

'Stopping the Flu Starts with YOU' Campaign

By April Hutcheson

ENOLA, PA – Acting Health Secretary and Physician General Dr. Rachel Levine today launched the annual “Stopping the Flu Starts with YOU” campaign, encouraging all Pennsylvanians to get vaccinated to prevent the spread of influenza.

“Last flu season, there were 70,800 confirmed cases, with 148 Pennsylvanians dying from flu complications,” Dr. Levine said. “Getting a flu shot is the easiest and most important step that anyone can take to protect themselves and their loved ones from this dangerous virus. This year, we want to make sure everyone is protected, even if you think you are in good health.”

The “Stopping the Flu Starts with YOU” campaign is an annual effort to encourage Pennsylvanians to protect themselves and their loved ones against seasonal flu by getting vaccinated and taking other preventive measures.

“Vaccination is important to protect not only your health, but the health of those around you who may be at bigger risk of life-threatening complications related to influenza,” Dr. Levine said. “We are especially concerned about the very young, older Pennsylvanians, pregnant women and those with chronic health conditions. Stopping the flu starts with you and me.”

The Centers for Disease Control and Prevention recommends a yearly flu vaccine for everyone six months of age and older. Flu viruses are constantly changing, and vaccines may be updated yearly to protect against the viruses that research indicates will be most common during the

upcoming flu season. A person’s immune protection from the vaccine also decreases over time.

In addition to getting vaccinated, the Department of Health recommends:

- Wash hands often with soap and warm water or use an alcohol-based hand sanitizer;
- Cover nose and mouth with a tissue when coughing or sneezing, and throw any used tissues in the trash;
- Keep hands away from face, and don’t touch eyes, nose or mouth;
- Disinfect frequently used surfaces like door-knobs, light switches, TV remotes or countertops; and
- Avoid contact with individuals who may have the flu. When sick, stay home until at least 24 hours after your fever goes away on its own without the use of fever-reducing medicine.

Flu seasons are unpredictable and can be severe. In the U.S., it is estimated that an average of five to 20 percent of the population gets the flu, and hundreds of thousands are hospitalized from seasonal flu-related complications.

The Department of Health offers the influenza vaccine to underinsured/uninsured adults and eligible children at many of the State Health Centers across the commonwealth on a continual basis. Those interested and who qualify should call 1-877-PAHEALTH to schedule an appointment.

For more information on influenza and the flu vaccine visit the Department of Health website at www.health.pa.gov or follow us on Facebook and Twitter.



November 14

Portland Fire Co
Starts 7pm

November 15

Bushkill Twp Fire Co
Doors 5pm
Starts 7pm

November 17

Wind Gap Fire Co
Doors 5pm; Starts 6:45pm

November 18

Immaculate Conception
Doors 11am;
Starts 1pm

November 19

Bangor VFW Post 739
Doors 3:30pm;
Starts 6pm
Open to Public
Progressive Jackpot

St. Elizabeth Church
Starts 1pm

November 20

Kunkletown Fire Co
Progressive
Jackpot - 7pm



Salvation Army Thanks the Greater Pike Community Foundation

By Major James Gingrich

EAST STROUDSBURG– The Salvation Army East Stroudsburg, Corps. and The Greater Pike County Community Foundation are pleased to announce a grant investment of \$750 from the Richard L. Snyder Fund at the Greater Pike Community Foundation in support of The Salvation Army Soup Kitchen in East Stroudsburg, PA. These funds will allow the Soup Kitchen to provide healthier, fresh food for our clients, to promote healthier lifestyles for those in need. We are grateful for the commitment from Mr. James Pedranti, GPCF Board Chair and Maryanne Monte, Grants Committee Chair, as well as Board Director Audrey Baily-Hocker – and in memory of Richard Snyder – to reinforce that hunger and basic human needs know no “county boundaries” and that in the true spirit of philanthropy and helping our neighbors throughout the Poconos, we are able to put this investment to good use immediately!

The Greater Pike Community Foundation (GPCF) was created to enable generous individuals, families, and local businesses to maximize their charitable support through organized, targeted, long-term community philanthropy. The Foundation provides a permanent and personal way to give back to the region we love and have worked so hard to nurture and maintain. For more information about establishing a fund in memory of a loved one, or to discuss how to realize your charitable goals for the future, please contact Jim Pedranti at info@greaterpike.org, (570) 296-6959 or visit our website at www.greaterpike.org and [Facebook.com/Greater Pike](https://www.facebook.com/GreaterPike).

The Salvation Army, an evangelical part of the universal Christian church established in 1865, has been supporting those in need in His name without discrimination for 130 years in the United States. Nearly 30 million Americans receive assistance from The Salvation Army each year through the broadest array of social services that range from providing food for the hungry, relief for disaster victims, assistance for the disabled, outreach to the elderly and ill, clothing and shelter to the homeless and opportunities for underprivileged children. 82 cents of every dollar spent is used to carry out those services in 5,000 communities nationwide. For more information, go to www.salvationarmyeaststroudsburg.org.

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Help Wanted

FULL TIME POWERSPORTS MECHANIC- Horn's Outdoor, Inc - Mount Bethel, PA is Seeking a Full Time Powersports Mechanic for Multi-Franchised dealership. Experienced in repairs of ATV's, Snowmobiles, Lawn Equipment and Can Am Roadsters. PA Emission and Safety Inspection License preferred, but not necessary. Pay to commensurate with experience. Located in Northeast Pennsylvania, 3 miles from New Jersey. Experienced applicants only. Please email us with your name, phone number and resume to set up interview. Info@hornsoutdoor.com

FULL TIME SALESMAN AND PARTS/COUNTER SALES ASSOCIATE- Horn's Outdoor, Inc - Mount Bethel, PA is Looking for full time Salesman and Parts/Counter Sale Associate for Multi-Franchised Powersports dealer in Northeast Pennsylvania. Candidates must have at least 5 years of experience, enjoy working in a fast pace environment and able to provide excellent customer service support. Job Requirements: Must have knowledge of computers, be able to read parts schematics and have general knowledge of mechanics. Salesman must be able obtain or already possess a Salesman's License. Job Responsibilities: Answering phones and taking orders, Receiving and stocking parts orders, Work credit card machine and cash register. Assisting service department and sales department with parts sales, must be punctual, friendly and professional with customers, Able to work retail hours including Saturday's, Capable of lifting and moving items of up to 50 pounds. Pay to commensurate with experience. Serious Experienced Applicants need only apply. **Please us with your name, phone number and resume to set up interview at** Info@hornsoutdoor.com

EXPERIENCED CARE GIVERS- Must work nights & weekends. **Keeping Seniors Independent 610-588-6000 (TFN)**

OFFICE INVOICING- Part Time person needed for daily customer invoicing, also work with computer sales and other related duties. **Bangor 732-887-1799 (11-21)**

NOW HIRING PART TIME WAIT STAFF Needed for local Caterer. Must work Weekends. High School Seniors welcome will train. Must Be Reliable, also Part Time Bartenders needed experience preferred for this position. **Call Donna 610-588-8377 (TFN)**

SINGLE NEEDLE SEWING MACHINE OPERATOR- needed for factory in Bangor, friendly work environment. Fulltime. Must be Reliable and Dependable. **Call 732-887-1799 (11-21)**

PART TIME- Large Busy Laundromat with Dry Cleaning and Tanning Salon is looking for a MATURE, RELIABLE attendant for part time work of approx 25 hours per week, includes nights and some weekends. Prefer experience in laundromat service of Wash Dry Fold - Dry Cleaning drop off / pick up or worked in a tanning salon previously. **Apply in person at Wind Gap Laundry and Tanning Center, 147 N. Broadway, Wind Gap, PA 18091 (TFN)**

Room For Rent

LOOKING FOR ROOM TO RENT- Do You Need Someone to help you with: Light housekeeping, laundry, cooking, shopping, appointments, house sitting, etc.? Mature, Responsible, Quiet: Searching for Room to rent. References Available. **Call 570-977-9755 (TFN)**

For Rent

FOR RENT- 2 Car Garage (cars only) Located at Central & Broadway in Wind Gap. **Call 610-759-4699 (TFN)**

CLEAN AND COMFORTABLE two bedroom duplex within walking distance of downtown. Upgraded kitchen. Small yard in back. No pets. No smoking. Credit check and 1 month security deposit required. \$825/mo rent. Tenant responsible for water, sewer, trash, electric, heat & cable. Immediate availability. home is also being offered for sale. **CALL TEEL REALTY 570-897-7325. (TFN)**

For Sale

FOR SALE- 1/2 moon wrought iron outdoor bar with 4 swivel chairs and 4 stationary bar stools. \$300.00 or best offer. **CALL BOB 610-588-8377 (TFN)**

FOR SALE- Sofa (like new) full size, beige. \$200; 2 indoor wooden rockers, \$35 ea; TV cabinet \$35; End table, maple, w/drawer. \$40. **Call 570/421-8113 or 570/350-8768 (11-14)**

Wanted

WANTED- Sports Cards/Memorabilia Pre 1970. **Call Steve at 570-897-7226 or Email at steveoa@ptd.net**

Snowmobiles For Sale

SNOWMOBILES FOR SALE

2009 MXZ 800R PTEK-E Adrenaline Ski Doo 50th Anniversary Edition- Excellent Condition, Electric Start, Reverse, Studded Track, Heated Hand Grips, Rear Removable Storage bag, New Battery, Garage Kept, Storage Cover, Purchased and Serviced by Horn's Outdoor. 5460 miles. **\$5900.00 OBO**

2005 MXZ 600 HO Ski Doo- Good Condition, Reverse, Heated Hand Grips, Studded Track, New Battery, New Wind Shield, Storage Cover, Garage Kept, Purchased and Serviced by Horn's Outdoor. 5550 miles. **\$3100.00 OBO** Also Available Excellent Condition: 4 HJC Helmets (L) All With Additional Elect. Heated Visors. Heated Tank Bag, Heated Handle Bar Bag, Men's Size 10 Snowmobile Boots. **\$599.00 OBO**

Also Available Excellent Condition: 2007 Blaze Snowmobile trailer. All Aluminum, Tilting, Spare Tire, Run up Tracks for loading Sleds. **\$750.00**

Willing To Sell Everything For One Great Price To The Right Person! Please Call **570-856-7617** If no answer please leave message I'll call back

Show

COMICS, CARDS FESTIVAL- November 19, 10am, Mount Bethel Fire Hall, 2341 Delaware Drive. Santa Claus, artists, costume contest. Admission \$3. **For more info contact 609-242-7756**

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