

Please Join JACKTOWN/BMAGSEA In Supporting A Local Food Bank

By Michael Ortoski

UMBT - During each of Jacktown's upcoming shows, we ask those that attend to bring 1 can of soup or vegetables, or 1 box of food or cereal per person. Through our partnership with Portland Food Pantry, we can help those in need and help to overcome hunger that so many are struggling with today.

The food pantries are doing their best to help those in need, but the need keeps growing and they never turn families away. During our shows, we provide free park-

BLUE VALLEY TIME

ing, free admission, and free music. If everyone that attends our events participates in this outreach program, we can certainly help the Food Pantry make a difference in the lives of those in need.

We are fully aware that this is new and we need to get the word out about this exciting program. With your help, this could grow to a point when we can help other food banks. It is through generosity and understanding the need to overcome hunger, we ask for your help. So when you attend our shows, there will be a table near the registration booth where the Food Pantry will be available for your donations.

While we are asking for 1 item per person, we will gladly accept more, or a monetary donation will also be appreciated. If you or someone you know needs assistance to feed your family, please reach out to the food banks in your area. Let's work together to help a worthy program!

The tents we purchased also have the Code of the Green Knights on them, which helps spread our message to not only Pen Argyl sport teams, but other schools that see them. The Knights' Order was also able to use the donation we received from Waste Management to help kids

with cancer by donating \$150 to Mini-Thon. We were also able to purchase customized cards that we write messages on for any student in Pen Argyl Area High School that accomplishes something or does a great thing. Character Education is very grateful for the money we received from Waste Management because with it we are able to help our school by spreading our message and making a positive impact on students' lives everyday. We are looking forward to continuing to do great things for our school with the generosity of Waste Management.

Waste Management

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better their education outside of the classroom by making real-world connections. We were also able to pay for two teachers to be certified service learning instructors to help the rest of the faculty with these types of projects. We have also used the money to purchase flags which hang outside of our school and reinforce the Code of the Green Knights to students everyday. Another amazing thing we bought with our donation was two tents that all of the sports teams can use when the players go to games.



Mental Health Awareness Month

By State Rep. Joe Emrick

BETHLEHEM - May is Mental Health Awareness Month, which provides us with the opportunity to educate people about mental illness, fight the stigma surrounding it and provide support for those suffering with it.

This year, the National Alliance for Mental Illness' (NAMI) theme for Mental Health Awareness Month is #MoreThanEnoughCampaign. The purpose of this campaign is for all of us to come together and remember the inherent value we each hold.

According to NAMI, one in five U.S. adults experience mental illness each year, with less than half receiving treatment. Additionally, according to the Hospital and Healthsystem Association of Pennsylvania, the Commonwealth lags behind the national average of health care providers per capita, with 53 of our 67 counties behind even the state average.

Throughout the budget process, House Republicans have advocated for funding for mental health services, and we will continue to do so to ensure that Pennsylvanians can live happy, healthy lives.

For more information on Mental Health Awareness Month and what you can do to raise awareness, please visit NAMI's website.

If you or someone you know is struggling, please call or text 988 to reach the Suicide Prevention and Crisis Support Hotline.

A Clean Slate Located At 118 South First St. Bangor, Pa SECTION 001116.21 – INVITATION TO BID

Notice is hereby given that Recovery Revolution, Inc. will receive sealed bids at A Clean Slate located at 118 South First St. Bangor, PA, 18013 until 2:00 PM, prevailing time on Thursday, June 01, 2023, for the Clean Slate Renovations. The work includes but is not limited to all labor, materials, tools, oversight and permits required to remove and replace the back deck and bilco door, extend the front porch, limited roofing repairs and waterproofing.

All bidding documents will be available electronically at no cost from Recovery Revolution beginning at 10:00 AM on Wednesday, May 10, 2023. Please contact recoveryrevconstruction@outlook.com for documents and to be included on the plan holders list.

Bids must be accompanied by a bid bond with a corporate surety authorized to do business in Pennsylvania, in accordance with the project specifications in the amount of 10% of the total bid amount. Performance and Payment Bonds in the amount of 100% of the contract shall be furnished by the successful bidder as detailed in the Instructions to Bidders. Prevailing Wage Rates shall apply. The Project shall comply with the Pennsylvania Steel Products Procurement Act, 73 P.S. §1881, et seq., as amended.

Immediately following the due date and time, all bids will be opened and publicly read aloud. Bids will then be referred to the Recovery Revolution Board of Directors for final award.

A pre-bid meeting will be held at 11:00 AM on Thursday May 18, 2023, beginning at A Clean Slate office. All bidders are encouraged to attend. Questions may be submitted by email to recoveryrevconstruction@outlook.com on or before 4:00 PM on Tuesday, May 23, 2023. Responses will be provided via email to all registered parties.

It is the intent of Recovery Revolution to award this project to the lowest responsible bidder as defined by Pennsylvania Law. Recovery Revolution reserves the right to accept or reject any or all bids or portions or to waive any informalities in bidding and to withhold award for a period of sixty days.