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Bangor Crowns This Year's Homecoming King and Queen



Bangor High School crowned their 2025-2026 Homecoming King and Queen at the football game against Tamaqua on September 26th. Bangor was defeated, 20 to 0. This year's King is Loren Gaines and this year's Queen is Jocie Werner. Photo by Dale Young/The Free Weekly Press

Pen Argyl Wins Over Salis- bury High School During Boys Soccer Senior Night



Pen Argyl took on Salsbury High School on September 26th during their Boy Soccer Senior Night Game. Pen Argyl won, 3 to 1. Photo by Dale Young/The Free Weekly Press

North Warren Boys and Girls Soccer Teams Take on Warren Hills During This Year's An- nual Soccerfest



North Warren hosted this year's Soccerfest on September 27th. Both the boys and girls teams played Warren Hills. The North Warren boys were defeated, 2 to 0, the girls won 3 to 0. The JV boys lost 0 to 4, and the JV girls won 5 to 1. Photo by Dale Young/The Free Weekly Press

Families First Hosts Annual 5K and Fun Walk



Families First held their 23rd Annual 5K and one mile fun walk on September 27th. This year's best times were Avery Krome (female) and Alex Ferrell (male). Total medal winners were: Avery Krome Top Finisher under 14; Alex Ferrell top finisher 15-19; James Ehrling Top finisher 20-29; Bob Krome top finisher 30-39; Joseph McHale top finisher 40-49; Debbie Lennox top finisher 50-59; Jose Alberto Bastidas top finisher top finisher 60-69; and Louis Juran top finisher for 70+. Photo by Dale Young/The Free Weekly Press

Brown's Bill Expanding Maternal Health Care Approved by Committee

*Article by Senator
Rosemary Brown*

I am pleased to share that my legislation, Senate Bill 507, which would establish a certified midwife license in Pennsylvania, was recently approved by the Senate Consumer Protection and Professional Licensure Committee. This marks an important

step forward in addressing gaps in maternal health care across our Commonwealth.

This bill introduces a new certification for midwives, allowing them to practice independently under specific conditions. It also outlines the necessary educational requirements and clarifies when certified

midwives may prescribe medications, including controlled substances.

Certified midwives play a vital role in women's health. They not only provide care during pregnancy, childbirth, and postpartum, but also offer routine reproductive care such as prenatal services, clinical *MATERNAL cont'd on pg 2*

New in the Bangor Public Library

Adult Fiction:
The Gingerbread Bakery by Laurie Gilmore; Play Nice by Rachel Harrison; The Academy: A Novel by Elin Hilderbrand; The Secret Service of Tea and Treason by India Holton; Different Seasons by Stephen King; The Eyes of the Dragon: A Story by Stephen King; The End of the World as We Know It: New Tales of Stephen King's the Stand by Stephen King; When the Cranes Fly South: A Novel by Lisa Ridzen; Among the Burning Flowers by Samantha Shannon; The Girl With Ice in Her Veins by Karin Smirnoff; The Witch's Orchard: A Novel by Archer Sullivan

Adult Non-Fiction:
No More Tears: The Dark Secrets of Johnson & Johnson by Gardiner Harris; The Royal Butler: My Remarkable Life in Royal Service by Grant Harrold; Poems & Prayers by Matthew McConaughey; History Matters by David G. McCullough; Confronting Evil: Assessing the Worst of the Worst by Bill O'Reilly; Mother Mary Comes to Me by Arundhati Roy; Mother Teresa: A Complete Authorized Biography by Kathryn Spink

Easy Fiction: Have Yourself a Cheesy Little Christmas by John Jory

Junior Fiction: The Poisoned King by Katherine Rundell

Junior Non-Fiction: Computer Science for Curious Kids: An Illustrated Introduction to Software Programming, Artificial Intelligence, Cybersecurity and More! By Chris Oxlade

Young Adult Fiction:
Pumpkin Spice & Everything Nice by Katie Cikatelli-Kuc; A Steeping of Blood by Hafsah Faizal

DVDs:
Elio; The White Lotus: The Complete Third Season

MATERNAL
Continued from page 1

examinations, screenings, and education for new mothers. In many cases, midwives are on the front lines, identifying high-risk pregnancies and supporting women throughout their journey into motherhood. Unfortunately, many counties in Pennsylvania face severe shortages of OB-GYNs and licensed midwives. These shortages leave families without adequate care and place unnecessary



strain on the providers we do have. By creating a pathway for certified midwives to practice, we can expand access to maternal health care and ensure women and families receive the high-quality care they deserve.

Senate Bill 507 has received bipartisan support and now advances to the full Senate for consideration. I look forward to continuing this work to strengthen maternal health care access for all Pennsylvanians.

Northampton County Lawmakers Set the Record Straight on Budget Dispute with County Executive McClure

Reps. Ann Flood (R-Northampton), Zach Mako (R-Lehigh/Northampton) and Milou Mackenzie (R-Lehigh/Northampton/Montgomery) today sent a letter to Northampton County Executive Lamont McClure correcting statements about Pennsylvania's budget impasse. The lawmakers pushed back against claims that Senate Republicans are responsible for the impasse, noting the Senate passed a stopgap budget on Aug. 12 to

release funding while negotiations continued. Less than 24 hours later, House Democrats voted it down. "We urge you to stop playing politics with people's lives. Canceling events and sending letters intended to alarm constituents is not good government," the letter states. The letter also disputes a Sept. 19 letter from the county's Department of Human Services, noting multiple inaccuracies and the omission of the

stopgap budget. The lawmakers emphasized that 911 centers will not lose funding and encouraged McClure to urge House Democratic leadership and Speaker Joanna McCClinton to convene the House to pass at least a stopgap budget and restore county program funding. A copy of the letter is available at: repannflood.com/Display/SiteFiles/431/Documents/2025/Flood-MakoMackenzieLetter-toCountyExecutive.pdf

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Nathaniel Singh escorted by his Mother Tillie, his brother, Jonathan, and Inspirational staff member Mr. Straub



Mason Inscho escorted by his parents, Rosette and Calvin, and his brother, Austin



Ethan Gayda escorted by his parents Larry and Christine, and his brother, Colton



AJ Soricelli escorted by his parents Sally and Arther, his brother Michael, and his Inspirational Staff Member, Miss Peia



Vladys Unick escorted by his Mom, Jennifer, and his Inspirational Staff Member Coach Toronzi



Joe Volpe escorted by his Mother Sascha, his step-father Dave, his sister, Mercedes and his Inspirational Staff Member, Ms. Serzan.



Katelyn McElroye



Magdalyn Pilny



Keiran Sutton



Karina Corria

Please Note: Names of family members were only provided for Senior Football Members

Photos by Bob Halberstadt/
The Free Weekly Press



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NORTH WARREN CHEERING & CROSS COUNTRY SENIOR NIGHT (CONTINUED)

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PEN ARGYL VS CATASAUQUA SENIOR NIGHT GIRLS SOCCER



Kate Wilgus with her parents, Summer and Jason
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PEN ARGYL (4) VS JIM THORPE (1) SENIOR NIGHT GIRLS TENNIS

Photos by Dale Young/The Free Weekly Press



Addison Manning with her parents, Kristina and Ryan



Madeleine Blasi with her mother, Dong-Shlang Lou, and her sister Cassandra



Gracie Smith with her parents, Regina and Brad



Kean, Amo Reinroduce Bill to Improve Artificial Intelligence Literacy for K-12 in New Jersey

Reps. Tom Kean, Jr. (NJ-07) and Gabe Amo (RI-01), reintroduced the Literacy in Future Technologies (LIFT) Artificial Intelligence Act, bipartisan legislation to improve artificial intelligence literacy for K-12.

“With artificial intelligence advancing faster than ever, we must ensure the next generation is prepared to use AI effectively and responsibly,” said Congressman Kean. “The LIFT AI Act establishes a strong foundation by bringing AI educa-

tion into classrooms, giving students the tools they need to succeed in a world driven by innovation. I am grateful to partner once again with Rep. Amo on this bipartisan effort to prepare America’s students to thrive in a future shaped by artificial intelligence.”

“The rapid deployment and use of artificial intelligence isn’t just the future, it’s happening now. Our students can’t afford to wait for AI to responsibly be part of their learning experience.

” said Congressman Gabe Amo. “I’m glad to partner with Congressman Tom Kean on the bipartisan LIFT AI Act, so schools and teachers have the tools they need to ensure our students can enhance their learning with artificial intelligence.”

“To prepare the next generation of students for an AI-ready world, strengthening AI education efforts for K-12 is essential,” said Information Technology Industry Council (ITI) President and CEO Jason Oxman. “Con-

gressmen Kean and Amo’s bipartisan LIFT AI Act will help advance this important mission by bolstering AI literacy efforts, supporting AI literacy and proficiency, promoting responsible AI use, and developing educational curricula which are impactful for preparing students.”

The LIFT AI Act would:

Support a grant program within NSF for research and development of AI literacy curriculum and evaluation methods for K-12, en-

suring that educational materials are learner-centered, project based, and adaptable.

Support professional learning opportunities for educators, principals, and school leaders to enhance their AI literacy and proficiency through courses, mentoring, and best practice development.

Promote the creation of hands-on learning tools, the integration of AI literacy into existing curriculums, and the development of evaluation tools to assess AI literacy proficiency.

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PA State Rep. Ann Flood Hosts Senior Expo



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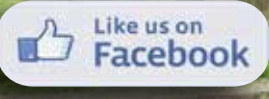


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PEN ARGYL (5) VS PALISADES (3) SENIOR NIGHT FIELD HOCKEY



Alexandria Cleffi with her father, Dominick



Savannah Martin with her parents, Jessica and William



Natosha Morrison with her parents, Aundrea and Brett



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PEN ARGYL (3) VS SALISBURY (1) SENIOR NIGHT BOYS SOCCER



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Cayden Vishnesky with his parents, Michael and Amy



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Murphy Administration Cuts Ribbon On Dr. James Still Office Historic Site And Unveils Black Heritage Trail Marker After \$1.75 Million Restoration

The New Jersey Department of State and Department of Environmental Protection today held a ribbon-cutting ceremony and unveiled a New Jersey Black Heritage Trail marker at the Dr. James Still Office Historic Site in Medford, Burlington County, the State Park Service's first African American historic site, following a nearly \$1.75 million, multi-year stabilization and restoration project.

Historically referred to as the "Black Doctor of the Pines," Dr. James Still was a self-taught physician who diagnosed and treated patients at his office in Medford, where he developed and dispensed herbal and holistic remedies. As part of today's ribbon-cutting, the New Jersey Historical Commission also unveiled a New Jersey Black Heritage Trail marker to designate the site as part of a trail-like path that connects the stories of Black life and resiliency.

"The New Jersey Black Heritage Trail shares the stories of New Jersey's African American communities dating back more than 300 years," said Lieutenant Governor Tahesha Way, who oversees the New Jersey Historical Commission in her role as Secretary of State. "Given the Trail's commitment to uplifting Black resiliency and joy, it is only fitting to have a marker on this Trail discussing the life and legacy of Dr. James Still."

"We are honored to announce the completion of the years-long restoration work that preserves African American history in our state," Environmental Protection Commissioner Shawn M. LaTourette said. "Dr. James Still's life story of perseverance, and his unwavering determination to help others, serves as an inspiration for us all."

The non-profit Dr. James Still Historic Office Site Association, an Officially Recognized Friends Organization of the DEP's State Park Service, assists the state with interpreting and maintaining the historic site.

"Members of the Dr. James Still Historic Office Site Association are delighted to achieve this milestone accomplishment in our overall mission of honoring Dr. James Still's life and legacy," said Carol Marshall-Douglas, President of the Dr. James Still Historic Office Site Association and Dr. Still's third great-grandniece. "In the



words of Dr. James Still, '... in all our dealings, let truth be our guiding star.' Dr. James Still's legacy continues to be our guiding star as we strive to ensure that Dr. James Still's enduring story continues to uplift and empower future generations."

"The restoration of the Dr. James Still Office Historic Site reflects our commitment to preserving New Jersey's diverse history while making it accessible to all," said John Cecil, Assistant Commissioner for State Parks, Forests & Historic Sites. "Visitors to the site will experience Dr. Still's office much as it appeared in 1855, all while learning from his remarkable legacy as a man who overcame extraordinary challenges to become a doctor and one of the largest landowners and wealthiest individuals in Burlington County at the time."

Work began in 2019 to stabilize the structure and restore the historic office to reflect its original design. Those activities included:

- Removal of non-original additions and materials
- Repointing and raking of the foundation brickwork
- Replacement of siding with original materials
- Painting the building in its historic color
- Restoration of windows and doors, and repairs to eaves and soffits
- Replacement of asphalt shingles with period-appropriate cedar
- Reconstruction of the office's front porch to reflect the original 1855 design
- Restoration of the original flooring, repainting plaster walls, and reinforcing structural floor joists

-Electrical upgrades, including LED track lighting for future interpretive displays.

Other improvements to the historic site include accessible parking and an accessibility ramp leading to the office's entrance. Along the ramp are herbal plantings representative of those that Dr. Still used for his practice and donated by the Dr. James Still Historic Office Site Association.

DEP purchased the Dr. James Still Office Historic Site in 2006 with Green Acres funds. Since then, additional adjacent parcels of land have been acquired by the DEP State Park Service, bringing the site's total size to 22 acres. Plans are underway to add interpretive exhibits inside the restored building to educate visitors about Dr. Still's legacy. In 2024, the New Jersey Historical Commission awarded \$20,000 to the Dr. James Still Historic Office Site Association to produce an interpretive plan for the historic site. The interpretive plan will illuminate the many stories of Dr. James Still's life and will serve as the foundation for developing the site's docent manual, ensuring consistency among guided tours.

"With the restoration of Dr. Still's historic office complete, we are excited to bring this unique site to life through new exhibits and guided tours," said Mark Texel, Administrator for State Historic Sites. "Interpreting this site allows us to share

the powerful story of Dr. Still's life and contributions, while expanding representation of African American history within New Jersey's state historic sites and parks system."

Free tours of the property are led by the Dr. James Still Historic Office Site Association every first and third Sunday of the month from 11:30 a.m. to 4 p.m. The site also features a visitor and education center operated by the Association. More information is available at drjamesstillcenter.org.

The New Jersey Black Heritage Trail was established through legislation Governor Murphy signed into law on Sept. 7, 2022, to highlight Black heritage sites through historical markers and a trail-like path that connects the stories of Black life and resiliency. The New Jersey Historical Commission leads the effort and works in cooperation with other state agencies, such as the Historic Preservation Office, the Division of Travel and Tourism, and the New Jersey Black Heritage Foundation, as well as local governments, owners or operators of Black heritage sites to identify sites for the trail.

Since 2022, 61 nominated sites have been proposed for the New Jersey Black Heritage Trail. A list of official New Jersey Black Heritage Trail sites may be found at nj.gov/state/historical/his-black-heritage-trail-all-approved-sites.shtml.

"It was a joy to work with our colleagues at the Department of Environmental Protection on this project," said Sara Cureton, Executive Director of the New Jersey Historical Commission. "We hope that the addition of a New Jersey Black Heritage Trail marker will raise awareness of Dr. Still's legacy and attract visitors to his historic office."

For more information about the Dr. James Still Office Historic Site, visit nj.gov/dep/parksandforests/historic/drjamesstill.html



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Families First 23rd Annual 5K & One Mile Fun Walk



Photos by Dale Young/ The Free Weekly Press



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EVENT**

**SATURDAY
OCTOBER 11**

**LUMBERJACKS
& LAGERS**



**WITH RATCHET
HATCHET MOBILE
AXE THROWING**



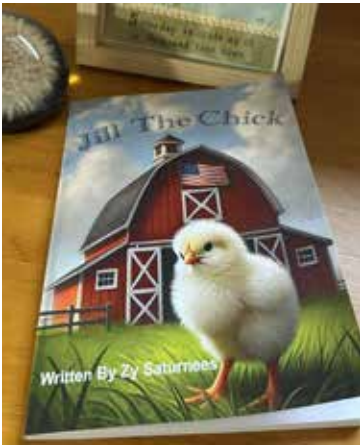
Garden Dilemmas? Ask Mary!



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Stone Associates
Landscape Design
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Hello fellow readers,
What a delight to revisit Liberty Farm’s Sussex County Sunflower Maze in Sandyston, NJ. Raj Sinha, kindly offered a tour of the maze to those who benefit from the Mental Health Association in Newton, New Jersey. The agency supports families and friends of individuals with mental illness and offers early intervention support services.
It’s their 16th year of the maze. Raj started growing sunflowers when the New Jersey Audubon Society wanted locally grown sunflower seeds. People were interested in the

50-acre field, so he decided to create an opportunity for folks to interact with the sunflowers “close and in person” and made the amazing maze.
“People travel from all over to visit, some coming right from the airport,” Raj said. Many come to the maze for special occasions, to make milestone announcements, and to take photographs. Liberty Farm’s Sussex County Sunflower Maze also hosts weddings and other events.
There’s no question that the smiling faces of sunflowers bring happiness.
Of course, I had to share the story of the sunflowers I grew from seed in the vegetable garden that my dear old grandpa, who lived with us in his last years, had hand-dug. He was a dairy farmer by trade. We’d have friendly banter about the sunflowers shading the vegetables and attracting birds that would peck at the tomatoes. “But they attract pollinators!” Raj said. That is what I told Grandpa—How cle-



ver my comeback was, even as a kid.
Sunflowers, native to North America, are a feast for pollinators. Each sunflower has up to 2 thousand florets filled with nectar, making them a lure for bees and other insects. Sunflowers can also help heal contaminated land, as they are hyperaccumulators, meaning they can absorb metal and radiation toxins. After Fukushima and Chornobyl, as part of the remediation process, millions of sunflowers were planted to absorb the toxins. And fields of them are grown to restore land contaminated with lead.
It felt like a homecoming to visit the sunflower maze and see



my counselor and other client friends from the Mental Health Association. While I am no longer accessing their free counseling services, the help received in understanding and learning ways to help navigate life with loved ones with mental illness continues to help me—such a joy to remain connected.
The visit came with a special treat of chatting with Raj’s son, who self-published a book titled Jill the Chick; his pen name is Zy Saturnees. He was busy making bouquets of sunflowers and zinnias for patrons of their farmstand. His face lit up when I asked if he’d sign a copy of his book on sale there.

‘Jill the Chick is sure to delight readers of all ages, both young and old. From a simple perspective, it’s a cute farm story about a young chick’s adventures, but as you delve deeper, it’s an inspiring and intriguing fable about good vs. evil and the struggle for justice,’ is a snippet of description on Amazon.
Indeed, it’s a charming story, and I adore Zy’s acknowledgments, thanking his parents for always being there for him as well as other family members and friends who helped him with the book, along with dedicated fans who support and believe in him.
He wraps up with, ‘I would also like to thank



my dog, my chickens, and all my fellow farm animals for always listening to my stories and ideas.’ (Are you smiling while reading this as I am writing?)
It’s heartwarming and encouraging to witness the sentiments of a young person who already understands and appreciates the world around them and all that they share it with. His presence exudes gratitude and hopefulness. And I envision his sunshine inspiring joy in others — like the fifty acres of sunflowers — as he grows forward in life. May we all do the same.
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