I hope everyone had a wonderful summer. I will be the first one to say I do love everything pumpkin and fall colors but always sad to give up summer!

We have some great events to look forward to including our Shippensburg Beer & Wine Festival, Business & Career Expo, Business@Breakfast, Focus Groups, Lunch and Learns, the Cumberland County Mega Mixer, and the Franklin County Legislative Breakfast. These are just a few of the exciting opportunities to build your network, make connections, meet your fellow Chamber members and find out what is happening in your community and learn something new.

It’s my hope that our members become increasingly active with the Chamber by attending and networking at our events, finding ways to help one another, and participating in sponsorship opportunities whenever possible. We have continued to see growth in our Chamber and the community and with collaboration, we will continue to grow strong. I challenge you all to be part of our growing network.

Sincerely,
Vicky Simmel
Chair; Board of Directors
PA Chamber: Thousands of Dollars in Scholarship Funds Awarded to Pennsylvania Students Pursuing Careers in the Skilled Trades

The Pennsylvania Chamber Educational Foundation is proud to announce that 24 Commonwealth students have been awarded a total of $75,000 in mikeroweWORKS Work Ethic Scholarships. The selected students are attending technical schools located within the Commonwealth to pursue careers in the skilled trades. As part of its ongoing commitment to address the Commonwealth’s job skills gap, the PA Chamber Educational Foundation has teamed up with the mikeroweWORKS Foundation for the past three years.

“Pennsylvania’s diverse employment needs across a wide range of industries provide ample job opportunities,” said PA Chamber President Gene Barr. “However, we continue to have people without jobs and job opportunities without the people with the skills to fill them. Despite the good paying, in-demand careers that the skilled trades provide, they still tend to get overlooked by graduating students and their families. Through his foundation, Mike Rowe is working to change the negative perception about skilled trades jobs – which are vitally important to the economy and must be filled in order to close the skills gap. We are proud to be continuing our efforts with the mikeroweWORKS Foundation toward this very worthy shared goal.”

Since 2016, the PA Chamber Educational Foundation – with the support of the Commonwealth’s business community – has helped contribute nearly $195,000 towards the Work Ethic Scholarship Program, and approximately 94 Pennsylvania students have been awarded Work Ethic Scholarships to attend technical schools in the Commonwealth. Several of this year’s scholarship recipients will be profiled in an upcoming issue of the PA Chamber’s quarterly magazine, Catalyst.

The PA Chamber is currently raising funds to continue to support its Start the Conversation HERE initiative. More information on the PA Chamber’s far-reaching workforce initiative is available online at www.starttheconversationhere.com.
Do not hallucinate.

RECAP

AUGUST
EVENT

Chamber Mixer

On August 15th, the Shippensburg Historical Society hosted a mixer for Chamber members. Guests were able to enjoy tours of the historic Dr. Alexander Stewart House, networking and delicious hors d’oeuvres and beverages from University Grille.

The Shippensburg Historical Society’s rich collections include a library of local history books, archival materials, photographs, obituary clipping files, maps, framed objects, clothing and artifacts that document the history of Shippensburg from its founding in the 1730’s to today.

Thank you to the Shippensburg Historical Society for being our host!

Synergy Home Care
1514 Commerce Avenue; Suite 203
Carlisle, PA 17015
(717) 243-5473
synergyhomecare.com

In-home care is a great way to get the help you need. You may be a senior who needs assistance with daily living activities, so trust our caregivers to help with meal preparation or personal care. You may also be caring for your aging parent and just need someone to be with them while you run errands. Home care services are versatile, flexible, and customized for your comfort, peace of mind and well-being.

Synergy Home Care’s compassionate, skilled and screened caregivers provide relief for everyone in the family. Those who can’t be on the scene can take comfort in knowing an experienced, responsible professional is on hand to cope with whatever issues may arise.

Services offered include:

- Social enrichment activities
- Nutritious meal planning, preparation and cleanup
- Medical reminders
- Standby assistance with morning and evening routines
- Light housekeeping
- Arranging appointments and running errands
- Light exercise
- Assistance with ambulation and mobility
- Help with bathing, dressing and grooming

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

If you’ve seen the news recently, you know that emergencies happen unexpectedly in communities just like ours, to people like us. The theme for National Preparedness Month this year is “Prepared, Not Scared. Be Ready for Disasters.”

Preparing goes beyond just making a kit and building a plan. Make time to learn lifesaving skills — such as CPR and first aid, and check your insurance policies and coverage for the hazards you may face, such as flooding and tornadoes.

LEARN EASY WAYS TO BE READY

We know how important it is to prepare and how daunting it may seem to get started. The 30 Days/30 Ways Program can help! Sign up, and you will receive weekly emails that include easy tips and tools that can help you be ready.

It’s free to participate and you could win a wind up radio/charger!

Here’s how to participate:

1. Sign up: https://www.ready.pa.gov/Pages/AlertDetails.aspx
2. You will receive an email with tips and tools each week. At the end of the month, you will receive a very short survey to help us learn the tips that were most helpful for you.
3. When you submit your survey, you will receive a customized ReadyPA team 30 Days/30 Ways printable certificate.
4. You will also be entered into our random drawing for a wind up radio/flashlight/ phone charger!

Thank you for being part of the Ready PA 30 Days/30 Ways Program.
Advertise in the Chamberline at fantastic ANNUAL rates!
Cost covers advertising for 1 year (12 issues).

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Our membership is growing giving greater circulation! All issues of the Chamberline are uploaded to our website for additional viewing.

We also offer the option of having printed inserts placed in our issues.

8.5 x 11 size (flat)

#250 copies required by the 22nd of the month prior

Cost: $60.00/issue

Contact us for more information!
chamber@shippensburg.org

Introducing Money Moves — your go-to source for financial tips and advice.

Research shows that finances are the leading source of stress for Americans. That’s why F&M Trust is focused on helping you make sense of the monetary world and become more financially fluent — just another example of how F&M Trust is customizing the banking experience and delivering Banking Done Your Way.

Our new blog, called “Money Moves” offers financial guidance, inspiration and information that’s relevant to the money-related challenges you’re wrestling with.

Need help securing a mortgage, building your savings or navigating a financial setback? Our professionals provide you with practical information you can use to help take control of your money and make smarter financial decisions.

Check out Money Moves at https://fmtrust.bank/money-moves/, and sign up for our e-newsletter to receive more financial insights each month.

Recently featured content:

- **6 things you should do after applying for a mortgage**
- **A guide to federal tax exemption changes**
- **5 tips for managing the stress of a financial setback**

Want more? Follow us on Facebook and Twitter to get more money-related counsel and some stuff to make you smile.
Don’t Sacrifice Safety for Speed During Harvest

For many farmers, the harvest season is a flurry of activity with long hours and little rest. The pressure to harvest as much as possible — in combination with fatigue and looming deadlines — can result in too little attention being paid to potential hazards. Safe practices should never be compromised for the sake of speed. Doing so could potentially end in tragedy.

Farmers and agricultural workers have dangerous occupations. One of the causes of injury and death in the agricultural industry is electrocution. Of those injuries, overhead power lines are the most common cause of electrocution.

If you are a farm operator or worker, be aware of the location of power lines and keep the following safety guidelines in mind during the harvest season:

- Always use a spotter when operating large machinery near power lines.
- Use care when raising augers or the bed of grain trucks around power lines.
- Always keep equipment at least 10 feet from lines — in all directions.
- Inspect the height of farm equipment to determine clearance.
- Remember to lower extensions to the lowest setting when moving loads.
- Never attempt to move a power line out of the way or raise it for clearance.
- If a power line is sagging or low, call Adams Electric or your local utility immediately.
- If your equipment does hit a power line, do not leave the cab. Immediately call 911, warn others to stay away, and wait for a lineman to arrive to cut the flow of power.

The only reason to exit equipment that has contacted overhead lines is if the equipment is on fire. However, if this is the case, jump off the equipment with your feet firmly together and be cautious to not touch the ground and the vehicle at the same time. Then, keeping your feet together, hop or shuffle to safety.

Sept. 15-21 is National Farm Safety Week. To help ensure a safe harvest, stay alert for power lines, exercise caution, and always put safety first. If you or someone you know would like more information on electrical safety, visit SafeElectricity.org. For stray voltage issues or electric issues on the farm, contact Adams Electric at 800-726-2324.
As I write this I feel a little coolness in the air. That makes me happy. By the time you read this though it might be back in the 90s. That would make me sad. So let’s hope that season is over and fall is not far off.

We are so blessed in Pennsylvania to have the experience of four seasons. And even if you don’t like one season, you know another is on its way. When I lived in the south we also had four seasons; hot, hotter, hottest, and summer.

The changing seasons remind me of something the writer of Ecclesiastes said, “There is a time for everything, and a season for every activity under heaven…” (Ecc. 3:1). There are seasons of the years and there are activities that go along with those seasons. There is football in the fall, Easter egg hunts in the spring and swimming in the summer. And let’s not forget sled riding in the winter. There is something to enjoy all year round regardless of the season. But the writer also says there are seasons for other things like, “a time to weep and a time to laugh, a time to mourn and a time to dance…”(Ecc. 3:4).

This tells us there are different kinds of seasons in our lives. Some good. Some bad. Some where we rejoice and some where we weep. But regardless of the season we must be careful how we live. The writer said he also saw something else under the sun, “In the place of judgement-wickedness was there, in the place of justice-wickedness was there. I thought in my heart, ‘God will bring to judgement both the righteous and the wicked, for there will be a time for every activity, a time for every deed’”(Ecc. 3 16-17).

There is a season for every activity, even judgement. The season of judgement is based upon what we do in the other seasons of life. For those who lead a righteous life through a relationship with Jesus Christ there will be life and eternal rewards. Judgement holds no fear. However, for the unrighteous, the season of judgement will be quite the opposite.

God gives us a choice with what we do in the seasons of life. Will we make the most of them by following Him, and loving those around us or will we spend the seasons of life following our own paths and thinking only of ourselves? “To the man who pleases Him, God gives wisdom, knowledge and happiness, but to the sinner He gives the task of gathering and storing up wealth to hand it over to the one who pleases God. This too is meaningless, a chasing after the wind.” (Ecc. 2:26).

So here is the conclusion of the matter. We all experience various seasons in life. We have a choice in how we spend those seasons. If we are wise and follow Jesus we will find life and purpose. If we are foolish and follow another path we find only death and meaninglessness.

Are you chasing after the wind or pleasing God? Which will you chose in this season of your life?

If you need help navigating through the seasons of life, please give me a call at Shippensburg First Church of God (717)532-8421.
Back to School Family Fun Day!

DB Schenker Volvo Construction Equipment
Reins of Rhythm
WellSpan Health Shippensburg Fire Department Free School Supplies! Boys & Girls Club
SHAPE Gallery Shippensburg Civic Club & Community Nurse
Free Haircuts!
Shippensburg Area EMS Face Painting from SCRC
King's Kettle James Baird Elementary/A. State Police Car Seat Safety Checks
Free Haircuts!
Shippensburg Area EMS Face Painting from SCRC
Balloon Animals by Miss Penelope
Shippensburg Fire Department
Chamber volunteers serving free pizza from Papa John's!
WellSpan Health Shippensburg Area United Way
Children's Area
Shippensburg Area EMS Face Painting from SCRC

WellSpan Health
Shippensburg Community Resource Coalition
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So last week I got sidetracked and forgot all kinds of things. There were even moments when it was tough to put words together correctly! I suspect it was because I was sleepless in Shippensburg! Like many of us, I don’t always get enough sleep. Sometimes it’s because there’s something on my mind. Sometimes it’s because I’m hot, or overtired, or just having “one of those nights.” Sometimes, like last week, it’s because I just came back from a vacation abroad and my time/sleep schedule is in disarray. In any case, sleeping is a vital and impactful part of life, and when it’s compromised in some way, there can be problems.

A new UK study has found that the quality of sleep is more important than the quantity and that getting enough sleep is like winning the lottery! It’s possible, the study finds, that the better your sleep, the better your physical, mental and emotional health will be.

Conversely, a lack of sleep can affect your cognitive function, your physical reflexes, even your sex drive. It can lead to chronic health problems such as depression, heart disease, stroke, and diabetes. It ages your skin, affects your memory, impairs your judgment and can make you gain weight. Yikes!

It seems important to get a good and restful night’s sleep to avoid all these pitfalls.

But how to do it? Here are some ideas …

- Power your electronics down. The blue light from them may keep you awake. And you shouldn’t be using them right before trying to sleep, anyhow. Screen use tends to inhibit sleep.
- Stick to a schedule – your body gets used to its sleep/wake cycle so it’s important to keep to it, even on weekends and vacations.
- If you can’t sleep after 15 minutes or so, get up, do something relaxing, and then go back to sleep when you’re tired again. If you lay there agonizing, that will disturb your sleep even more!
- Don’t be either hungry or full. And limit your beverages before bed to lessen the chance of having to wake more often.
- Be cautious about nicotine, caffeine, and alcohol, all of which have a stimulating effect on your body and take hours to wear off. Alcohol, in particular, may make you feel tired but can disrupt your sleep later.

- Create a bedtime ritual. It will help signal your body that it’s time for sleep. Some things that are helpful are warm showers or baths, reading, meditating or praying, listening to soothing music, keeping the lights dimmed, and eliminating intense media use.
- Be comfortable – make sure your bedroom is dark, cool and quiet. Consider noise-making machines or earplugs, room-darkening shades or a sleep mask. Also, think about bedding and pillows – find what works for you.
- Limit daytime naps, if you must, but nap only for about 10-30 minutes, and at least 8 hours or so before you intend to go to sleep at night.
- Be physically active. Often those most physically active fall asleep easier and sleep sounder. But it can be iffy to exercise too close to bedtime because it energizes you.
- Manage your stress. Stress, more than anything, can affect sleep. Find ways to lessen it – get organized, make lists, delegate, set priorities, take physical care of yourself. Make jotting down what’s on your mind a part of your bedtime ritual.
- If sleeplessness continues or is affecting the quality of your life, see your physician. It’s too important a part of life and health to ignore.

Have a great sleep tonight, and every night!

If you are stressed because of a lack of sleep or any other issue in your life, we want to help. We are experts at helping you live your best life. Give us a call!

We help grieving individuals, distressed teens and couples in conflict find peace, solutions, and connection.

Sanctuary Christian Counseling
9974 Molly Pitcher Highway, Suite 4
Shippensburg, PA 17257
717-200-3158
info@sanctuarychristiancounseling.com