

# TOWN TOPICS

News Today - NOT Next Week

## Fall Craft Fair

Washington Twsp. Fire Co., 920 Wash. Blvd, Bangor, Oct.24 from 10-4. Outdoor rain or shine. Food & drinks. Space:Aundrea Morrison 610-984-7101 or [bdjm987@gmail.com](mailto:bdjm987@gmail.com)

## Tips for Ordering Takeout or Delivery



When you need a night off from cooking and dine-in restaurants aren't an option, meal delivery services or takeout can be a convenient alternative.

Making healthful choices from an online menu can be a challenge — especially since nutrition facts are not always posted to online menus.

Here are a few tips to keep in mind to help you decipher the meal delivery or take-out menu:

Terms to be mindful of include “crunchy,” “crispy,” “battered” and “breaded,” as well as “creamy,” “cheesy” and “Alfredo,” which often can mean they're higher in fat or calories. Limit items that are fried or served in sauces that are high in saturated fat. Items that may be more healthful options might use terms like “baked,” “grilled,” “roasted,” and “steamed,” as well we “al fresco” or “marinara.”

Consider steamed vegetables or fruit as a side option, when available.

Rethink your drink. Calories from sugar-sweetened beverages can add up quickly and provide little nutritional value. Choose options like water, low-fat or fat-free milk or drinks such as unsweetened coffee or tea.

Sauces and dressings usually come on the side when ordered to-go but ask for sauces and dressing on the

See **FOOD** Page 16

## Hidden Risk for Domestic Violence Victims

For many families joint cell phone plans are a convenient way to consolidate the cost of staying connected. Carriers love them because they prevent customers from



easily switching to another competitor. But for survivors of intimate partner violence, getting locked into a family phone plan can be dangerous. The person who controls the account, oftentimes their abuser, can access a survivor's call records and even the precise location of their device—information that can then be used to harass, intimidate, or carry out violence. And unlike a stalkerware app that can be deleted, survivors can't always abandon their phone and number, which may be their primary connection to friends, family, and employment.

Even when a victim realizes their family phone plan is putting them at risk, it's not necessarily easy for them to get off of it. Carriers typically charge an early termination fee for canceling a contract before it's over, which can amount to hundreds of dollars. Some survivors can't afford to begin paying for a new device and wireless plan on their own. If they call customer service to make changes, the representative could ask for personal information about the account holder, like

See **ABUSE** Page 16

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## St. John's Cemetery

Donations for St. John's Cemetery in Bangor are being accepted for maintenance. You can mail them to St. John's Cemetery c/o Carol Hummel, 136 Messinger Street, Bangor, Pa 18013.

## Plainfield Trail Closure

The section of the Plainfield Township Recreation Trail which is located between Engler Road and Gall Road will be closed to all pedestrians and cyclists starting on September 21, 2020. This section of the trail will remain closed until further notice. The closure is necessary in order to repair a section of the trail which was damaged due to excessive stormwater runoff events.

Please contact the Plainfield Township Municipal Office at 610-759-6944 with any questions. Thank you for your anticipated patience and understanding as the Township takes the necessary steps to maintain the Plainfield Township Recreation Trail to ensure that current and future generations will be able to enjoy the trail.

## PUMP Needs Your Help

With an increase of 30%-40% of people coming because of COVID-19, PUMP is currently serving 150 - 175 families who receive food weekly from the pantry. All the food is distributed by approximately 30 to 40 volunteers.

Food supply also has risen 25%-30% and continues to come from donations, Second Harvest, Trader Joe's, Northampton County and Salvation Army.

They are asking at this time for the communities cooperation in helping secure the funds to purchase a parcel of land and construction of a new building.

Donations can be sent directly to Portland Upper Mt. Bethel Food Pantry Inc. P.O. Box 69 Portland Pa. 18351 or visit the PUMP at 111 State St. Portland Pa.. Mondays from 9:30 AM to 12 PM.

## Pastie Sale

The East Bangor United Methodist Community Church will hold a pastie sale. Choices include: beef or broccoli/cheese or sausage/peppers w/wo onions. Cost is \$6 each. Order: 610-588-1745 by September 30. Pick-up at the church October 6 at 3:30 p.m. at 136 W. Central Ave. (Rt. 512), East Bangor,

## Mail-In Ballot Applications

Apply for a mail-in ballot for the general election. If you did not select the annual mail-in option during the last election, you must apply for a mail-in ballot for the general election. <http://votesPA.com/ApplyMailBallot>

## Winter Rummage Sale

Trinity Lutheran Church in Bangor at 404 Broadway will have a one-day rummage sale on Saturday, October 17th, from 8:00 – 4:00. The emphasis will be on all things winter, and will be held in the church fellowship hall.



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## Stone Church Pastie Sale

A Pastie Sale will be held at Christ Evangelical Lutheran Church, 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) on Saturday, October 10. Pasties can be picked up between 11am and 1 pm. The cost is \$6.00 per beef pastie. Place your order with or without onions. Advance orders are recommended and can be placed until the October 6. To place your order or for additional information call Chrissy at 610-588-0809

## LMBT Fire Co. Fund Raiser



Support Lower Mt. Bethel Sandt's Eddy Fire Company's Boxed Dinner Fund raiser Saturday October 10, 4-6pm at the Centerfield School.

All meals are fully cooked, -Just heat and eat. All orders must be received by Monday October. 5.

### Meal option #1 - \$12/meal

Pulled Pork - prepared by Hillside Smokehouse (sauce on the side), coleslaw, baked beans, roll and brownie.

### Meal Option #2 - \$12/meal

Macaroni And Cheese - meatless alternative, coleslaw, baked beans, roll and brownie.

Please Make Checks Payable To - Lower Mt Bethel Fire Co. P.O. Box 247 Martins Creek, Pa 18063-0247 For More Info On Ordering And Online Payments Visit their Website: [www.lmbtfire.org](http://www.lmbtfire.org)

## NWS Forecast - October 6

### Today

Patchy fog before 10am. Otherwise, sunny, with a high near 69. Light west wind becoming southwest 5 to 10 mph in the morning.

### Tonight

Patchy fog after 2am. Otherwise, partly cloudy, with a low around 48. Southwest wind around 5 mph becoming calm in the evening.

### Wednesday

A slight chance of showers. Patchy fog before 8am. Otherwise, mostly sunny, with a high near 72. Southwest wind 5 to 15 mph. Chance of precipitation is 20%.

### Wednesday Night

Mostly clear, with a low around 47. West wind around 10 mph, with gusts as high as 20 mph.

### Thursday

Sunny, with a high near 63. Northwest wind around 10 mph.

### Thursday Night

Clear, with a low around 40.

### Friday

Sunny, with a high near 64.

### Friday Night

Partly cloudy, with a low around 47.

### Saturday

Mostly sunny, with a high near 71.

### Saturday Night

Partly cloudy, with a low around 54.

### Sunday

Partly sunny, with a high near 69.

### Sunday Night

A chance of showers. Mostly cloudy, with a low around 49. Chance of precipitation is 30%.

### Columbus Day

Mostly sunny, with a high near 65.

[Daily Weather Updates  
sbttopics.com](http://www.sbttopics.com)



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## County Assistance

In light of Pennsylvania's eviction moratorium expiring on August 31st, Lamont McClure reminds residents that Northampton County has approximately \$3.6 million available for rental assistance, rapid rehousing and utility payments. The Department of Human Services and the Department of Community and Economic Development worked together to develop the Community Mediation and Eviction Diversion Program (CMED). CMED offers experienced mediators, emergency financial assistance and rapid rehousing to prevent homelessness. Contact: Third Street Alliance at 610-438-1763 or email Ziana Keith at [zkeith@thirdstreetalliance.org](mailto:zkeith@thirdstreetalliance.org)

## Hotline for Human Services

Northampton County has a 24-hour Emergency hotline for all Human Services-related emergencies. Anyone struggling with a mental health crisis, abuse, neglect, suicidal thoughts, evictions, substance abuse, food insecurity, etc. can call 610-252-9060 for help and referrals.

## Confidential Grief Group

A Clean Slate is partnering with [Kainoa's Ohana](#) to start their 6-week confidential grief group for parents/caretakers who have lost their child to a stigmatized death (addiction/suicide).

This has been a very powerful group that has filled a need in our area. This group caps at a small number so please pass this on to anyone who may benefit. They are looking at starting Saturday mornings in mid-October. For more information or to sign up contact [jana@recoveryrevolution.org](mailto:jana@recoveryrevolution.org) 610-599-7700.

## COVID 19 Test Site

A new COVID-19 drive-through testing site opened in Northampton County Monday.

The new site opened at Coordinated Health on 3100 Emrick Boulevard in Bethlehem Township. The site will be open Monday through Friday from 10 a.m. to 4 p.m. Saturday hours will be available twice a month from 9 a.m. to noon. The drive-through testing center is in the parking area to the rear of the Coordinated Health Building and is separate from patient parking and routine patient care.

## VFC Information for Parents

The Vaccines for Children (VFC) program offers vaccines at no cost to eligible children through health care providers enrolled in the program. Vaccinating on time means healthier children, families, and communities. Find out if your child qualifies for the VFC program.

Children who are eligible for the Vaccines for Children (VFC) program can receive vaccines at no cost through a national network of participating health care providers. The VFC program helps ensure that all children have a better chance of getting their recommended vaccinations on schedule. These vaccines protect babies, young children, and adolescents from 16 diseases

<https://www.cdc.gov/vaccines/programs/vfc/parents/index.html>

## Columbia Fire Co. Dinner

Columbia Fire Co. will be doing a homemade macaroni dinner fundraiser on Oct. 11th from 12-4. The cost per To-Go dish will be \$12, this will include a serving of homemade spaghetti, homemade meatballs and fresh bread. This will be a drive-thru event as they did for the "mini Big Time".

## Belfast Rummage Sale

Belfast Wesley United Methodist Church 607 School Road Nazareth, Pa. will hold its annual fall rummage sale Saturday October 17 from 8:00am to 12:00pm,

Something for everyone! Please come out and join them. For more information please call Teddy at 1-908-235-8811. Masks are required to enter

## Winter Rummage Sale

Trinity Lutheran Church in Bangor at 404 Broadway will have a one-day rummage sale on Saturday, October 17th, from 8:00 – 4:00. The emphasis will be on all things winter, and will be held in the church fellowship hall.

## Upper Mud Run Road - Closed Until Further Notice

A section of Upper Mud Run Road (between Klausz Road and Hahn Road) will be closed until further notice. Please utilize Franklin Hill Road as a detour.

# Slate Belt Happenings

**October 6**

## Pastie Sale

The East Bangor United Methodist Community Church will hold a pastie sale. The varieties include: beef or broccoli/cheese or sausage/peppers w/wo onions. The cost is \$6.00 each. To order, call 610-588-1745 by September 30th. Pick-up at the church on Tuesday, October 6th, @ 3:30 p.m. at 136 W. Central Ave. (Rt. 512), East Bangor, PA.

## Tales for Tots

Tuesdays, 10:00-10:45am or 1:00-1:45pm, September 1, 8, 15, 22, 29, October 6, 13 or

Fridays 10:00-10:45am, September 4, 11, 18, 25, October 2, 9, 16

Join for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a short scavenger hunt. Children must be accompanied by an adult. Meeting at the pavilion across the street from the Visitor's Center each week. All participants over the age of two are required to wear a mask in order to participate. All participants are required to maintain a safe social distance at all times during the program. Please register for each session that you plan to attend and register all members of your party including adults and additional children as space for this program is limited to 20 attendees total. Register for community programs online [Click Here](#).

**October 7**

## Jacobsburg Weekly Weeders

Wednesday, August 26 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. Volunteers will need to wear a mask, bring a water bottle, and practice social distancing. Registration is required in order to maintain small group sizes in accordance with the current health guidance. Register for community programs online [Click Here](#).

**October 8**

## Bible Study

East Bangor United Methodist Community Church 136 W. Central Ave. East Bangor, PA 18013 Thurs., Oct. 8 -7:00 p.m. Bible Study (on ZOOM)

## Outdoor School with Jacobsburg

Thursdays, 8:30am-3:30pm Sept through Nov. You may know Jacobsburg as a place to enjoy public environmental programs for individuals, families, and scouts, but we also serve over 35 different public and private K-12 schools for free throughout the academic year. Whichever way your students are learning this

See HAPPENINGS page 6

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**HAPPENINGS** continued from page 5

year, Jacobsburg is here to help with standards-based outdoor education in biology, environmental science, earth science, history, and language arts. If your student needs to get outside for an in-person educational experience, give them a call. They are prepared to offer in-person and virtual programs by request to groups of families, as well as schools. They require at least 5 students for a free hour-long lesson and group sizes are limited to no more than 20 people total. Please call to find out more, 610-746-2801 or [Click Here](#).

**October 9****Tales for Tots**

Tuesdays, 10:00-10:45am or 1:00-1:45pm, September 1, 8, 15, 22, 29, October 6, 13 or

Fridays 10:00-10:45am, September 4, 11, 18, 25, October 2, 9, 16

Join for story time followed by nature activities for preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a short scavenger hunt. Children must be accompanied by an adult. Meeting at the pavilion across the street from the Visitor's Center each week. All participants over the age of two are required to wear a mask in order to participate. All participants are required to maintain a safe

social distance at all times during the program. Please register for each session that you plan to attend and register all members of your party including adults and additional children as space for this program is limited to 20 attendees total. Register for community programs online [Click Here](#).

**October 10****Stone Church Pastie Sale**

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**October 11****EBUMCC Worship Service**

East Bangor United Methodist Community Church  
136 W. Central Ave. East Bangor, PA Sun., Oct. 11  
- 10:00 a.m. Worship Service (LIVE and on ZOOM)  
"155th Anniversary Sunday"

**October 13****UMW Meeting**

East Bangor United Methodist Community Church  
136 W. Central Ave. East Bangor, PA Tues., Oct. 13  
- 7:00 p.m. UMW Meeting

**Tales for Tots**

Tuesdays, 10:00-10:45am or 1:00-1:45pm, September 1, 8, 15, 22, 29, October 6, 13 or

Fridays 10:00-10:45am, September 4, 11, 18, 25, October 2, 9, 16

Join for story time followed by nature activities for

See **HAPPENINGS** page 7



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**Slate Belt Dining  
Information Pages 8 & 9**



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**HAPPENINGS** continued from page 10

preschoolers ages 3-5. Each week we will explore a different topic by reading a book followed by a short scavenger hunt. Children must be accompanied by an adult. Meeting at the pavilion across the street from the Visitor's Center each week. All participants over the age of two are required to wear a mask in order to participate. All participants are required to maintain a safe social distance at all times during the program. Please register for each session that you plan to attend and register all members of your party including adults and additional children as space for this program is limited to 20 attendees total. Register for community programs online [Click Here](#).

**October 14****Hike for Health**

Wednesday, October 14 at 5:30pm to 7:00pm

Join us after work for a hike with a St. Luke's University health professional! Get some exercise while learning about health and fitness outdoors. Each hike will include a presentation from a guest health professional on topics such as physical fitness, stretching, and nutrition. A different guest will hike with us each month, sharing a topic that they specialize in. We will hike at a brisk pace over uneven terrain for 2 to 2.5 miles guided by a center educator. Our guest will be available during the hike to discuss the topic of the day and answer your questions. Meet at the Visitor Center at 400 Belfast Road, Nazareth, PA. Participants must be in possession of a face mask and practice proper social distancing while attending the program. Registration is required in order to limit group size in accordance with current health guidelines. Register for community programs online [Click Here](#).

**October 15****Heritage Center Virtual Ghosts**

The Slate Belt Heritage Center will be conjuring up ghosts from the Slate Belt's past at their annual Haunted Heritage Event on Thursday, October 15.

The event will be virtual this year and will be posted on Facebook by 7:00.

**Outdoor School with Jacobsburg**

Thursdays, 8:30am-3:30pm Sept through Nov.

You may know Jacobsburg as a place to enjoy public environmental programs for individuals, families, and

scouts, but we also serve over 35 different public and private K-12 schools for free throughout the academic year. Whichever way your students are learning this year, Jacobsburg is here to help with standards-based outdoor education in biology, environmental science, earth science, history, and language arts. If your student needs to get outside for an in-person educational experience, give them a call. They are prepared to offer in-person and virtual programs by request to groups of families, as well as schools. They require at least 5 students for a free hour-long lesson and group sizes are limited to no more than 20 people total. Please call to find out more, 610-746-2801 or [Click Here](#).

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**See HAPPENINGS page 14**


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# Where to Eat

## Napoli Pizza

Dine-In, pick up & delivery. 610-588-1455, 444 S 1st St, Bangor. M- Sat 11-9. Sun. 12-8, Tue - Closed. More Info: [Click Here](#)

## Slate Belt Diner

Open for take out. Outdoor Dining 610-452-9205, 370 Blue Valley Drive. More Info: [Click Here](#)

## Daisy Family Restaurant

Open 11-9 Sun-Thurs. 11-10 Fri. & Sat. Order by phone for curbside pickup and have your food brought to your vehicle, or order at the counter and take it with you. 6589 Sullivan Trail Wind Gap, (610) 863-4044. Cash or credit still accepted. More info: [Click Here](#)

## Three Brothers Pizza

Three Brothers Pizza is now open in the former Plainfield Diner on Sullivan Trail. Dine In 7am- 10pm Call 610-863-4950 to order.

More Info: [Click Here](#)

## Mt. Bethel Diner

Mt. Bethel Diner open for Dine-In and Take-Out Mon - Sun 8am - 7pm. Call ahead to order 570-897-6409, 2600 N. Delaware Drive, Mt. Bethel, Pa 18343.

More Info: [Click Here](#)

## Family & Friends Takeout

Family and friends country restaurant is open for take out at are window or curbside pick up. Full menu available. Call for daily specials 610-759-7477. They are located on route 512 in wind gap next to Albanese garden center. More info: [Click Here](#)

## Gap Diner

The Gap Diner in Wind Gap is open for dining-in Sun.-Wed 6am-Midnight and 24 hrs Thurs, Fri, & Sat. More info: [Click Here](#)

## TK's Restaurant

TK's will open June 5 in their outdoor seating and To Go services. 7am - 11pm 7 Days A Week. 570-897-6112. There will be a 75-minute limit for each table service if instructed by staff. NO MORE than 10 people per table unless you are a family from the SAME household. To See menu: [Click Here](#)

## Little Creek BBQ

Hours: Tue--Wed 3-7. Thurs., Fri., Sat 11-7. Sundays 12-5. 610-588-3831. More info: [Click Here](#)

## Fuher's Tavern & Grill

Fuhrer's Tavern & Grill at 104 Main St., Portland has opened (previously O'Neill's Place) Non-smoking. Families welcome. Masks required. No bar seating Table seating at 25% capacity. Reservations not required but suggested. Outside seating available. Open 10 am - 9 pm. Kitchen open 11-9, last seating at 8 .last call for food and drinks at 8:30. (570) 897-5590.

**WHERE TO EAT** continued on page 9

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## Where to Eat

### Sal's Pizza

Sal's Pizza 487 E. Moorestown Road, Wind Gap. 610-863-7665. Open daily 11am -9pm. Closed Tuesday Mor Info: [Click Here](#)

### Doughboys

Original Doughboys Pizza and Restaurant, 230 W. Moorestown Rd, Wind Gap. Open 11-9 daily. 610-759-3776. More Info: [Click Here](#)

### Pen Argyl Pizza

Pen Argyl Pizza 510 E. Main St, Pen Argyl. 610-863-6670. M-Sat (11-10) Sun (10-10) More Info: [Click Here](#)

### 512 Restaurant

512 Restaurant 2 East Pennsylvania Ave, Pen Argyl. Tues-Sunday, Curbside and delivery. 610-881-4540. More Info: [Click Here](#)

### Detzi's Tavern

Detzi's Tavern 570 North Lehigh Ave., Wind Gap. 863-9882. Open 4 -7:30. and Noon-7:30 Wed., Thurs, Fri & Sat. More Info: [Click Here](#)

### Slate Pub

Slate Pub 509 E. Main St., Pen Argyl. 610-881-4700. Opens 12. Tables both under and outside the tent. No reservations will be taken at this time. All social distancing and government mandates will be followed.

- Masks must be except at the table.
- No more than 4 people per table.
- Tables must remain 6' apart

More Info: [Click Here](#)

### Broadway Pub

Broadway Pub 62 Broadway, Bangor. 610-452-9226. COVID Hrs. Tues-Sun (2-8). More Info: [Click Here](#)

### Boar Barbecue

Boar Barbecue 690 Allegheny Road, Mt. Bethel. 484-908-3407. More Info: [Click Here](#)

### JT Grill

JT Grill at Miller's Egg Ranch on Route 12, East Bangor is serving breakfast and lunch from 10am-3pm Tuesdays through Saturdays! Tuesday, June 9th lunch special: Italian Hot Dog with Beverage Outdoor seating available. More info: [Click Here](#)

### Five Points Grill & Pub

Five Points Grill & Pub 1001 Mt. Bethel Highway, Mt. Bethel. 610-588-1773. Reservations are highly encouraged! It helps make your dining experience run as smoothly as possible. Beginning August 11.

New hours are:

Tuesday-Wednesday (3pm-10pm)

Thursday-Saturday (11am-11pm)

Now open Sunday (12pm-8pm)

Please call us at (610)588-1773

More Info: [Click Here](#)

**These Restaurant listings are free because of the limitations placed on eateries due to the Coronavirus pandemic. If you have any other listing you want to add contact Slate Belt Town Topics [sbttopics@rcn.com](mailto:sbttopics@rcn.com) or call 610-863-1988**



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## Bangor Library New Books

September 24 - October 1

### Adult Fiction

To Love a Prince by Rachel Hauck  
To Sleep in a Sea of Stars by Christopher Paolini  
A Question of Betrayal by Anne Perry  
The Book of Two Ways: A Novel by Jodi Picoult

### Large Print Fiction

Thick as Thieves by Sandra Brown  
Royal: A Novel by Danielle Steel

### Adult Non-Fiction

Channel Kindness: Stories of Kindness and Community  
How to Destroy America in Three Easy Steps by Ben Shapiro  
How to Fly (In Ten Thousand Easy Lessons): Poetry by Barbara Kingsolver

### Easy Fiction

Sun Flower Lion by Kevin Henkes  
Evelyn Del Rey is Moving Away by Meg Medina  
Escape Goat by Ann Patchett

### Junior Fiction

Priscilla the Princess of the Park by Pat LaMarche  
Young Adult Fiction  
The Inheritance Games by Jennifer Barnes  
Aurora Burning by Amie Kaufman

## Library Book Donations

The Bangor Public Library will be taking donations from October 1st to 31st during library hours. Patrons must call ahead due to limited space. Books must be in excellent condition and have a copy right date of 10 years old or newer.



## Blue Mt. Community Library

Located at 216 S. Robinson Ave., Pen Argyl, PA.  
Open: M, Th and Sat from 10-Noon and M, & Th from 6-8 PM. Visit the website at [www.bmcl.org](http://www.bmcl.org) or call 610-863-3029 for information or to request books. Their Facebook page is [www.facebook.com/bmclpenargyl](https://www.facebook.com/bmclpenargyl).

### August 2020

#### New Fiction

Secrets of My Heart, Tracie Peterson  
Mrs. Lincoln's Sister, Jennifer Chiaverini  
House of Privilege, Mike Lawson  
The Lies that Bind, Emily Giffin  
Her Last Flight, Beatriz Williams  
What You Wish For, Katherine Center  
The Woman in the Woods, John Connolly  
The Pull of the Stars, Emma Donoghue  
The Last Trial, Scott Turow  
The Banty House, Carolyn Brown  
Salt Air Secrets, Joanne DeMaio  
Girl From Widow Hills, Megan Miranda  
The Request, David Bell  
Someone Else's Secret, Julia Spiro

#### New Non-fiction

More Than Love, Natasha Gregson Wagner  
Too Much and Never Enough, Mary Trump

#### New Juvenile

The Chubby Cheek Chipmunk, Allie Kat  
The Berenstain Bears and the Baby Chipmunk, Stan Berenstain

## October Silent Auction

The Blue Mt. Community Library will once again hold a Silent Auction during the month of October. 18 items, including Kitchen, Home, Jewelry and Leather Fashions will be available to bid on.

Library membership is not necessary to participate. Please go to the library's Facebook page or visit [www.bmcl.org](http://www.bmcl.org) for a list of the items and instructions for bidding.

Any questions, call 610-863-3029 during Library hours.

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## Virtual Race and Walk

Join Families First for their 18th Anniversary serving residents in the Pen Argyl Area School District and participate in their 18th Annual/1st Virtual 5-K Race & 1 Mile Fun Walk on Saturday, September 26 – October 17, 2020..

**Register today.** Then, during the weeks of September 26th – October 17th, 2020, pick your favorite spot, or somewhere new, alone or with others, and complete the run/walk. The official registration form can be downloaded at the Families First website.

[www.familiesfirstpenargyl.org](http://www.familiesfirstpenargyl.org)

**Non-Refundable Entry:** \$20 per person or \$50 for a family of three or more before September 26th; \$25 per person After September 26th. Family entries must be mailed together. Students - \$15 entry fee.

**Checks payable to:** Families First and mail to Families First Race Committee c/o Frank Jones 1620 Teels Road, Pen Argyl, PA 18072.

**Runners:** If submitting time, complete 5-K (3.12miles) and record.. Be sure to include your full name, City and State. Email your race results info to: [phil.giaquinto@aol.com](mailto:phil.giaquinto@aol.com) no later than October 18.

Entry includes a quality T-Shirt guaranteed to first 100 runners. **T-Shirts:** Curbside pick-up is October 19 4 pm to 6:30 pm, in the front of the bus loop at Wind Gap Middle School. 1620 Teels Road, Pen Argyl.

**Raffle:** Each participant will be assigned a raffle number. One randomly selected number win.

**Support:** Be creative in showing your support for Families First on Social Media. Submit entry to Families First Race Committee and the Board of Directors will award several prizes . **Sponsorship:** All levels include publicity, listing of corporate logo or name on the event T-Shirts, and the opportunity to place informational material in the Race Bags. For sponsorship information, contact the Families First Director, Frank Jones at 610-863-9095 Ext. 1387 or via email to [jones.frank@penargylsd.org](mailto:jones.frank@penargylsd.org).

## Takeout Food Tips

Getting takeout from your favorite restaurant for dinner? Use these tips to stay safe:

- Mobile phone order + pay online or by phone
- Accept take-out without in-person contact
- Stay 6 feet away from others

## Library's Foreign Language Vocabulary Builder

The Bangor Public Library announces that it has added LingoLITE to its online reference offerings which helps users learn basic words and phrases in 30 languages using interactive native speaker videos.

"Foreign language training and references are very popular at the library, but in the past, we've never been able to offer one source for learning so many languages using such an interactive video format, so we're very excited to offer this database to our patrons," says Kathleen Lynch, Director at Bangor Public Library.

LingoLITE is a vocabulary builder and contains thousands of native speaker video clips in 30 languages including Spanish, French, Italian, German, Chinese, Japanese, Chinese, Farsi, Hindi, German, Swahili, Thai, and 18 others. Anyone can access LingoLITE using the library's computers, or from anywhere in the world from the library's portal at [www.bangorlibrary.org](http://www.bangorlibrary.org) with their library card.

LingoLITE was designed anyone who wants to learn basic terms and phrases in a new language. The resource has glossaries for greetings, introductions, food, transportation, relations, numbers, and more.

This is an example of the Library's mission to increase its coverage of topics that are of interest to its diverse population of patrons young and old.



# County Road Work

**US 22 West Between: PA 191 and PA 512 Nighttime Restriction 9PM To 4:AM :Lane restriction westbound. Start date: 10/4/20. Est completion date: 10/5/20**

**Interstate 78 East Between: Exit 60 (PA 309) and Exit 67 (PA 412) Nighttime Restriction 9 PM To 4 AM: Eastbound lane restriction. Start date: 10/5/20. Est completion date: 10/6/20**

**Interstate 78 East Between: Exit 60 (PA 309) and Exit 71 (PA 33) Nighttime Restriction 09:00 PM To 04:00 AM: Eastbound lane restriction. Start date: 10/6/20 Est completion date: 10/7/20**

**Interstate 78 East Between: Exit 60 (PA 309) and Exit 71 (PA 33) Nighttime Eastbound lane restriction 09:00 PM To 04:00 AM. Start date: 10/7/20. Est completion date: 10/8/20**

**Interstate 78 East Between: Exit 71 (PA 33) and Exit 75 (To PA 611) Nighttime Restriction 09:00 PM To 04:00 PM: Eastbound lane restriction. Start date: 10/8/20. Est completion date: 10/9/20**

**Bushkill Township Road name: Cherry Hill Road. Between: Nazareth Drive and Bushkill Center Road Daytime Lane restriction with flagging 9 AM To 2PM. Start date: 10/6/20. Est completion date: 10/9/20**

**Upper Mount Bethel/portland Road name: PA 611. Between: Delaware Avenue and Slateford Drive. Daytime Lane restriction with flagging 9 AM To 2PM. Start date: 10/5/20. Est completion date: 10/9/20**

**Plainfield Township Road name: State Park Road Between: Jacobsburg Road and Church Road Daytime Lane restriction with flagging 9 AM To 3PM Start date: 10/5/20 Est completion date: 10/5/20**

**Plainfield Township. Road name: Sullivan Trail Between: PA 191 and PA 512. Daytime Lane restriction with flagging 09:00 AM To 02:00 PM. Start date: 10/6/20. Est completion date: 10/7/20**

**Plainfield Township, Road name: Filetown Road. Between: Jacobsburg Road and Sullivan Trail. Daytime Lane restriction with flagging 9 AM To 2PM Start date: 10/8/20. Est completion date: 10/8/20**

**Plainfield Township Road name: Sullivan Trail. Between: Broadway Street, Wind Gap and Indian Trail Road. Daytime Lane restriction with flagging 09:00 AM To 02:00 PM. Start date: 10/9/20. Est completion date: 10/9/20**

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[sbtopics.com](http://sbtopics.com)**

**HAPPENINGS** continued from page 7

a safe social distance at all times during the program. Please register for each session that you plan to attend and register all members of your party including adults and additional children as space for this program is limited to 20 attendees total. Register for community programs online [Click Here](#).

**October 17**

### **Winter Rummage Sale**

Trinity Lutheran in Bangor at 404 Broadway will have a one-day rummage sale on Saturday, October 17th, from 8:00 – 4:00. The emphasis will be on all things winter, and will be held in the church fellowship hall. There will be Christmas decorations, winter coats and hoodies, sweaters, pants, and other clothing for sale. There will be bargains galore, so please plan on coming to the church and check it out.

### **Belfast Rummage Sale**

Belfast Wesley United Methodist Church 607 School Road Nazareth, Pa. will hold its annual fall rummage sale Saturday October 17 from 8:00am to 12:00pm,

Something for everyone! Please come out and join them. For more information please call Teddy at 1-908-235-8811.

Masks are required to enter

**October 19**

### **Monday Morning Birds & Beans**

Mondays, 8:00-9:30am, September 21, 28, & October 19

Rise and shine! Join us for a bird walk through Jacobsburg in search of fall warblers and other Neotropical migrants. This is a great opportunity to learn tricky fall warbler identification. Please dress for the weather, wear comfortable shoes, and bring binoculars and your favorite field guide! Registration is required in order to limit group size in accordance with current health guidelines. Participants must wear a face mask and practice proper social distancing while attending the program. Register for community programs online [Click Here](#).

**October 21**

### **Jacobsburg Weekly Weeders**

Wednesday, August 26 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. Volunteers will need to wear a mask, bring a water bottle, and practice social distancing. Registration is required in order to maintain small group sizes in accordance with the current health guidance. Register for community programs online [Click Here](#).

**October 22**

### **Outdoor School with Jacobsburg**

Thursdays, 8:30am-3:30pm Sept through Nov.

You may know Jacobsburg as a place to enjoy public environmental programs for individuals, families, and scouts, but we also serve over 35 different public and private K-12 schools for free throughout the academic year. Whichever way your students are learning this year, Jacobsburg is here to help with standards-based outdoor education in biology, environmental science, earth science, history, and language arts. If your student needs to get outside for an in-person educational experience, give them a call. They are prepared to offer in-person and virtual programs by request to groups of families, as well as schools. They require at least 5 students for a free hour-long lesson and group sizes are limited to no more than 20 people total. Please call to find out more, 610-746-2801 or [Click Here](#).

**October 23**

### **Creatures of the Night**

Family Night: Creatures of the Night Hike

Friday, October 23 at 6:30pm to 8:00pm

Ever go out at night and look and listen for nocturnal creatures? Join us as we take a stroll through the woods and fields of Jacobsburg in search of these fascinating animals. Participants should dress for the weather, wear comfortable shoes and bring a flashlight. Registration is required. All participants over the age of two are required to wear a mask in order to participate. All participants are required to maintain a safe social distance at all times during the program. Please call to find out more, 610-746-2801 or [Click Here](#).

**October 24**

### **Saturday Morning Chow Time**

Saturday morning chow time for veterans and first responders, free of charge, 8-9:30am Saturday October 24 at A Clean Slate 100 S. First St., Bangor. 610-452-9348

### **Fall Craft Fair**



A Fall Craft Fair is planned for Washington Twsp. Fire Co., 920 Washington Blvd, Bangor, October 24 from 10-4. This is an outdoor event and will be held rain, shine, or Snow. Food and drinks will be available. For space info contact Aundrea Morrison at 610-984-7101 or e-mail [bdjm987@gmail.com](mailto:bdjm987@gmail.com)

**October 24,25**

### **Market Faire and Rendezvous**

The Jacobsburg Historical Society will present its annual Market Faire and Rendezvous October 24,25 on Henry Road, Nazareth from 10-4pm.

**October 29**

### **Outdoor School with Jacobsburg**

Thursdays, 8:30am-3:30pm Sept through Nov.

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**October 31**

### **UMBT Halloween Parade**

Join a Halloween Drive-By Parade on Saturday, October 31st from 1pm-3pm at the Upper Mount Bethel Community Park. Register for the car contest at [facebook.com/portlandumbtparade](https://facebook.com/portlandumbtparade) or 610-360-6468

### **Bangor Trick or Treat**

Bangor Trick Or Treat (rain, snow or shine) will be held Saturday, October 31, 2020 at 2 pm – 5 pm

### **LMBT Trick or Treat**

Lower Mt. Bethel Twsp will holds trick-or-treating October 31 between noon and 9:00 p.m. But you are free to do it the entire day

### **Portland Halloween**

Portland Trick or treat 4-6pm. Trick-or-Treat After Party/Costume Contest, 6:15pm-8pm

**November 5**

### **Outdoor School with Jacobsburg**

Thursdays, 8:30am-3:30pm Sept through Nov.

You may know Jacobsburg as a place to enjoy public environmental programs for individuals, families, and scouts, but we also serve over 35 different public and private K-12 schools for free throughout the academic year. Whichever way your students are learning this year, Jacobsburg is here to help with standards-based outdoor education in biology, environmental science, earth science, history, and language arts. If your student needs to get outside for an in-person educational experience, give them a call. They are prepared to offer in-person and virtual programs by request to groups of families, as well as schools. They require at least 5 students for a free hour-long lesson and group sizes are limited to no more than 20 people total. Please call to find out more, 610-746-2801 or [Click Here.](#)

**November 10**

### **Stone Church Pastie Sale**

A Pastie Sale will be held at Christ Evangelical Lutheran Church, 703 S. Delaware Dr. (Route 611), Mt. Bethel (Stone Church) on Saturday, November 14. Pasties can be picked up between 11am and 1 pm. The cost is \$6.00 per beef pastie. Place your order with or without onions. Advance orders are recommended and can be placed until the November 10. To place your order or for additional information call Chrissy at 610-588-0809

**November 12**

### **Outdoor School with Jacobsburg**

Thursdays, 8:30am-3:30pm Sept through Nov.

Whichever way your students are learning this year, Jacobsburg is here to help with standards-based outdoor education in biology, environmental science, earth science, history, and language arts. If your student needs to get outside for an in-person educational experience, give them a call. They are prepared to offer in-person and virtual programs by request to groups of families, as well as schools. They require at least 5 students for a free hour-long lesson and group sizes are limited to no more than 20 people total. Please call to find out more, 610-746-2801 or [Click Here.](#)

**November 19**

### **Outdoor School with Jacobsburg**

Thursdays, 8:30am-3:30pm Sept through Nov.

You may know Jacobsburg as a place to enjoy public environmental programs for individuals, families, and scouts, but we also serve over 35 different public and private K-12 schools for free throughout the academic year. Whichever way your students are learning this year, Jacobsburg is here to help with standards-based outdoor education in biology, environmental science, earth science, history, and language arts. If your student needs to get outside for an in-person educational experience, give them a call. They are prepared to offer in-person and virtual programs by request to groups of families, as well as schools. They require at least 5 students for a free hour-long lesson and group sizes are limited to no more than 20 people total. Please call to find out more, 610-746-2801 or [Click Here](#).

**November 29**

## Portland Tree Lighting

The Tree Lighting will go on as planned. There will be some changes and it may be smaller but it will take place. Information will be forth coming.



WEARING IS  
CARING



## Wind Gap Turkey Drive

Thanksgiving is two months away. Plans are underway for another Turkey Drive this year for the food bank in Wind Gap .

Last year was a beautiful display of generosity on the community's part. That said, this year they want to start earlier, possibly reaching more people. Drop off date is is not definitive as of yet. They suggest that you pick up an extra can of vegetables or mashed potatoes when you shop up to drop off date.



And if financially you can't help, there are other ways. A simple share and like is an incredible way to help.

The food bank accepts non perishable items throughout the year . There is a drop off box outside the old catholic church located on 512 and Genoga in Wind Gap . (On the Genoga side )

## FOOD continued from page one

side to be sure and help control how much actually goes on your food.

Instead of eating out of the containers, plate your food for a more appropriate portion size when servings are large. You also can save part of your meal for later. As always, wash your hands before serving or eating.

[eatright.org](http://eatright.org)

## ABUSE continued from page one

the last four digits of their social security number or a special passcode, which a survivor might not know. Those safeguards help protect against things like SIM swap attacks, where hackers impersonate their victims to hijack their accounts, but they also make it difficult for survivors to disentangle themselves from their abusers.

## Struggling With Substances?

People struggling with substances can now walk in for drug and alcohol assessments at the Clean Slate Bangor, 100 South First Street St, Bangor 610-452-9348 Mondays from 10am - 12pm Many times this is the first step toward treatment and a new life.