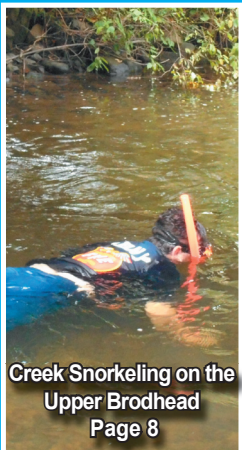


Mission of Love Food Bank Celebrates Becoming The Food Hub of The Slate Belt

Delaware River Sojourn
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Pocono Canna
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Creek Snorkeling on the
Upper Brodhead
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New Board Member of
Slate Belt Veterans
Assoc.
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L-R Mike Ortoski, County Executive
Lamont Mclure, Pastor Frank Pons
Center Selina Windchester From
Congress Woman Susan Wild Office

By Michael Ortoski

BANGOR - Pastor Frank Pons Cut the ribbon in his new building "the food hub of the Slate Belt" this past Saturday. The new building is 60' X 40' that holds one 12' X 12' cooler and one 12' X 12' freezer and pallet racks that can hold up to 100 pallets of dry goods.

Pastor Frank thanked all the volunteers for all their dedication to the food bank, saying "without them none of this would be possible."

In my speech I thanked the county for believing in us to get the building up and operating. Our county executive Lamont Mclure who has the Slate Belt on his radar since he was elected and re-elected is in his second term.

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Method Karate Competing At The National And International Level

By Michael Todas

UPPER MT. BETHEL - Method Karate, located in Mount Bethel, has been in business for 3 years providing traditional Japanese Shotokan Karate for ages 7 and up and Ninja classes for toddler to 12-year-olds. In these 3 short years they have achieved many accolades regarding local, regional, national, and soon international karate competitions.

On July 3, six of the students and Sensei Todas will travel to Fort Lauderdale, Florida to compete in the AAU Karate Nationals. Team members include Morgan Balaskas 13, Seth Lattig 16, Kiley Smith 13, Daphne Todas 12, Hugo Todas 8, and Jasmine Xiao 16. The categories they will compete in are weapons, kata (forms), and kumite (sparring).

The week after AAU Nationals Sensei Todas, Daphne and Jasmine will travel to Dundee, Scotland with the AAU National Team to compete in the World Union Karate Foundation's World Karate

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HugoTodas



JasmineXiao



KileySmith

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