Thanksgiving is coming and during this time, I would like to reflect on where we are and remember all of the things that we are thankful for.

THANK YOU for doing business in our community in such a way that makes our community unique, for investing and taking the time to serve, and participating in activities. Also for building the relationships that make our town strong, serving on committees and taking the time to enhance growth and make a difference for future generations in Shippensburg.

We have several events still to come this year so please mark your calendars for mixers, ribbon cuttings, the Holiday Parade and our Community Christmas Party.

Without each and every one of you, we could not do this. Thank you and have a wonderful Thanksgiving!

Sincerely,
Vicky Simmel
Chair; Board of Directors
**November 23** - Human Resources Focus Group; Holiday Inn Express & Suites, 120 Walnut Bottom Road
**November 28** - Thanksgiving Day - Chamber Closed
**November 30** - Small Business Saturday
**December 16** - 12th Annual Holiday Mixer; Laird Hall, Wilson College
**December 19** - Community Christmas Party; Shippelec, Shippensburg University
**December 25** - Christmas Day; Chamber Closed

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**November 22** - Green Grove Gardens Presents - “Country Dance Night”
Greencastle

**November 22** - Mainstreet Christmas Market & Tree Lighting; Waynesboro

**November 23** - Franklin County 11/30 Visitors Center; Festival of Trees; Chambersburg

**November 23** - 49th Annual Christmas Parade; Chambersburg

**November 26** - 203 N. High St., Newburg

**November 25** - Holiday Shopping Bazaar; Elmcroft Senior Living; 129 Walnut Bottom Rd.

**December 6** - Christmas on Main Street, Cocoa Crawl & Kinder Christmas Market; Downtown Chambersburg

**December 6** - Christmas on the Farm at Renfrew; Waynesboro

**December 8** - Christmas at The Inn at Ragged Edge; Chambersburg

**December 10** - Green Grove Gardens Event Center Presents - “A Country Christmas with Forever Young”; Greencastle

**December 13** - Heritage Christmas - Horse & Wagon Rides; Downtown Greencastle

**November 23** - Remembrance Day Illumination @ Gettysburg National Cemetery; Gettysburg

**November 24** - Annual Candy Cane Walk in Downtown Camp Hill; Camp Hill

**November 29** - A Magical Cirque Christmas @ Luhrs Performing Arts Center; Shippensburg

**November 30** - Holiday Craft and Fine Art Show @ Carlisle Expo Center; Carlisle

**December 20** - Small Business Saturday

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**PRESS RELEASE**

**FOR IMMEDIATE RELEASE**

**October 30, 2019**

**Judicial Elections Are Critically Important**

The 2019 General Election is only a few days away. While many consider this to be an “off” election year, the importance of judicial elections cannot be overstated. Creating a fair, balanced and predictable legal environment is a key component to improving Pennsylvania’s business climate. Many of the issues brought before the court have profound implications on Pennsylvania’s job creators. More and more, we’re seeing workplace policies being determined through court rulings. That’s why it is critically important that the business community at large actively participate in each and every election.

As the largest broad-based business advocacy organization in Pennsylvania, the PA Chamber works every day to encourage private-sector job growth and improve the state’s competitive advantage in today’s global economy. In doing so, we support candidates and elected officials who understand the critical link between enacting responsible public policies and securing a better economic future.

In September, ChamberPAC, the political arm of the Pennsylvania Chamber, was proud to endorse two candidates for the state Superior Court: Judge Christylee Peck and Deputy District Attorney Megan McCarthy King. Both are strong candidates who will bring a fair and balanced perspective to the state’s legal system – viewpoints that are desperately needed in today’s overly litigious climate. Their extensive legal experience, as well as their leadership and passion for the law, will make them excellent additions to the Pennsylvania Superior Court.

Peck is currently serving her eighth year on the Cumberland County Court of Common Pleas – a position she was elected to in 2011. Her legal background includes a mixture of private practice – where she focused on civil litigation and business law – as well as tenures serving as a prosecutor for both Cumberland and Lancaster Counties. She is involved in a number of community and legal organizations, including: Pennsylvania Conference of State Trial Judges Association; Pennsylvania Supreme Court Commission on Judicial Independence; Pennsylvania Bar Association and the Cumberland County Bar Association.

King has a strong legal background serving in the district attorney’s office for both Lancaster and Chester Counties. At the beginning of her career, she served as a law clerk to Pennsylvania Supreme Court Justice Thomas Saylor. She has successfully prosecuted a wide range of cases, including: homicides, sexual and physical assaults; and elder abuse. In 2018, she was the only Pennsylvania prosecutor to receive the 2018 Blue Ribbon Champion for Safe Kid Award for her work in the child protection arena.

It is imperative that we elect fair-minded appellate court judges who will not seek to enact policy from the bench. The judicial candidates endorsed by the PA Chamber embody the qualities needed on the bench in order for Pennsylvania to have a predictable, fair legal system. In the coming days, I encourage our local chamber partners to spread the word about the upcoming election and to support Judge Christylee Peck and Deputy District Attorney Megan McCarthy King in their respective bids for the state Superior Court.

**For more information, contact**
Tricia Harris, Director of Public Affairs
717-720-5447

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**Shippensburg Area Chamber of Commerce**

**Shippensburg Chamber of Commerce**

**Shippensburg.org**

**For Immediate Release**

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**For more information, contact**
Tricia Harris, Director of Public Affairs
717-720-5447
Family owned and operated, they are committed to bringing you the best barbeque in town! Their meat is smoked daily and deliciously juicy, no sauce is necessary, but lucky for you they also have housemade sauce that you can’t get enough of. To complete your meal, you can choose from your favorite sides such as mac & cheese, fresh cut fries, cole slaw, shanty beans and more.

Offering a menu with many great choices to choose from including ribs, chicken, sandwiches, nachos, wings as well as cold and hot wraps; there is something for everyone to enjoy.

For something a little lighter, they offer salads including chef, beef brisket, pulled pork or pulled chicken with your choice of dressings.

Kids ages 1-11 can enjoy favorites like chicken fingers, lil’ porkies, grilled cheese and more.

If you’re hosting an event and you want to impress your guests with the food you love, Redemption BBQ also offers catering services for your next gathering.

Make plans to visit Redemption BBQ. They are conveniently located in downtown Shippensburg with parking available.

Hours: Monday-Saturday 11am - 9pm
Closed Sundays
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

Federal Authorities Issue Warnings on New Forms of Fraud, Executive & Vendor Impersonation

One of the newest forms of fraud threatening corporations of all sizes is known as Executive Impersonation. This type of scheme involves an individual hacking email accounts of senior level employees and posing as them, often the CEO or CFO. They issue a fraudulent email, which appears to come from the executive, and instruct an authorized employee to urgently execute a financial transaction, such as a wire or ACH transfer. Often, they claim the funds are for confidential situations, such as an acquisition, and tell the employee to speak with no one in the office regarding the transaction for legal reasons.

Another common form of fraud is called Vendor Impersonation. This scheme involves making a payment to what appears to be a legitimate and frequent supplier but instead the payment is sent to another, unintended recipient. This type of fraud is executed in a variety of ways but all result in a payment request that appears to come from a vendor that your organization is familiar with.

Here are some steps to limit executive & vendor impersonation:

**Dual Authorization/Verification.** Many organizations unknowingly take on the type of fraud risk related to “Executive and Vendor Impersonation” by seating financial decision making with a single individual, such as the Comptroller. Regardless of size, employee tenure, etc., companies should always require dual authorization and separation of duties to mitigate outside risk from penetrating the organization.

**Education.** “According to security experts, although implementing security controls and enhanced authentication can help stop these attacks, educating employees against these socially-engineered schemes is one of the best ways to defend against this new form of fraud.”

**Choose the Right Financial Institution.** Selecting a financial institution that keeps you informed on fraud developments and is invested in helping to protect your organization from fraud is also key.

If you would like to learn more about this please contact Patrick Mulherin. Patrick is a Business Banking Relationship Manager at M&T Bank. You can reach Patrick at 717.261.2843 or pmulherin@mtb.com.

The full article can be found on https://library.mtb.com/three-ways-to-help-prevent-executive-and-vendor-impersonation/

Disclosures
1 Masquerading: Federal Authorities Issue Warnings Regarding New Form of Wire Fraud.”

This article is for informational purposes only. It is not designed or intended to provide financial, tax, legal, investment, accounting, or other professional advice since such advice always requires consideration of individual circumstances. Please consult with the

It’s your worst-case scenario. A major storm was predicted and this time, the predictions were right. Many power lines are down, and your electricity may be out for several days. You are low on everything—food, pet supplies, toilet paper, batteries, diapers and your medication.

Imagine how you would feel in this situation. While you can’t predict which weather forecast will come true, you can plan so when a severe weather event strikes, you have the tools and resources to effectively weather the storm. The Department of Homeland Security offers several resources to help you prepare for major weather events and natural disasters. Visit www.ready.gov/make-a-plan.

Preparedness Actions and Items

- Stock your pantry with a three-day supply of non-perishable food, such as canned goods, energy bars, peanut butter, powdered milk, instant coffee, water and other essentials (i.e., diapers and toiletries).
- Confirm that you have adequate sanitation and hygiene supplies including towelettes, soap and hand sanitizer.
- Ensure your First Aid kit is stocked with pain relievers, bandages and other medical essentials, and make sure your prescriptions are current.
- Set aside basic household items you will need, including flashlights, batteries, a manual can opener and portable, battery-powered radio or TV.
- Organize emergency supplies so they are together in an easily accessible location.

With advance warning

If a severe storm such as a hurricane is expected with high winds and sustained rain, you may need to take extra steps to safeguard your home. Shutter windows and securely close exterior doors. Fully charge all cell phones, laptops and devices so you have maximum power in the event of a power outage.

During a prolonged outage

In the event of an outage, turn off appliances, TVs, computers and other sensitive electronics. This will help avert damage from a power surge and will also help prevent overloading the circuits during power restoration. That said, do leave one light on so you will know when power is restored. If utilizing a small household generator, consider using LED holiday lights to illuminate a living area. A strand of 100 white lights draws little energy yet produces considerable light. Solar lights also work, if they can receive some sunlight during the day for charging.

After the storm, avoid downed power lines and walking through flooded areas where power lines could be submerged. Allow ample room for utility crews to safely perform their jobs— including on your property.

Power in planning

Advance planning for severe storms or other emergencies can reduce stress and anxiety caused by the weather event and can lessen the impact of the storm’s effects. Act today, because there is power in planning.
Psalm 104:27-28 says, “All creatures look to you to give them their food at the proper time. When you give it to them, they gather it up; when you open your hand, they are satisfied with good things.” God provides good things for His creation, from the smallest to the greatest. And because of His abundant goodness He is worthy to receive our praise and thanksgiving.

I read once where someone said that we complain because we forget how we have been blessed. We often take things for granted or we become so busy we don’t take time to contemplate how fortunate we are. When we forget our blessings we fall into negativity and complaining. This in turn results in stress, depressed moods and a gloomy outlook on life. So how do we not forget?

Someone suggested a good remedy. When you find yourself complaining about something, turn that negative thinking around by focusing on something positive. For instance, if you are upset that you have to go to work on Monday mornings, rather than thinking about how early you have to get up or how much work you have to do, remind yourself, “I am blessed to have a job to go to that provides for my needs and the needs of my family. Other people are without work and are struggling, but I have a means of support.” This change of perspective will help change your mood and make difficult situations much more bearable. And you may find that what you thought was unbearable is actually something quite good. Monday mornings may even become something you look forward to. Well, or at least something that you don’t dread.

What better time of year to start putting this simple habit into practice than the Thanksgiving holiday? Thanksgiving is not about eating turkey and stuffing and getting stuffed. It is about being thankful for the turkey and stuffing and the many other good things in life. Let that wonderful holiday food and time with family remind you that you are blessed. Let those things keep you from thankful for the turkey and stuffing and the many other good things in life. Let that wonderful holiday remind you that you are blessed. When you give, and you have a car to provide for your family. Other people are without work and are struggling, but I have a means of support.” This change of perspective will help change your mood and make difficult situations much more bearable. And you may find that what you thought was unbearable is actually something quite good. Monday mornings may even become something you look forward to. Well, or at least something that you don’t dread.

This year make the holiday live up to its name - Thanksgiving. And don’t forget!

If you would like to talk to someone about getting to know the God who provides all good things please give us a call at Shippensburg First Church of God- 717-532-8421.

Don’t Forget

Randy Wilson, Owner REEL PD

Consistency is Key!

Here are five things that I hate.
1. People not using capital letters.
2. People who aren’t consistent
3. People who don’t use proper grammar.
4. People who don’t use proper grammar.
5. Cliffs-Wh

Just so you know, I don’t really hate those things! But are you smiling right now? I hope so because I personally love jokes and making people laugh, and that joke cracks me up! Joking aside, consistency is a huge factor in being successful in areas like personal relationships, business, mental and physical health, sports, spirituality, or many other things like raising kids. Perhaps you have another category you would like to add, and I invite you to do just that.

What do I mean by consistency? Acting or doing things the same way over a period of time. By the time you read this, the 2019 Baseball World Series will be over (Congrats to whoever wins it!) and you could find many examples of consistency in the players. How the batters get in the batter’s box and swing the bat, or how the pitchers pitch, or how each player in the field gets ready to react if the ball comes their way. It is the same way, every time! If we are talking about personal relationships, we could talk about not having emotions that are up and down and all over the place so the others in the relationship know what to expect from you on a daily basis. Perhaps you lead a team and for you, consistency can mean having integrity in every transaction with the people you lead, your peers, your customers, vendors and so on. Integrity is an all or nothing kind of thing. We have integrity every time or we don’t have integrity -- consistency is key.

I have been talking with people recently about positive thinking and that is another area where consistency is needed. In fact, positive thinking will only work if there is consistency. To see what I mean, check out this 3-minute video by Rob Dial called “Why Positive Thinking Doesn’t Work.” You can access it on my REELPD Facebook page, go directly here and watch it https://www.youtube.com/watch?v=Zu5qQ3pE0F8, or you can “Google” it too. Your choice.

As my wife Mineca says, “You won’t get unhealthy by eating just one cheeseburger and you won’t get healthy by exercising just one time, either.” She is a really smart woman and like her thoughts, we need consistency if we want to achieve any goal in life.

So what is it that you want to achieve? Better health? More positive relationships? Greater success in your business? Continuous growth in your profession? Increased spirituality? Whatever it is, work on it today. Work on it tomorrow. And, the next day. And, the next. Take care of today and tomorrow will take care of itself. Be consistent, because consistency is key! 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.
Holiday Fire Safety Reminders

The holidays are upon us again and the members of the Shippensburg Fire Department encourage you to make fire safety a priority for your family and friends. According to the National Fire Protection Association, some 40 percent of residential structure fires caused by holiday decorations are started by candles. And one-quarter of all Christmas tree fires are caused by a heat source being too close to the tree. Here are some quick reminders to follow so your holidays are happy and safe:

- Keep candles at least 12 inches away from anything that burns.
- Although Christmas tree fires are not common, when they do occur, they are dangerous. On average, 1 of every 45 reported home Christmas tree fires resulted in death.
- A heat source too close to the Christmas tree causes 1 in every 4 winter fires.
- Make sure your tree is at least 3 feet away from heat sources like fireplaces, radiators, space heaters, candles or heat vents. Also, make sure your tree does not block exits.
- Get rid of your tree after Christmas or when it is dry.
8 Items For Your Autumn Home

Project List

Cleaning your gutters can help protect your house from damage. Steps you take this fall to maintain your home can keep you warm this winter and protect your property from loss.

As you take advantage of fall weather to work on projects around your home, pay special attention to these potential trouble spots:

- **Clean out your gutters.** Remove leaves and other debris from your gutters first by hand to get rid of the large particles, and then with a scraping tool and water hose before cold weather arrives. This helps to prevent overflows and ice damming. Ice dams are caused when snow melts on a heated part of the roof, then refreezes on a colder portion of the roof. This creates a dam and allows water to back up under the shingles, causing damage to insulation and interior ceilings or walls. The University of Minnesota Extension Service has more information about preventing ice dams.

- **Make sure downspouts properly guide the water away from the home.** Direct downspouts at least 6 feet from the foundation.

- **Use door sweeps and caulk to block drafty areas of the home from the winter cold.** Common areas for these are recess lighting areas, electrical outlets, door frames and windows.

- **Have your furnace and chimney checked and cleaned annually.** Change your furnace filter regularly: every three months is typical.

- **Vacuum out your air ducts.** Every few years, the air ducts should be vacuumed to help make sure that heated air passes through with no obstacles.

- **Remove screens and put up storm windows.** Add weather-stripping to seal out cold air, increasing your furnace’s efficiency.

- **Reverse the circulation of your ceiling fans.** As you fire up the furnace for the heating season, reverse your ceiling fan blades to rotate clockwise, creating an updraft that forces warm air down into the room. This can provide additional energy savings.

- **Winterize your pipes.** Adding insulation now can help prevent pipes from freezing later and causing breaks and water damage.

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**Disappointed**

Everyone has those days. Days that nothing goes right. Days that, no matter how you try to spin it, you just feel sad and disappointed.

Sometimes those days tend to gather around holidays. This time of the year, for some, is the worst in terms of sadness, depression, disappointment.

Let’s face it, holidays that are a source of joy for so many are just plain depressing for others.

Those who are lonely. Those who are still adjusting to loss of something or someone significant in their lives. Those who have problem families, or no family at all. Those who have bad memories of childhood or former times. Or, conversely, good memories that can’t be repeated. There are many categories of people who find the holidays a bit of a challenge.

So what can you do if you find yourself depressed, sad and disappointed this holiday season?

- Continue to take care of yourself, no matter how you feel. Keep eating well, sleeping, exercising. Not doing any of these things will not help and will make you more depressed and sad.

- Talk about your feelings to those who will listen. Cry if you need to. Be honest. There is no shame in feeling sad, lonely or disappointed. Don’t make yourself act happy because it’s the holidays...

- Focus on what is good, what you can be thankful or grateful for. Write these things down and refer to them when you are tempted to feel sad.

- Try to find the silver lining in the cloud of sadness. Sometimes you can find alternatives to the anxiety-producing activities everyone seems consumed with at holiday times. For instance, you could choose to focus on others – instead of attending a family event that will make you sad, choose to help out at a holiday celebration designed to help others. Churches, civic organizations and other groups frequently have activities that can help you focus outside your own hurts and pains.

- Look for ways to treat yourself. Maybe you have always wanted to attend a certain event, go to a special place, do something interesting. Maybe now is a good time to do that.

- Reach out to those who can help you feel better, but not the ones that will make you feel worse. It may not be your family, but those who are loving, kind and good listeners can really help you through the holiday season.

- Be realistic – perfection is not the goal, nor is a holiday season that simply repeats the past. Sometimes new traditions and rituals are called for. When you are facing a year with changes, carefully think what of holiday activities you want to hang onto and what you can change. Sometimes changing these rituals and traditions can be a lot of fun.

- Try to accept your family and friends for who and what they are, without judgment, even if they disappoint you. The holidays are not the time to have long, serious, relationship talks - they are the time to just kick back and enjoy what you can. Everyone feels a little stressed at the holidays. Be graceful, and you will get grace back.

- Don’t feel you have to participate in everything that anyone suggests, even well-meaning friends. Most people will understand if you don’t try to do it all. Pick the events/activities that are most meaningful for you and do those, and let the “shoulds” go.

- Take some time for yourself, to reflect on your blessings and your inner peace. Find something that reduces stress – maybe quiet time in a special space, interesting music, or something you enjoy. Clear your mind, slow your breathing, and try to calm your mind.

Despite your best efforts, you may find that the holidays are inherently depressing, sad or disappointing. Especially if you also have trouble sleeping, are struggling letting go of grief, have physical complaints that won’t go away, feel helpless, hopeless or irritable, you should consider seeking help. Give us a call. We are experts at helping grieving individuals, distressed teens and couples in conflict find peace, solutions and connection.

Happy holidays!