

FREE

Volume 6 • Issue 15
October 17, 2019

THE Belt and BEYOND

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



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Next issue will be printed October 31st
Deadline for all ad copy and news
Friday, October 25th at 5pm
Email your news and events to
thebeltandbeyond@gmail.com

WEEKEND HAPPENINGS

BLUE MT ANTIQUE GAS & STEAM ENGINE ASSN. 40TH ANNUAL FALL HARVEST & SAWMILL SHOW

The 40th Annual Fall Harvest & Sawmill Show will be held **Saturday, October 19th & Sunday, October 20th.** Jacktown Grove, 1229 Richmond Road, Bangor, PA. Grounds open 7:00am-4:00pm.

ST JOHN'S LUTHERAN CHURCH DESIGNER PURSE BASKET BINGO

Saturday, October 19th, Doors Open 12:30pm Bingo starts 2:00pm, Weona Park Youth Center, 492 E. Main Street, Pen Argyl, PA. Only 100 tickets -For tickets or info call Gail Dewitt 610-588-7545.

BANGOR PARK OCTOBERFEST

Hosted by Bangor Park Board **Saturday, October 19th, 4:00pm-8:30pm and Sunday, October 20th, 4:00pm-8:00pm** at Bangor Memorial Park. See ad and event details **page 6.**

EPISCOPAL APTS. CRAFT SHOW

A craft show will be held Sunday, **October 20th, 9:00am-2:00pm** at Episcopal Apts. of the Slate Belt, 684 American Bangor Rd., Bangor. Sponsored by TORA (Tenants of Retirement Age). Bake sale & book sale and more! Kitchen will be open. All are welcome.

SLATE BELT ROTARY CLUB OKTOBERFEST CAR SHOW

Sunday, October 20th 9:00am-4:00pm at Wind Gap Park 58 E. 4th Street, Wind Gap. Proceeds benefit Operation Warm (Coats for Kids).

PORTLAND HOOK & LADDER CASH & GUN BINGO

Sunday, October 20th. Doors open 11:00am; Bingo begins 1:00pm. William Pensyl Social Hall, 111 State Street, Portland, Pa. FMI Rob Shoemaker 484-269-9835 or Jim Steele 610-216-4191.

www.portlandhookandladder.com or email: info@portlandhookandladder.com

OCTOBER

BREAST CANCER AWARENESS MONTH NATIONAL DAYS

OCTOBER 18 - NATIONAL NO BEARD DAY
OCTOBER 19 - NATIONAL MAMMOGRAPHY DAY
OCTOBER 21 - NATIONAL PUMPKIN CHEESECAKE DAY
OCTOBER 26 - NATIONAL PUMPKIN DAY
OCTOBER 27 - NATIONAL MAKE A DIFFERENCE DAY
OCTOBER 28 - NATIONAL CHOCOLATE DAY
OCTOBER 29 - WORLD STROKE DAY
OCTOBER 30 - NATIONAL CANDY CORN DAY
OCTOBER 31 - NATIONAL CARMEL APPLE DAY

HOLIDAYS

OCTOBER 31 HALLOWEEN

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.

SAUSAGE AND PANCAKE SUPPER

Saturday, October 26th, 4:00pm - 7:00pm
Richmond United Methodist Church, 8538 Delaware Drive, Rt. 611 - Bangor, PA. 610-588-7317

BLUE MT COMMUNITY LIBRARY FUNDRAISER AT THE SLATE PUB

On **Tuesday, October 22nd**, The Slate Pub, 509 East Main Street, Pen Argyl, PA., will sponsor a fundraiser for the Blue Mountain Community Library. The Pub will generously donate a percentage of all food sales that day, from **12:00 pm until closing**, both dine in and carry out to the library. Check out their menu at www.slatepub.com

GAP CON HALLOWEEN FESTIVAL

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

LOCAL ARTIST AT BLUE RIDGE WINERY

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

PEN ARGYL REPUBLICAN CLUB

Nominations for the Pen Argyl Republican Club will be held on **Sunday, October 27th at 1:00pm**. Elections will be held the Friday before Thanksgiving **November 22nd from 12:00pm-8:00pm**.

AMERICAN LEGION RIDERS POST 927 MEETING

The American Legion Riders have their monthly meeting on **Sunday, November 10th at 10:30 AM** at the American Legion Post 927, Route 209 and Fairgrounds Road, Gilbert. The American Legion Riders contribute to Veterans, the Community, and enjoy riding. For more information, contact President Everett Shaver, 570-977-8208.

B & B

The Belt and Beyond

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

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BLUE VALLEY FARM SHOW

All You Can Eat Breakfast

Sunday, October 20

7:30am-12:30pm



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Homemade Creamed Chipped Beef
Homefries (with or without onions),
Scrambled Eggs, French Toast,
Pancakes, Kielbasa,
Scrapple, Pork Sausage,
Turkey Sausage, Bacon, Ham

DESSERTS:
Cakes, Donuts
Shoofly Pie, Puddings

Orange Juice Fountain,
Coffee, Tea,
Hot Chocolate

707 AMERICAN BANGOR ROAD (RT 512)(BETWEEN BANGOR & PEN ARGYL)
FOR MORE INFORMATION CALL 610-554-9682



JOIN US AS WE CELEBRATE FALL RALLY DAY



First United Evangelical Congregational Church

25 South Second Street, Bangor, PA

Sunday October 20, 10:30am

SPECIAL GUESTS THE WERNER FAMILY BAND

All are invited to this special day of worship

For more information on the Werner Family Band visit their website

<http://www.WernerFamilyBluegrass.com>



JACKPOT BINGO

SUNDAY, NOVEMBER 3RD

PULL TABS

DOORS OPEN 10:00AM

GAMES START AT 1:00PM

TRICKY TRAY



50/50

SPECIALS

TRICKY TRAY

Plainfield Twp. Vol. Fire Co.
6480 Sullivan Trail, Wind Gap, PA. 18091

Friends of the Memorial Library of Nazareth & Vicinity Book Sale

November 7th-9th,
Thursday 10:00am-7:00pm;
Friday 10:00am-4:00pm;
Saturday, 9:00am-2:00pm

Books, CD's, DVD's for children and adults
Children's books are sold \$1 per pound which equals many books for young children and early readers

\$5
Bag Sale
on Saturday!

295 E. Center St in Nazareth, PA.

INN TOWN STORAGE

Fall is here!

Time to start thinking about protecting your outside furnishings and storage of vehicles and motorcycles. Come in and check out our low prices and our new specials.

Wind Gap, Pa
Call for Appointment
610-905-3716

Hours: Monday - Thursday 9:00am-4:00pm
Friday 9:00am-12:00pm; Saturday by Appointment

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

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Youth Groups
& Scout Groups
Wreath Parties**



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Call for more info 

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Saturday,
October 19, 2019

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When we show up for the freedom of others, we show up for the world we want to see. A world where human life is valued above a price. A world where justice, human dignity, and freedom prevails.

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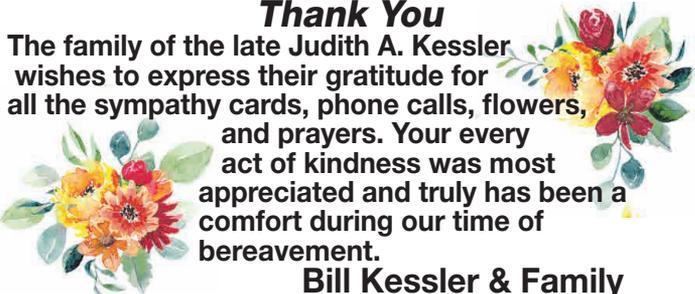




Thank You

The family of the late Judith A. Kessler wishes to express their gratitude for all the sympathy cards, phone calls, flowers, and prayers. Your every act of kindness was most appreciated and truly has been a comfort during our time of bereavement.

Bill Kessler & Family



Moorestown Garden Club News

The Moorestown Garden Club 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. Non-members may participate for a materials and donation fee.

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Congresswomen Susan Wild to Host Town Hall at Bangor VFW

On **Thursday, November 7th, at 7:00pm** Congresswoman Susan Wild will be hosting a Veterans Town Hall at the Bangor VFW Post 739, 202 Washington Blvd., Bangor, PA for all veterans and their families. Representatives from the Wilkes Barre VA will also be in attendance. Come and get caught up on veterans issues.

DELAWARE-LEHIGH AMATEUR RADIO CLUB MEETING

The Delaware-Lehigh Amateur Radio Club will hold its monthly meeting **Thursday, November 7, at 7:30 pm** in the Bethlehem Township Community Center, 2900 Farmersville Road, Bethlehem. Program: "Filming 'Across the Pacific' & 'Radios of Pan AM.'" Presenter: Brian / KN4R. Members and others interested are always invited. Directions: <https://tinyurl.com/y852acvn>. FMI: www.dlarc.org, KE3AW@ARRLnet, 610.432.8286.

BHS Class of '67 Mini Reunion

It's their 70th birthday year and to celebrate, the Class of '67 is planning an informal reunion, to be held on **Saturday Nov. 9th 1:00pm** at The Broadway Pub, 62 Broadway, Bangor. No formal invitations will be mailed so please let your classmates know, of this event. Spouses and guests are welcome. Please RSVP to 610 863 0816 before **October 25**.

Bangor Area High School Band Bandorama

Thursday, October 24th 8:00pm; Bangor Area High School Bands **Bandorama Concert** M. Craig Paine Performing Arts Theater, 187 5 Points Richmond Rd, Bangor.
FMI: bahsbands.weebly.com

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debbie.pettinari.wz73@statefarm.com



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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 Saylor's Inn in Saylor'sburg.

100th Anniversary of Weona Park 2020 Calendar

After many months of hard work, the 100th Anniversary of Weona Park 2020 Calendar is complete. Arranged by Mr. Walter Cole, former history teacher at Pen Argyl High School and member of the Slate Belt Heritage Center. The calendar features pictures, past and present, of the park and events that took place there. This Limited-Edition Calendar will be available for purchase by visiting the Pen Argyl Borough Website www.penargylborough.com. Checks should be made payable to "Pen Argyl Borough." The calendar is on display at the Blue Mt. Community Library, 216 S. Robinson Ave., Pen Argyl.

Annual Centenarian Luncheon

On October 3rd, 2019, the Area Agency on Aging Advisory Board held their Centenarian Luncheon at the Green Pond Country Club. Thirty-two Northampton County residents, ages 100 to 106, attended with their guests, enjoying lunch and entertainment by Bill Reese's Classic Country Show. State Representative Steve Samuelson, State Senator Mario Scavello and County Executive Lamont McClure distributed certificates and proclamations to all the Centenarians in attendance.

The Centenarian Luncheon is held every year to honor Northampton County residents who are 100 years of age or older.



The Centenarians who attended this year are: Mary Bach, Robert H. Bartholomew, Margaret Bonniwell, Harold Brunell, Pearl Elizabeth Eberts, Margaret Firuta, Evelyn Grammes, Marguerite Hamlin, Louis Hegedus, Laura Jean Hummel, Harrison Kincaid, Joseph Koch, Blanche Kurtz, Julia Kutos, Ivy Lewis, Carmen Marquez, Carl Merwarth, Marian Montz, Dorothy Paynter, Helena Rapp, Alverta Reddinger, Kenneth Singer, Naomi Smith, Angelica Ventin and Dorothy Williams. The Northampton County Area Agency on Aging Advisory Council established this special celebration a few years ago. Helping to celebrate the Centenarians were the Northampton County Executive, Lamont G. McClure Jr., the Democratic Chair of the PA House Aging and Older Adult Services Committee, Rep. Steve Samuelson and PA State Senator Mario M. Scavello.

OCTOBERFEST

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



Cash Prizes for Pumpkin Carving Contest at Bangor Memorial Park Octoberfest

Octoberfest 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**.

There's still time for you or your group to enter in the themed, carved pumpkin display at this year's Bangor Memorial Park Octoberfest, (hosted by the Bangor Park Board). You can pick whatever theme you like. The only cost to enter is purchasing your own pumpkins. Minimum for a group of themed pumpkins is two in a display, you may have as many as you want to carve on display. **CASH** prizes will be awarded for the top three best group of themed, carved pumpkins. **Prizes are \$100 for first place, \$50 for second place and \$25.00 for third place.** Please email bangorparkboard@gmail.com for a form & complete rules for entering.

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 or call 610-751-7692

Fright Night for Adults at Easton Library

Join Larry Sceurman and Robin Reichert from the Lehigh Valley Storytelling Guild as the Easton Area Public Library presents a night of Scary Stories for Adults on **Wednesday, October 30th at 6:30pm**. Our storytellers will share tales of untimely deaths, visitors from behind the grave, and all manner of terrifying events. Warning: these grisly, gory tales may not be appropriate for children. This free program is open to adults and brave teens and will be held in the Catherine Drake Meeting Room on the lower level of the Main Library. Handicapped access is available from the Church Street entrance. Scary snacks will be provided by the frightful Friends of the Library. Registration is not required. For more information, call 610-258-2917 ext 310.

DESIGNER HANDBAG BINGO & TRICKY TRAY



Sunday – November 10, 2019

Doors Open at 11:00 AM
Games Begin 1:00 PM



Sponsored by American Legion Auxiliary Unit #346
126 East 5th Street, East Stroudsburg, PA

Lunch, Beverages & Snacks Available for Purchase • Lic # 2216

For Info Call Post #346 at 570-424-1112 – Ask for the Bartender

\$35.00 Donation at the Door
Includes 15 regular games and 1 Jackpot – Super Jackpot is Extra

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NO ONE under 18 permitted

Jacobsburg Historical Society Presents

MARKET FAIRE & RENDEZVOUS

SAT., OCTOBER 26TH, 10AM-4PM

SUN., OCTOBER 27TH, 10AM-3PM

Market Faire Vendors of 18th & 19th Century Wares
Colonial & Fur Trade Era Living History Encampment
Early American Crafts Exhibits & Demonstrations

Leatherwork - Hornwork - Gunsmithing
Children's Games - Longrifle Demonstrations
Outdoor Cooking - Blacksmiths

**THE PENNSYLVANIA LONGRIFLE MUSEUM,
THE J.J. HENRY HOUSE, SUMMER KITCHEN
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OPEN DURING THIS SPECIAL EVENT!**

Adults - \$7
Children 12 & under - FREE, JHS members,
Active Duty Military & Scouts in Uniform - FREE

Boulton Historic Site & Jacobsburg Historical Society
402-403 Henry Road near Nazareth PA
Located just off the Belfast Exit of Route 33
WWW.JACOBSTOWNHISTORY.COM

Quiet Valley Living Historical Farm Events

Spooky Days **Friday October 25th 5:00-8:00pm,**
Saturday October 26th 1:00-5:00pm, 5:00-8:00pm, and
Sunday October 27th 1:00-5:00pm.

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

Washington Township Vol. Fire Co. Ladies Aux. CASH Bingo

The Washington Township Vol. Fire Co. Ladies Aux. will host their annual "Holiday Cash Bingo" on **November 10th**. Doors open at **11:00am**. Bingo starts at **12:30pm** at The Washington, 920 Washington Blvd., Bangor. Kitchen will be open. For more info/tickets, call Shirley at 484-541-4659, Ruth at 610-588-7402, Sandy at 610-462-5611, or Donna at 484-298-0192.

3RD ANNUAL CAR - TRUCK & TRACTOR SHOW



Saturday, October 26th
Show 11am-3pm
Pre-Registration 9am-11am day of show
 For registration info visit the website LMBTFIRE.org
7701 Martins Creek Belvidere Highway, Bangor, PA

Rain Date October 27th



96 Mt. Bethel Hwy,
Bangor, Pa
610-588-4204
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MILLER'S EGG RANCH

Corn Maze & Pumpkin Patch

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

October 19th-20th-BBQ
October 20th 2:00pm-3:00pm-Scarecrow Contest
**October 25th & 26th-Starry Night Hay Ride
& Corn Maze 7:00pm-10:00pm**
October 27th-Pet Costume Contest 2:00pm-3:00pm

<p>FAMILY FUN! CORN MAZE PUMPKINS MUMS ANIMALS!</p>	<p>FRESH EGGS PRODUCE PORK & BEEF MILK & CHEESE JAMS & SAUCES</p>
--	--

FOOD

Parades

Bangor - Thursday, October 17th, 7:00pm
 Bath - Tuesday, October 22nd, 7:00pm
 Easton/Phillipsburg-Sunday, October 27th, 3:00pm
 Nazareth - Saturday, October 19th, 1:00pm
 Northampton Jack Frost - Thursday, October 17th, 7:00pm

Trick or Treat Times

Saturday, October 26th
 Upper Mt. Bethel
3:00-5:00pm
 Portland
4:00-6:00pm



Sunday, October 27th
 Roseto
2:00pm-4:00pm
 Bangor
2:00pm-5:00pm
 Lower Mt. Bethel
4:00-6:00pm



Thursday, October 31st

<p>Borough of Bath Easton Nazareth Northampton Pen Argyl Plainfield Twsp Tatamy Wind Gap 6:00-8:00pm</p>	<p>Forks Township 6:30-8:00pm Moore Township 6:30-8:30pm</p>
---	---

Happy Halloween

HARVEST MOON DANCE

Saturday, November 2nd
 at Blue Valley Farm Show
 707 American Bangor Rd., Bangor, PA
Cost: \$20 per person



Sponsored by St. Peter's Scholarship Committee
 Sponsor: Thrivent Financial
Includes Buffet, Desserts, Snacks, Non-Alcohol Beverages B.Y.O.B.
 Doors open at 5:00 pm - Dinner served at 6:00 pm
 Dance 7:00-10:30 pm - Music by DJ Bobby Koch
For tickets call: Jackie Brinker 610-588-2101

Please bring a non-perishable canned food item for our local food pantries.



Country Festival & Craft Fair

SALEM UCC

SATURDAY, NOVEMBER 9th
9:00am-2:00pm

Kitchen will be open for Breakfast & Lunch

Many Crafters, Christmas Items, Bake Sale, Basket & Ticket Raffles, FREE Sunflower Game, and more!
 Homemade Food for Sale: Whole pies, Chow Chow, Soups, Candy, Raw Stuffing, Salad Dressing, and Other Goodies

2218 COMMUNITY DRIVE (RT 946), BATH, PA

For crafter space call the church at 610-759-1652

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 490 E Main St. Pen Argyl, PA 18072

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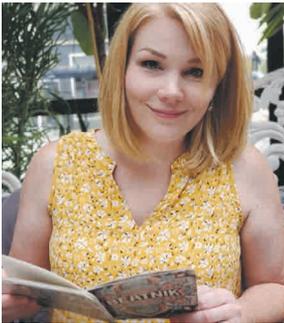


Engagement
Hosler - Myers

More than 400 friends who attended Saturday's 3rd annual Grand Central Landfill Chili Cookoff enjoyed a surprise side of love as they sampled and judged the area's best chili recipes.

During the event, Grand Central Hauling helper David Myers surprised the crowd by taking DJ Tim Smith's microphone and proposed to his girlfriend Gloria Hosler. Stunned and surprised she accepted David's proposal and the engagement was sealed with a beautiful engagement ring and a kiss. A Wedding date has not been set.





Sarah Trimmer

Young Breast Cancer Survivors Share Stories, Offer Words of Wisdom: Part 2

By Sarah Janelle Loren

In the last issue, you were introduced to breast cancer survivors Kate Kromer and Sarah Trimmer. Kate, of Bangor, had her first mammogram at 35 and was diagnosed with breast cancer at 37. Sarah Trimmer, of Palmer Township, was only 30 when diagnosed.

"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. After learning I was BRCA2 positive, I was going to have a preventive double mastectomy to reduce my risk of developing breast cancer. In order to [do so], I had to have my very first mammogram. That test is what found my cancer."

Because Sarah was already prepared to lose both breasts, she went ahead with the double mastectomy to eliminate the cancer.

"Unfortunately my cancer returned just two and a half years later. For that bout I had chemotherapy and radiation... and had my ovaries removed because my particular cancer was fueled by estrogen.

"I was devastated when my cancer returned a second time. I didn't understand how... when I had already gotten my breasts removed. [However,] the second bout was not a recurrence. It was actually a whole new cancer. Most people don't know that women who have breast cancer have up to a 40 percent chance of recurrence even if they catch it early the first time."

It has been about four years since Sarah's last radiation and she now offers advice to others who have been diagnosed, both women and men alike.

"I won't say not to panic because that is inevitable. I will say they have come a long way with treatments and your best course of action is to effectively manage the side effects. Arm yourself with all the things you'll need to prepare for the treatment side effects. Identify who your support team will be.

"A cancer diagnosis affects every facet of your life, from your job to your home and beyond. People will want to help you and you need to let them. Be specific in what you ask for help with. Many times people will say, 'Let me know if you need anything,' so if you can develop a specific list ahead of time, it's helpful for you and for them. I made an Amazon wish list with specific needs. Ask for frozen meals that can be made when you aren't up to cooking. House-keeping and lawn care were also hard to keep up with during treatments.

"The last thing... is a bit of a bummer, but it needs to be said. Unfortunately, even when treatment is over and there's no evidence of cancer in your body, it is never really over. I still have to get several tests per year. I still think that aches and pains are cancer again. At times the stress and anxiety of thinking my cancer has returned really gets to me. I try my very best to live every day to its fullest and not worry about the things I cannot control, but just because someone is done with treatment does not mean that their cancer is over. It changes you forever.

"That being said, many meaningful and positive changes

come along with it, as well. I no longer smoke cigarettes. I eat a vegetarian diet. Many things have been put into perspective ever since cancer entered my life. I won't say I am grateful that I've had cancer (twice), but I will do my very best not to take a single day for granted because of it."

In addition to making positive changes in her own life, Sarah has also changed the lives of others for the better. She has made care packages for newly diagnosed cancer patients, provided positive messages through #StartAndEndHappy, and even organized a fundraiser for the Cancer Support Community of the Greater Lehigh Valley (CSCGLV), called Beards for Breasts.

After she was diagnosed for the second time, Sarah decided to have a "head-shaving party," during which she would have her head shaved surrounded by family and friends. She asked her friend Stephen Flowers to shave her head at his salon and he agreed, first giving Sarah a mullet, then a mohawk. Before the final shave, Steve asked if anyone would be willing to bid on the opportunity to shave his beard, so Sarah wouldn't be the only one losing hair that night. The event quickly raised more than \$2500 for the CSCGLV, and so Beards for Breasts was born. It is now an annual event held each October. For more information, visit

www.Facebook.com/BeardsForBreastsFundraising.

To hear Sarah's complete story, search "Start and End Happy, Sarah Trimmer" on YouTube. I watched, I cried, and I was inspired by Sarah's message and her reaction to cancer statistics.

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). Although there isn't a cure, there are steps we can take to help prevent cancer, like maintaining a healthy weight, getting regular exercise, and scheduling regular breast cancer screenings with your doctor. If you don't have health insurance, find a center that offers low-cost or free mammograms by contacting the National Cancer Institute at 1-800-4-CANCER, or the American Cancer Society at 1-800-ACS-2345. You can also contact the National Breast and Cervical Cancer Early Detection Program, which provides low-cost or free cancer screenings for women without health insurance, at 1-888-842-6355. For more on the NBCCEDP, visit www.cdc.gov/cancer/nbccedp.



Above: Sarah Trimmer and Curt Ehly at the 2019 Beards for Breasts Fundraiser. Curt had his beard shaved at this year's event. Left: Sarah with Stephen Flowers, host of Sarah's "head-shaving party."



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-Cue

Pre-Game 8:00am · Band 3:00pm

\$5.00 Cover Charge

Rain or Shine

Food and Refreshments available for purchase



BANGOR SLATER WRESTLING
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BEEF, BAGS, BINGO

SUNDAY, NOVEMBER 10

DOORS OPEN 11AM - GAMES START 1PM

BINGO

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Tickets: \$25 in advance | \$30 at the door
Includes 20 games (specials included)

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Wrestling Parents Club

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Email: TLU0424@gmail.com

Portland Hook & Ladder Co. #1
(William Pensyl Social Hall)
111 State St., Mt. Bethel, PA

Proceeds to Benefit
Bangor Area Schools
Wrestling Programs

Interviews From Past Pen Argyl/Bangor Football Game Rivalry Now Available to View

The 24 interviews of past participants in the Pen Argyl/Bangor Football Game Rivalry are now available to view. Local Historian, Walter Cole, has talked extensively to many local people, including football players, cheerleaders, band members and administrators, about their experiences for the 100th Anniversary Football Game between Pen Argyl and Bangor High Schools. The game will be held at **11:30am on Saturday, October 26** at the Paul Farnan Memorial Football Field at Bangor Park. To view these interviews online, go to penargylathletics.org and scroll down to announcements. Listed will be Walt Cole 100th Football Rivalry Interviews.



Rivalry Game Tickets On Sale

Public reserved bleacher tickets are on sale. No season passes, Colonial League passes, or gold cards (senior citizens) will be accepted. Tickets are \$10.00. Game day general admission tickets cost \$10.00. Order at slatebeltrivalry.com

Slate Belt Rivalry: Who Will Win 100th?

By Sarah Loren

It's been three years since the Green Knights beat the Slaters on the football field, but the Knights have been in the overall lead for the past 13, at 50-45-4. Now in its 100th year, this is one rivalry in which stats don't necessarily mean much. There's no telling how this milestone Bangor vs. Pen Argyl football game will end on October 26th.

"A victory any year in this rivalry game is hard-earned and special for players, coaches, and fans," said Bangor Football Coach Paul Reduzzi. "This year's game is obviously on a bigger stage and a victory will be even more important to everyone involved."

In honor of the 100th football game between Bangor and Pen Argyl, let's take a walk down memory lane and hear from rivalry alumni.

-Richard Houck, BAHS Class of '65: "In the last quarter of the game (1964), we were able to break a 7-7 tie and come away with a 14-7 win, ending Pen Argyl's streak of three consecutive wins and returning the Ike Resh trophy to the Bangor trophy case. We ended the season with a 7-2-1 record, the best in many years for a Slater team. In 1963, Pen Argyl beat Bangor pretty convincingly and added an insult by allowing some of their linemen to carry the ball. Then in 1964, even though Bangor was leading 14-7, our coach allowed our center, Glen Grigg, to carry the ball on the last play. Payback was so sweet!"

-Roger Woolley, PAHS Class of '74: "My junior year we were in a 0-0 tie near the end of the game when Rhys Williams intercepted a pass on a fake punt and returned it for a touchdown. We won 6-0."

-Rick Behler, PAHS Class of '77: "My most memorable rivalry game was during my senior year, 1976 at Bangor. Pen Argyl was winning 3-0. There were two minutes left in the game. Pen Argyl snapped the ball and I ran into the opposing end zone, giving a safety to Bangor and two points. Then Pen Argyl kicked the ball to Bangor. Pen Argyl defense held Bangor and we won."

-William "Bill" Buskirk, PAHS Class of '78: "My senior year against Bangor was memorable for a few reasons. The best was that I won the MVP award that night... and getting handed the trophy knowing we just beat [Bangor]. My mom kept a scrapbook of all my football write-ups throughout high school and that year the headline read, 'Buskirk Paces Knights 36-6 Over Slaters.' That year during the game, I separated my shoulder but kept playing--at least for some of the time. Yeah, it was memorable because it was painful!"

-William "Bill" Levine, BAHS Class of '83: "In 1981 we were warming up at Bangor Park. When we came back out for the game, there were three inches of snow! It was very cool to play in the snow."

-Dave DeRea, BAHS Class of '89: "The rivalry meant everything. It was huge. When you play Pen Argyl, it doesn't matter what either of your records are at that time. It's just gonna be a real tough game. That game is pretty much a season in itself."

For more on the history of the rivalry, visit www.SlateBeltRivalry.com.



Bangor vs Pen Argyl 100th Rivalry Game



Good Luck to the
Bangor Slaters and Pen Argyl Green Knights Football
Teams, Coaches, Players and Cheerleaders!
Enjoy this Memorable Day!

Good Luck, Teams!



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Good Luck
Green Knights!



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Good Luck Boys!



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on the
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Good Luck Slaters!



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&
Bangor Slaters

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Pen Argyl Green
Knights &
Bangor Slaters!

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Come see us at the Bangor Park for Octoberfest

**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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Gift Certificates Available

HBBA's 2019 Chili & Music Festival

photos by Lisa Newberry

The 3rd Annual Chili and Music Fest hosted by the HBBA was held on Sunday, October 13th on Broadway in downtown Bangor. The event featured 2 stages with live music, a wine, beer and spirits garden, chili, and vendors. The weather was perfect, and all who attended had a great time! See more photos on our Facebook page.



3RD ANNUAL GRAND CENTRAL LANDFILL OPEN HOUSE & CHILI COOK-OFF

Photos by Lisa Newberry

The 3rd Annual Open House & Chili Cook-Off was held on Saturday, October 5th at Waste Management Grand Central Landfill and Hauling, Pen Argyl, benefitting local non-profits. 15 area non-profits participated in this year's Chili Cook-Off. Grand prize Winner was Families First (\$1000) First Place of People's Choice-Lauren's Hope Foundation (\$500), Second Place of People's Choice - Slate Belt Regional Police Dept. (\$300), Third Place of People's Choice (\$200) - Wind Gap Fire Dept. See more photos on our Facebook



16th Annual Lukie's Fall Festival

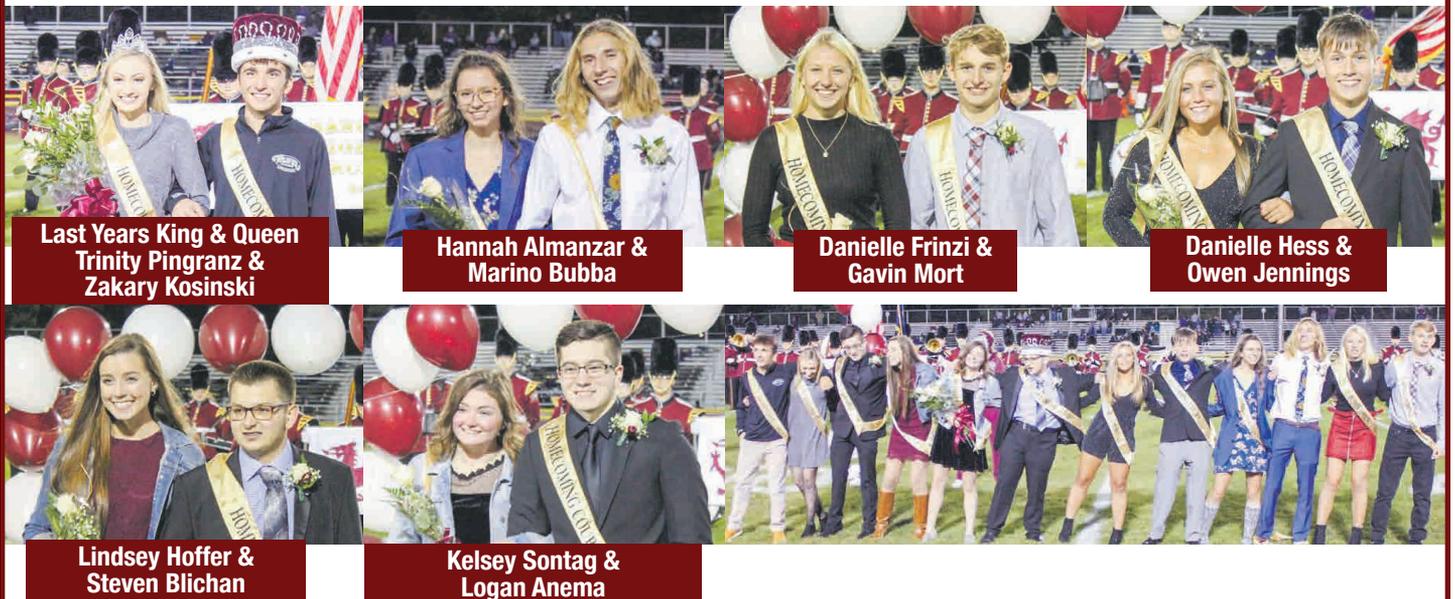
The 16th Annual Lukie's Fall Festival was held on Saturday, October 12th at Weona Park, Pen Argyl. The festival is in memory of Luke Anthony Joseph Maida, who passed away from Spinal Muscular Atrophy at 6 months old. It's a fun, family event that helps raise money for Cure SMA. See more photos on our facebook page. Photos by Lisa Newberry



Bangor Area High School Homecoming

Photos by Lou Freeman

Bangor Area High School Homecoming was held on Friday, October 4th. This year's Homecoming Queen is Kelsey Sontag and King is Steven Blichan. Please follow us on Facebook to see more sports photos.



**Last Years King & Queen
Trinity Pingranz &
Zakary Kosinski**

**Hannah Almanzar &
Marino Bubba**

**Danielle Frinzi &
Gavin Mort**

**Danielle Hess &
Owen Jennings**

**Lindsey Hoffer &
Steven Blichan**

**Kelsey Sontag &
Logan Anema**

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

Quoits, Monday, October 18th, 9:30am

Mexican Train Dominos with Chips and salsa Thursday, 24th, 9:30pm

Ladder Ball, Tuesday, October 29th, 9:30am

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 REESE

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.

NEWS FROM PA STATE REP. JOE EMRICK

Medicare Open Enrollment Underway

Tuesday, October 15th, marked the beginning of the Medicare open enrollment period, continuing through **Saturday, December 7, 2019**. It is during this window of time that you may make changes to your existing Medicare coverage, as well as join, switch, or drop Medicare Advantage or Prescription Drug Coverage plans. If you are unsure about whether you're eligible for Medicare or want to know more about coverage options and how to enroll, you will be glad to learn that Pennsylvania offers a free health insurance counseling program, APPRISE, through the local Area Agency on Aging. APPRISE counselors are specially trained to provide you with objective, easy-to-understand information at no cost to you. Throughout the Medicare open enrollment period, my Slate Belt district office will host an APPRISE counselor every Tuesday from 1-3 p.m. I invite all who are interested in Medicare benefits to call the office at 610-588-8011 and schedule an appointment. This service is offered to you for free and could save you thousands in healthcare costs. For more information, you can contact the local Area Agency on Aging or call the toll-free APPRISE Helpline at 1-800-783-7067, which is available Monday through Friday, from 9 a.m. to 4 p.m. Information is also available online at www.aging.pa.gov/medicare-help.

PLANNING FOR YOUR 2020 MEDICARE AEP

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Attn: Prayer list or email us at thebeltandbeyond@gmail.com
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Ingredients:
1 cup 100% Pure Pumpkin Puree, canned 1/2 cup Natural Peanut Butter 1 3/4 cups whole wheat flour

Directions:
Preheat oven to 350 degrees. Line a cookie sheet with parchment paper. In a large bowl, stir together pumpkin and peanut butter. **Stir in the flour 1/4 cup at a time just until dough forms.** Roll the dough out between two sheets of parchment paper to 1/4" thick. Use a cookie cutter to cut out the dough, then place on the prepared pan. Bake at 350 degrees Fahrenheit for 8-10 minutes. Let cool completely. Store in an airtight container or freeze for up to 3 months.

HELP WANTED

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 2/2

Help Wanted: Full Time Experienced Mechanic
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Good Luck Slaters!
Good Luck Green Knights!

WANTED

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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 thebeltandbeyond@gmail.com. All Classified ads must be pre-paid. No exceptions. No Refunds or Credits.

40+

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