

Help Kids Protect Their Devices

By State Rep. Ann Flood

Online safety starts with protecting your kids' devices from hackers and scammers.

The Federal Trade Commission offers these steps to help keep kids safer and encourages parents to teach their children about how to secure their devices and build good online habits:

- Set automatic updates on phones, tablets and laptops to protect your kids' apps, web browsers and operating systems.

- Use strong passwords. Make sure your kids' accounts and devices are protected by unique passwords. Consider helping teenagers set up and use a password manager, or the device's password generator. Remind them not to leave devices unattended in public places.

- Secure your home wi-fi network. Change your router's default name and password. Turn off remote management, and log out as the administrator once the router is set up.

- Use parental controls to help reinforce good online habits and create safer spaces for kids to learn and play online. And, to have a better handle on what kids might be spending online, consider using parental controls to disable in-app purchases or require a password for all purchases on phones or tablets.

Learn more information about protecting kids online while enhancing their safety, privacy and healthy development at ftc.gov/KidsOnline.



STATE REPRESENTATIVE

ANN FLOOD
is hosting a

CONCEALED CARRY SEMINAR

Learn more about your
Second Amendment
rights and gun laws
in Pennsylvania on

**THURSDAY,
JAN. 22
6 – 8 P.M.**

**STOCKERTOWN ROD
& GUN CLUB**

206 Lefevre Road
Stockertown, PA

Visit repannflood.com/events or call my office
at 610-746-2100 to register. Space is limited.



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REHABILITATION
WEST**

Living With Pain?

Get back to doing what you love and living PAIN-FREE. That's our goal at Robbins Rehabilitation West as a family-owned, outpatient physical therapy and wellness clinic. We want to help you find the fastest and most effective way to eliminate your pain without the use of medications, injections or surgery.

How do we do this? With specialized, one-on-one treatment programs that allow both the patient and the therapist to develop a plan that WORKS, and will last long after your time with us. We give you the tools in order to succeed at home, and we serve as a resource for any of your health-related needs.

With our new Wellness Program, there are a variety of services that contribute to faster healing and sustained physical health - medical massage, laser light therapy, nutrition coaching and at-home workout plans are just some of the ways we hope to ensure you're getting the most out of your life and not limited by your pain.

Don't just take our word for it, though. There are thousands of people in Bangor, Allentown, Bethlehem, and Upper Macungie just like you that made the choice to do something about the pain affecting their lives and saw great success. Don't wait until it's too late. Call us today at 610-686-9690 and ask how you can get a FREE 30 minute health screen with one of our doctors of physical therapy.

Call **610-686-9690** to
schedule your free
appointment today.

RobbinsPTWest.com/screen

Grand Central Landfill Winter Bird Count



Date: January 4, 2026

Time: 9 AM - 10 AM

**Meet At: Grand Central Environmental Education Center
891 Grand Central Road Pen Argyl PA**

RSVP TO: Adrienne afors1@wm.com

Please dress for the weather, wear hiking shoes
and bring along your camera!

