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BANGOR, PA

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ffer valid on qualifying purchases made between 03 May to 28 June 2022. Subject to approved installment credit with John Deere Financial. Down payment may be required. Average down payment in 10% OK APR for 60 months only. Taxe light, setup, insurance, fees, and delivery charges could increase monthly payment. Sales made to government agencies, company direct sales or other businesses/agencies that participate in John Deere's Special Discount Program or in Joh



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Bringing Birds Back to My Backyard

Lehigh Valley, Pa – Join us for this in person event to learn how to attract birds to your backyard! During, Bringing Birds Back to My Backyard, we will find feathered friends you may realistically attract to your backyard. Also, review and list what constitutes a bird habitat and what you can do to make your backyard an irresistible diverse bird habitat.

The Bringing Birds Back to my Backyard workshop is Saturday, August 27, 2022, 10:00 am -11:00 am at Burnside Plantation—Haas Barn, 1461 Schoenersville Rd, Bethlehem PA 18018. The cost is \$5, and preregistration is recommended!

To register: https://extension.psu.edu/bringing-birds-back-to-my-backyard or call 1-877-345-0691.



Box Fans Available For Older Adults

By Becky Bartlett

EASTON - Lamont McClure and Area Agency on Aging (AAA) announce that box fans are available for free for older adults during this heat wave. To obtain a fan, call AAA at 610-829-4540 or Information & Referral/Emergency Services (IRES) at 610-559-3270.

Older adults are more susceptible to heat-related illnesses, including heat stroke, even in temperatures below 100 degrees. It is important to remember to stay in a cool place, drink plenty of fluids such as water or fruit juice, and contact your physician or 911 if you have symptoms of heat-related illness such as headache, confusion, dizziness, or nausea.

During heat waves, it is recommended that people use fans to circulate the air, relax in rooms that do not receive direct sunlight, block the heat using window blinds during the sunniest times of the day and postpone using heat-producing appliances such as clothes dryers, dishwashers and stoves until it is cooler. Residents should also consider cooking with outdoor grills or microwaves rather than stoves or ovens which add indoor heat.



