

The
Free
Weekly
Take One!

*Serving the Slate Belt in Pennsylvania and Warren,
Sussex and Hunterdon Counties in New Jersey*

PRESS LLC

November 14, 2024

GOD BLESS AMERICA

Vol. 52, No. 17



1043 S. BROADWAY
WIND GAP, PA



**We Have
THE BEST
Selection
of Trucks!**

Check out ALL of Our Inventory at 199Chevy.com or call 610-863-6100

This Banner
Could Be
Yours!
Contact
Melissa at
thepressads@
gmail.com

ATTENTION
**NEW
MAILING
ADDRESS**

Please Send All
Mail to: PO Box 606,
Bangor, PA, 18013

**FIND THIS PAPER ON
FACEBOOK & Online at
www.thepressonline.com**



North Warren Takes On Parsippany High School in Varsity Football



North Warren went head to head with Parsippany High School on November 4th. North Warren lost, 18 to 13. Photo by Dale Young/The Free Weekly Press

“A Salute To Our Veterans” Program Held With Honor at Our Lady of Mt. Carmel Cemetery



A Salute To Our Veterans was held on November 9th at Our Lady of Mt. Carmel Cemetery. The program was followed by a breakfast at the Roseto American Legion Post # 750. Thank You Veterans. Photo by Dale Young/The Free Weekly Press

Rt. 611 Now Partially Open



After being closed for almost two years, Route 611 in Delaware Water Gap and Upper Mount Bethel Township reopened on Tuesday, Nov. 5, 2024. Part of the road is one-lane for now. A motorcyclist heading north into the one-lane section waits on the light to change near the Point of the Gap Overlook. Drivers heading north into the one-lane section wait on the light to change near the Point of the Gap Overlook. A driver heading north into the one-lane section waits on the light to change near the Point of the Gap Overlook. Photo by Bob Halberstads/The Free Weekly Press

Northampton County, PA, Area Agency on Aging Begins Emergency Fuel Assistance Program

The Northampton County Area Agency on Aging will begin its Emergency Fuel Assistance Program on November 12, 2024. This program is for once-a-season fuel assistance of \$800: \$780 goes towards fuel assistance and \$20 goes to Project of Easton for administrative costs.

To be eligible, an individual needs to be 60-years of age or older, reside anywhere in Northampton County EXCEPT for Bethlehem City, must meet HUD Income Guidelines, provide proof of household income and the fuel tank needs to be at 1/4 full or less. Proof of residency is also required with a

copy of the current lease, a letter from the landlord and two pieces of mail, one of which is a bill. For assistance with non-oil heat, a shut-off notice is required. LIHEAP benefits need to be exhausted, or the applicant needs to have been denied LIHEAP benefits, before they can be eligible for this program.

To apply, contact the Northampton County Information & Referral Emergency Services 610-559-3270 or 610-829-4800.

When a referral is received, a Northampton County Area Agency on Aging staff person will schedule a home visit to determine eligibility.

Gobble Up Our Thanksgiving Ad Special
Say Happy Thanksgiving in the November 28th Edition

2x2 Ads (3.27 x 2in) ONLY \$25	2x3 Ads (3.27 x 3in) ONLY \$35	3x3 Ads (3.27 x 2in) ONLY \$50
3x5 Ads (4.95 x 5in) Only \$80		
1/4pg Ads (4.95 x 8 in) Only \$105		

**Email Melissa at:
thepressads@gmail.com**

In Loving Memory of Joyce M. Okuniewicz

Joyce M. Okuniewicz sadly passed away on October 20, 2024, at the age of eighty-one. Raised in Kearny, NJ, she made her home in Blirstown, NJ, for the past several years.

She was a graduate of Boston University and received both her PhD in Physical Chemistry and her Doctor of Veterinary Medicine from the University of Minnesota.

Joyce was a devoted friend of animals and took great pleasure in all wildlife and natural surroundings. To her cousins' children, she was the caring and concerned "Aunt Joyce" - always eager to learn about their various activities.

Predeceased by her parents, Anthony and Mancia Okuniewicz, she is survived and will be greatly missed by her loving cousins and friends.



A Funeral Mass to celebrate Joyce's life will be held at St. Stephen's Church, 141 Washington Ave., Kearny, NJ on Friday, November 22, 2024, at 10am, followed by Interment at Holy Cross Cemetery, 340 Ridge Road, North Arlington, NJ.

Temporary Burn Ban In Effect For Northampton County, PA



At their November 7th meeting, County Council passed Resolution No. 112-2024 which enacts a ban on all burning in Northampton County. County Executive Lamont McClure proposed the ban after a written recommendation from the District Forester and the endorsement and approval of at least twelve County Fire Chiefs.

"With conditions this dry, a burn ban is needed to protect public health and safety," says County Executive Lamont McClure. "The Lehigh Valley only received 0.02 inches of rain in October—one of the driest months ever recorded in this area. I urge ev-

everyone to be cautious, especially in light of the recent forest fire on Blue Mountain in Lehigh Township."

All open outdoor burning is banned as of 12:00 AM on November 10, 2024. The ban will last for 30 days or until a further resolution passed by County Council, whichever comes first. The ban may be enforced by any sworn police officer including, but not limited to, the Pennsylvania State Police and all police of Northampton County municipalities.

Council added an exemption to its resolution for the traditional bonfire held at Easton High School during the week of the Thanksgiving holiday so long as the Palmer Township Police and Fire provide their written approval that they believe the bonfire can be held safely and

without threat to persons or properties and will be managed by one or more trucks on site for the duration of the bonfire event.

An open burn ban is defined as the ignition and subsequent burning of any combustible material (garbage, leaves, grass, twigs, litter, paper, vegetative matter or any sort of debris) out-of-doors either in a burn barrel, fire ring or on the ground. The use of propane gas stoves, charcoal briquette grills or tobacco in any form is not covered in the resolution. Campfires in fire rings which confine and contain the fire are allowed in designated state, federal or Department of Environmental Protection licensed campgrounds.

County Council last enacted a burn ban in April 2012.

Serving the Slate Belt & Surrounding Areas in PA, and Warren, Sussex & Hunterdon Co. in NJ

The PRESS

We Welcome Your News!

Please send your news articles, photographs, announcements and other information to us!

Email: thepressmail@gmail.com

Mailing Address:

PO Box 606, Bangor, PA 18013

Fax: 610-599-1185

Deadline for submissions is noon on Thursdays prior to publication date.

Advertising inquiries can be sent to thepressads@gmail.com

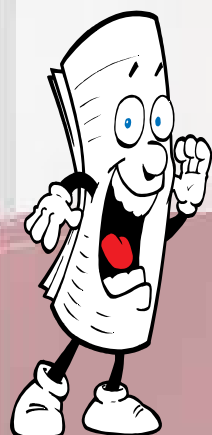
610.599.1952

www.thepressnewsonline.com

Like us on Facebook!
The PRESS News Online

Please take the time to support the businesses who advertise in this newspaper. Shop Local!

Visit our website for a list of drop-off locations!



GARY EAGLE



TREE SERVICE, Inc.

- Tree Trimming
- Tree Removal
- Stump Grinding
- Bucket Truck Service
- Portable Saw Mill
- Saw Sharpening

Mowing, Overgrown Brush, Saplings, & Weeds!

garyeagle.com

FULLY INSURED
610-588-1034

State Farm™

Providing Insurance & Financial Services



Debbie Pettinari
Agent

106 S. Broadway
Wind Gap, PA 18091

Bus: 610-881-4433
Fax: 610-881-4432
Cell: 484-695-8070

Sweet & Discreet

Bangor Church of the Nazarene
150 Bunny Trail Rd., Bangor, PA
610-588-6929

Sweet & Discreet addresses period poverty as the Pennsylvania welfare system does not cover these items. Sweet & Discreet offers a FREE monthly supply of feminine hygiene products to those in need! Please stop by the Bangor Church of the Nazarene on the 4th Saturday of the month from 9am - 11am.

(Please note due to certain holidays, supplies will be offered on the 3rd Saturday of the Month)

September 28th, 2024 | October 26th, 2024 | November 23rd, 2024
December 21st 2024 | January 25th, 2025 | February 22nd, 2025

www.bangornazch.org

sweetndiscreetbnc@gmail.com

NORTH WARREN (13) VS PARSIPPANY (18) FOOTBALL



Photos by Dale Young/The Free Weekly Press

Douglas F. Turtzo, M.D., F.A.C.P.
Anita Rohatgi, M. D.
 A Division of
 Medical Associates of The Lehigh Valley
 WWW.MATLV.COM
 Board Certified Internal Medicine

New Location
 6534 Sullivan Trail
 Wind Gap, PA 18091

New Patients Welcome
 Call 610-863-9059
 for Appointment

BANGOR SLATER BAND
BINGO & TRICKY TRAY
 Sunday December 8, 2024
 Hosted by the Portland Fire Co.
 At The William Pensyl Social Hall 111 State St., Portland, PA 18351
 Doors open @ 11:00 am Bingo Starts @ 1:00 pm

20 games of Bingo, Special Raffles,
 Tricky Tray, 50/50 Raffle, and Door Prizes

Order Tickets Online at:
form.jotform.com/242755013945155

Questions? Cash/Check Payment?
 Call or Text Missy 484-866-6830 or Nicole 570-350-1809

Visit us online at www.thepressnewsonline.com & on Facebook!



WE WANT YOU...TO SEND US YOUR LOCAL NEWS!

LOCAL NEWS IS OUR MOST TRUSTED SOURCE OF INFORMATION ABOUT THE WORLD AROUND US. IT PROVIDES A SHARED UNDERSTANDING ABOUT WHAT'S HAPPENING IN OUR TOWN HALLS, SCHOOLS, & BUSINESSES.

BUT LOCAL NEWS SEEMS TO BE DISAPPEARING!

A Decline In Original Reporting Leads To A Less Informed Public. A Less Informed Public Equals Voter & Civic Engagement Decline, Which Leads To Government Waste Increase, & Public Polarization Increases.

HELP KEEP LOCAL NEWS ALIVE

Local News Connects Us To Our Community & Our Neighbors. It Uplifts Voices That Would Otherwise Go Unheard! Local news demands accountability of community businesses & local governmental bodies, and it forces decision making structures to operate within the public's view.

Email us your news today at thepressmail@gmail.com

Voting In Our Area - A Great Turn Out To Practice Our Right To Vote



Photo by Dale Young/The Free Weekly Press
No matter who you voted for, we thank you for voting, God Bless America!



"FAMILY OWNED & OPERATED"

SECURE PRIVATE LOCATION

FINDERS COLLECTION

WE ARE CURRENTLY BUYING:

GOLD & SILVER BULLION • COINS
CURRENCY • ESTATES • ANTIQUES
COLLECTIBLES • SPORTS CARDS
ONE ITEM OR ENTIRE ESTATES

HONEST & TRANSPARENT PRICING YOU CAN TRUST

17 Main Street, Blairstown, NJ
 EXPERTS@FINDERSCOLLECTION.COM
 570-460-0362 • 570-242-1737

PRIVATE APPOINTMENTS AVAILABLE
We Do House Clean Outs!

Pen Argyl Pizzeria

We Are Open 11am-10pm Daily!

Dine-In • Take-Out • Delivery • Catering Available
 (95¢ Delivery Fee)...Call for Delivery Range

Monday-Thursday
2 Large Plain Pizza
\$21.95*

Pick-Up or Delivery ONLY. Toppings Extra.

\$5 OFF
\$30*

*Cannot combine with any other offers. Must present coupons.

610-863-6670 | 510 E. Main St., Pen Argyl



East Bangor Cemetery Honored Veterans with beautiful display at the entrance of the cemetery, which can be seen at both day and night. Photo courtesy Gaylord Weidlick

Shooting Ranges Open to the Public in PA



Whether you're a hunter preparing for rifle season or would simply like to maintain your shooting skills for self-defense, you can take aim at a public shooting range.

The Pennsylvania Game Commission offers recreation opportunities at public rifle, pistol, archery and shotgun ranges on 40 state game lands throughout the state. It constructed or renovated more than

a dozen public shooting ranges this year alone, with plans to upgrade more.

You must possess an annual shooting range permit or a current general hunting or furtaker license to use the public shooting ranges. Find a shooting range near you by visiting: www.pgc.pa.gov/HuntTrap/StateGameLands/StateGameLandsRanges/Pages/default.aspx

Campfires Temporarily Prohibited On State Game Lands

With much of Pennsylvania abnormally dry, and wildfires impacting many areas, the Pennsylvania Game Commission is temporarily prohibiting the building of fires on state game lands.

While camping on state game lands is prohibited, regulations allow game lands users to build small fires for cooking or warming purposes. However, the regulation authorizes the Game Commission's executive director to restrict otherwise-permitted activity when the threat of forest fire exists.

The prohibition on building fires on game lands will be left in

place indefinitely until conditions improve.

"Taking this one, small step now to address wildfire risk could prevent a larger problem as we get deeper into the heart of hunting season," Game Commission Executive Director Steve Smith said. "Doing what we can to protect wildlife habitat in what might be a hunter's favorite spot benefits both, and might make all the difference."

The Game Commission is among a number of state agencies to enact measures addressing dry conditions. The state Department of Conservation and Natural Resources

(DCNR) today issued a similar ban on campfires in state parks and state forests, as well as suspension of any prescribed burns on DCNR lands. The Game Commission conducts prescribed burns to improve wildlife habitat on select state game lands, mainly in the spring and early fall, and is temporarily suspending prescribed burns on game lands, as well.

"While the Game Commission recognizes the value of prescribed fires under the right conditions, that time is clearly not now," said Scott Bearer, Game Commission Chief Land Manager.

The Pennsylvania Drought Task Force has declared drought conditions in 35 of the state's 67 counties. The state has experienced 100 reported wildfires in the past week, with many more unreported. Several volunteer firefighters were injured in blazes this weekend and these ongoing wildfires have strained state and local resources. Nearly 50 Game Commission personnel trained in fire management have been actively involved in suppression activities and structure protection, in partnership with DCNR and the Pennsylvania Emergency Management Agency.

Morgan Manor
 Hours By Appointment
 Please Call:
610-888-6613

Antiques & Curiosities
 112 RT. 94
 BLAIRSTOWN, NJ
Watch Facebook for Details!

GRAY'S RECYCLING

MULCH • TOP SOIL • STONE • DYED MULCH

Pick Up Or Delivered To Your Location



Fall Hours:
 Open Mon-Fri:
 7am-4pm
 Closed Saturday & Sunday

Commercial & Residential Sales!

MULCH AVAILABLE
 Hardwood, Dyed, Black, Brown, Red, & Cedar
 Mulches, Topsoil, Clean Fill, & Wood Chips

STONE AVAILABLE
 River Stone: 3/8", 3/4", 1" to 3"
 Red Stone 3/4"
ALSO AVAILABLE:
 3/4" Gravel, 3/8" Crushed
 Gravel, QP Stone, & Stone Dust

WE ACCEPT YARD DEBRIS
 Dumping for Brush, Logs, Wood Chips, & Bales of Straw!
YOU CAN HAUL IT IN OR WE WILL PICK IT UP!
 Roll-Off Boxes Available: 10, 20 or 30yds

STORM DAMAGE CLEAN-UP, DEMOLITION & LOWBOY MOVES

908-475-3797 **Gray's Recycling Mulch**

CASH & ALL MAJOR CREDIT CARDS ACCEPTED

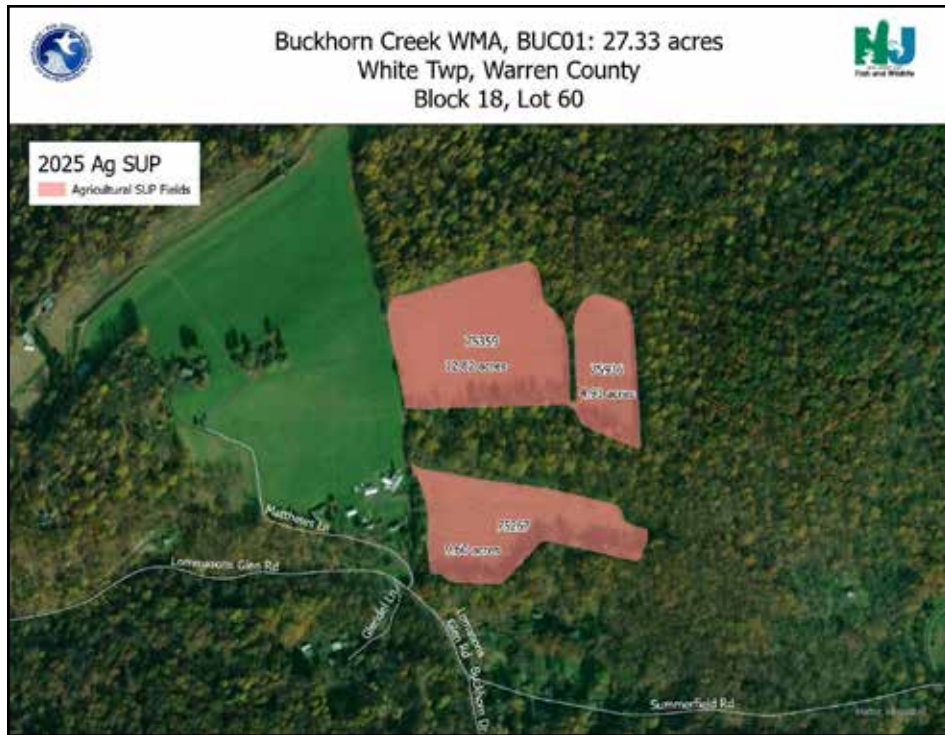
NJ DEP Puts Out Agriculture Special Use Permit Bid Bidding Ends November 15th

The Department of Environmental Protection is putting out to bid an Agriculture Special Use Permit on land owned by the Department and managed by New Jersey Fish and Wildlife. Special Use Permits (SUP) afford more farmers access to agricultural opportunities on State lands. For generations, the Department has worked closely with farmers to the mutual benefit of agriculture, our natural resources, and our resource users.

The SUP will be effective from January 1, 2025 to December 31, 2029 for a period of five years.

Rental values and minimum bids are based on the soil types of each parcel and calculated using the soil rental rates established by the United States Department of Agriculture, Farm Service Agency (FSA), discounted by 20 percent to take into account disadvantages of farming on public land.

The bid is open to all interested farmers. This is a sealed bid process – farmers may submit only one bid per SUP.



The SUP will be awarded to the highest bidder. Bids must be received by 2pm, Friday November 15, 2024.

Please review the material contained in the "Bid Information Package". The bid package will contain:

A map of the fields included in the Special Use Permit and any in-kind service areas

The minimum bid based on current soil

rental rates

The in-kind service obligations for 2025

A copy of the Agriculture SUP that will be signed by the winning bidder

Once you have reviewed the documents in the Bid Information Package, please complete and return the "Bid Form" by the deadline stated above. Bid forms can be mailed, hand-delivered, or emailed to

the address listed on the form.

If you have questions, please contact Melissa Woerner at (609) 789-2052 or Melissa.Woerner@dep.nj.gov.

For more information visit: <https://dep.nj.gov/wp-content/uploads/njfw/2025-agriculture-special-use-permit-bid-information-package-buckhorn-creek-wma-buc01.pdf>

Do's And Don'ts of D-I-Y for Homeowners



Homeowners often turn to online do-it-yourself tips to help them maintain their house, but some advice can do more harm than good.

For example, DIY duct cleaning can lead to serious damage to your HVAC system. Inadequate tools and techniques can cause blockages, reduce system efficiency, and result in costly repairs.

More importantly, DIY methods can release harmful particles into your home's air. Dust, allergens, and mold spores can escape, posing health risks to you and your loved ones.

DIY duct cleaning can be time-consuming and

frustrating, often resulting in incomplete or ineffective cleaning. Any initial cost savings can quickly vanish with potential system damage and increased energy bills.

Fortunately, there can be a solution. NADCA member companies use specialized equipment to thoroughly and safely clean your ducts, ensuring contaminants are properly contained and removed.

You can trust NADCA professionals to maintain your HVAC system and ensure you and your family breathe clean indoor air. Visit NADCA.com to learn more and find qualified professionals nearby.

HUNTER'S LODGE RESTAURANT & MOTEL

64 Rt. 46, Columbia, NJ • 908-475-0060 • We Are Open 11am-11pm • 7 Days a Week



Martini Monday!
\$5 Wells



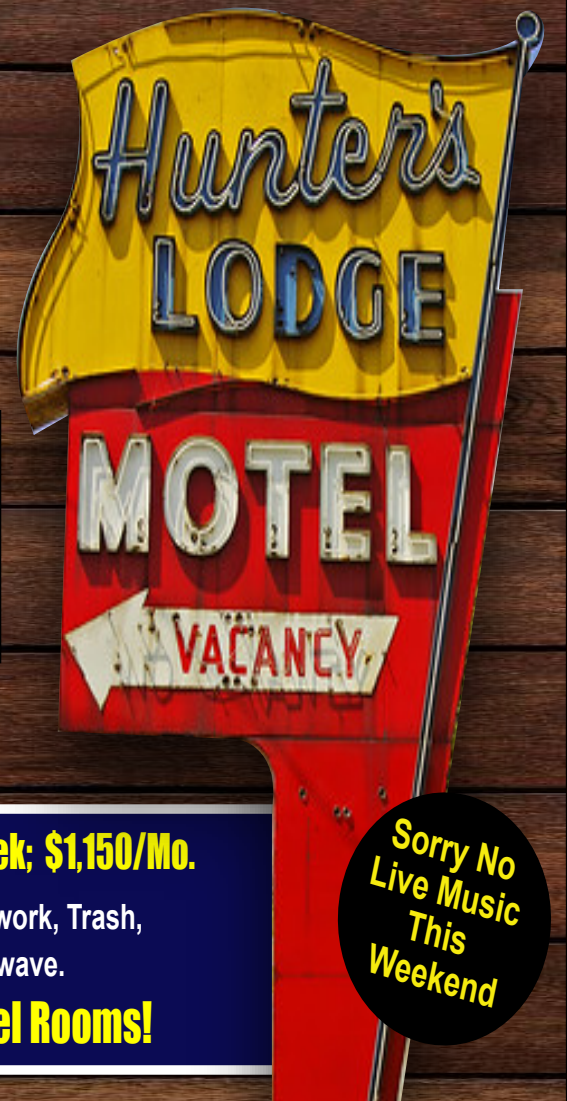
Taco Tuesday!
\$7.99



Serving Breakfast
at 11am



Steamed Clams



Motel Rooms: \$95/Night; \$500/Week; \$1,150/Mo.

Includes: A/C & Heat, WiFi, Dish Network, Trash, Parking, Small Fridge & Microwave.

Call 610-888-6613 For Motel Rooms!

Like Us on Facebook: www.facebook.com/HuntersLodgeNJ

A SALUTE TO OUR VETERANS, ROSETO, PA



Photo by Dale Young/The Free Weekly Press

*Have you Recently
Lost a Loved One?*

We run obituaries to help spread the word to the community about the services for your beloved family members.

Contact Us at thepressads@gmail.com for details on pricing

75ft BUCKET TRUCK

Free Estimates | Fully Insured

TREE WORK

TRIMMING - REMOVAL - STORM DAMAGE - FIREWOOD
STUMP GRINDING - CHIPPING - **WE DO SLATE REPAIRS!**

24 Hr. Emergency Storm Damage Service
Call for Discount

For Fast Service, Call:
H: 610-599-6882
C: 610-442-2996

Craig Wickett
CraigWickettTreeWork.com

SPEERS MEATS
FRESH AND SMOKED MEATS

610-863-3938

Visit our [Facebook page](#) and website www.speersmeats.com.
You can place orders in person, or by phone!

Thursday & Friday 10-6, Saturday 8-2

Busy With Back To School Scheduling?

Stop in for Roasts, Ground Beef, & So Much More!
Perfect for QUICK & EASY Crock Pot Meals!

DIRECTIONS: From Bangor: Delabole Rd., Make Left onto Heimer Rd., and Right onto Gum Rd.
From Wind Gap: 3rd St., make left onto Delabole Rd., Right onto Merwarth Rd., Left onto Gum Rd.

Murphy Administration Honors 2024 Recycling And Sustainability Champions Through Annual Awards Program for NJ

The New Jersey Department of Environmental Protection on Wednesday recognized New Jersey's leaders in recycling and sustainability. Their accomplishments serve to inspire others to reduce waste, reuse and repurpose items when possible, and recycle properly to keep the state's environment clean and healthy. An awards ceremony was held in conjunction with an annual recycling symposium hosted by the Association of New Jersey Recyclers (ANJR).

Ten awardees including businesses, organizations and individuals were celebrated during the ceremony at Jumping Brook Country Club in Neptune. Those recognized include a major energy company recycling or reusing nearly all the waste it generates, a non-profit organization reducing food waste by distributing recovered meals to local families in need, a middle school fighting plastic waste through an educational campaign and recycling thousands of pounds of plastic, and a business that has kept over 10 million pounds of secondhand clothing out of landfills.

"The Murphy Administration commends the award winners for their outstanding work to promote recycling and educate their communities about the importance of reducing waste to better protect our natural resources," Environmental Protection Commissioner Shawn M. LaTourette said. "Since 1987, when New Jersey became the first state to require recycling, our state has consistently delivered forward-looking solutions to improve recycling programs and enhance sustainable practices. We would not be a national leader if not for those constantly seeking to refine and innovate how we recycle."

"We proudly recognize these award winners for their focused and innovative efforts to keep New Jersey's environment clean and healthy," said Paul Baldauf, Assistant Commissioner for Air, Energy and Materials Sustainability. "We hope promoting their accomplishments will inspire others to adopt better recycling practices."

The Murphy Administration urges all residents to participate in their local recycling program and do their part to keep

non-acceptable materials, such as plastic bags, trash, propane tanks and used syringes, out of curbside and workplace recycling bins. For recycling to work, it is essential keep collected recyclables clean and free of problematic items. Recyclable materials are not trash, but rather valuable raw materials that support the state's robust recycling industry and are used to make new products.

The DEP administers several grant and educational programs to help improve the statewide recycling rate and foster sustainability. According to the most recent data, New Jersey achieved an overall recycling rate of 54 percent. Using recycled materials to create new products generally uses less energy than processing raw materials, thereby reducing greenhouse gas emissions. Additionally, reusing or repurposing old items reduces waste going into landfills. Landfills contribute to climate change by emitting methane, a potent greenhouse gas. Reducing the amount of organic matter in landfills, such food waste, wood and paper products is key to cutting the state's methane emissions.

The accomplishments of the state's annual Recycling Awards winners help inspire others to improve their own recycling practices and further New Jersey's sustainability goals. The 2024 Recycling Award winners, organized by category, include:

Business -Public Service Electric & Gas (Middlesex County): Public Service Electric & Gas (PSE&G) is dedicated to recycling or reusing nearly all the waste it generates. In

2023, PSE&G reused over 2,500 tons of timber wetland mats, which historically would have been sent to a landfill. In addition, the company has kept tons of reusable items out of the trash through donations and provides recycling buckets to its mobile workforce trucks to assist in sorting recyclables in the field.

Government - Old Bridge Township (Middlesex County): In addition to curbside recyclables, Old Bridge Township collects many non-traditional recyclable materials such as mattresses, box springs, concrete, appliances, propane tanks, and more. The township also holds two paper shredding events each year and promotes its recycling programs in numerous ways - at public events, via Recycle Coach, the township website, a recycling calendar and more.

Leadership - Sustainable Maple Shade (Burlington County): Sustainable Maple Shade runs several unique recycling and reuse programs that go beyond traditional recycling and set an example for others to follow. These programs include a Halloween Costume Swap, a Trash to Treasure Halloween Candy wrapper collection, and broken holiday lights collection. Sustainable Maple Shade also participates in the NexTrex Recycling Challenge to recycle plastic film and promotes its recycling and reuse programs at numerous public events.

Gary Sondermeyer (Former DEP Chief of Staff): Gary Sondermeyer has played a prominent role in shaping New Jersey's recycling and sustainability policies, having taken on leadership

roles in numerous initiatives and organizations that work to advance recycling in the state. Sondermeyer served the public during a career at DEP that spanned three decades. In addition to serving as DEP's chief of staff for 10 years, he also served as assistant commissioner for the department's core permitting programs and spent most of his time within the Solid Waste and Recycling Program, where he served as director.

Rising Star - Share My Meals (Mercer County): Share My Meals is a non-profit organization that fights food insecurity and the environmental impacts of food waste by recovering and delivering healthy meals in local communities. Surplus, complete meals are recovered from corporate cafeterias and other food service providers and distributed to local families in need. In 2023, Share My Meals recovered 62,000 meals that would otherwise have been disposed as trash.

Outstanding Educator/Educational Program - Riverside Middle School (Burlington County): Riverside Middle School participated in the NexTrex Recycling Challenge to recycle 2,375 pounds of plastic film and, as a result of its comprehensive educational campaign, achieved third place among all challenge participants and first place in the Mid-Atlantic region. In addition, the school expanded its program into the business community and now helps other schools get started with their own programs.

Recycling Industry - Helpsy (Camden County): Helpsy is a textile reuse and recycling company that accepts old clothing, shoes and other materials. In 2023, Helpsy collected over 12.3 million pounds of old clothing and textiles, which represented an 18 percent increase over the previous year. Helpsy is actively involved in edu-

cating the public on this issue.

Source Reduction, Resource Management/Sustainability - Booksmiles (Camden County): Booksmiles is a non-profit organization dedicated to keeping used books out of the waste stream and getting them into the hands of teachers, as well as students in need. Booksmiles now recovers 94 tons of used books per month. The organization provides the recovered books for free to all and even sends books overseas to impoverished countries.

Morris and Sussex Counties' Boat Shrink Wrap Recycling Programs (Morris and Sussex Counties): Morris and Sussex Counties' Boat Shrink Wrap Recycling programs diverted many tons of contaminant-free, recyclable plastic material from being landfilled. The program was well received by the local boating community and continues to grow. The Lake Hopatcong Foundation, Roxbury Clean Communities, and the recycler UltraPoly Corporation are other key partners in the program. A dedicated educational campaign was developed to promote the program.

Volunteer Citizen - Linda Weih (Burlington County): In 2023, Linda Weih participated in the NexTrex Recycling Challenge to collect plastic bags and film for recycling in her hometown of Delanco. Weih volunteers for multiple community groups in town and registered each of them with the program. Weih collected the plastics from each group and made over 50 trips to deliver more than 2,600 pounds of material to the recycling center.

Visit the DEP's recycling website at recycle.nj.gov to learn more about recycling and waste reduction.

Visit the Association of New Jersey Recyclers at anjr.com.

It was November — the month of crimson sunsets, parting birds, deep, sad hymns of the sea, passionate wind-songs in the pines. ~L. M. Montgomery

Visit us on Facebook & Online at www.thepressnews.com

Murphy Administration Announces 2025 Green Acres And Urban Parks Funding Round - Program Offers Inclusive Playgrounds Grants To Municipalities And Lowers All Loans To 0% Interest

The Murphy Administration today announced the availability of Green Acres grants and loans to local governments and nonprofits to develop or update parks and preserve open space. The 2025 funding round continues the expanded initiative for municipalities and counties to construct completely inclusive playgrounds.

Green Acres funds for the 2025 application round will establish, expand, or revitalize new and existing parks, acquire land, improve waterfront access, develop athletic fields and playgrounds, create open space opportunities, and enhance land stewardship. Green Acres also will continue to provide non-matching grants to incentivize projects in Adversely Stressed Overburdened Communities in Urban Aid municipalities, using both regular Green Acres funding as well as special Urban Parks grant funding made available from the FY25 state budget.

Green Acres and Urban Parks applications are now available on the Green Acres website; the application deadline for both funding opportunities is February 5, 2025.

"New Jersey established itself a leader in protecting open space and enhancing recreational opportunities with the creation of the Green Acres Program in 1961," said Environmental Protection Commissioner Shawn M. LaTourette. "Through this program, New Jersey has an ever-growing network of open space and recreational facilities that has improved the quality of life for millions of people. The DEP urges local governments and eligible nonprofits to apply for Green Acres funding to further expand recreational and

open space access statewide, especially in communities long overburdened by environmental stressors."

"We are proud to continue our expanded initiative to empower municipalities and counties to create completely inclusive playgrounds," said Elizabeth Dragon, Assistant Commissioner for Community Investment and Economic Revitalization. "We are committed to ensuring that every child, regardless of ability, can experience the joy of play."

Funding Round Details
The 2023 funding round introduced 75 percent grant funding to counties to construct completely inclusive playgrounds that are designed according to special guidelines established by the Department of Community Affairs as a result of Jake's Law. In 2024, this initiative was expanded to include municipalities to encourage inclusive playgrounds statewide. Although Green Acres will continue to fund completely inclusive playgrounds, the 2025 funding round will be the last opportunity for these special non-competitive incentive grants.

In addition, starting with the 2025 funding round, any loans awarded for eligible projects – whether for land acquisition or park development – will carry a 0% interest rate. This lower rate was previously only available for projects in Urban Aid municipalities.

Green Acres continues to emphasize the importance of meaningful public engagement early in the project planning stage. Whereas a public hearing was previously considered sufficient to inform residents, Green Acres applicants are now required to engage early with the public in a variety of ways



and consider that public input in project planning, in order to be considered eligible for funding.

Non-matching 100 percent grant funding is available for Urban Parks projects that advance recreation, conservation, and historic preservation projects in Adversely Stressed Overburdened Communities in Urban Aid municipalities, further emphasizing the Murphy Administration's commitment to environmental justice. These communities are so designated because they have a combined stressor total higher than the 50th percentile for total environmental and public health stressors.

Funding for these recreation and conservation projects comes from both the DEP's Green Acres Program, funded by the Corporate Business Tax, and the Urban Parks Program, which is funded by a state budget appropriation.

Virtual Information Ses-

sions

Green Acres will be hosting several virtual application information sessions:

November 25 – Application Q&A

10 a.m. to 11 a.m. for all projects

December 18 – Application Q&A

10 a.m. to 11 a.m. for all projects

Notices of these information sessions have been sent to stakeholders, and links to the virtual application information sessions are posted on the Green Acres website. The virtual application information sessions will be recorded, and the recordings also will be available on the Green Acres website.

Green Acres Program Overview

New Jersey has long been a leader in preserving open space and creating parks. The Green Acres Program, the oldest of its kind in the nation, was created in 1961 as the result of an innovative bond referendum. To date,

the Green Acres Program has protected more than 725,000 acres of open space and provided hundreds of recreational facilities around the state.

Green Acres projects create jobs and stimulate economic development by making communities more attractive places to live and work, consequently boosting civic pride. They also improve air and water quality, providing New Jerseyans with a better quality of life. Green Acres funding allows governments and nonprofits to leverage millions of additional preservation dollars through matching federal, state, county and local

funds, as well as from private sources.

The DEP is a partner in the Governor's Population Health Challenge, which calls on state agencies to promote health through their policies. Studies have found that investments in parks and recreational amenities positively impact health and fitness, resulting in less strain on the health-care system. Studies also demonstrate that people are likely to be more physically active if they live close to parks and recreational facilities.

To learn more about the Green Acres Program, visit www.NJGreenAcres.org

Fully Insured
Owner: Scott Constantine

908-362-7119
Blairstown, NJ

Lawn Maintenance • Mulch • Machine Work
Walkways • Patios • Retaining Walls

Designer Handbag Bingo & Tricky Tray
Sunday, November 24th
Doors open at 12pm | Games Begin 1:00PM
Proceeds support our local Veterans,
VA Hospital & VALOR

Location: American Legion Auxiliary Unit 346
126 East 5th Street, East Stroudsburg, PA
Lunch, Beverages & Snacks Available for Purchase

"Early Bird Tickets" \$30, must be purchased by October 27th, \$35 After the 27th or at the Door. Includes 15 Regular Games and 1 Jackpot Game *Super Jackpot is Extra*
ONLY 125 TICKETS AVAILABLE!
Pull Tabs/Snap Tickets | 50/50s

NO OUTSIDE FOOD OR BEVERAGES

Tickets Available at East Stroudsburg American Legion.
Any Questions, Call The American Legion: 570-424-1112 or Holly (Aux. President) - 570-656-7523

NO ONE UNDER 18 PERMITTED

PA041139

David A. Hawk
Builder/Remodeler

484-330-0093
Mt. Bethel

40 Years of Experience • Fully Insured • Free Estimates

Stone Work • Siding
Roofing • Gutters
Soffits • Windows
Trim • Shutters

Miracle-Ear
You and ME

FREE Amplifit hearing test, Only at Miracle-Ear.

Miracle Ear
1343 Blue Valley Drive,
Pen Argyl, PA 18072
610-588-3383

Miracle Ear Center
Stroud Commons (Rear of Building)
1619 N. Ninth Street,
Stroudsburg, PA 18360
570-476-9949

WERNER TRANSMISSION
"Full Service Shop - Transmissions and more"

Racing and Domestic
PA State Inspections / Emissions
Brakes - Oil Changes - Exhaust - Much More

Open Monday-Friday, 8am-5pm
610-599-1605

259 E. Central Ave.,
East Bangor, PA

Flood Announces Over \$4 Million in Grant Funding for Northampton County Projects

State Rep. Ann Flood (R-Northampton) is pleased to announce Northampton County has been awarded over \$4 million in Local Share Account (LSA) grant funding to support a wide range of projects aimed at enhancing local infrastructure, public safety and community resources. These funds will significantly benefit the residents of the 138th Legislative District.

"I'm thrilled that these vital resources have been allocated to improve our community. This funding will enhance our infrastructure, public safety and overall qual-

ity of life for residents," said Flood. "I work tirelessly to bring support to the 138th District, and I want to thank everyone who contributed to this effort, including my fellow legislators and local leaders. Together, we are making a meaningful difference for our community."

The following projects have been approved for funding:

Bushkill Township: Park Improvements: \$500,000 to install security cameras, renovate the tennis court and enhance the parking lot.

Heavy Rescue Truck: \$750,000 for a new truck to replace the current ve-

hicle used by the Volunteer Fire Company.

Police Command Vehicle: \$75,760 for purchase of a police crime scene and command vehicle, which will also help enhance the township's drone program.

Forks Township: Frutchey Hill Road Reconstruction: \$500,000 for Phase 1 repairs to restore critical emergency access following severe storm damage.

Moore Township: Crack Sealer Purchase: \$69,775 to acquire a new machine to maintain 100 miles of roadway.

Two Police Vehicles: \$65,000 for vehicle purchases to enhance law

enforcement capabilities.

Asphalt Roller: \$25,000 for a new roller to improve road maintenance.

Upfitted Work Truck: \$50,000 for a fully equipped truck to service the township's roads.

Speed Alert Trailer and Radar Signs: \$30,348 to replace aging equipment for speed enforcement and community messaging.

Pen Argyl Borough: Lookout Fire Company Engine: \$750,000 for a new fire engine to replace outdated vehicles.

Weona Park Pool Renovation: \$350,000 for

phase one of a project to modernize the pool into a regional aquatic facility.

Slate Belt Regional Police Radios: \$150,000 to upgrade communications for better interoperability among emergency services.

Roseto Borough: Backhoe Purchase: \$100,000 for a new backhoe to enhance municipal operations.

Upper Mount Bethel Township: Fire Company Building Expansion: \$350,000 for renovations and expansions to serve as a community emergency shelter.

Washington Township: LED Electronic Sign: \$40,000 to replace an outdated wooden sign with a modern digital version.

Wind Gap Borough: Male Road Bridge Renovation: \$650,000 for improvements to enhance safety for both vehicles and pedestrians.

The grants were approved and awarded by the Commonwealth Financing Authority, which was established as an independent agency that holds fiduciary responsibility over the funding of programs and investments in Pennsylvania's economic growth. LSA grants are derived from gaming revenues.

Holiday Drive to Fill Plates and Hearts

The Allentown Rescue Mission is excited to announce its 24th annual Thanks for Giving Food & Supplies Drive, Saturday, November 16th, 10:00 a.m. – 2:00 p.m. The event collects non-perishable food items and supplies to benefit the nearly 1,000

men struggling with homelessness who stay at the Mission throughout the year. The Mission relies on the fundraiser to feed guests over the holidays and restock pantry shelves for the upcoming year.

New this year, the Allentown Rescue Mission

has partnered with Josh Early Candies for a one-day, drive through drop-off event at both Josh Early Candies locations in Allentown and Bethlehem. For the convenience of its donors, Allentown Rescue Mission staff and volunteers will be on-site to accept



The Allentown Rescue Mission, a 501c3, 123 bed non-profit homeless shelter has been providing shelter for homeless men since 1900. In addition to emergency shelter services (365 days a year), the Allentown Rescue Mission offers a residential life skills program, and transitional employment on the Clean Team Workforce that's available for hire to the community. The Clean Team Workforce pays the men above PA state minimum wage— helping them save a nest egg to transition back into the community. In a typical year, the Allentown Rescue Mission provides shelter services for over 946 men per year, and serves over 42,000 meals a year to men in need. To refer someone to the Allentown Rescue Mission for services or to learn ways you can help make a difference please visit www.allentownrescuemission.org

physical and monetary donations in the parking lots.

Additionally, the Mission will hold a Meal Match Challenge as part of its Food & Supplies Drive to raise money for nutritious, perishable foods such as fruits, vegetables, and dairy products. All dollars donated to the Challenge between October 16th

- November 30th will have double the impact thanks to a group of generous donors. To participate in the Meal Match Challenge, please contact Marlena at 610-740-5500 x325.

For a list of most needed items or to donate online, please visit <https://www.allentownrescuemission.org/thanks-for-giving/>.

POCONO MOUNTAIN MAPLE
Home of Pennsylvania's Largest Organic Maple Farm
116 SECRET EAGLE DRIVE., NEWFOUNDLAND, PA 18445
The Destination of a Lifetime
55 ACRE LAKE NESTLED ON 450 ACRES OF BEAUTIFUL MOUNTAIN TOP PROPERTY

NOW BOOKING SPRING 2025 EVENTS!
CALL 570-676-8343 OR EMAIL INFO@POCONOMTNMAPLE.COM

Weddings • Showers • Family Reunions
Bachelorette Parties • Corporate Parties

OR JUST A GETAWAY FROM THE HUSTLE AND BUSTLE OF EVERYDAY LIFE
6 CABINS, CAN ACCOMMODATE UP TO 20 PEOPLE

JOIN US NOV. 29TH
TURKEY BURN
10AM - 1.3MI LAKE WALK
YOGA COOL DOWN
SAMPLING OF ALL OUR PRODUCTS

CALL 570-676-8343 OR EMAIL:
INFO@POCONOMTNMAPLE.COM

Save the Date
OPEN HOUSE
COMING IN
MARCH 2025!

Henry Yeska & Son Inc.

821 Georgetown Road, Nazareth, PA
610-759-3290 • www.yeskasepticservice.com

In Business for Over 100 Years!

Industrial, Commercial, & Residential
Cleaning • Pumping • Repairs • Installations

• Septic Tanks	• Swimming Pools	• Aerators
• Grease Traps	• Sand Mounds	• Drain Field Restoration
• Cesspools	• Sewer Pumps	• Septic Tank Repair
• Fish Ponds	• Sewer Alarms	• Tank Replacement

RECEIVE
\$10 OFF
Your Next
Septic Pumping

Parenting Workshops Offered at Project Self-Sufficiency

Parents and caregivers are invited to attend free in-person parenting skills workshops at Project Self-Sufficiency to learn practical strategies for addressing common parenting challenges with children. The workshops will help participants identify their parenting goals, manage behavioral problems, and promote healthy child development by using the Triple P Positive Parenting Program, a comprehensive education initiative targeted to parents, healthcare professionals, educators, and caregivers of infants, toddlers, and school-aged children.



In-person sessions will be held at 5:00 p.m. at Project Self-Sufficiency; pizza and childcare will be available. Attendees will receive a gift card for participating.

Targeted parenting workshops will address a wide range of topics, including:

- Power of Positive Parenting, November 6th
- Raising Resilient Children, November 13th.
- Raising Confident, Competent Children, November 20th.

“These workshops will give parents, caregivers, and educators simple

and practical strategies to help build strong, healthy relationships, confidently manage children’s behavior, and reduce stress,” explains Project Self-Sufficiency Executive Director Deborah Berry-Toon.

Interested participants are invited to call Project Self-Sufficiency, 973-940-3500, or register online, <https://www.projectsselfsufficiency.org/parenting-classes>.

Project Self-Sufficiency has assisted low-income individuals and families in northwestern New Jersey since 1986. Services offered at

Project Self-Sufficiency include high school equivalency education, computer courses, employment skills training, job placement services, support groups, parenting classes, childcare and preschool, legal assistance and education, counseling and advocacy, referrals, and help with emergency basic needs, like food and clothing. For more information about the programs and services offered by Project Self-Sufficiency, visit www.projectsselfsufficiency.org or call 973-940-3500.

DID YOU KNOW?

Community Newspapers are rated as the most trusted source of information about candidates running for public office - topping ALL OTHER MEDIA!

YOU CAN COUNT ON US!



The Overlook

4285 N. Delaware Dr., Mt. Bethel 570-897-0169

Hours: Wed-Sun, 2:30pm to Close  LIKE US ON facebook



Attention: We Will Be Re-Opening Soon, As: **BETHEL BREWING & DISTILLERY**

There's More To Vision Health Than Meets the Eye

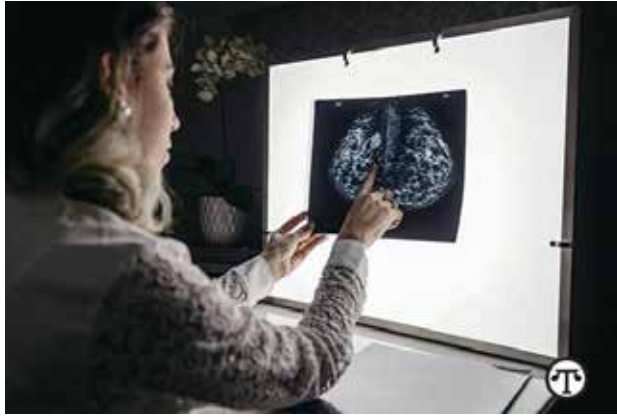
If you or someone you care for is ever among the millions of people in the United States who suffer from a loss of visual function as the result of stroke, concussion, traumatic brain injury and other illnesses and conditions, there's information you may want to see.

Understanding the Issue:

Most seeking care are told that if their visual abnormalities don't resolve on their own within the first year, there is

nothing that can be done to rehabilitate visual field loss. It can be devastating, resulting in loss of the ability to work, drive, read and other important functions that are critical components to quality of life. Fortunately, many of these conditions have and continue to be rehabilitated through neuro-optometry.

Vision is more than eye health; it's a complex process that relies on the brain's processing functions to translate the information received from



the eyes. The practice of treating the interaction of the eyes and the brain is known as neuro-optometry, but awareness of this field of practice—and access to physicians who specialize in it—is limited. That's why a group of experts and innovators created the DeyeNAMICS Alliance. Its goal is simple, but its implications are profound. By raising awareness of neuro-optometry and creating the most ri-

gorous standards of care, the organization seeks to revolutionize access and outcomes for patients.

Access is Critical: The life-changing care the group provides, however, is only as valuable as a patient's ability to access to it. That's why the DeyeNAMICS Alliance is committed to growing a nationwide network of quality providers to create more access points for patients. The Alliance's core va-

lues are grounded in the belief that everyone deserves the dignity of a diagnosis and quality continuum of care.

A network of doctors is located across the country, and a goal is to have so expansive a network that everyone has a provider within an easily drivable radius—so there's more care for more people with better outcomes.

Treatable Conditions:

Stroke and TBI aren't the only conditions that can produce loss in visual function abnormalities—and visual field loss is only one of several conditions people may develop. Patients with Lyme disease, cerebral palsy, Parkinson's and other conditions can have other visual abnormalities that require more than traditional optometric care—and may also suffer from visual midline shift, which results in dangerous gait and balance problems desta-

bilizing everyday motor function, making life far more difficult.

Conditions May be Complex, but Awareness and Access Can be Simple:

With millions of people suffering, we all probably know someone struggling with one or more of the treatable conditions mentioned. The key is to educate and increase awareness of neuro-optometry and how to access it. To that end, the DeyeNAMICS Alliance created an informational website of easy-to-understand information and links to providers. A better understanding of how neuro-optometry can improve lives is as close as your phone or home computer.

To learn more about how neuro-optometry works, see a comprehensive list of conditions it can treat and even schedule an appointment with a physician, visit deyenamics.com.

Help Wanted!



Looking for an Experienced Sewing Person Needed for Creative Private Label. High Fashion, Custom Clothing Studio. Part Time in Blairstown, NJ. Call Julia at 610-573-8313 or email: julia.robin.rutherford@gmail.com

Tom Ahearn Electric & Home Improvement
 Residential/Commercial Electric
Electric Generator Installation
 Light Carpentry - Painting - Home Repairs
610-588-6790
 C: 484-515-1134
 PA Reg. #PA058650 Fully Insured & Licensed

Bangor Tire and Auto
 610-588-TIRE (8473)
 Certified State Inspection
 All Makes of Tires
 Front End Alignment
 Auto Repair
 411 South 1st Street., Bangor
 Family Owned & Operated ASE Master Technician

The Fountain House Pub & Dining

439 RT 94, Fredon, NJ • 610-888-6613



Live Music This Saturday November 9th with OUT OF SHAPE!

Kitchen will be Closed

Garden Dilemmas? Ask Mary!



Mary E. Stone
Stone Associates
Landscape Design
& Consulting,
Blairstown

Hello, fellow readers,
Lora asked how to determine if the praying mantis egg sack in her yard was native or non-native. She is concerned as she raises monarch and painted lady butterflies, plus has a few toads she wishes to protect. The comment came on a column post titled Praying Mantises Beneficial or Bad (on AskMaryStone.com) when a neighbor purchased mail ordered praying mantises.

Soon after the post, Michael Martinez, an Entomologist (a scientist who studies insects, spiders, scorpions, and other arthropods) wrote:

“You should destroy all Chinese mantis (*Tenodera sinensis*) egg cases. It’s an invasive species that eats beneficial insects as well as pests like all mantids. But the Chinese mantis is much larger than our native mantids and preys on hummingbirds eating them alive. The Chinese mantis is also causing the decline of our native mantises, such as the much smaller Carolina mantis (*Stagmomantis carolina*), by preying on them. Let’s stop aiding the spread of the Chinese mantis by selling their egg cases.”

I had no idea that

Monica unknowingly purchased egg cases of the Chinese mantis—an example of identifying species using scientific or botanical names because common names are misleading.

The Chinese mantis egg sacks, an ootheca, look like toasted marshmallows: cube-shaped, ping-pong ball-sized, straw-colored. The native Carolina mantis has a stretched-out, smoother surface with light and dark stripes.

It’s remarkable how a newborn praying mantis looks like a miniature grownup, unlike most critters. But as I learn more about this fascinating creature, the queasiness over their behavior seems to overshadow the benefits they serve in the garden.

Maybe you’ve heard how females often eat the heads of the males after mating. They then lay their egg sacks on twigs, fences, siding, or other structures before they die in the fall after the first frost. Females lay about 300 eggs in frothy liquid excrement that then solidifies. Only a fifth of the eggs will survive into adulthood.

If you purchase nests to hatch at home, it’s best to buy them when it is warm enough to release them; otherwise, they emerge famished and are known to eat one another if they can’t find food quickly.

While the native Carolina praying mantis are considered beneficial in controlling pests such as mosquitoes, flies, and crickets, they also eat beneficial bugs. So, it’s best to identify your target pests before considering them as biological controls.

Populations of the



Photo Credits: Egg sack Credit, Beatriz Moisset, CC BY-SA 4.0 <https://creativecommons.org/licenses/by-sa/4.0>, via Wikimedia Commons, Beatriz Moisset, CC BY-SA 4.0, via Wikimedia Commons, Praying Mantis Credit, Kaldari, Public domain, via Wikimedia Commons, Kaldari, Public domain, via Wikimedia Commons. Photos & Credits Courtesy Mary Stone

native praying mantis are lessening due to introduced species such as the invasive Chinese mantis. *Tenodera sinensis*, native to Asia, are sold as pets. They say a nursery person near Philadelphia mistakenly introduced them here in 1896. They’re over four inches long versus the native species, which only grow to two to two-and-a-half inches.

The native and non-native praying mantis vary from greyish to brownish to green, adjusting with each molting to blend with their environment. The Chinese mantis shares the same appetite as the native ones but also feeds on monarch butterflies, small reptiles such as toads and little frogs, and even hummingbirds, as Michael shared. They also eat the native praying mantis.

Then there’s the European mantis (*Mantis religiosa*), a bit smaller than the Chinese mantis brought here to feed on the gypsy moth caterpillar. They, too, are now considered invasive.

It’s hard to imagine that sources sell non-native praying mantis as biological controls. So be sure to shop for praying mantis native to your area using the scientific name. Or, perhaps better yet, let Mother Nature decide if they should be in your garden.

Garden Dilemmas? AskMaryStone.com (and your favorite Podcast App.)

 **Portland Hook & Ladder Co. #1** 

GUN & SPORTSMAN'S SHOW

NOV. 17TH 9AM-2PM

William Pensyl Social Hall, 111 State St., Portland, PA

BUY • SELL • TRADE

Antique & Modern • Fishing, Hunting, & Archery!

FREE PARKING!

\$5 Admission
*** Children under 10 Free ***
MUST BE WITH AN ADULT!

Food Available
ATM On Site!

ALL PROCEEDS
BENEFIT PORTLAND
HOOK & LADDER CO. #1
VOL. FIRE DEPT.

FMI contact Jim Steele at
610-216-4191 or email
gunshow@portlandhookandladder.com

Save The Date - March 16, 2025

Gobble Up Our Thanksgiving Ad Special

Say Happy Thanksgiving in the November 28th Edition

2x2 Ads (3.27 x 2in) ONLY \$25	2x3 Ads (3.27 x 3in) ONLY \$35	3x3 Ads (3.27 x 2in) ONLY \$50
3x5 Ads (4.95 x 5in) Only \$80		
1/4pg Ads (4.95 x 8 in) Only \$105		

Contact Melissa at thepressads@gmail.com or Call 610-599-1952



ICYMI: Pennsylvania Gets it Done as Governor Shapiro Announces Major Investments in Economic Development and Job Growth Across the Commonwealth



Since taking office, Governor Josh Shapiro has worked to make Pennsylvania more economically competitive, attracting more businesses and creating good-paying jobs. So far, he's secured over \$3 billion in private sector investments all across the Commonwealth, creating economic opportunity for Pennsylvanians and ensuring we're a leader in key sectors like agriculture, energy, life sciences, manufacturing, and robotics and technology.

burgh Revitalization: Governor Shapiro unveiled (opens in a new tab) a groundbreaking 10-year plan aimed at revitalizing Downtown Pittsburgh. The Commonwealth is committing over \$62 million in the first four years of the plan, which is projected to spur nearly \$600 million in total investments, adding residential units, enhancing public spaces, and creating over 3,500 construction jobs. This initiative aims to make Pittsburgh's Downtown a safe, clean, vibrant cultural and economic center.

on from the Commonwealth. This project will create 200 high-paying jobs, nearly doubling the facility's capacity and reinforcing Pennsylvania's leadership in life sciences. Mainspring Energy Expansion in Allegheny County: Mainspring Energy, a leading manufacturer of clean energy generators, will establish (opens in a new tab) a \$109 million facility in Allegheny County, creating 597 new jobs. Pennsylvania won this competitive bid with over \$8.6 million in support from DCED, making a strong statement that the Commonwealth is open for business. Mitsubishi Electric Power Products Growth in Southwestern PA: A \$6.7 million investment (opens

in a new tab) supports Mitsubishi Electric Power Products' \$86 million expansion in Pittsburgh, which will create 200 jobs and retain over 800, growing Pennsylvania's manufacturing and energy sectors.

Folkland Foods Expansion in Erie County: Governor Shapiro announced (opens in a new tab) a \$3 million investment in Folkland Foods to support their \$7 million expansion into organic potato production, creating up to 50 jobs and reinforcing Pennsylvania's role as a leader in agriculture. For Full Article and links visit: www.pa.gov/en/governor/newsroom/2024-press-releases/icymi--pennsylvania-gets-it-done-gov-shapiro-major-investments-e.html

Read more about several recent economic development investments: Downtown Pitts-

Last week, Governor Shapiro announced major economic development projects in communities across the Commonwealth, with nearly \$1.7 billion in new investments led by the Shapiro Administration, contributing to over 4,550 new jobs.

Read more about several recent economic development investments: Downtown Pitts-

Serene Scene Landscaping
 • 610-381-4794 •
 Bangor, Pa

Offering, But Not Limited To:

- Bluestone & Paver Walkways & Patios •
 - Stone & Block Retaining Walls •
 - Water Gardens •
- Landscape Design & Installation •
 - Lawn Installation •

Call Todd Kluska
 Your Eco-Friendly Landscaper

Visit us online at
www.thepressnewsonline.com
and on Facebook!

Local Business Directory

Promote Your Business in the Business Directory for **ONLY \$230 for 12 Weeks**
Call 610-599-1952 or email thepressads@gmail.com to get started Today!

ADVERTISING

MORE BANG FOR YOUR BUCK!

We Work With YOUR Budget! Contact Us Today

We Also Do CUSTOM INVITATION DESIGN Just Ask!

CLEAN UP

DENNY'S CLEAN UP DEMOLITION & HAULING

ATTICS • BASEMENTS
 YARDS • GARAGES

Free Estimates Fully Insured
 You Name It...We Haul It!
 Senior Citizen Discounts!

One Call Hauls It All:
610-923-7346
 7 Days A Week
 Easton, PA

GUTTERS

JNJ

Seamless Gutters

"50 Years of Combined Service"

Proudly Serving The
 Lehigh Valley, Poconos,
 & Surrounding Areas!

INSTALLATION
 REPAIRS
 SIDING
 GUTTER CLEANING
 -Free Estimates-

570-629-0735
 Kunkletown, PA

JEWELER

Rosal Jewelers
Sal & Rosemarie

We Buy Gold & Diamonds
 Repairs Done on Premises

14K Gold • Platinum • Silver
 Diamonds & Gemstones

4 Market St., Belvidere, NJ
 908-475-8866
 W-F, 9:30-4:30; Sat, 9:30-2

Landscape Makeovers

Gardens need TLC?

Ask Mary!

Stone Associates
 Landscape Design & Consulting

908-362-6617

MASONRY

Thomas R Sabatine, Jr.
 Masonry

Pavers • Sidewalks • Patios
 Chimneys • Stone • Stucco
 Block • Concrete • Bilco Doors

570-460-2778

Free Estimates
 Fully Licensed
 & Insured

PET CARE

Furry Tailz Pet Sitter

DOG OR CAT SITTING

Dog Walking/Boarding
 In A Home Setting

Up to 2 Medium Size Dogs
CALL: 484-544-1909

PLUMBING

DE-CLOG

The Clogged Pipe Specialist!
 Sink Drains | Shower Drains
 Washer Lines | Toilets | Sewer Lines
 Servicing the Area for 30+ Years!

610-588-3297

SEPTIC SERVICE

YESKA SEPTIC SERVICE
484-764-6351

Call Henry Today!

Septic Tank
 Pumping & Repairs

TREE SERVICE

Hawk Mountain Tree Service
570-807-7746

Serving the Slate Belt, Blairstown,
 Sussex & Warren Counties

Tree Trimming/Removal
 Stump Grinding • Firewood
 60' Bucket Truck • Lot Clearing
 Brush Chipping

NJTC777857
 Fully Insured Free Estimates

ADVERTISE

YOUR BUSINESS HERE!

ONLY \$210 For 12 Weeks!

Classifieds

Help Wanted

Tree Company Seeks, FT, Worker. Must Have Valid DL. jensentreeexperts@gmail.com or call 908-459-4005 Warren & Morris Co., NJ TS

Siding, Roofer, and Window Installer. Experienced only. Must have drivers license. Work available immediately. Call Comunale Construction at 610-588-6715 TS

Caregivers Needed. Weekends & Nights Some Lifting Required Call 610-588-6000 TS

Help Wanted Must Have Taken CDL Endorsment Class A or B Benefits Offered & Vacation Time Apply by Calling 610-759-3290

CDL & LABORERS WANTED

Henry Yeska & Son Septic Service Hiring CDL Drivers Class A & B and Laborers. Full time & part time available. Experience preferred but not required. Will train on the job. Please call the office at 610-759-3290. TS

Saturday & Day Shift Servers Wanted At Hunter's Lodge in New Jersey Please Call 610-888-6613

NOW HIRING FOR 2024 SEASON! Ground Men, Climbers & CDL Drivers Needed Call Us at 570-807-7746

Part Time Tree Helper Wanted! Must Have Valid DL. Call 610-588-1034 TS

HELP WANTED PART TIME FIREWOOD SPLITTER Call Today: 610-588-1034

NOW HIRING Bartender/ Server at The Fountain House in Fredon, NJ, Immediate Hire. Call Today: 484-988-0969

Looking for an Experienced Sewing Person Needed for Creative Private Label. High Fashion, Custom Clothing Studio. Part Time in Blairstown, NJ. Call Julia at 610-573-8313 or email: julia.robin.rutherford@gmail.com

Firewood Firewood for Sale. \$120 pick up truck load. Call Craig Wickett at 610-599-6882. Pick Up Only No Delivery!

Firewood for Sale. Mixed Seasoned Hardwoods. \$450 per dump truck load. approx. 1 3/4 cord. Free delivery within 10mi radius. Call Craig Wickett at 610-599-6882 or 610-442-2996.

Seasoned Firewood \$190/cord \$95/half cord 570-202-6902

Firewood for sale \$200 a cord All different sizes 14, 16 or 18 inches long. Call 610-588-7513

Rentals

Office/Retail Space for Rent Heat, AC, Water, Sewer, & Garbage Included. \$550/mo. William St., Pen Argyl. Call 484-330-0093

10 x 20 Garage for Rent! Electric Overhead Door w/ Concrete Floor. \$125/mo. William St., Pen Argyl. Call 484-330-0093

Wanted

I BUY JEWELRY & STERLING FLATWARE! JEWELRY: GOLD, SILVER, COSTUME & VINTAGE THE BEST PRICES PAID IN CASH! I can come to you, or we can meet Call Kolleen: 973-459-0725 Serving PA, NJ & NY

Basket & Purse BINGO

Sat., November 16th
 Door Open 5pm | Bingo Begins at 6pm
 Sponsored By Trinity UCC Church
 632 S. Delaware Dr., Mt. Bethel, PA
 FMI or Tickets Call: Trinity UCC at 610-588-1989

Tickets Cost: \$20 in Advance, \$25 at the Door (Buys 20 Games of Bingo)
 175 Tickets Available; First Come - First Serve (NO Refunds After Purchase!)

Additional Cards \$5/Packet GRAND & SPECIAL PRIZES WILL BE AVAILABLE AT AN ADDITIONAL COST Refreshments & Dessert For Sale (No Outside Food Permitted)

Proceeds Benefit: Trinity General Fund

ANYONE UNDER THE AGE OF 18 MUST BE ACCOMPANIED BY AN ADULT TO PLAY!

Classified Ad Order Form

Non-commercial classified ads (Misc., Vehicles, Recreation, Wanted, Pets, Yard Sales) are \$5 per week, per inch (1.8" W x 1" H). There is no charge for Free items. Services, Rentals, Real Estate, Homes For Sale and Help Wanted ads are \$15 per week, per inch. Please specify the category in which your ad should appear, the size your ad should be (boxes on right), and how many weeks your ad will run. Please PRINT ad information.

Ads with Photos! \$18

NAME: _____
 PHONE: _____
 ADDRESS: _____
 CATEGORY: _____

One inch (actual size shown here)

WEEKS RUNNING: _____ AMOUNT PAID: _____
 Please PRINT Your Ad Information Below

Two inches (actual size shown here)

CLASSIFIEDS MUST BE RECEIVED NO LATER THAN NOON ON FRIDAY IN ORDER TO BE PRINTED IN THE UPCOMING EDITION.
 All classified ads must be paid in full, in advance. Credit cards are NOT accepted for charges less than \$25 Classifieds may be submitted by mail PO BOX 606, Bangor, PA 18013 email: thepressads@gmail.com or fax: 610-599-1185. Classifieds are NOT accepted by phone Help Wanted ads are free for current advertisers.
 Make Checks Payable to: The Free Weekly Press, LLC

Eat In or Take Out

Emiliano's Pizzeria

610-588-3299

New Hours - Open 7 Days A Week - 11am to 10pm!

Monday & Wednesday Specials

2 Large Cheese Pizzas \$23.99+ tax	3 Steak Sandwiches for \$26.99 (add Cheese for 50 cents)	3 Italia Hoagies for \$26.99	1 Lg. Cheese Pizza, 12 wings & a 2 Liter of Soda for \$29.99
------------------------------------	--	------------------------------	--

We Deliver on Door Dash & Slice
 Gift Certificates Available
 VISA Find Us on Facebook
 1436 Bangor Rd., Pen Argyl (RT. 191)

Take Charge of Tomorrow: Preventing Diabetes Health Problems

November is National Diabetes Month, when communities across the country spread awareness about diabetes.

Did you know that at least 1 in 10 Americans has diabetes? That's 38.4 million adults and children.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Diabetes can raise your risk of having health problems such as heart attack, stroke, cancer and diseases that affect your kidneys, eyes, teeth or feet. The good news is that preventing diabetes or managing diabetes as early as possible after diagnosis may help you prevent these health problems.

"Managing diabetes is a daily responsibility that can make a huge impact on staying healthy and preventing complicati-

ons down the road," said Dr. Griffin P. Rodgers, director of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). "I encourage everyone with diabetes to work with their health care team to learn how they can best manage their condition to maintain an active life and delay or avoid diabetes-related problems."

Prevent or Delay Type 2 Diabetes:

You are more likely to develop type 2 diabetes if you have overweight or obesity, are age 35 or older or have a family history of type 2 diabetes. Other risk factors include having prediabetes or a history of gestational diabetes.

If you have overweight or obesity, losing 5% to 7% of your weight can lower your risk of developing type 2 diabetes. For

instance, if you weigh 200 pounds, your goal would be to lose 10 to 14 pounds.

Visit the NIDDK website and use the Diabetes Risk Management Calculator to find out how much weight you might want to lose to lower your diabetes risk.

Manage Your Diabetes ABCs: If you have diabetes, managing your diabetes ABCs is an essential first step in preventing diabetes health problems. The diabetes ABCs are:

- A1C blood glucose level.
- Blood pressure.
- Cholesterol.
- Stopping smoking.

Health care professionals give the A1C test to measure your average blood glucose level over the last three months. Some people with diabetes also use devices to



track their blood glucose throughout the day and night.

Research shows that keeping your diabetes ABCs in a healthy range can help prevent blood vessel damage and health problems from diabetes. Ask your health care team what blood glucose, cholesterol and blood pressure levels are healthy for you.

Make Lifestyle Changes To Build Healthy Habits - You can help prevent type 2 diabetes or manage your diabetes ABCs

by building healthy habits and taking steps to:

- Plan healthy meals and snacks that are lower in calories, sugar, saturated fat and salt.
- Be physically active most days of the week.
- Reach or maintain a healthy weight.
- Stop smoking, vaping or using other tobacco products.
- Get enough sleep and take care of your mental health.

When planning meals, try to choose more fruits,

nonstarchy vegetables, whole grains, lean protein foods, and low-fat or non-fat dairy products or dairy alternatives. Drink water instead of sugary drinks.

Walking is a simple way to be active. Invite a loved one or a friend to make walking a social activity. If you're not active now or a health condition prevents you from being active, ask your health care professional about physical activities that are best for you.

Making lifestyle changes can be hard. Start slow and build healthier habits from there. Ask for help from your family, friends and health care team.

To learn more about preventing or delaying diabetes and diabetes health problems this National Diabetes Month, visit the NIDDK website at www.niddk.nih.gov and follow us on social media @NIDDKgov.

World-Class Emergency Care on Hecktown Road



No matter your medical emergency, there's a state-of-the-art hospital in your neighborhood that can handle it all - from a broken arm to stroke and everything in between.

Kid-specific space | Level IV Trauma Center | Acute Stroke Ready
Chest Pain Center | Intensive care unit

LVHN.org/hecktownoaks
3780 Hecktown Road, Easton

