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Pen Argyl students waited for the busses outside of the high school before being wisked away to the 2024 Prom on May 3rd. This year's prom, titled "STORRY KNIGHT" was held at Woodstone Country Club. Photo by Dale Young/The Free Weekly Press

North Warren Wins Big Over Newark East Side in Boys Lacrosse



North Warren took on Newark East Side High



A Vintage Volkwagen Parae stopped by Hunter's Lodge located at 64 Rt. 46, in Columbia, NJ, on May 4th. Photo by Doreen Rutherford/The Free Weekly Press

Iconic Land of Make Believe To Feel The "Fury" in its 70th Year of Family Fun



Believe when it launches its 70th season of family fun Memorial Day Weekend, Saturday May 25 through Monday May 27.

You don't have to travel far to enjoy a fun-filled day of affordable family excitement with rides, water slides, a safari adventure, river tubing, live theater, boardwalk games, and a host of other activities. For the ultimate "day vacation trip" Land of Make Believe checks all the boxes, and this year there is something extra special for children, teens and parents with the park's newest ride, "Pirates Fury." The new ride takes family members of all ages on the high seas as the ship rocks back and forth as if they are enduring stormy waves are in the ocean. For those "true pirates" that's just one of many exciting adventures offered at Land of Make Believe, conveniently located on Route 80, Exit 12, and a short drive from Routes 31, 46 and 78. LOMB cont'd on page 3

FIND THIS PAP FACEBOOK & On www.thepressnews School during their Senior Night boys lacrosse game on May 4. North Warren won, 16 to 2. Photo by Dale Young/The Free Weekly Press

Pen Argyl Goes Head To Head Against Salisbury During Senior Night Baseball Game



Pen Argyl went head to head with Salisbury High School during their Senior Night Baseball game on May 2nd. Pen Argyl was defeated, 14 to 5. Photo by Dale Young/The Free Weekly Press

Get ready to feel the "fury" at Land of Make

Bangor Wins Over Saucon Valley During Senior Night Baseball Game



Bangor went head to head against Saucon Valley during their Senior Night Baseball game on May 2nd. Bangor won, 12 to 2. Photo by Dale Young/The Free Weekly Press

BANGOR, PEN ARGYL & SAUCON VALLEY GIRLS & BOYS TRACK MEET























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May 9, 2024

The Free Weekly Press

Continued from page 1

The iconic award-winning amusement park has been entertaining young children, teens, parents and grandparents for generations with an array of rides, attractions and activities for the whole family.

In the past few years Land of Make Believe has expanded its "land and water" rides to in-clude new thrill rides for young adults such as the Scream Machine 360, Safari Adventure, and the new spinning roller coaster. The expansive award-winning Water Park, with something for any age, has also added numerous challenging water slides.

Land of Make Believe continues to offer plenty of classic rides for children of all ages, and the whole family, including the Ferris wheel. Merry Go-Round, and the Thriller Roller Coaster.

Land of Make Believe was selected as one of the most iconic amusement parks in America (and the only one in New Jersey) alongside Disney World in Florida, Kings Dominion in Virgina, Knotts Berry Farm in California call 908-459-4521.

and many other "big name" parks around the country, has been recognized by numerous organizations for its outstanding safety record.

Land of Make Believe prides itself on being clean, safe, wholesome and affordable. It is unique to other amusement parks in that it offers free parking and invites families to bring in their own food for a picnic or partake in the many tasty items available for purchase - including the super popular cheese fries and homemade Fudge. One price tickets covers every ride and attraction in the park. In addition, Land of Make Believe supports 400 acres of open space as a benefit - and at no cost to taxpayers.

After Memorial Day Weekend, Land of Make Believe is open weekends in early June, and daily beginning on Father's Day Weekend, June 15, through Labor Day Weekend in September.

For more about the park or to purchase tickets in advance, visit LOMB.com or its Facebook page, Land of Make Believe Hope NJ. For those interested in employment at Land of Make Believe,

NORTH WARREN VS NOTRE DAME EAST SOFTBALL







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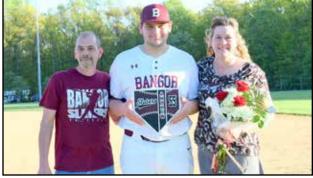
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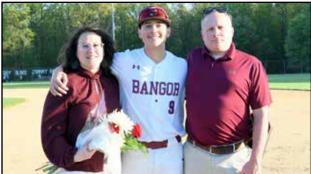
BANGOR VS SAUCON VALLEY SENIOR NIGHT BASEBALL



Andrew Bosco with his parents, Kenneth and Ingrid



Gregory Campbell with his parents, Eric and Tricia



Johnny Merlo with his parents, Eric and Bernadette



Jensyn Buist with her parents, Jeff and Julie



Vinny Celona with his parents, Fran and Jane



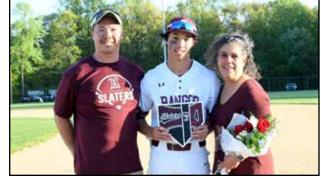
Cody Quagliato with his parents, Mark and Julie



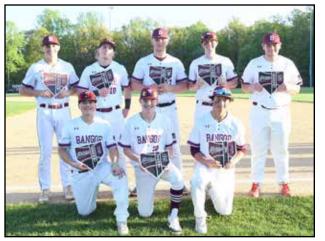
Sophia Calantoni with her parents, **Mike and Michele**



Blake Kornafel with his parents, Nick and Alissa



MJ Siu with his parents, Kim and Max









Riley Stapp with his parents, Josh and Melissa Photos by Dale Young/The Free Weekly Press



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PEN ARGYL VS SALSIBURY SENIOR NIGHT BASEBALL



Bethany Kuster with her father, Kraig



Lance Albanese with his parents, Peter and Christine



Shane Black with his mother, Christy



Dylan Corsetti with his parents, Troy and Krista



Riley Badua with his mother, Katrina



Logan Dehart with his parents, Glenn and Heather

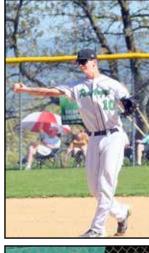


Kael Grim with his parents, Kristin and Jason



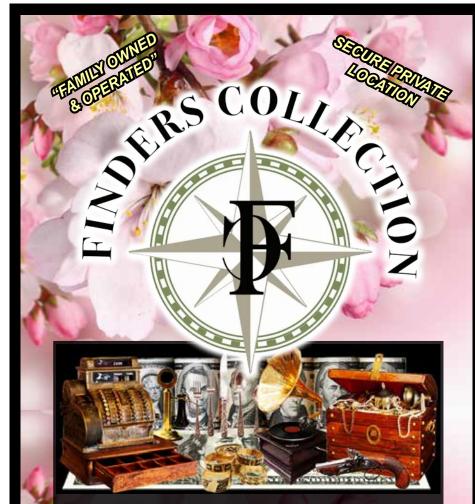
Luke Hackman with his parents, Lisa and Shawn











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Bradley Rissmiller with his parents, Heather and Tom



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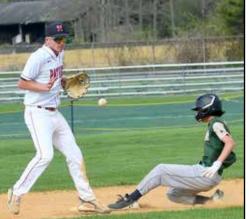
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NORTH WARREN VS NOTRE DAME EAST BASEBALL

Photos by Dale Young/The Free Weekly Press





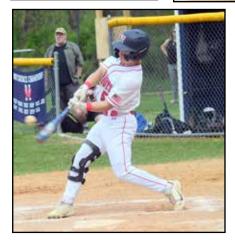




















Life will always throw you curves, just keep fouling them off... the right pitch will come, but when it does, be prepared to run the bases. ~Rick Maksian





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Project Self-Sufficiency Programs Educate Public, Support Trauma Survivors, **Promote Prevention (Offered in English & Spanish)**

Project Self-Sufficiency will offer three workshops during May regarding adverse childhood experiences with the goal of educating the public, supporting trauma survivors, and offering tips for prevention and healing within the community. The workshop and discussi-on series, "Connections Matter", which facili-tates the conversation about issues surrounding childhood trauma, will be offered virtually over Zoom in English, May 21st, 2:00 p.m., and in Spanish, Tuesday, May 28th, 2:00 p.m. A virtual

"Understanding ACEs: Building Self-Healing Communities" presenta-tion on Thursday, May 30th, 2:00 p.m., will address the neurological and biological effects of adversity on development and its corresponding impact on the health of the overall population. Tips for protection, prevention, and promoting resilience within the community will also be discussed. All workshops are free and open to the public; interested participants are invited to call 973-940-3500 to receive login details.

The Connections Matter curriculum invites providers, parents, and community members to build caring connections to improve resiliency. Discussion during the workshops will focus on understanding adverse childhood experiences and demonstrating how caring connections can serve as a primary buffer in the negative effects of trauma. The training is appropriate for parents and providers raising and teaching school aged children.

During the Understanding ĂCEs workshop, parents, caregivers, and other community providers will learn how childhood trauma impacts physical and neurological development and discuss methods for improving health and wellbeing across the lifespan. All three workshops are funded by the New Jersey Department of Children and Families and led by Prevent Child Abuse New Jersey.

Speakers will address the impact of adverse childhood experiences on social, emotional, and cognitive development, and offer tips and strategies for building resiliency. Adverse childhood



The Lions Club of Richmond presented a check to the Blue Valley Rescue Squad at its March meeting. Thank you for your service! Pictured left to right: Richmond Lions President John Messina, Club secretary John Corica, Blue Valley rescue President Brett Morrison, Club Treasurer John Hocking and Blue Valley Rescue Chief Sue DeFranco. Courtesy John Messina



experiences (ACEs) are widely recognized as falling into three distinct categories, abuse, neglect, and household dysfunction. Examples of negative behavior said to result from ACEs include smoking, alcoholism, drug use, absenteeism, and lack of physical activity. These behaviors can cause a cascade of physical and mental health problems, from diabetes to cancer to suicidal thoughts. It is estimated that approxi-mately 67% of the popu-lation has experienced at least one adverse childhood experience.

Project Self-Sufficiency is bringing together professionals, providers, and parents who are committed to increasing awareness of the impact of childhood trauma on iuvenile development,

future violence victimization and perpetration, and lifelong health and opportunity. "Our goal is to help make our community a place in which every child can thrive by providing education and training on adverse childhood experiences and assuring safe, stable, nurturing relationships and environments," ex-plains Project Self-Sufficiency Executive Director Deborah Berry-Toon. "Protection, prevention, and resilience promotion can profoundly improve health according to recent discoveries in neuroscience, epigenetics, and epidemiology. The tools identified in these workshops can positively impact public health, safety, and productivity, and reduce public and private costs now and for

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NORTH WARREN VS NEWARK EAST SIDE SENIOR NIGHT BOYS LACROSSE



Miykael Barnes with his mother, Tillie





Alex Barton with his parents, Mary and Jim, and brother, James





Logan Schwenke with his father, Scott, and brother, Alex





Zach Zebrun with his parents, Brooke and Mike, and brother, Trey

Photos by Dale Young/The Free Weekly Press

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May 9, 2024

Warren County Habitat for Humanity's Community Center Celebrates 2 Years!

For the past two years, Warren County Habitat for Humanity's (Warren County Habitat) building at 31 Belvidere Ave in Washington has operated as a successful Community Center. Many will remember the building as a simple office space with construction needed in the back, a Habitat for Humanity thrift shop, or even as the home of the Central Warren Youth Association (CWYA) for many years. In 2009, the CWYA donated the building to Warren County Habitat for Humanity with the hopes that the organization would someday continue providing services for youth. In 2022, that dream was finally realized.

Two years and almost one thousand events later, the Warren County Habitat Community Center has grown into a lively hub bursting with Anniversary.

activity! With an average ning with free Tai-Chi/ lebrations, there was a of sixty-two events per QiGong on Thursday, special lunchtime performonth, from restorative yoga to high-energy kids' parties and Zumba classes, Warren County Habitat is honored to carry on the traditions set in motion by the CWYA. Faith Tempany, organizer of the Community Center's monthly Toddler Time, shared that "[the Community Cen-ter and Toddler Time] have definitely been a huge impact for me and the other moms, and for our kids. They're building friendships, and it's really sweet to watch! It's [also] good for the parents...we've built friendships, we vent to each other and we know we're not alone.'

During the first two weeks of April, the Community Center hosted a series of events to celebrate their Two-Year Begin-

April 4th, members of the community focused on centering themselves and channeling positive energy. The very next day, adults and children alike spent some time unleashing their creativity with crafts and even had surprise visits from Disco Barbie and Batman!

Two hours of free exercise classes took place that evening, beginning with a warm-up from Sandy who instructs Zumba Gold, a low-impact version of regular Zumba, and moving into an hour of regular Zumba taught by instructors Camee Lee and Marina Tasevska. After participants danced their hearts out, they cooled down with a half hour of yoga from instructor Silvia Baldwin.

To round off the ce-

mance hosted by Kevin McCann and Steve Kirchuk, the organizers of the biweekly Open Mic Nights. Local bands and musicians such as Diana Dove, Fred Romano and Avoiding Foreclosure played covers and originals as Warren County music lovers spent their lunch break being serenaded.

Warren County Habitat for Humanity is proud to serve the community of Washington Borough and beyond with programs, company and organization-run meetings and events for all ages. To book your next meeting or event at the Community Center, please fill out an interest form warrenhabitat.org/ at cc. For more events at the Community Center, please visit warrenhabitat.org/cc/cccalendar. To

County Habitat for Hu- to visit their website at manity is doing in your www.warrenhabitat.org.

support the work Warren community, feel free

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The Senate Judiciary Committee considered nominations for the Pennsylvania Parole Board – including constituent, Martin Pane. I was pleased to speak on his professionalism, extensive experience, and admirable gualifications to this important position. Through his work, Martin has had a highly distinguished career in law enforcement beginning in 1988 as a US Deputy Marshall working his way up to a United States Marshal in 2011. Under his leadership, the Middle District of Pennsylvania received the US Marshal Service Distinguished District, the highest service award. Martin received a well-deserved unanimous favorable recommendation by the Senate Judiciary Committee. His nomination now moves to the full Senate for consideration.

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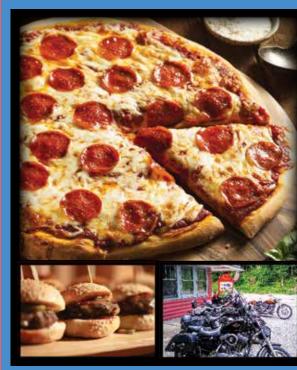
Additions · Basements *Kitchens* · *Bathrooms* Sunrooms · Patios New Garages Built



On April 27th and 28th, The North American Grappling (Jiu-Jitsu) Association held the world championship competition in Morristown, New Jersey. Dominic Daleo, of Blairstown, age 7, a student in the Blairstown Elementary School and who trained at Lobo MMA in Blairstown, N.J., won first place in his division, the 52 pound division, yes 52 pounds. There were over 1000 adults, teens and children in that competition. Dominic competed in the No-Gi match. Fighters that practice no-Gi wear shorts and rash guards (or t-shirts) instead of traditional garb. By eliminating the option of using cloth grips, the dynamic of fights completely changes. This variation of Jiu-Jitsu tends to be faster-paced and places greater emphasis on positional control, speed, and transitions. Dominic won all 3 of his matches and was awarded this ceremonial Samurai sword. Photos by Bob Halberstadt/The Free Weekly Press







Celebrate Mom This Sunday. May 12th



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PEN ARGYL VS SALISBURY SOFTBALL SENIOR NICHT



Pen Argyl took on Salisbury High School on May 2nd for their Senior Night Softball game. Pen Argyl won, 7 to 3. Senior members are: Kristen O ' Brien, Isabella Groves, and Miyah Rivera. Photos by Christmas City Studios.

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Pen Argyl High School 2024 Prom







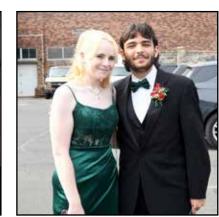




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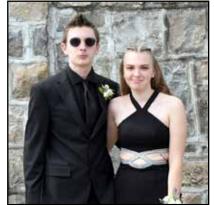


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Attention Graduates of the Bangor Area High School Class of 1974

You are invited to be our honored guests at the Bangor Area School District One Hundred Thirty-Ninth Commencement Exercises on Thursday, May 30, 2024 (rain date – Friday, May 31, 2024) at Bangor Veterans Memorial Park Stadium, Eisenhart Boulevard, Bangor, PA. Attendees should report to the VIP Tent at 5:30 pm for light refreshments at the stadium entrance near the intersection of Broad and Eisenhart Blvd.

Commencement Exercises will begin at 6:30 p.m.

R.S.V.P. to: Susan (Melnick) Hartmann – Phone: (570) 424-6016 or Email: shehart3@gmail. com by May 16, 2024. Please note if you will be accompanied by your spouse.

BANGOR VS SAUCON VALLEY SOFTBALL SENIOR NIGHT



Bangor took on Saucon Valley in their Senior Night girls softball game on May 2nd, winning, 4 to 3. Pictured above are seniors: Amy Blaha, Jaelyn Silfies, manager Kylenna Gonzalez, and Jade Hendricks. Photos by Christmas City Studios.

The 8th Annual TRI Mountain Lake Sprint Triathlon with DASH Multisport July 13th, 8am - 2pm Prices Range from \$60 – \$115

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This sprint triathlon has been called "the hidden gem" of NJ races. It tours the surrounding area of Mountain Lake in Liberty Township, New Jersey. After a 1/4 mile swim in the pristine lake, get ready for some ups and downs in the 15 mile bike ride. Then finish off on the 3 mile run giving a view from each angle of the lake. This race can be done as an individual or as relay team of 3. And new to the race day events is a 3 mile run that will start just after the triathlon and follow the same course for the run as the triathlon does!



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The Free Weekly Press

Garden Dilemmas? Ask Mary!



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

Hello, fellow readers,

It's mulch time, and John from Andover, NJ, asked what kind of mulch to use. First and foremost, stay clear of trunks and stems to prevent disease. That's my polite way of saying no volcano mulch, please.

There once was a trend and using Cocoa Mulch, which can be toxic to pets, and the sweet smell can attract wild animals, so best to stay clear. Then there's the controversial Dyed Mulch, often made from recycled wood products such as wood pellets, old decks, and other construction debris, which may have harmful chemicals. Plus, there's the dye to camouflage the wood used. Recall how hot it is to walk barefoot little eggs inside cups.

on a blacktop driveway. The same goes for Black Mulch around plants, impacting plant health by heating the roots. Hence, Dyed Mulch is another stay-away to keep plants healthy.

I prefer Cedar and Hemlock mulch, which have fewer mold spores than other hardwood mulches and don't break down as quickly.

Speaking of spores, Jeanne shared a fungi dilemma- a plethora of mushrooms amongst garden mulch. her Mushrooms are the fruit of valuable spores that decay organic material and recycle nutrients back into the soil, which is beneficial for plants. However, in volumes, they're unsightly in the garden.

of Many types mushrooms can evolve in your mulch, from the classic toadstool to smelly finger-like stinkhorns that attract insects. There are the puff balls I loved to pounce as a kid to release black clouds of spores. Then there's the bright pink, orange, or yellow slime mold that looks like a dog hurled. Sorry if you're eating breakfast.

Groups of birds' nests mushrooms look like





It's the dreaded artillery fungus with clusters of minute orange-brown or cream cups with black specks in the center, which shoot tarlike spores onto siding, walkways, and even on cars that are impossible to remove.

Mulch should never be more than two or three inches, as too much inhibits air circulation needed for root health. Plus, too-thick mulch will create a mat that hinders moisture from getting through to roots, and it kills microorganisms that prevent spores from fruiting, meaning you'll have more mushrooms.

Hand watering at the roots or drip irrigation rather than sprinklers will help limit mushroom colonies. While fungicides are used in lawns to treat short-lived fungi like leaf spot and root rot, they won't help fungi that create mushrooms. Instead, rake mulch periodically to interrupt the fungal cycle, inhibiting them from fruiting. If mushrooms have formed, remove them and toss them into a bag to dispose of them to



prevent further spreading of spores.

Mushrooms prefer acidic soil. Adding lime can make the soil more alkaline, but it would negatively affect other acid-loving plants. (Many folks apply lime routinely; please don't without testing the soil first, which you can do at your local extension office.)

They say two tables-poons of baking soda mixed with a gallon of water won't change the soil's chemistry or pH, but it will disrupt the ideal conditions for fungal growth.

While you can refresh decaying mulch by adding a half-inch of fresh mulch on top, once mushrooms become running amok, it's time to remove and install new mulch. Add the old mulch to the compost pile, turning it every few

months to create compost soil.

Organic Compost Soil or Leaf Mold Instead of Mulch (column archived on AskMaryStone.com) is a nourishing alternative for your plants. It's already broken down, so mushrooms won't have much to feed on.

Penn State researchers discovered blending four parts of mushroom compost, also sold as mushroom soil, with ten parts of mulch significantly impedes artillery fungus and other annoying fungi because it contains beneficial microbes that destroy it. Plus, mushroom soil, the byproduct of edible mushroom production, will boost plant growth. If you can't beat 'em, join 'em.

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



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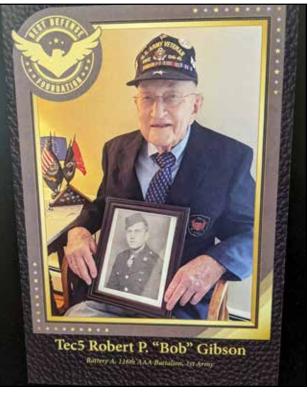
World War II D-Day Hero Named Parade Marshal in Washington, NJ



Pictured above is Bob with an artillery shell in his living room.

then there are heroes! Robert (Bob) P. Gibson, this year's Grand Marshal for the Washington Celebrates America parade, va-liantly fought for our country during World War II, and in fact was among the Allied soldiers who landed on Normandy Beaches in

There are heroes, and France on June 6, 1944, the day also known as D-Day, which was considered one of the pivotal moments that helped end the war in Europe. This year's Washing-ton Celebrates America old-fashioned community parade takes place on July 4 in Washington Borough. The day begins that morning with



the Orange Crate Derby and ends with the fireworks at the Warren Hills Middle School at dusk. The parade, featuring local organizations, fire engines, first aid vehicles, marching bands, and more, steps off at 3 p.m. and takes place along Belvidere Avenue and Broad Street.

Gibson, who lived in Washington Township for many years and is a Past Commander of American Legion Post

103 in Washington (and still a member), turns 101 in September. In June for the third consecutive year, he'll be flying to France to commemorate the anniversary of the invasion. This time the trip will be extra special as it marks the 80th anniversary of D-Day. "I was still in high

school when I joined the Army in 1943," relays Gibson, who was a senior at Hampton High School at the time. "My father got my diploma." After basic training in the United States, eventually he was on the Queen Elizabeth heading to Ireland - and then England - for addi-

"We knew we were being trained for a battle, but nobody knew where it would be," he says. They trained in England for about a year in what turned out to be training for the D-Day invasion.

During the invasion, Gibson drove an M4 tractor with 90mm AA guns onto Utah Be-ach with a crew of five others. Two members of his crew were killed, as were hundreds of other soldiers during the battle. "We were all just 18 and 19 year old boys," he says.

Six months after D-Day, Gibson participated in the Battle of the Bulge, another pivotal moment in the war.

A research engineer for 44 years after the war, Gibson, who grew up in Hampton and lives there now, is a longtime member and former President of the Hampton Fire Company. His ties to the area are deep.

Gibson, whose favorite restaurant was the long gone Wayfarer on Route 31, has been married twice, to Betty and Arlene, both of whom are deceased.

Gibson proudly notes that he has owned 100 automobiles in his life, many of which were purchased at Smith Motors. His first car was a 1923 Chevrolet. One of his favorites was a 1956 Lincoln Continental Mach VII. Another was a 1953 MG. Over the years he owned several Volkswagen Bugs. In his driveway now is a 2019 Volkswagen SUV, although, he admits, these days his niece Jennifer Jones won't let him drive because he says, "I have a heavy foot!"

In Hampton, where Gibson has also served as Mayor and on Town Council, the street he lives on is named after him. Gibson, who has been recognized by various organizations for his contributions, is clearly a well deserving Grand Marshal!

For more details about Washington Celebrates America, an all volunteer driven event, visit its Facebook page.



Cheese, & Porta Bello Mushrooms.......\$19.99 Maryland Crab Cakes......\$16.99 Smoked Pork Chops (2).......\$18.99

Above Entrees Served with 2 Veg., Soup or Salad & Cake

Shrimp Trio (21) Breaded, Broiled & Cocktail over Rice *Includes soup or salad, 1 veg., & cake....\$24.99 Braised Beef Ravioli w/ Mushroom Sauce *Includes soup or salad & cake\$16.99 Shrimp & Broccoli Penne w/ Carlic & Olive Oil *Includes soup or salad & cake.......\$18.99

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Mother's

day

Regular Menu Available Dine In or Take Out

Hours: Mondays:6am-9pm Tuesdays: 6am-3pm Wed-sun: 6am-9pm