

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

By Frank Jones

SLATE BELT - 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.



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July 1, 2023

Insulin capped at \$35 per month for Medicare beneficiaries, thanks to the Inflation Reduction Act that Rep. Wild pushed to pass into law

CONGRESSWOMAN
SUSAN WILD

Congress Women Susan Wild Celebrates \$35 Monthly Cap on Insulin for Medicare Recipients

By Congress Women Susan Wild

HARRISBURG - For the entire time I've been in Congress, I've been taking on Big Pharma and pushing to lower the cost of prescription drugs. The Inflation Reduction Act, the bill I worked hard to pass into law last year, made much of that work a reality: capping the cost of insulin for seniors, empowering Medicare to negotiate the price of prescription drugs, and more.

And this month, that monthly cap on insulin goes into effect! As of July 1, 2023, insulin copays will be capped at \$35 per month for Americans on Medicare. I took on Big Pharma to make this happen – and now, I'm working to lower the cost of this lifesaving medication and other prescription drugs for EVERYONE.

PGC Seeks Help Counting Turkeys

By State Rep. Ann Flood

HARRISBURG - The Pennsylvania Game Commission again is seeking input from the public in surveying wild turkeys this summer. The Pennsylvania Wild Turkey Sighting Survey is open now through Aug. 31.

Participation is important for turkey population management. Survey data allow the agency to determine total wild turkey productivity and compare long-term reproductive success within Pennsylvania and across states, as this is a standard methodology used across the country. Data also are used in the turkey population model to track population trends.

Turkey sightings can be reported through the Game Commission's website. The mobile app is no longer available. The agency recommends saving this link to your favorites for quick access to report turkey sightings.

On the website, participants are requested to record the number of wild turkeys they see, along with the county, township, wildlife management unit (WMU), date and contact information if agency biologists have any questions. Participants may also simply drop a "pin" on the map for the location data to automatically populate. Location data are used only for the survey, not for law enforcement and are not shared.

