

The background of the entire cover is a vibrant American flag, with its red and white stripes and blue field with white stars. Overlaid on the flag are several bursts of fireworks in white, yellow, and red, creating a celebratory atmosphere.

THE *Belt* and BEYOND

FREE

**Volume 7 • Issue 5
June 25, 2020**

A PUBLICATION FEATURING: local events, news, happenings and more

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**Have a Safe and
Happy July 4th**

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WEEKEND HAPPENINGS

Operation BBQ Relief &

Farmers to Families Food Box Distribution

The Greater Valley YMCA, will partner with Slate Belt Rising, Operation BBQ Relief, The Common Market and the Farmers to Families program to provide several pallets of food on **Thursday, June 25th, 4:00pm to 6:00pm** at the Wind Gap Fire Co. Social Hall, 111 N. Broadway, Wind Gap, PA. *See page 16 for Event details*

Wind Gap Fire Co. Drive Thru Carnival

Friday, June 26th & Saturday, June 27th, 5:00pm to 10:00pm. Wind Gap Fire Co. Social Hall 111 N. Broadway, Wind Gap, PA. *See page 16 for Event details*

JUNE NATIONAL DAYS

JUNE IS NATIONAL MEN'S HEALTH MONTH

JUNE NATIONAL DAYS

JUNE 25 - NATIONAL LEON DAY

JUNE 26 - NATIONAL BEAUTICIAN'S DAY

JUNE 27 - NATIONAL SUNGLASSES DAY

**JUNE 30 - NATIONAL METEOR
WATCH DAY**

JULY IS NATIONAL BLUEBERRY MONTH

JULY NATIONAL DAYS

JULY 1 - NATIONAL POSTAL WORKER DAY

JULY 3 - NATIONAL EAT YOUR BEANS DAY

JULY 5 - NATIONAL BIKINI DAY

JULY 6 - NATIONAL FRIED CHICKEN DAY

JULY 7 - NATIONAL MACARONI DAY

JULY 8 - NATIONAL FREEZER POP DAY

**JULY 9 - COW APPRECIATION DAY –
CHANGES ANNUALLY**

JULY 10 - NATIONAL PINA COLADA DAY

JULY HOLIDAY

JULY 4 - INDEPENDENCE DAY

What is National Leon Day? Leon is Noel spelled backward. National Leon Day is June 25th which marks six months away from Christmas day. A day some crafters begin planning their homemade gifts and decorations. It can also be a day for those who miss the winter holidays to have a mini winter celebration in June.

UMBT & Portland to Host July Fourth Parade

Portland & Upper Mt Bethel will host the annual July 4th parade at **11:00 am, Saturday, July 4th**. * **Please note this year's parade route has changed.** The parade will begin at the William Pensyl Social Hall on State Street in Portland, PA.

Parade route is as follows:

From Dunkin Donuts (Rt 611) in Portland and turning left onto Delaware Ave. Turning left on Turkey Ridge Road and left onto Saddle Creek Drive. Left again onto Million Dollar Hwy. Turning right onto Ramblewood. Turning left onto Totts Gap Road. Straight to Johnsonville Road where it will Crossing 512 to Orchard Road. Turning left onto Evergreen Road, turning right into Independence Road into Evergreen Village. Turning left on Flintlock passing the Clubhouse. Turning left onto Revolutionary. Left onto Powderhorn and then right onto Independence exiting Evergreen Village. Turning right onto Evergreen Road onto Rt. 611 where the parade route ends.

Please remember to celebrate safely and please observe the Governor's orders for COVID-19

* Limit crowds to no more than 25 people

* Wear masks and practice social distancing

* Stay in cars along the parade route.

FISH-FOR-FREE DAYS - 2020

The next Fish-for-Free Day in Pennsylvania will be held on **Saturday, July 4th (Independence Day)**.

Fish-for-Free Days allow anyone (resident or non-resident) to legally fish on Pennsylvania waterways on the designated days with **NO FISHING LICENSE REQUIRED** (Trout/Salmon and Lake Erie permits are also NOT required). All other fishing regulations still apply.

Birds & Butterfly Walk

A birds and butterfly walk will be held on **Sunday, July 5th, 1:00-3:00 pm**. The event is hosted by DCNR and Waste Management. Come and learn all about butterflies! Social distancing will be practiced and all guests are encouraged to wear walking shoes or hiking boots. Remember to bring sunblock and bug spray.

Jacobsburg Environmental Center, 891 Grand Central Road, Pen Argyl, PA. Please RSVP by **July 3**, to Adrienne at afors1@wm.com.

McMichaels United Methodist Church Events

PIZZA SALE: Cheese only pizzas. Orders due by **July 9th** to order call Martha at 570-992-6742. Pick up at the church on **Saturday, July 18th from 8:30am until noon**. The church is located at 104 White Church Rd., (corner of White Church Rd. & Rte. 715, McMichaels, PA

A DONATION ONLY BREAKFAST will be held on **Saturday, July 11th, 8:00am to 10:00am**. Full breakfast including beverage will be curbside only. Please wear masks for pick-up. ALL ARE WELCOME. The breakfast will be from

BAKE SALE Saturday, July 11th, 11:00am to 2:00pm. Variety of baked goods all individually wrapped. Please wear masks. There will be sandwiches and drinks available for purchase.

Tasty Tuesdays is Back at Trinity Lutheran Church

Trinity Lutheran Church, located at 4th and Broadway in Bangor, will once again offer a free bag lunch program to children, their families and individuals in the community this summer. Tasty Tuesdays will began on **Tasty Tuesdays will run through mid August**. Due to Covid-19, lunches will contain non perishable food items and will be available for drive-up/walk-up pick up in the large church parking lot. Each lunch contains water, juice, healthy snack bar, chips, fruit cup and your choice of a main food item such as canned soup/pasta. Please call the church office to register for Tasty Tuesdays at 610-588-2023.

3rd Annual Historical Bangor Business Association Car & Bike Show

The 3rd Annual Historical Bangor Business Association (HBBA) will be held on **Saturday, September 12th from 10:00am to 300pm** (Rain date, 9/13) on Broadway in downtown Bangor, PA. For more information visit the HBBA website: <https://www.hbbapa.org/>

Habitat for Humanity Postpones She Nailed It Fundraiser

Due to the COVID-19 pandemic and resultant government guidance, Habitat for Humanity is rescheduling its annual "She Nailed It" competition. The event will now be held on **Sunday, September 13th**, at Shawnee Inn and Golf Resort.

THE SEPARATION

by Robert L. Martin

When rulers rule from beyond the sea,
Beyond the waves and forest tree,
Over the shores of freedom's land,
Over the oppressed of those who ran,

Dreams of independence come at night,
And at the dawn for still in sight,
Freedom must come with a price to pay,
Gearing up for war to crank up the day.

If by war, then we must break the binding
With guns and cannons and arduous grinding.
The separation came with victory in the mix,
Documented on this day in 1776.
The Declaration of Independence,
Free at last from this day hence.



Dr. Robert F McEvoy, MD

Would like to announce that he is no longer affiliated with Steward Medical. He will continue to see patients at his office.

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610 588-8282

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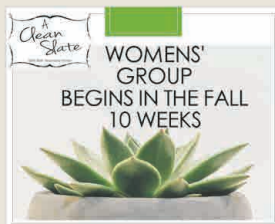


Blue Mountain Community Library News

The Blue Mountain Community Library is once again open to serve you by Curbside Services ONLY for the time being. Library hours for pick-up are **Monday, Thursday and Saturday, 10:00am-Noon and**

Monday and Thursday, 6:00pm-8:00pm. Members may borrow a total of 2 items with only 1 being a new item. No renewals will be allowed at this time. To request items, call the library at 610-863-3029 and leave a detailed message, speaking slowly and clearly, naming each member and their membership number, along with the books desired. A library representative will contact you with a day and time for pick-up in the library parking lot. If an item is not available, a reserve will be made for you and you will be notified when it is again available for circulation. All memberships in the household must be free and clear of overdue items and/or fines. Fines will be calculated upon return of the item(s). You may visit our website www.bmcl.org to access our Online Public Access Catalog (OPAC) to view titles and availability. If you do not have internet access, simply call to ask if an item is available or for help in choosing books you like to read.

For the safety of our library community, volunteers and staff, patrons will NOT be allowed in the building. Computer service and Book Nook purchases are currently suspended. We will not accept donated materials at this time. Be assured that all items are being sanitized and quarantined before they are available for circulation. YOUR library volunteers will do their best to serve you during this unusual time and ask for your patience and understanding. BMCL Board of Directors



A Clean Slate Women's Support Group to Begin in the Fall

A new Women's Support Group will begin this fall at A Clean Slate. The group will last for 10 weeks. Please sign up in advance. After the second session the group will

be closed until the next series so please come if you can commit. For more details please call 610-452-9348



"912" Scholarship

Congratulations to the Bangor Graduate, Jayden Buist who was the recipient of the '912' Scholarship in memory of Dennis Strouse. Jayden will be attending Northampton Community College to pursue his interest in Environmental Science. The family of Dennis Strouse wishes him great success in his future endeavors.

West End Fair Canceled

Due to the coronavirus pandemic and uncertainty surrounding public gatherings this summer there will be no West End Fair this year.

Plainfield Farmers' Fair Canceled

The 2020 Plainfield Farmers Fair is canceled this year due to the COVID-19 virus. Save the date for next year's Plainfield Farmers' Fair will be held **July 20th thru 24th, 2021**

VBS@Home from Grace UNITED Methodist Church



Fruit of the Spirit

A little (or maybe not so little) virus is not going to stop Grace United Methodist Church in Pen Argyl from having a Vacation Bible School program this summer. It will be different than usual, but it will be good! VBS will be at your home this summer. Each week you'll come to the church to pick up a packet and then the children will do the activities at home.

Stories, worksheets, crafts, games and activities and a Bible memory verse. There will be packets for three age groups—pre-k-k, 1st-3rd, 4th and up. **Starting June 29** and going for five weeks, pickups will be from **10:00am to 11:00am and 6:00pm to 7:00pm.**

The theme is Fruit of the Spirit - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Each week will focus on one or two of these and will give kids opportunities to practice these characteristics, while learning that these characteristics come from God.

Will you join us? Registrations are required so we have enough materials prepared. Go to www.worshipatgrace.org, scroll down to Grace VBS@Home and click on the registration link. For more information please call the church office at 610-863-4811 or email graceumc@worshipatgrace.org.

**Send your news and events to
The Belt and Beyond
thebeltandbeyond@gmail.com**

Bangor Women's Club GFWC Announces Kristen Stopfer 2020 Scholarship Recipient



Kristen Stopfer

Kristen Stopfer Bangor Area High School senior was selected to receive the Bangor Women's Club GFWC 2020 \$1000 scholarship. She is the daughter of Karl and Pam Stopfer.

While at Bangor, Kristen was a member of Student Government, Class Cabinet, Bangor Marching Band, Vice President of the choir, Women's Chorale,

Dance Captain of the musical, and member of PMEA District, Region, and All-State Choir.

Kristen plans to attend the University of Pittsburgh to major in Biology.

Area Food Pantries

Portland Upper Mt Bethel Food Pantry P.U.M.P.

The Portland Upper Mount Bethel Food Pantry serves Wind Gap, Pen Argyl, Bangor, East Bangor, Portland, and Martins Creek. The food pantry is open to qualifying clients **every Monday morning from 10:00 am to 11:30 am and Monday evening 6:00 to 7:30 pm. (NO evening distribution on Memorial Day, 5/25)** PUMP is in need of boxed cereal of all types. Any donation you can give is greatly appreciated. Until further notice will be open every Monday as normal but will deliver food to your car in the parking lot. Please clean out a space in your trunk to put food in. For our safety and yours. We cannot go inside your car. Located at the Portland Social Hall, 111 State Street, Portland, PA, 570-656-2967

Pen Argyl Salvation Army Food Pantry

The Pen Argyl Salvation Army Food Pantry is open the **first four Tuesdays of the month from 10am until 12:00pm**. There is a virtual pantry set up on line for those that are interested and willing to donate. <http://www.salvationarmyusa.org/>. The Pen Argyl Salvation Army is located at 301 West Main Street, Pen Argyl, PA, (610) 863-6677

Mission of Love Food Bank

Mission of Love Food Bank Ministry is a non-profit organization that seeks to fight hunger by providing food to local families in need. **Tuesdays 9:00am -12:00 noon**. Drive thru service only. For the safety of all we ask that you do not exit your vehicle. Location 555 N. Main Street, Bangor, PA. To volunteer or donate please contact Pastor Frank at 570-807-7794.





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Brodheads ville, PA
570-801-7886

Pocono Community Pharmacy II
175 E. Brown Street, Suite 107,
E. Stroudsburg, PA
570-661-8226

(located opposite to Pleasant Valley High school) (located opposite to Lehigh Valley PMC ER)

**Hours: Mon-Thurs 8:00am-6:00pm; Friday 8:00am-5:00pm;
Saturday 9:00am-1:00pm**



Jennifer Kasander
Certified Grief Recovery Specialist
Are you feeling Anxious or Depressed?
Has Life as you Know it Changed?

The events happening in our world bring feelings of uncertainty that affect our well being. You may be experiencing feelings of

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I am offering complimentary 20 minutes sessions.

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NCC offers online course this July-August

Get trained for an essential occupation this summer! Are you looking for a challenging and rewarding career opportunity? Obtaining a pharmacy technician certification might be the right choice for you. To be successful, a pharmacy technician must have excellent communications skills, be good at solving problems, and enjoy helping others. Funding may be available through PA CareerLink@.

Program Details Course code: PHARM101.16 Dates & times:

Mondays, Wednesday, July 6th to August 12th, 7:30pm to 9pm

Campus: Requirements for Enrollment • Must be at least 18 years of age. • Completed Student Information Form. • High School Diploma or GED.

Certification Examination Candidates successfully completing the class can sit for Certified Pharmacy Techs (ExCPT) exam, administered by the National Healthcareer Association (NHA). The exam fee of \$105 is not included in the course tuition and is the responsibility of the participant.

Enrollment & Refunds Register online with a credit card at northampton.edu/HealthcareCourses. For refund policy, please visit northampton.edu/NoncreditRefund. For questions, call 610-332-6585 or e-mail healthcare@northampton.edu.

Pharmacy Technicians assist licensed pharmacists with:

- screening prescription orders for completeness and accuracy
- preparing prescriptions and mixing medications
- managing medication distribution and control systems
- providing drug information and education to patients

Bangor Public Library News

Beginning on **Monday, July 13, 2020** the library will be offering limited services by appointment only. You will need to call and schedule a time to use the fax, copy machine and computer. Only one computer will be in use and you will be allowed 30 minute sign ups at this time. All patrons entering the building will be required to wear a mask.

No use of the library's public space will be allowed at this time. More details to follow.

Please feel free to call the library with any questions you may have.

Save the Date 8th Annual St John's Pet Expo

The 8th Annual Pet Expo sponsored by the St. John Evangelical Lutheran Church, Pen Argyl will be held on **Saturday, September 26, 2020 10:00am- 2:00pm. Rain Date: Saturday, October 3rd.** St. John Lutheran Church parking lot 12 N. Westbrook Ave., Pen Argyl, PA. Pet Rescue/Adoption groups are encouraged to attend. Last year 4 animals were adopted during the Pet Expo and we are hopeful to increase that number this year. Remember your group will receive a \$50 donation for coming. Come join a day of Pet Rescue/Adoptions, Pet Contests, Pet Blessing, 50/50 drawing. Demonstration of therapy dogs, and a Pet Parade. All animals must be leashed or in carriers. Please bring donations for the local shelters and rescues! All proceeds benefit the animals. Donations of Pet Food is always accepted to help feed pets in need. If you are in need of pet food assistance to help feed your furry friend during the COVID-19 pandemic please call us for more information, or for info on the event or to make a donation please call Clint at 610-863-7261.

Town Wide



PEN ARGYL BOROUGH

Pen Argyl Borough will hold town wide yard sale days **July 10th-12th**. Yard sale permit fees will be waived for those dates.

PLAINFIELD TOWNSHIP

The 2020 Plainfield Township Community Yard Sales will be held on **July 10th, 11th, 12th from 8:00am to 2:00pm**

BANGOR BOROUGH

Labor Day weekend, Sept. 5th-7th! The Borough waives the yard sale permit and you have the opportunity to find some treasures and release your unused items to someone who can use them.

Donna's Salon & Advanced Reiki Healing We're Back!

Donna and Amy are now accepting appointments.

Book an appointment for a color service, a perm, or a Reiki session and bring a donation of non-perishable food and receive **\$5 OFF** your service! Donations will be given to Pen Argyl Salvation Army. Please mention or bring this ad Expires 7/31/20

Call today for your appointment

484-809-3727
201 W. Main Street
Pen Argyl, PA.

Donna's Salon and Advanced Reiki Healing is Back!
Donna and Amy at Donna's Salon & Advanced Reiki Healing are so happy to be back!!

We are ready to make everyone beautiful and fully prepared in our salon's safe, and clean environment. "Amy and I, as well as our guests will all be required to wear a mask. Hand sanitizer will be at each sink and styling station, as well as hospital strength disinfectant for every tool we use. We are so grateful to be back and would like to return our love to the community that supports us. So we are offering a \$5 discount off any color service, perm or Reiki service to anyone who brings in non-perishable food donations which will be donated to the Pen Argyl Salvation Army." said salon owner Donna Caponigro. Please also remember to mention or bring in the ad from this edition of Belt and Beyond to receive discount.

Donna's Salon and Advanced Reiki Healing is located at 201 W. Main Street, Pen Argyl, PA. The phone number is 484- 809-3727

ADV.

HAPPY FOURTH OF JULY!

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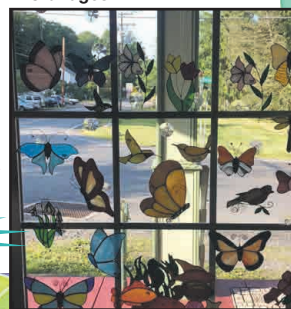
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6887 SOUTH DELAWARE DRIVE MARTINS CREEK, PA



Meet the Author Jolynn Angelini at Bangor Public Library

Come meet local artist Jolynn Angelini at the Bangor Public Library, on **Sunday, August 9th from 1:00pm to 3:00pm**. She will be sharing her first book "The Protectors" a fast paced thriller. The book is available for purchase at iuniverse.com

Space is limited so please call the library to reserve a spot 610-588-4136.

Event will take place in the library parking lot. Bring own chair. Social distancing and masks as needed.

The Bangor Public Library is located at 39 South Main Street, Bangor, PA.

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NCC's Center for College and Career Readiness Celebrates Students

Northampton Community College would celebrate GED® recipients during a graduation ceremony in June 2020; however, the COVID-19 pandemic had other plans. Recent events have postponed but will not prevent the Center, staff, family and friends from celebrating the hard work of students. The Center is planning a formal celebration in the Fall to officially celebrate all GED® credential recipients and welcome family and friends to enjoy this moment.

The GED® test is rigorous and tests a student's critical thinking, problem-solving and deductive reasoning skills. Students who have received their GED® credential were required to pass four subject areas – Reasoning through Language Arts, Mathematical Reasoning, Science and Social Studies. This credential is one of the first steps for students in obtaining employment, keeping their job, getting a better job, or advancing to postsecondary education or training.

Currently, 20 students have earned their GED® credential prior to the COVID-19 pandemic, with more students registering to take the GED® test once testing centers reopen. Of the 20 students, 12 students would like to be recognized: Monroe Campus - Samantha McManus, Clifford Newman, Alexis Sanabria and Sharon Wilson; Fowler Family Southside Center – Nally Baez, Jose Diaz, Enrique Gonzalez, Anthony Martinez, Jacob Santiago and Brandon Wesner; Bangor, Pen Argyl, and Nazareth School Districts - Mark Braham and Marjorie Lemler. Students would like to thank Center staff who made the accomplishment possible.

The Center operates programs in Monroe, Northampton, Pike and Wayne County. For additional information about classes, please call (570) 369-1883 for Monroe, Pike and Wayne classes and (610) 332-8650 for Northampton County and School District classes.



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- ✓ reduce the tick population in your yard



pennsylvania
DEPARTMENT OF HEALTH

Rising to Challenges in Troubling Times

By Kathleen McFall

The COVID-19 pandemic has caused a dramatic upheaval in our lives with changes that were unthinkable at the start of 2020.

Our daily routine has been altered - jobs lost, financial fears and hardships imposed, social isolation, and grief over loved ones lost to COVID-19.

We are now advised to wear masks out in public, practice social distancing, and limit outings to only essential matters. Worry and stress are normal human responses when people are in a state of danger or threat, and this pandemic has caused widespread despair.

Anxiety has grown due to a wide array of concerns, including uncertainty of when normalcy will return and worry about how long the loneliness caused by isolation will continue.

Fighting against an invisible enemy that knows no boundaries, along with fear of a contagion with no known prevention and treatment has generated unprecedented stress. Many of us feel stunned and powerless under these circumstances.

Life is a journey that often can have hardships, but can also be filled with joy and special moments. We can focus on the negative - and let life pass us by - or we can choose to try to make the best out of our circumstances.

How we respond to these challenges can determine the nature of our journey. Often, it is the hardships that, in the end, help to make us more resilient. Our courage and strength are tested as well as our weaknesses and shortcomings.

COVID-19 is challenging our country and the world, but life is about living in the present. No matter how much we plan, we cannot predict the future. The journey itself is life.

Instead of ignoring our present situation and waiting for the future, we should focus on the experiences that we can create within our circumstances. For me, that was FLAG of the Lehigh Valley.

As a co-founder of FLAG-LV, I was fortunate enough to interact with front line healthcare workers and first responders. I witnessed people with incredibly positive attitudes, despite the enormity of their responsibility and the daily danger they face.

FLAG-LV was founded to help restaurant owners who faced a massive income loss when they had to close their doors, and at the same time show support for healthcare workers and first responders facing the stress and uncertainty of the COVID-19 pandemic.

By paying for meals through generous community donors, FLAG-LV was able to purchase over 3,000 meals in 10 weeks with donations of over \$22,000 that went right back into the community and local economy.

These meals were delivered to area hospitals, nursing homes, hospital satellite facilities as well as COVID-19 laboratories, EMS, police and fire departments.

As difficult as these times are, FLAG-LV, which is now a national movement that stretches from New Jersey to Hawaii, is a wonderful example of why we should not treat life today as something that we are just getting through on the way to some destination.

Along our journey, we will be confronted with many situations, some will be filled with joy, and some with heartache. We need to embrace our strengths and our vulnerabilities, and let our attitude guide our life's journey.

Yes, this time in modern history is like no other, and we may not be able to control life's trials, but we can control how we face them.



Jacobsburg Environmental Education Center Community Programs, June & July 2020

Weekly Weeders - Wednesday, July 1st, 15th, 22nd, 29th, August 19th, 26th 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.

Butterflies of the Grasslands - Sunday, July 5th

10:00am to 12:00pm at Jacobsburg EE Center

1:00pm to 3:00pm at Waste Management grasslands

DCNR/Jacobsburg Environmental Education Center is sponsoring the two butterfly walks in July. Join local butterfly enthusiast Bill Grant for this walk through the meadows at Jacobsburg and the grasslands at Grand Central landfill in Pen Argyl to look for local species of butterflies. We'll also look at different species of birds that make the grasslands their home. Wear comfortable hiking shoes, a hat, and bring bottled water. 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.

Hike for Health - Wednesday, July 8, August 12, September 16, and 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. This program is being provided in partnership with St. Luke's University Health Network and the Get Your Tail on the Trail initiative. 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.

Family Night - Stream Search - Friday, July 10 at 6:30pm to 8:00pm

Get your feet wet in the Bushkill Creek while searching for the tiny critters that live there. This program is best for families with children ages 5 and up. Equipment will be provided. Wear close-toed shoes that can get wet and expect to be in the water up to your knees. 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.

Announcing 2020 Summer Camp Dates - Registration Opens Online June 26th 9:00a.m.

DiscoverE Hide 'n Seekers (Age 5 only): Nature Detectives - July 7th, 14th, and July 21st from 9:30am-11:00am each day.

The world is full of all sorts of exciting things to explore! Come see how much fun learning about nature can be. Campers will learn about things that fly, water dwellers, and life in the undergrowth. This program will prepare campers that have aged out of Tales for Tots for Outdoor Explorers.

DiscoverE Outdoor Explorers (Ages 6-8): Learning to Love the Unlovable - Monday, Wednesday, and Friday from 9:00am-11:00am the weeks of July 6th, July 27th, and August 10th.

Have you ever been frightened by a snake? Or spooked by a bat? Do you think opossums are weird or wonder what's the point of vultures? Join us for a fun week of getting to know the creepy, crawly and just plain weird animals of Pennsylvania!

DiscoverE Outdoor Explorers (Ages 6-8): Here We Grow! - Monday, Wednesday, and Friday from 9:00am-11:00am the weeks of July 13th, August 3rd, and August 17th.

Flowers and birds, dragonflies and chipmunks - a garden is a fantastic place to explore and learn about the exciting animals that call it home. Have fun learning about how to attract animals to a garden and make and take home crafts like seed bombs, bird feeders, and more to start a garden of your very own!

DiscoverE Penn's Adventurers (Ages 9-12): What's in Your WILD Backyard? - Tuesday and Thursday from 9:00am-12:00pm the weeks of July 7th, July 28th, and August 11th.

Join us as we learn about the importance of backyard habitats for wild creatures in your neighborhood and ways to help them.

DiscoverE Penn's Adventurers (Ages 9-12): Creek Critters - Tuesday and Thursday from 9:00am-12:00pm the weeks of July 14th, August 4th, and August 18th.

Join us as we learn about the animals that live in our creeks. We'll get wet and muddy searching for the important indicators of a health creek habitat.

Once you register your camper online you will be emailed the application form. Camps are filled "first come, first served" based on the date the application and \$15.00 registration fee are received at the center. Failure to return the application form and payment in a timely manner will result in cancelation of registration.

You can also view and register for community programs online at <http://events.dcnr.pa.gov/>. If you need an accommodation to participate in a program please contact the park office at 610-746-2801 or jacobsburgsp@pa.gov. With at least three days notice, interpreters for people who are deaf or hard of hearing are available for educational programs.

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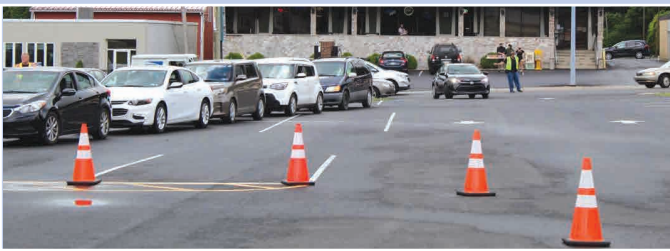
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On June 18, The Slate Belt Branch of the Greater Valley YMCA in partnership with Slate Belt Rising and the Wind Gap Fire Company handed out food from Operation BBQ and Farmers to Families food distribution at the Wind Gap Fire Co. Social Hall.



Slate Belt Senior Center News

Last month the Slate Belt Senior Center held a "drive -by" to connect with seniors who have been homebound due to the stay at home order from the COVID-19 virus quarantine.

Each senior received a bag with puzzles, BINGO cards and information. All seniors received a cup of coffee and a snack.



Above Pictured
L-R: Marianne
Schweitzer,
Joan Shafer,
Len Schiavone,
Bill Kessler and
Nancy Gold.



Support Group for Veterans & First Responders

Free Confidential Support Group for Veterans & First Responders. A Clean Slate, 100 S 1st St. Bangor, PA 18013 610-452-9348. **July 20th**, (3rd Mon Every Month) **7:00pm to 8:00pm**. Join any time.

Veteran's Assistance Days Hosted by Senator Mario Scavello

On the **second Tuesday of each month**, the American Legion holds a Veterans Assistance Day at Sen. Scavello's Scotrun district office, from **10:00am to 2:00pm** by appointment. Please contact the Scotrun office at 570-620-4326 to schedule an appointment. The Scotrun district office is located at 2398 Route 611, Suite 210 in Scotrun.

The **third Wednesday of each month**, the American Legion holds a Veterans Assistance Day at Senator Scavello's Pen Argyl district office, from **10:00am to 2:00pm** by appointment. Please contact the Pen Argyl office to schedule at 610-863-1200 to schedule an appointment. The Pen Argyl district office is located at 2 N. Robinson Avenue in Pen Argyl

Brian Stolarski, Department Service Officer with the Pennsylvania American Legion will be on site to assist veterans with issues including: compensation and pension claims, education benefits, enrollment in the VA health care system, burial and survivor benefits, state benefits, and obtaining military personnel and medical records. Veterans do not need to be a member of the American Legion to receive these services.

HEAT EXHAUSTION VS. HEAT STROKE

HEAT EXHAUSTION

SIGNS & SYMPTOMS:

- Heavy sweating
- Cold, pale and clammy skin
- Nausea or vomiting
- Muscle cramps
- Headache or dizziness
- Fainting

WHAT TO DO:

- Move to a cool place
- Loosen your clothes
- Put cool, wet clothes on your body or take a cool bath
- Sip water
- Get medical help if symptoms get worse

HEAT STROKE

SIGNS & SYMPTOMS:

- High body temperature
- Hot, red, dry skin
- Headache or dizziness
- Nausea
- Confusion
- Losing consciousness

WHAT TO DO:

- Call 911 right away
- Move to a cooler place
- Lower body temperature with cool cloths or cool bath
- Do not drink anything

Pen Argyl Area High School Class of 2020 Graduation

photos by Lisa Newberry

Pen Argyl Area High School held a virtual graduation and procession on Thursday, June 18. Each graduate was personally delivered their diploma by administrators. Local police and fire departments from Pen Argyl, Wind Gap and Plainfield Township led the way. *See more photos on our Facebook page.*



Beauty Blooms in Downtown Bangor

Photos by Lisa Newberry

Something beautiful is blooming in historic downtown Bangor. Beautiful murals painted on buildings to spruce up downtown. Local realtor Faith Sarisky enlisted the help of artist Shannon Almanzar and other local businesses who sponsored the painting of the buildings to help give the town a fresh look. Murray Street has also been transformed with a beautiful mural and tables and chairs for outside dining.



25th Annual Community Aviation Day Fly-in-Drive-in Breakfast Rescheduled to September 6th at Pocono Mountains Municipal Airport

In light of recent COVID-19 Social Distancing Directives, the Mt. Pocono Rotary has moved its May, Memorial Weekend Community Aviation Day Fly-In Drive-In Pancake Breakfast to a new date, **Sunday, September 6th**, of Labor Day Weekend from **8:00am to 2:00pm** with this year's proceeds benefiting Mt. Pocono Rotary and the East Stroudsburg Salvation Army. For the past 25 years, this popular community event has been held rain or shine at Pocono Mountains Municipal Airport.

Mark Turner, Event Chair, comments, "Given the uncertainty of whether we could hold our event on Memorial Day Weekend, we have chosen to reschedule this long-standing community fundraiser to Labor Day Weekend. As in years past, the day's events will include a pancake breakfast, airplane and helicopter rides, children's activities, civilian and military aircraft displays, a Huey helicopter, emergency services and antique car displays and if weather permits, a parachute jump." Tickets are \$10 for adults and \$6 for children ages 12 and under. The day's activities include free airplane rides for kids ages 8-17 weather and space permitting. Parking is free.

Turner continues, "This event was created 25 years ago to give residents and visitors to our area the chance to visit the airport, see a variety of airplanes, experience helicopter and airplane rides and generally find out about how to get youth involved with aviation. It has grown to be one of the Mt Pocono Rotary's largest annual fundraisers with over \$200,000 raised and distributed to non-profit and deserving causes throughout the community."

One of this year's non-profits selected to receive funding is the East Stroudsburg Salvation Army. The mission of the Salvation Army is to preserve human dignity while empowering people to reach their potential through honoring heritage, strengthening family values and meeting human needs. In the tough economic times created by this unprecedented pandemic we are now facing, when thousands of neighbors are finding it hard to feed their families, the need for services provided by the East Stroudsburg Salvation Army is under unprecedented pressure.

Last year, The Salvation Army East Stroudsburg Corps. provided 38,939 hot meals; 26,091 food baskets; and 8,983 nights of shelter to Monroe County residents. The Toys for Joy; Toys for Tots; and Angel Tree gift donations provided 20,964 Christmas items to children and ongoing. The Salvation Army normally feeds approximately 600 Monroe County families monthly. That number has tripled because of Covid-19. This year, the East Stroudsburg Corps is expected to provide more than 100,000 hot meals to hungry men, women and children in Monroe County and provide grants for rent, utility assistance, heating fuel and healthy food for more than 20,000

families in need thanks to donations from individuals, organizations and the generosity of the Mt. Pocono Rotary.

In addition to free airplane rides for kids ages 8-17 donated by volunteers for the Young Eagles EAA Program, airplane and helicopter rides can be purchased with proceeds benefiting the charities. Those rides are donated by event sponsors: Moyer Aviation; Hi-Tech Helicopters; in addition to Papillon and Moyer Excavation. Sponsors for the event include Bailey's; Shoprite; Smuggler's Cove, as a lead sponsor for their food donation; Besko Outdoor; Sky's the Limit for the parachute demonstration and many more area businesses and organizations.

Turner concludes, "We are offering sponsorships and ads in our program booklet that will be distributed to our attendees. We welcome area businesses to join us in raising money for Rotary and this year's very worthy charitable organization." Pocono Mountains Municipal Airport is located just off Rt. 611 at 188 Airport Drive, Tobyhanna, PA. The event is held rain or shine. Tickets can be purchased day of or in advance at RotaryFlyInBreakfast.com or by calling 570.839.7161.

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Wings**



• ★ • JULY 4th TRIVIA • ★ •

1. The Declaration of Independence begins with what words?
2. What document was the legal framework of the United States?
3. Who wrote the words to the Star Spangled Banner?
4. How did the Liberty Bell get its crack?
5. How many stars were on the first United States flag?
6. In what year did Congress recognize the Pledge of Allegiance?
7. Where was the first national capitol located?
8. When is the anniversary of the signing of the Declaration of Independence?
9. What city was the Liberty Bell located in?
10. What is the official anniversary date of Flag Day?
11. Which two patriots died on July 4, 1826?
12. Who was the first person to sign the Declaration of Independence?
13. In what state is the largest city of Independence?
14. How many people signed the Declaration of Independence on July 4, 1776?
15. Who do historians believe sewed the first official American flag?
16. What is a 4th of July favorite that comes on a bun.
17. Flying a flag upside down is a symbol of what?
18. The first 10 amendments to the Constitution are known as?
19. What other countries celebrate the 4th Of July?
20. How tall is the Statue of Liberty?

ANSWERS:

1. When in the course of human events
2. The Constitution
3. Francis Scott Key
4. It cracked on it's first ring
5. The first flag had 13 stripes and 13 stars
6. 1942
7. Carpenter's Hall, Philadelphia, PA
8. July 4th, 1776
9. Philadelphia, Pennsylvania
10. June 14th
11. John Adams and Thomas Jefferson
12. John Hancock
13. Missouri
14. Two
15. Betsy Ross
16. Hot Dog
17. Distress and harm
18. The Bill of Rights
19. Denmark, England, Norway, Sweden
20. 151 Feet



Easy July 4th Berry Trifle

PREP: 30 minutes COOK: 1 minute SERVES: 15-18

INGREDIENTS:

Select ingredients:

- 2 cups strawberries, sliced
- 2 cups blueberries
- 1 pack of strawberry gel
- Angel food cake, cubed
- 1 large container whipped topping, thawed
- 1/2 cup sugar

DIRECTIONS:

Pour sugar over strawberries and stir. Add strawberry gel to strawberries and stir.

In a trifle or deep glass bowl, put a layer of whipped topping. Then add a thin layer of angel food cake. Then put a layer of the strawberry mixture. Then put a layer of whipped topping.

Add another thin layer of angel food cake. Then add a layer of blueberries. Add more whipped topping.

Repeat layering until all ingredients are used up. Garnish top with extra fruit.

HELP WANTED

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PHONE _____



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Yard Sale - July 3,
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1 Column X 1.75" \$20 per insertion or \$30 for 2 issues

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8:00 am - 5:00 pm

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10 am -12 noon

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Hosted by Slate Belt Rising and
Slate Belt Branch of the Greater Valley YMCA

Thursday, June 25

4:00 pm - 6:00 pm

First Come - First Serve • NO ID or Income Requirements

Support Your Local Fire Company!
WIND GAP FIRE CO.

Friday, June 26 & Saturday, June 27

5:00-10:00 pm

Drive - Thru Carnival & Games

Pick Up Your Favorite Carnival Foods!

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