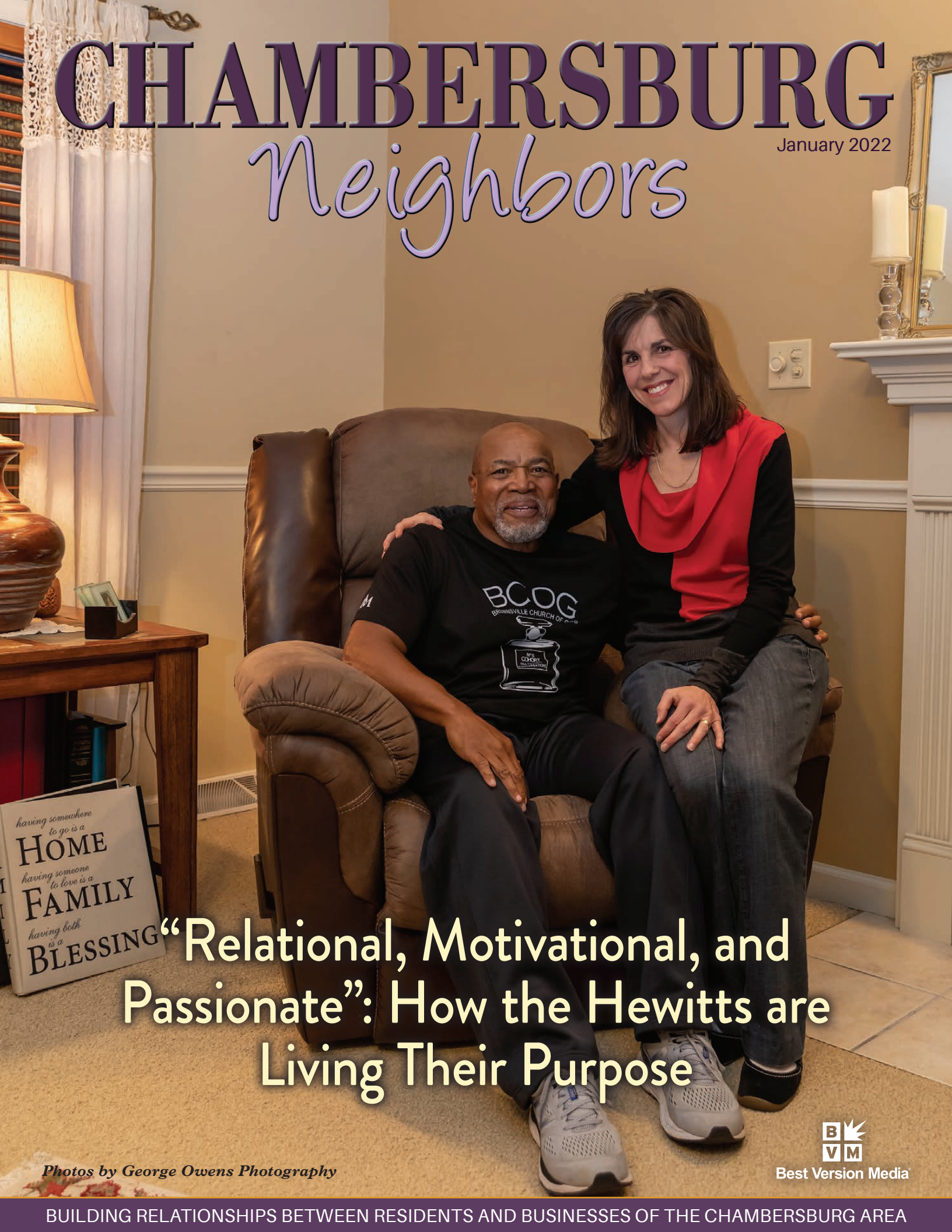


# CHAMBERSBURG

January 2022

## Neighbors



**“Relational, Motivational, and Passionate”: How the Hewitts are Living Their Purpose**

*Photos by George Owens Photography*



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## PUBLISHER'S LETTER



Happy and Blessed New Year Chambersburg Neighbors!  
 It is a new month, and a NEW YEAR! January 2021 2022 is here! (Ha, how long will it take us before we can write the correct year down without messing up?) I genuinely would like to wish all of our Chambersburg Neighbors a new year filled with love, health, happiness, and an abundance of blessings. As you think about what 2022 will bring, I invite you to cozy up with a warm bowl of soup (*It's National Soup Month!*), and enjoy this wonderful January issue we have in store for you.

To kick off the New Year, we have another amazing family featured on our cover. You will love reading all about the Hewitt family, and their dedication to God, each other, and their community. You will also love Nicole's family recipe for Italian Meatballs, featured in our recipe section, as well as read about their lovable pup Zoe in our Pet Corner, that they miss dearly.

In addition, we are excited to share an article about all the wonderful things involving The Salvation Army's Angel Tree Program, and how their efforts are helping so many families in our community. As many of us focus on our goals and resolutions this new year, I also encourage you to read our community article submitted by Randy Wilson, *Goals Schmoals*. I think you will find lots of helpful tips to consider when thinking about 2022.

Furthermore, with it being *National Soup Month*, we have featured another fantastic recipe for a Chicken Mulligatawny Soup, submitted by Soup So Fine, that will warm your belly and your soul during these cold winter days. As for our Chambersburg Kids, they are going to have so much fun creating their very own penguins with our "DIY Water Bottle Penguins" activity.

Keeping with the winter theme, make sure you also check out our Calendar of Events, especially all of the wonderful Chambersburg IceFest activities. This year officially marks 20 years that IceFest has brought all the wintry fun to our community, and you won't want to miss it!

In closing, I would like to welcome our new Expert Sponsor in Digital Literacy, Symbiotic Marketing. I encourage you to call them so they can help you "Get SMRT!" And as always, I would like to thank all of our wonderful sponsors who make Chambersburg Neighbors possible for the community each month. Please make sure to patron their businesses for all of your local needs, and don't forget to let them know how grateful we are for being a part of Chambersburg Neighbors. Remember to hashtag #ChambersburgNeighbors when you mention us on social media so we too can enjoy your posts.

As we step into this New Year, "May the best day of your past, be the worst day of your future."

Your Publisher,  
*Grace Waller*



**JENNA KAUFFMAN**  
 Content Coordinator

# CHAMBERSBURG Neighbors

Building Relationships Between Residents and Businesses of the Chambersburg Area  
 Volume 5 • Number 1 • January 2022

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<b>Content Due:</b> .....	<b>Edition Date:</b>
January 5 .....	February
February 5 .....	March
March 5 .....	April
April 5 .....	May
May 5 .....	June
June 5 .....	July
July 5 .....	August
August 5 .....	September
September 5 .....	October
October 5 .....	November
November 5 .....	December
December 5 .....	January



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## PET CORNER

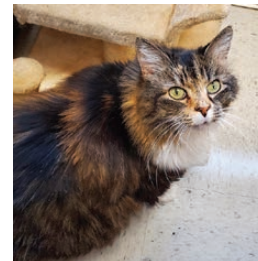
# Cumberland Valley Animal Shelter

## Animals Up for Adoption!

*Submitted by Jen Vanderau, Director of Communications for Cumberland Valley Animal Shelter*

**December Follow-Up:** Kitties Lucy and Ethel featured in the December issue are still looking for their furever homes. Please consider adopting our furry friends. They might make the purrfect addition to your family!

### MEET PAMMY!



Pammy came into the shelter because her owner could no longer care for her due to their health. Pammy is 13 years old and a super sweet girl. She doesn't mind being brushed, which is a good thing as she does have longer fur and will need regular brushing to keep her from matting. Pammy has had a senior blood panel done and everything looks perfect for her! Could you give this girl a place to live out her golden years?



### MEET PRECIOUS!

Precious is a 7-year-old Lab mix who came into the shelter as a stray, so we don't know a lot about her. When she arrived, Precious was in rough shape. She had mange and a bad skin infection caused by it, with infections in both of her ears. She was treated for all of that and is doing well, but may have possible allergies. Precious will need an adopter who understands they will have to work with their veterinarian on future care to keep her hair

coat and skin looking healthy. She is a happy girl who loves treats and taking walks outside. Because of her energy level and not knowing her past history, Precious may be too much for small children, so an age restriction for children in the home may apply. Please discuss this with shelter staff. If you think you might have the right spot for Precious, apply today!

If you're interested in adopting, contact CVAS at (717) 263-5791 or check out their website at [www.cvas-pets.org](http://www.cvas-pets.org) for adoption info!

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# Chambersburg Neighbors Pets of the Month!

## IN MEMORY OF ZOE HEWITT.

*Story by Bob and Nicole Hewitt, from our family feature story!  
Photo by Bob Hewitt*

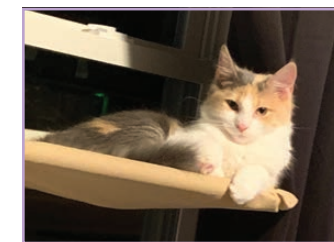


We got our sweet girl, Zoe, when she was a little over 2 years old from the orphanage, otherwise known as the Cumberland Valley Animal Shelter, in the summer of 2011. At that time, our

youngest son Emmanuel was entering the 5th grade and he had been lobbying for a dog for many years. Well, God stepped in and didn't just give us a dog, but a family gift! Shortly after coming to live with us, Emmanuel gave her the name Zoe. A combination of English Setter, Collie, and Labrador Retriever, Zoe was gentle-natured, a quick learner, attractive, and very athletic. Zoe's favorite game was playing fetch. Her 'eye-mouth' coordination was most impressive. She also enjoyed "just chilling" wherever the family was gathered. Her disposition and cognitive abilities were such that most visitors to our home thought she had been through obedience-school training. Our friends simply loved her. A final shining characteristic of Zoe was her courage, demonstrating it as she battled kidney disease for several years. Zoe was an important member of our family for ten years, before passing away in the summer of 2021. We miss her greatly and look forward to seeing her again in heaven!

### MEET PIPER, WINNIE, AND MOONEY!

*Story and Photos by Travis Horton*



**Piper** is my newest addition. She is roughly 8 months and is sweet and adventurous. She enjoys spending time with her older sister, Winnie, and is a big fan of playing with all sorts of toys!

**Winnie** is my first



love! She is two years old and was rescued last January. She is an independent kitty who loves getting into mischief and loves meal time.

**Mooney** is the oldest at 4 years old, but my second rescue. He was rescued locally from Cumberland Valley Animal Shelter. He is my shy boy but loves affection, head rubs, and basking in the sun.

Together, they make my home complete!

**HAPPY NEW YEAR!**

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# “Relational, Motivational, and Passionate”: How the Hewitts are Living Their Purpose

By Jenna Kauffman

Photos by George Owens Photography



Bob and Nicole Hewitt sit center in their dining room with just some of the many friends who they consider family: (left to right) Gerald Williams, Donald and Dr. Lois Waters, Sister Katherine and Pastor Victor Johnson, Dorothy and James McGraw, and Dr. Sam Benbow.

Many of us seek out a higher purpose to accomplish within our lifetime. Whether it's personal, faith-based, job-based, family-based... we always find a goal or multiple goals to keep in mind with our life mission. This is what Bob and Nicole Hewitt are doing. With their adult children Rob, Lori, and Emmanuel, and some close friends that are more like family, they're accomplishing their purpose.

Nicole grew up in Warminster, PA, near Philadelphia, with her parents and four siblings. Her parents, John (coming from a strong Italian background) and Theresa (having Irish, German, and Polish roots) Monastra were originally from Philadelphia, and put her and her siblings through Catholic school. Something Nicole remembers from growing up is that faith, family, and education were three values her parents strongly emphasized to them. Her father also emphasized that it was important to make a difference in society, specifically to make it more equitable and better for everyone. These life lessons being engraved in her ultimately lead to an interest in social work for as far as what she wanted to do as she continued her education. A famous figure also inspired her on that career path.

“I honestly didn't want to go to college, but one thing I knew: if I went, I wanted to find something that would allow me to help people,” Nicole explains. “In my Catholic upbringing, I read a lot of stories about persons who ministered to the needs of people in the name of Christ. One of those persons was Dorothy Day. She was known for her social justice campaigns, defense of the poor and homeless. In my mind, I said, 'That's what I want to be part of.' A

teacher at my high school then told me, 'You want to be a social worker.'”

This is ultimately how Nicole ended up at Shippensburg University, to pursue her undergraduate degree in Social Work. This is where she met Bob.

Bob is originally from Massillon, Ohio. He recalls growing up in the 1960s in a divided city, but one thing that brought everyone together was football. Massillon is nationally known for its football program, and as Bob grew up, he found himself a part of it as well as several other sports, including basketball, track, wrestling, and baseball.

His mother and father, Louie and Lillie Hewitt, raised him with seven siblings. Bob says they really set the foundation for him by what they taught him and his siblings, teaching the things that really mattered including being people of character, integrity, and how to respect others. They didn't have a lot of material things growing up, but it was those life lessons that really mattered.

In high school, he was a football star, and helped his team win the Ohio State championship his senior year. After achieving that milestone, his next steps were unclear. He recalls one day, an assistant coach encouraged the idea of college.

“One day the assistant coach said to me, 'Bobby Hewitt, where you going to college?’” Bob explains. “I thought it was a trick question. My grades were average, and I thought I was going to go serve in Vietnam, since this was in the '60s. But the assistant coach had a friend he went to college with who was coaching at Bluffton



The Hewitts enjoy being a part of the worship team at their church, Brownsville Church of God. Pastor Victor and his wife Katherine (whom the Hewitts fondly call Sister Katherine) are very supportive of the Hewitts' initiatives at the church.

University, a small liberal arts Mennonite college in Ohio.”

Bob ended up attending Bluffton College for his undergraduate degree. He recalls feeling alone and lonesome at times, as he was just one of few African Americans at that school. But he was able to venture out and get to know people different than himself, as he focused on studying social work and continued with football and track. “I learned a lot about myself, and about something that I didn't think I could do; that I didn't think I had. I didn't see myself as someone who could think, teach, and help other people out there. Bluffton really helped in that way, seeing beyond success in sports,” he says.

After graduating from Bluffton, Bob attended Wayne State University in Michigan for his Master's in Social Work. He was then commissioned as a Social Work Officer in the U.S. Army. He was stationed at Fort Dix in New Jersey, where he met his first wife, Micheline Berry. Shortly thereafter, they were transferred to the Republic of Panama, during which Bob's first two kids, Rob and Lori, were born.

In 1985, Bob's wife unfortunately passed away after a lengthy battle with cancer. Bob came back to the states with his two children in 1986, working at Fort Dix again as a civilian in their Family Advocacy Program. He also completed his work on his PhD in Social Work from the University of Pittsburgh. He started interviewing for jobs and ended up accepting a faculty position in the Social Work Department at Shippensburg University.

At the time of getting hired there in 1987, Bob was balancing being a single dad as well. Rob and Lori were 12 and 7 at the time, and Bob was trying to master being both mom and dad. He recalls learning how to braid his daughter's hair.

“I didn't know how to braid hair, so I learned on her doll,” he says. “It was either a good day or bad day depending on how she looked at the mirror. If she smiled, it would be a good day, but if she didn't, it meant I messed up. And to God, I was like, 'I can't be mom and dad.' But God made it clear and said, 'You just be their dad, and I'll be yours.'”

For 10 years, it was just the three of them. But then, he met Nicole at Shippensburg University. One day, Nicole went to his office to show him an article that dealt with homelessness, since they both were invested in social work. Nicole vividly recalls that meeting.



“I shared the article with him on a Friday afternoon. And when I did, I noticed he looked sad. And it just struck me. He took the article because he was interested in it, but at one point I asked him, 'Are you okay?' And he said he was fine, but something in my spirit said he didn't seem fine. I knew he was a single parent; I didn't know much more than that, and so at that moment I just felt the need to pray for him, that he would find somebody to marry. Not me at all at the time either,” she says, laughing at the end.

It was many months after that that they randomly met again at the University's fitness center. Nicole was working out on the elliptical, and Bob came up to her and said, “I didn't know you liked to work out, do you work out here a lot?” Their conversation led to him asking if she liked to play racquetball, and when she said she'd never played it, he offered to teach her. From there, they started meeting up regularly, to play racquetball and go for a bite to eat afterwards. It went from

friendship, to dating, and in 2-3 years, they were married. They've now been married for nearly 27 years.

Bob is intrigued with the amount of detail she includes from that story, and says he remembers it all as she recalls it. He also acknowledges God for bringing them together. “It truly was something that started with a friendship and then moved as God allowed into a deeper relationship,” he explains. “And people on the outside, they say, 'How's that going to work?' I was in the winter of my career, and she was in the spring of hers. But they don't see what God sees; here we are, married 27 years later.”

While they were dating, Nicole obtained her Master's degree in Social Work at the University of Pittsburgh, where she also briefly worked at Action Housing, a nonprofit organization, and at Pittsburgh Housing & Redevelopment Authority. When they married, Nicole moved to Chambersburg and worked in Carlisle for the Cumberland County Housing & Redevelopment Authority and eventually also at Shippensburg University. She also obtained a PhD in Administration and Leadership Studies from Indiana University of Pennsylvania.

Rob and Lori were teenagers when the couple married, and six years into their marriage, the family welcomed their youngest son, Emmanuel. All of their kids went through the Chambersburg area

Continued on page 8



school system. You could feel the joy as they proudly shared about their children.

Lori currently lives in Los Angeles, CA, with her son, Malchiah. Lori obtained a Bachelor's degree from West Chester University and a Master's degree from Drexel University in Interior Design. She worked locally with Newcomer Associates for 10 years before moving out to California. Recently, she's expanded on her career interests by obtaining her real estate license.

Oldest son, Rob, is in the culinary field, currently working as a Sous Chef. He went to the Art Institute of Philadelphia and currently resides in Jackson, NJ, with his family. Emmanuel is currently studying at Eastern University as a junior, majoring in Communications and is starting forward on the men's soccer team. He'll be doing an internship his senior year and is exploring graduate school.

As for what Nicole and Bob do now, Nicole teaches part-time as an adjunct professor for both Shippensburg University and Harrisburg Area Community College in the Social Work and Gerontology Department as well as the First-Year Experience Program. She recently published a book in 2018 called *Lunch Notes to Our Children*, inspired by notes she wrote to Emmanuel when he was younger. The book emphasizes the pivotal role that parents have in their kids' lives and how to maintain strong heart connections with your children.

Bob uses the term 'rewired' when explaining what he does now. "I say that because all I did was pick up my stuff and go somewhere else with it," he explains. He was a professor at Shippensburg University for 21 years, but now he is a speaker, trainer, and consultant, while also doing service work.

Together, Bob and Nicole do an immense amount of training, teaching, and ministry work. One area of special focus is on healthy multi-ethnic church building, with their own church (Brownsville Church of God) as well as with other churches in Chambersburg and beyond.

The idea is, "How do we intentionally build a church that looks like how our community looks?" Bob says. He and Nicole work with churches to think about how to fuel the credibility of the gospel and draw people to Jesus Christ by intentionally building healthy, multi-ethnic churches that mirror what heaven will look like. With their faith and backgrounds in social work, they seek to engage, equip, and encourage church pastors, leaders, and members with the practical knowledge, values, and skills needed.

Over the past several years, the Hewitts have had the privilege of being part of Brownsville Church of God's efforts in a variety of ways. One example is a 9-week small group study called "Multi-Ethnic Conversations." Diverse groups of people in the church come together for meaningful discussion and exploration. The Hewitts also serve on the church's highly diverse praise and worship team. They have also worked to help build diverse teaching teams and other leadership structures that help Brownsville minister to a diverse congregation and grow in its desire to become a healthy multi-ethnic church.

In addition to their work with churches, they have also worked with



While their children Rob, Lori, and Emmanuel couldn't make it to the photo-shoot, the Hewitts pose next to artistry on a wall in their home, showing their children in illustrations and the importance of family.

many local organizations, such as Franklin County Children & Youth, NETwork Ministries, Franklin County Healthy Community Partnerships, Chambersburg YMCA, SCCAP, BOPIC, Franklin County Head Start, and others.

Bob and Nicole's faith in God's timing is what keeps them going. They shared with us that their motto is "The heart of

our work and our service rests on being relational, motivational, and passionate, creating an environment in which we all actively engage topics and one another in a safe environment in order to grow and learn together."

As it relates to other volunteering and community service over the years, the Hewitts have been involved in many different efforts in Chambersburg. Bob coached in the church league basketball program for several years. For four years, they also helped with the Chambersburg Community of Churches Basketball Tournament. Nicole has served for many years on the Guiding Coalition for the SCCAP Circles Initiative.

Through it all, they've formed many relationships, and that's one of the things they've appreciated about Chambersburg.

"One of the biggest things about Chambersburg is the ability to build relationships with people. That's probably been the most significant part of our lives; everything we do, whether it's been church-based, the human service work we do, the volunteer work we do, we're very relational," Nicole says. "And Chambersburg has been a big part of that."

Some of the people who they've made connections with were able to join them for some of the interview and are featured in photos. Gerald Williams is thankful for Bob being his youngest son's mentor when he took up basketball through the church league. His son still goes to Bob for advice, Gerald saying, "If I don't have the answers, he'll just ask Mr. Hewitt."

Dr. Sam Benbow also praises Bob for his mentorship, having had him as a professor at Shippensburg University (where Sam became a professor himself). He and Nicole also taught together at Shippensburg, and Sam mentions that his family is just as close as he is to the Hewitts.

Dr. Lois Waters also met Bob at Shippensburg University, when she was the Director of Social Equity at the University. And when she and her husband, Donald, first met Nicole, it felt like they had known her for a long time, as she was a sweet spirit and was very welcoming to them. They still do things in the community together and occasionally meet for meals and fellowship.

James and Dorothy McGraw met the Hewitts through the marriage ministry at their church. Couples were paired up with another couple they didn't know, and they happened to be paired together. After Nicole and Bob invited them over for dinner, it turned into three hours of soul fellowship. They see Bob as a big-brother figure, and know Nicole as an 'old soul': a sweet lady and passionate person. Bob also did something for James that he'll never forget.

"I had just gotten to know him when I was diagnosed with cancer. And when I was going through my treatments, he drove me to my treatments, and even though it was a three-hour process, he sat with

me the whole time. I knew in my heart then that God had brought someone special in my life," he says.

The Hewitts are also very close with the Brownsville Church of God Pastor, Victor Johnson, and his wife Katherine. The Johnsons praise the couple for their leadership at the church, saying, "We have found them both to have a heart for people, and they both want to make a difference. So we just want to help them do that."

They explain further that Nicole has a tremendous energy with getting things done, and Bob has been a real inspiration to the men at the church. "Their love speaks and has a voice, and that voice demonstrates the presence of God within them," Pastor Victor concludes.

Their group of friends all agree on their inspiring commitment to faith, and, seem to all agree that Bob missed his calling as a comedian. "We're saying positive things and they're all true, but it's this other component to his personality that's very welcoming and always timely, always funny," Sam comments. "He's accomplished so much almost to the point where you can be intimidated by his body of work in a number of ways, but this is the same guy that will sit here and crack a joke and share a piece of his tremendous humor with you."

They also all agree that the couple is very humble, and their personalities are what make you want to grow close with them.

With everything that they do, you wouldn't think Bob and Nicole would have time for anything else, but they manage to make time for a few other things. For one, they're both long-time members of the YMCA. If you remember before, one of their first encounters was meeting at a fitness center, and that love of physical fitness has stayed with the couple ever since.

Nicole also loves to cook (you'll find her recipe for Italian Meatballs in this issue!). She makes many things, but one of her favorite things to do is bake pies. Bob says, "I like to eat, so it's a great partnership. I've not had a dish from her that hasn't been wonderful." While they eat-in most of the time, they also enjoy local restaurants such as the Falafel Shack, Panera Bread, and Olive Garden.

They also love going to the beach, some of their favorites being Ocean City, Cape May, Rehoboth Beach, and Bethany Beach. Outside of going to the beach, when they travel, it's mostly to visit family in Philadelphia, New Jersey, or Ohio. Family is important to Bob and Nicole, as they shared how difficult it is to not be able to see Lori and Malchiah in California more often.

Chambersburg being a sort of mid-point between Ohio and Philadelphia is a comforting aspect to both Bob and Nicole about settling here. When Bob was hired at Shippensburg University, he chose to live in Chambersburg because it gave him some distance from his workplace. But also, he talks about how a person he met



The Hewitts have a beautiful home that strongly represents their faith, including scripture on the upper walls of the dining room and cross artwork near their staircase.



while working at Fort Dix raved about Chambersburg, so he decided to check it out based on that recommendation and fell in love with the area.

Nicole also enjoys the atmosphere of the town. "I've grown to like that it's a slower pace, and it's a quieter and calmer area. There's definitely less traffic than the metropolitan area," she says. Bob agrees, and adds, "Chambersburg offers access. If you want to go to

Washington, D.C., or Philadelphia, or Pittsburgh, you can jump right on the highway and go."

Before we conclude, when looking at the month of January, we asked the couple to reflect on MLK Day, as the holiday takes a look into topics similar to what they've learned with social work.

"We focus on not just making it a day, but look at what the focus of his life was. Last year, with kids at the church, we looked at not just serving for a day, but how do you make it a service over a lifetime," Nicole explains. Bob, who has been a keynote speaker at local MLK Day celebrations, adds what a great man Martin Luther King Jr. was, and, "He has made a difference in our lives, whether we know it or not, or remember it or not."

In a community without blood-relative family here, Bob and Nicole mention how grateful they are to have the friends they've made as support. They truly consider their friends to be part of their family. With their faith and values guiding them through all they do, their foremost desire is that God be glorified.

To learn more about Bob and Nicole's initiatives, you can check out their website at [www.onemainpurpose.com](http://www.onemainpurpose.com).

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COMMUNITY EVENT

# IceFest PA Celebrates 20th Anniversary!

Compiled by Jenna Kauffman



IceFest is celebrating its 20th Anniversary in Downtown Chambersburg! Check out the following events for it the weekend of January 27-30, 2022. There's a little something for everyone! For more info on IceFest and the events below, go to [www.icefestpa.com](http://www.icefestpa.com).

**THURS., JANUARY 27**  
**IceFest 2022 Ribbon Cutting**

@14 North Main St. Officially start IceFest 2022 at the kick-off ribbon cutting! Celebrate the 20th Anniversary of IceFest with Presenting Sponsor, M&T Bank, on the brand new Courthouse Plaza on the Square. Then, grab a cupcake (while supplies last).

**TIME:** 5-5:30pm **COST:** FREE

**THURS.-FRI., JANUARY 27-28**

**Live Ice Carving**  
@Downtown Chambersburg  
Come watch the magic as DiMartino Ice Master Carvers turn blocks of ice into amazing sculptures! Locations are throughout Downtown Chambersburg. 80+ sculptures will be on display throughout downtown.

**TIME:** 5-8pm **COST:** FREE

**THURS.-SUN., JANUARY 27-30**  
**Double-Wide Ice Slide**

@Parking lot next to YP Jewelry (133 South Main St.)  
Take a ride on the 40 foot, LED-lighted double-wide ice slide! All ages are welcome to join in the fun!

**TIME:** Thurs.-Fri. 5-8pm, Sat. 10am-8pm, Sun. 12-4pm  
**COST:** FREE

**THURS.-SUN., JANUARY 27-30**

**Icing on the Cake Artistry Cake Walk**  
@Downtown Chambersburg  
Come see the artistry of area cake decorators as they capture the beauty of Under the Sea (this year's theme)! Cake Walk Cards will be available the week of IceFest both in person and online so you can help choose the winners of this contest. Cakes will be displayed in downtown business windows. One of the voting entries will be chosen to win a \$150 voucher toward a cake designed by one of the professional entries of their choice!

**TIME:** Duration of IceFest

**COST:** \$5/card

**THURS.-SUN., JANUARY 27-30**  
**Mugs that Matter - The Carpe Futurum Hodie Mug Initiative**

@Council for the Arts Chambersburg  
The Boys & Girls Club of Chambersburg and Shippensburg will have "Carpe Futurum Hodie" RTIC mugs available for purchase during IceFest and each one will have a "chance to win" a prize inside. The prizes will range from an ice cream at a local business to an overnight stay at Courtyard by Marriott & Breakfast for two. Mug proceeds benefit the Boys & Girls Club.

**TIME:** Duration of IceFest  
**COST:** See website  
[www.facebook.com/BGCCSKIDS](http://www.facebook.com/BGCCSKIDS)

**FRI., JANUARY 28**  
**Snowfall Ball**

@See website for location  
Dance the night away with dance lessons followed by an open dance and a showcase performance by Frank Hancock. 6-7pm: Swing, Cha Cha, and Foxtrot Instruction taught by Frank Hancock of Hancock Dance. 7-10pm: SnowFall Ball Dance. 8pm: Showcase performance by Hancock Dance.

**TIME:** 6-10pm  
**COST:** \$15/person (for SnowFall Ball)

**SAT., JANUARY 29**  
**IceFest Corn Hole Tournament**

@100 Lincoln Way East  
This Tournament is partnering with Redneck Outlaws Inc. Games will be played outside on Lincoln Way East (inclement weather location TBD). Sponsored by Art Sign Company of Chambersburg LLC. Register on-site the day of the event beginning at 11am. Bags start flying at noon with the Championship Game at 4pm. Proceeds will benefit IceFest and the Redneck Outlaws, who help alleviate the financial burden of cancer on families and aid in the enhancement of the quality of life of people living with cancer.

**TIME:** 11am-4:30pm  
**COST:** \$40/team, cash only

**SAT., JANUARY 29**  
**Chili Q**

@100 Lincoln Way East  
Chili, BBQ, music, beer, and good company! Thanks to Pit Master Sponsor Orrstown Bank and Inferno Sponsor Patriot Federal Credit Union. This is the Annual Chili and BBQ Cook-Off Event for IceFest 2022, where chili and BBQ vendors are scheduled to compete. Features professional and amateur cooks, with awards given for both. Entry cost gets you 10 samples and tickets to vote!

**TIME:** 12-3pm

**COST:** Pre-sale: \$12/person, Day-of: \$15/person

**SAT., JANUARY 29**  
**IceFest Beer Garden**

@100 Lincoln Way East (next to Chili Q)  
Stop by the outdoor Beer Garden for a cold, frosty one! MUST have ID!

**TIME:** 12-5pm  
**COST:** Varies on purchase(s)

**SUN., JANUARY 30**  
**Kids' Scavenger Hunt**

@Downtown Chambersburg  
Pick up your Scavenger Hunt forms at Council for the Arts Chambersburg or Here's Looking at You. Winners will be announced at 3pm, and prizes will be awarded in two age groups for correctly filled-out Scavenger Hunt forms in the Kids' Zone on North Main Street.

**TIME:** 12-3pm **COST:** FREE

**SUN., JANUARY 30**  
**Run Your Ice Off 5K**

@Parking Lot North of Main Street Deli (33 North Main St.)  
The Run Your Ice Off 5K is one of the final events of IceFest. Beginning right through the middle of the festival down on Main Street, it's a refreshing way to end the four-day festival—run or walk the winter blues away! Registration closes 15 minutes before the event starts, so please be considerate of others and register on time. Prizes include \$100 cash for each for top overall male and female runners, medals to top 3 male/female age groups, and additional prizes in random drawings. Proceeds from the 5K benefit IceFest, Leadership Franklin County Alumni Scholarship, and Relay for Life.

**TIME:** 2-3pm  
**COST:** Before January 30: \$25/person, Day-of: \$35/person



COMMUNITY

# Goals Schmoals

By Randy Wilson, Owner of REEL PD

Ahhhhh, January. The month for New Year's resolutions. It's when the "rubber is gonna meet the road." It's when we declare "new year, new me" is a priority. It's when gyms are overloaded with new clients. It's when declarations are made that, "This will be the best year ever!" Can you feel the excitement? Bring it on, 2022!

OK, here's a dose of reality. I've read that 87% of people make New Year's resolutions. By the end of February, 25% of the people who had a resolution are still working them. And get this, only 8% of the people who made resolutions end up being successful with them! Yikes!

No matter where you are in life, goals are important and here are six tips to bring you success with your 2022 goals.

**Tip #1: Create Winnable Goals!** We want to learn what success looks, sounds, and feels like when it comes to goals. Set a healthy goal that you are **100% confident** you will achieve, and knock it out of the park. Build confidence and momentum.

**Tip #2: Don't Let Your Voices Talk You Out of Your Goal(s).** We will try to talk ourselves out of doing what we want and need to do. If we want to become healthier and exercise 3 times a week for example, our inner voice will say things like, "But it's so cold out. I don't have to walk today... I will just skip this one day." Don't listen to that voice. Stick to your goal with purpose and commitment.

**Tip #3: Have A Follow-Up Goal.** When people reach a goal, there is tendency to stop there and not go further. When you reach the goal you set, don't stop! Set another goal and keep going.

**Tip #4: Create Accountability.** Many people have trouble staying accountable to the goal. If that's you, partner with someone you trust that'll be the "hard butt" when you need it the most. Help each other to stay accountable and achieve greater things.

**Tip #5: Remember Why You Set That Goal.** There'll be times when the "going gets tough." Weather, family, work load, personal motivation, and many other things. Remember: you created your goal for a reason! Define that reason and place



reminders for yourself in the form of a picture, a word/mantra, or a note stuck somewhere. These reminders of why that goal is important will help you!

**Tip #6: Make It a Priority.** Things that are a priority in life get done because we focus on them through thick and thin. Be ready to give up something like the amount of TV you watch, the amount of time spent scrolling through social media, or many other things. Remember, you can't go up if you don't give up!

Persistence is key. Take care of today. Then take care of tomorrow. Then the next day. Put those moments and days together and you'll have success with your goals! Blessings for 2022. As always, "I Am Keeping It REEL."



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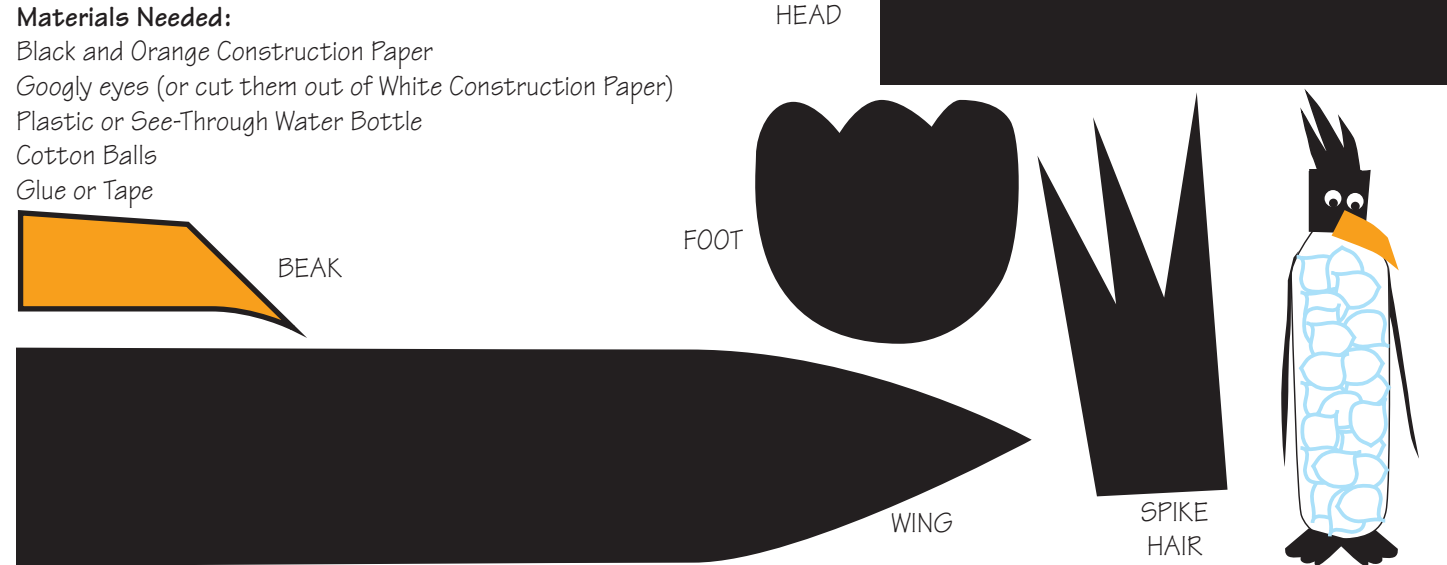
# DIY Water Bottle Penguins

By Jenna Kauffman and Grace Waller

**Description:** In the spirit of winter, make yourself one of the most infamous animals living in cold places: a penguin! Trace the penguin beak, foot, wing, and spiky hair on construction paper, then cut them out. Then, grab a plastic or see-through water bottle and peel off the label. Fill the empty water bottle with cotton balls, before assembling your penguin! The water bottle will make up the body as you assemble its head/hair, wings, feet, beak, and eyes.

### Materials Needed:

- Black and Orange Construction Paper
- Googly eyes (or cut them out of White Construction Paper)
- Plastic or See-Through Water Bottle
- Cotton Balls
- Glue or Tape



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1787 Wood Duck Dr E	Chambersburg	9	\$349,900.00	\$349,900.00	5	4
3926 Percy Ave	Chambersburg	38	\$299,900.00	\$305,000.00	3	2
3425 Carnoustie Dr	Chambersburg	22	\$299,000.00	\$297,500.00	4	4
233 Carmack Dr	Chambersburg	5	\$289,900.00	\$295,000.00	3	3
91 North Blackberry Ln	Fayetteville	14	\$289,900.00	\$289,900.00	5	3
6324 Burning Tree Ter	Fayetteville	52	\$289,900.00	\$280,000.00	3	3
535 Nelson St	Chambersburg	23	\$269,900.00	\$270,000.00	4	3
3021 Liverpool Ct	Chambersburg	5	\$245,000.00	\$260,000.00	5	3
4509 Fort McCord Rd	Chambersburg	3	\$250,000.00	\$252,000.00	3	2
60 Topaz Dr	Chambersburg	66	\$269,900.00	\$240,000.00	4	3
2425 Sollenberger Rd	Chambersburg	8	\$249,500.00	\$230,000.00	4	3
142 Riddle Rd	Chambersburg	9	\$224,000.00	\$225,000.00	4	2
1306 3rd Ave	Chambersburg	9	\$219,000.00	\$210,000.00	3	2
3773 Mountain Shadow Dr	Fayetteville	13	\$197,900.00	\$192,000.00	2	2
1101 Sollenberger Rd	Chambersburg	8	\$175,000.00	\$182,000.00	3	2
838 Middle St	Chambersburg	10	\$180,000.00	\$180,000.00	2	2
56 5th Ave	Fayetteville	6	\$159,900.00	\$159,900.00	3	1

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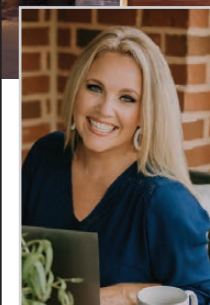
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# Angel Tree Provides Hope in Chambersburg and Beyond

By Jenna Kauffman | Photos by Salvation Army Captain Ashley Mauk

Every Christmas, there are many families in need in the Chambersburg community and beyond, that need help in making the holidays brighter. This year, The Salvation Army has seen an increase of families who could use an extra blessing of gifts and food this holiday season. Thankfully, there are initiatives like the Angel Tree Program by the Salvation Army in Chambersburg that are a huge aid to that need.



From left to right: Social Worker Karen Keefer, Long-Time Volunteer Tiffany Ewan, Women's Auxiliary President Verna Rife, and Women's Auxiliary Member Linda Pound helping organize for the Angel Tree Program.

The Angel Tree Program was created in 1979 by Charles and Shirley White, both 'Majors' in The Salvation Army (meaning they completed a lot of service time and study). The program got its name because the Whites would write the wishes of local children on greeting cards that featured pictures of angels, and then those cards were placed on a tree at a mall to allow shoppers to select wishes to fulfill. Thanks to the Whites, more than 700 children had a brighter Christmas the year it started.

Three years later, the Angel Tree Program officially launched with the Salvation Army in Nashville, TN. Because of on-air promotion through WSM Radio in Nashville, as well as publicity on networks such as CNN, news of the program was able to spread and caught on everywhere.

Now, the Angel Tree Program has expanded beyond malls, taking place at corporations, churches, and organizations in the community. Locally, the program helps 250-350 families, between 2,500-3,000 children,

in the Franklin County area. Each child is given three toys and an outfit. Families are also provided with a Giant gift card based on their family size, to provide them with a Christmas meal.

The process for the program actually begins in July, with Salvation Army compiling toy lists. Advertising then starts in September, with families in need registering in October and November. Then, the Angel Tree tags are available starting early November. Those giving then have roughly a month to shop as the Salvation Army helpers start sorting, packing, and distributing accordingly the week prior to Christmas.

"While the process is very time consuming and demanding, this is always a very rewarding and gratifying program. One of the best parts about this program is seeing the smiling faces of the adults and hearing how appreciative they are for the gifts and food. We have heard many stories from families who have shared that without this generous gift from others, they wouldn't have a Christmas. We don't want people to have to pick between the necessities or providing hope for their children over the holidays," say Social Worker Karen Keefer, who oversees the local Angel Tree Program, and Captain Ashley Mauk, resident officer of the Chambersburg Salvation Army, in a joint statement.

As life returns to a new normal, the Salvation Army is adjusting just like everyone else. They mention how this year, a new population of families needs their help

with all of the difficulties the pandemic is causing. The donations given during Christmas time not only help these families during the holidays, but also make it possible for the Salvation Army to serve more than 30 million hardworking individuals throughout the year.

Volunteers are always welcome; Karen and Ashley mention they wouldn't succeed in any of their programs without the wonderful volunteers who give their time and commitment. They give a shout-out to Tiffany Ewan, who has helped locally with the Salvation Army for 20 years now as a volunteer. Additionally, over 20 organizations and their employees locally are a great support to the

Angel Tree Program. Captain Chris Mauk is also a huge help to Salvation Army, joining Ashley as officer.

Ashley and Karen conclude that the community's best interest is always at heart. "Making sure families are provided for is what we do best, while showing them love, grace, and hope for the future."

If you're interested in volunteering with the Salvation Army, whether it's with the Angel Tree Program or for any program, you can call (717) 264-6169. You can also visit their Facebook page at [www.facebook.com/thesalvationarmyofchambersburg](http://www.facebook.com/thesalvationarmyofchambersburg) for updates on their initiatives.



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## JANUARY 2022 CALENDAR

### IMPORTANT DATES

#### NATIONAL SOUP MONTH

**JANUARY 1**

New Year's Day

**JANUARY 4**

National Trivia Day

**JANUARY 6**

Three Kings' Day

**JANUARY 17**

MLK Day

**JANUARY 24**

International Day of Education

**JANUARY 26**

National Spouses' Day

*At the time this magazine went to print, all event times and locations were accurate, but please check event websites for the most current information. Some events may have been postponed or canceled.*

**TUES., JANUARY 4**

Girl Boss Monthly Luncheon

@The Falafel Shack

Calling all businesswomen and female entrepreneurs! This is a women's networking group, where women help other women grow. If you are a female, own a business

or organization, and want to promote it, this meeting is for you! Come have lunch, bring a friend, and meet with other local lady entrepreneurs. The goal is to build each other up for a stronger tomorrow. Location may vary each month, but it's always held the first Tuesday of every month. For more info, contact Teresa Rodriguez at [teresarhomes@gmail.com](mailto:teresarhomes@gmail.com).

**TIME:** 12pm

**COST:** FREE entry; meal price varies on order

**WED., JANUARY 5, 12, 19, 26**

Trivia Night Wednesdays

@GearHouse Brewing Co.

Stop out for some good food, beer, and a fun game of trivia. Hosted by Pour House Trivia. You must register your team; the registration form is posted every Wednesday afternoon at the Facebook page below.

**TIME:** 7-9pm

**COST:** FREE entry; food and drink varies on purchase(s)

[www.facebook.com/pourhousetrivia](http://www.facebook.com/pourhousetrivia)

**THURS., JANUARY 6**

First Thursday Program: Downsizing Plus

Seminar Presented by Hurley Auctions

@Grove Family Library

Do you feel overwhelmed by the task of sifting through years of collected treasures? Do you need to sell your home before you can move to

your new location? Come to this presentation and hear how to tackle the project step by step. Learn how to take the stress out of the process in this fun and informative hour. Hurley Auctions has helped thousands of families with transitional and downsizing services for over 25 years. Light refreshments will be offered.

**TIME:** 2-3pm **COST:** FREE

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

**THURS., JANUARY 6**

Hearing Loss Support Group

@New Guilford Brethren in Christ Church

Do you have hearing loss? Does someone close to you have hearing loss? Come share your experience, find support, resources, and learn coping strategies for people with hearing loss and their families. People of all ages and all degrees of hearing loss are welcome. This is a support group meeting held the first Thursday of every month. For more info, contact Bill Best at (484) 319-1196 or at [hearinglossfranco@gmail.com](mailto:hearinglossfranco@gmail.com).

**TIME:** 6:30-8pm **COST:** FREE

[www.hlaa-pa.org/WP/chapter-list/franklin-county](http://www.hlaa-pa.org/WP/chapter-list/franklin-county)

**SAT., JANUARY 8**

2nd Saturday Comedy Show

@Main Street Deli and Catering

Two LIVE stand-up comedy shows! First show is on the 1st floor; doors open at 5pm, and show starts at 6pm with option of dinner

## JANUARY 2022 CALENDAR

(chicken marsala, baked ziti, tossed green salad, roasted zucchini, brussel sprouts, and bite-size desserts) all prepared by Main Street Deli. The second show will then take place on the 2nd Floor; doors open at 8:30pm, and show starts at 9pm. Presented by Legacy Of Laughs LLC.

**TIME:** 5pm **COST:** See website

[www.legacyoflaughs.com](http://www.legacyoflaughs.com)

**MON., JANUARY 10**

Leadership Franklin County Youth

Info Session - Class of 2023

@Online

This is a Zoom info session for area freshman and their parents/guardians interested in the LFCY program for the Class of 2023. This program provides local opportunities for leadership skill development, team building, and networking for each participant. Franklin County freshman in public, private, or home school may apply. Registration is required. Zoom instructions will be sent with registration confirmation. Attendance is not mandatory to apply. Applicants are required to go through an interview process and provide two references of support. More info can be found on the website below.

**TIME:** 6:30-7:30pm **COST:** FREE

[www.facebook.com/LeadershipFranklinCountyPa](http://www.facebook.com/LeadershipFranklinCountyPa)

**MON., JANUARY 10, 17, 24**

Knives 'n Chef Cooking Lessons

@St. John's United Church of Christ (1811 Lincoln Way East)

This new cooking program features a new dish each class. On January 10, learn how to make Chicken Noodle Soup from scratch as you also learn some basic knife skills with a chef's knife, a boning knife, and a slicing/carving knife. On January 17, learn all about the history and how to make Beef Bolognese. On January 24, make Eggs Benedict as you learn about the differences in tempering and poaching eggs. Each class will host 10 people, and at the end of each one, you will take home enough food for you and

a family of three. You'll be guided every step of the way through demonstration. Payment is accepted via cash, check, or Venmo. For more info and to reserve your spot, call (717) 360-9933 or email [gibsojos28@gmail.com](mailto:gibsojos28@gmail.com).

**TIME:** 5:30pm

**COST:** \$25/person

**THURS., JANUARY 13**

Second Thursday Movie: "In the Heights"

@Grove Family Library

A film version of the Broadway musical in which Usnavi, a sympathetic New York bodega owner, saves every penny every day as he imagines and sings about a better life. Join for this fun-filled and heartwarming movie. Rated PG-13. Light refreshments will be offered.

**TIME:** 2-4:15 pm

**COST:** FREE

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

**SAT., JANUARY 15**

Murder Mystery Dinner

@Knights of Columbus Chambersburg

A lively, engaging murder-mystery dinner theater event to benefit Women In Need Chambersburg. Attendees must be 18+ and are encouraged to dress in costume for the theme 'Midnight at the Masquerade' (but not mandatory). Doors open at 4pm, starting with a social hour followed by dinner at 5:30pm and then the show at 7:30pm. Admission cost includes a buffet dinner and delicious desserts, and a cash bar will be available for those 21+. Hann's On Portrait will also be providing photo opportunities. You can purchase tickets at Knights of Columbus, CrossCountry Mortgage, or by contacting Doddie at (717) 404-4222.

**TIME:** 4-10pm

**COST:** \$60/person

[www.facebook.com/doddie.potts.7](http://www.facebook.com/doddie.potts.7)

**SAT., JANUARY 15, 22**

Volleyball Tournaments

@Chambersburg Memorial YMCA

On January 15, four males and two females format, deadline to register is January 8. On January 22, three males and three females format, deadline to register is January 15. For more info, contact Ben Lehman at (717) 263-8508 ext. 133 or at [blehman@chbg.org](mailto:blehman@chbg.org).

**TIME:** 9am

**COST:** \$150/team

[www.chbg.org/sports-recreation](http://www.chbg.org/sports-recreation)

**MON., JANUARY 17**

MLK Day 2021 Celebration

@Online

Join Racial Reconciliation of Franklin County for a day of learning, listening, engaging, conversing, and growing together in celebration of MLK Day. Invite a friend as you meet virtually with other members of the community.

**TIME:** 8am-2pm

**COST:** See website

[www.facebook.com/racialreconciliationfc](http://www.facebook.com/racialreconciliationfc)

**MON., JANUARY 24**

Pickin' Party at the Library

@Grove Family Library

Bring an instrument and join the fun, or just come hear the bluegrass, old-time, Celtic, Cajun, and fiddle tunes! All skill levels are welcome. Light refreshments will be offered.

**TIME:** 1-3pm

**COST:** FREE

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

**SAT., JANUARY 29**

Dodgeball Tournament

@Chambersburg Memorial YMCA

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**TIME:** 9am

**COST:** \$160/team

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Before

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## RECIPES

### HOMEMADE ITALIAN MEATBALLS

By Nicole Hewitt, from our family feature story!

This recipe was passed down to me from my parents, John & Theresa Monastra.

#### INGREDIENTS:

- 1 lb. ground beef
- 2 eggs
- 1 cup grated fresh Parmesan or Romano cheese
- 3 slices of bread moistened with water
- 2 cloves of fresh garlic (minced)
- ½ Tablespoon chopped parsley
- ¼ teaspoon oregano
- ¼ teaspoon pepper
- ½ teaspoon salt
- 1 pinch of love

#### PREPARING INSTRUCTIONS:

1. Mix all ingredients together very well.
2. Form ground beef mixture into round balls of desired size.
3. Heat a shallow saucepan with a small amount of olive oil at medium-high heat.
4. Brown the meatballs on all sides (carefully monitor the meatballs during the browning process to prevent burning).
5. Once browning has occurred on all sides, reduce heat to medium-low and add generous amount of tomato sauce to the pan & cover.
6. Allow meatballs to cook through in the tomato sauce for approximately 30 minutes.
7. Serve with choice of pasta and enjoy!



### CHICKEN MULLIGATAWNY SOUP

Recipe and Photo by Pamela Flinn of Soup So Fine

In honor of January being National Soup Month!

**SERVES** 6-8

**PREP** 15 minutes

**COOK** 6-8 hours LOW

**TOTAL TIME** 6 hours 35 minutes

#### INGREDIENTS:

- 2 large boneless, skinless chicken breasts, excess fat removed
- 1 medium yellow onion, peeled and chopped
- 3 cloves garlic, peeled and minced (or 3 teaspoons pre-minced, refrigerated garlic)
- 1 can diced tomatoes, undrained (15 ounces)
- 1 medium-size apple - cored, unpeeled, and chopped
- 1 cup shredded carrots (or 2 large carrots, chopped)
- 1/2 cup uncooked converted white rice (such as Uncle Ben's)
- 1 cup dried lentils, sorted and rinsed
- 1/2 cup golden raisins
- 1 tablespoon gluten-free curry powder
- 1/2 teaspoon ginger powder (or 2 tablespoons fresh grated ginger)

- 1/4 teaspoon cayenne pepper
- 1 teaspoon kosher salt
- 8 cups chicken broth
- 1 cup light cream
- 2 tablespoons cornstarch (or 1 teaspoon potato starch)

#### PREPARING INSTRUCTIONS:

1. Place the chicken breasts in the bottom of a 6-quart slow cooker.
2. Add the chopped onion, minced garlic, tomatoes, chopped apple, shredded carrots, rice, dried lentils, and golden raisins.
3. Add the curry powder, ginger powder, cayenne pepper, and salt.
4. Add the chicken broth. If you prefer using a prepared chicken base, you can substitute 8 cups of water and 3 tablespoons chicken base (or according to the package) for the chicken broth. In addition, check the label to be sure it's gluten-free.
5. With the lid on, cook on LOW for 6-8 hours (or on HIGH for 3-4 hours).
6. When the chicken breasts are very tender, lift them out and place on a plate. Using two forks, shred the meat and return it to the slow cooker.
7. About 25 minutes before you're ready to eat, add the cornstarch to the cup of light cream. Whisk with a fork until the cornstarch has dissolved into the cream. Add this mixture to the slow cooker and stir to combine.
8. With the lid on, cook on HIGH for 20 minutes.
9. Ladle soup into bowls and enjoy. This soup is delicious served with Naan bread.

You can find more of Pamela's tasty soup recipes at [www.soupsofine.com](http://www.soupsofine.com)!

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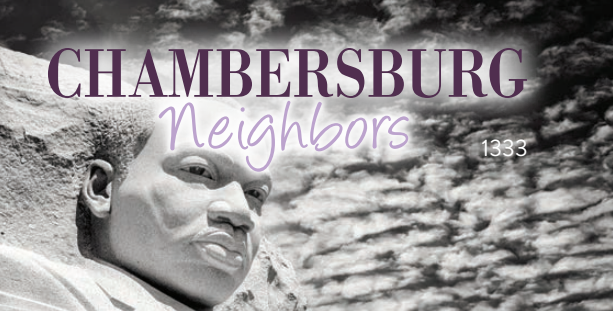
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