

APUBLICATION FEATURING local events, news, happenings and more



## THE Methand BEYOND

October 3, 2019

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Next issue will be printed October 17th Deadline for all ad copy and news

Friday, October 11th at 5pm **Email your news and events to** thebeltandbeyond@gmail.com

## **WEEKEND HAPPENINGS**





**Benefitting Local Non-Profits** Live Music · Games · Prizes · Much More! 910 W. Pennsylvania Ave., Pen Argyl, Pa 18072

## 29TH ANNUAL KITE DAY AT LOUISE MOORE COUNTY PARK

In partnership with Lehigh Valley Kite Society and Pocono Kite Symphony, Northampton County Parks & Recreation Division will sponsor the 29th Annual Kite Day in the Park at Louise W. Moore County Park in Lower Nazareth Township on Sunday, October 6th, 10:00am to 4:00pm. The program will be held at Pavilion #2 and adjacent open fields on the west side of the park at 151 Country Club Road, Easton, PA 18045.

#### **EBUMCC FREE SPAGHETTI DINNER**

The East Bangor United Methodist Community Church welcomes you to a FREE Spaghetti & Meatballs Dinner on Sunday, October 6th, 4:00-5:30pm. The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA. Questions? call 610-588-4453 or visit http://ebum

# **OCTOBER**NATIONAL DAYS

October is **Breast Cancer Awareness Month** 

OCTOBER 4 - NATIONAL TACO DAY

OCTOBER 5 - NATIONAL DO SOMETHING NICE DAY

OCTOBER 6 - NATIONAL NOODLE DAY

OCTOBER 7 - NATIONAL CHOCOLATE COVERED PRETZEL DAY

**OCTOBER 8 - NATIONAL FLUFFERNUTTER DAY** 

**OCTOBER 9 - NATIONAL STOP BULLYING DAY** OCTOBER 10 - WORLD MENTAL HEALTH DAY

**OCTOBER 11 - NATIONAL SAUSAGE PIZZA DAY** 

**OCTOBER 12 - NATIONAL FARMERS DAY** 

OCTOBER 13 - NATIONAL MOTORCYCLE RIDE DAY

**OCTOBER 14 - NATIONAL DESSERT DAY** 

OCTOBER 15 - NATIONAL PREGNANCY AND INFANT LOSS

**AWARENESS DAY** 

**OCTOBER 16 - NATIONAL BOSS'S DAY** 

HOLIDAYS

**OCTOBER 31 - HALLOWEEN** 

#### CHRIST EVANGELICAL LUTHERAN CHURCH PASTIE SALE

Pastie Sale Tues. October 8th, 11:00 am - 1:00 pm, Christ Ev. Lutheran Church, 703 S. Delaware Drive, Mt. Bethel, PA. Info/orders: 610-588-0809

#### **CREATURES OF THE NIGHT**

Hosted by Waste Management's Grand Central, Environmental Education Center, **Tuesday, October 8th, 5:00pm-6:30pm**. Grand Central Education Center 891 Grand Central Rd., Pen Argyl, PA. Bring your camp chair. No rain date - good weather only! For more info contact Adrienne Fors at afors 1@wm.com or 1 888-373-2917.

## MT. BETHEL VOL. FIRE CO. LADIES AUXILIARY MONTHLY SOUP NITE

The Mt. Bethel Vol. Fire Co. Ladies Auxiliary will host their "Monthly Soup Nite" beginning on **Thursday**, **October 10th, 3:00pm-7:00pm** at the Mt Bethel Vol. Fire Co., 2341 N. Delaware Drive, Mt Bethel, PA. Soup will be available by the bowl or quart. Eat in or take out.

## SLATE BELT HERITAGE CENTER HAUNTED GHOST PROGRAM

The Slate Belt Heritage Center will hold their Annual Haunted Heritage Ghost Program on Thursday, October 10th at 7:00pm when ghosts from the "Slate Belt Past" return to tell their true tales. The Slate Belt Heritage Center is located at 30 N 1st St, Bangor, PA.

## **PUBLIC SOUARE ROSARY CRUSADE**

A Public Square Rosary Crusade will take place at Our Lady of Mt. Carmel Shrine (Rectory) 560 North 6th Street, Bangor, Pa on **Saturday, October 12, at 12:00pm.** 

#### **LUKIE'S FALL FESTIVAL**

The 16th Annual Lukie's Fall Festival, in memory of Luke Anthony Joseph Maida will be held on **Saturday, October 12th, 11:00am-5:00pm**, at Weona Park, Rt 512, Pen Argyl.

## Slate Belt Rivalry 100th Game Beehive Reunion/Trivia Night

Saturday, October 12th, 7:00pm Bangor Elks #1106, 120 Broadway, Bangor, PA. Tickets available at the following locations: Instant Replay in

Wind Gap and Bray's News Agency, Bangor. Parking is available in the lot next to the Elks. Event is sponsored by the Bangor and Pen Argyl Alumni Associations.

## **BLUE VALLEY FARM SHOW ALL YOU CAN EAT BREAKFAST**

The monthly Blue Valley Farm Show All You Can Eat Breakfast will be held on **Sunday, October 20th, 7:30am-12:30pm**, 707 Bangor American Road (Rt 512) Bangor, PA



# ▼ QUIET VALLEY ▼ LIVING HISTORICAL FARM

Preserving Pennsylvania's Agricultural Heritage

Explore the Past on an 1800s PA German Farm

## 45th Annual HARVEST FESTIVAL



## **October 12 & 13**

10am to 5pm Rain or Shine Adults \$10 Ages 3-12 \$5

## 2019 Theme - "Farms - Center of the Community"

Heritage Craft Demonstrations, Civil War Encampment, Country Foods, Wagon Rides, Folk Entertainment, Children's Activities, Hand Made Crafts, One Room School, Horse Drawn Wagon Rides, Quilt Raffle, Hands-on Harvest Activities & more Funds benefit the non-profit farm museum

## SPOOKY DAYS ON THE FARM - Oct. 25, 26, 27

Enjoy a spooky look at the farm, scary stories, murder mystery & more

quietvalley.org 570-992-6161 Stroudsburg PA

## PORTLAND COMMUNITY DAY AND TOWN WIDE YARD SALE

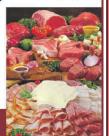
Portland Community Day and Town Wide Yard Sale will be on Saturday, October 12th, 11:30am-4:00pm. Rain date October 13th. Yard sales around town, no map - no fee. All fees for yard sales and vendors have been waived. For vendor info email Portlandpaevents@gmail.com. The event will be held in Portland's downtown Park and Walk.



Fresh & Smoked Meats Deli Meats & Cheeses, Groceries, Milk, Bread

Hours: Monday-Friday 9:00am-5:30pm Saturday 8:00am-4:00pm

501 S. Main Street, Bangor, PA Phone: 610-588-1195; Fax: 610-588-7581





Don't forget to order tomato pie, stuffed breads and rolls for your football get-togethers, tailgating parties and after school snacks!



610-588-0423



Open Thursday-Saturday 7:00am-2:00pm; Sunday 7:00am-1:00pm Closed Monday, Tuesday & Wednesday

**Join us** as we walk for the millions of human trafficking victims across the globe.

Saturday, October 19, 2019

Learn more + register locally: A21.ORG/STROUDSBURG









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Your steps matter. Your voice matters. Your fundraising matters. You matter. For those enslaved in your city, and appeared the result in your city.







## **WEONA PARK POOL FEASIBILITY MEETING**

Pen Argyl Borough will host a public meeting on the future development of Weona Park Pool on Tuesday, October 8th from 7:00pm to 9:00pm at the Weona Park Community Center, 25 S Main Street, Pen Argyl, PA 18072. The Borough's consultant, Wallover Architects is assisting the Borough in understanding the feasibility of a water feature at Weona Park and will be conducting the meeting. There will be a presentation made to the public and public input will be welcomed. Input from this meeting will be used to assist the Weona Park Pool Feasibility Committee in developing a plan. Please come to discuss the future development of the park at our open house.

## **Slate Belt Heritage Center Calendar of Events**

October 10th at 7:00pm" "Annual Haunted Heritage Show" Sunday, November 10th at 2:00pm: "Bangor-Pen Argyl 100th Game" by Walter Cole.

**December 8th at 2:00pm:** "The Great Slate Belt Trivia Contest" hosted by Emcee Marc Blau.

The Slate Belt HeritageCenter is located at 30 North 1st Street, Bangor, PA. For additional information contact: Karen Brewer at 484-894-5661.

Moore Township Historical Commission Oktoberfest
Moore Township Historical Commission will host an
Oktoberfest Dinner on Thursday, October 10th, 6:30pm
to 9:30pm at Klecknersville Ranger Fire Company Social
Hall, 2718 Mountain View Dr, Bath, PA. Entertainment will
be provided. A ticket can be acquired from a commission
member or from Dick Gable by calling 610-972-4179.

## **Quiet Valley Living Historical Farm Events**

The 45th Annual Harvest Festival will be held on October 12th and 13th 10:00am to 5:00pm Rain or Shine event Spooky Days October, 25th from 5:00pm-8:00pm, October 26th from 1:00pm-8:00pm, Oct. 27th, 1:00pm-5:00pm. For more information on Upcoming events visit the website quietvalley.org Quiet Valley Living Historical Farm is located at 347 Quiet Valley Rd • Stroudsburg, PA 18360

#### B.V.R.S. Station 71All You Can Eat Breakfast

The Blue Valley Rescue Squad will hold an All You Can Eat Breakfast on **Sunday, October 13th, 8:00am-12:00pm** at the Roseto Legion, 143 Garibaldi Ave. Roseto, PA.

Trunk or Treat Tail Gating Party at Bangor Public Library Thursday, October 17th, 5:00pm to 9:00pm (Rain or Shine). Library Parking Lot. Proceeds benefit the Bangor Public Library. Buy a parking spot. Decorate your car or not. Party with the library staff. Tickets can be purchased at the library. Limited spaces (only 11 available). The library is located at 39 S Main St, Bangor, PA.

## **Bangor Park Octoberfest**

The Bangor Park Board will host the annual Octoberfest on **Saturday, October 19th and Sunday, October 20th.** Interested vendors can email bangorparkboard@gmail.com for an application. Anyone Interested in volunteering for the Park Board or volunteering at any of the events can contact Debbie Smith at bangorparkboard@gmail.com or Rosemarie Capone at 610-588-5976. **See ad page 7** 

Blue Ridge Hook & Ladder Fire Company Aux. Pastie Sale
The Blue Ridge Hook & Ladder Fire Company Aux. will hold a
Pastie Sale on Saturday, October 26th, 9:00am to 12:00pm
The firehouse is located on Old 115 in Saylorsburg across
from Ye Olde Saylors Inn in Saylorsburg.

## **Local Artists At Blue Ridge Winery**

239 Blue Ridge Rd., Saylorsburg, PA. Sunday, October 27th from 11:00am to 5:00pm. Come and see award winning works of the artists of the Pocono Mountains Art Group at their annual Show & Sale On display will be paintings, photography, prints, notecards and other artwork done by local artists.

## The Blue Ridge Hook & Ladder Fire Company Aux. Craft/Vendor Fair & Bake Sale

Sunday, November 24th 9:00am to 3:00pm. The firehouse is located on Rt. 115 across from Ye Olde Saylors Inn in Saylorsburg.

Fresh **Local Eggs** 

& Produce



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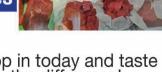
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Apple Butter, Sauerkraut, and more!

Hours: Sunday & Monday 8:00am-2:00pm; Tuesday-Saturday 8:00am-5:00pm

## MT. BETHEL VOLUNTEER FIRE COMPANY INC.

SUNDAY, OCTOBER 13TH 2019 • 9 AM TO 3 PM

2341 N. DELAWARE DRIVE, MT. BETHEL, PA

Approx. 8 miles South from Delaware Water Gap Exit off I-80 East

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FOR MORE INFORMATION CONTACT: JASON MILLER

at 484-429-0072 or email bmm5082@gmail.com







## Bangor - Pen Argyl

100th Anniversary Football Rivalry Game

## "After Party"

Saturday, October 26th Liberty Fire Co. 67 N. 8th St. Bangor, Pa

Live Band - Romeo Vegas Food by Little Creek Bar B Que

\$5.00 Cover Charge

Rain or Shine

Food and Refreshments available for purchase

## CTOBERFEST

Family Fun

at Bangor Memorial Park

Saturday, October 19th 4pm-8:30pm Sunday, October 20th 4pm-8pm

Ride the Bangor Train through a pastoral display of Jack-O-Lanterns Saturday and Sunday. Train Rides begin at 4:00pm. \$3 per ride Children 2 and under FREE



Food, Craft and Gift Vendors Scarecrow Stuffing \$4, Pumpkin Carving/Painting \$3 for Small pumpkins, \$4 for Large pumpkins Hay Ride \$1, Bounce House \$1, Pony Rides \$5.

Costume contest: Sunday, October 20th at 5pm Prettiest, Scariest, funniest & most original. Ages 0-23mos., 2-4, 5-10 and 11-15 **PLUS Best Costumed Family Contest** 

Enter the Carved Themed Pumpkin Contest for a chance to win \$100. Call Sherry at 610-588-6894 for more info

For more information call: Debbie at 610-751-7692, bangorparkboard@gmail.com

**Custom Laminating** 









## **16th Annual Lukie's Fall Fest**

The 16th Annual Lukie's Fall Fest will be held on Saturday, October 12th 11:00am-5:00pm at Weona Park, RT 512, in Pen Argyl, in memory of Luke Anthony Joseph Maida. Family fun events, music, food, & more! Proceeds help to find a cure for SMA.

## **Bangor Area High School Bands Fall Concert** Wednesday, October 16th - 7:30pm.

## **Bangor Area High School Band's Bandorama Concert**

Thursday, October 24 8:00 pm

Come Show Your Slater Pride Hear Field Show and Stand Music M. Craig Paine Performing Arts Theater visit: bahsbands.weebly.com



558 Lake Minsi Drive Bangor, PA 18013 1/2 mile off Rte. 191 on the left!

610-588-0222



Hours: Thursday Thru Saturday 9-5 Sunday 9-3 Closed Monday, Tuesday,

Wednesday

PREMIUM FALL MUMS Large 9" 3/\$15

Pumkins, Hay Bales, Corn Stalks, Gourds & More!

## Annual Community **Yard Sale** Saturday & Sunday

10/12 & 10/13 9am-3pm



Yard Sales Items plus 'This & That'!



Not Just Plants! Check out our shops: Furniture, Linens, Home Decor and so much more!

Our season will come to an end on 10/13

Check Out Our Facebook Page & Website For Specials WWW.GINDERGREENHOUSE.COM LIKE US ON FACEBOOK

Cash Prizes for Pumpkin Carving Contest

Octoberfest this year will be held at Bangor Memorial Park (90 Eisenhart Blvd) on Saturday, October 19th, 4:00pm to 8:30pm and Sunday, October 20th, 4:00pm to 8:00pm.

Individuals and/or groups are needed to enter in the themed, carved pumpkin display. Maybe you own a business and you have a group of employees that would like to get together to carve some pumpkins to enter in the contest. You can pick whatever theme you would like. There are tons of carving themes on the internet. There have been some interesting themes in the past such as Harry Potter, classic cars, Toy Story, Elvis, Peanuts, etc. Do you play a sport? Maybe your group wants to carve pumpkins to show support for that sport? The only cost to enter is that you have to buy your own pumpkins. A group of themed pumpkins has to have a minimum of 2 pumpkins in their themed display but you can have as many as you want to carve on display.

There will be CASH prizes awarded for the top 3 best group of themed, carved pumpkins. Prizes are \$100 for 1st place, \$50 for 2nd place and \$25.00 for 3rd place. Please email bangorparkboard@gmail.com for a form & complete rules for

In addition, the scarecrow making booth is in need of old stockings and clothing (pants, jeans, t-shirts, long sleeve shirts, hats, etc. Clothing can have holes. They can be dropped off at the Borough Building, 197 PA. Ave. Bangor, or at The Little Corner Cafe (136 S. 1st St., Bangor.

Octoberfest is a 2 day event. Family fun event, our main feature is the train ride that will take you around the park to see all of the carved, lit up Jack-O-Lanterns on display. See ad for full listing of events.

Vendor Spaces are still available. Volunteers are needed to help in all aspects of the event from collecting tickets at booths, running booths, helping to set up and clean up the pumpkin displays and working in the concession stand.

For more info or to volunteer, contact Debbie Smith at bangorparkboard@gmail.com (prefer email) or call 610-751-7692

Mt Bethel Vol. Fire Co. Ladies Aux. 31st Annual Fall Craft Show The 31st annual Mt Bethel Vol. Fire Co. Ladies Aux. 31st Annual Fall Craft Show will be held on Saturday, November 30th, 9:00am-3:00pm. Interested vendors (and made craft items only) can contact Kris Vanderpool at kvanderpool2@gmail.com

## **GULICK'S FRUIT FARM**

'Orchard Fresh Fruit' 610-498-3020

## **Apples**

**Pick Your Own or Already Picked** Fresh Pressed Cider available first weekend in October thru Thanksgiving

**New Fall Hours:** Monday - Friday 1:00pm-5:00pm; Saturday & Sunday 10:00am-5:00pm website www.gulickorchard.com 6490 Koehler Rd. (6490 Kaylor Rd. GPS), Bangor, PA

**BLUE MOUNTAIN ANTIQUE** GAS & STEAM ENGINE ASSN., INC.

**40TH ANNUAL** 

## **FALL HARVEST & SAWMILL SHOW**



October 19 & 20, 2019

Grounds Open 7 am to 4 pm Breakfast 7 am to 10 am

## **JACKTOWN** GROVE

1229 RICHMOND ROAD BANGOR, PENNSYLVANIA

FREE ADMISSION FREE PARKING FREE ENTERTAINMENT



ATTRACTIONS: American Sawmill & Wood Splitter - Case Steam Engine Shinglemill in Operation - Applebutter - Apple Dumplings - Dragsaw
Cord Wood Sawing - Homemade Soup - Tractors
25 H.P. Messinger Stationary Steam Engine - Gas Engines - Feed Grinders
110 H.P. Stationary Steam Engine - Home Crafts - Flea Market Garden Tractor Pull • SUNDAY, OCTOBER 20, 10:00 AM • Weather Permitting

CHURCH SERVICE • 9:00 AM SUNDAY, OCTOBER 20, 2019

FOOD - JACKTOWN ICE CREAM CIDER - FUNNEL CAKES APPLE BUTTER
TRAIN RIDES - SOUVENIRS

NEW ATTRACTIONS YORK SHIPLEY BOILER OUTSIDE OF STEAM SHED

ANTIQUE TRACTOR PULL Saturday 9 am GARDEN TRACTOR PULL Sunday 10 AM

PEDAL PULL Tractor Provided SUNDAY

**ENTERTAINMENT** 

OCTOBER 19 - 1-4 pm .....Keystone Troubadours OCTOBER 20 - 1-4 pm ...

ALL DOGS MUST BE ON A LEASH
VISIT OUR WEB SITE - www.jacktown.org • Like us on Facebook
For More Information Call: 610-588-6900 (Show Times Only) • 570-897-6893 (Bob) • 610-588-7360 Tom Buist)

## **BANGOR ELKS HALLOWEEN PARADE**

The Bangor Elks Lodge #1106 2019 Halloween Parade in the Borough of Bangor will be held Thursday October 17th, at 7:00pm with no rain date. The parade theme for 2019 is "A Mardi Gras Halloween". Individuals and groups wishing to participate in the parade, can sign up online at https://forms.gle/XLfNWpgjPKyHK1hG9 or by visiting the lodge home page and clicking on the parade link. It will be necessary to include an email address for registration for further communications on the parade. Registration will be available until October 10th. Any questions can be sent to bangorelksparade@gmail.com.

## **Gap Con Halloween Festival**

Sunday, October 27th, 10:00am-4:00 pm. Mt Bethel Vol. Fire Co. Hall, 2341 N. Delaware Drive, Mt Bethel, PA 18343. FMI http://www.jerseyshorecomicbookshow.com or 609-242-7756.

## TRICKY TRAY

TRAY Hosted by: Plainfield Township Vol. Fire Co.

Saturday, October 12th

Doors Open: 5:00pm Drawings Start: 7:00pm

**Entrance Donation: \$10 (includes 1 sheet)** Additional Sheets: (25 Tickets Per Sheet ) 1 Sheet / \$5 · 5 Sheets / \$20 · 10 Sheets / \$35

Kitchen will be open

6480 Sullivan Trail #A, Wind Gap, PA 18091



96 Mt. Bethel Hwv. Bangor, Pa 610-588-4204 Follow us on Facebook to stay up to date!

**TEGG RANCH** 

## Corn Maze & Pumpkin Patch

**JOIN US FOR FALL FAMILY FUN, GOOD FOOD. MUSIC AND WINE TASTINGS EVERY SATURDAY & SUNDAY!!** 

October 5th-6th: Open Gate Farm Tour October 12th-13th: Egg Festival October 19th-20th: BBO & Scare Crow Contest **October 26th-27th: Halloween Festivities** October 27th: Pet Costume Contest

> **FAMILY FUN! CORN MAZE PUMPKINS MUMS** ANIMALS!

**FRESH EGGS PRODUCE PORK & BEEF MILK & CHEESE** JAMS & SAUCES

**FOOD** 



We love to hear from you! News · Photos · Events

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CHECK OUT OUR NEW MAKE AND TAKE CLASSES!

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Wine and Wreath Parties for November and December

**Reserve Now for** Christmas Centerpiece Workshop Weekend of December 20th, 21st, & 22nd Only. Limited space, reserve your seat now.

Visit clearspringfarm.net or our facebook page: Clear Spring Farm or call 610-258-5050.



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**EBUMC Church Celebrates Their 154th Congregational Anniversary** 

The East Bangor United Methodist Community Church will celebrate their 154th Congregational Anniversary at the 9:15 am worship service on Sunday, October 13th. Rev. Chris Hardy, pastor of First UMC, will be the guest speaker. The UMW will host a luncheon following the service in the Fellowship Hall. The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA. For more information, call 610-588-4453 or visit ebumc.org.

## **Slate Belt Chamber of Commerce Business** Person of the Year & Volunteer of the Year Nominations

The Slate Belt Chamber of Commerce announces that they are now accepting nominations for the 2019 Business Person of The Year and Volunteer of the Year. Have you ever had someone go out of their way for you? Is there an area business or volunteer that gives you exceptional service all the time? Now is the time to give the credit they deserve by nominating them. Please take the time to send the Slate Belt Chamber of Commerce your nominee's name, business and your reason for the nomination. Remit to SBCC, 187 Blue Valley Dr. Bangor PA 18013 or by email: info@ slatebeltchamber.org. Deadline for nominations is October 15th. The Slate Belt Chamber of Commerce will honor the winners with a dinner on Nov. 7th. details to follow.

#### **Moorestown Garden Club News**



The Moorestown Garden Club held its October meeting on Tuesday, the 1st at the Salem UCC Fellowship Hall, 2218 Community Dr., Bath. The members held a "Show and Tell" session sharing tips on planting, garden clean up, anx useful tools. Priscilla Reich won first place for her

beautiful "Great Pumpkin" mass arrangement.

The group will meet on Monday, November 4th at 7:00pm at the Straub Gallery, 126 S. Chestnut St., Bath for a hands on demonstration of glass etching by Guy Kass. Nonmembers may participate for a materials fee and donation fee.





## Foster & Kinship Care SWAN-State Wide Adoption Network

For more information on how You can make a difference in the life of a child, please call:

570-340-1444

or visit our website at: www.families4kids.org

Families United Network, Inc. does not discriminate in regards to race, color, religious creed, disability, ancestry, national origin, age or sex



Kate Kromer w/her children, Levi and Ella

Young Breast Cancer Survivors Share Stories, Offer Words of Wisdom: Part 1

#### By Sarah Janelle Loren

About one in eight U.S. women will develop invasive breast cancer in her lifetime and a man's lifetime risk of breast cancer is about one in 1,000 (BreastCancer.org). But those are all just numbers because, "It's never going to happen to me," right? That's what Bangor-resident Kate Kromer thought, too. She was

37 when diagnosed with breast cancer. Sarah Trimmer of Palmer Township was only 30.

"I had no symptoms and never would have known that I even had cancer had it not been for just losing my mom to pancreatic cancer," Sarah said. "It was my mom's oncologist who suggested I get a genetic test to see if I had a breast cancer cell mutation."

Breast cancer does not discriminate. The truth is, it can happen to you, just as it has to Kate, now 39, and Sarah, 38. "I was your typical, 'It won't happen to me' person," said Kate, who had been having annual mammograms since age 35, due to her very dense breast tissue. Just two years later, she was diagnosed with an aggressive, Stage 3 HER2+ breast cancer.

"Although my type of cancer would not have given any physical warning signs until it was too late, many self exams can detect early signs. And with current treatment plans, when discovered early enough, many breast cancers can be treated with minimal invasiveness.

"Most women don't want to have a mammo done before 40. When a doctor says 'no need,' remember this: I was 37 when I was diagnosed with Stage 3 aggressive cancer. I had 'no need' to get a mammo until I was 40. I could have been dead before 40 if I didn't get a mammo."

So, what if your insurance won't cover a mammogram before age 40?

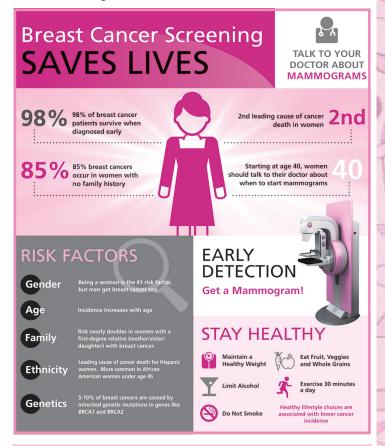
"Insurance companies assume that the patient will succumb," Kate said. "Push, annoy, have a voice, and be that aggravated and advocated policy holder. I felt like I needed to have a voice for those who did not." Kate has had a double mastectomy, radiation, and will continue chemotherapy until March, along with more reconstructive surgeries.

"I never feared death. I lived as a gypsy soul prior to kids. Nothing held me down," Kate said. "Once diagnosed, between working 50-hour weeks, I stared at my living room wall for five days and my kids ate chicken nuggets and frozen pizza. On day six, I had a new attitude. My husband and my kids needed me!"

No matter your driving force in life, Kate stresses the importance of early screenings for both women and men.

"There is a high possibility of detecting early signs of breast cancer and decreasing any chance or recurrence. Early detection can literally change your life span and your appreciation of what life has to offer."

Like Kate, Sarah Trimmer never would have known she had cancer, had it not been for her mother's oncologist suggesting genetic testing. Read Sarah's story in the next issue of The Belt and Beyond. In the meantime, schedule your annual mammogram!



## **What Cancer Cannot Do**

Cancer is so limited..
It cannot cripple love.
It cannot shatter hope.
It cannot corrode faith.
It cannot eat away peace.
It cannot destroy confidence.
It cannot kill friendship.
It cannot shut out memories.
It cannot silence courage.
It cannot reduce eternal life.
It cannot quench the Spirit.
Author unknown



1004 Washington Blvd., Bangor, PA 18013 610-588-3831

## We will be Closed October 4th, 5th & 6th

Come see us Saturday, October 12th for Wizards & Whiskey at Silverback Distillery in Stroudsburg

Closing at 4:00pm on October 17th Come see us in the Bangor Halloween Parade!





Come visit us after the Bangor - Pen Argyl 100th Rivalry Game at Liberty Fire Co. for the "After Party" Saturday, October 26th (50% of the proceeds will benefit Liberty Fire Co.) Restaurant will be Closed

Hours: TUES. - THUR. 11:00am-7:00pm; FRI. & SAT. 11:00am-8:00pm SUN. 12:00pm-6:00pm · MON - CLOSED

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Monday-Thursday Special Medium Cheese Pizza \$7.99\*tax Add 1 topping for \$1.00

Hours: Sun.-Thurs. 11am-10pm, Fri. & Sat. 11am-11pm

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Breakfast Lunch Dinner

2600 N. Delaware Dr. Mt. Bethel, PA. (570) 897-6409



Check out our Facebook page for our Fall Menu

Coffee, Iced or Hot Lattes Desserts

#### **Catering Available**

Hours: Tues.-Fri. 11:00am-7:00pm Sat. 9:00am-3:00pm Sun. & Mon. Closed

## **HAPPENINGS**

## Bangor High School Class of '69 Presents Check to Slater Family Network

Recently the Bangor Class of 1969 presented a check for \$2,000 to Slater Family Network. The class has been collecting money over the years at their reunions and this year at their 50th reunion made the decision to make the donation to Slater Family Network. Photos by Lisa Newberry.



Front row L-R: Jeffra Lee, Bridget Pruit (Slater Family Network Director), Sandy Palma, Lee Ann Lambert, Sandy Blau, Lucille Amy. Back Row: Tom Abbott, Carole Hontz, Teresa Warrick, Marc Blau, and Tom Moore



Slater Family Network
ers in Building a Safer and



# Bangor Band Festival

The Bangor Area High School Slater Marching Band hosted the 42nd Annual Festival of Marching Bands and 2nd Annual Competition of US Bands on Saturday, September 21st, at Bangor Memorial Park. Photos by Larry Cory and Emily Dario sbtt



## **Bangor Area High School Field Hockey Senior Night**

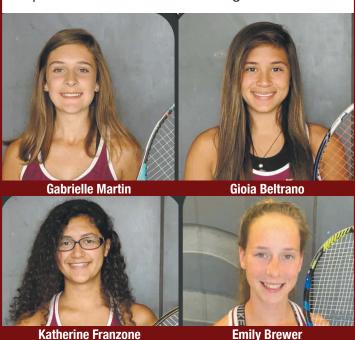
The Bangor Area High School Field Hockey team honored their senior players at their game against Catasauqua. The Slaters won 7-0.

Photos by Lynn Cistone



## Bangor Girls Tennis Senior Night

The Bangor Area High School Girls Tennis team honored their senior players on Friday, September 20th at their match against Nazareth.



# Pen Argyl Area High School Homecoming Pen Argyl Area High School held Homecoming on

Pen Argyl Area High School held Homecoming on Saturday, September 28th at the Pen Argyl vs Wilson Football game. This year's Homecoming Queen is Megan Guthrie.



This year's Homecoming Court pictured L-R Angelina Santiago, Elizabeth Rundle Lauryn Male, Megan Guthrie (Queen) Emma Lohman and Madalyn Buskirk. Taylor Rudy was last year's queen. Homecoming King was Mathew Guerriere. Photos by Emily Dario sbtt

## Fall Bridal

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## **5 Tips to Enhance Your Wedding Decor**

(Family Features) Wedding days are meant to be filled with love and celebration, and what better way to ring in the new stage of life as newlyweds than with a well-decorated venue to match the joyous occasion. Whether a couple is on a tight budget or picky when it comes to theme ideas, these decorating tips can help add more flair for the big day.

Use a natural venue. Many couples choose wedding venues that require immense amounts of decorations, but a venue with organic scenery or a beautiful view can help alleviate the stress. Consider having the ceremony near a garden or beach with enough natural surroundings to keep guests in awe.

Make the cake a centerpiece. Wedding cakes are almost guaranteed to be filled with flavor, but they can also serve as a decorative centerpiece for the reception. Choosing a cake topped with flowers, highlighting bright colors and placing it in

a prominent spot at the reception can grab guests' attention while also keeping them eager for a bite.

Choose table accessories that pop. Leave guests in amazement as they make their way to their seats for the reception with beautifully decorated tables. Table accessories can be anything ranging from patterned table runners to flowers in full-bloom placed in simple, elegant vases. If you are not having a formal sit-down reception, try using paper lanterns or hanging flowers from the ceiling to create an eye-catching atmosphere to remember.

Add classic lighting. At times, finding the right lighting to match the mood of a wedding venue can be tricky. In this case, less may actually be more. Try opting for a classic candlelit ceremony or reception to create a more romantic setting. This

can save both money and countless hours spent attempting to configure elaborate light fixtures, and also provide a timeless feel.

Place engagement photos around the venue. With any wedding, you want the day

Place engagement photos around the venue. With any wedding, you want the day to feel personal and intimate for the couple and guests alike. Consider decorating the venue with engagement photos of the soon-to-be spouses as they popped the question. This can allow the newlyweds to reminisce while guests view those cherished moments and revel in the occasion.

For more tips to prepare for life's special moments like marital bliss, visit elivingtoday.com.

Source: Family Features Photo courtesy of Getty Images #13139







**News from Northampton Community College** Update Your Job Search Skills or Explore New Careers in Free Class NCC offers New Choices Program for job hunters and people in career transition

Facebook: Portland Hook & Ladder Co. # 1 Station 33

Questions: Email: info@portlandhookandladder.com

Extra Raffles

The New Choices Program at Northampton Community College (NCC) offers free classes that can help dislocated workers, single parents, displaced homemakers, and career changers figure out the next step during times of transition.

Come and explore career and educational possibilities, build confidence, identify skills, and get networking. Discover new pathways that lead to self-sufficiency and job satisfaction under the guidance of a dedicated program facilitator.

The upcoming day time class begins October 7th at NCC's Fowler Family Southside Center and runs through October 31st, Monday through Thursday, from 9:30am-12:30pm Evening class begins November 7th and goes through December 19, 6:30pm to 8:45pm, Tuesdays and Thursdays. To sign up, call or email Jane Pennington, program facilitator, at 610-332-6560 or jpennington@northampton.edu.

## **Northampton Community College to Host College Fair Hundreds of colleges in one location!**

Representatives from more than 140 colleges, universities and technical schools will be at Northampton Community College to meet with high school students, their parents, transfer students and adults interested in continuing their education.

The Northampton Regional College Fair will be held at the Arthur L. Spartan Center, Bethlehem Campus, 3835 Green Pond Road, Bethlehem Township, on Tuesday, October 15, from 6:00 p.m. - 7:30 p.m. It is sponsored by the Pennsylvania Association of College Admission Counseling and is free of

For more information call 610-861-5500 or email admissions@northamton.edu.









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#### **SLATE BELT SENIOR CENTER**

Blue Valley Farm Show Complex, Bangor, PA. Phone 610-588-1224 Hours: 8:00am-3:30pm

Meals are served at 11:30 and must be reserved by 10:00AM one day prior. Cancellations must be done as soon as possible.

Tai Chi, Tuesdays, 12:15pm

Darts, Tuesdays October, 1st, 15th, 22nd, 29th;10:00am Exercise with Darla, Wednesdays, 10:00am

Poker, Wednesday, October 9th, 16th, 23rd, 30th:9:00am Needle Nook, Thursdays, 9:30am. All kinds of needle work welcome.

Zumba Gold, Thursdays, 10:00am

#### **OCTOBER EVENTS**

14

Quoits, Monday, October 7th & Friday, October 18th, 9:30am Deja' the Therapy Dog, Tuesday, October 15th, 10:00am Baseball, Friday, October 4th & 11th, 10:00am Mexican Train Dominos with Chips and salsa, Friday, October 4th, 12:15pm and Thursday, October 10th, 24th, 9:30pm

Bean Bag Tournament, Tuesday, October 8th, 10:00am Fraud and Scam Prevention, Thursday, October 10th, 11:00am Medicare Fraud, Friday, October 11th, 11:00am

BASEBALL WORLD SERIES. Friday, October 11th, 12:15pm-(with ice cream)

AARP MEETING, MONDAY, October 14th, 1:00pm Ladder Ball, Thursday, October 17th, & Tuesday, October 29th,

Motown Greatest Hits, Friday, October 18th, 12:15pm Medicare changes and you with Rosalie, Monday, October 21st, 10:00am

Farkle, Tuesday, October 22nd, 9:30am

Council Meeting, Thursday, October 24th, 9:00am

FOOTBALL, BANGOR vs PEN ARGYL, FRIDAY, OCTOBER 25th, 9:45am

HALLOWEEN PARTY, 10:00am-3:00pm. MUSIC WITH BILL

#### **AARP PALMER TOWNSHIP AREA CHAPTER 2144**

The AARP Palmer Township Area Chapter 2144 will meet on Tuesday, October 7th, at 1:00 pm at the Wilson Borough Community Center, 2200 Liberty Street, Easton, PA. Speaker will be George Dillman, Consumer Outreach Specialist PA Department of Banking & Securities topic will be "Cyber Safety". Come early, bring a lunch and socialize with friends.

#### **SLATE BELT AARP CHAPTER 4135**

Slate Belt AARP Chapter 4135 will hold its next meeting on October 14th at 1:00pm at the Senior Center on American-Bangor Road. We will have a guest speaker from Wind Gap Pharmacy. Everyone is welcome to attend. Refreshments will be served after the meeting.

## **SENIOR FALL FEST HOSTED BY PA STATE REP. JOE EMRICK**

Friday, October 18, 10:00am-1:00 pm, Forks Township Community, 500 Zucksville Rd. Easton, PA.18040. Admission is free. Free flu shots will be provided by the Lehigh Valley Health Network for anyone age 18 and older. FMI please contact Rep. Emrick offices at 610-746-5090 or 610-588-8011.





## P.O.P. BLESSING OF THE ANIMALS

Prince of Peace Lutheran Church Bangor - ELCA, 2445 Lake Minsi Dr, Bangor, PA. will host a Blessing of the Animals on Saturday, October 5th, 10:00am-11:00am. In the event of rain, the service will be held inside in the Fellowship Hall. For the safety and enjoyment of all attendees, please make sure that animals are properly secured or leashed. Donations of pet items will be collected (ex. sheets, cleaning supplies, wet and dry pet food, kitten milk, litter, toys, treats, etc.) to help support animals in the care of the Slate Belt Animal Advocacy Group.

## **Keep These Friends in** YOUR THOUGHTS AND PRAYERS



**Pray for our Nation** Tommy Stackhouse **James Impeciati** Daniel and Sonya Serfass Kerry Anderson Virgil Kasebier Sr. Ğene Buskirk



If you would like to add a name of a loved one, friend or neighbor to the prayer list please send their name to:

The Belt and Beyond P. O. Box 33 Bangor PA. 18013

Attn: Prayer list or email us at thebeltandbeyond@gmail.com
Subject: Prayer List

# WANTEI

## **Help Wanted** Sales Representative

The Belt and Beyond is seeking a Part Time Sales Representative. Must be out going, reliable, and possess excellent communication skills. A valid drivers license and proof of insurance is required. If you are looking for an exciting part time position meeting new people and helping businesses with their advertising needs send your resume/qualifications to: thebeltandbeyond@gmail.com. Subject: Sales Representative

**HELP WANTED**: Home/ cyber school student? Seeking a dependable AM worker 4 days a wk for 3-4 hrs. Varied duties \$10 hr. contact: HomesteadKennelsLLC@gmail.com

Help Wanted: PM line cook Full/part time. Weekends a must! Apply in person Detzi's Tavern, 570 Lehigh Ave., Wind Gap, PA. No Phone calls.

Help Wanted: Full time kitchen help. Must be available nights & weekends. Apply in person Detzi's Tavern, 570 Lehigh Ave., Wind Gap, PA. No Phone calls.

Help Wanted: Full Time **Experienced Mechanic** Apply in person. Horn's Outdoor Center Inc., 1169 Mt. Bethel Hwy., Mt Bethel, PA. 18343

## WANTED

Cash for old costume jewelry, any kind of vintage jewelry. Pins, clip earrings, watches, silver, rings, beads, Estate jewelry. Call Dot 610-588-1267.

Oct 4 from 9am-4pm Decluttering, HH items, Holiday items, clothing and more! 216 E Prospect St., Nazareth

**Multi-Family Yard Sale** Saturday, Oct 5 9am-1pm. St. John's UCC, 183 S. Broad St. Nazareth. Pa. Fraunfelder Hall, \$10.00 Donation per 8ft. Space. Set-up Friday Oct 4, 3pm-9pm OR Saturday, 7:30am-8:30am. For Forms or info call 610-759-0560

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For more information on advertising your business in the Business Card Directory, Contact us at: 610-704-6818 or email us at: thebeltandbeyone@gmail.com

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CITY/STATE/ZIP_	
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1 ISSUE: 2 ISSUES:

1 Column X 1.25" \$15 per insertion or \$25 for 2 issues

1 Column X 1.75" \$20 per insertion or \$30 for 2 issues

Mailed or emails classified ads will only be accepted. No Classified ads will be accepted by phone. Deadline 4:00PM on Friday, prior to publication week. By mail send this form along with your check made payable to: The Belt and Beyond, P.O. Box 33, Bangor, PA 18013 ATTN: Classifieds. ByEmail send Classified as with Classified in the subject to the beltand beyond@gmail. com. All Classified ads must be pre-paid. No exceptions. No Refunds or Credits.

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