



# February 2020



GASD teachers receive grant money from  
GAEF totaling \$9,992.00.

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# From the Executive Director

Dear Members,

The year is off to a fast start. We spent most of January fielding calls and visits from the community regarding our Hometown Heroes Banner project. The response to our program where we will honor Veterans past and present on banners during the month of May and again from September through November has been spectacular. We have over 80 banners ordered and are now into the design and production phase. I'm so excited to be part of this project! Stay tuned for a spectacular show.

The start of a new decade offers an opportunity to do some new things to help our members thrive in the changing landscape. Towards that end, we are planning a Cyber Security Summit on April 1. We have an impressive line-up of speakers who are experts in their field, and we are excited to have them share their knowledge and expertise with you. Please mark your calendars for this special event which will be held on April 1 starting at 7:30 AM at B-Street Restaurant in the Gem Room and stayed tuned for registration details.

Our usual events are also in the works: our Craft Beer and Wine Festival in April (new date: April 18th!); our Third Saturdays in the Square beginning in May, our golf tournament in June, Sidewalk Days in July, our annual banquet in October and Heritage Christmas to round out the year. Of course, our main mission remains focused on member engagement, improved outreach and innovative programs, and achieving better results and stronger business connections for the community. We will continue to hold monthly breakfast events with our newly designed distinguished speaker series—bringing you the best and brightest experts in their fields to educate and entertain. I hope you'll join us on the third Thursday of every month.

We get an extra day this year and I hope you join me and thousands of others across the United States and beyond by participating in the Leap of Kindness Day. The idea is that on February 29, you perform an act of kindness for someone (anyone), big or small. To learn more about how this started and ideas for making it a global phenomenon, please visit the Leap of Kindness website: <https://www.saratoga.org/foundation/leap-of-kindness-day-2020/>.

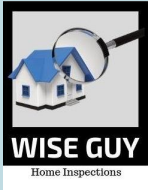
Can't we all use a little more kindness in our world?

*Georgina*





# Welcome to our Newest Member!



## Wise Guy Home Inspections, LLC

Offering home inspections in the Greencastle-Antrim and surrounding PA areas.

717-830-1160

[www.wiseguyhomeinspectionsllc](http://www.wiseguyhomeinspectionsllc)



HEPACO is the premier environmental and emergency services company in the Eastern United States with coverage across 45+ regional offices. We specialize in emergency response, industrials services, remediation, marine services, and waste services.

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# Thank You Renewing Members!

131 Studios  
American Cancer Society  
B & B Grooming Center  
BB&T  
Blue Heron Events & From Scratch Catering  
Corelle Brands  
Edward Jones-Shaun Basalik, AAMS®, Financial Advisor  
Frederick, Seibert & Associates, Inc.  
J & B Custom Built Homes  
LaunchUX  
Lumber Direct  
Majestic Motor Company, LLC  
McCrea Heating & AC  
Peak Performance Physical Therapy  
Premier HVAC  
Rhodes Grove Camp & Conference Center  
Shalom Christian Academy  
Trinity Lutheran Church  
Vinnie's on 11  
WRGG Good Companion Radio

We appreciate your continued partnership!

# Key Events of 2020

## MARK YOUR CALENDARS!



April 18, 2020, Saturday - Annual Craft Beer & Wine Fest Please note the updated date.

May through September - 3rd Saturdays in the Square

April 1, Wednesday - Cyber Security Seminar

April 25, Saturday - Great American Clean Up Day

June 5, Friday - 32nd Annual Golf Tournament

July 10 & 11, Friday & Saturday - 53rd Annual Sidewalk Days

October 1, Thursday - Annual Banquet

November 12, Thursday - Heritage Christmas Taste of the Holidays

November 20, Friday - Heritage Christmas Tree Lighting

November 21, Saturday - Heritage Christmas Parade

December 4 & 11, Fridays - Heritage Christmas in the Square

December 13, Sunday - Heritage Christmas Home Tour



# Greencastle-Antrim Living

*The Chamber of Commerce Membership  
Directory of Places & Faces*

*Showcase your business and support the Chamber  
in this new and improved annual publication.*

- Copies will be distributed throughout 2020 to all Chamber members, local businesses and advertisers, high traffic hot spots, area CVBs, etc.
- Magazine will be available as flipbook on Chamber website

**PUBLISHES END OF MARCH  
Deadline February 28, 2020**



## ADVERTISING RATES

### Premium Positions:

Back Cover .....	(with bleed 7.25" W x 10.25" H)	<b>\$1500</b>
Inside Back Cover .....	(with bleed 7.25" W x 10.25" H)	<b>\$1000</b>
Inside Front Cover .....	(with bleed 7.25" W x 10.25" H)	<b>\$1200</b>
Page 1 .....	(with bleed 7.25" W x 10.25" H)	<b>\$1200</b>
Center Spread .....	(with bleed 14.25" W x 10.25" H)	<b>\$2000</b>

### Regular Positions:

Full Page .....	(without bleed 6.5" W x 9.5" H, with bleed 7.25" W x 10.25" H)	<b>\$995</b>
Half Page .....	(Vertical 3.1667" W x 9.5" H or Horizontal 6.5" W x 4.70" H)	<b>\$695</b>
Quarter Page .....	(3.1667" W x 4.70" H)	<b>\$395</b>
Eighth Page .....	(3.1667" W x 2.30" H)	<b>\$250</b>

*Please contact your Herald-Mail  
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*See backside  
promotion.*



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# **NEW** 2020 Greencastle-Antrim Chamber Directory Digital Value!

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Please contact your Herald-Mail Sales  
Representative Michelle Horton 717-977-6737



# Travel in 2020



The Amalfi Coast is a captivating combination of great beauty and gripping drama: coastal mountains dotted with picturesque towns and lush forests plunge into the sea. UNESCO had the entire area declared a World Heritage Site in 1997 for its unarguable beauty and uniqueness of its natural landscape. Mountains erupt from the waters of the Mediterranean and pastel-painted buildings cascade down cliffs. This is the Amalfi Coast - a handful of villages that will be the backdrop for your journey. Travel the amazing Amalfi coast, taking in the view that inspired countless artists and gain historical perspectives. From your home hotel in Maioriare, visit Positano and Ravello, cross the Gulf of Naples to visit the enchanting Isle of Capri. Take in the archaeological sites of Herculaneum and Pompeii, and the Greek ruins of Paestum. End this amazing experience in Rome as all roads in Italy lead to Rome.!



**HIGHLIGHTS**  
Amalfi Coast  
Ravello  
Naples  
Capri  
Optional:  
Salerno & Paestum  
Pompeii Rome





# Members in the News



Greencastle-Antrim Education Foundation recognized all of their grant recipients today at a luncheon in the middle school cafeteria. The Foundation generously awarded 9,992.00 in grants for the 2019-2020 school year.



Hagerstown Community College recently held a nurse graduation and pinning ceremony to recognize graduates of its associate degree nursing program for fall 2019.



Congratulations to the Bartlett Tree Experts in the Chambersburg office for receiving the division award for Most Improved Office 2019!



F&M Trust recently donated \$500 to the Mont Alto Historical Society.

Pictured left to right: Sarah Stansfield, Mont Alto Community Office Manager, F&M Trust; Beverly Spicer, President, Mont Alto Historical Society; Katie Fogelsonger, Treasurer, Mont Alto Historical Society; Renee Preso, Regional Market Manager, F&M Trust.



**GASD Superintendent Dr. Kendra Trail will step down from her position effective June 30, 2020 to become assistant executive director of Lincoln Intermediate Unit No. 12. Citing a desire to spend more time with her family-- especially her new grandson, Trail said, "I've been blessed and honored to lead three organizations, but since the birth of my grandson, my priorities have changed," Trail said. "It's time to take a step back." A search for her replacement is underway.**

**The Rescue House Co. 1 in Greencastle is hiring paid personnel for the first time in history. Fire Chief Kevin Barnes explained that this decision came about because of increasing requests for service and to ensure that there is no shortfall when an emergency presents itself.**



**"We're taking these steps to make sure there is no gap - to make sure that when there's a call for service, we'll be there," stated Chief Barnes.**



**Rescue Hose Co. volunteers were recently recognized during the annual banquet.**

**From left, front: Gerald Myers, 50-year membership; Keith Mowen, EMS Chief's Award and President's Award; Tom Bricker, Outstanding Service Award; and John Alleman, 50-year membership. Back: Darren Mowen, Junior Firefighter of the Year; and Paul Leister, President's Award**

## **G-ACC Passes Along Donation to G-A Food Pantry**



**G-A Chamber Executive Director Georgina Cranston presented a check of \$705 to Greencastle-Antrim Food Pantry Board President Barbara Grane. The funds were collected from the 2019 Heritage Christmas Light It Up! contest sponsored by Steve Smeltz - State Farm and Fran Kenawell - State Farm.**

**Pictured left to right: Georgina Cranston, Barbara Grane and Valerie Meyers**



## Business in the Commonwealth



### **PA Chamber Disappointed with Revised Overtime Eligibility Rules**

"We are disappointed by the Independent Regulatory Review Commission's decision to move forward with the overtime eligibility rule change ... (resulting in) unsustainable cost increases and harm to workplace moral..." "We urge the General Assembly to consider the true impact of this proposal and for each legislative chamber to issue disapproval resolutions rejecting the change."

**Read the full press release [HERE](#).**

### **PA just took a step toward having an earlier presidential primary — next time.**

"The state Senate on Wednesday unanimously approved a bill that would move up Pennsylvania's primary elections in presidential election years by five weeks, starting in 2024, in a state where critics say its presidential primary clout is often diminished by its relatively late vote. The change would mean holding Pennsylvania's primary election on the third Tuesday in March in all presidential election years, rather than what current law dictates, the fourth Tuesday in April. The bill goes to the state House of Representatives for consideration."

**Find the full article posted on The Philadelphia Inquirer: [HERE](#)**

## Headlines from the US Chamber

### **USMCA Crosses Finish Line After Three-Year Marathon**

"USMCA restores certainty to vital trade relationships and eliminates tariffs and tariff threats that have imposed real costs on the U.S. economy and hampered investment..."

**Read the US Chamber's full summary [HERE](#).**

### **Supply and Demand Drives Higher Wages for Lower Paid Workers**

"A six-figure salary at a fast food restaurant sounds too good to be true. But in today's tight labor market it is a reality. Taco Bell will soon pay some restaurant managers \$100,000 a year. This is great news for workers, especially those with fewer skills. In fact, wages for the lowest paid workers are now growing faster than for higher-paid workers. The cause of these wage gains for less-skilled workers is clear. The labor market is tight, which means there are fewer and fewer workers to fill open positions. Businesses have to pay workers more to either attract new employees or retain current ones. Simple, old fashioned supply and demand is driving wages up."

**Read the US Chamber's full summary [HERE](#)**



# Legislative Updates



You can follow Rep. Schemel on Facebook  
Rep. Schemel can be reached at:  
1402 East Main Street  
Waynesboro, PA 17268  
(717) 749-7384

## **Pennsylvania is ranked in the top ten human trafficking states nationally.**

PA House Republicans are actively working to arm prosecutors and law enforcement with every tool possible to take down human traffickers and end this exploitation of innocent victims across the Keystone State. Currently,

**Learn more [HERE](#).**

## **House OKs Bill to Prevent Repeat DUI Offenses.**

Working to improve public safety, the House has approved a measure to require courts to evaluate repeat DUI offenders for the suitability of a substance monitoring program as a condition of bail.

**Learn more [HERE](#).**

## **Property Tax/Rent Rebate Program Applications Now Available**

Forms for the Property Tax/Rent Rebate Program are now available for eligible Pennsylvanians to begin claiming rebates on property taxes or rent paid in 2019.

**Learn more [HERE](#).**

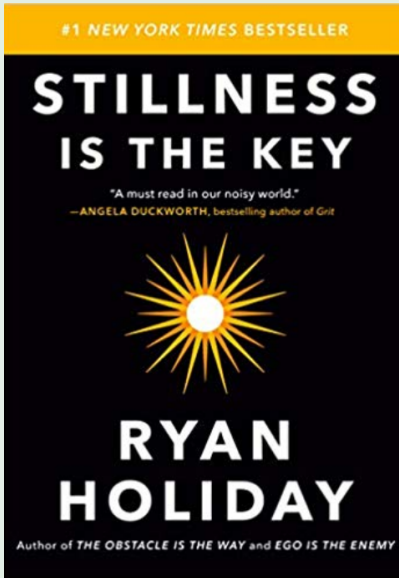


You can follow Sen. Ward on Facebook  
or write to Senate Box 203030  
Harrisburg, PA 17120-3030  
Phone: 717-787-5490  
Fax: 717-783-5192

## **Ward Appointed to Senate Aging and Youth Committee**

Responsible for reviewing legislation that affects the programs and services dedicated to senior citizens and younger Pennsylvanians, the Senate Aging and Youth Committee has most recently worked on improving the state's Older Protective Services Program, updating laws pertaining to PACE/PACENET and the State Lottery Law, strengthening child abuse reporting procedures and adding reporting requirements for children born with an addiction to opioids or other illegal substances. "I am honored to be given this new opportunity to play a leading role in protecting some of our state's most vulnerable citizens," related Ward regarding her appointment. To learn more about Senator Ward's activities, find her most recent newsletter [HERE](#).

# Book of the Month



All great leaders, thinkers, artists, athletes, and visionaries share one indelible quality. This quality enables them to conquer their tempers, to avoid distraction and discover great insights, to achieve happiness and to do the right thing. Ryan Holiday calls it *stillness*--to be steady while the world spins around you. In this book, he outlines a path for achieving this ancient, but urgently necessary way of living.

Drawing on a wide range of history's greatest thinkers, from Confucius to Seneca, Marcus Aurelius to Thich Nhat Hanh, John Stuart Mill to Nietzsche, he argues that stillness is not mere inactivity, but the doorway to self-mastery, discipline, and focus. Holiday also examines figures who exemplified the power of stillness: baseball player Sadaharu Oh, whose study of Zen made him the greatest home run hitter of all time; Winston Churchill, who in balancing his busy public life with time spent laying bricks and painting at his Chartwell estate managed to save the world from annihilation; Fred Rogers, who taught generations of children to see what was invisible to the eye; Anne Frank, whose journaling and love of nature guided her through unimaginable adversity.

More than ever, people are overwhelmed. They face obstacles and egos and competition. [Stillness Is the Key](#) offers a simple but inspiring antidote to the stress of 24/7 news and social media. The stillness that we all seek is the path to meaning, contentment, and excellence in a world that needs more of it than ever.





# Podcast of the Month



Guy Raz dives into the stories behind some of the world's best know companies. *How I Built This* weaves a narrative journey about innovators, entrepreneurs and idealists--and the movements they built. Consider listening to one of their latest episodes:

**JANUARY 13, 2020**

**Spindrift: Bill Creelman**

As a way of kicking his Diet Coke habit, Bill started making sparkling water with a fresh squeeze of lemon or grapefruit. That deceptively simple idea grew into Spindrift, a beverage that came with huge production challenges. Today, the company has an annual revenue topping \$100 million.



**JANUARY 9, 2020**

**Live From The HIBT Summit:**

**Marcia Kilgore**

Consider serial entrepreneur Marcia Kilgore, founder of Bliss, FitFlop, BeautyPie and more. The animating question behind all of Marcia's business ideas is 'So What?'— if she can't answer it, she doesn't pursue it.

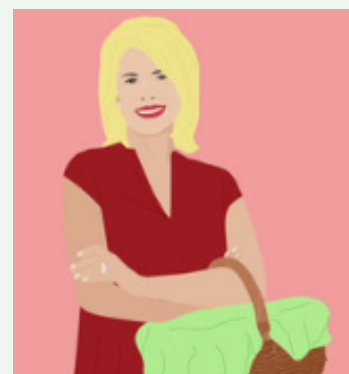


**DECEMBER 30, 2019**

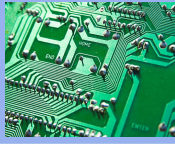
**Chicken Salad Chick:**

**Stacy Brown**

For many of us, chicken salad is just another sandwich filling, but Stacy Brown turned it into a \$75 million business. In 2007, she was a divorced, mother of three looking for a way to make ends meet. So, she started making chicken salad in her kitchen and selling it out of a basket, door-to-door. She eventually turned that home operation into Chicken Salad Chick, a chain that now has close to 150 locations in the U.S.







## Tech NEWS

# The latest craze from Silicon Valley: Dopamine Fasting

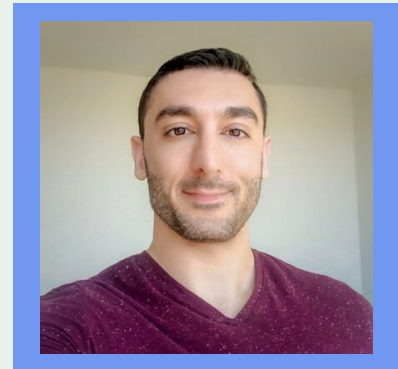


Silicon Valley's latest craze is an attempt to promote well-being by reducing dopamine, the brain's "feel-good" chemical. In our pervasively digital, distraction-filled world, a high stimulation rate of dopamine is not necessarily equal to high productivity. Theoretically, one can "reset" the brain by depriving it of pleasure, resulting in greater effectiveness and appreciation of simple things.

So... how to be more focused?

How to be more productive?

According to psychologist Dr Cameron Sepah, taking a break from pleasures, such as food, sex, alcohol, social media and technology, a person can reduce the stimulation of dopamine and in turn become more focused and joyful.



Sepah's methods are expounded on the [Alive + Well Balanced](#) site and include abstinence from pleasurable foods, technology, caffeine, and even conversation, while including quiet walks in nature, rest, plenty of water and time to think.

Dopamine fasting has its critics. Ashley Peterson, mental health expert and former pharmacist, states on her site [Mental Health @ Home](#), "Because it plays such an important role in the brain, if it was actually possible to go on a dopamine fast (i.e. zero dopamine), you would be seriously up s\*\*t creek. Movement-wise, you'd be looking at something along the lines of severe Parkinson's Disease. Mentally, the part of your brain that handles executive functioning (essentially your cognitive air traffic control) would be out to lunch, along with a variety of other mental functions." Still, when commenting on Silicon Valley's tendency to take things to an extreme, Sepah noted, "It's not a biohack, it's what healthy people do: turning your computer off at night, taking time off on weekends, taking vacations."

Read more **HERE** and **HERE**

# Health Corner



## What is Novel Coronavirus (2019-nCoV)

The name, Novel Coronavirus, comes from its shape, which resembles a crown or solar corona when imaged using an electron microscope.

The virus was first identified in Wuhan, Hubei Province, China and is transmitted through the air primarily infecting the upper respiratory and gastrointestinal tract. Since the infection jumped from animals to humans, it is deemed a zoonotic infection. As of now, the coronavirus outbreak has killed at least 427 people and infected more than 20,000 globally as it continues to spread beyond China. The Center for Disease Control (CDC) has confirmed cases in five states in the U.S.: Washington, California, Arizona, Illinois and Massachusetts.

## How to Protect Yourself

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick

## How to Protect Others

- Stay home while you are sick
- Avoid close contact with others while sick
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands
- Clean and disinfect objects and surfaces

## Symptoms

Patients with 209-nCoV have reportedly had mild to sever respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

## Risk of Infection

According to the CDC, for the general American public, who are unlikely to be exposed to this virus, the immediate health risk from 2019-nCoV is considered low at this time.

## When to Seek Medical Attention if Infection is Suspected

If you develop a fever<sup>1</sup> and symptoms of respiratory illness, such as cough or shortness of breath, within 14 days after travel from China, you should call ahead to a healthcare professional and mention your recent travel or close contact. If you have had close contact<sup>2</sup> with someone showing these symptoms who has recently traveled from this area, you should call ahead to a healthcare professional and mention your close contact and their recent travel. Your healthcare professional will work with your state's public health department and CDC to determine if you need to be tested for 2019-nCoV.

For more information and updates go to:  
[www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)



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[www.greencastlepachamber.org](http://www.greencastlepachamber.org)

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(717) 597-4610  
217 E. Baltimore Street  
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