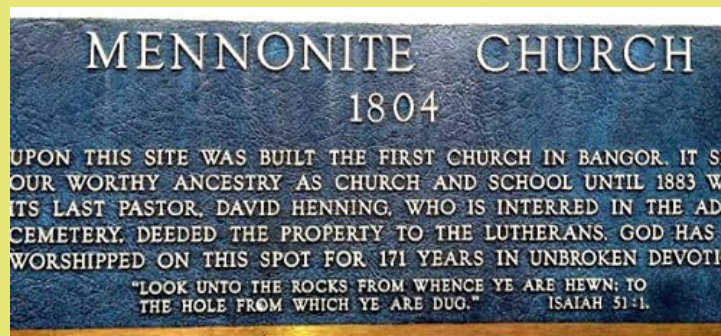
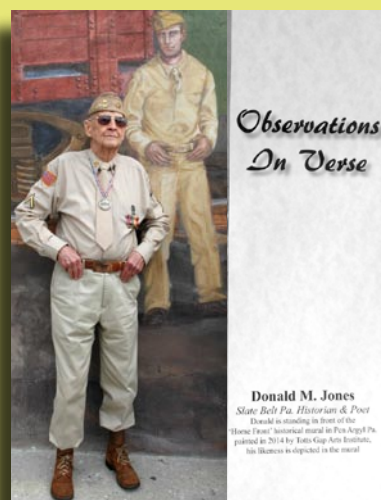


Slate Belt History From The Archives of Donald Jones

Exclusively in the Blue Valley Times



This Plaque Is Posted On The West Wall Of The Trinity Lutheran Church In Bangor. It Has Great Historic Value And Answers A Lot Of Questions.



Debbie Pettinari
Agent

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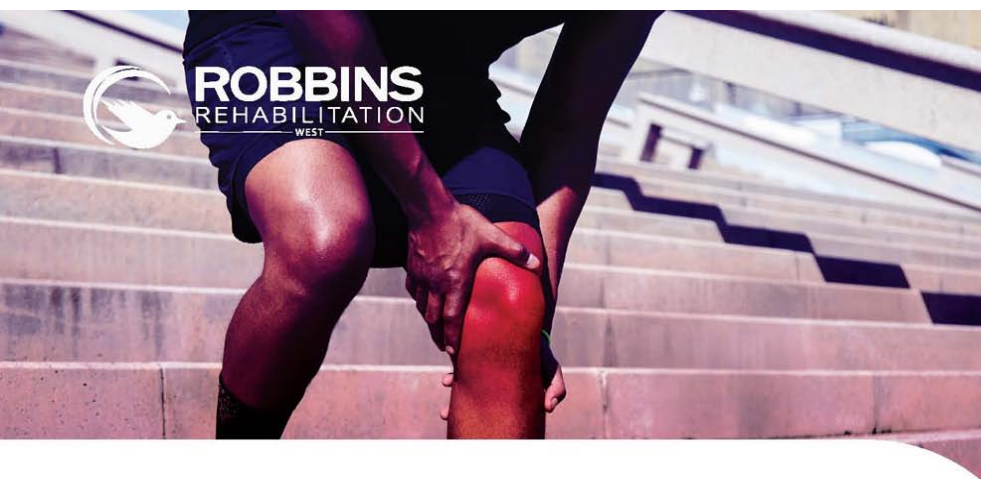
106 S. Broadway, Wind Gap, PA. 18019
Business: 610-881-4433 Fax: 610-881-4432
Debbie.pettinari.wz73@statefarm.com



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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/>.



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- Buckling or locking of the knee joint?
- Cracking or popping sounds?
- Decreased range of motion?
- Weakness?
- Pain in the morning or after inactivity?
- Pain when walking?
- Discomfort when climbing stairs, rising from a seated position, or kneeling?

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:

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- **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).

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