



**'I want to thank the residents of Northampton County for your continued support and trust as I serve the constituents of the 40th Senatorial District. It has been an honor to advocate for our communities and bring new investment into the region, particularly the Slate Belt.'**  
~ Mario Scavello



**I humbly ask for your vote on Tuesday, November 6th.**

***With your help, we will continue to:***

- Fight for school property tax elimination
- Protect our communities, environment and waterways from out-of-state fill material
- Support our students, teachers and schools with the resources they need
- Upgrade our roads and infrastructure to attract quality jobs and grow our local economy
- Expand vocational-technical opportunities for our students

**Please vote to re-elect Mario Scavello as State Senator for the 40th District of PA!**

Paid for by the Committee to Elect Mario Scavello

# Top 10 Ways Pennsylvanians Should be Prepared for an Emergency or Disaster

By Nate Wardle

**HARRISBURG, PA** – The Department of Health today reminded all Pennsylvanians of the top 10 ways they should be prepared for an emergency and of the impact the health effects that accompany an emergency can have on their lives.

“As we have seen from the numerous instances of flooding across the state this year, emergencies can occur anywhere with little advanced warning,” Secretary of Health Dr. Rachel Levine said. “That is why it is so essential that people take steps to prepare for emergencies and disasters before they happen. Each disaster has a public health component, and part of public health involves ensuring residents are prepared.”

The Top 10 Ways to Be Prepared in an Emergency or Disaster are:

1. Learn CPR;
2. Learn first aid;
3. Check your insurance policy to see whether it covers hazards such as flooding, earthquakes and tornadoes;
4. Know how to shut off water and gas at your home;
5. Have a family emergency plan;
6. Have a list of all medications you take;
7. Create an emergency kit with enough supplies in case you lose power for three days;
8. Plan for those with access and functional needs in your home, such as infants, seniors, and those with intellectual and physical disabilities;
9. Plan for your pets and their needs; and
10. Have a family reunification plan, in case you must leave your home during an emergency.

The department, along with the Pennsylvania Emergency Management Agency, has Emergency Preparedness Guides available on our website in English, Large Print English, Spanish, Chinese, Korean and Russian.

Pennsylvanians face many different hazards; from natural disasters such as flooding, winter storms, and summer storms, to manmade disasters such as fires, hazardous material incidents and possible issues at nuclear power plant facilities. Additional hazards come from a potential act of terrorism or a mass shooting.

September is National Preparedness Month and this year's theme is “Disasters Happen. Prepare Now. Learn How.”

For more information on emergency preparedness in Pennsylvania, visit the Department of Health website at [www.health.pa.gov](http://www.health.pa.gov) or follow us on Facebook and Twitter.

## Social Security Benefits Increased by 2.8 Percent

By Jason Newton

**WASHINGTON** - Representative Matt Cartwright (PA-17) released the following statement regarding the announcement of a 2.8 percent increase in the cost-of-living adjustment (COLA) for Social Security recipients: “Social Security has been our nation's most effective anti-poverty program for senior citizens and Americans with disabilities.

“The Social Security COLA increase of 2.8 percent is welcome news to seniors who have seen their living

and out-of-pocket medical expenses rise. But we need Social Security benefits to keep up with all the rising costs that hit seniors hard – in housing, specialty medical treatment and hospital services, and prescription medicines.

“Currently, the annual adjustment is tied to the Consumer Price Index for all Urban Wage Earners (CPI-W) for the purposes of calculating inflation. However, the CPI-W is based on a basket of goods that does not adequately track the purchases of seniors. As a result, to ensure that benefits better reflect cost increases facing seniors, future COLAs should be based on the Consumer Price Index for

the Elderly (CPI-E). Making this change to Social Security is expected to result in higher COLAs, ensuring that seniors can better keep up with the rising costs of their essential items.

“The current broad-stroke approach does not accurately reflect the needs and buying trends of senior citizens. I support adjusting the way Social Security COLAs are figured to better reflect rising prices in the areas of need and expense for seniors, which are different than those faced by younger Americans. And this is why I'm cosponsor of the Strengthening Social Security Act of 2018.”

### Bangor Podiatry L.L.C. PODIATRIC MEDICINE & SURGERY

325 Blue Valley Drive

(located in the Rt. 512 Plaza by Curves)

Bangor, PA

**610-588-6621**



**Dr. Cheralyn Perkins, DPM**  
Diplomate, American Board of Podiatric Surgery



**Dr. David Scalzo, DPM**  
Diplomate, American Board of Podiatric Surgery



**Dr. Nicole Branning, DPM**

- |                      |                            |
|----------------------|----------------------------|
| * Ankle Pain         | * Orthotic Arch Supports   |
| * Bunions            | * Poor Circulation         |
| * Heel Pain          | * Painful Corns & Calluses |
| * Hammertoes         | * Sprains                  |
| * Diabetic Foot Care | * Tendonitis               |
| * Diabetic Shoes     | * Toenail Fungus           |
| * Fractures          | * Ulcers                   |
| * Neuromas           | * Warts                    |

*Office hours by Appointment*

**“PUT YOUR FEET IN GOOD HANDS”**

**MOST INSURANCES ACCEPTED**

**WE DO HOUSE CALLS**

**ADVERTISE  
ON OUR  
CLASSIFIED  
PAGE**

**Items for  
sale, rentals,  
help wanted,  
services, yard  
sales and  
more!**

**ONLY \$8 per  
week!**

**Email  
bvtimes@rcn.  
com today!!**

## Assistance for Christmas Salvation Army Pen Argyl

By Krista Nagy

**PEN ARGYL**- Are you in need of assistance to assure a nice Christmas for your Children this year?

The Salvation Army may be able to help you and increase your hope this Christmas Season.

Everyone experiences times of struggle and need. The Salvation Army Christmas Assistance program helps families by providing clothing and toys to children 12 years of age and under for Christmas that are in need.

Please call 610-863-6677 to sign up for an appointment to complete an application.

What you will need to bring to the appointment:

1. Head of Household photo ID
2. A form of ID for those in your household i.e. photo ID or birth certificate
3. Proof of income i.e. paystub, proof of Social Security, disability or assistance income
4. Toy, Clothing, or shoe suggestions and sizes for the children in your house 12 years and under

Appointments are available during the following weeks: Monday October 15th-Thursdays October 18th and Monday October 22nd-Thursdays October 25th.

\*Appointments will be scheduled between 9am and 2pm daily with necessary evening appointments Available upon request.