

NOTICE
ALL SUBMISSIONS MUST BE EMAILED ONLY TO BVTIMES@RCN.COM BY FRIDAYS NOON

Mission of Love Food Bank
 Every Tuesday- Food Bank Program 555 North Main St., Bangor, 10am-12pm. All are invited Bilingual Services. Pastor Frank Pons. (570) 807-7794

Explore Warren County Tourism at: ExploreWarren.org
 Located at 165 County Route 519 South - Belvidere, NJ 07823 908-475-6580 / 800-554-8540

Portland Upper Mt. Bethel Food Bank
 Located at 111 State St. Portland Pa. and until further notice the PUMP will be open every Monday as normal, AM AND PM: 10 to 11:30 am & 6:00 to 7:30 pm but will deliver food to your car as your number is called in the parking lot. No one but workers will be allowed to go inside. There will be no access to restrooms. Your cooperation during this difficult time is greatly appreciated.

Biking
 Delaware Water Gap National Recreation Area - River Road Bushkill, PA (570) 426-2452 Levee Loop Trail - Biking East Stroudsburg, PA (570) 426-1512 info@srosr.org

BIKE TRAIN
 ALL ABOARD THE SCENIC BIKE TRAIN!
 Hop on the Bike Train and step back in time. Enjoy a relaxing 25 mile train ride through the Lehigh Gorge. Then, pedal your bike back down to Jim Thorpe at your own pace along the Lehigh Gorge Rail Trail.
 Advance Tickets/reservations Are Required For The Bike Train And Can Be Made By Calling The Blue Mountain & Northern Railroad (Aka Lehigh Gorge Scenic Railway) Directly At

Wineries in the Poconos
 Pocono wineries offer a unique and relaxing getaway.
 Tour a winery and unwind while sampling the many varieties of vintages available at our vineyards. From hip downtown wine bars like RAW Urban Winery & Hard Cidery , Tolino Vineyards and Wild Elder Wine and Cider Co. to scenic properties like Mountain View Vineyard Winery and Sorrenti Cherry Valley Vineyards where rows of grapes are spread out on the hill before you, these wineries are located throughout our four-county region, so a Pocono vineyard experience is close to you no matter where you travel.
 Pocono wine tours, wine tastings and special wine pairing events and dinners make it easy to discover new, locally-crafted, one-of-a-kind flavors. Check out specials at Three Hammers Winery in Hawley, Soaked Winery in Milford, Eagles Rest Cellars in Stroudsburg and Wine & More on 1st in Lehighton. Whether looking for a bachelorette party or relaxing with your spouse, browse the wineries in the Poconos below to

plan the perfect wine trip.
<https://www.poconomountains.com/things-to-do/nightlife-spirits/wineries/>

FAMILIES FIRST 21st ANNUAL 5K RACE & 1 MILE FUN WALK

Please join Families First as we celebrate our 21st year serving residents in the Pen Argyl Area School District and participate in our annual 5K Race & 1 Mile Fun Walk on Saturday, September 9, 2023. The Race and Walk will start at 9 am in the Wind Gap Borough Park. Registration the day of the Race will begin at 7:30 am. The Race Coordinator for our race is none other than the Great Mr. Phil Giaquinto, retired Plainfield School Principal, celebrating his 21st year as our Race Coordinator.

This event is for the entire family. All proceeds will go to support the Adopt-A-Family Holiday program and activities provided by Families First. "PEOPLE HELPING PEOPLE" in the Pen Argyl Area School District!

A copy of our official registration form can be downloaded from the Families First website: www.familiesfirstofpenargyl.org.

Non-Refundable Entry: \$20 per person or \$50 for a family of three or more before September 9th; \$25 per person on Race Day. Family entries must be mailed together. Students - \$15 entry fee.

Checks payable to: Families First and mail to Families First Race Committee 1620 Teels Road, Pen Argyl, PA 18072.

Entry includes a quality T-Shirt and Race Bag guaranteed to the first 100 runners and a great opportunity to support a worthwhile cause.

Raffle: Each race participant will be assigned a raffle number. Randomly selected numbers will receive a prize.

Support: Be creative in showing your support for Families First on Social Media. Submit your entry to our Families First Race Committee and the Board of Directors will award several prizes for creativity and content.

All levels of sponsorship will include: publicity, listing of corporate logo or Name on the event T-Shirts, and the opportunity to place informational material in the Runners Race Bags. For sponsorship information, contact the Families First Director, at 610-863-3688 or via email to frank@penargylsd.org. A copy of the Sponsorship form can also be downloaded from our Families First Website. All sponsorship request forms must be received by August 11, 2023 in order to be listed on the Race T-Shirts.

Your organization or business may prefer to donate items, such as gift

certificates or gift cards for our raffle at the event.

For more information about Families First, check out our website www.familiesfirstofpenargyl.org and Like us on Facebook.

Families First of Pen Argyl is a Not-For-Profit 501 ©3 organization that is not associated with any other Families First in the United States and has no affiliation with any political party.

Gifts to Families First are tax deductible as allowed by law. Always consult your tax advisor for further details.

Magnificent Moths!
 Moths are everywhere and come in a variety of colors, shapes and sizes. Join local moth enthusiast Steve Kloiber as we search for moths and other insects of the night. This program is best for families with children ages 5 and up. Please bring a flashlight. Registration required. Please register all members of your party including adults and children as space for this program is limited to 20 attendees total. Saturday, August 12 at 8:30pm to 10:00pm Jacobsburg Environmental Education Center 400 Belfast Rd, Nazareth, PA 18064 https://events.dcnr.pa.gov/jacobsburg_environmental_education_center

Volunteer Event: Lose the Loosestrife
 Although beautiful, Purple Loosestrife is an aquatic invasive plant which threatens species diversity. We will be removing this unwanted plant from our planted wetland area. Registration is Required. Saturday, August 26 at 6:00pm to 8:00pm Jacobsburg Environmental Education Center 400 Belfast Rd, Nazareth, PA https://events.dcnr.pa.gov/jacobsburg_

Monarch Madness
 During this program you will have the opportunity to participate as a citizen scientist for Monarch Watch, a conservation and research program based at the University of Kansas. Participants will learn to catch, handle, and tag monarch butterflies. We will also discuss current conservation efforts and ways that you can help the species to thrive throughout its life cycle. These programs are very popular! Please pick only one! Registration is required. Saturday, September 9 at 9:00am to 11:00am More dates through September 17, 2023 Jacobsburg Environmental Education Center 400 Belfast Rd, Nazareth, PA 18064

Monarch Tagging – Girl Scouts Love State Parks
 This program is only for girl scouts and their families. Mid-September is the perfect time to witness migrating monarchs on their way to overwintering grounds in Southern North America. During this program you will have the opportunity to participate as a citizen scientist for Monarch Watch, a conservation and research program based at the University of Kansas. Participants will learn to catch, handle, and tag monarch butterflies. We will also discuss current conservation efforts and ways that you can help the species to thrive throughout its life cycle. Registration is required. Sunday, September 10 at 9:00am to 11:00am https://events.dcnr.pa.gov/jacobsburg_environmental_education_center

July Concert Series at the East Bangor United Methodist Community Church. The free concerts begin at 1:30 p.m. (A free-will offering will be received.) July 23 - Pocono Flute Choir

July 30 - Brian Rasley Trumpet Ministry The church is located at 136 W. Central Ave. (Rt. 512), East Bangor, PA. For more info., call 610-588-4453 or visit www.ebumc.org.

Jacobsburg Environmental Education Center Community Programs, August 2023
Fishing Equipment Available
 When: Monday thru Friday, 8:00am to 2:30pm
 Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth
 Borrow fly rods, spinning rods, fly boxes, and tackle to use in Jacobsburg's creeks! To borrow equipment, you must provide a driver's license or other form of state issued identification. Persons age 16 and older must possess a current fishing license to fish. Adults can help children under 16 fish without a license. Bait is not provided. For more information call 610-746-2801 or email jacobsburgsp@pa.gov.

DiscoverE Adventure Backpacks Available
 When: Monday thru Friday, 8:00am to 2:30pm
 Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth
 Borrow a backpack full of kid-friendly tools to explore Jacobsburg! These backpacks are best for families with young children. Each backpack includes binoculars, notepad, colored pencils, magnifying lens, bug box, dip net, and five field guides for exploring the pond, insects, birds, trees, butterflies.

The East Bangor United Methodist Community Church will be holding an **INDOOR FLEA MARKET/CRAFT SALE** on Friday, September 15th, from 10:00 a.m. to 7:00 p.m., and on Saturday, September 16th, from 10:00 a.m. to 3:00 p.m. Lunch and a bake sale will be available. For more info., call 484-221-4197 or visit ebumc.org.

SPOTTED LANTERNFLY



ACTUAL SIZE: 1"

Adult (with wings closed) can be found July–December



ACTUAL SIZE: 1/4"

Nymph (early stage) can be found late April–July



Egg mass (fresh) can be found October–December



ACTUAL SIZE: 1/2"

Adult (with wings open) can be found July–December



ACTUAL SIZE: 1/2"

Nymph (late stage) can be found July–September



Egg mass (older) can be found January–June