

Remembering 9-11

This Saturday marks the 20th anniversary of one of the darkest days in our nation's history. On Sept. 11, 2001, nearly 3,000 men and women were killed in devastating terrorist attacks in New York, Washington, D.C. and Pennsylvania, including more than 400 first responders. The lives lost on Sept. 11 will be honored and remembered in observances across the country this weekend, including one at Pennsylvania's Flight 93 Memorial in Shanksville, near the site where one of the four planes hijacked that day crashed. The observance will be [streamed live here](#) beginning at 9:45 a.m. Many of us remember where we were when we heard the dreadful news as it unfolded on 9/11. Let us never forget the sacrifices of those who died and were wounded on that day. As a veteran of Operation Enduring Freedom and Operation Iraqi Freedom, I am so proud of all who have served to keep our nation safe from terrorism over the past 20 years.



Lebanon County to Hold Suicide Prevention Events

September is Suicide Prevention Awareness Month and there is a wide variety of events planned in Lebanon County to raise awareness and save lives. For details, [click here](#). If you or someone you know is experiencing a mental health crisis or is contemplating suicide, call **1-800-662-HELP (4357)**. If you are a veteran in crisis, you can call the Veterans Crisis Line at **1-800-273-TALK (8255)** and press 1. These toll-free services are available 24 hours a day, seven days a week. All calls are confidential. For more information about suicide prevention, [please click here](#).



Hurricane Ida Drives Home Importance of Preparedness

As a member of the Veterans Affairs and Emergency Preparedness Committee and as someone with military service in Iraq and Afghanistan, I am acutely aware of the need to be prepared in the event of an unforeseen emergency. Hurricane Ida recently left a path of destruction across Pennsylvania and right here in our area, reminding us of the need to always have an emergency plan in place. "Prepare to Protect" is the theme of this year's National Preparedness Month, which aims to increase the overall number of individuals, families and communities that engage in preparedness actions at home, work, businesses, schools and places of worship. The Pennsylvania Emergency Management Agency (PEMA) recommends the following preparedness tips:



- Take a basic first aid or CPR class.
- Create a family emergency plan so loved ones know who to contact and where to go in an emergency.
- Have a small kit of emergency supplies in your home and car.
- Know how to turn off utilities safely in your home.
- Review insurance policies and coverage to ensure it is adequate for the hazards you may face.
- Purchase flood insurance.
- Build up an emergency fund.

More information about how to prepare for an emergency is available on the [Ready PA website](#).

How to File for Damages, Avoid Scams Following a Flood

Following the strong storms, tornadoes and historic flooding from Hurricane Ida, the Pennsylvania Insurance Department is providing information to home and business owners to help them file insurance claims for damages and avoid scams. The department has produced a brochure entitled [After the Storm](#) which urges storm victims to:

- Contact the insurance company as soon as possible after the storm.
- Save all receipts.
- Take photographs or video before cleaning or making repairs.
- After documenting damage, make repairs needed to prevent further damage or to live in the home, but don't make permanent repairs before the insurance company inspects the damage and approves the repairs.
- If possible, determine what it will cost to repair the property before meeting with an insurance company representative who will assess the damage. If there is a disagreement on the offer made to repair the property, individuals should be prepared to negotiate.

The brochure provides tips on how to avoid being a victim of home repair scams, which can follow major disasters. Consumers with questions or who wish to file a complaint can contact the Insurance Department's [Consumer Services Bureau](#), or call **1-877-881-6388**. The department also has a dedicated [Flood Insurance page](#) for anyone interested.



PA's Public Pension Systems Playing "Catch Up"



In part one of my 2-part podcast on Pennsylvania's public pension systems, we discuss what must be done to ensure the ongoing viability of the system and protect taxpayers. [Listen here.](#)

It's Safe2Say Something

With schools now back in session, it's important to remind students, parents, teachers and community members about the Safe2Say Something program, which was established to offer an anonymous resource to report behavior perceived to be threatening to an individual or a school entity. In addition to potential threats, the program has also received reports relating to bullying, anxiety, depression and suicide. For more information or to submit a report, call **1-844-Saf2Say** or visit safe2saypa.org. You can also download the "SafeToSay Something PA" app.



Elk Cam is Live!

To help people across the state and beyond experience the wonder of the state's elk population, the Pennsylvania Game Commission again has installed a camera on State Game Lands 311 in Elk County, in a field that typically is a hub of elk activity as the bugling season heats up. The livestream, which is provided by [HDOntap](https://HDOntap.com) is made possible with the help of the North Central Pennsylvania Regional Planning and Development Commission. The livestream can be accessed at pgc.pa.gov by clicking on the Elk Country Live Stream button. Viewers may also see turkeys, deer and other wildlife. The stream is slated to run until the end of bugling season, likely sometime in mid-October. The best time to tune in to see elk is late in the afternoon.

