

Congratulations to Aidan and Tyler Mahaffey!



It was a tremendous honor to present Aidan and Tyler Mahaffey with House of Representatives citations on capturing the 2022 PIAA State Class AAA Boys' Doubles Tennis Championship. Sophomores at Palmyra Area High School, Aidan and Tyler claimed the state title by defeating a team from Downingtown High School East by scores of 6-1 and 7-6. These young men are truly deserving of this title. Through their exceptional ability, hard work and tenacious pursuit of athletic excellence, they have made their entire community proud.

Concealed Carry Seminar a Success



Thank you to all who attended my concealed carry seminar on Thursday evening. An excellent program on gun rights and responsibilities was presented by Attorney Joshua Prince, his associate Dillon, and Lebanon County Sheriff Jeff Marley. Audience participation was great and we all learned from your excellent questions. Thanks to my staff for their professionalism and hard work in organizing this important event. A special thank you to Jeff and the Palmyra Sportsman Association for hosting us.

Remembering Carl I. Wenger



I recently attended the ribbon-cutting ceremony for the new Carl I. Wenger Pavilion at the Lebanon Valley Expo Center on the Lebanon Area Fairgrounds. The pavilion was dedicated in memory of Wenger, a local agri-businessman and philanthropist who died last year at the age of 88.

Annual Lebanon Area Fair Opens Saturday



A sure sign of summer since 1957 arrives in our area tomorrow. The Lebanon Area Fair runs from July 23-30 at the Lebanon Area Fairgrounds. For details, visit LebanonAreaFair.com.

How to Beat the Summer Heat

As the Commonwealth and many areas of the country are dealing with a record-breaking heatwave, the Pennsylvania departments of Aging and Health are urging all Pennsylvanians but especially older adults to take steps to protect themselves against potentially deadly heat-related illnesses. Seniors may be less able to deal with extreme temperatures and certain medications can make matters worse. Some seniors may not have access to fans, air conditioners or other sources of relief in periods of extreme heat, so it's important to check on elderly family members, neighbors and friends. [Pennsylvania's network of Area Agencies on Aging](#) is a great resource for



older adults to learn about senior community centers, especially those acting as cooling stations. Seniors can visit libraries, churches or other facilities that may provide them with opportunities to keep cool.

Here are some safety tips to avoid heat-related dangers:

- Drink plenty of water.
- Avoid drinks with caffeine, alcohol, or large amounts of sugar - they can cause dehydration.
- Stay indoors in air conditioning as much as possible.
- Avoid long periods in the direct sun or in unventilated rooms.
- Dress in light-colored, loose-fitting clothing, a wide-brimmed hat, sunglasses and sunscreen.
- Take frequent baths or showers and remain in a cool place.
- Never leave children or pets inside vehicles.

High temperatures could put you at risk of heat stroke or heat exhaustion. Heat stroke is the most serious heat-related illness and requires immediate medical attention. Warning signs include extreme body temperature, rapid pulse, throbbing headache, dizziness and confusion. Heat exhaustion symptoms include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea, vomiting and fainting. For more information, visit the [Department of Health website](#) or call **1-877-PA-HEALTH (1-877-724-3258)**.

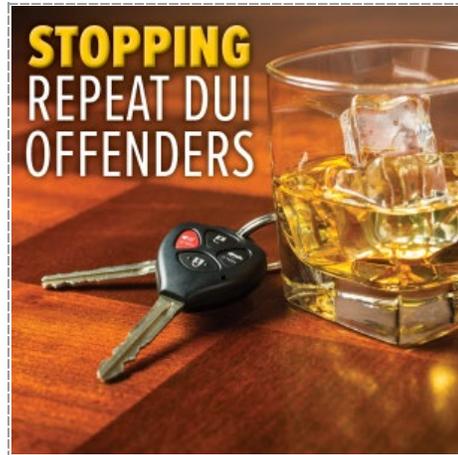
Visit Ag Progress Days Aug. 9-11



Penn State's College of Agricultural Sciences will host its annual Ag Progress Days exposition Aug. 9-11, near State College. The three-day event, which will feature over 400 exhibitors and features educational programs, research and the latest innovations in agricultural equipment and technology, will be held at the Russell E. Larson Agricultural Research Center, [2710 W. Pine Grove Road](#), Pennsylvania Furnace. There is no charge to attend this family-friendly event and parking is also free. To learn more, [click here](#).

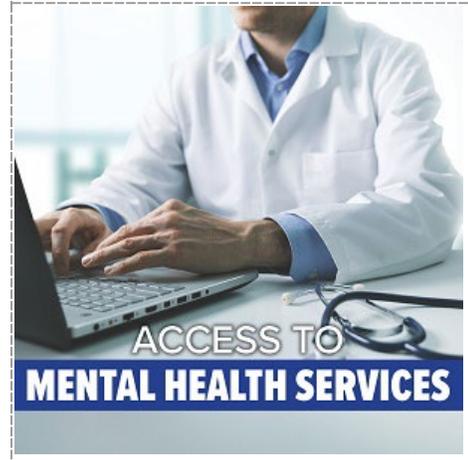
Stopping Repeat DUI Offenders

A new state law will improve public safety by ensuring repeat DUI offenders are kept off the roads longer. [Act 59 of 2022](#), dubbed Deana's Law for Deana DeRosa Eckman, a 45-year-old woman killed in a head-on collision by a drunk driver three years ago in Delaware County. Her killer had five prior convictions for driving under the influence (DUI). Deana's Law requires individuals convicted of three or more DUIs to receive enhanced prison sentences and serve those sentences consecutively, thereby extending time spent behind bars. Had Deana's killer served his fourth and fifth convictions consecutively, he still would have been behind bars at the time of the crash that claimed Deanna's life. This law, which takes effect in 120 days, will better protect the public from the worst-of-the-worst DUI offenders.



More Options for Accessing Mental Health Services

If you need mental health services but are having trouble getting to in-person doctor visits, a new law is expanding opportunities to use telemedicine. [Act 76 of 2022](#) removes an outdated requirement that 50% of mental health visits be conducted in-person, giving clinics the ability to provide more virtual mental health services. The new law also helps staff of outpatient psychiatric clinics to meet the growing demand for telemedicine services. And it allows greater flexibility for patients and mental health providers seeking to receive or provide care.



PHEAA State Grant Application Deadline Aug. 1

The Pennsylvania Higher Education Assistance Agency (PHEAA) is reminding students of the Aug. 1 deadline to apply for the PA State Grant Award. The deadline applies to anyone planning to enroll in a community college; a designated Pennsylvania open-admissions institution; a business, trade or technical school; a hospital school of nursing; or a two-year program that is not transferable to another institution. This encompasses about 104 schools throughout Pennsylvania. To determine whether you are eligible, you must complete the 2022-23 Free Application for Federal Student Aid (FAFSA), which [can be accessed online here](#).



First-time applicants must also submit a PA State Grant Form (SGF). First-time applicants who submit the FAFSA online will be automatically redirected to the SGF by following the onscreen prompts on the confirmation page. First-time applicants who have already submitted their FAFSA but have not completed the SGF will receive an email directing them to [PHEAA's secure Account Access site here](#). This year's maximum grant award increased from \$5,000 to \$5,750, the largest maximum award in the program's history.

PennDOT Seeking Workers for Winter Maintenance

We may be in a heatwave, but PennDOT is preparing for winter. It is seeking job candidates for its winter maintenance program. Positions are available for CDL equipment operators, dispatchers, mechanics, welders, trades, custodians and stock clerks. Pay range is \$15.49-\$22.70 an hour. The winter maintenance program runs from September through April. To apply, visit employment.pa.gov and go to the PennDOT Winter Maintenance Program posting under the "Open Jobs" section of the website.

