

# COLUMBIA SELF STORAGE Content Sale

Columbia Self Storage will sell the contents of the occupant's leased space at public auction to satisfy the owner's lien on StorageTreasures.com all personal property stored in this facility by: Unit #704 Crystal Zeruth, totes, furniture and misc. items. Items will be offered for sale by auction to the highest bidder for enforcement of storage liens.

**Auction will be held at 10AM, Tuesday, November 14, 2023 on StorageTreasures.com.**

All auction sales are FINAL. Cash only and paid at Columbia Self Storage, 1059 Pennsylvania Ave., Pen Argyl, PA 18072. Columbia Self Storage reserves the right to refuse any bid.

## LVHN to Offer Free Drive-Thru Flu Shots in November

Registration underway for vaccinations at Dorney Park and LVH-Hecktown Oaks

By Brian Downs

Lehigh Valley, Pa. (Sept. 22, 2023) – Lehigh Valley Health Network (LVHN) will administer free influenza vaccinations for the 26th straight year for adults and children age 6 months and older during two drive-thru flu shot clinics in November. Vaccines will be administered at Dorney Park in Allentown on Saturday, Nov. 4, and Lehigh Valley Hospital (LVH)-Hecktown Oaks in Lower Nazareth Township on Sunday, Nov. 5, from 9 a.m. to 3 p.m. each day.

Everyone receiving a flu shot at either drive-thru location is asked to fill out a consent form and register by visiting [LVHN.org/flushot](http://LVHN.org/flushot) and following the instructions, by scanning the QR code on postcards being mailed, or by calling 1-835-215-5438, Monday-Friday, 8:30 a.m.-5 p.m. The line also will be open on the clinic dates (Nov. 4 and 5) 9 a.m.-3 p.m.

For the past 25 years, LVHN's community influenza vaccination campaign has administered over 206,000 free flu shots and collected almost 164,000 pounds of food for area food banks.

## Blue Mountain Community Library Christmas Tree Fundraiser

By Valerie Viglione.

PEN ARGYL - The Blue Mountain Community Library is once again sponsoring a Christmas Tree Fundraiser this year. Anyone wishing to honor or memorialize a loved one or a pet may purchase an ornament to hang on our Christmas Tree for \$5.00 each. The Fundraiser will begin November 1st and continue through December 31, 2023. Please consider helping the library by purchasing an ornament to decorate the Christmas Tree.

Visit our Book Nook to purchase books for the reader on your holiday list. Items include fiction and non-fiction books for adult, young adult and juvenile readers, as well as large print materials and puzzles.

The Blue Mountain Community Library is located at 216 S. Robinson Ave. in Pen Argyl. Hours are 10-12, Monday thru Saturday mornings and 6-8, Monday and Thursday evenings. All information is available on our Facebook page and website [@www.bmcl.org](http://www.bmcl.org).



### Brain Injury Awareness Day

**Tuesday, October 17, 2023**

The purpose of our Brain Injury Awareness Day is to educate members of the PA General Assembly on the needs of Brain Injury Survivors. The past four years, we averaged over 80 participants and met with many Legislators in both the House of Representatives and Senate.

We have a full day planned with several experienced brain injury survivors, as well as professionals who are well-respected and knowledgeable in the brain injury community.

As a member of the PA Brain Injury Coalition we work diligently in bipartisan with all four Co-Chairs of the Brain Injury Caucus.

At the Main Rotunda, Tim Briggs (D), House of Representatives, 149<sup>th</sup> District will speak on the NEW Legislation, House Bill 1682, coverage for post-acute Neurorehabilitation for individuals who sustained a brain injury.

Ann Flood (R), House of Representatives, 138<sup>th</sup> District will talk on how she built from the ground up a foundation to enhance the quality of life for brain-injured children and offer support for their families.

Ann founded Hope Foundation in 2008 in memory of her daughter, Lauren, who was only four years old when she passed away sustaining an Acquired Brain Injury.

Senator Tim Keamey (D), 26<sup>th</sup> District and Senator Ryan Aument (R), 36<sup>th</sup> District will speak at the Reception.

Kevin McDonald and Melissa Carmen will give an inspirational testimony on recovery after brain injury.

#### Agenda for the day

Brain Injury Briefing, Main Rotunda  
10:30am – 11:30am

Schedule your own Legislative Meetings  
11:40am – 12:50pm

Reception  
1:00 – 2:00pm (Rm 8E-B)

Brain Injury Panel  
2:00pm – 3:00pm (Rm 8E-B)

At our Brain Injury Panel Welcome....

Mary K Mutschler, LCSW, BCPCC, CBIS, CCTP EMDR, LCP, Brain Injury Specialist, Psychotherapist, Elizabethtown

AND

Welcome Shawn Holmes a tech educator, entrepreneur, and passionate advocate for veterans. As a United States Army veteran who sustained a traumatic brain injury during deployment to Iraq in 2004, Shawn has embarked on a journey of healing, recovery, and reconnection. Combining his IT expertise with personal experiences in overcoming multiple brain injuries, he has gained a profound understanding of the pressing need for more comprehensive supportive services for both veterans and marginalized communities.

In addition to his professional pursuits, Shawn is a dedicated father of four and an active member of the Dauphin County Veterans Coalition.

If attending please contact: Melissa Carmen at [sunshineblu18@aol.com](mailto:sunshineblu18@aol.com). Write in subject line: BIAID or call: 717-361-2854

Kevin McDonald, Founder of RESTART Your Life / RENEW Your Mind and Melissa Carmen, Pennsylvania Brain Injury Coalition Board who are both survivors of a severe TBI and are at the forefront of our 5<sup>th</sup> annual Brain Injury Awareness Day at the Pennsylvania State Capitol, Harrisburg.

## ENROLL TODAY IN CHILD CARE

### \* New Classrooms \*

# GREATER VALLEY YMCA

[gv-ymca.org](http://gv-ymca.org)