



October is Down Syndrome Awareness Month

By Rep Joe Emrick

October is Down Syndrome Awareness Month, which is a time to celebrate our friends with Down syndrome and make others aware of their many abilities and accomplishments.

Down syndrome is the most common chromosomal condition, which is associated with delays in physical growth, characteristic facial features and intellectual disability. Approximately 5,700 babies are born with Down syndrome in the United States each year. However, due to improved research and medical treatments, children born with Down syndrome can live happy, long, productive lives.



National Cybersecurity Awareness Month

By Rep Joe Emrick

With cybersecurity threats on the rise, Treasurer Stacy Garrity and the Pennsylvania Bankers Association have teamed up to highlight steps consumers can take to help keep their personal information safe. They are as follows:

- Check your account at least once a day so you notice suspicious activity faster. Report any suspicious purchases as soon as possible.
- Change your online banking password regularly; use passwords that combine letters, numbers and symbols; and never share your username and password.
- Avoid doing online banking or shopping over public wi-fi.
- When shopping online, use reputable merchants and make sure the webpage payment screen begins with "https" and has the tiny padlock symbol at the bottom of the page.
- Don't open emails that appear suspicious, especially if the message contains links to websites.
- Always log out of your online banking website when you're done.
- Lock your computer or your smartphone when you're not using it.



Read more here. https://links.pahousenews.com/q/hrVIIWR__00XPg9QUVVAS5pldu2c09PCjdWZcOJYnZ0aW1lc0ByY24uY29tw4g-jf0BAJFcq5yL091wdsrNIPM0_A

HELP OUR CHEF REBUILD! FIRE RELIEF FUNDRAISER

20% of All Proceeds Go Directly Towards Helping Our Chef Mike Recover From a Devastating Fire.

OCTOBER 17TH 2024 | 11 AM TO 11 PM
608 CLERMONT AVE, STROUDSBURG, PA

Join us at the bar to support our chef—every order makes a difference. Let's come together and show our community spirit!



Happy Hour Bar & Grill Hosts Fire Relief Fundraiser for Chef Mike

By Happt Hour

Stroudsburg, PA – On Thursday, October 17th, 2024, Happy Hour Bar & Grill will host a Fire Relief Fundraiser to support their chef, Mike, and his family, who recently lost everything in a catastrophic fire. The event will take place from 11 AM to 11 PM at 608 Clermont Ave, Stroudsburg, PA.

In an effort to help Mike and his family rebuild their lives, 20% of all proceeds from the day's sales will go directly towards their recovery. This is an opportunity for the community to come together, enjoy great food and drinks, and show their support for one of their own. For those unable to attend but still wishing to contribute, donations can be made via the family's GoFundMe page.

Mike has been a staple at Happy Hour Bar & Grill, known for his culinary passion and dedication. He is a hardworking individual who has juggled multiple jobs to support his family and pursue his dreams. Tragically, on the evening of Sunday, October 6th, 2024, his apartment was consumed by flames, leaving him with severe burns affecting 20% of his body. He is currently hospitalized, facing a long road to recovery.

Alongside his wife, Carina, Mike is now grappling with mounting medical expenses, the loss of their home, and the challenge of rebuilding their lives. Carina, while continuing to work her job, remains by Mike's side, providing essential care and support during this incredibly difficult time.

"We want to do everything we can to help Mike and Carina get back on their feet," said Eric Scelza, Owner of Happy Hour Bar & Grill. "Mike is more than just our chef—he's family. This is a chance for the community to come together and show our appreciation for all the hard work he's done and offer support during this trying time."

Event Details:

Link: Help Our Chef Rebuild - Facebook Event

Date: Thursday, October 17th, 2024

Time: 11 AM – 11 PM

Location: Happy Hour Bar & Grill, 608 Clermont Ave, Stroudsburg, PA

Donation: 20% of all proceeds will go towards supporting Mike and his family

Join us at Happy Hour Bar & Grill for a day of community spirit, food, drinks, and generosity as we rally behind Chef Mike and his family. Every order makes a difference, and together, we can help them rise from the ashes.