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PRESS



July 11, 2024

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Vol. 51, No. 51



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Blairstown, NJ, Celebrates Freedom With Annual Blairstown Fourth Event



If there is one thing Blairstown, NJ, is big on...it's tradition - and that tradition is celebrating Independence Day with a BANG! Men, women, children, and even pets, gather at footbridge park for the annual Blairstown Fourth Celebration, which is full of fun and quirky traditions that residents hold near and dear to their hearts. Photo by Bob Halberstad/The Free Weekly Press

Cool Ways to Protect Yourself from Heat-Related Illness this Summer

(NAPSI)—Much of the U.S. could face hotter than normal conditions this year as the climate crisis drives higher temperatures—but you can keep yourself and those you care about safe. Consider these facts and figures:

- 2023 was the hottest year on record, and scientists warn that

2024 could break records again.

- Since the 1960s, heat waves have become more frequent, more intense and longer lasting.
- Heat-related deaths are on the rise.

What You Can Do
When extreme heat blankets the country, the American Red Cross **HEAT cont'd on page 8**

Portland, PA, Holds Their Annual Fourth of July Parade



Portland, PA, celebrated the Fourth of July, on Thursday, July 4th, with their annual parade. Photo by Dale Young/The Free Weekly Press

Brian Dean Moore Band Rocks The Wind Gap Summer Sounds Stage



The Summer Sounds Concert Series continued at Wind Gap Park on July 7th with the "Brian Dean Moore" Country Band rocking the stage. Photo by Dale Young/The Free Weekly Press

Updates on Rt. 611 Road Closure From PA Senator Rosemary Brown

By PA Senator Rosemary Brown

I want to share some insights into the ongoing discussions regarding the prolonged closure of Route 611 in the Delaware Water Gap Na-

tional Recreation Area, which has been closed since December 6, 2022.

The devastation this extended closure has had on our community cannot be overstated. To put it simply, this project in-

volves multiple government agencies with competing interests, which has severely stagnated a path forward. Finding middle ground has not been easy. PennDOT **RT611 cont'd on pg 2**



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RT 611

Continued from page 1

has serious public safety concerns about this roadway, while the National Park Service has a mission to maintain the park's resources. These interests often conflict, especially when there are limited options. The work needed to address the safety concerns requires a permit from the National Park Service. The two agencies and other stakeholders are speaking frequently but have yet to reach a consensus.

I wish I could snap my fingers and make this happen individually, but I have been extremely vocal and active in pushing each



entity to be a team player and think of the greater good and the needs of our community. I do believe the agencies are close to a creative solution to alleviate this closure. The key government agencies include the National Park Service, Pennsylvania Department of Transportation

(PennDOT), Federal Highway Administration, and Indigenous Tribal Leaders.

Route 611, owned and maintained by PennDOT, traverses the Delaware Water Gap National Recreation Area, which is managed by the National Park Service. Initially closed in April 2022 due to heavy rains washing out sections, it reopened after repairs. Subsequently, another rockslide occurred months later, prompting the need for enhanced safety measures. PennDOT's plan originally proposed removing 2,500 cubic yards of rock along a mile stretch to prevent further incidents. Following onsite evaluations with stakeholders, PennDOT reduced this to 125 cubic yards, the minimum amount deemed sufficient to safely open a single lane.

Stakeholders are scheduled to meet again late next week.

Senator Lisa M. Boscola Welcomes Passage of Legislation to Aid Local Restaurants

Senator Lisa M. Boscola (D-Northampton) was joined by a nearly all members of the Pennsylvania Senate today to pass legislation that will make updates to the state Liquor Code. The legislation, sponsored by Representative Matthew Gergely (D-Allegheny), amends the Liquor Code to make numerous changes, including making COVID-era outdoor seating provisions at licensed establishments permanent.

"Providing for outdoor seating was a lifeline for restaurants both here in the Lehigh Valley and across Pennsylvania during the pandemic," Boscola said. "The restaurant industry continues to face many challenges and this legislation will be beneficial to a significant number of these small businesses."

The outdoor seating provision was enacted



in 2021, at the height of the COVID-19 pandemic, to provide flexibility to restaurants in response to the pandemic and the various restrictions if placed on their businesses. Specifically, the provision extended the licensed premises of an establishment to include any outside serving area that is immediately adjacent to the existing licensed areas; or within one thousand feet of the main licensed building. The amendment, based

on Senator Boscola's Senate Bill 1180, makes this provision permanent, allowing restaurants to continue serving patrons in outdoor seating areas. "Restaurants found that these extensions were popular with customers and helped with the bottom line. This bill makes sure that they are now here to stay," Boscola noted.

House Bill 829 passed 47-3 and now returns to the House of Representatives for concurrence.

Project Self-Sufficiency Seeks Donations of New School Supplies

Project Self-Sufficiency is seeking donations of new school supplies for distribution to more than 500 children and teens during the month of August. This year, organizers are suggesting that donors sponsor a backpack for students in need; a \$25 donation will purchase and fill a small backpack with the key supplies needed for elementary school students while a \$50 donation will purchase and fill a large backpack with key supplies for middle and high school students. Monetary donations, which allow the agency to purchase supplies in bulk, will be gratefully received at <https://www.projectselfsufficiency.org/school-supplies>.



For those who prefer to shop, a wish list of items has been prepared, including new backpacks, crayons, pencils, erasers, glue sticks, scissors, pens, spiral notebooks, and loose-leaf paper. Backpacks in solid and neutral colors are preferred. Backpacks and

supplies will be distributed to more than 500 students at a festive Back to School Fair in August and at other events throughout the school year.

Those who need backpacks and school supplies are invited to call Project Self-Sufficiency, 973-940-3500, to be put on the distribution list. Project Self-Sufficiency is located at 127 Mill Street in Newton. For information about donating school supplies, or to inquire about any of the programs and services available at Project Self-Sufficiency, call 973-940-3500 or 844-807-3500, or visit www.projectselfsufficiency.org.

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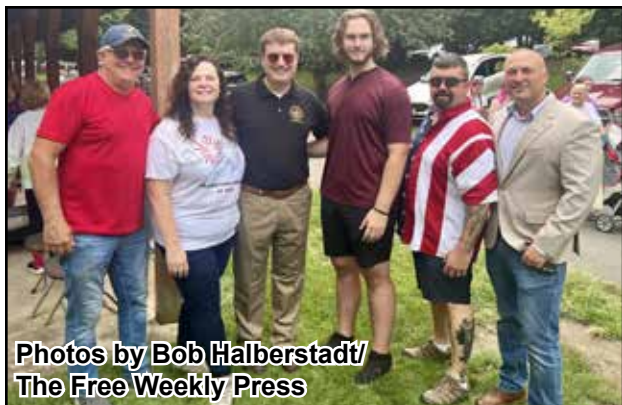
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Photos by Bob Halberstadt/
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Skill Games: A Menace To Community Well-Being



Congratulations to the Bangor Graduate, Chloe Proko, who was the recipient of the '912' Scholarship in memory of Dennis Strouse. Chloe will be attending Penn State University to pursue her interest in Nursing. The family of Dennis Strouse wishes her great success in her future endeavors.

OP-ED by State Rep. Amen Brown

Across Philadelphia, the proliferation of skill games presents a growing concern that threatens the very fabric of our neighborhoods. These games, often touted as harmless forms of entertainment or even sources of income, conceal a darker reality that undermines the quality of life for countless individuals. From the negative impact on social cohesion to the economic strain they impose, the presence of skill games casts a shadow over community life.

At first glance, skill games appear innocuous, promising quick amusement or a chance to test one's abilities. However, their omnipresence in neighborhoods is linked to a range of detrimental effects. Perhaps most alarmingly, these games



can foster a culture of gambling, where vulnerable individuals, including youth and those struggling with financial stability, are lured into a cycle of risk-taking behavior.

School children use the unregulated machines to gamble away their lunch money, according to this article. Unlike regulated casinos, there is no one to monitor the skill games, therefore they attract minors due to their proximity to schools.

Moreover, the proliferation of skill games in communities erodes the social fabric that binds neighbors together. Our neighbors aren't spending time together, catching up on porches or front steps, they're trapped in a vicious cycle of spending their precious time and money in pursuit of fleeting victories.

This disengagement diminishes the sense of belonging and unity that are crucial to a thriving community.

Economically, the impact of skill games is equally damaging. Ac-

ording to the American Gambling Association, Americans bet \$109 billion each year, which can cost states over \$8 billion in taxes and \$27 billion in legal gaming revenue. They have taken approximately \$650 million from Pennsylvania Lottery scratch offs; it's estimated that this year's lottery revenue will lose at least \$170 million.

This money is a vital source for funding senior citizen programs and benefits across the state, including the newly expanded and extended Property Tax/Rent Rebate Program which helps seniors stay in their homes.

The promise of easy money through skill games often proves illusory, leaving participants financially worse off and further straining already vulnerable households.

Furthermore, the presence of skill games can contribute to a decline in property values and a rise in crime rates. Areas with a concentration of gambling-related activities often experience increased incidents of theft,

fraud, and other criminal behaviors. These consequences not only jeopardize public safety but also tarnish the reputation of the community.

Addressing the issue of skill games requires a multifaceted approach that combines regulation, community engagement, and support for alternative forms of entertainment and economic opportunity. Local authorities must enforce existing laws and regulations to curb the proliferation of these games and hold accountable those who exploit community members for personal gain. Simultaneously, communities must invest in initiatives that promote social cohesion and provide viable alternatives to gambling-related activities.

Ultimately, the fight against skill games is a fight for the soul of our communities. It is a fight to preserve the bonds of trust and mutual respect that underpin a healthy society. By confronting this challenge head on and working together, we can reclaim our neighborhoods from the grip of exploitation and ensure a brighter future for generations to come.

I'm thankful that Mayor Cherelle Parker, Councilmember Curtis Jones and so many others are working to get these unregulated games out of our communities. It will restore a sense of community in Philadelphia's smaller neighborhoods.

The time for the legislature to act is now, for the well-being of our communities depends on it.

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Tips For Cutting Summer Cooling Costs

(NAPSI) — When monthly utility bills arrive, many Americans are getting hot under the collar.

In fact according to the National Energy Directors Association, this summer's residential cooling costs are projected to be the highest in a decade hitting an average of \$719 or about \$173 a month.

To add salt to the wound of higher summer cooling costs, the Federal Energy Regulatory Commission (FERC) Summer Assessment says the predicted warmer-than-average summer weather pattern for 2024 may challenge areas of the country. The Chairman of FERC recently stated, in part, "Our country is facing an unprecedented surge in demand for affordable electricity, while confronting extreme weather threats to the reliability of our grid."

To combat the demand for more air conditioning and the resulting utility costs, the nonprofit International Window Film Association (IWFA) recommends the professional installation of heat-blocking window films to reduce interior temperatures by



deflecting solar heat gain by as much as 80 percent.

"Professionally installed, state-of-the-art window films may help consumers reduce their electric bills and improve window performance by rejecting a significant amount of interior temperature increases from sunlight during the cooling season," said Darrell Smith, executive director of the IWFA, the world's definitive source for window film information.

With window film applied to the glass, a home's interior temperature may be made more comfortable and balanced throughout the home without the need to shut out natural

daylight.

When compared to the price of window replacements, long-lasting window films are very cost-effective and most installations can be completed in a day or less with little, if any, disruption to household routines.


It is also recommended consumers check with their professional installer to determine if the window film selected for installation qualifies for tax rebate incentives under the Inflation Reduction Act. Visit www.iwfa.com to learn more.



The Washington Business Improvement District recently welcomed three new members to its Board of Directors. Selected to fill three open slots were, L-R, Christopher Caruso, owner of Dank Poet Dispensary, Kathy Halpin, resident property owner., and Nicole Kries, owner of the Cellar Door. Halpin isn't exactly new to the board; she served on the board previously for several years and had and has continued to be a very active volunteer with the organization even while not on the board. Caruso and Kries both opened their businesses in the Borough within the past year and have been committed to working with the WBID previously and are both excited to bring new ideas and initiatives to the business community.

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Be Aware: Mercury Is Prohibited in The Mail

(NAPSI) — Many people may be surprised to learn they've been sending dangerous, prohibited items through the mail. That's why the Postal Service is reminding customers that metallic mercury and devices containing metallic mercury are always prohibited in the mail stream.

What To Avoid:

Forbidden items include: antiques such as thermometers, barometers, blood pressure monitors, switches and relays. However, compact fluorescent lamps, which contain small amounts of mercury in vapor form, are mailable domestically but not internationally (including APO/FPO/DPO destinations).

What Can Happen:

If a person knowingly mails items or materials that are dangerous or injurious to life, health, or property, they may face a civil penalty of at least \$250, but not more than \$100,000 per violation; the costs of any cleanup associated with each violation; and damages. They may also face criminal penalties.

The Postal Service is committed to the safety and security of its

Commonly Encountered Mercury		
Visual	Description of Item	Mailability of Item
	Liquid mercury — Often encountered in a wide range of volumes. Reasons for sending include uses for gold extraction/refinement, preparation of dental amalgams, and element collections.	Domestic Ground — Prohibited Domestic Air — Prohibited International — Prohibited Prohibited as per Section 348.21e
	Mercury barometer — These devices often contain significant amounts of mercury that are not well contained. They have been responsible for several leaks. (Note: Fully digital versions are mailable without restrictions.)	Domestic Ground — Prohibited Domestic Air — Prohibited International — Prohibited Prohibited as per Section 348.21e
	Mercury thermometer — These items may contain significant amounts of mercury in breakable containment (glass). (Modern versions (i.e. digital and those using red liquid, which is alcohol to which red coloring has been added) are mailable without restrictions.)	Domestic Ground — Prohibited Domestic Air — Prohibited International — Prohibited Prohibited as per Section 348.21e
	Mercury sphygmomanometer (blood pressure gauge) — These devices may contain significant amounts of mercury in breakable containment (glass). (Note: Fully digital versions are mailable without restrictions.)	Domestic Ground — Prohibited Domestic Air — Prohibited International — Prohibited Prohibited as per Section 348.21e
	Mercury switch — May exist in a small enough size to get below the 100 mg. limit; however, this would be the exception rather than the rule. If you can see the mercury, it is not mailable.	Domestic Ground — Prohibited Domestic Air — Prohibited International — Prohibited Prohibited as per Section 348.21e, may encounter some that adhere to Section 348.22g
	Mercury relay — May exist in a small enough size to get below the 100 mg. limit; however, this would be the exception rather than the rule. If you can see the mercury, it is not mailable.	Domestic Ground — Prohibited Domestic Air — Prohibited International — Prohibited Prohibited as per Section 348.21e, may encounter some that adhere to Section 348.22g
	Compact fluorescent lamps — These items contain small amounts of mercury vapor. If broken, there will be no visible mercury and the vapors will readily disperse.	Domestic Ground — Mailable Domestic Air — Mailable International — Prohibited Mailable as per Section 348.22g. See also Packaging Instruction 9C.

employees, its customers, and its transportation networks and will remain vigilant in safeguarding the mail stream against any article that might pose a hazard to health, safety, property, or the environment.

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fordable, reliable and secure delivery of mail and packages to 167 million addresses six and often seven days a week. It generally receives no tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations.

The Postal Service offers FAQs on prohibited items containing mercury and the Postal Inspection Service has released a public service announcement on mercury in the mail. Additionally, you can visit usps.com and facts.usps.com.

Pennsylvania Board Of Commissioners To Meet In Harrisburg

The Pennsylvania Board of Game Commissioners will meet Friday, July 12 at the agency's Harrisburg headquarters. This meeting is one day only, and will begin at 10 a.m. with staff presentations.

Public comment — limited to five minutes — is scheduled to be accepted beginning at 11 a.m. The board plans to take up its regular agenda after lunch, likely around 1 p.m. Public comment is accepted on a first-to-register, first-to-speak basis. Registration will begin at 8 a.m. PowerPoint



presentations are not permitted during public comment.

The agenda for this meeting is available at www.pgc.pa.gov. Under "Information and Resources," click on "Upcoming Events,"

then click on the "Draft Agenda" link.

The Game Commission's headquarters is located at 2001 Elmerton Ave., just off the Progress Avenue exit of Interstate 81.

Those unable to attend the meeting can watch it from home. The meeting will be livestreamed on the Game Commission's YouTube channel.

Full article and direct links can be found at www.media.pa.gov/Pages/game-commission-details.aspx?newsid=667

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NJ DEP Launches Fourth Annual Youth Inclusion Initiative Program To Empower Next Generation Of Environmental Leaders From Overburdened Communities

The New Jersey Department of Environmental Protection today kicked off its fourth annual Youth Inclusion Initiative program, which partners with community-based organizations to give young people from overburdened communities the opportunity to learn about various careers in the environmental field through interactive skill-building activities. For the first time, participants will have opportunities to work on projects in their home communities, ranging from cleaning up parks to planting community gardens.

A group of people posing for a photo Description automatically generated with medium confidence Since its inception in 2021, the summer program has grown from 18 participants to nearly 80 this year, and from two host organizations to eight this year. Beginning as a State Park Service workforce development program, the Youth Inclusion Initiative has been continually updated and expanded to become a far more comprehensive program that provides exposure to nearly every program area within the DEP, as well as private and non-profit environmental organizations. The program runs from July 8 through August

16. "After months of planning between DEP and our partner organizations, we are pleased to welcome this year's group of young people to our headquarters in Trenton to kick off this special summer experience," said Environmental Protection Commissioner Shawn M. LaTourette. "Our environmental professionals are eager to share their passion for protecting the environment with these young people in hopes of sparking an interest in environmental careers."

The program focuses on providing opportunities to participants, ages 16 to 20, from communities that have disproportionately less open space or historically lack natural lands access. During today's kickoff at DEP headquarters, participants were introduced to DEP's senior leadership, learned about the functions of the department and the services it provides the public, and got acquainted with the activities planned for the summer. The orientation also featured engaging career spotlight presentations by staff from the department's Office of Emergency Youth Inclusion Initiative participants use nets to collect aquatic insects from a stream. Management and Office of Environ-

mental Justice.

For the next six weeks, eight community organizations will facilitate the participants' journeys as they learn from DEP professionals about careers in water and air monitoring, natural resource management, wildlife conservation, and more.

This year's partner organizations, formally called Community Host Organizations, include:

Neighborhood Improvement Association (Trenton)

Rutgers-Camden The Work Group (Camden)

Ranch Hope (Salem) Boys and Girls Club of Garfield

Groundwork Elizabeth Ironbound Community Corporation (Newark)

United Community Corporation (Newark)

A new addition to the program is community project days for participants to work on an environmental project within their home communities. These projects help them bring improvements to their neighborhoods, boosting community and self-pride. Activities include park cleanups, installation of environmental education exhibits, and planting of community gardens. The DEP provides the partner organizations with funding for the projects.

"We empower tomorrow's leaders through our Youth Inclusion Initiative, driving meaningful change and fostering diversity, equity, and inclusion," said Elizabeth Dragon, Assistant Commissioner for Community Investment and Eco-



nommic Revitalization. "This year, our enhanced curriculum includes dedicated weekly days for participants to engage in tangible and impactful environmental projects within their communities."

The program was also expanded to include a rehearsal day focusing on public speaking skills and mock interviews, crucial components of an individual's professional development. Throughout the summer, participants will continue to take part in resume and cover letter writing sessions and attend presentations from guest speakers. Several of the program's guest speakers work alongside the New Jersey Department of Labor & Workforce Development to open career pathways to sustainable green jobs for those from underserved communities.

In addition to growing as a young professional, participants will spend most of their time gaining technical skills through hands-on activities such as conducting a mock environmental impact investigation, collecting macroinvertebrates (aquatic insects) from a stream to determine water quality, handling fish at the state trout

hatchery, and designing a park with Green Acres staff, among other activities. The program also includes a visit to the U.S. Environmental Protection Agency's regional office.

DEP's award-winning Youth Inclusion Initiative directly supports the Murphy Administration's goal to build a diverse, inclusive environmental workforce equipped with the skills to expand the state's green economy and advance environmental justice. Community Host Organizations help the state work towards achieving that goal by teaming up with the DEP to recruit the program's participants, and plan and supervise their summer experience. Additionally, the organizations promote their continued growth by helping them identify next steps, such as furthering their education.

Here is what this year's Community Host Organizations, which includes several who have partnered with DEP in past years, have to say about the Youth Inclusion Initiative:

"We've dedicated extensive time and effort to meticulously prepare for the launch of the YII summer program. Our

intention is to empower our youth through the experiences with DEP, fostering a deep understanding of environmental stewardship and career pathways," said Octavia Sutphin, President of Neighborhood Improvement Association. "This initiative underscores our commitment to nurturing future environmental leaders and promoting inclusivity within DEP, ensuring a sustainable and vibrant future for our communities."

"Rutgers University—Camden is proud to continue to host the Youth Inclusion program on the Rutgers-Camden campus this summer. Over the past three years, we have seen interest in the program grow, with students desiring increased opportunities to connect their interests with a better understanding of how they can work towards environmental justice in and around the city of Camden," said Nyeema C. Watson, Ph.D., Senior Vice Chancellor - Strategy, Diversity, and Community Engagement at Rutgers University-Camden. "The NJ Department of Environmental Protection has been a great partner in

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NJ DEP Launches Fourth Annual Youth Inclusion Initiative Program To Empower Next Generation Of Environmental Leaders From Overburdened Communities CONTINUED

ensuring that our young people get a full breadth of experiences, across the entire state of New Jersey, and show them the variety of career paths that can they access."

"The Work Group is ecstatic to be a part of the DEP's Youth Inclusion Initiative for our second year. This is a wonderful opportunity to provide young adults with exposure to an array of career opportunities that otherwise may be completely unknown to them," said Ariel Wapnick, Climate Corps Supervisor at The Work Group. "We are so pleased that the NJ Department of Environmental Protection has committed to supporting youth in this way. Our participants are eager to learn about their environment and better their community through our community-based project."

"Ranch Hope is excited to partner with The Huddle and Councilmembers Tim Gregory and Jamal Long to help bring

the Youth Inclusion Initiative and its incredible opportunities to Salem City," said Jonathan Cummings, Director of Community Missions at Ranch Hope. "We're thrilled to provide summer work to 10 youth from the community who will be exposed to a myriad of different jobs and ideas around conservation and preservation that they can use not only this summer, but in the future as well. The planned projects for Salem will help clean, beautify and enhance the city and will encourage community engagement and participation as well."

"The Boys & Girls Club of Garfield is proud to support and host our committed young environmental advocates as they advance sustainability awareness and environmental education in our community," said Laura Camarena, Associate Executive Director of the Boys and Girls Club of Garfield. "With months of dedi-



cated preparation, we're launching the DEP's Youth Inclusion Initiative which will help us transform our community garden into an eco-learning hub, where this valuable education can continue even with younger populations in our club community. This initiative is a testament to the passion and leadership of our youth, who are not just preparing for future environmental challenges but are already spearheading change."

"Through the NJ DEP Youth Inclusion Initia-

tive, youth in Elizabeth get to spend a once-in-a-lifetime summer learning about how the DEP makes a difference in assessing, monitoring, and improving our state's environment. They also get to share in building a local project in their own hometown using their new experiences as a foundation for action," said Jonathan Phillips, Executive Director for Groundwork Elizabeth. "We know that the lessons learned, the friendships, and opportunities to impact our community locally will help ele-

vate the hopes, dreams and possibilities for success of our cherished youth as they move from youth to career choices."

"The Ironbound Community Corporation is proud to enter its fourth year of participation in the DEP Youth Inclusion Initiative, a program that has consistently grown and positively impacted our young participants," said Charles Barlow-Richardson, Director of Programs at Ironbound Community Corporation. "Year after year, we've had the pleasure of witnessing the transformative effects of this initiative on the youth involved. As we welcome a new group of participants this year, we're excited to see them embrace the opportunity to learn about environmental preservation and become the next generation of environmental stewards."

"At United Community Corporation, we are honored to join the esteemed list of host agencies for the Youth Inclu-

sion Initiative, funded by the NJ Department of Environmental Protection. This program represents a transformative opportunity for our youth to embark on career pathways in the green economy and community responsibility," said Craig Mainor, Executive Director for United Community Corporation. "As municipalities and private companies increasingly recognize and capitalize on the impact and potential of green spaces, environmental stewardship, and community building, this initiative aims to equip young individuals with the knowledge, skills and experience necessary to thrive in this dynamic sector. We are excited to be part of this impactful program and look forward to fostering the next generation of leaders in green construction and sustainability."

For more information about the Youth Inclusion Initiative, visit dep.nj.gov/yii/.

County Executive Lamont G. McClure and the Northampton County Department of Community and Economic Development Sets Up Access Device and Giveaway Program

County Executive Lamont G. McClure announces that the Northampton County Department of Community & Economic De-

velopment (DCED) is ready to distribute county-owned computers and cell phones to organizations in need throughout the county.

"We are refurbishing county-owned devices in order to donate to public-facing organizations in Northampton County, including healthcare

systems, schools, municipalities, and non-profits. Our objective is to achieve digital equity and ensure that every county resident has ad-

equate access to the internet," says Executive Lamont McClure.

Organizations interested in receiving a refurbished device are en-

couraged to contact the Northampton County Department of Community & Economic Development at (610) 829-6306.

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Garden Dilemmas? Ask Mary!



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Hello, fellow readers,

Recently, I designed a low-maintenance garden filled with perennials, shrubs, and trees for year-round interest in Bergen County, NJ. Around it, we planted a pollinator-friendly lawn alternative: a combination of No-Mow clover mixes from American Meadows. Both fill the role of a traditional manicured lawn without all the work, saving you time and money. The flowering mix includes delightful English Daisies, sure to bring a smile.

Linda and Jim mo-

ved from California to be near their children and grandkids. While they were overseas, I received an email: "My lawn that I love is under assault. I love the look, but the city just cited me. I have to mow it now— so sad. The backyard looks just great. I hope I don't have to mow that."

He sent me the specifics of the town's code: 'All premises and exterior property shall be managed free from weeds or plant growth in excess of 10 inches.'

Jim agreed the town shouldn't complain if they keep the parts of my lawn away from the sidewalks and street within code. I find it hard to imagine their clover lawn growing over 10 inches. I sent Jim a few links, including the history of lawns in Europe, where clover lawns were the norm. In the United States, clover was part of lawn seed mixes before the 1950s, when chemical companies began marketing broadleaf weed killers that also killed clover. And so, clover became consid-



red a weed. Yet, clover offers many benefits and is gaining popularity again.

A few years ago, I stumbled upon the most beautiful field of clover, leading to glorious reasons why white clover makes a magnificent lawn alternative. Pollinators were scurrying from one dainty puff to another, busily gathering nectar and pollen. Their hairy legs were combing through each petal of the pinkish-white blooms. There were primarily honeybees, but many bumblebees, too. All were sharing the bounty politely— no arguments over whose was whose. I stood quietly, listening to their soft buzz, and

saw a rhythm in their movements.

It's interesting how a honey bee can land on a clover flower, assess fruits, and then quickly move on. Perhaps the pollen was already taken. I tiptoed through the field, grabbing photos and carefully not stepping on anyone. Beyond the beauty of the expansive flowers lighting up the field as dusk fell, the ground serves as a field for children. It's comforting to know weed killers and other chemicals are likely not being used there, especially in the wake of the glyphosate controversy in Roundup and others.

You can mix clover with grass seed in



high-traffic areas like sports fields, where it's becoming a new trend. Clover is drought tolerant, so your lawn will stay greener and require little or no mowing.

White clover (*Trifolium repens*) only grows three to six inches tall. Most mow once a season after the flowers fade to encourage a second bloom. You can mow it more often if you're fussy about having a perfectly groomed-looking lawn. Mixed with traditional Bluegrass or Bermuda grass you'll need to cut more often.

Clover does not require fertilization, as it's a nitrogen fixer that farmers frequently use as a living mulch between

rows of vegetables. It feels comfy to walk on even barefoot, though it's probably best not to when they're in bloom unless you tiptoe around to avoid stings.

It can grow in the lousiest soil without discoloration from your canine kid's patches. You'll never need herbicides like Roundup or other ugly stuff, as white clover squelches weeds. Most magnificent is clover attracts bountiful insects, like our essential pollinators, that have been dangerously in decline—a Field of Dreams rather than a yard of chemicals.

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New State Record White Perch Recorded In Pennsylvania

The Pennsylvania Fish and Boat Commission (PFBC) is pleased to announce that it has certified a new state record White Perch.

On the morning of Sunday, April 14, 2024, angler Christopher Barrett, 19, and his father, Craig, both of Mohnton, Berks County, departed from Ridley Township Municipal Marina in Delaware County on a 20-foot center console fishing boat. After navigating Darby Creek, the pair entered the Delaware River and began fishing just below the Commodore Barry Bridge, near Chester. Christopher and his father were using heavy duty spinning rods fitted with fish finder rigs and circle hooks baited with bloodworms to target Striped Bass and catfish but were also catching White Perch.

At around 11 a.m., Barrett reeled in a particularly large perch that caught the attention of both anglers.

"We usually keep a few perch to eat, and when I went to put that one in the cooler, we both said that's got to



be the biggest White Perch we've ever seen," said Barrett. "When we got back to the dock, my dad looked up the state record for Pennsylvania, which was under two pounds. We weighed the fish on our own scale, and it was 2 pounds, 3 ounces. So, we started to get really excited at that point."

The following morning, Barrett contacted the PFBC's Southeast Region Office, and Waterways Conser-

vation Officer Derek Norman arranged to meet the angler at the Bowmansville Post Office where a certified scale was located. With the WCO present, the White Perch officially tipped the scales at 2 pounds, 1 ounce, exceeding the previous state record, also caught in the Delaware River in 2008, by five ounces. While only weight is considered for state record certification in Pennsylvania, the fish measured

14.125 inches long with a girth of 12.25 inches. An inspection of the fish was also conducted, including an examination of the contents of its stomach, which appeared normal for a large female White Perch.

"It was a large fish to begin with and it was full of eggs, which made it even heavier," said Barrett. "We're pretty good at catching perch, so I guess it was a little bit of skill and luck combined with

good timing to catch that fish at just the right time."

In addition to recording the certified weight and the in-person inspection by WCO Norman, Barrett completed a state record fish application which included color photographs and detailed information about the catch, which was reviewed by the PFBC Division of Fisheries Management and confirmed.

"I'm so grateful for this record, but even more excited that I got to share this experience with my dad," said Barrett. "We go fishing all the time together and it's our favorite thing in the world to do. We'll never forget this."

Barrett said following the certification of the new state record White Perch, he planned to give the fish to a taxidermist to preserve the memory of the catch.

Anglers who are pursuing a state record, or think they have caught a state record fish, should follow these guidelines:

- Obtain a copy of the Pennsylvania State Record Fish Application, which is available online.
- Comply with all

rules, including having the fish weighed on a scale that is certified by the state or county. Stores that sell products by weight are required to have a certified scale. Locations such as feed mills or agriculture stores often have scales capable of weighing large fish.

- Fish may only be released after PFBC staff have examined the fish and approved the application.

- The completed form, including color photographs, must be notarized and sent to the PFBC.

- The PFBC will review the application upon receipt.

- The PFBC reserves the right to further investigate the methods used in catching a fish and the accuracy of weight and measurements.

- The PFBC reserves the right to reject any application.

Anglers catching a new state record fish will receive a certificate from the PFBC and be listed on the PFBC website.

A list of current Pennsylvania State Record Fish, official rules and application can be found at Fishandboat.com.

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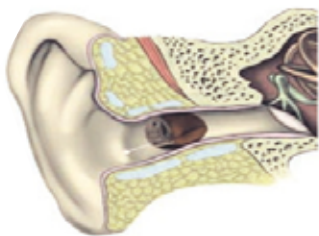
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HEAT

Continued from page 1

recommends you take these steps:

1. Slow down by postponing or limiting outdoor activities, including strenuous exercise. If you must work outdoors, take frequent breaks and try to schedule tasks early or late in the day. Remember, hot cars can be deadly—never leave children or pets in a vehicle.

2. Stay hydrated. Drink plenty of water and avoid sugary, caffeinated and alcoholic drinks. Be sure animals have access to plenty of fresh water and shade.

3. Spend time indoors in an air-conditioned place. If you don't have air conditioning, go to a public library, shopping mall or public cooling center. Call 211 to find an open location. Check on loved ones and neighbors who may be at risk and lack air conditioning to ensure they are safe.

Signs of Illness
You should also know how to recognize the signs of heat-related illness and what to do. It's critical to react quickly.

- Heat can make anyone ill, especially older adults, the very young, pregnant women and those with chronic medical conditions. People who work outdoors, have limited personal resources and live in places without green spaces are also at higher risk.

- Heat cramps are an early sign of trouble and include heavy sweating with muscle pains or spasms. To



help, move the person to a cooler place and encourage them to drink water. Get medical help if symptoms last longer than an hour or if the person has heart problems.

- Heat exhaustion is a more severe condition signaled by cool, pale and clammy skin; a fast or weak pulse; nausea or vomiting; tiredness or weakness; or a headache, dizziness or passing out. To help, move the person to a cooler place, loosen tight clothing and encourage them to sip water slowly. Use wet cloths, misting or fanning to cool them off. Get medical help right away if symptoms worsen or last longer than an hour, or if the person vomits or acts confused.

- Heat stroke is a deadly condition that requires immediate medical help. Symptoms include a high body temperature; hot, red, dry or damp skin;

a fast or strong pulse; a headache or dizziness; or nausea, confusion and passing out. Call 911 right away if you think someone may have heat stroke. Then move the person to a cool place, and use wet cloths, misting or fanning to help cool them off. Do not give the person anything to drink.

Extreme Weather on the Rise - Along with heat waves, the U.S. is experiencing more frequent and intense disasters. The Red Cross encourages everyone to prepare now by making a plan to stay safe, gathering important supplies and knowing how you'll stay connected. Visit redcross.org or download the free Red Cross Emergency app for real-time weather alerts and safety information in English and Spanish. Find the app in smartphone app stores by searching for the "American Red Cross."

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Clean Your Air: Six Ways To Manage Allergens

(NAPSI)—As the warmer seasons unfold, a host of allergens and irritants become more prevalent, potentially disrupting your daily life and health—especially if you have asthma and allergies. According to the Allergy and Asthma Foundation of America (AAFA), millions of people are affected by allergies, and understanding how to control your environment can significantly improve your quality of life during this beautiful but challenging season. Here are effective strategies and types of products that can help reduce allergens and irritants in your home:



1. Prioritize Indoor Air Quality

Air Purifiers—Invest in a good air purifier. Devices with HEPA filters are especially effective at trapping allergens such as pollen, pet dander, and dust mites. To maximize their effectiveness, put air purifiers in commonly used areas such as bedrooms and living rooms.

Humidity Control—Maintain indoor humidity levels between

30% and 50%. Humidifiers can add moisture to dry air, while dehumidifiers can help control mold growth and dust mites by reducing excess moisture. Both tools are essential in creating a balanced indoor environment.

2. Keep It Clean
Regular Cleaning—Weekly cleaning can significantly reduce the presence of allergens. Use a vacuum cleaner

with a HEPA filter to capture the fine particles that traditional vacuums may recirculate into the air. Remember to wear a dust mask while cleaning to avoid inhaling allergens.

Bedding and Upholstery—Encase mattresses and pillows in dust mite-proof covers. Wash bedding weekly in hot water to kill dust mites and remove

allergens. Additionally, consider washing or replacing curtains and deep cleaning upholstery where allergens can linger.

3. Filter and Ventilate

Replace HVAC Filters—Regularly replace the filters in your heating, ventilation, and air conditioning (HVAC) systems. Opt for filters with a high MERV (Minimum Ef-

iciency Reporting Value) rating that can capture smaller particles, thus improving indoor air quality. Check with your manufacturer to ensure you're using the right MERV rating for your system. Using a filter with too high a rating for your system can cause more harm than good, taxing your system and shortening its lifespan.

Enhance Ventilation—Improve your home's ventilation by opening windows when the pollen count is low or using exhaust fans in the kitchen and bathrooms to reduce moisture and cooking fumes, which can exacerbate asthma symptoms.

Air Duct Cleaning—Consider having your air ducts cleaned by a NADCA-certified professional. Over time, dust, mold, and other allergens can accumulate in your duct system, affecting the overall air quality and efficiency of your HVAC system. Cleaning your air ducts can help ensure that these irritants are removed, providing cleaner, fresher airflow throughout your home.

4. Create a Pollen-Free Zone
Keep windows and

doors closed during high pollen days. Use air conditioning in your home and car to keep pollen out. Remove shoes at the door and shower after being outdoors to wash pollen off your skin and hair.

5. Control Pet Dander

If you have pets, groom them regularly to reduce the dander they shed. Also, establish pet-free zones, especially in bedrooms, to minimize allergy exposure while sleeping.

6. Consider Indoor Plants

Some plants can help improve indoor air quality. However, it's important to choose wisely, as some plants can also be sources of mold or pollen. Spider plants and ferns are good options for improving air without increasing allergens.

By integrating these strategies and using effective products, you can significantly reduce the impact of allergens and irritants during the allergy and asthma season. Living with allergies and asthma can be challenging, but with these tips from BreathingClean.com, you can enjoy the season without the

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

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MUST HAVE Class A Or B CDL License
Dump Truck Experience Needed! Loader Experience Helpful. Delivering Stone, Mulch, and Topsoil **\$\$ TOP PAY \$\$** (Based on Experience)
Call 732-684-2302 for an interview, ask for Lenny

Part Time Tree Helper

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Pen Argyl Area School District **EMERGENCY SUBSTITUTE TEACHER PROGRAM** Training Session on July 23, 2024 from 9am to 11am.

No teaching credentials required - only a Bachelor's Degree. If you are interested in being a substitute teacher in the Pen Argyl Area School District, contact Mrs. Kim Farnack at kim@penargylsd.org or 610-863-3191 ext. 1313

to learn more about the program and training opportunity.

RSVP by July 19, 2024.

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

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

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

Yard Sale

YARD SALE: Thurs., July 11th through Sat., July 13. 9AM 1004 Washington Blvd., Bangor

Free

Bi-Fold Futon, wooden frame. Red & Black Cushion. Lightly Used in Great Condition. FREE for Pickup! 610-573-6257

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

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Vintage Craftsman 100 Table Saw with Stand. Complete. Works. Fence & Miter Incl. 1HP Motor. All Original. \$300/obo Call Dan at 973-670-7826

Licolen Electric Mig Welder SP130T, Cart, 2 Gas Tanks, Regulator, Received Light Use. Best Offer Call: 908-362-5795

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

One inch (actual size shown here)

Two inches (actual size shown here)

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

WEEKS RUNNING: _____ AMOUNT PAID: _____

Please PRINT Your Ad Information Below

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.

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AUGUST 6TH FROM 4PM-8PM
WIND GAP PARK - FREE TO ATTEND

The 8th Annual TRI Mountain Lake Sprint Triathlon with DASH Multisport
July 13th, 8am - 2pm
Prices Range from \$60 – \$115

The “Hidden Gem” of TRIATHLONS!
1/4 Mile Swim ~ 15 Mile Bike ~ 3 Mile Run
RELAY team of 3 option
AND NOW WITH A 3 MILE RUN ONLY OPTION
AS WELL ON SATURDAY JULY 15TH!

This sprint triathlon has been called “the hidden gem” of NJ races. It tours the surrounding area of Mountain Lake in Liberty Township, New Jersey. After a 1/4 mile swim in the pristine lake, get ready for some ups and downs in the 15 mile bike ride. Then finish off on the 3 mile run giving a view from each angle of the lake. This race can be done as an individual or as relay team of 3. And new to the race day events is a 3 mile run that will start just after the triathlon and follow the same course for the run as the triathlon does!

DO NOT MISS THIS UNIQUE CHALLENGE!!
To Sign Up Visit:
WWW.RUNSIGNUP.COM/RACE/NJ/LIBERTYTOWNSHIP/TRIMOUNTAINLAKE



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 OUR LADY OF MOUNT CARMEL
BIG TIME
 Roseto, PA
 OLMC Plaza and School Grounds | 80 Ridge St., Roseto, PA
July 24th – 27th: 6pm – 10pm
 Crowning of the Queen Saturday Night at 6:30pm
 Religious Procession Sunday, 4pm
JULY 24TH & 25TH - RIDE SPECIALS!
PASTA PENT SPECIALS NIGHTLY
 Rides, Music, Food, Games,
Fireworks on Saturday Night!
 Pizza Fritta,
 Sausage & Peppers,
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 & More!!



The Overlook

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



Looking For Live Music This Saturday?

Visit Us At Our Sister Location:
Hunter's Lodge
64 Rt. 46, Columbia, NJ

Where PUSH
will be playing This Saturday,
JULY 13th at 5:30pm
RAIN OR SHINE
 (Indoors if Raining)



Music on the Lawn - Please Bring Your Lawnchair!