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May 2, 2024

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Vol. 51, No. 41



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Bangor Takes On Freedom High School in Softball



Bangor and Freedom went head to head in softball on April 26th. Freedom won, 26 to 4. Photo by Dale Young/The Free Weekly Press

Bangor Track Team Takes On Wilson and Northern Lehigh



On April 23rd, The Bangor Boys and Girls Track team took on Northern Lehigh and Wilson. The Boys scores were: Bangor 95, Northern Lehigh 45; and Wilson 81, Bangor, 60. The Girls scores were: Wilson 85, Bangor 60; and Northern Lehigh 74.50, Bangor 65.50. Photo by Dale Young/The Free Weekly Press

Slate Belt Rising Helps Keep PA Clean



Slate Belt Rising held a Litter Clean-up Day on April 27th, roadside by Giant on Rt. 512. Photo by Dale Young/The Free Weekly Press

Pen Argyl Goes Head To Head Against Wilson In Baseball



Pen Argyl took on Wilson High School in baseball on April 25th. Wilson won, 4 to 3. Photo by Dale Young/The Free Weekly Press

DiMaio Says Sales Tax Hike Just As Bad For Business As Transit Fee

Raising the sales tax to fund NJ Transit's budget deficit is a proposal staunchly opposed by Assembly Republican Leader John DiMaio. Lobbyists pitched the idea of raising the tax from 6.625% to 7% to replace Gov. Phil Murphy's corporate transit fee that will fund NJ Transit

by applying a surcharge of 2.5% to businesses earning over \$10 million. "The last thing New Jersey needs is another tax increase. It's bad for businesses, the economy, and residents who are struggling to make ends meet in the face of rising costs," said DiMaio (R-Warren). "When the

cost of items goes up, people tend to buy less and cut out things they may need because they simply can't afford it." Lawmakers in 2016 lowered the sales tax from 7% to 6.625% as part of an agreement with then-Gov. Chris Christie to raise the gas tax 23 cents
TAX continued on pg 2



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TAX

Continued from page 1

to support the Transportation Trust Fund. At the same time, Republicans secured tax breaks for veterans, increased the earned income tax credit for the working poor and eliminated the estate tax.

“This administration and Democrats want to raise taxes again, increase property taxes to make up for the lack of school funding and now push NJ Transit’s problems on the backs of businesses, commuters and consumers,” DiMaio said. “They continue to move New Jersey in the wrong direction.”

The NJ Transit board recently approved a

15% fare increase that will kick in July 1. Fares will automatically increase 3% every year after. Murphy recently signed off on legislation that would raise the gas tax every year for five years to fund transportation infrastructure projects, and the Assembly passed a bill this month that would allow school districts to raise property taxes up to 9.9% without voter approval if they experienced state aid cuts.

“Democrats talk about affordability, but this is the complete opposite of affordability. People will be tightening their belts even more, which will hurt businesses,” DiMaio said. “New Jersey has a spending problem, not a revenue problem.”

Parents and Kids Invited to Free Family Fun Nights -Project Self-Sufficiency Events are Open to the Public

Parents who are looking for affordable ways to entertain the kids are invited to check out the free Family Fun Nights hosted by Project Self-Sufficiency on Thursday evenings, May 2nd, 16th, and 30th, 6:00 – 7:30 p.m., 127 Mill Street, Newton. A special Mother’s Day event will be held on May 9th, 4:00 – 5:30 p.m. During May, families are invited to enjoy games, activities, and crafts with a focus on nursery rhymes, nature, and music; dinner will be provided for all participants. Advance registration is encouraged by calling Project Self-Sufficiency, 973-940-3500. Family Fun Nights are a program of the Journey Family Success Center at Project Self-Sufficiency.

“These weekly Family Fun Nights offer parents and children a place to



Children and their parents or caregivers are invited to weekly Family Fun Nights at Project Self-Sufficiency.

relax and have a good time together in a safe and supportive environment,” explains Project Self-Sufficiency Executive Director Deborah

Berry-Toon. “Children and parents or caregivers are invited to express themselves creatively through fun crafts and activities.”

Children and their parents or caregivers are invited to weekly Family Fun Nights at Project Self-Sufficiency.

Project Self-Sufficiency has assisted low-income individuals and families in northwestern New Jersey since 1986. Services offered at Project Self-Sufficiency include high school equivalency education, computer courses, employment skills training, job placement services, support groups, parenting classes, childcare and preschool, legal assistance and education, counseling and advocacy, referrals, and help with emergency basic needs, like food and clothing. For more information about the programs and services offered by Project Self-Sufficiency, visit www.projectsufficiency.org or call 973-940-3500.

The Journey Family Success Center at Project Self-Sufficiency is a program of support which includes parenting skills training, economic self-sufficiency services, family activities, legal education services, information about health and nutrition, referrals, advocacy, and other services. All activities are free and open to the public. Family Success Centers offer services to children, youth, families, individuals, and communities. Funding is provided by the New Jersey Department of Children & Families.

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Final Scores: Boys - Bangor 95 , Northern Lehigh 45; and Wilson 81, Bangor, 60. The Girls - Wilson 85, Bangor 60; and Northern Lehigh 74.50, Bangor 65.50. Photo by Dale Young/The Free Weekly Press



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Northampton County Public Works Department To Host Household Document Shredding Events

County Executive Lamont G. McClure and the Department of Public Works announced two Household Document Shredding events for Northampton County residents on Saturday, May 18, and Saturday, June 8, from 10:00AM – 12:00PM at the Department of Human Services building at 2801 Emrick Blvd in Bethlehem. Document shredding will be first come, first served. Residents are limited to three boxes or bags per vehicle with a twenty-five-pound weight limit per box or bag. Accepted items include accounting records, canceled checks, pay stubs, financial statements, investment

transactions, legal documents, medical records, tax forms, etc. Participants are requested not to arrive before the 10:00AM starting time to avoid causing traffic problems. As residents arrive, please remain in your vehicles, have doors or trunks unlocked, and have boxed or bagged documents accessible to staff. Unacceptable materials include junk mail, magazines, catalogs, photographs, negatives, and X-rays. Staples, paper clips, rubber bands, and folders are accepted. Ring binders, metal strips, and plastic sheet protectors or coverings will be refused.

Important Updates On Old Mine Road Closure

Old Mine Road, on the New Jersey side of Delaware Water Gap National Recreation Area, is about to receive a major upgrade made possible by approximately \$11 million from the Great American Outdoors Act (GAOA) Legacy Restoration Fund. The first phase of this major project will rehabilitate a three-mile segment of Old Mine Road at the southern end of the park between Mile Marker 6 (park boundary) and Mile Marker 9 in Hardwick Township. This phase of construction is expected to begin in the spring of 2024 and be completed by the end of the summer. For the safety of park visitors and contractors working in the project area, and to allow work to be



Old Mine Road riddled with potholes that are filled with water. The water is overflowing and running off the road. Photo credit: C. Palazzolo

- Van Campens Glen will be closed for the season, including the upper and lower trail-heads. For more information on this project, please visit <http://www.nps.gov/.../gaoa-old-mine-road-rehab-2024.htm>. The project is being financed by GAOA's National Parks and Public Land Legacy Restoration Fund which, along with the Bipartisan Infrastructure Law and other construction funding sources, is part of a concerted effort to address the large maintenance and repair backlog in national parks. For more information on GAOA, please visit https://www.nps.gov/dewa/learn/news/gaoa-old-mine-road-rehab-2024.htm?fbclid=IwZXh0bG9hZG9ja3U0cm9zR2Rq43LZf62As97909ZCekPEKo_aem_AbSOHEciqDCzAVLU24SxCG73xbdoP2_XzlZcysHkmkyI95eDTTybcpdSRJVYClg7s8vCou-vSypio9tTXanve58W8

ditionally as possible, the following closures will be in effect for the summer of 2024:

- Old Mine Road will be closed between the NPS boundary at Mile Marker 6/Worthington State Forest and Millbrook Village.
- Turtle Beach will be closed for the season.
- Poxono Access will be closed for the season.

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Pennsylvania House Republicans Discuss Legislation to Combat Illegal Immigration

Pennsylvania House Republicans held a press conference to highlight legislation members have introduced to combat illegal immigration in Pennsylvania in the wake of the Biden administration's continued failure to secure the southern border.

"Every time you create a sanctuary city or county, you are literally moving the national border to your own neighborhood. And when the government picks and chooses which laws are important, they invite the people that live under their watch to do the same. This must stop," said Pennsylvania House Republican Leader Bryan Cutler (R-Lancaster).

"Thankfully, we have a strong group of House Republicans who have introduced legislation to combat illegal immigration in Pennsylvania. From outlawing sanctuary cities and counties to being stronger against the kind of crime and violence we have seen in other cities stemming from illegal immigration, Pennsylvania's House Republicans are here to take action where the federal government – the Biden administration in particular – has failed."

Rep. Martina White (R-Philadelphia) has introduced legislation to require \$1 million minimum bail for as-

saulting a law enforcement officer, which was proposed in response to the attack on New York Police Department officers by a gang of illegal immigrants earlier this year. She noted the importance of stopping illegal immigration to curb the ongoing epidemic of crime and violence.

"My legislation to set a minimum \$1 million bail for assaulting a police officer sends a clear message: Pennsylvania stands firmly against violence toward those who protect and serve our communities," White said. "We are committed to making sure those who would harm our officers, including illegal immigrants, will face serious consequences for their actions."

Rep. Mike Cabell (R-Luzerne) has introduced a resolution to urge Congress and the federal government to address ghost flights, which are untracked, unmonitored flights carrying undocumented immigrants into the United States. He discussed the importance of federal and local cooperation to stop illegal immigration.

"I believe it is prudent that federal officials collaborate with state and local authorities, as well as non-governmental organizations, to ensure immigration policy is implemented in a safe, humane manner," Cabell stated. "If



ghost flights continue, it not only risks the safety of our communities, but also the safety of the immigrants involved. We need to urge our federal partners to reconsider this policy that, if unchecked, will create new humanitarian crises in Pennsylvania."

Rep. Donna Scheuren (R-Montgomery) discussed her forthcoming legislation to crack down on squatters and requiring local cooperation with U.S. Immigration and Customs Enforcement should a squatter be in the country illegally.

"For too long in Pennsylvania, we have protected criminal squatters over the rights of property owners,"

said Scheuren. "My Homeowner Protection and Squatter Eviction Act would provide property owners with the protections they deserve, and properly punish squatters who invade homes and cause damage to the properties they invade."

Rep. Ryan Warner (R-Fayette) detailed the importance of his legislation, which would use the state's preemption authority to ban sanctuary municipalities in Pennsylvania.

"Communities that grant sanctuary status to illegal immigrants are failing in their most basic responsibility to uphold the law and protect the safety of their residents," War-

ner said. "My legislation has already led to at least two Pennsylvania counties reversing their sanctuary status. I encourage others to follow suit, and I urge majority House Democrats to live up to their responsibility on this issue by moving these bills."

You can view the entire press conference here: <https://pagopvideo.s3.us-east-2.amazonaws.com/247856611.mp4>

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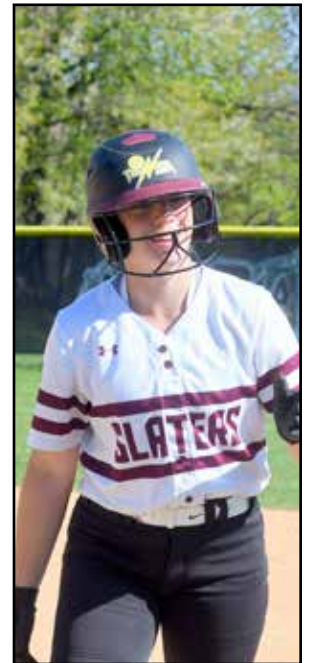
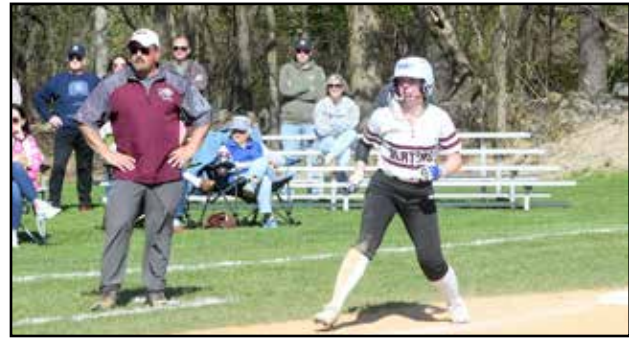
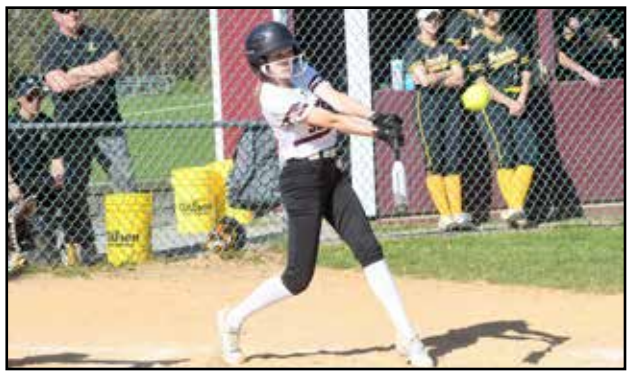
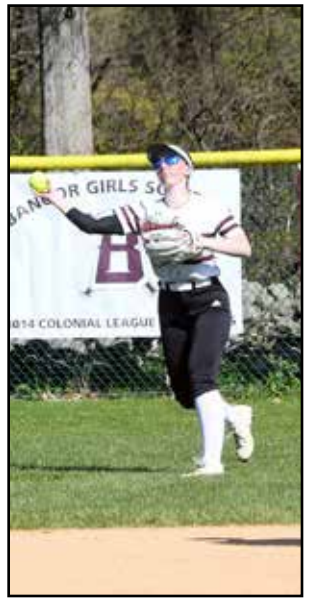
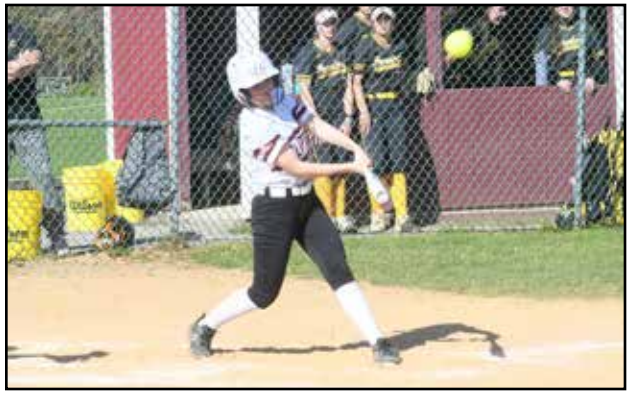
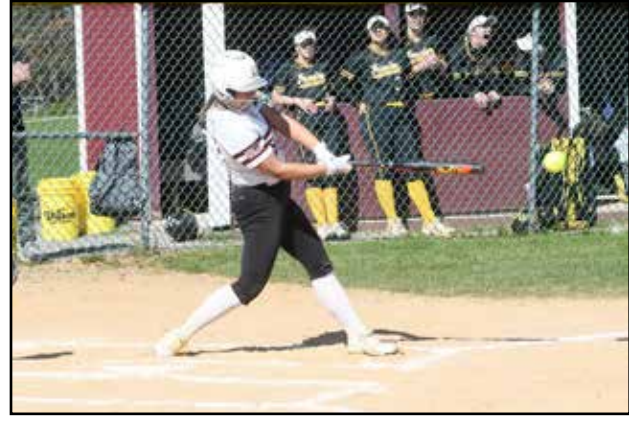
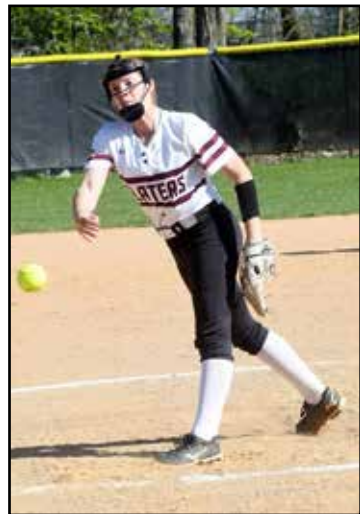
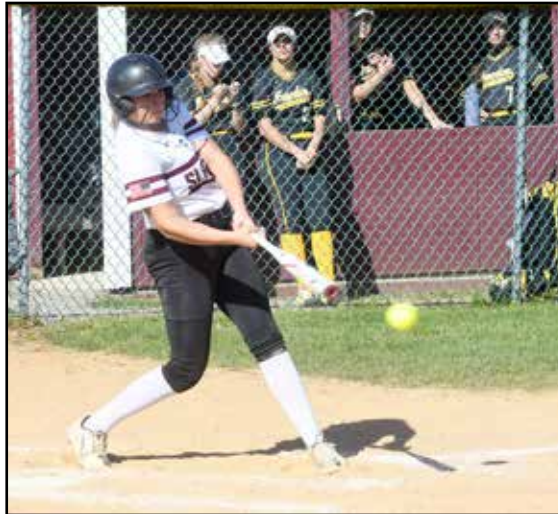


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Boscola Announces over \$7.6 Million in State Investment into Stormwater and Wastewater Projects in Northampton County

State Senator Lisa Boscola announced today that PENNVEST has approved a total of \$7,611,727 in state investment for projects by the Bethlehem Township Municipal Authority (BTMA) and the Bangor Borough Sewer Authority for improvements in stormwater retention and upgrades to a wastewater treatment plant.

“This PENNVEST funding will enable the Bethlehem Township Municipal Authority to continue its work to prevent significant and dangerous flooding in Bethlehem Township from the Nancy Run through upgrades and retrofits to three retention basins and the construction a fourth basin,” Boscola stated. “It will also allow the Bangor Borough Sewer Authority to make critically needed upgrades to its wastewater treatment plant and collection and conveyance

system that will result in the reduction in untreated flow into the Borough’s waterways and specifically Martin’s Creek. This is another important example of the Commonwealth partnering with local authorities to assist with critically important environmental and public safety projects.”

The Bethlehem Township Municipal Authority was approved for a low interest loan in the amount of \$5,517,000. The Easton Avenue Stormwater Mitigation Project will allow the Authority to make green Project infrastructure improvements including upgrades and retrofits to three stormwater detention basins and construction of a fourth stormwater detention basin. All basins are intended to function as water-quality bio-retention facilities with additional water storage capacity. Construction of these facilities will mini-

mize flood frequency and reduce pollutant loads to impaired waterways.

The Bangor Borough Sewer Authority was approved for a low interest loan of \$2,094,727. The Authority’s Sanitary Sewer Improvements Project includes upgrades to the wastewater treatment plant include adding a new equalization tank to ensure proper treatment during wet weather flows, replacing the control and monitoring system to allow for real-time operational monitoring, replacing the existing screen screw system, installing an effluent flow meter, and replacing the headworks pump. Upgrades to the collection system include replacing a pump station and 12,000 feet of sewer main to address inflow and infiltration.

Established in 1988, PENNVEST provides funding for sewer, storm water and drinking water projects.

Highlights for 2024-25 Migratory Bird Season Information & Population Status In NJ



The NJ Fish and Game Council recently voted and finalized New Jersey’s 2024-25 migratory bird hunting season dates and bag limits. Notable highlights for 2024-25 include: The Canada goose season length was shortened from 45 to 30 days in the North and South Zones; however, the bag limit remains at 3 birds. In the Coastal Zone, the season length remains at 60 days concurrent with the duck season, and the bag limit remains at 2 Canada geese. The brant season remains a restrictive season at 30 days with a 1-bird bag limit. There will again be special hunting days for youths, veterans and active military. For details on the above and much more, see 2024-2025 Migratory Bird Season Information and Population Status. This information will be included in the upcoming 2024-2025 Hunting and Trapping Digest. FMI: dep.nj.gov/wp-content/uploads/njfw/migratory-bird-seasons-2024-2025.pdf

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New Bureau Director, Deputy Executive Director In Place

In related moves, the Pennsylvania Game Commission has appointed a new Deputy Executive Director and a new Director of the agency's Bureau of Information and Education.

Stephen Smith, who had served as Information and Education Director since 2014, recently was promoted to Deputy Executive Director, and Lauren Ferreri, who had worked as the Biological & Visitor Manager at the Game Commission's Middle Creek Wildlife Management Area, was appointed to replace him.

Smith moved into his new role Feb. 17. Ferreri's first day as Information and Education Director was April 13.

Game Commission Executive Director Bryan Burhans said the agency as a whole has benefited from these moves.

"These are two talented individuals who have worked hard throughout their time with the Game Commission, and have a lot they can show for it," Burhans said. "They're driven by the agency's mission - to

protect wildlife and habitat, while promoting hunting and trapping, for current and future generations. Their work reflects that, and they're already excelling in their new roles."

A Berks County native, Smith graduated magna cum laude from West Chester University with a degree in Political Science. He then received a law degree from the Penn State Dickinson School of law. Smith joined the agency in 2008, after several years of practicing law.

Prior to his appointment as Bureau Director, he served as the Game Commission's Assistant Counsel for Legislative Affairs, during which time he helped to pass several important pieces of legislation that helped to expand Pennsylvania's mentored hunting program, increase the penalties for the unlawful taking of wildlife and authorize the Game Commission to join the Interstate Wildlife Violator Compact.

In his new role, Smith again is working to support the agency's legislative outreach, as well as assisting and repre-

senting the Executive Director, reviewing and developing agency policy, and helping to support the Board of Game Commissioners. He said it's an honor to serve the Game Commission in this capacity.

"This is a critical time for the Game Commission and the future of hunting, trapping and the conservation of wildlife," Smith said. "The work we do now to extend our outreach and forge stronger partnerships could have lasting impacts for the generations to come, and ensure they will enjoy the same opportunities we have for centuries."

Outreach has been an area of focus for Ferreri during her career with the Game Commission, and she brings that to her new role leading the Bureau of Information and Education.

At Middle Creek, a wildlife-viewing destination that draws about 150,000 visitors a year, Ferreri worked to connect with the public - not only by helping provide a better experience for the tens of thousands who come to witness the annual spectacle of



snow-goose migration, but through planning and scheduling conservation education programs throughout the year, and hosting an expanded number of permitted hunts at Middle Creek.

Ferreri's connection to the Game Commission began as a volunteer while she was still in college at Delaware Valley University, where she graduated in 2010 with a bachelor's degree in Wildlife Management and Conservation. She was hired by the

Game Commission in 2012 as a biologist aide, trapping deer in the Southeast Region, then in 2014, moved into a biologist position in the Northcentral Region. There, she discovered the rewards of sharing her passion about wildlife, and began assisting with educational pro-

gramming in addition to her primary duties. Ferreri also worked for a time in a clerical role at the Southeast Region Office, selling hunting licenses and talking to the public about their wildlife interactions and concerns.

She draws on all of these experiences in her new role.

"So far, my work with the Game Commission has provided a broad view of the agency's needs, as well as the public's, and allows me to better identify what we can do in carrying out the agency's mission," Ferreri said. "That includes engaging more with our hunters, but also with students of conservation and other Pennsylvanians who enjoy wildlife. Through these initiatives, we can ensure the breadcrumbs that helped create conservationists like myself continue to be shared, and the Game Commission's mission can continue to thrive."

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 by Phone: (570) 424-6016 or Email: shehart3@gmail.com by May 16, 2024. Please note if you will be accompanied by your spouse.

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THIS SATURDAY May 4th

Julie Hummel w/ Swagger



PEN ARGYL (3) VS WILSON (4) BASEBALL



Photo by Dale Young/
The Free Weekly Press

FIREFIIGHTERS WANTED
 Second Ward Fire Company of the Bangor Fire Department is seeking new volunteers of good moral character to join the ranks. Training is provided both in-house and through classes provided by Northampton County Fire School. If you are interested in joining to help serve the community or have any questions please call or message Captain Tom Betzler at 610-393-0654.
 You may also stop by the station during our weekly drills on Mondays at 7pm. Our station is located at 517 S. Northampton St. Bangor, PA.

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Garden Dilemmas? Ask Mary!



Mary E. Stone
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Hello, fellow readers,
It's spring madness mode for those of us in the horticultural industry and for home gardeners, busy planning and planting this year's bounty. The same is true for critters such as the peepers I adore in the pond with their evening chorus of mating calls. Don't you love watching birds scurrying around

building their nesting spots? New beginnings bring such joy. While preparing your vegetable garden, consider making friends with companion plants to increase your bounty.

The origin of companion planting stems from Three Sisters Gardening by Native Americans who found corn, pole beans, and squash, when grown in groupings, will help support and nourish each other while maximizing space and crop yields. Other benefits of planting different crops together are controlling pests and encouraging beneficial insects and pollinators. However, companion planting is broad-reaching and can be complicated and contradictory.

For example, Wikipedia has a chart saying that carrots help tomatoes grow better, but tomatoes may stunt



the carrots' growth. Beans can give carrots nitrogen, which they need more than most veggies. So, are they saying the beans will counteract the stunting effects of tomatoes?

Some say rosemary, sage, and radishes repel carrot flies; others say they don't make good companions. It's true; the more you research, the more confusing companion planting can be. However, the central theme is that planting vegetables in groupings rather than rows of one crop is best. The following are a few sure and straight-

forward combos that will also add color to your vegetable patch.

Certain companion plants serve as a "trap crop" to lure insects away from others, such as planting radishes around tomatoes to attract flea beetles, which prefer them over tomato plants. Flea beetles damage young seedlings, especially eggplant and tomatoes, stunting their growth and lessening their yields.

Then there's nasturtium, which draws pests like aphids, keeping them from attacking your veggies. They also deter squash bugs, so planting them amongst your zucchini or other summer squash is wise. Plus, they attract pollinators, including butterflies, bees, and hummingbirds.

Nasturtium flowers, seed pods, and leaves are edible, too—delightful in salads with their peppery mustard-like taste. They're easy to grow with bold yellow and orange blooms and saucer-sha-

ped foliage, adding color and texture to your vegetable garden. There are trailing varieties (*Tropaeolum majus*) and bush types, often called dwarf (*T. minus*).

Most folks know about marigolds, which are deer-resistant and attract butterflies and hummingbirds. They're often companion plants in veggie gardens to control insects and nematodes. And you can use them as a spice in cooking.

Another floral beauty is sweet alyssum (*Lobularia maritima*), which helps control aphids when planted around lettuce. Both are cool-season plants, and you'll adore the sweet fragrance of the dainty white clusters. They also make a great companion to Swiss chard. Like nasturtiums, they're an annual here, but they readily self-seed and are edible. While they come in pink and purple, the white flowering sweet alyssum attracts the most pollinators and beneficial bugs like parasitic wasps that gather ap-

hids to feed their young.

Combos such as tomatoes planted with basil taste great together and help deter thrips, which can wreak havoc on peppers.

It's a season of new beginnings while cherishing the joys of the past—As I write, I am sitting on the screen porch. Jolee is in front of me, napping on the beanbag chair she has called her own. To the left is a photograph of Miss Ellie Mae with her iconic smile sitting on a rock at the Top of the World, what I call Big Pocono State Park atop Camelback Ski Mountain in Pennsylvania, taken a few months before she joined the angels. With endings come beginnings, along with the memories and love that never pass away—Wishing you a bountiful and happy new season of growth.

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The Allentown Rescue Mission Announces Clean Team Workforce Employee of the Month

The Allentown Rescue Mission congratulates its Clean Team Workforce Employee of the Month for March, Barry B.

Approximately 15 years ago, Barry's life began to unravel. His father passed away. He battled cancer, but nothing compared to the loss of his mother. Barry worked part-time and rented a house with his mother until she passed away in late 2022. Trying to heal from the loss and make ends meet on one paycheck was overwhelming and eventually, he was evicted from his home. He moved into a hotel for a few months until his money ran out. Out of options, Barry luckily learned about the Allentown

Rescue Mission from an acquaintance in December of 2023 and decided to go to the Mission for help.

Barry joined the Mission's Transformation Program because he was interested in the Bible and life skills classes offered along with the workforce development training. During his time in the program, he enjoyed all the classes and became "more focused" on getting his life together since the loss of his mother. He also made friends easily at the Mission by being open, caring, and honest. He now has a support system of friends and staff to help him in times of need.

After graduating from the Transformation Pro-



gram in February, Barry started working for the Clean Team Workforce and has been doing a great job street cleaning in Allentown. He en-

joys being outside and gets satisfaction from knowing he's an integral part of a team that keeps the city clean.

Barry's future goals are to find a job where he can use his 18 years of experience in screen printing and continue to save money for his next home. He is enrolled in a forklift training course through the Mission's Education Fund to make himself more employable. The Allentown Rescue Mission wishes Barry the best of luck and continued success.

The Allentown Rescue Mission, a 501c3, 123 bed non-profit homeless shelter has been providing shelter for homeless men since 1900. In addition to emergency shel-

ter services (365 days a year), the Allentown Rescue Mission offers a residential life skills program, and transitional employment on the Clean Team Workforce that's available for hire to the community. The Clean Team Workforce pays the men above PA state minimum wage—helping them save a nest egg to transition back into the community. In a typical year, the Allentown Rescue Mission provides shelter services for over 946 men per year, and serves over 42,000 meals a year to men in need.

To refer someone to the Allentown Rescue Mission for services or to learn ways you can help make a difference please visit www.allentownrescuemission.org

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Workshops & Discussion Groups Address Common Parenting Challenges, Anger Management

Parents and caregivers are invited to attend free workshops designed to offer practical strategies for common parenting challenges, including anger management, positive discipline, handling disobedience, and promoting resiliency. Workshops will be offered at Project Self-Sufficiency and online. Pizza and childcare will be available to attendees at all in-person sessions. Those who attend two of the in-person workshops will receive a \$25 gift card; attendees at three events will receive a \$50 gift card.

Seminars offered at Project Self-Sufficiency on Wednesdays at 5:30 p.m. include “The Power of Positive Parenting,” May 1st; “Raising Resilient Children,” May 8th; and “Raising Confident, Competent Children,” May 15th.

Project Self-Sufficiency will also offer discussion groups about select issues impacting parents of young children on Wednesdays at 5:30 p.m. including “Hassle Free Shopping with Children,” June 5th; “Developing Good Bedtime Routines,” June 12th; “Dealing with Disobedience,” June 19th; and “Hassle Free Mealtimes with Children,” June 26th.



For those unable to attend in-person workshops, “Raising Safe Kids” will be offered via Zoom on Tuesdays at 6:00 p.m., beginning June 18th. A certificate of completion is available for the virtual series.

The in-person workshops will help participants identify their parenting goals, address behavioral problems, and promote healthy child development by using the Triple P Positive Parenting Program, a comprehensive education initiative targeted to parents, healthcare professionals, educators, and caregivers of infants, toddlers, and school-aged children.

The virtual series uses the ACT Parents Raising Safe Kids curriculum developed by the American Psychological Association to develop effective parenting skills and prevent behavioral issues and violence.

“These workshops will give parents, caregivers, and educators simple and practical strategies to help build strong, healthy relationships, confidently manage children’s behavior, manage their own anger, and ultimately prevent problems from developing,” explains Project Self-Sufficiency Executive Director Deborah Berry-Toon.

Interested participants are invited to call Project Self-Sufficiency, 973-940-3500, or register online, www.projectselvesufficiency.org.

PUBLIC NOTICE

PLEASE ATTEND MEETING (MAY 6th) 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.

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!

A Dog Trainer's Top Tips to Support Pets Through Life Stages

by Darris Cooper, CP-DT-KA, FFCP (NAPSI)—Many people found comfort in their animals during the pandemic, whether they already had a pet, newly adopted, or helped care for a family member's pet. Four years later, puppies adopted during the pandemic are now entering adulthood, while dogs adopted as adults are approaching their senior years. As your dog transitions to new life stages, training is an important part of a well-rounded health and wellness routine that will keep your pup happy and healthy every step of the way:



- Enlist the pros: Pet parents may be struggling with unwanted behaviors that their pups have picked up over the past four years, often driven by separation anxiety or social anxiety. As a first step, it's important to consult your veterinarian to rule out any underlying health issues. Fostering a safe home environment and consulting with a certified dog trainer, and in some cases even a certified separation anxiety expert, are critical to addressing your pet's needs.
- Safety and pre-

paration first: When training your dog on a leash, having a properly fitted collar and harness is important for their comfort and safety. Before taking your pup out and about, I recommend getting them microchipped and registered in the Petco Love Lost database for extra peace of mind. The right tools are essential for training and include things such as training treats, a training clicker and a treat pouch for quick access to your pet's bite-sized rewards.

- Consistency is key: Training is beneficial for your pup through all stages of life and it's never too late to learn new skills. Petco's certified dog trainers offer in-person and online classes in one-on-one and group settings. Petco's trainers are AKC

Canine Good Citizen (CHC) Evaluators—they offer a prep course and can administer the AKC S.T.A.R. Puppy and CGC tests. The most effective training sessions are short and consistent and end on a positive note, as dogs will likely retain the last thing they learned. I work with my pups, Zakai and Kalea, throughout the day, as it allows me to reward desired behaviors while providing them with structure and routine. For energetic pups that may have trouble focusing on the lesson, try taking them on a walk or playing with them to work off extra energy. Training sessions are great for both physical and mental stimulation.

- Playtime with a purpose: Outside of dedicated training time,

puzzle toys and chew toys can keep your pet mentally stimulated and eliminate pent-up energy, which can result in unwanted behaviors. Puppies and senior dogs can benefit from enrichment such as toys that are easier to chew, while senior dogs may prefer to avoid games such as fetch that require large amounts of energy exertion. All dogs are individuals, so pet parents should go at their pace. Scheduling a puppy playdate or going on a fun outing can be another exciting way to keep your dog happy and engaged, though it's a good idea to make sure any playmates match your pup's energy levels, play styles, and physical abilities to avoid accidental injuries.

- Nutrition as the basis of health: Ensure your dog is in the best shape possible by giving them age-appropriate food. There are special formulas for puppies and senior dogs with added nutrients that cater to their unique nutritional needs, while supplements are another great addition to your pet's diet. From omega 3 fish oil to hip, joint, skin and

coat supplements for senior dogs, there's always a little something extra that can give your pup a boost.

It's also essential to schedule regular vet check-ups and grooming appointments to ensure

pets look and feel their best. For additional resources including guides, checklists and more to help your pets navigate life stage transitions, visit petco.com or Petco pet care centers nationwide.

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On Friday, April 12, Warren County Commissioners, Lori Ciesla, James Kern and Jason Sarnoski presented Blairstown Township and the Blairstown Historic Preservation Committee (BHPC) with a \$70k grant check for the initial phase of restoration work on the Blairstown Footbridge. The current steel footbridge replaced a wooden one that was built in 1893 by John I Blair and Members of the committee. It aided pedestrians in reaching the New York, Susquehanna and Western Railroad station from the village. The award was made through the 2023 Warren County Municipal and Charitable Conservancy Trust Fund and will initiate phase one of the restoration design and contract work. In addition to the Commissioners, present were Blairstown Mayor Rob Moorhead, Deputy Mayor Walter Orcutt, Committeeman Eric Lohman, Committeewoman Karen Lance, BHPC Chairperson Christine Beegle, Secretary Karin White, with members Martin Miller, David Harvey. Karen Lance and Eric Lohman, they are the township liaisons to the BHPC. Photos by Bob Halberstadt/The Free Weekly Press

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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

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.

Ads with Photos! \$18

NAME: _____
PHONE: _____
ADDRESS: _____
CATEGORY: _____
WEEKS RUNNING: _____ AMOUNT PAID: _____

One inch (actual size shown here)

Two inches (actual size shown here)

Please PRINT Your Ad Information Below

CLASSIFIEDS MUST BE RECEIVED NO LATER THAN NOON ON FRIDAY IN ORDER TO BE PRINTED IN THE UPCOMING EDITION.

All classified ads must be paid in full, in advance. Credit cards are NOT accepted for charges less than \$25 Classifieds may be submitted by mail PO BOX 606, Bangor, PA 18013 email: thepressads@gmail.com or fax: 610-599-1185. Classifieds are NOT accepted by phone Help Wanted ads are free for current advertisers.

Make Checks Payable to: The Free Weekly Press, LLC

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

The "Hidden Gem" of TRIATHLONS!
1/4 Mile Swim ~ 15 Mile Bike ~ 3 Mile Run
RELAY team of 3 option
AND NOW WITH A 3 MILE RUN ONLY OPTION AS WELL ON SATURDAY JULY 15TH!

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!

DO NOT MISS THIS UNIQUE CHALLENGE!!
To Sign Up Visit:
WWW.RUNSIGNUP.COM/RACE/NJ/LIBERTYTOWNSHIP/TRIMOUNTAINLAKE



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