org

More info 610-588-4864.

E-mail: info@christpcs.org.

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

in-person/Zoom/Facebook Live.

For more info: 610-588-4864.

Flicksville UCC

1337 Lower South Main St., Bangor

Pastor Ken Hess 610-588-4648

www.flicksvilleucc.com

Summer Worship at 10 AM
following social distancing guidelines

Trinity Lutheran Church

404 Broadway Bangor (610-588-2023)

telcbangor@frontier.com

Website: www.tlcbangor.com

Sunday worship 9:00 a.m.

Holy Communion: First and Third Sundays

Refreshments after. Masks optional.

East Bangor UMC

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

Sat. July 9 - 8pm AA Meeting

Sun July 10 -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 10- 9:00 a.m. -5th Sunday after

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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

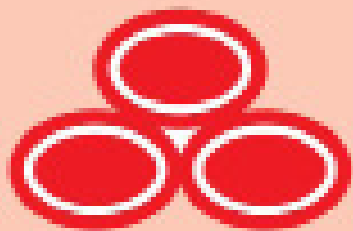
E-Mail: dukessports@fastnet



**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

Heat Exhaustion		Heat Stroke
		
Dizziness		Confusion
		
Nausea		Throbbing headache
		
Weakness		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

#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

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

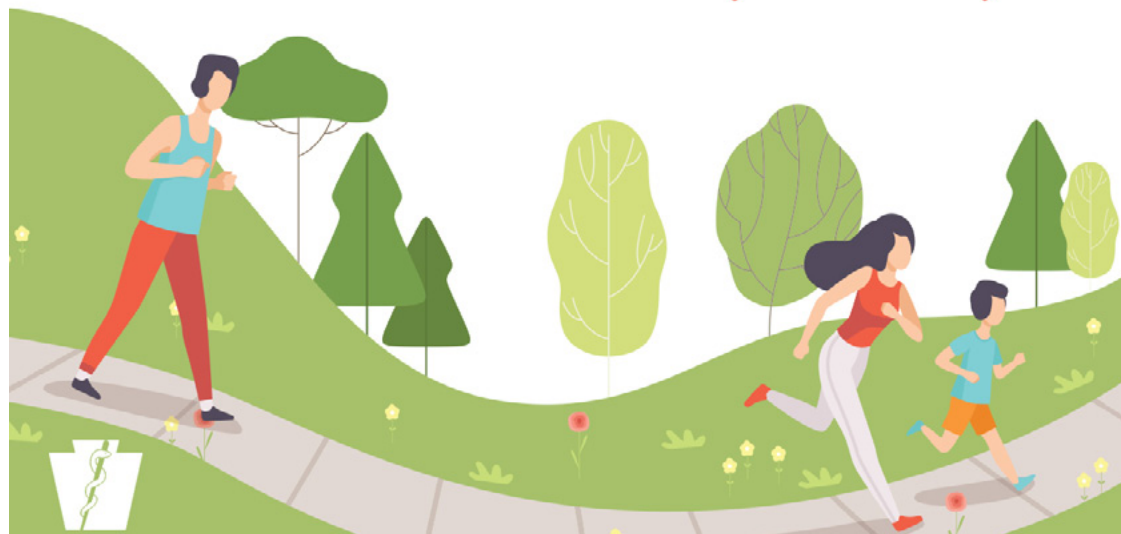




Tumble dry clothes on high heat for 10 minutes to kill ticks on dry clothing.



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.



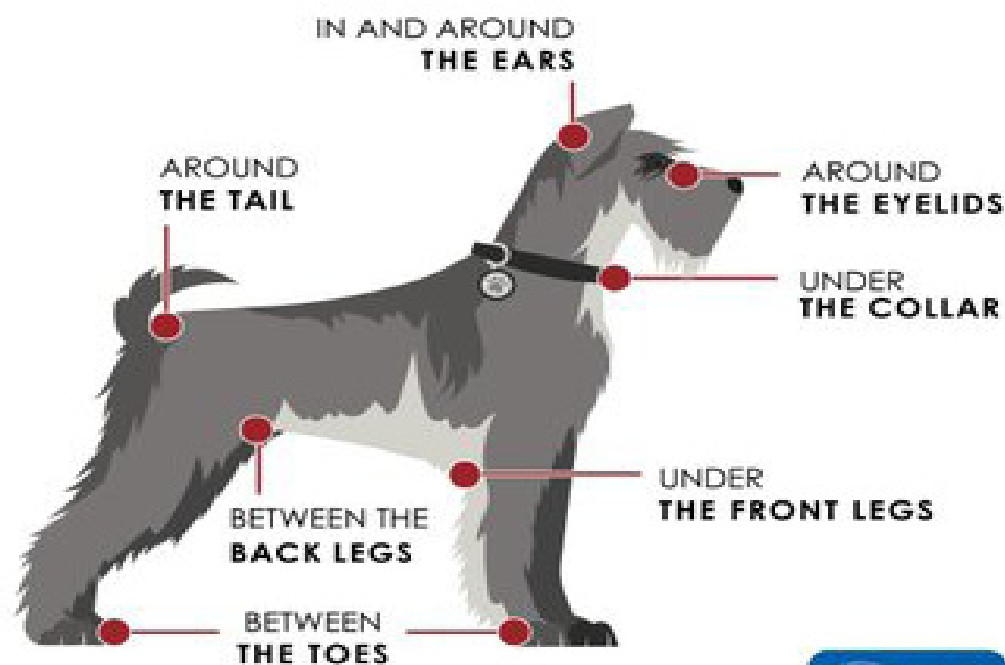
Spending **2 hours a week in nature** is associated with good health and wellbeing!

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

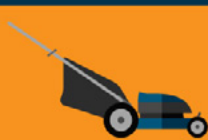
you can lose some of your hearing after a few minutes around these noises?



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
9/10	ESS (Youth Day)	10:00 am
9/12	Palmerton @ Bangor	4:00pm
9/14	Bangor @ Pen Argyl	4:00pm
9/20	Bangor @ Wilson	4:00pm
9/22	Salisbury @ Bangor	4:00pm
9/23	Bangor @ S. Lehigh	4:00pm
9/26	Bangor @Lehighton	4:00pm
9/28	Bangor @ Moravian	4:00pm
10/1	Bangor @ Catasauqua	2:00pm
10/4	Northwestern @ Bangor	4:00pm
10/6	Pen Argyl @ Bangor (Srs)	4:00pm
10/8	Northampton @ Bangor	10:00am

Pen Argyl 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
9/30	Bangor @ Pleasant Valley	4:00pm
9/28	Wilson @ Pen Argyl	4:00pm
10/1	S..Lehigh @ Pen Argyl	2:00pm
10/4	Catasauqua @ Pen Argyl	4:00pm
10/6	Pen Argyl @ Bangor	4:00pm

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	1:30pm
9/16	Pen Argyl @ Northwestern	7:00pm
9/23	Catasauqua @ Pen Argyl	1:30pm
9/30	Minersville @ Pen Argyl	1:30pm
10/7	Pen Argyl @ Palisades	7:00pm
10/14	Pen Argyl @ Schuylkill Haven	7:00pm
10/21	Pen Argyl @ Panther Valley	7:00pm
10/28	Bangor @ Pen Argyl	1:30pm

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