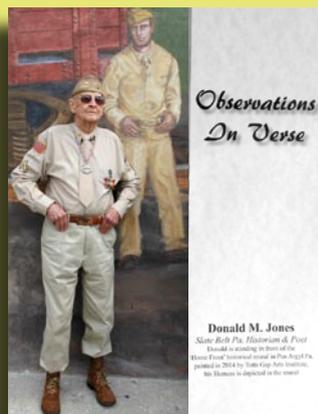


Slate Belt History From The Archives of Donald Jones

Exclusively in the Blue Valley Times



Did You Know, Florey's Dam Water For Their Mill In Spring And Summer, Cutting And Selling Ice In The Winter. It was located just off North Main St. In Bangor. Some Of The Structure Is Still Standing Making For A Good Fishing Hole In The Waters Of Martins Creek



Debbie Pettinari
Agent

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neighbor!

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FREE "Souper Bowl" Supper

The East Bangor United Methodist Community Church welcomes you to a FREE "Souper Bowl" Supper (Chicken Orzo & Beef Barley) on Sunday, Feb. 7th, from 4:00-4:30 p.m. The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA. Questions? call 610-588-4453 or visit <http://ebumc.org/>.



BACK PAIN?

DO YOU HAVE PAIN...

- When you bend forward to tie your shoes?
- With bending and lifting activities?
- Stronger on one side than the other?
- That gets worse with standing and walking and improves with sitting?
- That goes down the front or back of your leg?
- Stops you from social activity like going out to dinner?
- Limits your ability to play with your kids or grandkids?
- Has affected your ability to cook, clean or other home projects?

Come in for a **FREE 30-minute 1-on-1 consultation** with one of our doctors of physical therapy. During this appointment you will receive:

- **Diagnosis:** Learn what is causing your pain.
- **Prognosis:** How long it will take to get back to normal.
- **Treatment Plan:** Find out your options (Hint: it won't include injections, medication or surgery).

Call **610-686-9690** to schedule your free appointment today.

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