



Families First 23rd Annual 5K and One Mile Fun Walk

By Mikal Philip Sabatine, Director Families First Of Pen Argyl
PEN ARGYL - Please join Families First as we celebrate our 23rd year of serving the Students and Residents of the Pen Argyl Area School District and participate in our annual 5K and One Mile Fun Walk on Saturday September 27, 2025.

The Race and Walk begin at 9am, Registration opens at 7:30am. This year's Race Coordinator is the Assistant Principal of Pen Argyl High School Amber Krisukas. This is an event for the entire Family. All proceeds will go to support the mission and programs of Families First. Sponsorships are also available. Entry Form and Sponsorship Forms are available at www.familiesfirstopenargyl.org or call 610-863-3688. Come join the Fun!



Columbia Self Storage

1059 Pennsylvania Ave., Pen Argyl, PA (610) 991-7224



Give blood.
Help save lives.



Community Blood Drive
Washington Township Volunteer
Fire Company

Banquet Hall
920 Washington Blvd
Bangor, PA 18013

Thursday, September 18, 2025
1:00 p.m. to 5:30 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: WashingtonTwpFire to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

Maximize your blood donation. Help more patients.
If you are an eligible type O, B - or A - donor, consider making a Power Red donation.
Red blood cells are the most commonly transfused blood component.



Give blood 8/29 to 9/21 for 1 of 4 mystery tees with an iconic Red Cross x PEANUTS design, Ltd. qty!

1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

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SENATOR ROSEMARY BROWN

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Update on East Stroudsburg Exit 308 on I-80

By Senator Rosemary Brown

As we all know, there has been ongoing work at Exit 308 along I-80 in East Stroudsburg for an extended period of time now. I want to share some important updates on this project:

When I-80 was first built in the Stroudsburg area in 1970 as part of the Eisenhower Interstate System, the standards for on and off-ramps were much shorter than what is required today. Over the years, this has created safety concerns for drivers, particularly during heavy traffic periods. The Exit 308 project is designed to address these issues by widening and lengthening the ramps, improving traffic flow, and making the interchange safer.

In addition to safer, wider lanes and improved lighting, there will be two new stone-finished roundabouts that greet travelers with a "Welcome to East Stroudsburg" sign. I-80 itself will be widened to three lanes, and Prospect Street and Brown Street by Lehigh Valley Hospital-Pocono will be expanded to help traffic flow more smoothly to the hospital and East Stroudsburg University.

Fifty-seven percent of the project will be completed by Labor Day. Major progress includes replacing and upgrading water, sewer, communication, and electric utilities; installing 10,000 feet of new drainage pipes; removing the old Prospect Street bridge and completing Phase 1 of the new one; and building retaining and sound walls along the eastbound lanes.

Still to come are the final widening of Prospect Street and completion of the new bridge, the construction of the roundabouts, the widening of both east and westbound lanes, and the permanent alignment of the new on and off-ramps. Additional retaining walls on both sides of the highway will also be completed.

The project remains on schedule and is anticipated to be completed by late 2027.



Honoring South Stroudsburg Postal Worker

By Senator Rosemary Brown

Last week, the South Stroudsburg neighborhood came together to recognize their postal worker, Brandon Youngken, in recognition of his extraordinary compassion and service.

Brandon went above and beyond his duties when he noticed a local resident's P.O. Box overflowing, leading him to check on the individual's well-being. Though the story ended in sadness, Brandon's kindness and concern touched the entire community.

We are grateful for his dedication and the care he shows to those he serves every day. While I couldn't be there personally, I was pleased to provide a plaque to recognize his service.

