

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

The
Free
Weekly
Take One!

PRESS



August 15, 2024

GOD BLESS AMERICA

Vol. 52, No. 4



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



OUR
MAILING
ADDRESS IS
The Free Weekly Press
PO Box 606,
Bangor, PA, 18013

FIND THIS PAPER ON
FACEBOOK & Online at
www.thepressnewsonline.com



Bangor Holds Helicopter Golf Ball Drop Fundraiser



Bangor, PA, held a Helicopter Golf Ball Drop on August 10th at Bangor Memorial Park to help generate funds for the planning of Bangor's 150th Anniversary Celebration. First place winner was John Chaffier. Photo by Dale Young/The Free Weekly Press

Celebrating The Life of Gerry DeLong



A Celebration of Life was held for longtime Pen Argyl Resident, Gerry DeLong, at Look-out Fire Company No 1 on August 10th. Gerry was born on March 4th, 1943 and passed away on June 19th, 2024. Gerry was a cherished member of the Slate Belt Community and will be very missed. Photo by Dale Young/The Free Weekly Press

Pen Argyl Gets Groovy With Music By The Large Flower Heads



The Summer Sounds concert series continued on August 11th at Wena Park in Pen Argyl with the Large Flowerheads taking the stage. Photo by Dale Young/The Free Weekly Press

Annual St. Rocco's Festival Held In Martins Creek



St. Rocco's Roman Catholic Church in Martins Creek held their Annual Festival on August 8th-10th. Photo by Dale Young/The Free Weekly Press

BACK TO SCHOOL
IS RIGHT AROUND
THE CORNER!
REMEMBER TO
SEND US YOUR
BACK TO SCHOOL
PHOTOS TO BE
PRINTED IN THE
PAPER! EMAIL:
THEPRESSADS@
GMAIL.COM



HELICOPTER GOLF BALL DROP - BANGOR MEMORIAL PARK



Photo by Dale Young/
The Free Weekly Press

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.thepressnews.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!



Senator Lisa Boscola Introducing Bill To Fix Funding Oversight For Senior Programs

Senator Lisa M. Boscola (D-Northampton) is set to introduce legislation to correct a critical oversight in the state budget that threatens essential services for Pennsylvanians aged 60 and older. The bill aims to increase funding for PENNCARE services under the Department of Aging, which include

home-delivered meals, bathing assistance, transportation, and community centers.

“The Pennsylvania Department of Aging requested a 5% increase—\$15.5 million—to sustain these vital services, but the budget failed to meet this need,” said Senator Boscola. “Our seniors depend on

these lifelines, and we cannot allow them to be jeopardized.”

In Northampton County, the Area Agency on Aging is facing a budget deficit of approximately \$690,000 due to this shortfall. “These financial gaps could lead to waiting lists, service reductions, or even closures,” Boscola warned.

“We must act now to prevent this.”

Senator Boscola’s bill will transfer necessary funds from the Lottery Fund to the PENNCARE line item, ensuring the continued support of these essential services. “I urge my colleagues to join me in supporting our seniors,” Boscola concluded.

191 Jeep Center

1121 Valley View Dr.,
(Rt. 191) Bangor, PA
PARTS@191SALVAGE.COM

We Specialize In Repairs & Service of All Models of Jeep Vehicles!

Especially Those Manufactured Between 1975 & 2015!

Did You Know?

- We Sell New & Used Parts For Jeep Vehicles •
- We Offer Courtesy Towing For Repair Customers •
(Within a 35 Mile Radius)
- We Purchase Used, Inoperable, & Damaged Jeeps •

CALL TODAY **610-588-4422**

*Additions • Basements
Kitchens • Bathrooms
Sunrooms • Patios
New Garages Built
Decks • Flooring*

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*



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



Did You Know Senator Rosemary Brown's Office offers complimentary notary services? This past week, Roxana from her office was sworn in as a public notary. The office can assist with POA's, Wills and other documentation that needs a notary. Roxana can also notarize documents in Spanish as well! The only document they cannot notarize is a vehicle title (as this requires a special authorization through a Title and Tag License). Feel free to call the office with any questions and Kristine or Roxana will be happy to notarize your documents in the future.

Tips for Making Summer Home Projects More Affordable

(NAPSI)—If you're like most American homeowners, you are eager to enhance and update your living space. According to a 2024 U.S. Houzz & Home study, the median planned budget for most households hovers around \$15,000 and kitchens remain the most renovated rooms (29%), with living rooms also popular (21%).

The Barriers - For many, the rising costs of home upgrades can be a significant barrier. Investments in improvements typically help increase the value of a home in the long term, but paying for them today can be difficult. It's important for homeowners to know what options they have to pay for the goods and materials that accompany a home upgrade. Financial solutions that offer promotional financing give homeowners options that can help them pay for their projects in a way that fits their payment timeline and budget.

A Solution - The Synchrony HOME™ Credit Card is an option for homeowners who want flexible financing solutions to manage the costs of their home-related expenses like appliances, flooring, furniture, patios, barbecues, and more.

- Key benefits include:
 - Promotional Financing: Homeowners can enjoy everyday promotional financing for six months on purchases from \$299 to \$1,998.99 and 12-month purchases over \$1,999. Homeowners can also access promotional financing from 12-60 months at select retailers.
 - Wide Acceptance: The card can be used at more than 16,000 locations nationwide, making it easier for homeowners to purchase what they need.
 - Increased Affordability: According to Synchrony research, 66% of major purchase shoppers agree that financing makes larger purchases more affordable, allowing them to

take on more extensive projects without financial strain.

"Summer is the perfect time for home upgrades, but the rising costs of goods and materials can be daunting," said Curtis Howse, CEO of Synchrony's Home & Auto platform. "Our financing programs empower homeowners to

tackle their dream projects now and pay over time, making it easier to manage their budgets and enhance their living spaces."

For information on the Synchrony HOME Credit Card and a directory of retailers nationwide that accept it, visit <http://www.synchrony.com/home>.



The Bangor Police Department is happy to introduce Officer Austin Signarovitz to the department. Officer Signarovitz was sworn in on June 3rd, by Magisterial Judge Zito, as the department's new part-time officer. Officer Signarovitz has started his Field Training Program. Courtesy Bangor PD Facebook

Free Narcan Distribution and Drug Take Back Event in Northampton County

In honor of National Fentanyl Prevention and Awareness Day, the Northampton County Drug and Alcohol Division will hold a Narcan distribution drive-thru and prescription drug take back event on Wednesday, August 21, from 4:30pm-6:30pm, in the parking lot across the street from the Northampton County Courthouse at 638 Washington Street Easton, PA 18042.

"Our efforts are working in Northampton County. Since the beginning of the Fake is Real campaign in 2023, the County's Drug and Alcohol Division has



distributed 4,629 Narcan kits to the public," says Executive Lamont G. McClure. "We will continue to strengthen our response to the ongoing epidemic and

offer services to treat addiction."

This event will be the fourth Narcan distribution event and second drug take back event since the launch of the

County's Fake is Real Campaign. For those interested in bringing expired medications, the Drug and Alcohol Division asks that they be bagged and placed in the trunk of your car for easy access.

The Narcan is provided at no cost through the Pennsylvania Commission on Crime and Delinquency. The Fake is Real campaign is funded from proceeds from litigation against opioid manufacturers.

You can learn more about our Fake is Real campaign by visiting FakeIsReal.org.

The event is free and open to the public.

J.A.T.A.
 Lots Available **CONSTRUCTION** Lots Available
Custom Build & Home Improvement Contractor
 Specializing in New Custom Built Homes Since 1987
 Locally, Family Owned and Operated
 Taking Care of Your Home Improvement Needs
LOTS AVAILABLE: We Build On Your Lot or Ours!
 Fully Insured - Free Estimates
 Residential, Commercial, Industrial
 Renovations, Additions, Finished Basements
 Garages & Out-Buildings - Kitchens & Baths
 Electrical - Decks, Windows, Doors & More
610-863-7228

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

Volunteer Center of the Lehigh Valley to Host First Annual Nonprofit Impact Conference: Creating Connections for the Greater Good



The excitement continues to build as the Volunteer Center of the Lehigh

Valley prepares for its first annual Nonprofit Impact Conference, scheduled to take place on October 23rd, at the Wind Creek Event Center. This important event will connect nonprofit staff, including leadership, direct service, volunteer engagement and development team members from the greater Lehigh Valley region and the surrounding counties.

What To Expect:

- **Keynote:** Sabrina Walker Hernandez of Supporting World Hope, supportingworld-hope.com/ will be delivering an engaging and thoughtful session designed to inspire and motivate the conference participants.

- **Enlightening Sessions:** From individual skill building to organizational capacity for

collaboration, our facilitators have been selected to ensure a wide range of topics and presentation styles.

- **Networking Opportunities:** Making connections with like-minded individuals to create relationships to support the work of the nonprofits for the collective good.

- **Resource Fair:** Meet organizations that support the nonprofit sector that can be a resource to you and your organization.

“Through our research on nonprofit access to capacity building resources, nonprofits clearly identified the need to bring the collective community together—on all levels of staff—to make connections, be inspired and leave with new ideas and opportunities to do the important work they do to support our community,” said Karen Smith, Volunteer Cen-

ter of the Lehigh Valley CEO. “We listened and now we are delivering on that ask.”

Registration is now open! Nonprofit organizations can purchase tickets at www.volunteerlv.org/nonprofit-impact-conference to secure a place at the forefront of fostering community connections and facilitating knowledge exchange. Attendees will identify tools and resources that will inspire action and leave with a renewed mindset to continue great work.

Volunteer Center of the Lehigh Valley has been serving the community as a capacity builder, resource provider and connector for the nonprofit and business communities, as well as individuals who want to give back, for over 30 years. Our mission is to enhance nonprofit impact by serving as the community connection that promotes volunteerism and prepares tomorrow’s leaders.” Our Vision is: A future where Lehigh Valley nonprofits have the support and resources, they need to achieve their missions and bring positive change to the community.

For additional information, please visit www.volunteerlv.org, email vc@volunteerlv.org, or call 610-807-0336.

Tips on Keeping The Environment Flowing



Pennsylvania American Water is committed to environmental stewardship with a special focus on the communities we serve. We are proactive in supporting projects that protect watersheds, awarding environmental grants and participating in community environmental education and outreach.

They work to provide efficient, sustainable water and wastewater services. This not only includes water quality and infrastructure improvements, but also a focus on energy-efficiency efforts that reduce our carbon foot-

print and have a positive impact on our environment.

Here are some examples of the commitment that Pennsylvania American Water has proudly made to improving the environment and our local watersheds:

WATER CONSERVATION EDUCATION - Pennsylvania American Water, in cooperation with Penn State Extension/Master Watershed Stewards and Lackawanna River Conservation Association, sponsors annual Wonderful World of Water camps for kids. Campers learn about watershed basics and the

importance of protecting our natural resources.

CLEANUPS - Pennsylvania American Water participates in multiple creek and city cleanups across the state each year, often in partnership with local watershed organizations.

H2O ON THE GO - Earth Day and environment-themed events are regular stops for our H2O on the Go hydration station. The mobile station makes safe and healthy hydration more accessible and promotes environmental stewardship by reducing reliance on single-use plastic bottles.



The Blue Mt. Comm. Library held a Story Hour event at Weona Park to celebrate the Summer Olympics, which included stories about the Olympics and an opportunity to golf. The last Story Hour for this summer will be held on August 21. Call the Library to register.

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



**RECEIVE
\$10 OFF
Your Next
Septic Pumping**

The sun declined, and we both fell into twilight silence. Night, which in autumn seems to fall from the sky at once, it comes so quickly, chilled us, and we rolled ourselves in our cloaks...
~Jules Barbey d'Aureville, Les Diaboliques

Relax

Let us handle your advertising needs, so you can spend more time doing the things you love!
Quick, Easy, and Effective - Contact Melissa Today

thepressads@gmail.com

NEW AD SPECIALS

1/4pg Ads ONLY \$125
Reg. Starting Price - \$225

3x5 Ads ONLY \$95
Reg. Starting Price - \$137

3x3 Ads ONLY \$68
Reg. Starting Price - \$83

Special Pricing Now - Aug 24th

Regular Advertisers May Size Up For Special Pricing Just Ask!

Celebration Of Life For Gerry DeLong



Da Vinci Science Center Introduces Wildlife Weekends

Prepare for an adventure like no other as the Da Vinci Science Center at PPL Pavilion proudly unveils its Wildlife Weekends this Saturday, featuring the newest and most charming member of our team, Finn the Striped Skunk!

Meet Finn, who is eager to share fascinating insights about Striped Skunks, including their iconic white stripes and their love for munching on insects. Finn can't wait to meet you in person and reveal the secrets of his species!

Join us August 17-18: Meet incredible live birds, mammals, amphibians, and reptiles and August 24-25: Discover the unique adaptations of these fantastic creatures and learn how



you can help protect them.

And don't miss our special exhibition, Dinos Alive, available only through September 8th! Explore the world of dinosaurs and marvel at lifelike prehistoric giants that will captivate

visitors of all ages.

Don't miss this chance to get up close and personal with nature's wonders! Visit dvincisciencecenter.org for details. Wildlife Weekends are included with general admission ticket.

General Admission Online (Adults and Children over 2): \$20; General Admission In-Person (Adults and Children over 2): \$22; Dinos Alive Online: \$9; Dinos Alive In-Person: \$10

Plus, stay tuned for exciting news on how you can bring Finn and other ambassador animals to your school or event!

Be part of the adventure - see you at the Da Vinci Science Center at

PPL Pavilion!

Da Vinci Science Center is a national award-winning non-profit science center that has been bringing science to life and lives to science for 30 years. With our exciting new downtown Allentown location, Da Vinci Science Center experiences make science fun and approachable, helping to connect people of all ages and backgrounds with the wonders of science. To learn more about our programs, visit www.dvincisciencecenter.org and follow us on Facebook, Instagram, and X (formerly Twitter).



RIP GERRY, FOREVER IN OUR HEARTS

Photos by Dale Young/The Free Weekly Press

Safety Positions Needed!

- Construction Safety Manager
- Forklift Instructor
- Crane & Rigging Instructor

Part Time, Local Travel,

Ideal for Retired Professionals!

Reply to:

billie0215@gmail.com



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

DEP Launches Two New Initiatives from 2024-25 Budget to Continue to Speed Up Permitting Processes

Thanks to investments in the 2024-25 bipartisan budget signed into law by Governor Shapiro, the Pennsylvania Department of Environmental Protection (DEP) will introduce two new programs to hire more staff and expand permitting capacity at the agency. Pennsylvanians deserve a government that works effectively and efficiently to get them answers and keep the economy moving – the Streamlining Permits for Economic Expansion and Economic Development (SPEED) program and Chapter 105 Joint Permit Pilot Program will help DEP continue to reduce backlogs and process permits more quickly.

“Pennsylvanians deserve a state government that moves at the speed of business and processes their permits quickly to ensure Pennsylvanians receive a timely response,” said Governor Josh Shapiro. “Under my Administration, DEP has already hired more hardworking staff and cleared a backlog of more than 1,000 permits – and I’m proud that we secured funding in the bipartisan state budget to continue that important work. We are going

to continue to carefully review each permit to protect public health and safety, while moving as quickly as we can to get stuff done for the people we serve.”

“DEP is continuing to improve our permit processes to make sure we are moving at the speed of business – without sacrificing the environmental and public health safeguards that protect our air, land, and water,” said DEP Acting Secretary Jessica Shirley. “Both of these programs will help DEP move faster, faster for Pennsylvania. These continued improvements will benefit communities and businesses in having more certainty about their projects – whether it is a new development or repairing the dam at a beloved local park.”

These programs build on previous efforts to modernize permit processes and reduce permit backlogs. A new pilot program for common construction permits (Chp. 102 individual permits) was launched in 10 counties and reduce permit review timelines by an estimated 73 days. DEP has also implemented the PAYback program, the Shapiro Administration’s online mon-

ey-back guarantee system and begun making significant progress in reducing backlogs and speeding up processing timelines. Since implementing the program DEP has processed 14,947 permits and has not had to refund a single application fee.

The SPEED program will provide additional flexibility to permit applicants by allowing applicants to choose to have a DEP-verified and qualified professional conduct the initial review of the application. DEP staff will review the recommendations of the qualified professional and either make a final permit decision or identify technical deficiencies to the applicant. DEP will have final authority over all permit decisions.

Starting this fall, DEP will solicit qualified professionals to review applications for certain Air Quality Plan Approvals (Chapter 127), earth disturbance (Chapter 102), dam safety (Chapter 105), and individual water obstruction and encroachment (Chapter 105) permits. Applicants for those permits will agree to pay any review fees incurred by the qualified professional, in addition to

permit application fees.

DEP is continuing to identify process improvements in its permitting programs. DEP has significantly improved the Chapter 105 Water Obstruction and Encroachment General Permit registration process by updating the registration form and instructions to make them easier to understand. DEP is also launching a new Chapter 105 Pilot Program for Individual Joint Permit Applications that should reduce errors in applications and cut the total time to process an application by 63 days. Similar to the Chapter 102 Pilot Program, launched on May 1, 2024, applicants will need to meet with DEP prior to submitting a permit application. The Chapter 105 individual Permit Pilot Program will give review priority to publicly funded energy projects and environmental restoration projects.

The SPEED program and updates to Chapter 105 permitting process are a part of the Shapiro Administration’s Permit Modernization efforts, which also include:

Formalizing a pre-application meeting process to better inform

potential applicants of the permitting process and the specific permits they need. The Permit Application Consultation Tool (PACT) is available online.

Ongoing User Experience (UX) research with key stakeholders that will provide useful insights into what they need and value during the application process. The goal of the customer experience initiative is to understand and improve the applicant’s experience and reduce bottlenecks in review.

The Shapiro Administration has already made significant progress by improving or eliminating the long wait times to receive hundreds of permits, licenses, and certifications. In his first month in office, Governor Shapiro signed Executive Order 2023-07 directing all state agencies to standardize timeframes for how they issue permits, licenses, and certifications, and directed his Administration to create this money-back guarantee tool to request refunds when the Commonwealth does not meet those timeframes. The Shapiro Administration’s efforts to enhance and improve permitting are showing early success as DEP improves online permitting, online payment, and delivers on-time permit decisions.

DEP has also pledged to address the backlog of permits that were over-

due before the implementation of PAYback and has seen a drastic reduction in the permit backlog. DEP has hired 15 new staff members dedicated to processing permits, thanks to investments from the 2023-24 budget signed into law by Governor Shapiro and has utilized some staff working overtime when needed to address the backlog. Since hiring the additional staff members and cataloging and reviewing DEP’s nearly 800 available types of permits, licenses and certifications, DEP has reduced the backlog of permits by nearly 1,279 authorizations – or 60 percent – as of July 17, 2024.

The pilot program is available now for Chapter 105 Individual Joint Permit applications for projects statewide. DEP regional offices will collectively accept up to 14 individual joint permit applications per quarter (56 per year) for consideration under the pilot program. For more information on the Chapter 105 individual Permit Pilot Program visit Stream and Wetland Regulatory Program (pa.gov) or contact your regional office.

For more information, visit the Pennsylvania Department of Environmental Protection’s website, or follow DEP on Facebook, Twitter, or LinkedIn.

*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

SLATE BELT CHAMBER OF COMMERCE PRESENTS:

SPECIALTY BINGO!

FEATURING: VERA BRADLEY, COACH, KATE SPADE, MICHAEL KORS AND MORE!

SUNDAY, SEPTEMBER 8, 2024
BANGOR ELKS, 120 BROADWAY, BANGOR
BINGO STARTS AT 1:00
(DOORS OPEN AT NOON)

TICKETS \$25
IN ADVANCE OR AT DOOR

MAIL CHECK PAYABLE TO SBCC:
187 BLUE VALLEY DR, BANGOR, PA 18013

OR PAY ONLINE: SLATEBELTCHAMBER.ORG/EVENTS

INCLUDE ADDRESS SO TICKETS CAN BE MAILED

info@slatebeltchamber.org 610-588-1000

*Barry Lobb
Free Estimates*

LOBB'S ROOFING & SIDING

LOW COST ROOFING SYSTEM

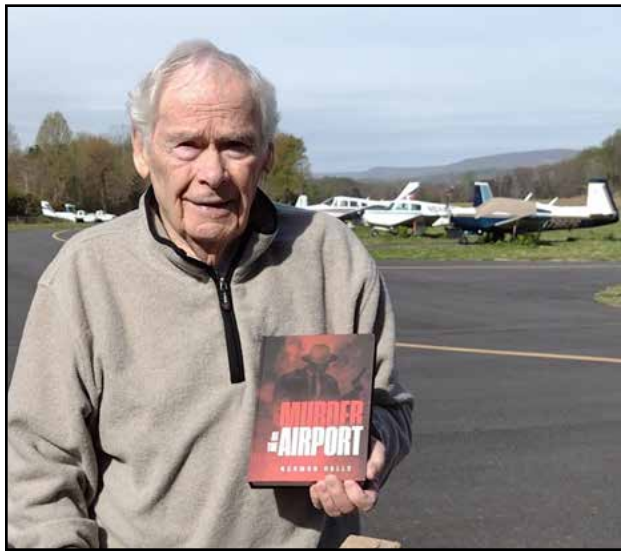
RESIDENTIAL & COMMERCIAL
SLATE • METAL • SHINGLES
GOODYEAR RUBBER ROOFS
5" & 6" ALUMINUM
SEAMLESS GUTTERS

P: 610-588-7452 C: 610-533-9454 F: 610-588-9192

Local Author Proves Your Never “Too Old” To Follow Your Dreams

Local author, Norman Halls, ninety-two, an author from Blairstown, NJ, embarked on his writing journey at eighty-two. His career, which initially began in the manufacturing sector, turned towards education, where he taught in high school and college for thirty-five years. Following this, he ventured into entrepreneurship, founding the Madsen Group, a distributor for a company in Easton, PA, that sold ergonomic units to offices. After selling this business, he established the Norhals Group, which provides educational programs to businesses.

Norman Halls’ first book, “The Borough of Riska 1937-1945,” is a poignant blend of WWII history in Norway and personal reflection. Inspired by his own experiences of



visiting his grandmother during that time, he often wondered what life would have been like if they had stayed. This book, a mix of history and fiction, is not just a testament to his personal connection with the subject, but also a reflection of his own life and experiences, inviting readers to share in his personal journey.

A prolific author, Norman Halls has penned various fiction and technical books. Since the passing of his wife, who battled dementia, he has found solace and purpose in his writing. His routine, which includes regular visits to the Empire Gym three days a week and The Airport Café three or four days a week, is a testament to

his commitment to staying active and engaged. At the café, he enjoys a coffee with friends who all know him by name, a routine that brings him joy and companionship.

Make sure you check out “Murder at the Airport.”

Mr. Halls advocates passionately for children in kindergarten to 3rd grade to spend more time reading at school. In the early grades, schools should prioritize reading, dedicating a significant portion of their time (sixty percent) to this fundamental skill. His belief is that if they read, their comprehension of other subjects will be significantly enhanced. Join him in supporting this important cause.

His books are printed and sold by Barnes and Noble, or visit www.readchangemindset.com.



The Northampton County Sheriff’s Department has received several reports about a male caller claiming to be a Deputy Stephon Warren or Lieutenant Roberts of the County’s Sheriff’s Department contacting county residents. The caller requests that they give them credit card information for failing to respond to a certified jury duty letter. The public should be aware that this is a scam. The Sheriff’s Department does not call residents for missing jury duty and will not solicit money in lieu of arrest. Please report any suspicious solicitations to the Pennsylvania Attorney General’s office at 1-800-441-2555 or email them to scams@attorneygeneral.gov.



The Slate Belt Heritage Center will hold their monthly historic program on Thursday, September 12th at 7:00 PM. Speakers for the evening will be Joe Pilyar and Elivira Woodruff who will give a presentation on :” The Birth of the Bell, Creating Community and Good Times”. When Good Shepherd Church, In Lower Mt. Bethel Township, decided to close its’ doors, a group of neighbors banded together to save and repurpose it as a vibrant Cultural Center How did they pull it off? How do they plan to go forward? Come find how those coming from different backgrounds, religious beliefs and political persuasions, came together in these negative times to form something positive for their community. Ms. Woodruff is also a noted children’s author. The event is free and open to the public. The Center is located at 30 North 1st Street, Bangor, Pa. For additional information please contact: Karen Brewer at 484-894-5661.

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 •

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

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

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

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

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

Home Buying Tips From RE/MAX Town & Valley: Should I Buy A Fixer-Upper?

It can be very tempting to buy a fixer-upper home if you live in a competitive real estate market or if the price is too good to pass up. For some they're a great investment; for others they can come with a ton of unexpected challenges. If you've entertained the idea of buying a fixer-upper, consider the items below before you make your final decision:

Scoping and Budgeting - Assess the scope of the renovations required for the property. Cosmetic issues may be far easier to address than structural repairs. Before you sign anything, understand the true cost of renovations. Get estimates from contractors for the repairs and upgrades the property's going to need. Budget not only for the purchase price but also for the renovation costs, which can often exceed initial estimates.

Inspection and Time - A comprehensive home inspection is crucial. This will reveal underlying issues that may not be obvious during a showing. It helps in understanding the full extent of necessary repairs and ensures there



are no major surprises post-purchase. An inspection will help you understand the true scope of the project at hand and what you're potentially getting yourself into. The inspection will also help you understand the time and effort needed to renovate the property, helping you determine whether you have the bandwidth to manage the project yourself or hire professionals.

Location and Resale Potential - Consider the location carefully. Even if you renovate the home beautifully, the neighborhood and surrounding amenities will affect its resale value. Research the area's

market trends and future developments. Is the area expected to grow, or are people moving away from it? Is it in a good school district? Is the local community involved or is the area not doing so well? All of these items can impact a property's resale potential.

Legal and Permits - If you're going to buy a fixer-upper, you need to understand local zoning laws and building codes. Certain renovations may require permits, and failing to obtain them can lead to fines or complications down the line. Ensure all renovations are done legally and up to code - the last thing you want

is to start a large renovation project only to realize that all the work that's been done won't pass inspection and you have to start over.

Financing and Hidden Costs - Before making an offer explore financing options suitable for fixer-uppers. FHA 203(k) loans and renovation loans are tailored for such properties, allowing you to finance both the purchase and renovation costs in one mortgage. But you also need to factor in contingency funds for unexpected costs. Renovations often uncover hidden problems that weren't apparent in the beginning. Having a buffer in your budget

can alleviate stress and financial strain.

Skills and DIY vs. Contractors - Now is a great time to know your strengths and weaknesses. Assess your own skills and comfort level with DIY renovations. Some tasks may be feasible to do yourself, but others may require professional expertise. Be realistic about what you can handle versus what should be outsourced. You may be able to paint a room or install a new faucet, but do you have the expertise to replace windows or hang sheet rock? Know your limits and plan accordingly.

A fixer-upper home can be a fun project

- but you have to be prepared. By being well-informed and understanding what you may come up against, you can navigate the challenges of buying a fixer-upper successfully and turn it into a rewarding investment or dream home.

Local real estate markets are seeing movement across the U.S.; you can find out what's happening in your city through my website: sellbuynjhomes.com. I'm happy to get you set up with a real estate market report for your current market, or a brand new market, just ask! sellbuynjhomes@gmail.com. Don't hesitate to reach out today!



BACK 2 SCHOOL SPECIAL

Email Melissa
thepressads@gmail.com
For more details

Back to School Season Will Be Here Before You Know It!

Advertise Your Back to School Specials with Us!

**SPECIAL RATE:
ONLY \$38 per ad*
for a 2x3 ad!**

* Promotional price is for a contracted amount of 4 ads, total cost of run is \$152.



How to Handle a Tough First Day of School

By Deborah Farmer Kris

On her first day of preschool, my daughter woke up ready to go! She was joining the Owl class, and so she put on an owl shirt, helped me pack her lunch, and grabbed her blankie for nap time. The day didn't go as planned.

About 30 minutes after drop-off, I got a call saying she had been accidentally placed in the wrong class, so they were taking her over to the Bear class instead.

Two hours after that, I got a call asking if she had lunch. Apparently, it got lost in the shuffle of moving rooms. And when I picked her up, she wordlessly handed me her wet blanket. She had spilled her water on it just before nap time.

In these moments, I try to take a deep breath and check my own emotions first. If she had watched me, say, yell at the principal for the placement error or rush in to meet her with a panicked look on my face, it would have escalated an already tough day. What she needed was my reassuring calm that she was okay and that tomorrow would be a little easier.

Kids bring so many emotions to the first week of school: excitement and fear, wonder and worry. So when something goes wrong — from someone mispronouncing their name to not understanding the directions, from missing home to dropping their

lunch on the floor — it can feel overwhelming.

Here are four ways you can help kids navigate heading back to school.

1. Talk about what to expect in advance. Fred Rogers once said, "When children know ahead of time what's going to happen — and not happen — they can prepare themselves for what's coming. They can think about it and get used to their feelings about it."

Talk to your child about what school will look like in simple, practical terms. What are the names of their teachers? What will the morning routine at home look like? What will they need to put in their backpack each day? How will they get to school? What will they eat for lunch? How will they get home?

Watch the Daniel Tiger back-to-school episode where his mom sings, "When we do something new, let's talk about what we'll do." Or read back-to-school books together such as:

-Daniel Goes to School (A Daniel Tiger book), by Becky Friedman

-The Kissing Hand, by Audrey Penn

-Wemberly Worried, by Kevin Henkes

-The King of Kindergarten, by Derrick Barnes

When you talk about what to expect, you can answer many of their unspoken questions — and better help your child navigate those unexpected moments that arise.

2. Prepare for big emo-

tions.

It takes a lot of energy to adjust to a new routine and get to know new teachers and classmates. As one of my favorite kindergarten teachers reminds families, it takes most children six weeks to adjust to a new school year. Those after school tantrums are normal and don't mean they are having a terrible time at school!

Kids often hold in their emotions during the day. After all, you've spent years helping them develop strategies to manage their behavior and work well in groups. But undoubtedly at least one thing happens every day that makes them feel worried, sad, or confused. Those feelings often come spilling out in the safety of home. Create a predictable after school routine, including a snack and some downtime. And when your child does have a meltdown, stay close and stay calm. The storm will pass, and then we can help them work through the emotions behind it.

3. Express your confidence in them.

Children read our emotions for cues about how they should react. If we express our confidence in them, they will pick up on this.

Last year, like just every other parent in



America, I was really nervous about what the school year would bring! But the night before the first day, I told my rising first-grader: "I am so excited for all the books you are going to read, all the words you are going to write, all the pictures you are going to draw, all the structures you are going to build, all the math you are going to learn, and all the ways you will become stronger and kinder and more responsible. I love watching you grow!"

When something goes wrong, you can also use it as an opportunity to express your confidence in them: Thanks for telling me what happened. We will figure this out together. Wow, that sounds like a tough situation at recess. You did the right thing to

tell your teacher. I know you were really nervous about _____, but you did it. You are so brave. Learning something new can be so frustrating. But you keep working at it. That's perseverance.

4. Reach out to the teacher.

The parent-teacher relationship is so key to helping kids thrive. If you notice your child struggling academically, socially, or emotionally, reach out to your child's teacher. If you have questions about the classroom or your child's progress, reach out! You do not need to wait for the first parent-teacher conference to make contact.

When I taught elementary school, I would send home a letter in August asking, "What do you want me to know about

your child? What are some of their strengths and interests? Do they have any hopes or worries about school?" Now that I'm a parent, I send my own email each year, sharing a few details about my kids that I think will be helpful for the teacher.

Finally, it's totally normal if you as the parent are having anxiety about the start of a new year. We are all working so hard to take care of our kids that we sometimes need a reminder to take care of our own needs, too. As Dr. Nadine Burke Harris, California's Surgeon General and a pediatrician, told me, "Our emotional wellbeing is the most important ingredient for our children's emotional wellbeing. Self-care is not selfish."

KNOWLTON TOWNSHIP FIRE & RESCUE CO. 1

Food & Music FESTIVAL

FREE ADMISSION

AUGUST 24, 2024 12-7 PM
 4 ROY ACE STREET, DELAWARE, NJ
 FIELD BEHIND KNOWLTON TWP FIRE & RESCUE CO.1

Free Admission
 Food Trucks Live Music
 Family Friendly Super 50/50
 Beer & Wine Tent Line Dancing

CRISS' Nazareth, PA
Hauling & Landscape Construction

Stone • Topsoil • Mulch • Retaining Walls
 Landscaping • Field Mowing • Rototilling
 Patios (Concrete Or Pavers) • New Lawns
 Post Hole Auging • Trenching • Grading
 Drainage • Brush Removal/Tamed

If We Can't Do It - You Don't Need It!

Criss5151@yahoo.com 610-217-7059

GRAY'S RECYCLING

MULCH • TOP SOIL • STONE • DYED MULCH

Pick Up Or Delivered To Your Location

NEW SPRING HOURS

Open Mon-Fri: 7am-5pm
Open Sat: 7am-Noon

Commercial & Residential Sales!

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

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

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 ALSO OFFER
 Heavy & Light Land Clearing
STORM DAMAGE CLEAN-UP, DEMOLITION & LOWBOY MOVES

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

CASH & ALL MAJOR CREDIT CARDS ACCEPTED



Notifying PennDOT of New Car Insurance

More than 15,000 PA vehicle registrations are suspended monthly because drivers canceled or switched car insurance and forgot to provide proof of new insurance to the Pennsylvania Dept of Transportation. Be sure to remember to report new insurance info at www.dmv.pa.gov/VEHICLE-SERVICES/Insurance/Insurance%20Overview/Pages/default.aspx

New Mom Grateful for Timely Infusion of Miller-Keystone Blood after Birth



Iliza Martinez-Mondschein of Bethlehem looks at her son, now 18 months, and sees two miracles. Frank “Frankie” Mondschein was born at St. Luke’s Anderson Campus on January 24, 2023, an IVF baby – and the first miracle. The second miracle was the blood transfusions Martinez-Mondschein received soon after giving birth that possibly saved her life.

Martinez-Mondschein had lost a lot of blood during delivery via C-section. The next day while she was recovering in her hospital room, she felt weak. “I couldn’t hold my son,” she recalls. Next thing she knew she passed out.

Bloodwork showed she had a dangerous iron deficiency and low platelet count. She needed a blood transfusion right away, and thanks to Miller-Keystone Blood Center, blood was immediately

available.

Martinez-Mondschein was infused with a unit. She felt much better, but not totally recovered. The next day she was given a second unit of blood. It was what she needed to recover fully. “We were both doing fine after that,” she recalls.

Martinez-Mondschein had some symptoms of anemia when she was pregnant, but the need for a blood transfusion after her delivery was totally unexpected.

Martinez-Mondschein is ever so grateful to those who donate blood at Miller-Keystone Blood Center (MKBC). “I am so grateful and blessed,” Martinez-Mondschein said. “What should be one of the best days of your life, turned out to be a little scary, but the nurses at St Lukes went into action with the help of MKBC.”

St. Luke’s, a founding member of Miller-Keystone over 50 years

ago, continues its unwavering commitment as the only local health care network that identifies MKBC as its primary blood supplier. Without St. Luke’s steadfast support for MKBC, the Lehigh Valley could run out of the blood necessary to provide lifesaving care for patients, particularly during a regional or national blood shortage or another crisis.

MKBC has locations in Allentown, Bethlehem, Easton, Reading, the Poconos, Pittston and Ewing, NJ, and holds blood drives at area businesses and other locations.

Martinez-Mondschein gladly tells her scary story so that it might encourage others to donate blood so the supply is there when someone else may need it. “I encourage the community to donate because you never know when you or your loved one will need a blood transfusion,” she said.

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!




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

DID YOU KNOW: YOU CAN FIND OUR LATEST, AND MULTIPLE PAST EDITIONS ONLINE VIA YOUR COMPUTER, TABLET, OR SMARTPHONE! WE ARE JUST A CLICK AWAY



Visit Us Online Today at:
WWW.THEPRESSNEWSONLINE.COM & On Facebook

Tips To Help Conserve Water and Save Money This Summer

Experts estimate that as much as 50% of the water we use outdoors goes to waste due to overwatering, evaporation and wind. Use these tips to water wisely, conserve our precious resource and save money.

These helpful tips will help you get started, and as you enjoy summer, while keeping conservation in mind!

WHEN WATERING: Only water when needed. Depending on the weather or type of plants/ turf, you may find you only need to water once or twice per week. Water early in the morning or later in the day. Water when the sun is low to minimize evaporation.

Watch what you're watering. Check sprinkler heads to be sure they're not wasting water on paved or unwanted areas. Reduce run times for shaded areas. Keep an eye on the weather.



If rain is in the forecast, turn your sprinkler system off ahead of time. Make use of rainwater. Water collected in rain barrels can be used later to water outdoor plants.

IN THE YARD: Use native species. Plants that are native to Pennsylvania have the benefit of being adapted to local conditions and need less maintenance and watering. Mulch. Mulching beds can help retain moisture and prevent weeds. Two to three inches should do the job. Set your mower higher. Mow turf at 2.5 to 3.5 inches, depending on the time of year.

AROUND THE HOUSE: Check for leaks. Walk through your home and landscape periodically to make sure system pipes are in good condition.

Sweep, don't spray. Use a broom instead of a hose to clean patios, decks and sidewalks. Wash your car wisely. Wash your car with a bucket of soapy water instead of a hose.

TRACK YOUR WATER USE: Did you know you can view up to three years' worth of water usage data on MyWater? Not enrolled? Visit: amwater.com and be sure to have your account number handy.

Four Tips For Preventing Dog Attacks On Mail Carriers

(NAPSI)—Can you picture a member of your family attacking a mail carrier? Of course you couldn't, but it happened 5,714 times last year across the nation.

Dearborn, Mich., letter carrier Tameka Toliver recalls being pinned on a porch by a dog that bit her above her knee. "It happened so fast, even with all my training, I barely had time to react," Toliver said last year. "I'm still scared when I get close to that house because I remember the attack so vividly. It takes a long time to get over the fear."

When a dog attacks a letter carrier, the dog owner could be held liable for all medical expenses, repayment of lost work hours, replacement of the uniform and other costs, which can run into thousands of dollars. The Postal Service places the safety of its employees as a top priority and dedicates a week each April to



Dog Bite Awareness.

Here are four simple tips to prevent dog bite injuries that should be enforced year-round:

Door Delivery: If a carrier delivers mail or packages to your front door, place your dog in a separate room and close that door before opening the front door. Some dogs burst through screen doors or plate-glass windows to attack visitors.

Electronic Fencing: Although the electronic fence may keep your dog from wandering, it does not protect your Postal Service carrier, who must enter your property to deliver the mail. Even homes with curbsi-

de mailboxes may have oversized packages or signature-needed items that require the carrier to approach a doorstep and cross the boundaries of the electronic fence.

Dog in Yard: Make sure your dog is properly restrained on a leash away from where your mail carrier is delivering the mail. Mail delivery service can be interrupted at an address or neighborhood the carrier deems unsafe because of an unrestrained dog. When service is interrupted at an address or neighborhood, all parties involved will have to pick mail up at their local post office.

Tracking: Dog owners who have access to postal notification features such as Informed Delivery (informedelivery.usps.com) for letter mail and package tracking are urged to use this as a way to gauge when the carrier is on his or her way and to ensure their dog is properly restrained.

The Overlook

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

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



NO LIVE MUSIC
THIS WEEKEND

CHECK OUT OUR
FACEBOOK PAGE
FOR UPDATES
& SPECIALS!

Fidelity Bank Enhances Customer Experience with New Location in Easton

Fidelity Bank is excited to announce the relocation of its Easton, PA branch, which opened on July 29, 2024. This strategic move to a more convenient and accessible location reflects Fidelity Bank's commitment to providing our clients with an exceptional experience.

The newly established branch at 101 S 3rd St, Easton, PA 18042, offers improved access for both residents and businesses. With a full range of comprehensive banking services and ample parking, this prime location, closer to downtown businesses, provides greater convenience for pedestrian traf-

fic.

Branch Manager Linda Johnson and her team are committed to providing exceptional retail banking experiences, enriched by specialized services including Wealth Management, Business and Commercial Banking, Business Services, and Mortgage Banking.

Daniel J. Santaniello, President and CEO of Fidelity Bank, expressed enthusiasm about the expansion in Northampton County, stating, "We are excited to showcase financial innovation in Easton through our new branch relocation. This strategic move not only reinforces our commit-



ment to the community but positions us to effectively support its ongoing revitalization efforts." He continued, "We look forward to serving local residents and businesses

with excellence in banking services and growing as an integral part of the Easton community."

To commemorate this milestone, Fidelity Bank will host a ribbon-cutting

ceremony in early fall of 2024.

More information about the new Easton Branch can be found at www.bankatfidelity.com.

Fidelity Bank has built a strong history as a trusted financial advisor and continues its mission of exceeding client expectations through a unique banking experience. It operates 21 full-service offices throughout Lackawanna, Luzerne, Lehigh, and Northampton Counties, along with a limited production commercial office in Luzerne County and a Fidelity Bank Wealth Management Office in Schuylkill County. Fidelity Bank

provides a digital banking experience online at www.bankatfidelity.com, through the Fidelity Mobile Banking app, and in the Client Care Center at 1-800-388-4380. Part of the Company's vision is to serve as the best bank for the community, which was accomplished by having provided over 5,983 hours of volunteer time and over \$1.36 million in donations to non-profit organizations directly within the markets served throughout 2023. Fidelity Bank's deposits are insured by the Federal Deposit Insurance Corporation up to the full extent permitted by law.

IMPORTANT MAILING INFORMATION!

Our New Mailing Address is: **PO Box 606, Bangor, PA 18013**

HUNTER'S LODGE RESTAURANT & MOTEL

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



LEGENDARY STEAKS!



Martini Monday!
\$5 Wells



Taco Tuesday!
\$7.99



Serving Breakfast
at 11am



Steamed Clams

No Live Music This Weekend!

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

Twin Physicians Provide Care to Monroe County Patients

The saying, “Born together, best friends forever,” aptly describes St. Luke’s physicians Hussam Tayel, MD, and Hesham Tayel, MD. The fraternal twins have been together since they were born in Kuwait in 1987, living in the same room, apartment or house in college, medical school, residency and even as young doctors today – though separation now looms on the not-too-distant horizon.

The Tayels have been with St. Luke’s University Health Network since 2017 when they started their three-year medical residencies. After completing his, Dr. Hesham Tayel, MD, joined St. Luke’s Monroe Campus as a hospitalist, a physician who provides care in the hospital. Dr. Hussam Tayel, MD, completed a fellowship in gastroenterology at St. Luke’s following his residency and is now a gastroenterologist with St. Luke’s Gastroenterology, seeing patients in the Bartonsville and East Stroudsburg offices.

Monroe County is a long way from where they began. The twins’ Egyptian parents moved to Kuwait to provide their children with a better standard of living. In 1990, Iraq’s Saddam Hussein invaded Kuwait, and they fled, relocating to Central New Jersey.

“Technically, we were refugees,” Hussam said. “As we grew older, we appreciated everything our parents gave us – their sacrifice to come to this country. They gave up their friends, family, culture, language, financial stability. It’s something we can never repay, and we are eternally grateful. We wouldn’t be in the position we are in now without their sacrifice.”

The twins, their parents and older brother, Ahmed, lived in a 1,000-square-foot apartment. Hesham and Hus-



sam shared the same bed until they were nearly teenagers. While money was tight, their bond was even tighter.

“Growing up as a twin, we did everything together, and so we were best friends,” Hussam said. “It was a lot of fun, but we were also pretty competitive, and it pushed us academically.” Hesham agreed, “We always got along so well together. And we always wanted the best for each other.”

They earned outstanding grades and SAT scores, with Hussam receiving a perfect score in the math section. They received full scholarships to the University of Maryland. Next, they attended Xavier University in Aruba and studied for two years on the island and then two years in hospitals in Baltimore, MD. During college and medical school, Hesham used his competitive spirit to compete in and win eating contests, such as eating 100 pieces of Sushi.

“It never crossed our mind not to go to college and med school together because we were going to unfamiliar places,” Hesham said. “When you go to another state or

country, you never know what battles or struggles you’ll go through. We studied together, tested one another and just hung out together.”

“When you are a twin, you are never lonely,” Hussam added.

When deciding where to complete their residencies, they interviewed representatives of several health systems. “When we interviewed at St. Luke’s, we could tell that the residents enjoyed working here. “They had smiles on their faces,” Hussam said. “When we walked down the hall, people said hi to us. And we knew St. Luke’s was growing. It was evident how bright its future was. We knew St. Luke’s had a lot of hospitals and fellowships, which would leave the doors open for an opportunity to specialize. I specialized in gastroenterology, so it worked out for me.”

Hesham added, “We knew if we were in a positive environment, we could maximize our potential because we were going to work hard, and St. Luke’s definitely was the best environment we saw.” So, both ranked St. Luke’s highly as a residency they wanted, and

St. ranked them high as potential residents. They matched.

Being twins was an advantage during their residency, they said. While they were separated during their rotations, at the end of the day, they shared what they had learned separately and bounced ideas off each

other. Also, each made friends and then introduced them to the other.

“My brother’s super smart, so he always made a good impression,” Hussam said. “So, when I did the rotation months later, they barely knew me but already liked me because they knew him. I thought it was kind of cheating.” Likewise, Hussam’s impression helped Hesham.

Medical students must complete rotations in specialties, like cardiology and oncology. Hesham loved the diversity and could not pick a favorite. He enjoyed caring for very sick patients and preferred the inpatient setting over the office, so he decided to be a hospitalist.

Hussam liked doing procedures in the hospital and building relationships with patients he saw in the office. But he credits the physicians he met during that rotation for his decision to specialize. “They were

so nice and helpful and good at teaching. They could have pulled me into whatever field,” he said. “I’m just lucky they pulled me into gastroenterology because I love it.”

Hesham and Hussam each plan to make St. Luke’s their home well into the future. Hussam is engaged to Samantha Rollins, a St. Luke’s gastroenterology fellow. They plan to build a house soon, and then for the first time, Hesham will not live with Hussam.

Asked to describe one another in three terms, Hussam says Hesham is laid back, very smart and hard-working. Hesham describes Hussam as the hardest-working person he knows, selfless and funny. “Everyone thinks his laughter is infectious, and he’s just a very funny guy.”

Hussam adds, “He’s probably the better-looking twin, but I’m the bigger, better one.”

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




ADVERTISE YOUR BUSINESS HERE!

2x5 Display Ad
 (Actual Size Shown Here, 3.27in x 5 in)

FINDERS COLLECTION

"FAMILY OWNED & OPERATED" **SECURE PRIVATE LOCATION**



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!

Garden Dilemmas? Ask Mary!



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

Hello, fellow readers, Bonnie of Stillwater, NJ, has a Burning Bush planted by her parents, who once lived in the home. She is attached to

it and continues to prune it to keep it from rising above her bay window, which may help prevent its invasiveness. But I suggested she replace it with a native plant, highlighting the beauty and versatility of Oak Leaf Hydrangea for all seasons.

In the Fall, their husky oak-shaped leaves turn a mix of maroon and dark purple with bright red and bronze—some like Hydrangea quercifolia ‘Alice’ turn a florescent reddish burgundy, much like Burning Bush. Even after the leaves fall, Oakleaf Hydrangeas are lovely, with exfoliating bark and dried flowers to adorn



the winter landscape. In the spring, you’ll enjoy the unfurling dark green leaves rising above the beautiful ginger-colored bark.

They are not fussy handling a wide range of soil but prefer slightly acidic. Still, they can tolerate alkaline soil, and the pH does not affect the blooms’ color. They also stand up to road salt and salt spray. Along with other hydrangea species, Rutgers University considers Oakleaf’s “C” in deer resistance – “Occasionally Severely Damaged.” However, they seem less tasty than their cousins with softer leaves.

They bloom white for six to eight weeks, beginning in June. Then, shift to pink to purplish-pink, depending on the species, before drying to a lovely brown. They are gorgeous in a winter garden when snow dons the flo-

wers with fluffy white hats.

Hardy in zones 5 to 9, they can tolerate full sun here, unlike other hydrangeas. In warmer zones, they prefer morning sun and afternoon shade. One thing is for sure they do not like wet feet, and so well-drained soil is required. But they can tolerate occasional dryness, unlike others, though moist soil is preferred.

Oakleaf Hydrangeas’ rustic appearance makes them ideal for woodland gardens or as specimens or informal hedges in more tailored gardens. There are many varieties of sizes to choose from.

The straight species, Hydrangea quercifolia, grows relatively quickly to a stately 12 to 14 feet tall and wide. It is irregularly shaped and quickly spreads by suckering—pushing out vertical shoots at its base. But you can prune the runners to prevent spreading. Or, let

them root and share volunteers with friends.

The readily available variety, ‘Alice,’ is most like the straight species. But if you prefer a more tidy, less loose appearance, then ‘Snowflake’ is perfect for you. She grows 5 to 8 feet tall and has long, 12 to 15-inch double flowers (extra flower petals).

For a smaller garden space, ‘Ruby Slippers’ is one of my favorites, growing 3 to 4 feet. As its name describes, the white flowers shift to reddish-rose. Or there’s ‘Munchkin’ Oakleaf Hydrangea, whose flowers change to a lighter pink. Smaller still is a little beauty named ‘Pee Wee’ that I stumbled upon. I adore its petite 2 to 4-foot size.

I found a hilarious story about two galling gardeners harvesting native Oakleaf Hydrangeas off-road in precarious spots. Deli-

rious with excitement over the value of their bounty, it wasn’t until the next day that they realized the extent of their injuries from rolling down slippery slopes, including cracked ribs and punctured lungs—a lesson to all of us to not steal from Mother Nature.

There are beautiful Norway spruces along the Appalachian Trail at Blue Mountain Lake, and I’ve often wanted to snag one as a Christmas tree. However, I never did because if I were arrested as a garden designer, that may be a problem (smile). As much as we admire plants along the road or in the woods, leave them be and buy them at your local nursery instead.

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



In Case You Missed It...
You Can Find Our Latest, and a Few of our Past Editions Online, Via Your Computer, Tablet, or Smartphone! Just Visit us on Facebook or online!
www.thepressnews.com

Local Business Directory

Promote Your Business in the Business Directory for ONLY \$210 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

Safety Positions Needed

- Construction Safety Manager
- Forklift Instructor
- Crane & Rigging Instructor

Part Time Local Travel Ideal for retired professionals! Reply to: billie0215@gmail.com

Part time Outdoor Educators Wanted! Training Provided. Flexible hours. Pays \$17/hr. Call Sara at 908-362-8217.

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

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

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

Firewood for Sale. Mixed Seasoned Hardwoods, \$450 per dump truck load, approx 1 3/4 cord, Free Delivery within a 10mi. radius. Call

FIREWOOD
Cut-Split-Delivered \$210 a Cord 570-202-6902

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

For Sale

1/25 Scale Rare/ Extinct MODEL CARS FOR SALE. Promos & Built Kits. '50s, '60s & '70s. Call 610-588-7386 or email basehit3@ptd.net

Craftsman Snow Blower - 5h. 24in. w/ track
Ridgid 10in Table Saw
STIHL MS 171 Chainsaw
STIHL Weedwacker
RIDGID Portable 4 Gallon Vacuum
Tools, HH Items, Furniture & MORE
Call 201-874-2291



We Are
HIRING
Circulation Assistant

QUALIFICATIONS:
Education/Training: high school diploma or GED required; previous library experience preferred; Criminal Clearance EOE

SCHEDULE:
Monday nights: 6:00 to 8:00pm
(3 to 4) Saturday: 10:00am to 4:00pm (9:30am to 4:00pm)
On call to fill in for emergency call outs

Library Contact:
Email: director@bangorlibrary.org Phone: 610-588-1931
or stop in and fill out an application

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

610-588-3299

Bono Pizza

Eat In or Take Out

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

We Deliver on Door Dash & Slice

EVERYDAY SPECIALS

2 Large Cheese Pizzas
\$22.99+ tax

1 Large Cheese Pizza
8 Wings & a 2 Liter Soda
\$22.99+ tax

Gift Certificates Available

VISA Find Us on Facebook

1436 Bangor Rd., Pen Argyl (RT. 191)



IMPORTANT MAILING INFORMATION!
Our New Mailing Address is:
PO Box 606, Bangor, PA 18013

Wood Pellets

Barefoot & Dry Creek

**\$355
Per Ton**

Quantity Discounts Available

Deer & Wildlife Products

**Deer Corn, Blocks,
Mineral, Attractants,
Scents, Lures, & Feed**



**From Top Brands: Biologic, Whitetail Institute,
Rack Getters, Kloak, Big & J, Antler King,
Trophy Rack & Sportsman's Choice**

Birdseed, Suet, Seed Blocks, & Feeders




**Feather Friend, Aspen Song, Blue Seal,
Green Mountain, & Audobon Society**

Johnsonville Farm & Garden



**154 Johnsonville Rd., Bangor, PA
610-599-0683**

Hours:

**Tues-Sat, 8am-5pm
CLOSED Sun & Mon
Like Us on  acebook**

**NOW CARRYING!
POULIN & BUCKEYE FEED
- and lots more! -**

**CHEAPEST
PRICES
IN TOWN!**