

**COMPUTER  
NETWORKING &  
REPAIR**

**MICROSOFT  
WINDOWS 10  
UPGRADE**

"OVER 25  
YEARS OF  
EXPERIENCE"  
James Albanese

HOME - BUSINESS - GOV'T - EDUCATION  
NON-PROFIT - SENIOR CITIZEN  
SALES \* SERVICE \* SUPPORT

 INFORMATION TECHNOLOGY  
SPECIALIST

**\* Microsoft Windows 7 Support/  
Updates ENDS January 14th, 2020**  
**\* Upgrade your existing Windows 7  
or 8 Computer For UNDER \$200**

**Call to Schedule your Windows 10 Upgrade  
Today!**

**WINDOWS COMPUTER SALES, SETUP,  
INSTALLATION, DATA TRANSFER & TRAINING**

**www.compnr.com/service@compnr.com**

368 Blue Valley Drive Bangor **610-588-8700**



## Helping our Communities

By Rep. Ann Flood

UMBT - The COVID-19 pandemic has exacerbated food shortages and recent inflation has raised concern within the senior community.

I was happy to attend a senior forum at Upper Mt. Bethel Township where Robert Teel, Upper Mount Bethel Township supervisor, stated "I will do whatever I can so no senior goes cold or hungry on my watch this winter."

We helped seniors get signed up with SNAP, PACE and PACENET, property tax and rent rebate applications, along with other programs that support seniors. Portland Upper Mt. Bethel food bank was also in attendance and I was happy to make a food donation to help combat the food insecurity issues that are not only gripping our region, but our state.

**Rita's**

**WE'RE SERVING UP  
PUMPKIN  
PERFECTION!**

Pumpkin Milkshake

**Reese's  
TAKE 5**

Pumpkin Concrete

Rita's of Wind Gap PA - Rita's Ice. Enter your location. < Back to results. 501 E Moorestown Rd. #9. Wind Gap, PA 18091. Hours: 12:00 PM - 10:00 PM EST. 610-881



## Another 100th Birthday Celebration!

By Rep. Ann Flood

LEHIGH VALLEY - Last Saturday, Ruth Saalsfeld celebrated her 100th birthday!

She celebrated her special day surrounded by her family and friends. I was honored to attend and present her with a House citation in recognition of this milestone.

Ruth has two children, four grandchildren and two great-grandchildren!

Ruth is also a holocaust survivor and one of the last in the Lehigh Valley. It was an honor to hear her amazing life story and resilience during such a heartbreaking time in history.