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April 25, 2024

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Vol. 51, No. 40



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## Bangor and Pen Argyl Take Slate Belt Rivalry To The Tennis Courts



Bangor took on Pen Argyl High School during their Senior Night Boys Tennis Match on April 15, Pen Argyl won, 3 to 2. Photo by Dale Young/The Free Weekly Press

## Pen Argyl Goes Head To Head Against Northwestern High School in Softball



Pen Argyl went head to head against Northwestern Softball on April 17th. Pen Argyl was defeated, 11 to 2. Photo by Dale Young/The Free Weekly Press

## North Warren Wins Over Hackettstown In Girls Lacrosse



North Warren took on Hackettstown High School in Girls Lacrosse. North Warren won, 11 to 10. Photo by Dale Young/The Free Weekly Press

## Pen Argyl Takes On Northern Lehigh and Southern Lehigh During Duel Track Meet



Pen Argyl, Northern Lehigh, and Southern Lehigh, Boys and Girls Track Teams went head to head on April 16th. The boys scores were as follows: Pen Argyl 19, Southern Lehigh 131; and Pen Argyl 84, Northern Lehigh 51. The girls scores were: Pen Argyl 39, Southern Lehigh 111; and Pen Argyl 78, Northern Lehigh 67. Photo by Dale Young/The Free Weekly Press

## Warren County Community College Calls for Nominations for the 2024 Hall of Fame Induction

The WCCC Foundation is calling for nominations for the 2024 Hall of Fame Induction Ceremony. This prestigious award honors outstanding individuals who have significantly contributed to the Warren County community through their exemplary

service and dedication.

Nominations are open to individuals who have demonstrated a positive impact on Warren County through their work in various fields including Business, Education, Sports, Arts, Military Service, medical profession

and or Volunteer Services. These individuals have selflessly dedicated their time and efforts to improve the lives of residents in Warren County.

"We are excited to recognize and celebrate individuals who have made a  
*WCCC cont'd on pg 9*

# PEN ARGYL VS NORTHERN & SOUTHERN LEHIGH GIRLS & BOYS TRACK



Photo by Dale Young/The Free Weekly Press

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# BANGOR BOYS TENNIS SENIOR NIGHT VS PEN ARGYL HIGH SCHOOL



Justin "PT" Araujo with his mother, Maria



Donald Law with his mother, Laura



Oliver Krejnich with his parents, Aga and Jan



Jonah Martin with his parents, Micah and Divya



Jonathan "Frank" Frank with his parents, Janelle Lechman and Allen Frank



Joshua "On Time" Gallagher with his parents, Jess and Josh

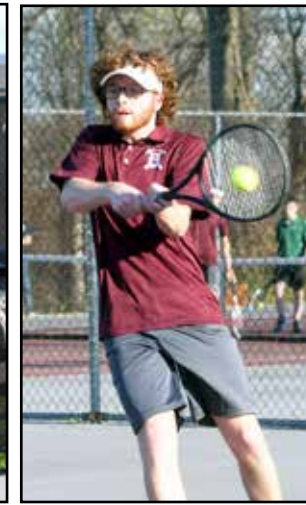


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# Ribbon Cutting at Meadows & The Moon 4-20-2024



Owners: Nick & Jessica Lebel and Representatives: Kurt Derr, Office of State Sen. Lisa Boscola; Tammy Kemp, Pen Argyl Borough Councilwoman; Abby Wachter, Office of State Rep Ann Flood; and Selina Winchester, Office of Congresswoman Wild. Photos by Dale Young/The Free Weekly Press

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# PEN ARGYL VS NORTHWESTERN SOFTBALL



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# Ribbon Cutting Held at Sundaes On Broadway



Sundaes on Broadway held a ribbon cutting on April 20th. Pictured above are: Owners, Jason & Michelle Parker (top middle) and Representatives: Kurt Derr, Office of State Sen. Lisa Boscola; Marek Tomanek, Northampton County, Office of Executive McClure's Office; Abby Wachter, Office of State Rep Ann Flood; and Selina Winchester, Office of Congresswoman Wild. Photos by Dale Young/The Free Weekly Press

## Children's Mental Health Presentation for Parents and Educators

Community members are invited to learn how to introduce young children to mental health concepts and address their corresponding feelings, thoughts and actions by attending a meeting of the Project Sussex Kids General Council, Wednesday, May 1st, 11:00 a.m., at Project Self-Sufficiency. The presentation, which is particularly designed for parents and those who work with parents of young children, will feature the Gizmo's Pawsome Guide to Mental

Health and will be facilitated by the NJ4S Mental Health Association. The Gizmo program uses the concept of a therapy dog to boost awareness of children's mental health with an extensive array of curricula, in-person activities, and interactive video content. During the presentation, Project Self-Sufficiency staff will also provide an update on Project Sussex Kids activities in the community. The meeting is free and open to the public; advance registration is encouraged.



Interested participants are invited to call Project Self-Sufficiency at 973-940-3500 to register. Project Sussex Kids, the Sussex County Council for Young Children, has

been designed by the New Jersey Department of Children & Families to address the needs of local families who are expecting or who are parenting young children. County Councils for

Young Children have been established in all 21 New Jersey counties to bring together parents, caregivers, as well as health, educa-

tion, and social service professionals to enhance communication, coordination, and collaboration of services. Additional information is available at [www.projectsussexkids.org](http://www.projectsussexkids.org).

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The Blue Mountain Community Library will host our annual spring Silent Auction fundraiser between Monday, April 15 and Saturday, May 4, 2024. There are 14 items including small appliances, cookware, purses, and more. All items are displayed on the first floor of the library. Stop in to place your bids! The winners will be notified on Monday, May 6, 2024.

# Get Your Golden Ticket! Roald Dahl's WILLY WONKA KIDS Now Playing at Blairstown Elementary School

Roald Dahl's Willy Wonka KIDS is playing at Blairstown Elementary School on Friday and Saturday, April 26th and 27th, 2024. Showtime is 7:00 p.m. both nights. This spectacular 30-minute musical, designed for elementary school-aged performers, is based on the book Charlie and the Chocolate Factory by Roald Dahl.

The delicious adventures experienced by Charlie Bucket on his visit to Willy Wonka's mysterious chocolate factory light up the stage in this captivating adaptation of Roald Dahl's fantastical tale. Featuring enchanting songs from the 1971 film adaptation

starring Gene Wilder, in addition to a host of fun new songs, Roald Dahl's Willy Wonka KIDS is a scrumdilyumptious musical guaranteed to delight everyone's sweet tooth.

BES music teacher Cate Pasculli is the proud Director of the production, with Assistant Directors Maureen Konecnik and Barbara Warnkin. Seven North Warren Regional students have additionally been supporting the production, all of whom are graduates of the BES theater program themselves. Twenty-nine BES students make up the cast, with 8 BES crew members handling the stage, lighting, sound,



The Blairstown Elementary School Musical Theater Program proudly presents WILLY WONKA KIDS. When: Friday & Saturday, April 26th & 27th, at 7pm, at Blairstown Elementary School Gymnasium, 1 Sunset Hill Road, Blairstown, NJ. Admission is FREE, but donations are greatly appreciated.

and props.

This is the ninth year of production for the BES Musical Theater Pro-

gram, which provides lots of fun and educational theater experience for students. The program has

featured shows including Disney's Aladdin KIDS, The Music Man KIDS, Seussical KIDS, Annie

KIDS, Disney's Frozen KIDS, and more. In addition to learning their lines, songs, staging, and choreography, the student performers are also learning what it means to be a member of the cast. "I am so proud of the dedication and hard work of our amazing Blairstown Elementary students," Miss Pasculli said. "You will not believe these are 5th and 6th graders; their talent is way beyond their years!"

Roald Dahl's Willy Wonka KIDS is presented through special arrangement with and all materials are provided by Music Theatre International.

## Rep. Susan Wild Statement on Passage of Foreign Assistance Packages

the U.S. House of Representatives voted to pass long-awaited foreign aid packages after months of stalled progress. In response to the passage of these bills, Congresswoman Susan Wild released the following statement:

"I am proud that today, we finally delivered on our promise to pass critical aid packages for

our allies, fulfilling our duty as global leaders in a time when that leadership is more important than ever.

"Included in this aid are bipartisan provisions I have fought hard for, which will strengthen Ukraine's ability to combat Vladimir Putin's continued aggression, support Israel's defense systems,

counter China in the Indo-Pacific, and ensure robust humanitarian aid – the exact amount I called on Speaker Johnson to include just weeks ago – is sent to innocent civilians in Gaza and other vulnerable populations around the world.

"This is an unprecedented Congress, and we took an unprece-

dedented approach – a bipartisan rule vote – to allow this legislation to continue to the floor. While our allies deserved this aid many months ago, I am encouraged that by working together and advocating around the clock, we were able to finally get it done."

Included in this assistance are a series

of provisions Rep. Wild has championed in Congress. Critical components include:

-Funding for Ukraine to replenish its weapons, stockpiles and facilities.

- Support for Israel in its effort to defend itself against Iran and its proxies, including support for the Iron Dome missile defense system.

- \$9.2 billion in humanitarian aid to Gaza and countries facing violent conflicts and other crises.

- Mandatory penalties and sanctions against Hamas, Palestinian Islamic Jihad and other associated terrorist groups.

- Comprehensive sanctions against Iran, including on ports and refineries that receive and process Iranian oil.



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The Women's Club recently held a bake sale at Ace Hardware in Bangor on April 20th, to benefit the Library and scholarship fund. Pictured above are Bonnie Due, President Elect Dorothy Sawyer and Ida Mae Ehle chairman. Nine ladies participated in making 86 Tussie Musses for Mother's Day, for the Slate Belt Nursing and Rehabilitation Center, they were Heidi Bates, Carolyn Smith, Clare Osmun, Carol Akam, Bonnie Due, Yvonne Humphreys, Betty Josephson, Barbara LaBar and June Jones. A card party will be held at the UCC church on April 25th, tickets at the door are \$10.00 doors open at 11:30, call Heidi Bates for table information at 610-599-8815

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# WCCC

Continued from page 1

significant contribution to our community," said Samir Elbassiouny, Foundation Executive Director at Warren County Community College. "Their commitment to service and tireless efforts deserve to be acknowledged and honored."

Nominations for the 2024 Warren County Hall of Fame Induction will be accepted until May 7, 2024. To nominate someone for this eminent award, please contact Samir at Samir@warren.edu or call 908-835-2334 to request a nomination form and for more information.

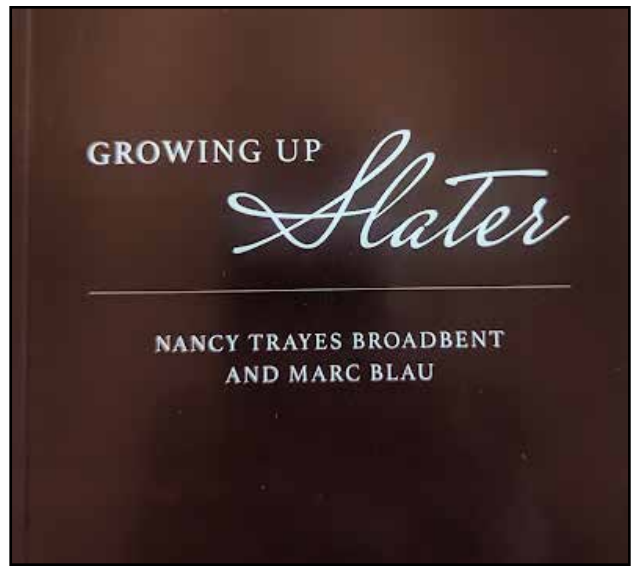
This year marks the 14th Annual Warren County Hall of Fame event, which is proudly sponsored by the Warren County Community College Foundation. Through this initiative, the Warren County

Hall of Fame Committee continues its tradition of recognizing and celebrating the exemplary service of individuals who make Warren County a better place to live and work.

This year's Hall of Fame induction dinner will be held on November 16th, 2024, at 5:30 pm at Hawk Pointe Golf and Country Club.

For media inquiries or more information about the Warren County Hall of Fame, please contact Samir Elbassiouny at samir@warren.edu or 908-835-2334.

Warren County College is a leading institution dedicated to providing quality education and fostering community engagement in Warren County. Through its diverse programs and initiatives, the college strives to empower individuals to achieve their academic and professional goals while making a positive impact on the community.



The Slate Belt Heritage Center will hold their monthly historic program on Thursday, May 11th @ 7:00 PM. Co-Authors, Nancy Broadbent and Marc Blau will present their book, "Growing Up Slater". They will discuss the research and writing of this very popular and memorable book. Audience members are asked to come and share their own memories of "Growing Up Slater" regardless of whether or not they have read the book. Limited copies are still available. There will be no reprint so get yours now. The event is free and open to the public. The Heritage Center is located at 30 North 1st Street, Bangor, PA. For additional information please contact: Karen Brewer at 484-894-5661.

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### Garden Dilemmas? Ask Mary!



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

Hello, fellow readers,  
Have you ever considered Broadleaf Plantain, the flat-leaved weed with spikey seed heads that invades your lawn, a beneficial plant? It was news to me to learn that it's a valuable herb, though I've known for years that Dandelions should be considered welcome lawn guests.  
How I learned about the benefits of Plantain came from a recent herb garden design. An associate installer, who advocates environmentally friendly practices using

native plants, asked me to design the garden tucked away in the corner of a Princeton home. A substantial urn takes center stage with an angled pattern of two-by-two-foot bluestones to serve as a design element and function to tend to the plants. Espaliered pear trees are along one wall, and climbing roses adorn the other.  
When a roster of desired plants came, I was surprised that Broadleaf Plantain (*Plantago major*) was on the client's wish list. But what makes a weed, defined as a misplaced plant, is a matter of opinion.  
Broadleaf Plantain, also called Band-Aid Plant, offers first-aid remedies too. And the trouble-free plant grows in all zones in full sun.  
You likely know by now that my lawn philosophy is, "If it's green, it's good," as long as it's free from nasty chemicals. But a pool of dozens of Plantains with their large flat leaves have overrun our lawn in areas filled with violets, sunny dan-



delions, and native white clover I adore, as do pollinators.  
The spikey things on Plantain are the flowers, which aren't beautiful. And they often don't get cut by the mower, so after a fresh cut, the lawn looks messy. Like the waxy stems of Dandelions, though I adore their yellow flower faces decorating the yard. So, I accept the spent stems as a minor inconvenience.  
Dandelions are full of nutrition, more so than kale and spinach, and the greens taste like arugula.



You can also make them into wine. In the latest Podcast, Episode 157, I share Koleen's hilarious childhood memory of making Dandelion Wine, sure to entertain (on AskMaryStone.com and your favorite Podcast App.) Plus, Dandelions attract beneficial ladybugs, which feed on pests such as aphids, mites, leafhoppers, scales, and mealybugs.  
We have plenty of standard grass, too, thanks to Curt, who, each Spring and sometimes Fall, fills in bald spots—most times

have astringent qualities. You can bruise a leaf to bring out the juices and place them on a wound or soothe diaper rashes. Or chew or mash leaves between two rocks to make them into a lump to treat a bee sting or cut.  
In addition, they say Plantain Tea aids diarrhea and yeast infections and helps coughs. First, ensure the lawn is free from chemical herbicides, pesticides, or fertilizers. And, if you can't find enough in your yard, you can buy Broadleaf Plantain seeds online. Imagine that!  
At times I take great pleasure in using the nifty screw-driver-like weed removal hand tool to pop the suckers out of the ground; the only effective way to rid yourselves of Plantain as they readily grow back if a tidbit of root remains. Plucking them out is kind of like removing blackheads; maybe it's just me, but I find it rewarding somehow. So now I'll think of it as a bountiful harvest.  
Garden Dilemmas? AskMaryStone.com (and your favorite Podcast App.)

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Siding, Roofer, and Window Installer. Experienced only. Must have drivers license. Work available immediately. Call Comunale Construction at 610-588-6715 TS

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Breakfast Cook Wanted Mornings 6am to 2pm Apply in Person Mt. Bethel Diner 2600 N Delaware Dr., Mt Bethel

**CDL & LABORERS WANTED**  
Henry Yeska & Son Septic Service Hiring CDL Drivers Class A & B and Laborers. Full time and part time available. Experience preferred but not required. Will train on the job. Please call the office at 610-759-3290. TS

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Independent Seasoned RN to provide in home medication, medical services, and personal care in Slate Belt Area Weekends Preferred. Reasonable Rates 601-466-5309

**Saturday & Day Shift Servers Wanted At Hunter's Lodge in New Jersey Please Call 610-888-6613**

Part Time Tree Helper Wanted! Must Have Valid DL. Call 610-588-1034 TS

Help Wanted Must Have Taken CDL Endorsment Class A or B Benefits Offered & Vacation Time Apply by Calling 610-759-3290

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

**HELP WANTED PART TIME FIREWOOD SPLITTER 610-588-1034**

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

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

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

**Rentals**  
Office/Retail Space for Rent Heat, AC, Water, Sewer, & Garbage Included. \$550/mo. William St., Pen Argyl. Call 484-330-0093

10 x 20 Garage for Rent! Electric Overhead Door w/ Concrete Floor. \$125/mo. William St., Pen Argyl. Call 484-330-0093

**Boat**  
14' Smokercraft "Big Fisherman" 15HP/ "All" Accessories Included \$4,000 484-894-4434

**Comic Book Show! Sunday, April 28th! Mt. Bethel Fire Hall, Rt. 611, Mt. Bethel Admission \$5. FMI call 609-242-7756**

## Classified Ad Order Form

Non-commercial classified ads (Misc., Vehicles, Recreation, Wanted, Pets, Yard Sales) are \$5 per week, per inch (1.8" W x 1" H). There is no charge for Free items. Services, Rentals, Real Estate, Homes For Sale and Help Wanted ads are \$15 per week, per inch. Please specify the category in which your ad should appear, the size your ad should be (boxes on right), and how many weeks your ad will run. Please PRINT ad information.

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# PUBLIC NOTICE

**PLEASE ATTEND MEETING IF YOU DON'T WANT YOUR TOWN TO GO INDUSTRIAL Warehouse, Light Pollution, Local Resource Water Aquifer Depletion Set For Frelinghuysen Township, Rt. 94**

## PLEASE TAKE NOTICE

That One Faith Wellness LLC has made an application to the Frelinghuysen Township Land Use Board for the property known as Block 201, Lot 31.01 located at 720 Route 94, Warren County, NJ. The property is situated in the Township's "ROM" Zone District. The Applicant is seeking preliminary and final site plan approvals and bulk variance relief to allow for the development of the property for a cannabis cultivation facility which is a conditionally permitted use in the ROM Zone. Bulk variance relief is required because the Applicant does not meet the ROM Zone district's minimum setback requirement between buildings whereas 50 feet is required and only 1.50 feet is proposed between the enclosed greenhouses. The Applicant further requests such variances, waivers, permits, approvals or licenses that are deemed necessary or appropriate upon review by the Applicant or the Board.

The maps, plans, plats and applications for which approval is being sought are on file with the Land Use Board Secretary and are available for inspection at the Municipal Building during normal business hours.

This notice is provided pursuant to the rules of procedure of the Frelinghuysen Land Use Board and state law. If you need further assistance, the Township's Land Use Board Secretary, Dawn McPeck, may be contacted at (908) 852-4121 or via email at [landuse@frelinghuysen-nj.us](mailto:landuse@frelinghuysen-nj.us).

LAVERY, SELVAGGI & COHEN, PC  
Attorneys for the Applicant,  
One Faith Wellness LLC

*The proposed project will put back to back large buildings in plain sight on Route 94 by Wilbur's Country Store and Yellow Frame Church. They will be a huge draw on our water supply, but yet build and asphalt right above the watershed runoff for the Paulenskill. Fertilizers and other toxins used will be rinsed right into the spotted salamander creek and will be rinsed right into our drinking water source. The lighting will need to be 24/7 and will put a huge draw on the electric supply. Plus, say goodbye to dark starry sky nights. Trucking will complicate route 94 and Frelinghuysen school traffic.*

**PLEASE ATTEND ALL UPCOMING TOWNSHIP COMMITTEE & LAND USE BOARD MEETINGS!**  
**Land Use Board Meeting - May 6th, 7pm**  
**at Frelinghuysen Forest Preserve Rec. Center, 139 Lincoln Laurel Rd., Blairstown, NJ**  
(Land Use Board Meeting are Normally held at Town Hall)

ALL CITIZENS CONCERNS SHOULD BE ADDRESSED BEFORE CONSIDERING/APPROVING A PROJECT SUCH AS THIS!



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LOCAL NEWS IS OUR MOST TRUSTED SOURCE OF INFORMATION ABOUT THE WORLD AROUND US. IT PROVIDES A SHARED UNDERSTANDING ABOUT WHAT'S HAPPENING IN OUR TOWN HALLS, SCHOOLS, & BUSINESSES.

**BUT LOCAL NEWS SEEMS TO BE DISAPPEARING!**

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