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Slate Belt Town Topics

BLUE FLAME EVENTS &
SLATE BELT RISING
PRESENTS

2ND ANNUAL SHOP-N-STROLL W/ YOUR PUP AT WIND GAP PARK

Join us for a day in the park with
(or without) your pups!

We will have:

- ~Shopping with dozens of vendors & crafters
(pet and non-pet related)
- ~Dogs ~ Food ~ Music ~ and MORE...

June 25, 2022
10AM to 3PM

Wind Gap Park
Located at Corner of
S. Lehigh Ave. & E. 3rd St.
Wind Gap, PA

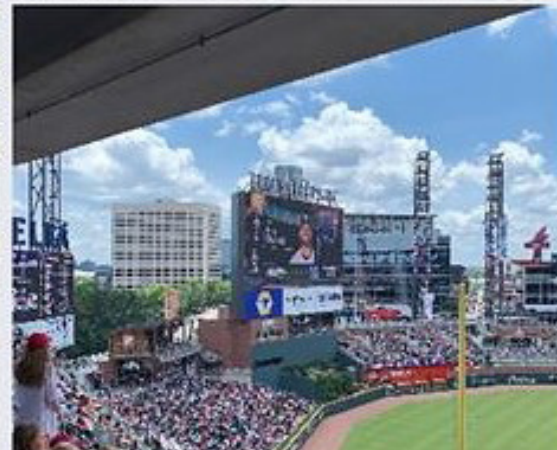


SLATE BELT
PENNSYLVANIA



Slate Belt Town Topics

Bonisee Finishes Fourth in Atlanta Half Marathon



Slate Belt resident and long-time distance runner Charles Bonisee ran the Atlanta half marathon June 13 in the morning and went to an Atlanta Braves game in the afternoon. The Atlanta weather was hotter in the morning than what he has trained for, but he did his best and finished with a time of 2:22 for 4th place in his age group 65-99. As an extra bonus for his trip to Georgia, the Braves won their 11th in a row.

Children Enjoy First of BMCL Summer Fun Events

Children who attended the first of 6 “BMCL Summer Fun with the Library” events hold up their pictures of an ambulance that they colored. The kids were treated to two stories about First Responders and then they were then supposed to hear from two Ambulance Personnel and have a chance to see the inside of the Ambulance.

Instead, they were able to see the first responders in action. An accident occurred a block from the Wind Gap Park and the Ambulance had to respond, along with Police, Fire Police and a FireTruck. The next event, “Happy Birthday USA” will again be held at Wind Gap Park. Any child, pre-school to third grade, is welcome. Call the Blue Mt. Community Library to reserve a spot.



Bangor Library Book Donations

The Bangor library will be taking book donations from June 13 to 25th.

Please remember to drop off books during operational hours. Do not leave books on the steps of the library or place them in dropbox. We accept one box or two bags per visit. Please call ahead to make sure we have room.

Books need to be in good to excellent condition. Nonfiction should be no older than 10 years. No textbooks, encyclopedias, or magazines.

Bangor Summer Tennis

The Bangor High Girls & Boys Tennis Teams are hosting a tennis clinic June 20-23 (Rain date June 24) at the Bangor High School Tennis Courts.

Pee-Wees (K to 4) will be held from 8:30 am to 9:30 am, Varsity (Grades 5-8) will be from 10 am to 11:30 am.

Theme Days are: Monday: Crazy Socks, Tuesday: Wacky Hat, Wednesday: Slater Colors!, Thursday: Camp T-Shirt!

Pen Argyl Summer Tennis

Sessions for June are Mondays 10-11:30, Wednesdays 5-6:30 and Saturdays 10-11:30, weather permitting.

Bushkill Yard Sales

The Bushkill Township Second Annual Community Yard Sales Benefiting the Bushkill Township Volunteer Fire Department has been planned for Friday, Saturday, and Sunday June 24, 25 and 26th from 9am - 5pm

To get your copy of the participating addresses & descriptions: Email : BTYardSales@gmail.com or stop by *during the event* at 968 Renaldi Rd, Wind Gap

Slate Belt Town Topics

Scouts Celebrate Wind Gap Appalachian Trail



Scouts from Minsi Trails Council, Northampton District participated in the annual Trail to Town Camporee at Wind Gap Park, June 17-19.

Scouts enjoyed a weekend filled of hiking, navigation, camping, and cooking while celebrating the Borough of Wind Gap as an Appalachian Trail Community. Engaging scouting programs awaited the boys to challenge their scout skills.

Base Camper Program

The Base Camper program geared for younger scouts, started the weekend with a 5-mile Trail to Town hike. Base campers left Wind Gap Park by bus at 8:30 a.m. The bus transported them to mile marker 2 of the Plainfield Township Recreation Trail at the 191/Edleman Trailhead where scouts used their navigation skills to trek back to Wind Gap Park. After lunch, scouts completed practice of their navigation skills by completing a 1-mile orienteering course.

Back Packer Program

The Back Packer program, designed for experienced scouts, offered a challenging adventure on the Appalachian Trail (AT). Scouts departed Wind Gap Park by bus at 8:15 a.m. for the Fox Gap trailhead of the AT. Scouts hiked 8.5 miles from Fox Gap to Wind Gap on the Appalachian

Trail. When they reached the AT trailhead in Wind Gap, scouts were greeted by members of the Wind Gap Volunteer Fire Company. The Wind Gap Fire Company escorted the scouts through town, to Wind Gap Park where they celebrated the finish of their 10 mile trek. At the finish of the Back Packer hike, scouts were greeted by Representative Ann Flood, Borough Council President, George Hinton and Wind Gap Mayor, Wesley Smith.

George Hinton recognized the backpackers for their hiking accomplishment and honored the 13 scouts who completed the inaugural hike in June of 2021 with the Pioneer Award. George

Hinton said to the crowd of scouts and leaders, "I am so proud of these scouts and leaders for what they mean to our Wind Gap community. You accomplished something at this event in 2021 that had never been done before and are true pioneers of the Trail to Town Camporee!"

Representative Flood, Mayor Smith and Wind Gap Borough Council President Hinton presented the 13 scouts with the pioneer award for their outstanding accomplishment. If you know a boy or girl who likes to learn and grow in outdoor adventures like this one, Scouting is looking for new scouts to join the fun. Simply visit <https://join.scouting.org/> for more information.



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Slate Belt Town Topics

sbtopics@rcn.com

June 23, 2022

www.sbtopics.com

...Help Wanted...

The Town Topics seeks two photographers, one to cover the Bangor Area and Bangor Schools, and one to cover the Pen Argyl area and Pen Argyl Schools. Will train. Very flexible schedule - work when you are available. Some mileage. Excellent pay for part time work. Other skills a plus but not required include writing, photo editing, and graphic designing. Interested persons should contact the Town Topics at sbtopics@rcn.com or 570-688-3724. Students very welcome to apply.

Wind Gap Shop n' Stroll

Shopping with 70+ vendors & crafters (pet and non-pet related) — Adoptable pups — Pet Rescues — Food vendors — Music — and more. For vendor opportunities email blueflameevents@yahoo.com Cost \$30 for 10x10 space. 10am - 3pm Saturday June 25 Wind Gap Park.

Area Roadwork Today

- Interstate 78: Between: Exit 60 (PA 309) and Exit 75 (To PA 611).** Restriction 07:00 PM To 06:00 AM: Lane restrictions on I-78 east and west for concrete patching. Expect delays and please use caution driving through the work zone. Start date: 6/20/22 Est completion date: 6/24/22
- PA 33: Between: William Penn Highway and Hecktown Road.** Restriction 09:00 AM To 02:00 PM: Work in shoulder areas. Be alert for slow moving vehicles entering and exiting the highway to/from the shoulders. Start date: 6/21/22 Est completion date: 6/23/22
- Pen Argyl Borough, Washington and Upper Mount Bethel Townships Road name: East Main Street/2nd Street/West Bangor Road** Between: PA 512 and Fox Gap Road. Restriction 09:00 AM To 02:00 PM: Lane restrictions. Expect delays and please use caution driving through the work zone. Start date: 6/21/22 Est completion date: 6/24/22
- Scenic Drive Between: Bushkill Drive and PA 946/Mountainview Drive** Restriction 09:00 AM To 02:00 PM: Lane restrictions. Expect delays and please use caution driving through the work zone. Start date: 6/22/22 Est completion date: 6/24/22
- PA 33 Belfast Interchange Ramps Between: Belfast Interchange and Belfast Interchange** Restriction 09:00 AM To 02:00 PM: Expect delays and please use caution driving through the work zone. Start date: 6/24/22 Est completion date: 6/24/22

Happening Today

- 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
Roseto Zoning Board - Borough Hall TBA
- Plainfield Township Supervisors** - Meets 7:00pm Municipal Building
Slate Belt YMCA - Open 5:00am - 9:00pm
Bangor Park Pool - Open 12-7

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

Showers/Cool 69 Today Sunny 81 Friday

National Weather Service Forecast

Today, Showers, mainly before 2pm. High near 69. East wind around 5 mph becoming northeast in the afternoon. Chance of precipitation is 90%. New precipitation amounts between a half and three quarters of an inch possible.

Tonight Patchy fog after midnight. Otherwise, mostly cloudy, with a low around 57. Northeast wind around 5 mph becoming calm.

Friday, Mostly sunny, with a high near 81. Calm wind becoming west around 5 mph.

Friday Night, Mostly clear, with a low around 61. Calm wind.

Saturday, Sunny, with a high near 87. Calm wind becoming west around 5 mph.

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

Sunday, Sunny, with a high near 87.

Sunday Night, Showers likely, mainly after 2am. Mostly cloudy, with a low around 66. Chance of precipitation is 60%.

Monday, Showers likely, with thunderstorms also possible after 2pm. Mostly cloudy, with a high near 78. Chance of precipitation is 70%.

Air Quality: **Good** (0-50) Bethlehem (35) Columbia N.J. (20)

Pollen: **0.6 Low** (Top Alergen (s) Grasses, Dock, Plantain

UV: **Low Risk** Peak 2.5 at 3:pm

Slate Belt Weather

ICYMI

(Click Below to Read)

| | |
|-------------------------|-------------------------|
| June 22 | June 16 |
| June 21 | June 15 |
| June 20 | June 14 |
| June 19 | June 13 |
| June 18 | June 12 |
| June 17 | June 11 |

Recent Photo Galleries



Sizzling Summer Vendor



LMBT Community Day



Pen Argyl Tennis Clinic



Pen Argyl - UMBT Softball

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.

June 25

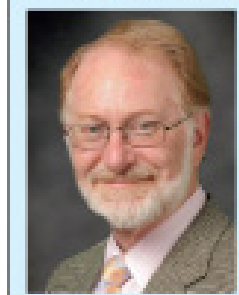
Archery for Families

Saturday, June 25 at 9:00am to 11:00am

Join other families for an introduction to the sport of archery! Participants will learn the beginner level skills of target shooting with a compound or recurve bow and arrow. The program will be led by a USA Archery certified instructor. All equipment will be provided. This program is for families with children ages 11 and up. Please register all family members who will be participating as spaces are limited. There will be audience seating if some family members prefer to watch rather than participate. Spectators do not need to register. Registration is required in order to participate. You can view and register for community programs online at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>



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Archery for Adults

Saturday, June 25 at 1:00pm to 3:00pm

Join other adults for an introduction to the sport of archery! Participants will learn the beginner level skills of target shooting with a compound or recurve bow and arrow. The program will be led by a USA Archery certified instructor. All equipment will be provided. This program is for adults only. Please register all group members who will be participating as spaces are limited. There will be audience seating if some group members prefer to watch rather than participate. Spectators do not need to register. Registration is required in order to participate. You can view and register for community programs online at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

Fascinating Fungi

Saturday, June 25 at 1:00pm to 2:00pm

Join Dorothy Smullen, a 48-year member of the New Jersey Mycological Association as she shows us specimens, talks with us about the importance of fungi in ecosystems, modern science and even in architecture! We will then take a short walk to look for the fruiting bodies of these marvelous mycelium around the center. Registration is required. You can view and register for community programs online at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

June 24-26

Bushkill Twsp Community Yard Sale

Bushkill Twsp Community Yard Sale June 24 – June 26 9am – 5pm 968 Renaldi Rd, Wind Gap PA 18091

Spend your weekend finding great deals and awesome stuff!

June 25

Wind Gap Shop n' Stroll

—Shopping with 70+ vendors & crafters (pet and non-pet related)

—Adoptable pups — Pet Rescues

—Food vendors — Music — and MORE.,,

For vendor opportunities email blueflameevents@yahoo.com Cost \$30 for 10x10 space

Swing at the Stand

“Swing at the Stand” will be held on Saturday,

June 25th , 4:00- ?? at Weona Park, Rt. 512, Pen Argyl. Listen and dance to the “Oldies” and meet with friends. (Please bring your own beverage and lawn chair.) Everyone is welcome... Rain or Shine!

World War II Living History Weekend

Jacobsburg Historical Society is very excited to host our annual World War II Living History Weekend on Saturday & Sunday, June 25-26, 2022. The Boulton Historic Site will be open to the public on Saturday, June 25 from 10:00AM to 4:00PM and Sunday, June 26 from 10:00AM to 4:00PM for this very special event. Adult admission is \$7.00 with free on-site parking. Children 12 and under, JHS members, active duty military and scouts are free. Bring your fathers, bring your sons, or bring your whole family!

This special WWII reenactment weekend is designed to educate the local community about the war, honor our veterans, and provide information for various non-profit veterans organizations and the services they offer. Visitors can tour Allied and German Camps staffed by reenactors, see period military and non-military vehicles and displays, shop with WWII vendors, and learn about various non-profit veterans organizations.

The Pennsylvania Long rifle Museum and the J. Joseph Henry House and Summer Kitchen will be open for tours on Saturday 10am–4pm and Sunday from 12 noon–4:00pm.

<http://www.jacobsburghistory.com/.../2022-world-war-ii.../>

June 26

Weona Park Concert

Joyous 6-8pm.

July 2

Blue Valley Tractor Pull

The New Penn Jersey Tractor Pullers Association Inc. Season Opener has been rescheduled at the Blue Valley Farm Show 707 American Bangor Road, Bangor Saturday July 2nd, 2022. (Time TBA) Registration Closes 30 minutes before start. The actual running order will be posted the day of event at registration Weight Transfer Machine by Crouse Sled Rental \$10 General Admission, Kids under 12 Free - \$20 hook fee for competitors. All Classes Pay standard NPJ Purse (like at Plainfield) - No Trophies

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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

July 7

Weekly Weeders

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

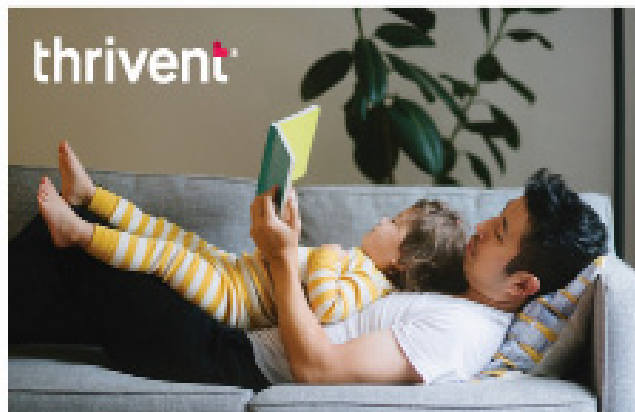
Interested in learning more about gardening with native plants? Volunteer to work alongside our education staff as they mulch, pull weeds, divide plants, and amend soil in the center's native plant garden. We provide instruction, tools, and weeding mats. Registration is required at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>

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>



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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 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>

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 flag-pole at 400 Belfast Road. Registration is not re-

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610 - 863 - 6100



CHEVROLET

Calendar 3

quired. Join the email reminder list by contacting 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.

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>

Aug 5,6,7

Roseto Yard Sales

The annual Roseto Borough yard sale will be held the first weekend of August. Friday, 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 21

Weona Park Concert

Desire 6-8pm.

July 3

Wind Gap Concert

Wind Gap Park Concert 6:00pm - Main St. Cruisers

July 17

Wind Gap Concert

Wind Gap Park Concert 6:00pm - New Individuals

July 31

Wind Gap Concert

Wind Gap Park Concert 6:00pm -Steel Creek

August 14

Wind Gap Concert

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

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 Delaware Avenue Portland, PA 18351

For vendor opportunities email blueflameevents@yahoo.com

Registration cost is \$30 Per 10 x 10 space

August 28

Wind Gap Concert

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

Sept 11,12

Revolutionary War Weekend

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

September 10

Roseto Flea Market

Come join us the Roseto Helping Hands Vendor and Flea Market Event September 10, 2022 from 9:00 a.m. to 4:00

p.m. at the Roseto Ball Park located at the corner of McKinley and Denisco Roads in Roseto. Food will be available for purchase!

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

Sept 17-19, 2022

Hot Air Balloon Festival

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

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Slate Belt Church Information



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. (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. June 25 - 8pm AA Meeting

Sun June 26 -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.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.

Grace Lutheran Church

5907 Sullivan Trail, Nazareth Pa 18064

www.gracebelfastpa.org 610-759-9080

Email: gracebelfast@rcn.com

June 26 - 9:00 a.m. -3rd Sunday after

Pentecost, Service of the Word

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LEHIGH VALLEY

JOHN T. SCHIMMEL

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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

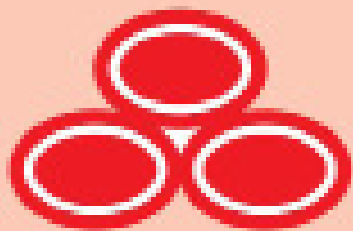
E-Mail: dukessports@fastnet



**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

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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 330323-6

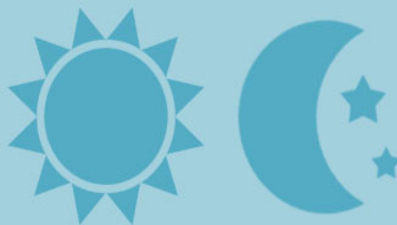
10 Early Signs and Symptoms of Alzheimer's

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

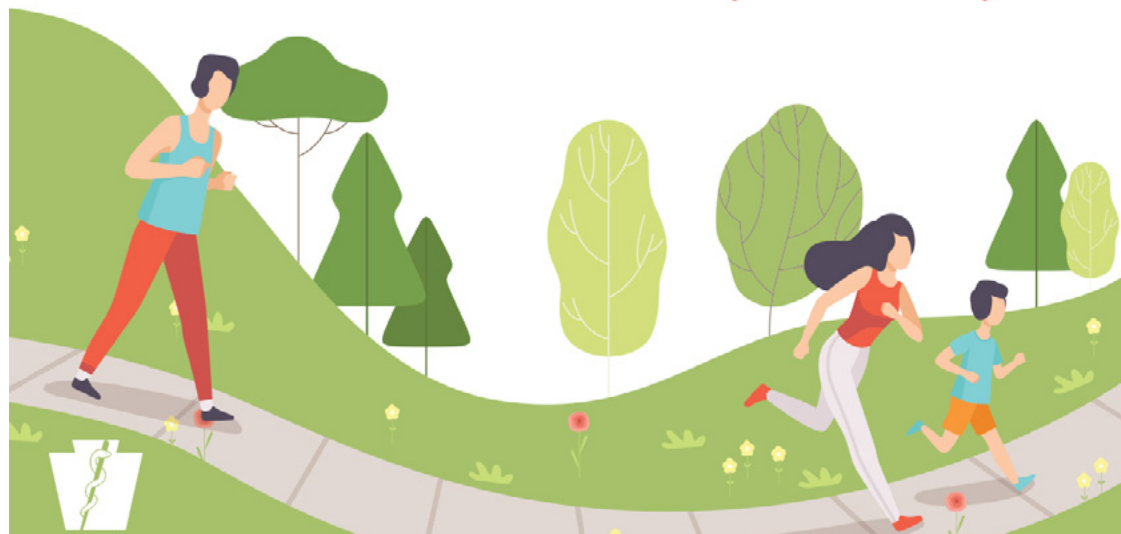




Tumble dry clothes on high heat for 10 minutes to kill ticks on dry clothing.



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.



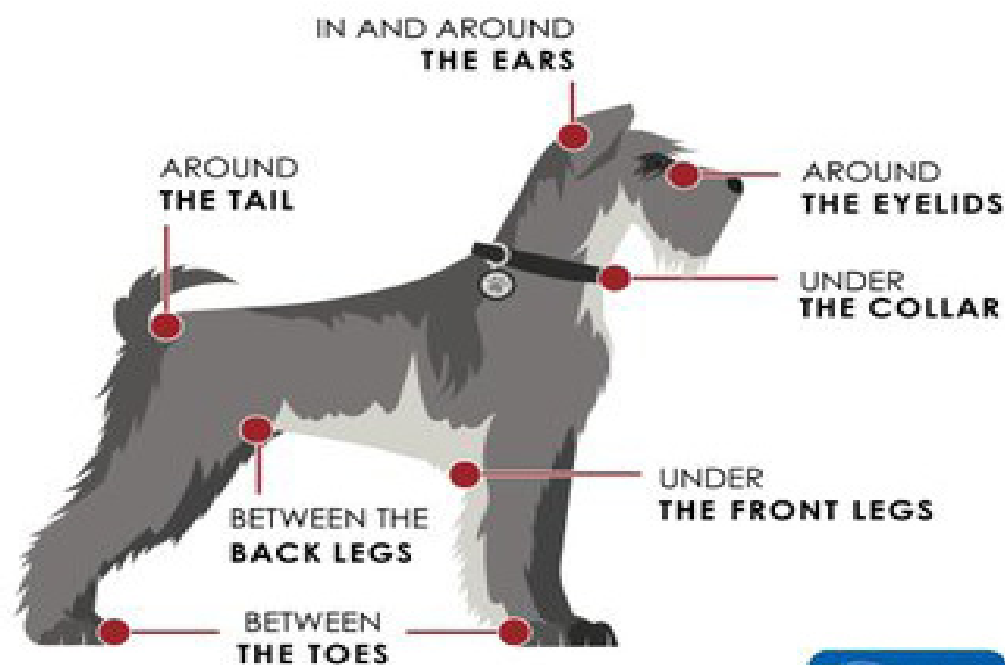
Spending **2 hours a week in nature** is associated with good health and wellbeing!

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!



Slate Belt Town Topics



COMING SOON

