It is already May and I certainly hope that the warmer weather is here to stay. On April 28th, the Chamber held its 80th Annual Awards Banquet. A great big THANK YOU to everyone that helped put this event together, to all of our sponsors, to all of the volunteers and to all of the award winners. The Banquet is an opportunity to connect with those we do not see every day, to renew old friendships, to foster new ones and to honor those that make the Shippensburg community the wonderful place it is. I, myself, was able to make some new connections and also reconnect with a few folks I haven’t seen for 25+ years (although that was a not-so-gentle reminder of how many birthdays I’ve had).

As we move into and through the next few months, I would encourage you to plan to join us for all of our events; including Mixers, Lunch-and-Learns and the 4th Annual Bloom Festival. There is a tremendous amount of effort put into all of these and we look forward to seeing you at each one that your schedule permits. We continue to strive to provide our membership with opportunities to be involved in and network.

A few fall events that I would encourage you to mark on your calendars are The Business & Community Expo, the Leadership Conference and The Beer and Wine Festival. All three of these events were a huge success last year thanks to your participation and we hope that trend will continue in 2018.

As I said last year in the May article, we will celebrate Mother’s Day. Please take a moment and thank Mom and give her a hug for all she has given and sacrificed for you over the years or, if you’re unable to do that, take some time to remember the same. Thank your wife or partner for being the mother to your children and giving of herself for them, you, and your family.

Sincerely,

Dan Baer, Chair
Board of Directors
Shippensburg Area Chamber of Commerce
May 16 - 4:00pm - Grand Opening/Ribbon Cutting; Berkshire Hathaway Home Sale Services; 14 W. King St.
May 17 - 5:00pm - 7:00pm - Super Chamber Mixer; Carlisle Sports Emporium; 29 S. Middlesex Rd., Carlisle

June 9 - 9:00am - 3:00pm - 4th Annual Bloom Festival; McCready Avenue & Borough Park Lot; Burd St.
June 21 - 5:00pm - 7:00pm - Picnic Chamber Mixer; The Oasis of Love Church; 303 S. Washington St.

Shippensburg University
For more information: SHIPPENSBURG.ORG

For more information: SHIP.EDU/SBDC/

New Horizons Nutrition
13 West King Street
Shippensburg, PA 17257
(717) 477-5132
www.facebook.com/New-Horizons-Nutrition

New Horizons Nutrition’s mission is to service the community and help everyone become healthier and happier by serving delicious and healthy meal replacement shakes and iced teas.

ShippenStitch
45 West King Street
Shippensburg, PA 17257
(717) 477-6938
www.shippenstitch.com

ShippenStitch is a fun quilt shop with quilting, sewing, and needlework supplies as well as fabric, yarn, and thread. They also offer classes for all learning levels.

For more information: SHIPPENSBURG.ORG

For more information: VISITCUMBERLANDVALLEY.COM

For more information: EXPLOREFRANKLINCOUNTYPAA.COM

For more information: SHIPPENSBURG.ORG
I was sitting in my house over this past weekend and saw a layer of dust on our furniture. I know that it was just cleaned, so how did it get there already?? Dust particles are always around us floating in the air and as hard as we try, we cannot get all the particles when we clean. So, imagine when you have work done in your home or business by a contractor. How much dust is there when that happens….Well it could be a little or a lot depending on what is being done and what steps the contractor takes to control the spread of dust.

We tell homeowners all the time that there is going to be dust in your home. The homeowners usually say that they understand this, and we start the job. If someone is living in the home, our company will set up dust containment where possible. This consists of plastic barriers from floor to ceiling in areas where cutting or demo is going to happen. If there is carpet in the home where we will walk on, we will install a plastic carpet mask over carpet to provide a plastic barrier over carpet. If there is hard surface flooring in the area, then we will use commercial walk of mats to cover the flooring. These are the first steps in dust control and you should ask your contractor to do these at a very minimum.

A homeowner’s content is the next items to be taken care of. We usually have the homeowner cover or move their content because of the liability of damaging the content. This step is very, very important, and we always tell the homeowner that no matter how little of cutting or demoing there is still a chance that dust could get under plastic.

Once demo or cutting or sanding is started, we usually run a shop vac to try and capture as much as possible and we always vacuum floors as we go along. Even with all of these steps dust is going to find its way into areas that they are not supposed to be. Contractors are not cleaning companies. Most contractors will provide a wipe down or construction cleaning after work is completed. Ask your contractor about this before work starts. A final cleaning of the space may be done by you and not the contractor.

Remember, dust particles go everywhere. You can shut doors, install plastic or even have a vacuum on when demo is happening, but you cannot get them all. Quality contractors will try to take steps to contain dust, BUT it is impossible to collect all the dust that happens when you have work done in your home or business!!
Summer is almost here, bringing hot, humid weather and the increased likelihood of thunderstorms with it. Here are some reminders from the Pennsylvania Emergency Management Agency about how to deal with each.

**Hot and humid weather** can be a silent killer. Several days of hot weather can build up heat in homes. Older people and children can have a tough time adjusting to the heat, and extended exposure can lead to illness or even death.

- Stay indoors as much as possible, and limit exposure to the sun.
- Drink plenty of water, even if you do not feel thirsty. Avoid drinks with caffeine. Consult with your physician first, though, if you have an illness or condition that requires you to limit your fluid intake.
- Avoid strenuous work outdoors during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Dress in loose-fitting, lightweight and light-colored clothes that cover as much skin as possible. Wear sunblock and a wide-brimmed hat.
- Never leave children or pets alone in closed vehicles. Extreme heat can build up in a car within several minutes.
- Check on family, friends and neighbors who do not have air conditioning and who spend much of their time alone.

**Remember:** If you can hear thunder, you can be struck by lightning.

- If you are outside, seek shelter in an enclosed, permanent building or a metal-topped vehicle. Find shelter at the first rumble of thunder, and stay inside for 30 minutes after the last rumble.
- Don’t forget to take your pets inside.
- If something has a cord or has plumbing, don’t use it. Corded phones and baths and sinks can carry electricity from lightning.
- Unplug appliances before the storm, not during it.
- If you are stuck outside with no shelter, avoid open areas and elevations such as hills and ridges. Do not lie flat on the ground. Stay away from tall objects like trees and power poles, and avoid bodies of water, including pools.
- If someone you are with is struck by lightning, ensure both of you are in a safe place and call 9-1-1. If you are trained, immediately begin CPR, and use an AED if the person is unresponsive or not breathing. Lightning strike victims are safe to touch and do not carry an electrical charge.

By definition, every thunderstorm produces lightning. Lightning strikes are unpredictable — a bolt can strike as far as 10 miles away from the storm.
3 Things To Consider Before Taking Your Home Off The Market

You’ve had your home on the market for a few months now and you haven’t gotten a good offer yet. Before you call your agent and take your home off of the market, here are three things to consider.

1. Not Being Available for Showings
   As a realtor, I’ve seen this happen SO many times! If you have off-showing hours like 4-7 pm Monday-Wednesday and 7-9am Saturday and Sunday and are unable to show your house while on vacation, buyers and agents are going to skip showing your house. You have to make it easy for someone to buy your home or they’ll buy it from someone else.

   Have questions? Feel free to give me a call at 717-372-087 or email me at emmallinejohns@gmail.com

2. Is your home in selling condition?
   Small holes in the wall, a rotting deck, an unkept pool, run down kitchen, and anything less than perfect you can expect low ball offers. Buyers don’t know what to expect when it comes to fixing the problems so they will put in low offers or not offer at all.

3. Was your home staged?
   Like it or not, properly staged homes sell higher and faster. Take out all personal items like collections, family photos, toothbrushes, toiletries, and anything that is uniquely you.

Source: Staci Wickard, Office Assistant
Shippensburg Community Parks & Recreation Authority

SCPRA - Summer is Coming! (yes, really…eventually?)

It’s time to think about purchasing your pool memberships. Memberships: individuals, families, non-profit organizations and businesses. We offer discolleges-active-duty/veteran members of our armed forces.

You can also host your family party at the pool – we offer great rates for groups during our open hours and there’s the option to have the complex to yourselves after closing hours Fri – Sun from 8 – 10 pm.

All the details are on our site: www.shippensburgparkandrec.org

July 4th Independence Day Celebration

Once again, we are asking for your help to make the Annual 4th of July Independence Day Celebration possible. The event is funded entirely by donations received from local businesses and organizations. The cost for the Fireworks display this year is $6,000.00. We estimate the cost for the other activities planned for the event to be $500. We are asking for donations from local businesses and organizations to help offset the costs. Every donation helps us continue to provide this 4th of July Celebration for the Shippensburg Community. Some of the activities planned for the celebration include: FREE admission to Memorial Park Pool; games at the pool; the much-anticipated candy scramble at Veteran’s Stadium; a performance by the Shippensburg Town Band and much more. The more donations we receive, the more we can do! If you’d like to donate, please contact us at 717-530-0261, we’ll be happy to speak with you and if you donate, you’ll be recognized during the event, on our website and in the local newspaper.

SCPRA is supported by Shippensburg Borough and Southampton/Franklin Co.

May is Electrical Safety Month

Accidents and fires involving electricity result in more than a thousand deaths and tens of thousands of injuries each year. The majority of those tragedies could be prevented with greater awareness of how to stay safe. Safe Electricity’s “Teach Learn Care TLC” stories are focused on just that.

The video stories on SafeElectricity.org help people of all ages to understand why it’s important to learn how to be safe around electricity. May is Electrical Safety Month. It is a good time to watch these videos and give a little TLC. “Teach what you know, learn what you need to, and care enough to share it with others.”

Among the TLC videos, you can learn about the story of former lineman Gary Norland, who was seriously injured in an accident involving overhead power lines. Told by Gary and his family, the story helps professionals and DIYers understand the importance of planning and avoiding contact with overhead lines.

The life-changing impacts of power line accidents are detailed in another video that features accident survivor Shawn Miller and his family, whose lives were changed forever due to his severe injuries. Visitors to SafeElectricity.org can also discover what they need to know to stay safe when operating large equipment near overhead power lines from Jim Flach’s family.

Other videos share the story of two teenagers that survived their auto accident involving power lines because they had learned the right steps to take to stay safe, a feature on Tom Dickey and the importance of taking the proper steps to ensure safe digging, and the tragic account of a 12-year-old girl who lost her life to household current through a faulty outdoor lamp. The need for electrical safety is important for everyone—youth or adult, residential, business or industrial.

Be sure to also include your children in the observance of Electrical Safety Month. Invite them to visit SafeElectricity.org to watch videos, play games, and do science experiments. Interactive elements include E-Smart Kids, which has cool video segments in which kids teach other kids about electricity basics and several safety topics. These resources cover electrical safety as well as efficiency—not only for youth but for parents as well as teachers. Educators will find classroom plans, experiments and activities that all meet National Science Education standards.

Information and awareness create life-saving attitudes and actions. Helping educate people to avoid tragic accidents, injuries and death is what Safe Electricity and Electrical Safety Month are all about.

--Courtesy Adams Electric Cooperative and the Energy Education Council
A lot of people say, “If I could just see God I would believe in Him.” What if you could see God? Would you believe?

I think spring has finally arrived. Flowers are poking their heads up through the once frozen soil, trees are budding or in bloom and temperatures are getting warmer. I really enjoy spring because of its beauty, not to mention the wonderful fragrances that come with it (except for the occasional smell of fertilizer in the air, of course). But another reason I love spring, as well as all of nature, is because it gives us a glimpse of God. The apostle Paul said in Romans 1:20, “For since the creation of the world God’s invisible qualities—His eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse.”

God has chosen to reveal His existence in His creation to us. And not only has He established His beauty, love, provision, and infinite artistry abilities in what He has made. And it is all on display for us to see, smell, hear, feel, and experience so that we can believe.

But I wonder, when was the last time that you surveyed God’s creation and contemplated its significance? Have you examined the variety of shapes and colors in the flowers and trees in your yard? All the colors of the rainbow are in plain view. Even the petals of a dogwood tree attest to the cross of Christ. What about those pale blue robin’s eggs that are appearing in the nests inside your shrubbery?

They contain a new life that will soon be filling the air with song. Or, now that the temperatures are milder, have you stepped outside on a clear night and gazed at a starry sky? Scientists say there are 500 billion galaxies each with hundreds of millions of stars. Wow! God’s power and glory truly are infinite. His revelation of Himself is all around us if we will just take time to notice. Sometimes God’s handiwork is even closer than you think. Have you ever considered the intricacies and wonders of the human hand? Medical experts say, “From the most mundane activity to our most sublime achievement, the hand has helped us shape the world and given us a deeper understanding of our place in it.” Sir Isaac Newton said, “In the absence of any other proof, the thumb alone would convince me of God’s existence.” Imagine that. Our thumbs reveal God. And you thought it was just used to catch a ride or to text with (unless you happen to peck like me).

God can be seen, but are you looking? Galileo said, “I do not feel obliged to believe that the same God who endowed us with sense, reason, and intellect has intended us to forego their use.” So get out there and use your eyes, ears, fingers, and toes (and thumbs). See God. And believe!

The Shippensburg FFA has been very active this school year, traveling around Pennsylvania, Indiana, and Massachusetts. Our students competed in many competitive events like FFA Knowledge, Dairy Handlers, Employment Skills, Natural Resources, and Vet Skills. In October, we went to National Convention where we met other members from other states and chapters. We also have attended Pennsylvania’s own state conventions, like Agricultural Cooperation Establishes Success Conference (ACE’s), Fall Leadership Conference (FLC), State Legislative Leadership Conference (SLLC), and PA State Convention. Conferences like these build up potential leadership and teamwork skills as well as meeting new members and creating friendships.

We also attended Mid-Winter Convention where two of our seniors earned their Keystone Degree and three first year members receive their FFA Jackets. One student received the South Central Star Agricultural Placement for her Keystone degree. One of our senior’s parents received the Honorary Keystone Degree. Other FFA members, earned degrees and were recognized for their achievements at the 88th Shippensburg FFA Banquet. At this banquet we also elected our 2018-2019 officers. This year we also participated in local events and community service activities. We made mats for the homeless with the Cumberland Dauphin Perry counties FFA chapters. Members read Tyler Makes Pancakes to five elementary classroom. We continued to participate in the Adopt a Highway. Our members also represented the chapter at local meals, like the Farm to City Week Banquet. Overall this year has been successful and memorable.

This year we also participated in local events and community service activities. We made mats for the homeless with the Cumberland Dauphin Perry counties FFA chapters. Members read Tyler Makes Pancakes to five elementary classroom. We continued to participate in the Adopt a Highway. Our members also represented the chapter at local meals, like the Farm to City Week Banquet. Overall this year has been successful and memorable.

Volvo CE showcased a full product line up, adding to the product range and offering up new features at the World of Asphalt trade show in Houston, Texas at the beginning of March.

“The World of Asphalt show is always a great opportunity to showcase and launch new products and the 2018 show was no exception; Volvo CE launched seven new products – five of those products being manufactured here in Shippensburg, helping to confirm Volvo CE as a market leader within the road building sector,” said Ian Harvey, Director of Product Marketing and Communication.

World of Asphalt is organized by AEM (Association of Equipment Manufacturers) and happens every year and features over 350 exhibitors. Attendees at the show are always very knowledgeable within all aspects of the asphalt and aggregate business, as over half of them are actively involved as contractors and operators. The 2018 show was one for the books!
What are the Educational Tax Benefits in the new Tax Cuts and Jobs Act?

The TCJA, made a few changes to some of the educational tax benefits. Listed below are the benefits that are changing:

Eliminated -
- Work-related education expenses

Unchanged -
- American Opportunity Credit
- Lifetime Learning Credit
- Exclusion of interest on education savings bonds
- Graduate student tuition waivers

Additions -
- Section 529 plans are expanded to include elementary and secondary education with a limit of $10,000 for tuition. Be careful though because there can be state taxation issues if you take a distribution for elementary or secondary schools.

For the next edition, we will continue with personal credits changes in the New TCJA.

Contact Us: (717) 532-7744
103 South Conestoga Drive, Shippensburg
www.hrblock.com

To Roth or Not to Roth, Under the New Tax Laws

Albert Einstein was once quoted as noting the most powerful force in the universe. While most people would guess his special theory of relativity, E=MC², his answer was actually much different.

He responded, “Compound interest is the eighth wonder of the world. He who understands it, earns it…he who doesn’t, pays it. Compound interest is the most powerful force in the universe.”

Now imagine if that compound interest were tax-free. The new tax code could give you an opportunity to take advantage of Roth IRA’s, Roth 401(k)’s, Roth 403(b)’s and conversion Roth’s. Many people are wondering how the new standard deduction and the lower tax rates will affect 2018 and beyond. One thing to discuss with your tax adviser is how to take advantage of the “Eighth Wonder” of the world.

If you have avoided Roths’ because you are over the income limit or you want to pay their taxes in the future, now is the time to reconsider. One thing that concerns me as a financial advisor is, what if most of your income in retirement comes from sources that were tax deferred. Your compound growth over your working years all comes out as taxable income in retirement. This makes it difficult to find yourself in a more favorable tax bracket in retirement. I prefer to have a balance, one strategy is to have some tax deferred income sources, some already taxed income sources, and some tax-free income sources. The tax-free source can be obtained by utilizing a Roth. Since the tax brackets have shifted down while the income limits in those brackets have shifted up, you can take advantage of Roth conversions to transfer the tax liability on your IRA’s to today without increasing your tax rate today. Once converted, those assets begin to grow tax-free. You can also begin to fund your employer sponsored plans with Roth contribution if the plans allow.

Let’s look at one example for a married couple filing jointly:

<table>
<thead>
<tr>
<th>Year</th>
<th>Tax Bracket</th>
<th>Income Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>25%</td>
<td>$156,150</td>
</tr>
<tr>
<td></td>
<td>28%</td>
<td>$237,950</td>
</tr>
<tr>
<td>2018</td>
<td>22%</td>
<td>$165,000</td>
</tr>
<tr>
<td></td>
<td>24%</td>
<td>$315,000</td>
</tr>
</tbody>
</table>

*This is a hypothetical example for illustrative purposes only

In its’ simplest form, this married couple can make over $150,000 more income in 2018 and still find themselves in a lower tax bracket as compared to 2017. This opens many doors to take a new look at how Roth’s can impact your financial future. Since we do not know if the new lower rates will continue past the 2025 sunset provision, you should talk to your tax adviser and begin making the shift while the tax code remains favorable. To Roth or Not to Roth, certainly deserves your attention.

For a comprehensive review of your personal situation, always consult with a tax or legal advisor. Neither Cetera Advisor Networks LLC nor any of its representatives may give legal or tax advice. Converting from a Traditional IRA to a Roth IRA is a taxable event. A Roth IRA offers tax free withdrawals on taxable contributions. All investments involve risk, including possible loss of principal. There is no assurance that any investment strategy will be successful.

Investment Advisor Representative offering securities and advisory services through Cetera Advisor Networks LLC, member FINRA/SIPC. Cetera is under separate ownership from any named entity. Branch Address is 77 East King Street, Shippensburg, PA 17257 and phone number (717) 530-2608. The products are not insured by the FDIC/NCUSIF or any federal government agency; not a deposit or other obligation of, and not guaranteed by, the depository institution; subject to investment risks, including possible loss of principal amount invested.

Source: Barbara Richardson, MBA, EA
H&R Block

Source: Phyllis Nye, CFP
Vice President, Financial Advisor
Orrstown Bank
Tips to Reduce Distracted Driving

It's that time of year again. We will all be out on the roads traveling more going on trips visiting friends. I thought this would be helpful when out on the road. Be safe and enjoy your summer.

More than 40,000 Americans died on the roads in 2016, the most significant increase in deaths over a two-year period in more than 50 years.1 Whether someone you love has been known to text and drive, or you have found yourself distracted behind the wheel, these tips can help avoid dangerous activity on the road.

Stow your phone. Turning off the phone and putting it in “do not disturb” mode can help remove the temptation to browse online at a red light or respond right away to a text message.

1. Vow not to multi-task. Anything that occupies your mind or vision can be a distraction behind the wheel. Make time at home to eat meals or put on makeup, so you can focus on the road.

2. Don’t be a distraction. Avoid calling or texting family members and friends when you know they are driving to avoid distracting them.

3. Talk to your employer. Responding to texts or talking calls for work while driving can be dangerous. Encourage your employer to have a distracted driving policy that includes waiting to talk with employees until they are safely parked.

4. Keep kids and pets safe. Make sure kids are in proper car seats and that pets stay secured in their zone in the back of your vehicle. It can also help reduce distractions if pets are not roaming about the car.

5. Set a good example. Parents can model good behavior for their children by demonstrating attentive driving. Avoid texting, eating, grooming or calling someone while behind the wheel.

6. Plan your route before you go. Programming your navigation system while you drive can take your eyes off the road. It’s better to ask a passenger to do it or to enter your destination before you leave home.

7. Speak up. If you see someone texting or otherwise driving while distracted, say something and let them know that they are not comfortable with that behavior. Encourage your children to do the same when they are passengers in a friend’s car. It could save a life.

8. Set rules of the road. Consider restricting the number of passengers until your teen or new driver gains experience behind the wheel.

9. Avoiding reaching. Resist the urge to reach for items if they fall while driving.

Taking your eyes off the road to search for an item can make you more likely to have an accident.

Share these tips to help keep others safe. For more on ways to reduce distracted driving, check out Every Second Matters, Travelers’ conversation starter on reducing distracted driving risk.

I really hate spring. I’m ok with summer and I love winter. I love fall. But spring … not so much.

It really has nothing to do with weather, or with the transitions that come from our frozen Pennsylvania winter’s metamorphosis into our blossomy summers.

It’s really my own fault. For years, I’ve packed my spring schedule so full that there isn’t room to – as they say – swing a cat (though why someone would want to do that puzzles me).

Like all things that I find stressful, I hate it. It’s not just the schedule, but, over time that dislike of my spring busyness has morphed into my disdain for spring itself.

I can’t stop myself from packing my crazy schedule tightly – it doesn’t seem that anything is expendable. I know many of you are just like me and find yourself with more to do each day than could possibly be done in a week. What can we do to distress in these moments?

Here are some things that keep me sane.

1) Try to look at your schedule and commitments and really consider what is absolutely necessary. I get annoyed at family and friends who say this to me, but, honestly, they’re right, and I should seriously consider my activities, especially during the busy times. It’s hard to think about actually backing out of commitments, but sometimes it’s really the right thing to do. I like to think of it this way – when I stop doing something, it gives someone else the opportunity to try doing it instead. At least, that’s what I like to tell myself.

2) Make sure you have something to look forward to at the end of the busy cycle of your life. In my case, since my husband and I are at that certain stage, it’s travel. Spring has been stressful, but there’s a great vacation around the corner. Even if it’s just a quick getaway – go, even if it’s just an ice cream break – build little (or big) breaks into it. They will give you something to look forward to.

3) Even as you’re planning big things (like vacations) to alleviate stress, make sure you’re feeding yourself somehow on a daily basis. I find that an hour or so cuddling with my husband and watching TV helps, even if I feel I can’t spare the time. It could be sitting for a bit and reading a book, taking a bath (or even a long hot shower), playing a game or just chatting with someone without looking at the clock. The important point is, take a break. Often.

4) This is kind of cliché, but make sure you’re eating, sleeping and exercising. If you don’t take care of your body in those ways, the stress you’re feeling will get out of control. For example, this week, I had a number of deadlines, plus our annual business Open House, plus the regular things on my plate in the spring. I was very tired, not having slept well for several nights. In addition, because I was tired, I didn’t do my normal exercise routine. It all added up to a perfect storm of exhaustion that took great effort to eliminate: I should never have let it get that bad.

5) Keep your environment as clear as you can. When I feel personally out of control, especially when my schedule is nuts, I really need my house and office to be neat and tidy. It just helps.

6) Sometimes it’s helpful to remind yourself of what’s going well, and why you’re doing what you are. For instance, one of my springtime commitments is the annual Friends of Legal Services Book Sale, this year from May 18-20 at Wilson College. I’ve been a volunteer for the book sale for about 25 years, and I’m always amazed at the volume and variety of books we get – I truly love it, even while I find it exhausting. Helping to raise money for low-income Franklin County residents that need civil legal representation is something I’m proud of doing.

7) Keep a great to-do list. Someone introduced me to the concept of bullet journals, and I’ve found them indispensable for figuring out what I have to do and when. It sure doesn’t have to be that complicated, but keeping a detailed and up-to-date to-do list is indispensable, the more so when there is a lot on it.

I’m sure there are many other ways to de-stress in busy times, and I’d love to hear yours. If you have great ideas, email me at ellen@sancurychristiancounseling.com and let me know. I may be relaxing after my spring craziness on a foreign beach, but I’ll thank you when I can!

If you are having trouble making your life work, or you need someone to listen, think about us. We not only help with the stresses of life and its transitions, but also with relationships, anxiety, depression and many other difficulties for adults, couples, teens and kids. We’re anxious to help you live your best life!

Ellen Gigliotti  
Sanctuary Christian Counseling LLC  
9974 Molly Pitcher Highway, Suite 4  
Shippensburg, PA 17257  
717-200-3158  
ellen@sancurychristiancounseling.com

Source:  
Travelers Insurance Company

Source: Ellen J.W. Gigliotti, LMFT  
Sanctuary Christian Counseling

More Than Enough