Serving the Slate Belt in Pennsylvania and Warren,
Sussex and Hunterdon Counties in New Jersey

Take One!

Serving the Slate Belt in Pennsylvania and Warren,
Sussex and Hunterdon Counties in New Jersey

Take One!

April 10, 2025

GOD BLESS AMERICA

Vol. 52, No. 38



This Banner Could Be Yours! Contact Melissa at

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The Free Weekly Press PO Box 606, Bangor, PA, 18013 Bangor High School Puts On Spectacular Preformance of "The Hunchback of Notre Dame" for Spring Musical



Once again, the talented cast and crew of Bangor High Schools Drama Department put on an amazing version of "The Hunchback of Notre Dame" for their Spring Musical, which ran April 4th through 6th. These talented individuals put their hearts and souls into their preformances every year, if you have yet to see a BAHS Musical, be sure to keep an eye out for next year's musical announcement! Photo by Dale Young/The Free Weekly Press

Event To Be Held for The Opening of Bangor, PA, Time Capsule



Back in 1975, a time capsule was buried as part of Bangor's Centennial Celebration on the corner of Market and 1st Street. The capsule itself was actually a sealed burial vault that was filled with family histories, magazines, clothing, and other contemporary items according to newspaper articles that have been found. The vault was donated by Smith-Wilbert from South Main Street. On Saturday, April 26, 2025, at 10:00AM, join us at the Quarry Bites and Brews location on Broadway for the opening of the vault. The contents will then be displayed at the Slate Belt Heritage Center on 30 N. 1st Street in Bangor from June 7th to June 15th during the Bangor 150th Anniversary Celebration. Follow the Slate Belt Heritage Center Facebook page for the latest information on the time capsule at Slate Belt Heritage Center-SBHC. We hope you will join us for this exciting event. (Courtesy SBHC)

North Warren Softball Pulls Off A One Point Win Over Lenape Valley



North Warren took on Lenape Valley in Softball on April 3rd. North Warren won the game with a final score of 7 to 6. Photo by Dale Young/The Free Weekly Press

Easter Bunny Hops Over To Visit Roseto, PA



A little rain didn't deter the Easter Bunny, or the excited children ready to hunt for eggs at the Roseto Egg Hunt on April 5th. Photo by Dale Young/The Free Weekly Press

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New in the Bangor Public Library:

Adult Fiction: The Promise of Pierson Orchard: A Novel by Kate Brandes; Nobody's Fool by Harlan Coben; Order of Swans by Jude Deveraux; Girl Anonymous by Christina Dodd; The Paris Express: A Novel by Emma Donoghue; A Promise of Peridot by Kate Golden; A Dawn of Onyx by Kate Golden; A Reign of Rose by Kate Golden; Saltwater: A Novel by Katy Hays; The Story She Left Behind: A Novel by Patti Callahan Henry; The Dressmakers of London by Julia Kelly; Swordheart by T. Kingfisher; The Boxcar Librarian: A Novel by Brianna Labuskes; Elphie: A Wicked Childhood by Gregory Maguire; Beach Vibes by Susan Mallery; A Map to Paradise by Susan Meissner; Fight or Flight by Fern Michaels; Lethal Prey by John Sandford; The Love We Found by Jill Santopolo; Wild eyes by Elsie Silver; Wild Side by Elsie Silver; The Finish Line by Kate Stewart; Flock by Kate **Stewart; Exodus by Kate Stewart**

Adult Non Fiction: Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils; Let Only Red Flowers Bloom: Identity and Belonging in XI JinPing's China by Emily Feng; My Girls: A Lifetime with Carrie and Debbie by Todd Fisher; Everything is Tuberculosis: The History and Persistence of our Deadliest Infection by John Green; The 48 Laws of Power by Robert Greene; The Tell: A Memoir by Amy Griffin; Careless People: A Cautionary Tale of Power, Greed, and Lost Idealism by Sarah Wynn-Williams

Large Print Adult Fiction: Blood Moon by Sandra Brown; The Peacemaker by Wanda E. Brunstetter; Open Season: An Alex Delaware Novel by Jonathan Kellerman; Beach Vibes by Susan Mallery; Ward D by Freida McFadden; Paranoia: A Detective Michael Bennett Thriller by James Patterson; Lethal Prey by John Sandford

Easy Fiction: The Little Red Hen: A Favorite Fold-tale; Goodnight Basketball by Michael Dahl; Meteor! By Patrician Polacco; Little Blue Truck and Racer Red by **Alice Schertle**

Easy Non Fiction: The First Strawberries: A Cherokee Story by Joseph Bruchac

Junior Fiction: Tales Fromm the Merged Realms by Stacia Deutsch; Sunny Makes a Splash by Jennifer L. Holm; Sunny Makes Her Case by Jennifer L. Holm

Young Adult Fiction: Sunrise on the Reaping by Suzanne Collins; Oathbound by **Tracy Deonn**

Young Adult Non Fiction: The Boys in the Boat: The True Story of an American Team's Epic Journey to Win Gold at the 1936 Olympics by Daniel James Brown

DVDs: American Horror Story: The Complete First Season; American Horror Story: Coven Season 3; The Last Rifleman; Moana 2; Jaws; Van Helsing; Weird Science; Wolf Man

We Welcome Your News!

Please send your news articles, photographs, announcements and other information to us! Email: thepressmail@gmail.com

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Deadline for submissions is noon on FRIDAY prior to publication date.

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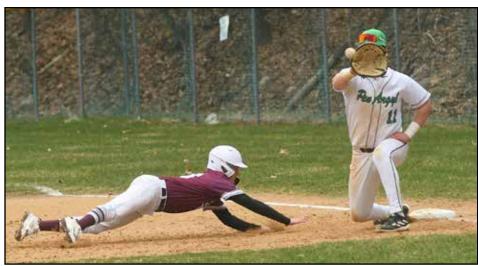
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Bangor and Pen Argyl Take Slate Belt Rivalry To The Dirt Diamond



Bangor and Pen Argyl Baseball teams battled it out for Slate Belt Rivalry Bragging Rights on April 2nd. They ultimately ended in a 1 to 1 tie after 10 innings. More photos can be found on page 7. Photo by Dale Young/The Free Weekly Press

Project Self-Sufficiency will Host Innovative Career Fair & Health Fair

ted to boost their careers and their health by attending an innovative Career & Health Fair hosted by Project Self-Sufficiency, Wednesday, April 16th, 10:00 a.m. – 2:00 p.m. Local employers and educational institutions will be on hand to promote job openings and scholastic opportunities. In addition, representatives from area healthcare organizations will offer the latest information about the health and well-being of children and families. Additional job search guidance, such as mock interviews, will be offered to attendees by Project Self-Sufficiency Career Center staff. A gift card will be awarded to a lucky Career & Health Fair attendee. The event is free and open to the public.

"We encourage anyone who is interested in advancing their career and improving their health to attend this unique event," commented Project Self-Sufficiency Executive Director Deborah Berry-Toon. "In addition to learning about employment opportunities and options for furthering their education, attendees will walk away with tips for better health and wellness, and the resources

they need to move forward

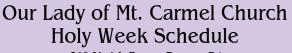
Area residents are invi- in their job searching pro-

In addition to Project Self-Sufficiency, employers and educational institutions who have already signed on to promote job openings include Abilities of Northwest Jersey; Action Group Staffing; American Red Cross; Atlantic Health System; Bayada Home Health Care; Capital Care; Consensus Health (formerly Skylands Medical Group); County College of Morris; Cutting Edge Academy; Express Employment Professionals; FedEx Ground; ImageCare Radiology; Imperial Caregivers, Inc.; International Brotherhood of Electrical Workers, IBEW Local 102 JATC; Mary Kay Cosmetics; Mountain Creek Resort; New Jersey Army National Guard; New Jersey School Buildings & Grounds Association; New Jersey Department of Corrections; New Jersey Division of Vocational Rehabilitation Services; New Jersey Higher Education Student Assistance Authority (HESAA); New Jersey Judiciary of Morris/Sussex Vicinage; Newton Board of Education; Sussex County Educational Services Commission (SCESC), Project

Search; Pathstone Corporation (Senior Community Service Employment Program); Primerica Financial Services; RoNetco Supermarkets, Shop Rite; Sevita Health; Sussex County Community College; Total Eyecare; United Methodist Communities Homeworks: United States Marine Corps; Warren County Corrections Police Department; and others.

Healthcare experts who will be in attendance include Brain Injury Alliance of New Jersey; Center for Family Services; ElizabethTown Gas; Family Partners of Morris & Sussex Counties; Family Promise of Sussex County; NJ4S Mental Health Association; Sussex County Division of Community & Youth Services; Sussex County Division of Social Services; Sussex County Division of Child Protection & Permanency, Office of Resource Families; Sussex County YMCA; Zufall Health: and others.

For more information about the free Career & Health Fair, or to find out more about the programs and services offered by Project Self-Sufficiency, call 973-940-3500 or visit www.projectselfsufficiency.org.



560 N. 6th Street, Roseto, PA

- Monday, April 14th, 6pm Confessions
- Wednesday, April 16th, 7pm Stations of the Cross
- Thursday, April 17th, 7pm Mass of the Lord's Supper Followed by Silent Prayer; 11pm - Night Prayer
- Friday, April 18th, 11am Stations of the Cross (Our Lady of Good Counsel, 436 S. 2nd St., Bangor, PA)

3pm - Liturgy of the Lord's Passion (Our Lady of Mt. Carmel)

- Saturday, April 19th, 11am Blessing of Easter Food; 8pm - Easter Vigil
- Sunday, April 20th, 8am - Easter Mass

9am - Easter Mass (Our Lady of Good Counsel)

10am - Easter Mass (Pius X Gymnasium Across from Church

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NORTH WARREN (7) VS LENAPE VALLEY (6) SOFTBALL

























Photos by Dale Young/The Free Weekly Press



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Pen Argyl HS Soccer Program Fundraiser Breakfast With The Easter Bunny























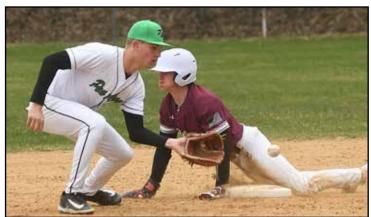




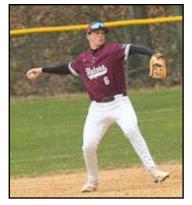
PEN ARGYL (1) VS BANGOR (1) BASEBALL







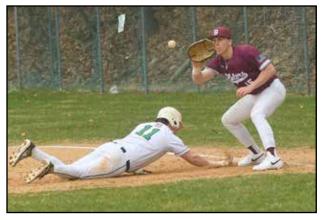


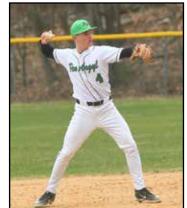




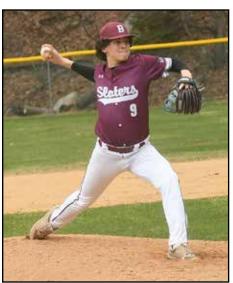












Bangor and Pen Argyl Tied their game, 1 to 1, after 10 innings
Photos by Dale Young/The Free Weekly Press

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Parents of Special Needs Children Sometimes Caught in Differing Professionals' Assessments

In this age of unprecedented stress and worry, the family unit is experiencing undue pressures. The adults have to cope, but children often sense the underlying tension. While professionals may agree that there is a youth mental health crisis, they sometimes differ on whether it is mental health or a special needs scena-

From the remnants of the global pandemic to overuse of technology and social media, or current political and cultural stressors, the cause isn't always agreed upon, but the results are clear. The mental health of youth can be fragile, including children with medical or developmental needs. The "youth mental health crisis" is real, but so are issues involving special needs children.

What can parents do to ensure that their child isn't caught in the middle of differing diagnoses, particularly when it might be an unidentified mental health disorder? How can they differentiate between what is related to a developmental disability, what is negative behavior, and what is a true mental health concern? The answer isn't always so clear.

James Parauda, CEO, Tri County Care Management Organization, explained, "Parents should not feel that they have to navigate the developmental and behavioral or mental health needs of their children on their own. They know their kids best, but professionals can help them piece together the puzzle of what is going on medically versus mental health-wise, and what their treatment options are."

Tri County CMO works with families in Warren. Hunterdon and Somerset Counties to provide some clarity for besieged parents. An advocate for family voice and choice, Tri County CMO strives to ensure that children with special needs or those suffering with mental health issues have access to all the comprehensive services they need. They create pathways that enable children to succeed at home, in school, and in their community.

According to the National Institutes of Health, nearly 20% of children and young people ages three through 17 in the

United States have a mental, emotional, developmental, or behavioral disorder. Those with autism spectrum disorder often meet criteria for at least one additional psychiatric disorder.

"Parents might be so fixated on the physical health or developmental milestones of their children, they may miss the decline of their mental health," explained Deja Amos, Chief Development Officer, Tri County CMO. She added, "In addition, challenging behaviors are often symptoms of mental health disorders that are overlooked."

For example, in children and adolescents one symptom of depression can be irritability. What might look like an attention deficit could be a typical trauma response. Mental illness may present very differently in children with autism.

Some parents with special needs children have trouble finding a doctor who will take underlying diagnoses seriously. They may find that insurance companies and medical professionals don't consider the full picture.

Assessing and treating mental health concerns for youth with special needs requires a comprehensive, multi-systemic approach. In New Jersey, the Children's System of Care (part of the Department of Children and Families) offers an array of wraparound services, provided at no cost, to assist youth ages four through 21 and their families.

Care Management Organizations (CMOs) use the Wraparound Approach to help each child with developmental and behavioral disabilities whose unique needs are not being met through school-related services, services reimbursable by health insurance, or other existing supports or services.

A CMO can assist families in accessing Individual Support Services,

Behavioral Supports, Family Support Services, and Assistance with Activities of Daily Living skills, among many other programs.

For more information on mental health for a special needs child, please visit NJCMO, A Care Management Organization Serving New Jersey, at njcmo.org.

To learn more about Tri County Care Management Organization and their programs, visit www. tricountycmo.org.

Founded in 2005, Tri County Care Management Organization of Warren, Hunterdon, and Somerset Counties understands that the health, wellness, and safety of the family matters. In affiliation with their system of care and community partners, they bring together resources to meet the current needs of children and their families with complex behavioral, emotional, social, and mental health challenges at no cost to families.







Signature Culinary Fundraising Event Supports Project Self-Sufficiency

Northwestern New Jersey's premier culinary fundraising event, A Taste of Talent, will be held at Perona Farms on behalf of local non-profit agency Project Self-Sufficiency on Monday, May 5th, beginning at 6:00 p.m. Patrons are invited to mingle with chefs from approximately 55 celebrated area restaurants while feasting on appetizers, entrees, and desserts. The epicurean event raises funds for the non-profit agency which specializes in services for low-income families in Sussex, Morris, Hunterdon, and Warren.

Some of the many fine chefs and establishments which have signed on to participate in the event include Alias Brew Works; Andre's Lakeside Dining; Angry Erik Brewing; Bear Brook Valley; Bearded Baby Que; Black Forest Inn; Bobolink Dairy & Bakehouse: Cafe Pierrot; Chesapeake Tavern; The Chocolate Goat Gift Shoppe; The Circle; Clay Oven; Cliff's Homemade Ice Cream; The Copper Kettle; Crossed Keys Estate; Crossed Keys Inn; Curd & Cleaver; Czig Meister Brewing; Emily's Hearth; The Farmer's



Daughter; Four Sisters Winery; Fran's Farmhouse Kitchen; Fratelli Bakery; Fromage, LLC; George's Wine & Spirits Gallery; Gourmet Gallery; Hayek's Market; Hugo De Luca's Italian Deli & Catering; Hunter's Lodge; Indian Masala; Jersey Artisan Company; Jersey Girl Brewing; Jersey Rollz; Krave Caterers; La Vita Italian Specialties Deli & Catering; Mama's Cafe Baci; Man Skirt Brewing; Marc Rusin; Millside Cafe; Mr. Crabby's Seafood House & Sports Bar; Ninety Acres at Natirar; North Shore House; O'Reilly's Pub & Grill; Passionate Chef; Pattycakes: Perona Farms: Roasted Breadfruit Smo-

kehouse & Grill; Rock Island Lake Club; St. Moritz Grill & Bar; South Sparta Cuisine; Springhouse Creamery; Sussex County Community College Culinary Institute; Willow & Sage Catering; Windsor House Tea Room & Bakery; and others.

Sponsorships for A Taste of Talent range from \$500 - \$25,000; a limited number of tickets for individual donations are available at a cost of \$300. The event will take place indoors and outside at the venue. Volunteer musicians will entertain guests by performing throughout the facility, including the Colofonia Ensemble, Deb D'Anne, Meant to Be, New Sussex Symphony, Pro Tempos,

Skylands Dulcimer String Band, Sparta High School Chamber Club, and the Sussex Brass Quintet.

"A Taste of Talent has been our signature fundraising event and the cornerstone of our annual campaign since 1998," noted Deborah Berry-Toon, Executive Director of Project Self-Sufficiency. "Funds raised by A Taste of Talent make it possible for Project Self-Sufficiency to provide the programs and services necessary for families in northwestern New Jersey to attain economic self-sufficiency. We continue to be humbled by the support we receive from the restaurateurs in our area, and we are looking forward to a delightful event."

Project Self-Sufficiency Board member Rhoda Seider and her husband, Norman Seider, are volunteering as Chairpersons for A Taste of Talent. "We celebrate having been to every single A Taste of Talent event since 1995, totaling 25 in

this century plus another five," remarked Rhoda. "We are very proud to be a part of Project Self-Sufficiency's untiring efforts and successes in making our world a better place."

Kate and Rich Hashway, owners of Krave Caterers, are serving as Culinary Chairpersons of the event. "We are so honored to serve as Culinary Chairs for this year's A Taste of Talent," commented Kate Hashway. "We love to be a part of what Project Self-Sufficiency brings to the community. It's a great organization and we will always keep coming back to A Taste of Talent in honor of Bev Gordon," added Rich Hashway.

Perona Farms is located at 350 Andover-Sparta Road, Andover. To make a contribution to Project Self-Sufficiency, to obtain tickets to A Taste of Talent, or to find out more information about the programs and services available at the agency, visit www.projectselfsufficiency.org or call 973-940-3500.





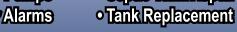


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Garden Dilemmas? Ask Mary!



Mary E. Stone **Stone Associates** Landscape Design & Consulting, **Blairstown**

Hello, fellow readers. The podcast version of our weekly chats reached a milestone of 200 episodes, marking our 662nd column. I'm so thankful

to our community newspaper and all of you. There's much to learn in this garden of life from the rhythms of nature, our gardens, and each other. I thought we'd celebrate the milestone by sharing bits of our journey.

When we began, Miss Ellie Mae was my sidekick— my Unexpected Furry Messenger, who arrived after I found the courage to end the merry-go-round of a marriage ruined by the isolation and neglect of addiction. At about the same time, we began our weekly chats.

Ellie and I shared isolation and neglect in common. She was left alone in



a cage unprotected from the hot Georgian sun, rarely fed or watered. We healed and grew together, though Ellie never overcame her dreaded fear of other dogs, which manifested as aggression. She had scars on her belly, so I suspect she was attacked as a pup. I accepted her emotional scars (I call them stretch marks) as permanent, just as I accept mine.

Five months after saying goodbye to Ellie during the thick of the pandemic, we adopted Jolee through Father John's Animal House. However, I didn't feel ready, just as I didn't feel ready when Ellie stumbled into my life unexpectedly soon after Miss Sara passed away, which coincided with the end of my marriage. I didn't know if I could have a dog if I had to move due to the divorce. But it all worked out as intended. And I could stay in this beautiful respite surrounded by nature where I found my home.

It all makes sense when we look back at our lives, the ebbs and flows, the losses and gains. Finding the courage to leave the marriage allowed me to heal and grow. What a remarkable gift Miss Ellie gave stumbling into my life to help heal me, teaching me that neglect is

Many of us are good at giving but don't feel worthy of receiving. Saying "enough" or "no" and letting go means loving yourself enough to find the calmness we deserve. Nature teaches us that. How animals, insects, and plants function in the natural world is about preserving their species. Wanting to feel safe and



peaceful is based on our survival instincts, too.

Putting yourself first may feel uncomfortable, but it's the only way to serve others, as they coach during flights to set up our oxygen masks before helping those next to us.

I receive much more than I give, visiting and providing music for patients and their families at the Karen Ann Quinlan Home for Hospice and volunteering for Comfort Zone Camp, a grief camp for kids— just as we receive more joy and bounty from our gardens than we give by lovingly cultivating our earth.

Serenity and peace will grow if we all tend to ourselves, our families, friends, neighbors, and our dear earth with kindness and love.

I now see things unfold in my life as they are supposed to. And the same is true for you if you look back.

Losing my brother Bill a few years after Miss Ellie's arrival led me to access grief counseling at our local hospice, which led to becoming a volunteer, which brought my singing partner and dear friend, Ken Roberts, into my life. He has filled a place in my heart serving others that I longed to fill. along with a friendship of love that I cherish.

As you go through milestones, reflect on the rhythms of your life—the ups and downs and the growth that came from it. It all makes sense as part of the plan. But live in the present. Each day is a gift, as are the people and pets that come into it. and all things green with a splash of color.

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PEN ARGYL (8) VS BANGOR (0) SOFTBALL



















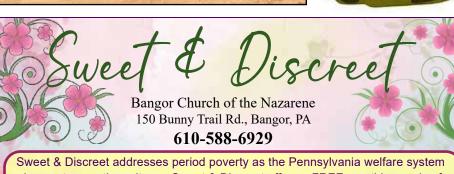










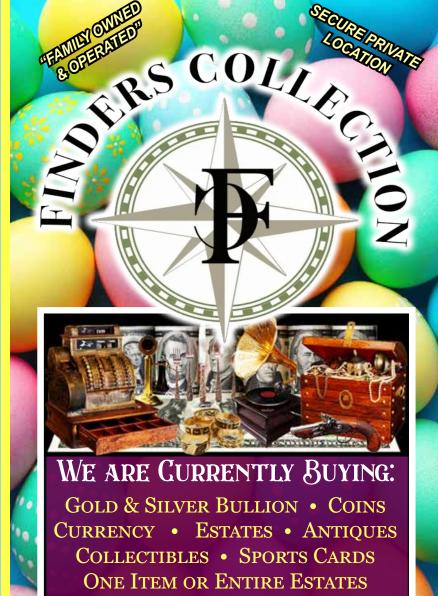


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Senator Rosemary Brown: A Renewed Call for AED Access and Cardiac Emergency **Preparedness**

The West Scranton community is mourning the loss of a deeply respected leader, mentor, and friend — Coach Tommy Selemba, President of the West Scranton Jr. Inva-

ders. Coach Selemba was a tireless advocate for youth sports and a passionate believer in building strong, safe communities. His sudden passing is a heartbreaking reminder

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of just how fragile life can be — and how important it is to be prepared for the unexpected.

His loss also brings renewed attention to another young life that left



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a mark on Pennsylvania: Greg Moyer. In 2000, Greg — a healthy, active high school basketball player — collapsed and died from sudden cardiac arrest during a game. There was no AED on-site. His parents, John and Rachel Moyer, turned their unimaginable grief into action, launching the Greg W. Moyer Defibrillator Fund to make sure other families would never experience the same

Since then, the Moyers have helped place hundreds of AEDs in schools and public spaces across Commonwealth. Their advocacy has saved lives. That's why I

HAUL/REMOVE

am once again calling on the legislature to pass Greg Moyer's Law legislation I've authored to ensure no school or youth sports program, or practice is left unprepared in the event of a cardiac emergency.

Moyer's Law Greg would:

- Require an AED on-site at all interscholastic athletic events — including games and practices. - Require every school entity and nonpublic school to develop and implement a Sudden Cardiac Event Emergency Action Plan to ensure a rapid, coordinated response.

- Cardiac arrest doesn't

wait. It doesn't discriminate. And it often happens without warning — especially in youth athletes with undiagnosed heart conditions during physical exertion.

I am committed to ensuring that no team, school, or community is left without the resources to respond. A simple device with a prepared response can mean the difference between life and loss.

To the Moyer family, to Coach Selemba's loved ones, and to anyone who has experienced this tragedy — please know that your stories are not forgotten. And your voice continues to guide this

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inted, Real Estate, Rentals, Vehicle...Etc.)

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