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SENIOR NIGHT PHOTOS

Bangor Football & Marching Band Pages 2 & 3

Bangor Girls Tennis Page 4

Pen Argyl Field Hockey Page 8



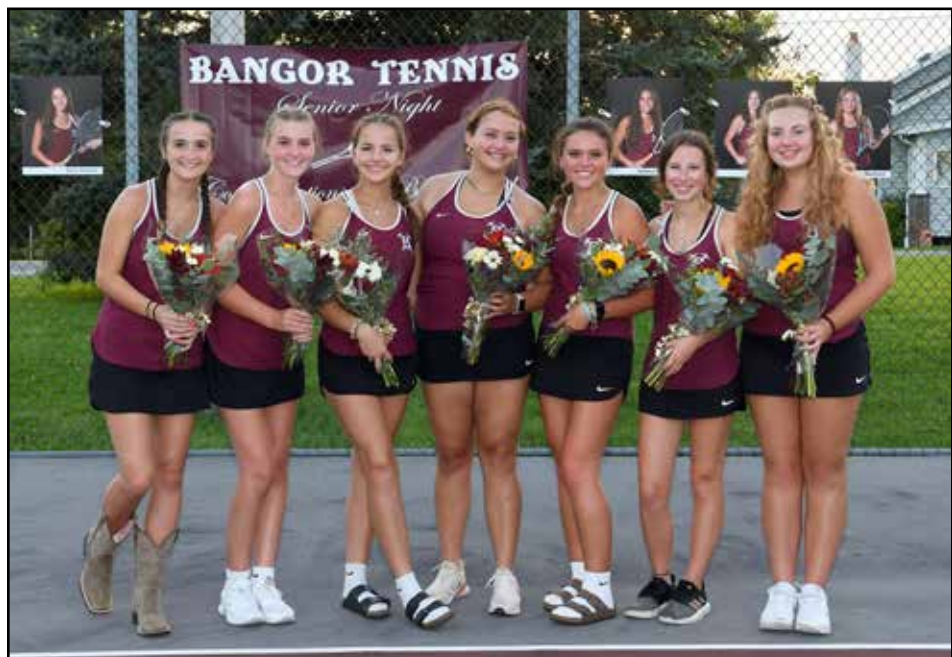
North Warren Girls Soccer

Page 6

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Bangor Girls Tennis Honors Seniors



Bangor took on Palisades High School in Girls Tennis for their Senior Night Match on September 12th. Bangor won 4 to 1. Photo by Dale Young/The Free Weekly Press

Bangor Takes Down The Competition



Bangor took on Saucon Valley High School on September 15th during their football and marching band Senior Night. Bangor won, 15 to 7. Photo by Dale Young/The Free Weekly Press

Bangor and Pen Argyl Went Head To Head In Field Hockey For Bangor's Senior Night Appreciation Game



Bangor took on their Slate Belt Rivals, Pen Argyl, on September 13th during their Senior Night Field Hockey Game. Bangor proved to be victorious, winning the game with a 2 to 0, shut-out. Photo by Dale Young/The Free Weekly Press

North Warren Battles High Point in Girls Soccer



North Warren took on High Point in girls soccer on September 14th. They ended the game with a 1 to 1 tie. Photo by Dale Young/The Free Weekly Press

PA Legislator Introduce Bills To Combat Drug Epidemic



Legislators will soon introduce a package of bills to combat the deadly “Tranq” drug epidemic destroying lives throughout the Commonwealth.

Tranq is an animal tranquilizer officially called Xylazine that is being laced into street narcotics like fentanyl.

“It is creating one of the deadliest drug threats our country has ever faced,” said Rep. Kristin Marcell (R-Bucks). “This powerful sedative is decimating neighborhoods throughout the Commonwealth, but especially in Philadelphia.”

The bill package will be introduced during Opioid and Heroin Epidemic Awareness Week in Pennsylvania to draw attention to the crisis and the crucial role awareness and education play in combatting this problem.

Xylazine and fentan-

yl drug mixtures place users at a higher risk of suffering a fatal drug poisoning. People who inject drug mixtures containing xylazine also can develop severe wounds, including necrosis—the rotting of human tissue—that may lead to amputation.

The U.S. Drug Enforcement Administration is warning the American public of a sharp increase in the trafficking of fentanyl mixed with xylazine.

To combat the spread of the drug, Marcell and four of her Republican House colleagues will introduce five bills to stem the drug’s usage and educate the public on this deadly epidemic.

Marcell plans to introduce legislation that would require the Department of Drug and Alcohol Programs to engage

DRUG cont'd on pg 6



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BANGOR VS SAUCON VALLEY FOOTBALL & BAND SENIOR NIGHT



Gia Altieri with her parents, John and Danielle



Zach Burkert with his parents



Bean Cesari escorted by their father, Scott Cesari



Abby Collins with her parents, John and Danielle



Sonny Gahr with her parents, Tamara and Ronnie



Cooper Gray with his mother, Lindsey, and grandmother, Misty



Oliver Krejibich with his parents, Aga and Jan



Shannon Lynch with her parents, Ken and Kathleen



Mia Mariano with her parents, Erin and Steve

Photo by Dale Young/The Free Weekly Press

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Sarah Moore with her parents, Lori and Les and her sister, Grace



Ryan Ramsey with his parents, Jennifer and Scott

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**Alysa Sheats with her parents,
Barb and Mike**



Destiny Shipps with her father, Tyler and step-mother, Kimberly



**Gavin Ulmer with his parents,
Clay and Vanessa**



**Angelina Wilson with her mother,
Barbara**



**Cassandra Yeager with her parents,
Jamie and Heather**



**Gavin Ulmer with his parents,
Clay and Vanessa**



Gregory Campbell with his parents, Eric and Tricia, and his brother



Meyson Gray with his mother,



**Noah Hills with his parents,
Michael and Jennifer**



Dylan Krugh with his parents



Scott Moyer with his father, Bruce



Gavin Nelson with his parents, Aaron and Denille, and his sister



**Parker Sandt with his parents,
Tammy and Kyle**



**MJ Siu with his parents,
Kim and Max**



Riley Stapp with his parents, Melissa and Josh, and his brother



**Jacob Weaver with his parents,
Mary and John**



**Sam Woolverton with his parents,
Hope and Marshall**

Photo by Dale Young/The Free Weekly Press.

Please Note: We can only publish the information, the way it is presented to us, we do apologize for errors (if any) in family members

The image shows the logo for North Warren Pharmacy, which consists of a blue square containing a white mortar and pestle with a stylized 'Rx' symbol. To the right of the logo, the text 'North Warren Pharmacy' is written in a large, red, serif font, and 'Gift & Floral' is written below it in a smaller, black, serif font. Below the logo and name, the address '155 Rt. 94, Blairstown, NJ' is listed in a red, serif font. The phone number 'P: 908-362-5156 • F: 908-362-5896' is shown in a black, serif font, followed by the temporary hours 'Temporary Hours: Mon-Fri: 8:30am-7:30pm' and 'Sat: 9am-5pm & Sun: 9am-1pm.' in a black, serif font. The entire advertisement is set against a white background with a red border.

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The advertisement features a blue and white striped background. The company name 'AANCO' is in large, bold, black letters with a blue outline, and 'HYDRAULICS' is in large, bold, blue letters. Below the name is a blue banner with the slogan 'We Come To You' in white cursive. The services offered are listed in a blue box with white text: '- Hydraulic Hoses -', '- Piston Repairs -', '- Hydraulic Oils -', and '- Made To Order Hoses On Site -'. Below this is a white box with a blue border containing the text 'Authorized Parker Hydraulic Hose & Fitting Distributor', 'PROVEN RELIABILITY', the phone number '845-321-9628 | 908-362-1855', the email 'aancofast@hotmail.com', and the address '41 Vail Rd., Columbia, NJ'.



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BANGOR VS PALISADES GIRLS TENNIS SENIOR NIGHT



Grace Deeney with her parents, Bruno and Laura



Sarah Green with her parents, Robert and Jennifer



Eliana Koehler with her parents, Jason and Melissa



Claire Martocci with her parents, Daren and Victoria



Ashley Richards with her parents, Eric and Jennifer



Montana Weidman with her parents, Mark and Raynee



Karla Hampton with her grandmother, Christine Stout

Photos by Dale Young/
The Free Weekly Press



PEN ARGYL ATHLETIC HALL OF FAME INDUCTEES



Richard Altemose



Ed Reid



Corey Heard



Scott Beltz



Photos by Dale Young/The Free Weekly Press

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Matthew has served in the Financial Services Industry since 1983, opening Whitetail Wealth Management in 2022. He has a passion for helping align client's investment portfolios with their overall financial goals in order to help them achieve a more comfortable retirement. Matthew loves educating clients on the many options they have with investments and insurances that best fit their unique situation. His goal is to never overpromise, or underdeliver when it comes to client expectations, and is always realistic with them about risks and rewards of investing in different asset classes. Matthew is an investment advisor representative, holds Series 7, 63, 65 securities registration, and is Life and Health Insurance licensed. Charles Schwab & Co. Inc is his custodian/broker.

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PEN ARGYL VS NORTHWESTERN FOOTBALL & WALL OF FAME

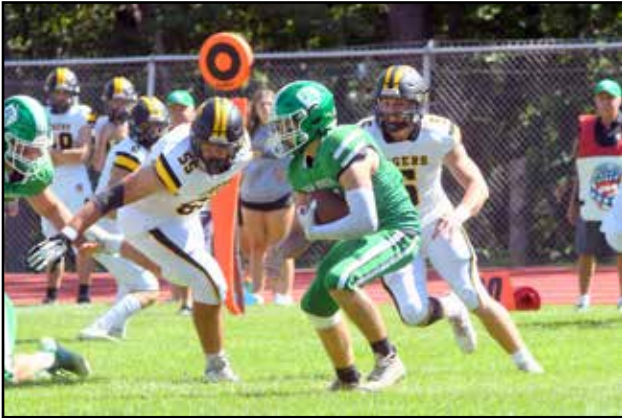
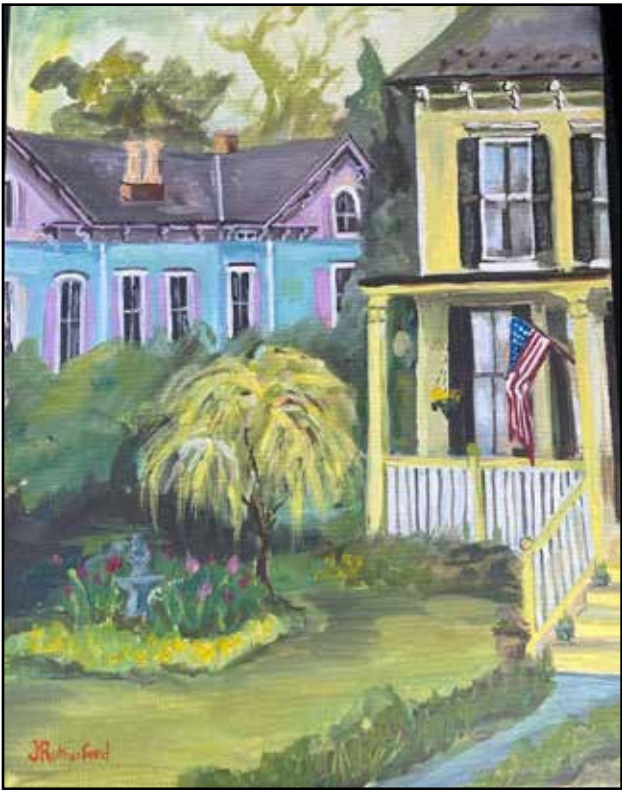


Photo by Dale Young/The Free Weekly Press



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2023 Wall of Fame Inductees - Russell "Russ" Roper, Retired Superintendent (1975-1992), his award was accepted on his behalf by Roxann Ealey; Joseph "Joey" Gower, PAHS Class of 1992; and Wade A. Johnson, PAHS Class of 1988.

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DRUG

Continued From Page 1

in a public awareness campaign to educate the public about this growing threat.

Roughly half of the Commonwealth's counties saw cases where illicit use of xylazine caused a death in 2021. Worse, 90% of the opioids sampled by the City of Philadelphia showed xylazine in 2021.

"Yet too few people are aware of this drug's existence," Marcell said. "Increased public awareness of the impact of the illicit use of xylazine can help the effort to protect our residents."

Rep. Joe Hogan (R-Bucks) will sponsor legislation that would formally require the Department of Health to actively monitor the introduction and growth of new drugs on the street. Information would be gathered from all available sources, including our federal partners, local departments of health, coroners and mortality review teams, and existing departmental advisory committees that include service providers who interact daily with those who are struggling with addiction.

Xylazine was only scheduled as a controlled substance by the Secretary of Health in June 2023, which is several years after Philadelphia began detecting it in large portions of samples of heroin and fentanyl.

"We need to re-structure our Commonwealth's information-gathering apparatus to learn about new drugs entering the streets quickly," Hogan said. "In the fight to help those with addictions, time lost results in lives lost."

Rep. Craig Williams' (R-Delaware/Chester) legislation would establish a statewide opioid task force to disrupt drug trafficking.

Overdose deaths have skyrocketed in recent years. According to the Pennsylvania Overdose Information Network, there were 4,703 overdoses in the Commonwealth in 2022. Teen overdose deaths have doubled over the past three years.

This increase in fatalities, which shows no signs of abating, can largely be attributed to the rise of the unlawful sale and usage of fentanyl, an opiate-based drug that is 50 to 100 times more potent than heroin.

"We need to establish a statewide opioid task force that will serve as an intelligence-gathering and information-sharing resource for law enforcement agencies across this Commonwealth," Williams said.

The task force would work and collaborate with prosecutors, county drug task forces, and state and local law enforcement agencies; collect and analyze drug overdose, arrest and drug seizure data to identify drug trafficking networks and discern which communities are being impacted by drug-related activity or violence; and direct resources to counties, communities and local law enforcement agencies when a need arises.

"By establishing a framework for the sharing of information, intelligence and resources, this legislation will greatly assist law enforcement agencies in disrupting trafficking of harmful drugs and prosecuting those who profit from destroying our families and communities," Williams said.

The Commonwealth recently entered into a historic settlement with manufacturers and distributors of opioids, which will result in over \$1 billion being made available to state and local governments for opioid remediation. That money may be used for a wide spectrum of opioid remediation expenses, including treatment, recovery services and prevention.

Rep. Martina White (R-Philadelphia) sponsored legislation to ban the use of Opioid Settlement Fund money for publicly funded heroin injection sites.

"We cannot say we want to end drug use and at the same time fund facilities that help people continue their cycle of drug use," White said. "The Opioid Settlement fund must be used for prevention and

treatment efforts to keep people off drugs in the first place and to help those who want to end their addiction."

A fifth bill, sponsored by Rep. Andrew Kuzma (R-Allegheny/Washington), aims to improve Opioid Settlement Fund transparency.

Under the trust's order, 85% of the settlement funds that come to Pennsylvania are distributed directly to counties and local governments. While this ensures funding for opioid treatment and abatement makes it into all of our communities across the state, it also means that funding may be used in a variety of different ways.

"In order to provide transparency into how Pennsylvania's opioid settlement funds are spent, I will be introducing legislation to require the Department of Drug and Alcohol Programs (DDAP) to create an annual report on the use of these funds," Kuzma said. "Counties and local governments are required to submit reports to the trust each year and my legislation will simply require DDAP to aggregate these reports."

By reviewing how counties and local governments are putting their opioid settlement funds to use, the annual report will be useful in informing the General Assembly how to best allocate the Commonwealth's share of these dollars.

Included in this package is House Bill 1661, sponsored by Rep. Carl Metzgar (R-Somerset), to criminalize illicit possession of xylazine, with an exemption for legal veterinary use, but not make it a Schedule III controlled substance due to the risk that it will cease to be available in Pennsylvania for veterinarians to access.

Marcell will also introduce a resolution to recognize the week of Sept. 18-24 as Opioid and Heroin Epidemic Awareness Week in Pennsylvania.

If you or anyone you know needs assistance with substance use, please call the Get Help Now Hotline at 1-800-662-4357 or visit <https://www.pa.gov/guides/opioid-epidemic/>

Public Invited To Family Health Fair Hosted By Project Self-Sufficiency

Interactive activities for parents and children will be available at a free Health Fair hosted by Project Self-Sufficiency in partnership with the Sussex County Mental Health Task Force, Thursday, October 5th, 4:00 – 6:00 p.m. Representatives from local health organizations will be on hand to discuss resources for the health and well-being of children and families, and presentations will be offered about adverse childhood experiences, child abuse prevention, the stages of appropriate childhood development, and positive parenting techniques. Blood pressure checks will be administered by the Sussex County Office of Public Health Nursing. One family in attendance will be randomly selected to receive a \$100 gift card towards the purchase of groceries. The Family Health Fair, "Harvest Your Health," is free and open to the public.

In addition to Project Self-Sufficiency, up-to-date health and wellness information will be available from Atlantic Health System/Newton Medical Center; Brain Injury Alliance of New Jersey; Center for Family Services; Center for Prevention & Counseling; Domestic Abuse & Sexual Assault Intervention Services



(DASH); Elizabethtown Gas; Family Partners of Morris & Sussex Counties; Ginnie's House Children's Advocacy Center; National Alliance on Mental Illness (NAMI); Newton Volunteer First Aid & Rescue Squad; New Jersey Cancer Education & Early Detection (NJCEED); NJ4s Mental Health Association; Partnership for Maternal Child Health Healthy Homes Program; Sussex County Department of Health & Human Services; Sussex County Division of Community & Youth Services; Sussex County Division of Social Services; Sussex County Library; Sussex County Office of Public Health Nursing, Division of Health; Sussex County Special Child Health Services; Youth Advocate Program of Morris & Sussex; and others.

For more information about the Family Health

Fair, or any of the other programs and services offered at Project Self-Sufficiency, visit www.projectselfsufficiency.org.

Project Self-Sufficiency is a community-based non-profit organization which specializes in services for low-income families in northwestern New Jersey. Programs offered at Project Self-Sufficiency include high school diploma education and testing, computer training and job placement services, legal education, assistance with parenting skills, home visitation for pregnant women and new parents, childcare and preschool, counseling and advocacy, referrals, and help with emergency basic needs. To donate, or for more information about the programs and services offered by Project Self-Sufficiency, visit www.projectselfsufficiency.org or call 973-940-3500.

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BANGOR VS PEN ARGYL SENIOR NIGHT FIELD HOCKEY



Najae Vilmenay with her parents, Marc and Sherill



Sammi Tucker with her parents, Chris and Jenn



Emma Lautenbacher with her parents, Robert and Jamie



Ana Jones with her parents, Mike and Nadine



Lilyana Hickler with her parents, Christopher and Cassandra



Sarah Hartzell with her parents, Andy and Tanya



Kyleena Gonzalez with her parents, Tennille and Jose



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Jensyn Buist with her parents, Julie and Jeff

Photos by Dale Young/The Free Weekly Press

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Garden Dilemmas? Ask Mary!



Mary E. Stone
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Hello, fellow readers. What a joy to visit Liberty Farm’s Sussex County Sunflower Maze in Sandyston, NJ, who invited us to bring happiness before they closed for the season.

It’s their 14th year of growing the maze. Raj Sinha started growing sunflowers when the New Jersey Audubon Society wanted locally grown sunflower seeds. People were interested in the 50-acre field, so Raj created 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.

An article in the New York Times from 2012 describes the grants from the New Jersey Audubon Society for farmers to grow sunflowers. Liberty Farms was one of them. They sold the seeds to fundraise to create a nest-

ing habitat for grassland birds in the South Branch Wildlife Management Area, a state-owned property in Hillsborough and Readington townships to encourage species in decline.

Of course, I had to share the story of the sunflowers I grew in the vegetable garden hand-dug by my dear old grandpa, who lived with us his last years—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 clever my comeback was, even as a kid.

Each sunflower has up to 2 thousand florets filled with nectar, making them a lure for bees and other pollinators. And they are hyperaccumulators, meaning they can absorb metal and radiation toxins. After Fukushima and Chornobyl, millions of sunflowers were planted to absorb the poisons. And fields of them are grown to heal land contaminated with lead.

Sunflowers (Helianthus Annuus) are native to North America and were a common crop among native Americans who used all parts of the plant. Archaeological evidence suggests it was first grown as crops about 3000 BC before corn.



After our interview, another kind fellow, perhaps Raj’s father-in-law, tending the Liberty Farm stand of produce, honey, bouquets of sunflowers, and seeds to grow your own, shared a story about one of the visitors who came back the following year to complain that the sunflowers faced the wrong way.

Sunflowers are heliotropic; they follow the sun when young and when they first flower, but once fully flowered, they stay put facing east to attract pollinators. If shaded by a building or tree, they’ll turn and face a different

way.

The visitor said the sunflowers didn’t face their yard but their neighbor, who they didn’t get along with. But their sunny faces turned the dynamics around because the neighbor thought that they planted sunflowers for them. Now they are best friends, which is a delightful story. The punchline is she came to buy more seeds to grow on the other side of her house so they’ll face her, too.

People come to the maze for special occasions. Raj kindly offered accommodation to the organization I’ve benefitted

from since March when I met Annette Hoffman & Carrie Parmelee at the Game of Life event held at the Sussex County Technical School, Lafayette, NJ. Agencies from all over the county were there.

I represented Comfort Zone Camp, a grief camp for kids and young adults. Annette and Carrie were tending the Mental Health Association table, supporting families and friends of individuals with mental illness, and offering early intervention support services in Northern NJ.

What a treat to roam the fields. As oppressive-

ly hot as it was that day, the kindness of Raj and his family and the smiling faces of his acres of sunflowers brought us happiness. Amongst the group were two gardeners who shared lovely photos of their artistry. Indeed, gardening helps heal and soothe the soul.

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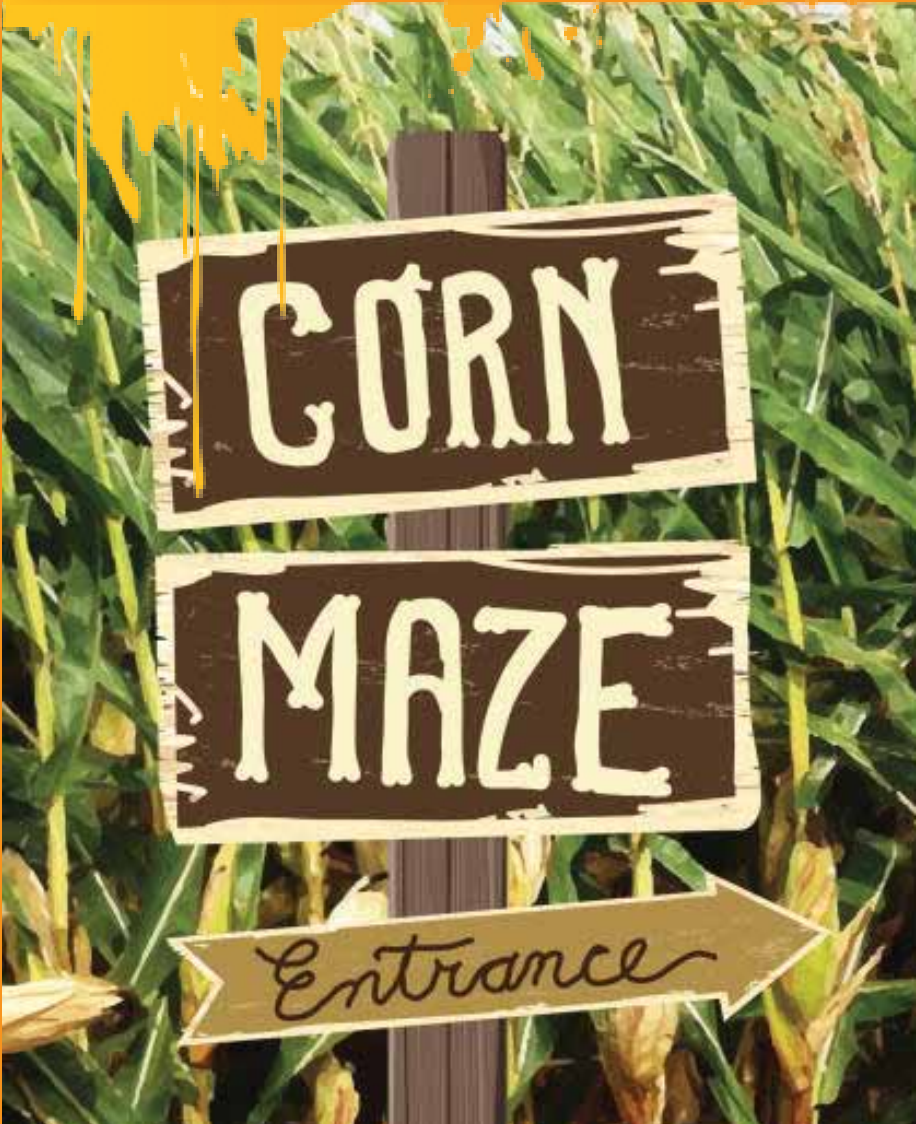
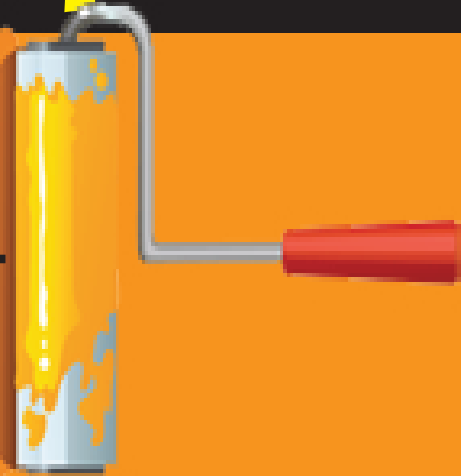
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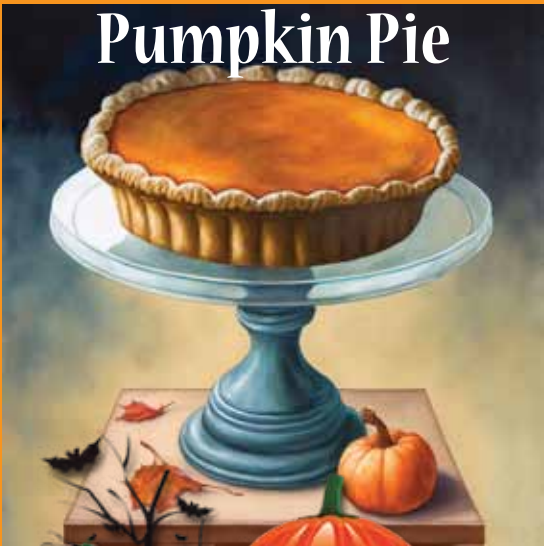
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