Hello 2019!

Thank you for your membership and commitment to our community on behalf of the Shippensburg Area Chamber of Commerce. I am humbled and honored to be the 2019 Chair of the Board of Directors. The past five years the Chamber has given me the opportunity to work alongside some great leaders, including past Chairs, Board members and volunteers whom are all pillars of the community.

Our community is rich with history and traditions in addition to many innovative businesses. It is exciting to have the opportunity to showcase what Shippensburg has to offer: A great school district, wonderful hometown atmosphere, a variety of growing businesses and a great community sitting between Franklin and Cumberland Counties the largest growing counties in Pennsylvania.

Together we can accomplish great things. The Chamber is here to support the business community and help make Shippensburg a great place to work, live, play and do business. Please feel free to contact the Chamber and let us know how we can better serve you.

I look forward to making 2019 memorable and look forward to the opportunity to serve.

Sincerely,

Vicky Simmel
Chair; Board of Directors
January 22 - American Girls Club; Shippensburg Public Library
January 23 - Community Poetry Workshop; Shippensburg Public Library
January 25 - Financial Peace University; St. Andrew’s Episcopal Church

January 24 - 5:00pm - 6:30pm - 1950’s Throwback Thursday Mixer; H&R Block; 103 S. Conestoga Drive
January 30 - 8:30am - 9:30am - H.R. Focus Group; Holiday Inn Express & Suites; 120 Walnut Bottom Rd
February 6 - 8:30am - 9:30am - Marketing Focus Group; Orrstown Bank Lobby of the H. Ric Luhrs Performing Arts Center

2019 Workshop Schedule to be determined

For more information: SHIPPENSBURG.ORG

For more information: SHIP.EDU/SBDC/

January 24 - Franklin County Historical Society Meeting; Chambersburg
January 25 - Joyful Arts Studio - Batik Watercolors Created with Tjaps; Greencastle
January 26 - Renfrew Institute to hold Fraktur Workshop; Waynesboro

January 26 - The Luhrs Center Presents Guest Speaker, Sheila Walsh; Shippensburg
January 30 - Joyful Arts Studio - “Baby Owls” Painting Class; Greencastle
January 31 - Franklin Chy. 11/30 Visitors Center - New Exhibits, Ghost Investigations, Art, A Capella & Unplugged Open Mic & More; Chambersburg
February 1 - The Chambersburg Ballet Presents Icefest “A Dance Potpourri” ; Chambersburg
February 3 - Ice Fest ’19 - Run Your Ice Off SK; Chambersburg

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For more information: EXPLOREFRANKLINCOUNTYPA.COM

January 25-27; February 1-3 - Radium Girls; Little Theatre of Mechanicsburg, Mechanicsburg
January 22 - Jazz Orchestra of Philadelphia; Messiah College, Mechanicsburg

January 23 - Bodytraffic; Rose Lehman Arts Center, Harrisburg
January 26-27 - Harrisburg Symphony Orchestra January Masterworks & Pops Series; The Forum Auditorium, Harrisburg
January 24-27 - Pennsylvania Auto Show 2019; Harrisburg

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For more information: VISITCUMBERLANDVALLEY.COM

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For more information: SHIPPENSBURG.ORG

Community Christmas Party - Thank you to our Volunteers!

Music: The Oasis of Love Church
Pastor Kevin Elworth & Pastor J.R. Wells

Lots of awesome volunteers

Food served by: Summit Health

Our MANY wrapped toys waiting for all of the kids!

A fun time for Shippensburg families!

A great turnout!

Lots of awesome volunteers

A fun time for Shippensburg families!

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Food served by: Summit Health

King’s Kettle had lots of presents for the children!

Pastor Kevin Elworth & Pastor J.R. Wells

Music: The Oasis of Love Church

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Goodbye 2018 and Hello 2019! Time for the dreaded areas of improvement that we all promise ourselves that we do better. You will try to lose weight, eat at home or save more money. Right? Well, good luck with that. We all want to improve our lives somehow. But what is the one thing that could make all 3 things listed above happen?? A new or updated kitchen could provide you with all three items that will start you on your journey through 2019 and beyond.

Let’s looks at how this could be possible. I get it, kitchens cost money and you said we were going to save money. Did you know that the average household spends between $2500.00 and $3500.00 eating out each year? That is a lot of money to use at home toward an upgraded kitchen. Think about the uncontrollable calorie intake, the amount of money spent, and how much time is wasted eating out. Not to mention as a society we have all lost the dinner table talk that we had when we were kids.

So, what can we do?? Well, we did not say you had to remodel your entire kitchen. We can advise you on adding space saving features in your existing cabinets that can help you become more organized in your space. This area is one that a lot of families need but do not know where to start. You can install pullout shelves and drawers in your cabinets, pullout trash and recycling containers, spice drawer dividers, cookie tray cabinets and so on. Do you lack cabinet space for a pantry? We can install a hanging shelf pantry on the back of taller cabinets that will open once and then fold open again. You will be amazed at the difference a little bit of money can save you in time. Not only do these options come for your base cabinets but they also come for your upper cabinets as well. You can also use these storage ideas even in your laundry room!

As the “baby boomers” start to get to a point that they cannot reach as high or are just not moving around as good, you can now have installed shelf and cabinet lowering features that allow you to reach the high items in your cabinets by pulling down on the shelves and with a rod or handle and then push them back up when finished. If someone in your family is in a wheelchair or walker, this is a great system to have installed. It allows for the freedom to stay at home and use your kitchen.

We offer all of these products that will allow you to become more organized, eat at home more with your family, lose weight from not eating out, and be happier because you will be more organized and spending time at home and not out fighting the rest of us for spots to eat!! Good luck with your goals for this year and as always look to R A Yohe Restoration & Construction for all of your needs this year!!
Many of us habitually face challenges alone – by choice. There are seven billion people in the world, yet we are often trying to do things by ourselves. We work out alone. We try to deal with really deep-rooted problems alone. We single-handedly work to resolve countless work related issues by ourselves. The question for you is, why go it alone?

Napoleon Hill, an American self-help author who is known best for his book *Think and Grow Rich* (1937), coined a phrase “mastermind group” and described the principle as: “The coordination of knowledge and effort of two or more people, who work toward a definite purpose, in the spirit of harmony.” Any time we purposely get more than one of our big human brains working on a problem, the outcome is almost assuredly to be better in a variety of ways than if we each worked on the problem alone.

I had coffee with a friend several months ago with the whole purpose of connecting. Pretty quickly, I found that they were working on a large project for an area organization and the project was not moving forward at all. In fact, it had been stalled for several months and they were feeling a variety of negative emotions and a great amount of stress. I asked them if they wanted some help and they gladly accepted. We quickly found that the project was so large that they couldn’t mentally figure out the first few steps to take. Within 20 minutes of collaborating together, we broke the project down into a sequence of small, manageable steps and a plan to finally make some positive progress. They left our coffee meeting with a BIG smile on their face and follow-up with them a few weeks later confirmed that the project was moving forward as planned. That is one example the power of collaborating with others – just 20 minutes!!

More recently, I met with an area business owner who was struggling with getting their people to understand and complete simple work tasks as explained. Despite instructions being repeated, the team members weren’t consistently completing the tasks and the owner was frustrated. Over the next several minutes, we talked about alternate communication and training methods to address the problem. Working together, we identified possible different approaches and they decided on the most likely solutions to implement. Follow-up verified that the changes were working and the business owner was feeling MUCH better. Again, that is the power of working toward a definite purpose in the spirit of harmony.

Those are a couple of simple examples of how not working on issues alone can quickly produce favorable results. Do you have a situation at work that you have been struggling with? How about in your personal life? Or perhaps you are volunteering in an organization and there are challenges there that you can’t seem to overcome? I encourage you to add more brainpower to the situation and reap the rewards of not going it alone!!

By the way, the book I mentioned at the beginning of this article is mostly highly recommended. Thanks for joining me again. As always, “I Am Keeping It REEL”.

Randy Wilson is an independent certified John Maxwell Coach, Teacher and Speaker, and owns his own company, REEL PD. He can be reached at randy.j.wilson@gmail.com or 717-414-6064.
Ways to Lower Laundry Costs

Laundry is no one's favorite chore, and it doesn't help that washers and dryers are among the costliest appliances to operate. But here are some things you can do to save in the laundry room:

- **Wash with cold water.** Using warm water instead of hot can cut a load's energy use in half. Using cold water will save even more. Cold water detergents can be helpful to ensure items get clean, and high-efficiency detergents (indicated by the "he" symbol) should be used when required by the manufacturer.

- **Wash full loads.** Your washer will use about the same amount of energy no matter the size of the load, so fill it up.

- **Dry right-sized loads for your machine.** If the dryer is too full, it will take longer for the clothes to dry. Loads that are too small can also take longer to dry, plus you spend more per item when running the dryer to only dry a few things.

- **Air dry when you can.** Hang laundry outside or on a drying rack to avoid using the dryer altogether.

- **Clean the lint filter on the dryer.** The dryer will run more efficiently and safely. If you use dryer sheets, scrub the filter once a month with a toothbrush to remove film buildup that can reduce air circulation.

- **Use lower heat settings in the dryer.** Even if the drying cycle is longer, you'll use less energy and be less likely to over-dry your clothes.

- **Dry towels and heavier cottons separately from lighter-weight clothes.** You'll spend less time drying the lighter-weight clothes.

- **Switch loads while the dryer is warm.** This will allow you to use the remaining heat inside of the dryer for the next cycle.

- **Use a cool-down cycle if your dryer has one.** This cycle allows clothes to finish drying with the heat remaining in the dryer.

- **Use the moisture sensor option if your dryer has one.** Many new clothes dryers come designed with a moisture sensor, which automatically shuts off the machine when clothes are dry. This will save energy and reduce wear and tear on your clothes caused by over-drying.

- **Sign up for time-of-day or off-peak programs with your utility.** These programs offer lower energy costs at certain times of day, particularly when the demand for electricity increases. If you can plan to do your laundry when the demand is lowest (or use controls on your machine to schedule washing or drying) you can pay less to do your laundry. Contact your utility for more information on peak-shedding or time-of-day programs.

- **Use an ENERGY STAR-certified washer and dryer.** New ENERGY STAR washers use about 25% less energy than conventional models, and ENERGY STAR dryers use 20% less energy. Visit energystar.gov for more information.
New Year, New You

Probably the last thing you want to read is another article about New Year's resolutions. You've probably heard multiple times the top ten reasons why people don't keep their resolutions and the top ten ways to keep them. And despite all the advice you still stop going to the gym in February, your credit card debt creeps up again when the next holiday or special occasion arrives, and "me time" gets lost again in the hustle and bustle of everyday life. But don't despair. I have a way for you to make a new start that isn't solely dependent on your willpower or effort. It is a new start that is dependent on what someone else has done and done successfully. Now that sounds like my kind of resolution!

What am I talking about? Well, let me explain by sharing a Scripture passage with you. The Apostle Paul said in 2 Corinthians 5:17 "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come." Wow! We can become new creations. We can have new priorities, new hopes and dreams, new ways of looking at things, and all our mistakes, past, present and future can be forgiven and put behind us. That's a pretty good way to start the New Year. And all we need to do is one thing - be born again.

But how can we be born again? Do we enter our mother's womb again? Talk about a lot of effort. No, that would be silly. When Jesus said we must be born again, He meant spiritually by putting our faith in Him as Lord and Savior; believing He died on the cross for our sins and rose from the dead. When we do that we are "in Christ", as the Apostle Paul said, and we become new creations. Do you see? Being a new creation doesn't depend on us. It all depends on what Jesus did. It's not based upon our efforts like all of our other resolutions. We don't have to do anything but accept Him. That's a resolution anyone can make.

How about you? Do you need a new start? Do you want this coming year to be filled with new hope, new dreams, and real purpose? Do you need a new you? You'll find it in Christ. Happy New Year everyone!

If you want to know more about making a new start and the joy that comes from a personal relationship with Jesus Christ, please give us a call at Shippensburg First Church of God 717-532-8421.

A Look Back…

We're going to begin our second year of articles in the Chamberline with a little bit of history — marking the recent anniversaries of two significant fires, more than 50 years apart, that impacted the downtown business community. Thank you to SFD's Bradley Myers for the information and photo.

On December 21, 1932, at 6 a.m., fire broke out in the M.L. Beistle Building on the corner of King and Earl streets. It was believed the fire began when the elevator motor ignited a gas leak in the basement. The fire started in the Earl Street side of the basement, burned up the stairway and along the west wall, then spread to the King Street side of the building.

Along with the 32 occupied and vacant apartments on the upper floors, businesses damaged by the blaze were Whorley's Meat Market, Over's poolroom, Towne Stationery, G.C. Murphy's, G. Herman's Grocery and R. Paul Smith's meat shop. Damages were estimated at $100,000, which in today's dollars would be nearly $1.7 million.

Firefighters were faced with the dual challenges of controlling the fire in single-digit temperatures and rescuing apartment tenants. Two fire companies from Chambersburg were called to assist. At one point, the water had to be shut off and the fire hoses disconnected to let a Pennsylvania Railroad train pass through town. A number of firefighters were injured, some from the smoke and others by exposure to the cold.

The blaze was under control by 1 p.m., but firefighters remained on the scene late into the night.

On November 28, 1990, at 3:10 a.m., firefighters were dispatched to a structure fire at Glenn Miller's Auto Parts store on North Penn Street. The fire, which was determined to be arson, started in the paint room and spread quickly in the two-story building.

Before firefighters could contain the blaze, two adjoining buildings were damaged as well. The Orrstown Bank building on East King Street sustained smoke damage, and the Victory Theatre on North Penn Street sustained some fire damage. Damages were estimated at $300,000, which today would be close to twice that amount.

Almost 100 firefighters from 14 area companies battled the blaze. Firefighters remained on the scene for nearly 11 hours.

Photo: The M.L. Beistle building at King & Earl Streets during the December 1932 fire.
Business Program is a Great Opportunity for Local Students

There is an award-winning summer economics education program that for forty years has benefited our local students. Pennsylvania Free Enterprise Week (PFEW) immerses rising high school juniors and seniors in the world of business, allowing them to experience firsthand what you face each day. Offered by the Foundation for Free Enterprise Education, PFEW was founded specifically to teach students about the American private enterprise system and provide tools to help students become the great employees and employers of the future. PFEW annually holds five week-long sessions in July and August on the campuses of Lycoming College and the Pennsylvania College of Technology in Williamsport, PA, serving nearly 2,200 students and 250 volunteers each year.

At PFEW, participants are grouped into management teams of junior executives who have been hired to turn around underperforming manufacturing companies. These teams, mentored by adult volunteers called Company Advisors, operate their firms for a computer simulated three-years, competing against other student companies. They formulate production and financial strategies, develop income statements and balance sheets, prepare marketing and advertising campaigns, all the while reacting to a variety of external factors. Sound familiar?

The Chamber proudly supports PFEW and encourages our local companies and civic organizations to provide sponsorship for our students and, if possible, volunteers for the sessions. Every student attends PFEW on a fully tax-deductible $625 scholarship (the actual value of the scholarship exceeds $1,500) which is provided by a local firm, foundation, civic organization, or individual. PFEW is also an approved Educational Improvement Organization through the PA Educational Improvement Tax Credit (EITC) program. Scholarship donors are prominently recognized in several publications circulated throughout the state, and each student wears the name of their sponsor on their photo ID badge throughout the week. Students write their sponsors after graduation to report on what they have learned.

The Foundation for Free Enterprise Education proudly announces that they have recently expanded their programming to include the Stock Market Game™, an interactive in-school game for students in grades 4-12 that teaches them about the Stock Market and Securities Industry. For more information on how to support or get involved with SMG, please contact Jeremy Kropf, Technology and Projects Manager at 814-833-9576 x4, or email him at jeremy@pfew.org.

If you would like to learn more about the award-winning PFEW program and how you can help, please call the Chamber directly or contact Scott Lee, vice president of marketing & development for the Foundation for Free Enterprise Education at (814) 833-9576 ext. 8, or e-mail him at scott@pfew.org. PFEW is open to all current sophomores and juniors in Pennsylvania and information on attendance, as well as program applications, can be found on the PFEW website. Questions can be directed to Amber Goss, Schools Manager for PFEW, by calling her office at (814) 833-9576 ext. 6, or emailing her at amber@pfew.org.
Winter Driving Tips

With January being here, here are some good tips on winter driving safety.

When winter weather strikes, drivers face out-of-the-ordinary challenges when they get behind the wheel. Snow, slush or icy roads are involved in nearly one in four weather-related vehicle crashes. These conditions can make it harder for drivers to see, slow down and stop – all factors that can increase the chances of an accident.

If you must travel during winter weather, preparing your car in advance, knowing the forecast and driving based on road conditions are three key ways to help you drive more safely. Following are some winter driving safety tips to help you prepare for the elements – before you face them – on the road.

As temperatures start to drop, it’s time to make sure your car is stocked with a winter driving survival kit, including an ice scraper, a snow shovel and sand or salt. This way, you’ll be prepared if winter weather arrives while you’re away from home. It’s also a good time to check your tires to determine whether it’s time to replace them or whether you need snow tires.

A few habits to adopt regularly during the winter months can also help prepare you for a wintry drive. Make it a practice to keep your gas tank at least half full so you can run your engine and stay warm if you get stuck or stranded. Keep your windshield wipers in good condition and your windshield fluid reservoir filled so you can clear snow and ice from your windshield.

If you do venture out or are unexpectedly caught in a snowstorm and encounter problems, if your car is safely out of harm’s way, stay in your car and wait for help. You can run the car heater to stay warm for 10 minutes every hour, but make sure your exhaust pipe is clear of snow. There is a danger of carbon monoxide poisoning if snow blocks the pipe and enables the deadly gas to build up in your car. Open your window slightly to help prevent any build-up.

Remember, driving in winter weather can be challenging, even for experienced drivers. Slow down, allowing increased time to come to a stop, wearing your seatbelt, devoting your full attention to the road and being aware of changing conditions can help you drive more safely. If your travel route takes you into remote areas with limited cell phone coverage, consider informing a third party of your travel plans that include your route and when you plan to arrive. This way, if you are overdue, first responders will know where to start looking. If you’re unsure whether it is safe to drive, consider waiting until the roads improve.

I have always loved the Christmas holidays. So for that reason, I was a bit confused. Why was I sad this year?

Very sad.

So sad, in fact, that there were times I was struggling to hold in the tears. And times I didn’t even struggle. One memorable day I drove to Harrisburg, tears running down my face the whole way.

For no apparent reason.

Now, although I’m a therapist – have been for years – I’ve never been depressed before, so I didn’t really see this for what it was right away.

Sure, there are family issues that could make me sad. Sure, I was busy, and didn’t really have time for me, and that could be a bit of a downer. Sure, the days were getting darker and that’s always difficult for people ...

But me? Never.

At least not until this year.

After some research, I tracked my depression to the recent advent of a new medication, one well-known to cause depression in some people. People like me.

Nevertheless, it was really instructive – this therapist who deals with depressed and anxious people daily, suddenly found herself depressed and anxious. I learned a lot. And some of what I learned helped me understand how truly awful these diseases are, and how difficult it can be to “drag yourself” out of them. I didn’t even want to discuss it with my nearest-and-dearest …. And that’s not me.

And that’s one of the worst things about depression – by its very nature, you don’t want to share it with anyone, so sometimes it’s hard to get the help you need. And often those around you don’t understand what you’re going through.

Here are some thoughts that may shed some light on what it’s like to be depressed, for those with loved ones struggling with that.

People sometimes feel depression is a choice. If it’s chemically induced, then there is no way the sufferer is choosing it – rather it is happening to their body somewhat like high blood pressure or a broken leg. And they really can’t help it.

- Depression is more than simply feeling down or sad – although it can encompass those feelings, it’s more severe than that. Often it affects nearly every aspect of life, and can disrupt jobs, relationships and self-care.

- Depressed people sometimes feel as if all the joy has gone out of life, even out of the things they once enjoyed. Everything can feel hopeless.

- Sometimes people who are depressed have a hard time focusing. It can be hard to follow along when your mind is reeling with sadness or your thoughts are negative.

- Sometimes there are also thoughts of worthlessness and lowered self-esteem accompanying depression. People may focus only on the negative and have trouble finding any positives, even ones they have previously felt.

- Sleeping may be compromised. Someone suffering from depression may have trouble sleeping, or, conversely, sleep all the time. Their energy may be low or non-existent, even if they’re sleeping a lot.

This only adds to the feelings of hopelessness and sadness.

People suffering from depression often have less appetite than before, and their tastes may change. Or they may use food in an unhealthy way in an effort to make themselves feel better. None of these options are likely to help.

As I learned first hand, it’s pretty useless to just urge a depressed person to pull themselves up by their bootstraps and not be depressed. Although that seems logical to the loved one who has never suffered from depression, it’s not possible because the depression isn’t a choice. It isn’t something that the person did or ate or thought about that made them depressed – so they can’t undo it.

People often urge those suffering from depression to “snap out of it,” or try to encourage them that they have nothing to be depressed about. Both of those methods, while often coming from a genuine desire to help, show little understanding of depression.

Depression is a real mental illness. I was lucky, as mine was medicine-related, and the cure for me was to stop the medicine, which, luckily, I could do without affecting my health otherwise. For many, the cure is not so easy or complete, and depression and its hopelessness become an unwelcome part of their lives for years.

If you are struggling with depression, anxiety or other issues that affect your life in adverse ways, consider coming to see us. We at Sanctuary Christian Counseling want to help you live your best life, and are expert at understanding and helping you achieve health and happiness.

Source: Gannon Associates Insurance

Source: Ellen J.W. Gigliotti, LMFT

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