

Chamber CHATTER



MECHANICSBURG
CHAMBER OF COMMERCE
The Strength of One. The Power of Many.™

9.26.24

6 West Strawberry Avenue, Mechanicsburg, PA 17055 (717) 796-0811 www.mechanicsburgchamber.org

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News, Events & more!

CHAMBER EVENTS

Watch for Weekly Updates!!

October

1 - AM Strategies... for Business Success - Lunch edition and networking - Ken Coulter, TPx Communications - Deciphering the mysteries of Cyber Security & AI (Artificial Intelligence). Sponsored by TPx and **Greenstar Solutions**. Location sponsor - **Buhrig's Gathering Place**, 25 E Main St, Mechanicsburg. 11:30am - 1:00pm.

8 - Business Women's Networking Luncheon - Residence Inn, 2040 Technology Pkwy, Enola. 11:30am - 1:00pm. FREE member event.

8 - Mechanicsburg Halloween Parade - Sponsored in part by **Lawrence Chevrolet**, starting at Broad & Keller Sts., Mechanicsburg. 7 pm.

15 - After Hours Mixer - BeBalanced Natural Weight Loss Center, 3812 Market St, Camp Hill. 5:00 - 7:00pm.

19 - 29th Annual Streets of Treats - Sponsored in part by **HB Home Services**, downtown Mechanicsburg. 10 am - 2 pm.

RSVP to info@mechanicsburgchamber.org

For a full calendar of chamber and member events, visit www.mechanicsburgchamber.org/events

Mechanicsburg Halloween Parade

Tuesday, October 8th

29th Annual Streets of Treats

Saturday, October 19th

Interested in sponsorship, participating, or volunteering? - email info@mechanicsburgchamber.org

Thank You For Renewing Your Membership!

The Meadows at Bumble Bee Hollow

Mechanicsburg Chamber of Commerce presents:

A.M. Strategies ... for Business Success

Tuesday, October 1

11:30 am - 1:00 pm

Lunch Edition

Presented by:

Kenny Coulter
TPx Communications

**Deciphering the mysteries of
Cyber Security & AI (Artificial Intelligence)**

Sponsored by:



Security attacks are getting more sophisticated

- **How can you identify security risks?**
- **Can you identify the number one cause of data breaches - phishing?**
- **Do you understand the security solutions available?**
- **What is AI and how does it fit into this puzzle?**
- **Gain insights into how to protect your business's digital information and, more importantly, your customers and clients.**

Location Sponsor:



Buhrig's Gathering Place -
25 E Main Street, Mechanicsburg -
Parking Available (any Buhrig lot) -
off Strawberry Avenue

Complimentary light lunch included.
RSVP to info@mechanicsburgchamber.org
or call 717-796-0811

Business Women's Networking Luncheon

Tuesday, October 8
11:30am - 1:00pm

Residence INN[®]
BY MARRIOTT

The new Residence Inn Mechanicsburg welcomes the Business Women's Networking Luncheon for October.

Come check out the area's newest all suite hotel and the fine accommodations that blend the perfect combination of comfort and convenience.

Introduce yourself and your business to familiar faces and hopefully some new ones, too. Come network with local business women and enjoy a light lunch.

Don't forget to bring your business cards to MIX & MINGLE.

**Residence Inn Mechanicsburg
2040 Technology Parkway
Enola**

Reservations required.

RSVP to info@mechanicsburgchamber.org

**YOU'RE
INVITED TO THE**

Mechanicsburg Halloween Parade

Tuesday, October 8, 2024 • 7:00 p.m.

**Special thanks
to our sponsors!**



MECHANICSBURG
CHAMBER OF COMMERCE
The Strength of One. The Power of Many.™



Platinum

American Legion Post #109
Borough of Mechanicsburg
Lawrence Chevrolet
The Mechanicsburg Club
Upper Allen Township

Gold

Dreamworx Roofing
H&H Sales Associates
Hot Frog Print Media
Malpezzi Funeral Home
The Wildcat Foundation

Silver

Anonymous
Bethany Village
Buchanan & Erb
Code Ninjas Harrisburg
Farinelli Construction
Mechanicsburg Eye Associates
M.C. Walker Realty
NexTier Bank
Shatzer Insurance

Bronze

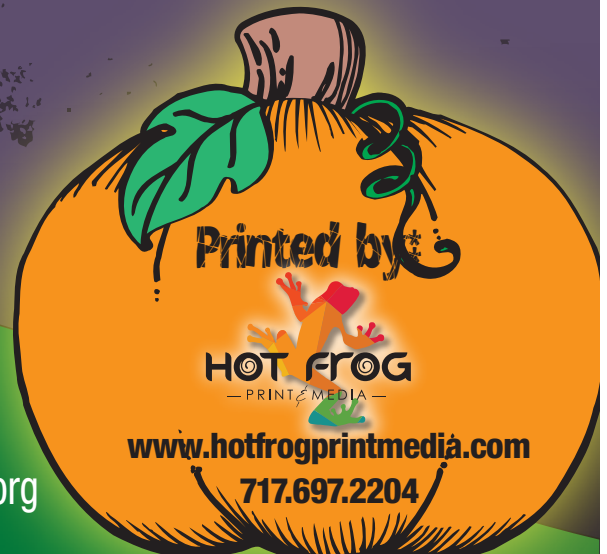
Blue Moon Cruisers Rod & Custom Assoc.
Clay's Service Center
David Russell's Import Emporium
DB360 Soft Wash
Drayer Physical Therapy
Eichelberger's Well Drilling
Mayor Jack Ritter
PaySmart Payroll Services
Representative Sheryl DeLozier – 88th
State House District
The Rosemary House
Walters & Galloway, PLLC
Weis Markets
Zimmerman Plumbing & Heating

Patron

ABC West Lanes
The Gleeeful Candle Co.

Questions?

Mechanicsburg Chamber of Commerce
717.796.0811 • www.mechanicsburgchamber.org



Mechanicsburg Chamber of Commerce presents:

After-Hours Mixer

FREE
EVENT!

Tuesday, October 15
5:00 - 7:00 p.m.

FREE
EVENT!



Hosted by

**BeBalanced Natural
Weight Loss Center**
3812 Market Street
Camp Hill, PA 17011

Enjoy an evening of networking, refreshments and a chance to win a prize!

RSVPing is easy, simply email info@mechanicsburgchamber.org, RSVP online, or call 717-796-0811

Mechanicsburg Chamber of Commerce presents:

Business Leaders Discussion Group

Thursday, October 31
7:45 - 9:00 am

Sponsored by
PaySmart Payroll Services
650 Wilson Ln, Suite 100
Mechanicsburg



RSVP to info@mechanicsburgchamber.org or call 717-796-0811.
This members-only event is free to attend!

Bring your questions and business topics and hear what others have to say!

Mechanicsburg Chamber of Commerce

in partnership with



invites you to attend

29th Annual

Streets of Treats

Downtown Mechanicsburg

Saturday, October 19, 2024

10:00 am - 2:00 pm

Trick-or-Treating at Downtown & Local Businesses

FREE and low cost activities, crafts & games

Pick up your trick-or-treating bag and map of participating businesses at the Square

2 East Main Street, Mechanicsburg, PA

Questions?

(717) 796-0811 | info@mechanicsburgchamber.org

6 West Strawberry Avenue, Mechanicsburg, PA 17055

Join us for

**More Than a Broker:
PA Chamber Insurance**
**For Your Business, For Your People, For Your Health
Breakfast Seminar**

Date: October 29, 2024

Time: 8:30 a.m.

Joseph T. Simpson Public Library
16 N. Walnut Street, Mechanicsburg Pa 17055

Open Enrollment is Quickly Approaching!

Pennsylvania Chamber Insurance is the leading expert in employee benefit programs. Please join us for this informational seminar touching on the services and the expertise you will receive by partnering with us for all your benefit needs!

REGISTER

ONLINE URL | CONFERENCE HOTLINE



For your Business. For your People. For your Health.

417 Walnut Street | Harrisburg, PA 17101 | 877.463.9891 | pachamberinsurance.com

CAEDC Now Accepting LSA Statewide Grant Applications

The Local Share Account (LSA) Statewide grant is now open for applications, and interested non-profits can apply through the Cumberland Area Economic Development Corporation (CAEDC). CAEDC is seeking applicants who are non-profit organizations and need funding for projects that either have an economic development or tourism component in the region. Projects must be at least \$25,000, and the maximum grant request is \$1 million.

Eligible uses include:

- Acquisition
- Construction
- Demolition
- Infrastructure
- Purchase of vehicles, machinery and/or equipment (excluding uniforms, protective equipment, consumable supplies, and furniture)
- Planning, consulting, and design costs related to planning projects.
- Engineering, design, and inspection, to include permitting fees, for construction projects not to exceed 10% of the total grant award.
- Contingency costs not to exceed 5% of documented construction and infrastructure costs are permissible.

Interested, qualified applicants can apply on CAEDC's online application at:
CumberlandBusiness.com/lisa-application.

Complete applications must be submitted to CAEDC by November 1, 2024

If you have any questions regarding your project, contact CAEDC at 717-240-7180.

The LSA Grant is funded through the PA Race Horse Development and Gaming Act (Act 2004-71), as amended, which provides for the distribution of gaming revenues through the Commonwealth Financing Authority (CFA) to support projects in the public interest within the Commonwealth of Pennsylvania.



HATS REGIONAL TRANSPORTATION PLAN

Problem driving/walking/riding spots in Central PA? Now's your chance to tell local officials and get it fixed on the long-range Regional Transportation Plan! Visit TCRPC's site to take the public survey, submit a transportation need, view the schedule of public events, and link to additional resources.

<https://www.tcrpc-pa.org/2050-rtp-updates>

Harrisburg Area Transportation Study (HATS) is currently gathering public and stakeholder input for HATS 2050 Regional Transportation Plan (RTP). The HATS 2050 RTP is the long-range transportation plan for Cumberland, Dauphin, and Perry Counties which focuses on the following:

- documenting the current status of transportation projects and programs
- identifying long-term needs and recommending projects and programs to meet those needs
- setting a framework and priorities for the expenditure of federal transportation funds through 2050

The HATS 2050 RTP Public Survey is now open! Links to the survey (in both English and Spanish) and other information is available at our [HATS 2050 RTP Public Information webpage](#).



Members Get More

Sam's Club will reward members for just being members, with limited time offers from September 10th through September 30th.

In-Club Member Only Offers

- \$50 Credit Offer: Members will earn a \$50 statement credit when they open a new credit account and use it to make \$50 in Sam's Club purchases within the first 30 days.
- Upgrade to Plus; get \$20 Off: Club members that upgrade to Plus in-club will get \$20 off a \$40 purchase or more in-club.
- Scan & Go Offer; get \$10 off transaction: First time users

of Scan & Go will receive \$10 off their basket

- Pharmacy Offer: Members can get \$5 off their basket when they get a flu shot + \$5 off their basket if they get a COVID shot (\$10 total – limit 1 per cardholder)
- \$50.00 New Plus Member ship (\$60.00 Savings)
- \$5 New Club Membership (\$35.00 Savings)

Third Friday FOOD TRUCKS



**APRIL 19 • MAY 17 • JUNE 21 • JULY 19
AUG. 16 • SEPT. 20 • OCT. 18**



135 W. Simpson St.,
Mechanicsburg
717-766-4611
fumchurch.com



MULTIPLE TRUCKS /// VARIETY OF FOOD

Seeking HOSTS for 2024 & 2025 EVENTS

- Business Women's Networking Luncheon
 - After Hours Mixer
- Business Leaders Discussion Group

BE A HOST and showcase your business, service and more...

For more information - on HOSTING AN EVENT
contact the Chamber office at 717-796-0811 or email - info@mechanicsburgchamber.org.

JAZZ ME BAND

KIRK WISE UPCOMING
SOLO, DUO & BAND
PUBLIC DATES

Thurs. 9/26 – Totem Pole Wine Farm/Ranch,
Carlisle...Kirk solo 6:30-8:30

Fri. 9/27 – T. J. Rockwells, Mechanicsburg...
Kirk solo 6-8

Sat. 9/28 – Mt. Airy Orchards, Dillsburg...
Kirk solo 11-2

Sat 9/28- Captain Bob's Steamed Crabs,
Railroad/ Shrewsbury...Kirk & Beth Duo 6-8

Sun. 9/29 – Mt. Airy Orchards, Dillsburg...
Kirk solo 1-4

Tue. 10/1 – Greystone Brew House @
Range End , Dillsburg...Kirk solo 6-9

Thurs. 10/3 – Big Bottom Brewing @
Al's Pizza, Dillsburg...Kirk solo 7-9

Fri. 10/4- Grandpa's Love Shack BBQ
Restaurant, Shermansdale...Kirk Duo 6-8

Sat. 10/5 – Mt. Airy Orchards, Dillsburg...
Kirk solo 11-2

For complete up-to-date
schedule, information,
and photos go to
www.jazzmeband.com

Bookings: call Kirk at 717-979-0341 or
E-mail wisemotors@aol.com

Tour sponsors:
FARNHAM INSURANCE,
MEMBERS 1st F. C. U.,
CLASSIC DRY CLEANERS, STUDIO D &
LANDON WISE PHOTOGRAPHY

GFWC Mechanicsburg

The next meeting will be
on Tuesday, October 8,
2024 at 7:00 PM at Buhrig's
Gathering Place, 25 E Main
St, Mechanicsburg. The
program will be a speaker
from Domestic Violence Services of Cumberland and
Perry Counties.

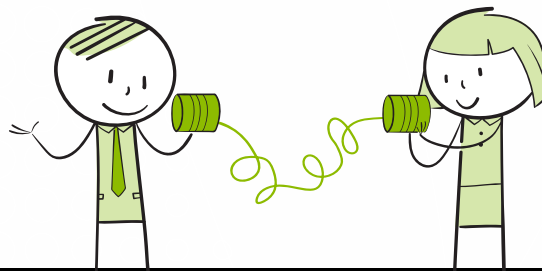


The club will be participating in the Chamber's Streets
of Treats in October. We look forward to seeing you
there.

Would you like to know more about how we serve
the community while helping Veterans, libraries and
schools? Come for a visit to find out.

For more information, contact Sue at 717.243.9872
visit our website at <http://gfwcmecch.tripod.com/>

DO YOU NEED A
PAYROLL PROVIDER
THAT **LISTENS** TO
YOUR SMALL
BUSINESS NEEDS?



payroll@paymartpa.com | 717.766.1777
www.PaySmartPA.com



10TH ANNUAL FALL GOLF OUTING



Chance at
\$10,000

(50/50 split between winner and GTBA)

Hole-in-One Prize!



FRIDAY SEPT 27
2024

RANGE END GOLF CLUB, DILLSBURG

\$105 per person

SPONSORSHIPS AVAILABLE

Tournament	\$1,750
Golden Global	\$1,250
Course	\$1,000
Birdie	\$ 600
Door Prize	\$ 300
Hole	\$ 250
Patron	\$ 125

AGENDA

- 7:00 AM** Registration opens with coffee and donuts
- 8:00 AM** Shotgun Start for 18 holes of golf
- Followed by** Lunch, Door Prizes, and Awards

Register Now
thetide.org/golf



717-264-7288

events@thetide.org



Big Brothers Big Sisters.
OF YORK & ADAMS COUNTIES



GOLF

FORE KIDS' SAKE

REGISTER NOW

SEPTEMBER 27, 2024
11:30 AM Shotgun Start

Briarwood Golf Club
4775 W Market St., York
[bbbsyorkadams.org/gfks](https://www.bbbsyorkadams.org/gfks)



Golf Fore Kids' Sake is a fantastic opportunity to enjoy a round of golf while making a significant impact on the lives of local youth. This event supports Big Brothers Big Sisters' mentoring programs, which provide essential guidance and positive role models for children in our community. Experience the joy of golfing on the beautiful course at Briarwood while investing in the growth and success of our future leaders. Join us for a day of fun, camaraderie, and charity—sign up today and help make a difference!

We look forward to seeing you September 27th for the 11:30am shotgun start. The event is scramble format and your registration includes greens fee, cart, drinks and dinner. Cost is \$100/golfer or \$400/foursome. Register or Sponsor: <https://www.bbbsyorkadams.org/gfks>

Mechanicsburg Museum Here's What's Happening.....

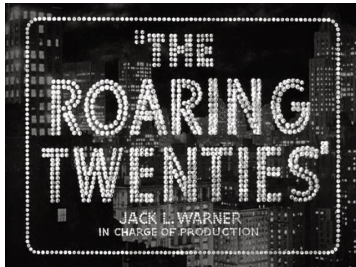
Fall Festival - Saturday, September 28 10-2pm Frankenberger Tavern & Gardens -217 E Main St
Crafters and Food for all to enjoy. Soup, whoopie pies, apple and shoefly pies to purchase.
Crafters demonstrating and selling their wares. Blacksmithing, broom making, weaving, spinning, horn carving and more will be demonstrated.

MECHANICSBURG MUSEUM ASSOCIATION

2 West Strawberry Alley, Mechanicsburg, PA 17055 Phone: 717-697-6088

LIFETIME ENRICHMENT TALKS

All Programs at the Passenger Station 1 PM



**Wednesday,
September 11**

**“The Roaring Twenties: When
America Went wild”**

John Maietta
Colonel, US Army, Retired

**Wednesday,
October 9**

“History of Monroe Township”

Lawrence Knorr
Author & Historian



*This event will take place at the Museum Passenger Station. It is open to the public.
Refreshments are provided. Museum members, children 12 and under, free:
Non-members, \$5.00*

Chamber Chatter is published on-line every Thursday.

We encourage member businesses to send us information on sales, promotions, news and events. It is a great way to promote your business or organization.

Chamber Chatter advertisements will remain for up to 4 weeks, or as space permits.

If you have something to share, please submit it by Wednesday at noon to
info@mechanicsburgchamber.org.

****Chamber Chatter advertising is a FREE member benefit.****

PENNSYLVANIA GAME COMMISSION

OUTDOOR EXCHANGE



BUY OR SELL GENTLY USED GEAR

This yard sale style event is designed to get new hunters afield with discounted gear while helping sportsmen clear out extra hunting clothes, packs, calls, trail cameras, bows, knives, and other outdoor recreation gear. NO FIREARM OR AMMUNITION SALES.



SATURDAY, SEPTEMBER 28, 2024
9:00 AM - 2:00 PM



PGC HEADQUARTERS
2001 Elmerton Avenue,
Harrisburg, PA 17110



PRESENTATIONS ON
Hunters Sharing the Harvest,
Affordable Hunting

RESERVE YOUR FREE
BOOTH SPACE HERE!



YOUR STATE WILDLIFE AGENCY

To manage and protect wildlife and their habitats while promoting hunting and trapping for current and future generations.



FOLLOW US

@PennsylvaniaGameCommission
@pagamecomm



The Pennsylvania Game Commission is hosting its first-ever “Outdoor Exchange,” on Saturday, Sept. 28, at its headquarters located at 2001 Elmerton Ave., in Harrisburg, PA, 17110.

The agency is currently looking for vendors to set up a FREE booth to sell any unwanted outdoor items. To apply for a free vendor space, a registration form can be completed online.

Only applications submitted electronically will be accepted. [PGC Outdoor Exchange](#) Vendors will be required to sign a waiver the day of the event.

PGC’s Outdoor Exchange is a yard sale style event, designed to help new hunters get afield by providing an opportunity to purchase discounted gear. Registered vendors can sell used hunting clothes, packs, calls, trail cameras, bows, arrows, knives, and much more. Vendors keep all proceeds from their sales.

Firearms sales and ammunition sales are prohibited.

Food trucks will be on site for the duration of the event. For the safety of vendors and participants, apart from service animals, no pets will be allowed.

Over The Edge

RAPPEL FROM THE ROOF!
VOLUNTEER. DONATE. WATCH.



October 4

17 North 2nd Street
Harrisburg, PA 17101

Courage for Kids

Over The Edge raises funds for our one-to-one youth mentoring program.

Go to new heights to make a BIG difference for a child in your community.



The official registration and financial information of Big Brothers Big Sisters of the Capital Region may be obtained from the PA Department of State by calling toll free 1-800-732-0999. Registration does not imply endorsement.

REGISTER TODAY: **CAPBIGS.ORG**



Over The Edge - Team Building

October 4, 2024

Market Square Plaza, 17 N. 2nd Street, Harrisburg



CORPORATE RAPPELLING TEAM

\$5,000 - Limited corporate teams available.

Your Corporate Rappelling Team will receive priority choice for a rappel "block" in our event schedule. (Must confirm prior to August 31st to receive priority choice.)

As part of your Corporate Rappelling Team experience, you will receive:

- One (1) Corporate rappelling team of five (5) participants
- 5 Invitations to the Liquid Courage Reception
- Logo on the event t-shirt
- Digital Recognition
- Company-provided item in Participant Gift Bag
- Company mention in thank you email to participants

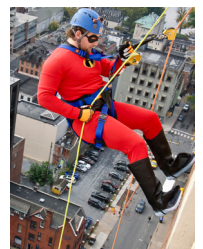


TEAM FUNDRAISING

\$1,000/person

Engage your employees to raise funds and send a peer or supervisor Over The Edge. Select an idea below or create your own team fundraising incentive:

- **Vote with your Dollars:** We suggest you encourage team leads or supervisors to create a fundraising page and invite employees to raise funds and donate to the person they want to see rappel.
- **Hold a Mini Event:** Host a pancake breakfast, bake sale, \$K, or other team event that gets everyone involved in raising funds for your Over The Edge participant.
- **Select an Incentive:** Let everyone know that the top donor/fundraiser/team lead gets to choose what costume the rappelling participant wears on event day.



Full List of Sponsorships: tinyurl.com/OTE24S

Willow
& WILDFIRE



You're invited to our 3rd Annual

CANCER DUCKS!

Event



- *Local Vendors
- *Food Truck
- *Great Sales
- *& Much More

Ducks are \$4 each or 3 for \$10

All ducks will be floated & winners will be picked to receive the AWESOME prizes donated by generous local businesses & donors

No need to present to win!

All proceeds go to Pink Hands of Hope

October 5th, 2024

Willow & Wildfire LLC
@willowandwildfire

10am-4pm | Duck float at 2pm

5800 Spring Road, Shermans Dale, PA



Thanks for your support





Downtown Mechanicsburg Partnership selects **Dr. Jayne Drake** as the **2024 Person of the Year**

The Downtown Mechanicsburg Partnership is pleased to announce Dr. Jayne Drake as the 2024 recipient of its Mechanicsburg Person of the Year award.

This award is given annually to a Mechanicsburg resident or businessperson in recognition of an overall record of service to the community. The recipient is someone who has freely provided leadership, dedication, inspiration, and generosity for the benefit of Mechanicsburg.

Dr. Drake was selected for her exceptional contributions to Mechanicsburg in volunteer and leadership positions. Over the past seven years, she has relentlessly dedicated her time and experience in service to Mechanicsburg's business and economic development initiatives and to the RENAISSANCE Mechanicsburg Revitalization Project. As past President of the Partnership and current Executive Director of RENAISSANCE Mechanicsburg, she has spearheaded the expansion of the Partnership's reach and influence in the Borough and brought life and major funding to a three-phase revitalization plan that has the capacity to power Mechanicsburg into a more prosperous and re-energized future.

"What a complete surprise and humbling experience to be selected as The Partnership's Person of the Year awardee this year. The advancements we are making now in our charming town and the advancements yet to come are a result of the selfless dedication and grit of those who have laid the path before us. This year the Downtown Mechanicsburg Partnership celebrates 20 years of serving the community by recognizing the people on whose shoulders we stand—the past presidents and board members—whose selfless volunteer efforts have accomplished so much in our community."

Jillian Biehl Morrison, President of The Partnership, had this to say about Dr. Drake as this year's honoree, "Dr Drake is the perfect choice for our 2024 Person of the Year. She exemplifies service above self. Her kindness and tenacity are legendary, and she is synonymous with, and passionate about revitalization in Mechanicsburg. You cannot think about the RENAISSANCE project without thinking of Jayne Drake and her enthusiasm, excitement, and tireless efforts. It has been an honor to work alongside her, and a thrill to see all of the hard work she has put in come to fruition. We are eternally grateful to Dr. Drake, and so fortunate to experience this revitalization with her."

Senator Mike Regan said of Jayne and this award, "I applaud the decision to name Jayne Drake Mechanicsburg Person of the Year. Jayne has been the driving force and has led the community charge to revitalize the Mechanicsburg downtown. She has shown exceptional leadership guiding the RENAISSANCE Mechanicsburg Revitalization Project and the Downtown Mechanicsburg Partnership. I've seen firsthand her commitment, which not only betters Mechanicsburg, but also enriches the entire 31st Senate District. Her impactful work and unwavering dedication to the RENAISSANCE Mechanicsburg project will be seen for years to come."

The **2024 Person of the Year Tribute Dinner and Dance** will be held on Wednesday, October 23rd, 2024, from 5:00 to 9:00 p.m., at the West Shore Elks Club.

Sponsorships and tickets are now on sale, and proceeds will support the ongoing efforts of The Partnership and RENAISSANCE Mechanicsburg - <https://bit.ly/4ecHE8n>

For more information, contact The Partnership at info@downtownmechanicsburg.com

HEARTS-N-HANDS SERTOMA CLUB

FLAMINGO PARTY FUNDRAISER

NET PROCEEDS BENEFIT THOSE AFFECTED BY CANCER
AND LIFE THREATENING ILLNESSES.

SUNDAY,
OCTOBER 27, 2024
1 PM - 5 PM



ENTRY FEE: \$ 25.00
INCLUDES CHEESEBURGER BAR, JIMMY BUFFET
THEME MUSIC, GAMES AND MORE...

AT LOWER ALLEN VFW POST 7530
4545 WESTPORT DR, MECHANICSBURG PA 17055

ANNUAL 50/50 TICKETS ARE AVAILABLE SEPARATELY!

FOR MORE INFORMATION CALL 717-571-0012

SCAN TO
PURCHASE TICKETS

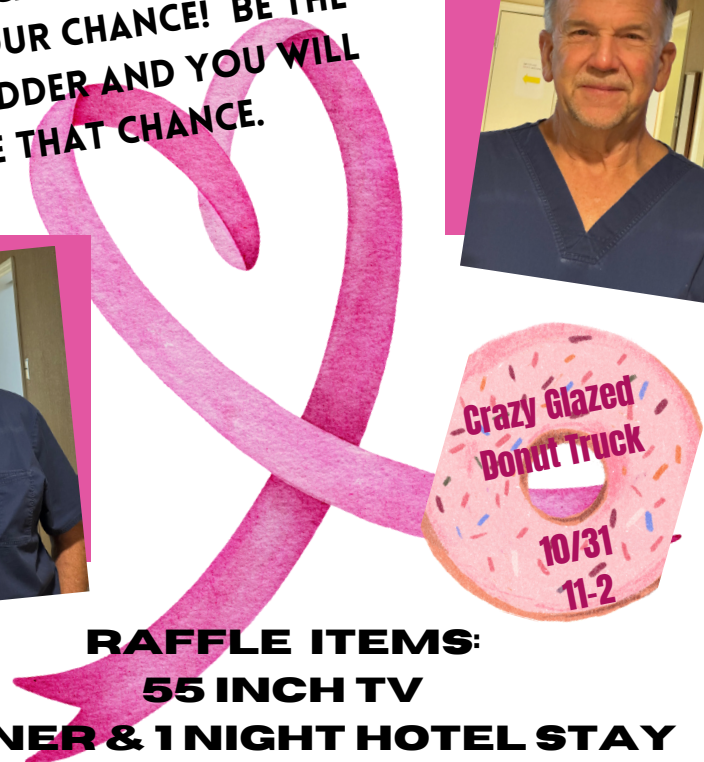
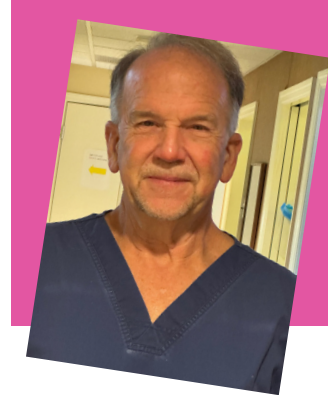


PA SGC: 23-04100

501(C)3 EIN: 063-0655922

PINK OCTOBER @ EAST MAIN DENTAL
Fundraiser/Raffle to benefit
Pink Hands of Hope
in Mechanicsburg

**HAVE YOU EVER WANTED TO PUT A
PIE IN THE FACE OF YOUR DENTIST?
NOW IS YOUR CHANCE! BE THE
HIGHEST BIDDER AND YOU WILL
HAVE THAT CHANCE.**

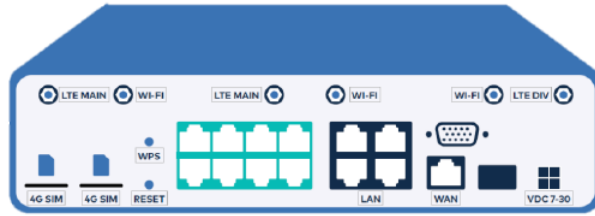


RAFFLE ITEMS:

- 55 INCH TV**
- DINNER & 1 NIGHT HOTEL STAY**
- ORAL B ELECTRIC TOOTHBRUSH**
- TAKE HOME WHITENING TRAYS**
- HERSHEY BEARS TICKETS**

**Stop in at 324 E Main St Mechanicsburg to bid and purchase
raffle tickets. October 1-31 Mon- Wed 8-5 Thur 7-1. Pieing will
happen 10/31 @ 1:30**

Digital POTS Replacement Solution



What's Changing and How TPx Can Help

In consideration of FCC order 19-72A1, service providers are no longer mandated to maintain copper POTS lines. This regulatory shift has led to increased costs and reduced availability for essential services that are dependent on POTS lines, such as fax, elevator, and alarm systems. TPx aims to fill this critical void with an innovative Digital POTS solution available nationwide, meeting the vital POTS replacement needs for alarms, elevators, and essential fax lines.

Proposed Solution

In partnership with MetTel, TPx will deliver a cutting-edge POTS replacement solution. With over 50,000 deployments, MetTel's adapters support one to eight Digital POTS replacement lines from a single device connecting over the customer's internet. Featuring error correction and packet loss detection, it ensures uninterrupted service by resending lost packets to prevent call failures. The solution includes an 8-hour battery backup and two cellular SIM cards for additional reliability. MetTel enables provisioning, porting, and installation, ensuring seamless integration. The solution is also certified for alarm lines by the National Fire Protection Association and the New York City Fire Department.



Anticipated Customer Benefits*

Certified Solution	Fire code compliant solution, UL 60950-1 & UL 2054 certified.
Reliable Connection	Connect via broadband, Wi-Fi, and 4G LTE SIM. Dual SIMs.
Ongoing Support	Professional installation, 24/7/365 NOC monitoring, over-the-air firmware updates, and emergency support.
Strategic Coverage	Access to major cellular providers.
Potential Cost Savings	As POTS lines are retired, their costs rise. It is possible to save money with TPx POTS line replacement.
Tailored	Flexible digital transformation tailored to your need.
Quality Connection	Low latency, high-speed networks ensure top-notch voice quality and reliability.
Scalability	Adjust features as needed to meet evolving communication requirements.



Steve Troutman, Senior Solutions Consultant

O: 610-502-6085

C: 717-497-2002

Toll Free 1-844-424-7827 Opt. 2

E: steve@greenstar-us.com

W: <https://greenstarcloud.io>



UPMC

LIFE CHANGING MEDICINE

UPMC Magee-Womens to Host Doula Hiring Event for Birth Circle Doula Program in Harrisburg

UPMC Magee-Womens is hosting an open house to hire birthing doulas on Wednesday, Oct. 2, from 4 to 8 p.m. in the UPMC Health Sciences Tower at Harrisburg University in Conference Room 211C, 222 Chestnut St., Harrisburg. Attendees will have an opportunity to learn about the new Birth Circle Doula Program at UPMC Harrisburg and take part in onsite interviews with hiring managers.

Doulas are trained health care providers who work with patients throughout their pregnancy, during labor and in the postpartum period to provide physical, emotional and informational support. Research has shown that doula support can lead to shorter labor, fewer cesarean sections and improved bonding between mother and baby, significantly improving birth outcomes and maternal health.

The UPMC Pinnacle Foundation secured a grant from Capital Blue Cross to establish and launch the Birth Circle Doula program in Harrisburg, a critical maternal health initiative with a special focus on under-resourced patients. Hiring and training a diverse group of per diem doulas who represent the community they serve is vitally important to the program's success.

To learn more about the hiring event, visit [careers.UPMC.com/events](https://careers.upmc.com/events) or email harrisburgdoulas@upmc.edu. To apply for the doula position, visit <https://tinyurl.com/Doula-UPMC>

Post-Vacation Blues? Here's How to Cope.

By **Rebecca Knight** - Harvard Business Review

Call it the post-vacation paradox: Instead of feeling recharged and refreshed upon returning to work after a break, you're drained and struggling to regain your drive. In this article, the author shares insights from two experts on how to boost your motivation and feel more confident about returning to work.

Your summer vacation was bliss: mornings at the beach, impromptu stops for ice cream, and afternoons whiled away with a good book. Now you're back at your desk, facing what feels like zillions of Slack messages and emails, and **your vacation** juju is fading. You need to motivate, stat.

How can you regain momentum at work when you're seriously bummed to be there? How can you reconnect with the parts of **your job that you actually like**? And how can you **prioritize work-life balance** as you make the transition?

What the Experts Say

Call it the post-vacation paradox: Instead of feeling recharged and refreshed upon returning to work after a break, you're drained and **struggling to regain your drive**. It's counterintuitive, but **research shows** that it's pretty common, notes Ayelet Fishbach, professor at the University of Chicago's Booth School of Business, and the author of *Get It Done: Surprising Lessons from the Science of Motivation*.

There are several contributing factors. For one, travel itself can be exhausting. Second, if your vacation wasn't all that restorative, you may feel like you never truly had a break. "When you got a taste of a vacation but you didn't fully experience relaxation — you had to take work calls, or you weren't doing what you wanted to do, or you're a parent of young kids and spent all week running around after your children — you're hungry for more time-off," she says. Finally, the contrast between vacation freedom and the structure and stress of everyday life can be jarring.

Vacations provide clarity, says Tessa West, professor of psychology at NYU and the author of *Job Therapy: Finding Work That Works for You*. "With time away, you recognize that you've been dealing with all these low-level stressors at work — a long commute or a boss who's always putting another meeting on your schedule, so you feel anticipatory anxiety about being back." While some challenges may be inevitable, you can take steps to boost your motivation and feel more confident about returning to work. Here's how.

Brace yourself for reentry

Let's get this out of the way: "Coming back from vacation is a gigantic shock to the system," says West. Our bodies and minds tend to resist sudden changes in routine. This is also why the opposite is true, and it takes a while to relax at the beginning of a vacation, she adds. "Those first couple days you're still pretty fried."

West advises recognizing that the early days and weeks will be challenging. Set reasonable expectations and plan your reentry accordingly. For example, she says, leave extra time for your commute to reduce traffic-induced anxiety, and be strategic about when you schedule meetings with certain colleagues who raise your blood pressure. Remember, the initial adjustment is the hardest part, says Fishbach. Showing up at work on Monday feels brutal, "but Tuesday is a bit better, and Wednesday is smoother still."

Start slow and small

You might be tempted to jolt yourself out of vacation mode by tackling the biggest, most annoying item on **your to-do list** upon your return, but this approach often backfires, according to West. "You're plunging into an acute stressor the moment you get back," she says. "It's tough to shake off, and often that stress becomes contagious and ripples out to your coworkers, too." Instead, she recommends starting slow and small and doing the easiest tasks first — those you know you can complete quickly and confidently. Think of it as an onboarding plan to help you ease back into work life. By beginning with **manageable tasks**, you'll gradually rebuild momentum, adds Fishbach. "Otherwise, you're going to be constantly trying to catch up or answering emails all day long."

Also, resist the urge to take on **too many additional commitments** as you settle back in. "Some

people experience FOMO on vacation and worry about fading into obscurity at work,” says West. In an effort to **regain relevance and visibility**, they volunteer for projects and committees that end up “stretching them too thin but don’t showcase the skills they need to get promoted.”

Focus on what you like about your job

Research on **intrinsic motivation** suggests that a deep and genuine interest in your work and a belief that your role has **meaning, purpose, and positive impact** contributes to higher levels of job satisfaction, says Fishbach. The takeaway as you readjust to work? Remind yourself what **you like and find fulfilling about your job**. “When you’re feeling the opposite of eager to be there, think about why you choose your job in the first place, what it offers, and who you get to connect with,” she says.

West advises analyzing your job tasks to better understand which parts you enjoy and when to tackle them **based on your energy levels**. If you love writing client proposals, say, identify the specific elements you find most satisfying, such as brainstorming, collaboration, or analysis. Be deliberate about **prioritizing these activities** during your re-entry period, she says. “Don’t get overwhelmed by a pile of work on your desk — concentrate on parts of your job that most interest you.”

Change your perception

The psychological challenge of returning from vacation stems from a perceived internal conflict between work and leisure, according to Fishbach. She **points to research** that finds that people sometimes struggle with the notion that relaxation and their professional obligations can coexist. This apparent conflict can lead to **feelings of guilt** and negative emotions.

But, of course, “being productive and successful is not the opposite of enjoying life and having time for rejuvenation,” Fishbach says. She recommends trying to see what you do at **work as complementary to** and beneficial for what you do in your downtime. At the very least, acknowledge that work provides the financial means for taking vacations: “You go to work so you can afford your vacation. You go on vacation so you can have a richer and more fulfilled life.”

Reassess if necessary

Once you’ve navigated the first week or two back, you’ll hopefully begin to rekindle your motivation and **focus at work**. But if you’re still struggling, there may be underlying factors at play. “If you’re miserable, maybe it’s not the right job,” says Fishbach.

Vacations can provide the time and space for self-reflection, adds West. “With time to process, you might find yourself in a state of heightened ambivalence about your job or maybe you realize that you still love your job, but it doesn’t love you back.” Avoid making impulsive decisions, such as quitting on a whim, but also **don’t ignore those nagging feelings**. Instead, West recommends a proactive and practical approach. “Start exploring other options.”

Principles to Remember

Do

- Set realistic expectations as coming back to work after a break can be rough.
- Create an onboarding plan to help you ease back into work life: Start with small, manageable tasks that maximize your strengths and interests.
- Resist the urge to take on additional commitments, otherwise you’ll be stretched too thin.

Don't

- Lose sight of the reasons you like your job: its purpose, benefits, and opportunities.
- Perpetuate guilt about balancing work and play; instead, view your job and downtime as complementary to a fulfilling life.
- Brush off lingering feelings if you're still having trouble getting back into the groove at work after a few weeks; start exploring new career paths and roles.

ABOUT THE AUTHOR

Rebecca Knight is a journalist who writes about all things related to the changing nature of careers and the workplace. Her essays and reported stories have been featured in The Boston Globe, Business Insider, The New York Times, BBC, and The Christian Science Monitor. She was shortlisted as a Reuters Institute Fellow at Oxford University in 2023. Earlier in her career, she spent a decade as an editor and reporter at the Financial Times in New York, London, and Boston.