**BLUE VALLEY TIMES** PAGE 11 **SEPTEMBER 16, 2025** 



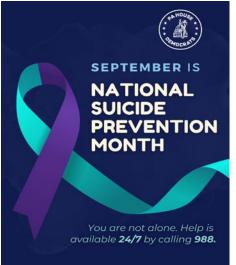
## September is Suicide Prevention Month

By State Rep. Tarah Probst

Suicide is a national public health crisis, causing immeasurable pain for individuals, families, and communities across Pennsylva-

If you are struggling with suicidal thoughts, know that help is available. Simply dial 988 to reach one of the state's 988 Suicide and Crisis Lifeline Call Centers, staffed to respond to mental and behavioral health crises. Too many Pennsylvanians are unaware of this mental health service, which is why I proposed legislation to create a public education campaign within the PA Department of Human Services.

Remember, you are not alone.



## REMINDER: Speak up at I-80 hearing Sept. 24

By State Rep. Tarah Probst

The expansion of I-80 will be the subject of a public hearing hosted by the PA Department of Environmental Protection. The event will take place from 5:30-7:30 p.m. on September 24 at the Monroe County Public Safety Cen-

Please register to speak, mark your calendar, and show up for the Poconos. Full details are available here. Please do not sit this one

PennDOT plans to narrow waterways, cut up to 50 acres of trees -- our natural stormwater buffers -- and create more irreversible damage through the I-80 expansion project.

**DEP/ I-80 EXPANSION HEARING** SEPT 24 | 5:30 - 7:30 PM Monroe County Public Safety Center This is your chance to offer input on PennDOT's destruction of our creeks, wetlands

and drinking water in Monroe County Register to speak by calling Rep. Probst's office (570) 420-2850.

For more info, visit http://bit.ly/4760BJO

Some of the concerns I have heard are catastrophic flooding, damage to our water quality, and pollution to our pristine drinking water.

## Important changes for SNAP recipients

By State Rep. Tarah Probst

Federal changes to SNAP benefits may require some recipients to report work, education, training or volunteer hours to the Pennsylvania Department of Human Services. People who do not appropriately document that they meet these conditions can only receive 3 months of benefits over a 3-year period - meaning, benefits will run out in December 2025. Details about who needs to take action, and when, can be found on the PA DHS website.

Please share this information with any SNAP recipients you know.





**GET OVER TO RITA'S BEFORE** THIS MAGICAL FLAVOR DISAPPEARS!









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**Gummy Bears** 

501 E Moorestown Rd., Wind Gap, PA