

**Lordy, Lordy
Look's Who 40!**
Shawn Campanaro
July 24, 1970
**With Love From
All His Family**



Mane Pulling and Braiding Class

The Northampton County 4-H Hunt Caps marked this year's halfway point with a mane pulling and braiding class at Blue Valley Riding Center, Pen Argyl. The girls have been very busy so far this year! They have made placemats for Meals on Wheels, attended the Horse World Expo in Harrisburg, and participated in the 4-H tack swap. They look forward to participating in the 4-H Round Up Horse show and Exhibitions on July 30 - August 1. It is located at the 4-H Center, 777 Bushkill Center Rd, Nazareth PA.

For more information concerning the 4-H program, please contact the Northampton County 4-H offices at 610-746-1970.



The Hunt Caps at their Braiding and Mane Pulling Class. From Left to right: Taylor Willaver, Dominique Konders, Samantha Frable, Grace Mittl, Demonstrator Lauren Nelson, Alicia Huber, Coco the Pony, Katie Kennebeck, Demonstrator Allison Fiorot, Meghan Pacovich, and Morgan Schnorrbusch.

Families First held its 8th Anniversary Celebration Picnic

Families First held its 8th Anniversary Celebration Picnic recognizing donors, volunteer, and members at Wind Gap Borough Park on Thursday, June 24th.

Donna Allison and Lorna C. Clause were commended for their four years of volunteer mentoring with the Families First sponsored "Learning Together" mentoring program at Pen Argyl Area High School.

Nick Kessler, Bobby Krome, John Scarangelo, and Sarah Wallace were recognized for their five years of dedicated volunteer service as judges and technical support for the annual Families First Slate Belt Idol Contest fundraiser.

The Honorable Judge Craig A. Dally, Dr. Robert M. Foster, Pen Argyl School District Assistant Superintendent, and Mr. Phil Giaquinto, Plainfield School Principal, were recognized for their outstanding support and dedication to Families First programs and services and for their commitment to the Pen Argyl Area School District community.

The following were recognized for their generous support of Families First: Green Knight Economic Development Corporation, Carlton E. Snyder, President; United Way of the Greater Lehigh Valley, Susan T. Gilmore, President; and, Thrivent Financial for Lutherans, Jewel Williamson-Burns, FIC, Financial Associate.

All of the recipients received Legislative Commendations presented by The Honorable Marcia Hahn and Certificates of Achievement presented by The Honorable Patrick M. Browne, represented by Mr. Gary Birks, Local Government Specialist.

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- '01 GMC Jimmy SLT- 4x4, leather, 93K **\$6995**
- '94 Ford Ranger- X-tra cab, 4x4 splash **\$5995**
- '96 Chevy S-10- X-tra cab, 5 spd, AC **\$5995**
- '96 Jeep Grand Cherokee Laredo Spec. Ed- 91k **\$5995**

Motorcycle

- '04 Harley Davidson Heritage Soft Tail- 2k **\$14,995 OBO**

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“Adults Only Swim Nights” Scheduled at Easton Pools

EASTON- The Family YMCA of Easton, Phillipsburg & Vicinity will partner with the City of Easton to provide a most beloved summertime ritual, the outdoor community pool.

Two Adult Swim Only Nights are scheduled

- Friday, August 13, 2010 from 7:00pm-9:00pm at Heil Pool
- Friday, August 20, 2010 from 7:00pm-9:00pm at Eddyside Pool

The Family YMCA will host two Adult Swim Only Nights at the City of Easton Pools this summer. Stop by and enjoy a relaxing evening of swimming among adults only. Adult Swim Night is for

adults ages 18 and older with photo id to prove age.

Admission for each Adult Only Swim Night varies on residency. Admission (Age 18 and over).

For more information on Eddyside or Heil Pool Adult Only Swim Nights, please contact Cynthia Bogoly, Outdoor Pools Director, at 610.258.6158 ext. 45 or outdoorpools@familyymca.org.

The City of Easton's pools are a source of community pride and spirit that fosters lifelong friendships. Both Eddyside and Heil pools will offer recreational opportunities for people of all ages and abilities, birthday parties and concessions. The pool facilities provide a friendly, non-threatening environment for fitness, education and fun for everyone.

For more information about 2010 Eddyside and Heil Pools, visit www.familyymca.org.

The Family YMCA, a 501(c) 3 entity, offers more than 100 different programs and services annually in the areas of aquatics, camping, youth/adult sports, wellness, health and fitness, child care, active older adults, family life, teen leadership, recreation and resources/services.

For more information about this event or programs and services offered by the Family YMCA, please call 610.258.6158.

The Pocono Family YMCA Youth Sports

NFL Flag Football: This exciting program has the YMCA and the NFL teaming up to bring kids the opportunity to experience the excitement of the NFL. With an emphasis on teamwork and participation, NFL Flag Football provides kids with non-contact, continuous action. During a one-hour practice participants will learn skills development through game activities and informal flag scrimmages. This league is open to boys and girls ages 6 yrs. thru grade 12 and will begin on September 25th and last for 7 weeks. All practices and games will be held on Saturdays and will be held at local parks. Participants must wear mouth guard to practices and games. The registration deadline is September 12th. Registrations are accepted on a first come, first serve basis. Anyone wishing to register after the deadline (September 12th) or after the program is full will be placed on a waiting list.

Intramural Basketball: The Intramural Basketball League will run from October 2nd through November 13th, 2010. Registrations will be taken from August 14th through September 12th. The league is open to boys and girls ages 9-15 (divisions may be combined/made coed if we do not have enough kids in a certain division). Games will be held on Saturdays (younger kids in the morning or early afternoon and older kids in the late afternoon depending on the number of participants). For the first two weeks of the season these Saturday time slots will be used for practice and the next four will be scheduled games. All practices and games will be held at the YMCA. Registration is on a first come, first serve basis; those not registered by the deadline (Sept. 12th) will be placed on a waiting list.

Fundamentals 1st Basketball Program: This monthly program is designed for children ages 4-7 years old and their parent or guardian. Parent participation is required. Join Dexter and his staff to learn the basics of basketball and team play. There will be 4 classes per session, approx. one hour each. Space is limited, please preregister.

Upcoming sessions: Friday, September 3rd, 10th, 17th and 24th at 6pm; Friday, October 1st, 8th, 15th, and 22nd at 6pm; Tuesday, November 2nd, 9th, 16th, 23rd at 6pm; Tuesday, Nov. 30th, Dec. 7th 14th and 21st at 6pm

Youth Dance Classes: The Pocono Family YMCA is proud to welcome Heidi Perretta as the YMCA's new dance instructor. Heidi will be providing dance classes at the Pocono Family YMCA. Classes will run on a monthly basis. Jazz classes will be offered for ages 5-14. This one hour class and will include stretches and warm-up followed by floor work to classical and lyrical jazz music for combination dance routines. Classes will be held on Thursdays from 5-6pm for ages 5-9 and from 6-7pm for ages 10-14. The beginner tap class will be offered for ages 5-12. During this one hour class Heidi will include stretches, a warm-up and cover tap basics. This class will be held on Fridays from 5-6pm. Students are required to purchase appropriate shoes.

Upcoming Sessions: September 9th – October 1st; October 7th – October 29th; November 4th – 19th (3 weeks); December 2nd – 17th (3 weeks)

To register, visit the YMCA at 809 Main Street, Stroudsburg PA or register online at www.poconoyymca.org. Volunteers are needed to be coaches and assistant coaches for Intramural Basketball and Flag Football. For more information please contact Nicole Hill at 570-421-2525 ext 124 or sports-vols@poconoyymca.org.

Heritage Craft Day at Quiet Valley Living Historical Farm

STROUDSBURG- Quiet Valley Living Historical Farm will feature a Heritage Craft Day on Saturday, August 7 from 10:00 a.m. to 4:00 p.m. Demonstrators will show traditional

craft skills of rural life throughout the day. There will be hands-on opportunities for visitors who wish to try out these crafts for themselves.

The traditional craftsperson designs objects, usually functional, with an eye for creativity and beauty. Some of the demonstrations will include, scherenschnitte, spinning, weaving, Ukrainian eggs, quilling, wheat weaving, rug braiding, basket making and broom making. The purpose

of Heritage Craft Day is to provide a greater awareness of these historic folk crafts that were essential to everyday living in previous generations. This is a great opportunity for individuals, families and children to explore the exciting world of traditional crafts. The crafters are under tents in case of rain. The craft schedule presented is subject to change.

Quiet Valley is dedicated to the preservation and interpretation of rural life through learning experiences that promote the understanding and practice of traditional

lifestyle skills of the 18th and 19th centuries. Heritage Craft Day is part of Quiet Valley's summer highlights series and admission is included in the regular farm tickets. Farm tours are available throughout the day from 10:00am to 5:00pm. The farm is open rain or shine.

Quiet Valley Farm is open to the general public from June 20 to Labor Day; closed Mondays except Labor Day. For more information on summer highlights or other yearly events, please visit our website www.quietvalley.org or call the farm at 570.992.6161.

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