



Life's most persistent and urgent question is: what are you doing for others?

-Dr. Martin Luther King, Jr.

# JANUARY 2025



## FROM THE PRESIDENT

Mark Orndorff  
orndorfm@gmail.com

Happy New Year! I hope everyone is enjoying the holiday season. We've been so blessed this year with time with our kids, grandkids and friends. We were especially happy to see our daughter-in-law run the Penn National Turkey Trot, celebrating great progress in her recovery from leukemia. Thanks to Carolyn Best and Peter Fleury for organizing the Turkey Trot again this year. Congratulations to our dog Finn for once again winning the First Dog medal (in spite of having a slow running partner to drag along).

For those who missed the annual Penn National Holiday Party, you missed a great time. The changes with the buffet and DJ were really nice and everyone had a great time. Thanks to Tony Tirella and Lori Fink and the committee for all their hard work to make this a success and thanks for agreeing to support it again next year. And thanks to WellSpan for their generous sponsorship!

I hope everyone enjoyed our annual meeting on Nov 18th. We had a very interesting presentation from WellSpan Cardiologists, providing good information on things we can do to improve our heart health. We also had a presentation from Mont Alto Fire Station on volunteer opportunities and upcoming needs. The minutes from the meeting will be published on the PNCA website.

Highlighting the generosity and talents of our community. The Ladies' Luncheon made a \$550.00

contribution to Meals On Wheels, the Men's luncheon donated to Toys for Tots and the Turkey Trot participants donated to OSI. Penn National talent was highlighted at the Artists Studio Tour, the Mercersburg Community Concert, the Penn National Chorus Christmas Concert and several performances by Spencer Pheil, a Penn National jazz musician. We're lucky to live in such a talented and generous community!

As an avid golfer, I always feel that things start to slow down at Penn National once the weather gets colder, but there is still a lot going on. Any day when the weather is above freezing, there are golfers out braving the cold. Also, we have some upcoming activities to enjoy with Trivia Night on January 7th and the Chocolate and Wine Tasting on Feb 12th.

Our WellSpan speakers highlighted the benefit from exercise, and I know that is always a popular New Years resolution. Michele Rapp is starting a new Walk-Run-Jog club starting on January 12th at the Trellis Terrace. A great way to start out the New Year!

We will be leaving again in January for our annual snowbird escape to Jekyll Island. We'll be watching for pictures and updates from our PN Neighbors as you enjoy winter in Pennsylvania. I want to wish everyone a Happy New Year!

Mark Orndorff  
orndorfm@gmail.com



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PNCA'S PRIMARY MISSION IS TO BE A SOCIAL ORGANIZATION WITHIN THE PENN NATIONAL COMMUNITY

## FROM THE PUBLICATIONS DIRECTOR

I cannot believe this year has gone by so fast! I have now published 12 issues of the PNCA Newsletter. Sometimes I think, wow, I have made many mistakes and learned so much and at the same time acknowledge I still have so much more to master! As we turn the page on another year I want to express my deep gratitude to our engaged community of contributors and readers, and the “make me look good”, proofreaders on my publications support team. I have learned so much from them! All of you have made this journey so fulfilling. I will be grateful for your continued support and commitment in 2025. As we step into 2025 I look forward to new and more engaging content. Cheers to new perspectives, meaningful connections, and a publication that reflects the full community we live in!

The quarterly White Rock Liaison report is on page 3. Enjoy the read, there is a lot going on for them in 2025; thank you Carolyn for the thorough update. More info on the Healthy Eating Adventure is on page 16 provided by Patti Peck. They appreciate our support!

Other PNCA info: on page 12, our Membership Director, Gale Crist, has included a request for all snowbirds, who like the Orndorff's are leaving for the winter.

PNCA Events sponsors have provided updates and “save the dates”, on pages 4-6. A PNCA favorite, back by popular demand, upcoming on February 12th, is the announcement for The 3rd Annual Chocolate and Wine Event. The Event Committee has provided the registration link and info. The Men's group is also planning a visit to the National Civil War Museum on Tuesday, March 18th. Enjoy the fun photos from The Annual Thanksgiving Turkey Trot, and The Holiday “Mingle Jingle” Party (well done Carolyn, and Tony Tirella and Lori Fink)!

With the new year around the corner and so many of us wanting to lose weight and exercise, make sure to look at the info on the new Run-Walk-Jog Club. The kickoff is January 12th at the Clubhouse,

From our regular contributors, Michael Donkin, again, has provided tough trivia questions, page 15; Carol Kagan has provided a Master Gardeners article on caring for Christmas Cacti on page 17, and a wine article on types of sparkling wines (just in time for New Year's eve), on page 18. Finally, though not a regular contribution, but, If any of you journal, or want to start journaling, I included a few prompts to reflect on 2024 and into 2025 on page 17.

Wishing all of you peace and happiness for the next 365!

Eileen Grady

## LOCAL AND STATE GOVERNMENT LIAISON UPDATE

The Guilford Township Planning Committee accepted a proposal by White Rock Inc. to construct a Health and Fitness Center at the intersection of Clubhouse Drive and Spyglass Hill Drive. The proposal will now move forward as to how it relates to land development in the township.

*Submitted by Rob Ackerman*

### PNCA EVENTS CALENDAR (events and details also found at [pnca.info](http://pnca.info))

DATE	EVENT
January 7th	Trivia Night at Mont Alto Fire Hall
January 7th	First Tuesday Food Pantry Pickup
January 14th	PN Men's Luncheon at Gettysburg Visitors Center

### SAVE THE DATES FOR FEBRUARY

February 4th	First Tuesday Food Pantry Pickup
February 11th	PN Men's Luncheon at the Carriage House
February 12th	Chocolate Event at Mont Alto Fire Hall

### PNCA NEW MEMBERS

Street	Names
Medina Ridge Drive	Gene and Kathy Vegso
Greenbriar Court	Richard and Renna Pelkofsky
St. Annes Drive	Mike and Joyce Mychak

## WHITE ROCK LIAISON REPORT

**WHITE ROCK REAL ESTATE NEWS:** Real estate leads are strong. Continues to be need for resale listings, shortage of housing in Franklin County, more demand than supply. The demographics of those looking and moving in are varied from families to young retirees along with retirement singles/couples.

**GOLF COURSE:** Tree works an ongoing focus on the course. Sometimes removal due to disease and then replanted as needed and recommended by greens manager. Strategic tee box work will be addressed. Continued evaluation and prioritization of other course needs.

**POOL AND COURTS:** PN is noted as a golf course community however there are other recreational opportunities with the uniqueness of pay a-la-carte option, not a master-association fee. Last year the pool had very successful swim aerobics classes. Look for signups to participate in that spring 2025. Courts are available for use with annual memberships or a \$6 daily use rate. Membership monies help with the ongoing maintenance and upgrades to these areas.

**THE FOUNDERS GRILL:** Has closed from November—February (private parties are the exception) and will reopen mid-March (weather dependent).

**LEG UP FARM:** In May, Jennifer Hitz, Leg Up Farm became President/CEO. She becomes just the third President in the history of the organization. She has 20 years work experience in nonprofit leadership with ten of those being at Leg Up Farm as Chief Development Officer. Jen is the main contact for all things Leg Up Farm Franklin County, her commitment to see vertical construction of a pediatric therapy center on the property is strong. Fundraising goals and strategic plans for LUFFC were shared with the Capital Campaign cabinet recently. Quarterly updates will begin again in January and will be available on the website at [legupfarm.org/franklincounty](http://legupfarm.org/franklincounty), continued outreach and support. Local Business is actively being sought with the following already committing to facades in Trae's Town: WellSpan, Patriot Federal Credit Union, Valley Agency Insurance and Franklin Logistics. (Trae's Town, is the play space where children use store fronts from Franklin County businesses to play therapeutic and educational games). New architectural drawings of the overall floor plan are almost complete. Availability of additional naming opportunities for businesses as well as individuals/families is expanding, with options starting as low as \$15,000. Updated signage was donated by Art Sign Company. The care of the entrance island grasses and flowers has been primarily tended by Brent Phillips, PN volunteer that lives on Cascades Drive and often accompanied by his fluffy sidekick, Ranger. Brent Barnhart of Country Creek Produce has been mowing the site voluntarily. Thanks to a federal grant Leg Up Farm received, continued site work will likely commence in the first half of 2025, allowing the final run of all utilities to the future building site. If you are interested in hearing Jennifer speak about the project, attend the 3/11 Waynesboro Rotary Club meeting. The Clash of the Clubs Leg Up Farm Franklin County Golf Tournament is Monday, May 12, 2025. An additional dinner/auction event Farm En Blanc, is planned for June 14, 2025. This fundraising event has been quite successful at the Mt. Wolf location. If interested in touring the Mt. Wolf location, please call Patti Peck.

### OTHER HAPPENINGS AT PENN NATIONAL:

- Repointing the 1888 Bank Barn building started this fall. This specialized work should allow barn to stand another 100 years. (the Penn National Bank Barn is one of the last brick end barns built in Franklin County, part of the Franklin County "Stitches in time" Barn Quilt Trail <https://www.explorefranklincountypa.com/barn-quilt-trail/>)
- Opening a Coffee Shop in Manor House\*, Penn National Inn, is in development. A lovely place to gather (inside or out) or grab and go with coffee and treats. Interviewing local coffee business personnel to run this new community space has begun. Additional information shared as this plan takes shape.
- Healthy Eating Adventure 2025: February 5-March 5, 2025 \*\* weekly meetings will include delicious potluck meals at Penn National Clubhouse

**COMMUNITY SUPPORT :** White Rock continues to support community nonprofits in a variety of ways to encourage overall health and vibrance of the land and those that live there. Involved in current development of Coalition To Protect Franklin County (CTPFC) with the mission to protect agriculture, defend farmland heritage, educate the public on best land use and distribute locally produced food. Also, continued support of South Mountain Partnership – the regional conservation leader in preserving and promoting a healthy future for nature, people, business and community.

*Submitted by Carolyn Jane Best, PNCA White Rock Liaison (Meeting with Patti Nitterhouse on 10/29/2024)*

*\*Manor House: White Rock Manor House sits as the centerpiece of the Penn National Inn. The manor house begins its history with Adam Ross, an Irish immigrant, who purchased the land from William and John Penn in 1789 and called it "Roscommon." Adam Ross married Jane Chambers, the daughter of Colonel Benjamin Chambers, the founder of Chambersburg. Adam ross built the two story Georgian manor house for his bride around 1820*

*\*\*What is a Healthy Eating Adventure? An Adventure is a community-based 28-day program that can kick-start you on a lifetime of healthier eating with a whole foods, plant-based lifestyle. The goal of the Adventures is not only to create individual health but, also, to "cultivate" local plant-based communities. Since 2010 Healthy Eating Adventures has shown that it is easier to take on healthy eating habits when you are surrounded by a supportive community and by persons who are also starting this healthy lifestyle. Even if you're not on an Adventure with us, the website has key articles on the home page to help you understand the science as well as the ease of plant based eating. The blogs have lots of delicious recipes that also teach you to create your own! Visit [healthyeatingadventure.org](http://healthyeatingadventure.org)*

## REGISTER NOW FOR THE 3RD ANNUAL CHOCOLATE & WINE EVENT



The PNCA 3rd Annual Chocolate & Wine Event will be held on **Wednesday, February 12th, from 6:00 - 8:00 PM at the Mont Alto Fire Hall.**

We will be serving 4-wines with 4-sweets. Price is \$25.00 per person.

You may pay by credit card by opening this hyperlink [online registration](https://forms.gle/kYFfs5kb1mLoyxdn7) or type <https://forms.gle/kYFfs5kb1mLoyxdn7> in your browser.

We also accept cash or check made payable to PNCA, please notate "Chocolate & Wine Event". Payment must be made by February 3rd or your reservation will be cancelled.

Please make payment online or to one of the following committee members:

Sue Stempien—7031 St. Annes Drive  
 Kathy Carbone—6702 Bent Oak Drive  
 Lori Fink—3644 Cascades Drive  
 Beth Pryor—6964 Old Course Road

Hope to see you all there!!

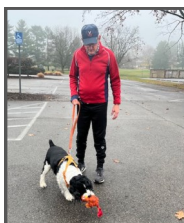
*Submitted by Beth Pryor*

## TURKEY TROT 2024

A soggy fall day prevailed this past Thanksgiving yet about 40 from the Penn National community came out and took part in Turkey Trot 2024!

Michelle Lane, Executive Director, Occupational Services Inc, had a table set up with information about OSI and the services it provides to assist individuals with disabilities or other barriers by maximizing their abilities to achieve their highest potential through vocational programs and employment services. She also brought several large trays of homemade cookies, made by some of their clients that were shared before and after the trot took place. OSI received \$130 in donations by those participating.

Steve Piper, the originator of the PN Turkey Trot, participated, and was one of three walking groups to walk the whole course. Mark Orndorff and Finn did a great job as a running team to obtain a well-received (by Finn) turkey shaped dog toy.



Thankful to Susan Orndorff to be at the trot turn around and for Peter Fleury and his knowledge of running/races and support with obtaining and running the time clock along with placement /retrieval of signs throughout the community.

Here are some pictures highlighting some of the fun had that day!



*Submitted by Carolyn Jane Best*

## PNCA HOLIDAY PARTY



This year's PNCA Holiday Party, the 2024 Jingle Mingle, was held on December 11th at the Orchards Restaurant. Approx. 130 of us celebrated the Holiday Season with our friends and neighbors. There was a lot of dancing, eating and drinking. The party was a bit different this year, with a DJ (playing a song list we provided), a Photo Booth, and a Buffet Dinner.

Lori and I want to thank all of the volunteers who worked so hard to make this a successful party. We want to thank Wellspan for their continued support for PNCA functions as well as the PNCA who always contributes to keep the cost down. We are currently tabulating the surveys that were handed in. Most are very positive. The final numbers

will be ready for next month's newsletter. Finally, SAVE THE DATE, December 10, 2025. Time and place to be announced!

*Submitted by Tony Tirella*



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## PNCA MEN'S LUNCHEON

Date: Tuesday January 14th  
 Place: Gettysburg National Military Park Museum and Visitor Center, 1195 Baltimore Pike, Gettysburg, PA 717-334-2436  
 Time: Cash Bar at 11:00 AM; Lunch Served 11:45 AM  
 Cost: \$25.00 per person  
 Menu: Salad, choice of fried chicken or yankee pot roast both served with red jacket mashed potatoes and roasted green beans. dessert and coffee/tea  
 Speaker: Britt Isenberg, Licensed Guide and Trainer, will discuss what it takes to become a Licensed Gettysburg Battlefield Guide.

Please make your **reservation** by contacting one of the following committee members on or before Tuesday, January 7th

- Bernie Goldberg 717-401-0084 bernie7009@gmail.com
- Bob Cronin 717-352-8539 rjcronin68@gmail.com

Cancellations should be received at least three days prior to the luncheon date, except for an emergency, otherwise we ask that you honor your payment.

The Next Luncheon will be at the Dobbins House Restaurant in Gettysburg, PA Tuesday, February 11, 2025

*Submitted by Bernie Goldberg*

### NATIONAL CIVIL WAR MUSEUM TUESDAY MARCH 18TH 2025



Penn National will visit **The National Civil War Museum** in Harrisburg, PA on Tuesday, March 18th.

It is one of the largest museums in the country dedicated solely to the American Civil War.

The Museum seeks to tell the whole story of this troubled chapter in American history by discussing the causes of the war, the battles that took place during the conflict, and the legacy of the war that remains with us to this day.

As usual we will travel via car pool and are planning to stop for lunch on the return trip at Fiddlers Restaurant at Mayapple Golf Course. We will depart from the

Penn National Golf Club (back parking lot) at 8:30 am and return about 2:00 pm.

The cost to the tour the museum is a discounted \$11.00 per person paid in advance. Lunch will be ordered and paid individually at the restaurant.

Enroll at a Men's Luncheon and pay the advance fee of \$11.00 (please make checks payable to PNCA) or drop it at the box at Jon/Pam Curro, 6210 Oak Leaf Lane North or you can enroll to participate in this trip with:

- Milan Shepherd-(703) 969-5602 beaumack01@verizon.net
- Jon Curro-(315) 225-5566 jon@thecurros.us

As always, everyone is welcome to participate, including family and friends.

*Submitted by Bernie Goldberg*

### DECEMBER LADIES' LUNCHEON



The last Ladies' luncheon of 2024 was held December 5th at the Waynesboro Country Club. There were 76 ladies in attendance. John Franklin provided Christmas music for our enjoyment and a special guest from Penn National, our very own Santa, Barry Guckes, spoke of his Santa antics. Throughout the year, we have a 50/50 drawing. The money collected gets donated to an organization. This year we gave a check to Meals on Wheels for \$550.00. Great job ladies!!

Submitted by Beth Pryor

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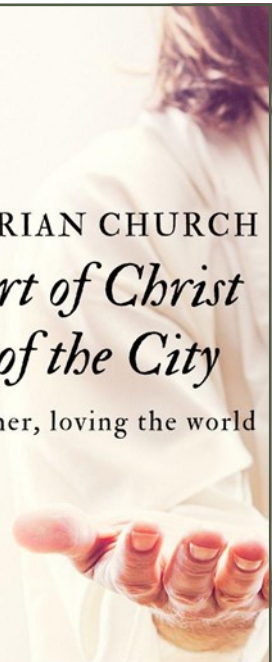
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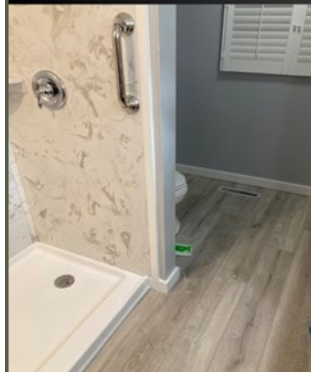
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## PN HARMONY SINGERS HAPPY 2025

HAPPY NEW YEAR to our friends and neighbors at Penn National.

The Harmony Singers sends a big THANK YOU to you for all the support you have given us during the past year. With your generous donations from our Christmas Concert we are able to continue to reach out to the assisted living communities and share our love of music. We are looking forward to another successful year.

People have asked about our music selections when we perform during the course of the year. We sing a wide variety of music such as Broadway Show Tunes, Doo-Wop, Patriotic, Spiritual and popular songs from the 40's to present day. Just to name a few: You Raise Me Up, Lullaby of Broadway, Alexander's Ragtime Band and Everything's Coming Up Roses. We have a library of music that we know you will enjoy singing.

We will begin our practice schedule in February. We meet the first and third Tuesday of each month from 3:30-5:00 at the New Guilford Brethren in Christ Church on Mont Alto Road.

For more information call or e-mail: [shcurtis6907@gmail.com](mailto:shcurtis6907@gmail.com) or 717-352-7719

Have a Healthy New Year!

*Submitted by Sandy Curtis PNHS Coordinator*

### NEEDLEWORKERS GROUP

January is upon us as we wind down from the holidays. For many of us, this month is a time to reflect upon what we would like to accomplish in the New Year and set some goals.

If you are looking at new needlework projects to begin, works in progress to complete, or try your skills with a new type of needlework, why not consider attending Needleworkers this month?

We will meet only once in January, Wednesday the 15th, from 1:30 to 3:30. You will find us in the Community Meeting Room behind the Mont Alto Fire House. Who knows what needlework or craft projects will be in process?

Judy Herrick's beaded creations always bring joy to the eyes,



Gloria Winkelman has knit a warm vest for the weeks ahead.

*Best wishes for a healthy, happy and stitcy/crafty New Year!*

*Submitted by Joyce Zsembery*

### OTHER PNCA GROUP MEETING INFO

**COMPUTER INTEREST GROUP:** Meets monthly on the 2nd Friday of the month at 11:30 at Atruro's for those interested in computer, hardware, software, and/or programming.

**WOODWORKERS GROUP:** Meets monthly at 11:30 am the first Friday of every month at Arturo's Pizza. Contact Bob Foor at [bobfoor@comcast.net](mailto:bobfoor@comcast.net) for info on wither the Computer Interest or Woodworkers Groups

**WRITING SUPPORT GROUP:** Meets monthly at 9am the first Friday of every month at the Penn State Mont Alto Library. Contact Tom Cahill at [Thomas.michael.cahill@gmail.com](mailto:Thomas.michael.cahill@gmail.com)

**HEARING SUPPORT GROUP:** Meets monthly the first Thursday from 6:30-8:00 pm at the New Guilford Brethren in Christ Church. Contact Bill Best at [hearinglossfranco@gmail.com](mailto:hearinglossfranco@gmail.com)

**FAYETTEVILLE AREA LIONS CLUB:** Meets monthly the 2nd Monday 5:30, 6:30 dinner meeting at Bonanza, Rt. 30 across from Lowes. Contact Patti Ohler at [pohler664@comcast.net](mailto:pohler664@comcast.net)





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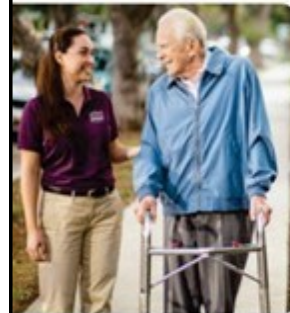
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# The Book Club

## JANUARY BOOK CLUBS NEWS

Group Name/Leader	Book/Author	Discussion/Meeting Time
A Broader View: Vicky Billerbeck	<i>How to Read A Book</i> by Monica Wood	January 9th @ Jyl's house
A New Leaf: Cheryl Vorhauer	<i>Finding Dorothy</i> by Elizabeth Letts	January 28th @ Valerie's
Between The Lines: Becky Foor	<i>Here One Moment</i> by Laine Moriarty	January 15th @ Nancy Burridge's
Easy Readers: Donna Steiner	<i>The Woman With the Cure</i> by Lynn Cullen	Meeting at Betty Thompson's
Literary Ladies: Terry Kenyon	<i>Ink and Shadows</i> by Ellery Adams	January 16th 10AM @ The Grill at Mennohaven
Page 2 Page: Judy Young (accepting new members)	<i>Horse</i> by Geraldine Brooks	January 15th @ Janet Dix's
Page Turners: Barb Brown	<i>The Woman With the Cure</i> by Lynn Cullen	January 14th @ TBD
S.T.A.R.: Sally Harper	<i>Homecoming</i> by Kate Morton	January 15th @ Sally's



## THE WALK-RUN-JOG CLUB (WRJC) JANUARY KICKOFF

The Walk Run club is an informal meet-up, no sign up is required, just show up and join the fun!

**WHO:** Any Penn National resident who wants to walk, run, run/walk, or jog in the neighborhood with like-minded people, meet new friends, and support the Penn National Community.

**WHAT:** Beginning at the PN Clubhouse area, members can try different routes, distances and terrain each week at their own pace. See color-coded Penn National Distance Maps on the PNCA website: [www.pnca.info](http://www.pnca.info)

**WHERE:** Meet at the covered picnic tables next to the Trellis (Clubhouse option when open).

**WHEN:** Sunday January 12th – Kick Off Day

Regular Monthly meet ups:

- Second Sunday at 8:45 AM

- Fourth Tuesday at 4:15 PM (time to change to 5:15 PM after March 9, 2025)

**WHY:** A chance to exercise on a regular basis with other club members, prep for the annual Penn National Turkey Trot, meet new neighbors, explore different neighborhoods, get fitter and healthier, get better at the PN hills, enjoy the outdoors, have good conversation, grab a coffee or meal afterwards with new friends, etc.

### SUGGESTED ROUTES & LOCATIONS:

For "Kick-Off" dates from January thru March in 2025, proposed routes are on the west side of Anthony Highway (see color-coded Penn National Distance Maps on the PNCA website: [www.pnca.info](http://www.pnca.info)).

### ALL ACTIVITIES ARE AT YOUR OWN RISK

Please bring whatever you may need to enjoy your exercise and be safe on your walk/run/jog such as wearing safety vests, warm gloves, hats, etc. Bring your water bottles too!

Always be mindful of traffic laws, walking no more than 2 across, at the edge of the roadway/close to or on the grass, & in the opposite direction of traffic. Please do not litter.

Submitted by Michele Rapp, [michyb63@yahoo.com](mailto:michyb63@yahoo.com)

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# Warm wishes for the holiday season

My team and I want to extend our warmest wishes to you and yours for a joyous and peaceful holiday season.



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## GRATITUDE AND APPRECIATION

A very big thank you to all of you who participated in our Tee Up Fore the Cure holiday fundraiser. We raised over \$600 from the sale of cookie dough, coffee and monetary donations.

The American Cancer Society thanks you for continuing to support finding a cure for all cancers.

We look forward to seeing everyone at the Tee Up Fore the Cure golf tournament on July 24, 2025.

*Thank you! Submitted by Jessie Gribble*

## ATTENTION SNOWBIRDS

For those of you heading to warmer climates for the winter and receive printed version of newsletter, please make sure you have either:

- Changed your mailing address -- or --
- Switched to email version

Send an email to the Membership Director, Gale Crist (galecrist@comcast.net) stating which you prefer and when to start.

When you return to Penn National, please send another email to switch back to your normal newsletter delivery option or address. Thanks!

*Submitted by Gale Crist PNCA Membership Director*



Charles Bell

Swigart, "Chick," 79, of Fayetteville, PA, and formerly of Huntingdon, Pennsylvania, passed away on Thursday, November 21, 2024, at UPMC Harrisburg Hospital. Friends are invited to pay their respects on Saturday, January 11, 2025, beginning at 10:45 AM at the Stone Church of the Brethren, 1623 Moore Street, Huntingdon, PA 16652. A memorial service will follow at 11:30 AM. Interment will take place privately at Mooresville Cemetery at the convenience of the family.



Donald Ray

Anliker, age 82, passed away on November 16, 2024, at his home in Fayetteville, PA. Don was born March 26, 1942 in Peoria, Illinois to Matthew and Lola Anliker. He was the beloved husband of Julia Heitsch. There will be a mass at Trinity Episcopal Church, 58 S. 2nd St., Chambersburg, on January 11, 2025, at 10:30 AM. In lieu of flowers, memorial contributions may be made in Don's name to Trinity Episcopal Church.

## GUIDE TO FINDING LOCAL BUSINESS SERVICES

Did you know you can find a trustworthy local business to provide a service on our PNCA website? Have you had a particularly great experience with a business that you'd like to recommend to our community residents? Please consider using the Penn National Selected Businesses page on our PNCA website [www.pnca.info](http://www.pnca.info). To look up a business, select the "This Website" dropdown, then "Find a Business". To make a recommendation, select "Recommend a Business". We have many business categories - painting, electrical, driveways, solar, and more! This is a great way to share positive experiences -

*Submitted by Michael Donkin*



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Steve Jaczun

## FIRST TUESDAY—FOOD PANTRY

Well it's hard to believe we just completed the last Food Pantry pickup for 2024.

Again, three 3 overflowing trucks and vans and the pantry was extremely thankful for the help that Penn National gives to them each year. We are so blessed to have such great volunteers each month and we wanted to send out a special THANK YOU to all of them: Marlene & John Dempsy, Joy & Jerry Bruchey, Marge & Kurt Siemon, Molly Moran & Karen Kugler, Tara & Matt Kellam, Julie & Tony Nofi, Bobby Kopenhaver, Kathy Sczepanski, Wilma Chigas, Kathy Schleef, Isobel Moats, John Berger, Mary Ann Ober, Carla Christiansen, Loretta Shilling, Marian & Roland Foster, Rosemary Elder, Dale Hastings, Alice Schwartz, Mario Pisaneschi, Brian Snyder, Dan Dunton, Dan & Jan Wright.

Maranatha is also looking for volunteers at the pantry for sorting donations and helping out. Volunteers need to show up at the pantry around 8am Monday thru Friday. They are located at 195 W Loudon St, Chambersburg, PA 17201.

Our next Food Pantry pickup will be on Tuesday, January 7, 2025

Thank you again for all your donations.  
*Submitted by Jon and Pam Curro*

## DOOR PRIZE WINNER OF 2024 ARTISTS STUDIO TOUR AT PENN NATIONAL (AND BEYOND)



On behalf of area artists, Jeff Barnhart, Kathy Carbone, Dan Carbone, Carolyn Chase, Donna Crissman, Andrea Finch, Anne Finucane, Jean Frey, Trudy Gembe-Palughi and Joseph Palughi, Linda Gottfried, Steve Jaczun, Jack Kier, Kate Keely, Janette Koons, Joyce Krenson, Carol Labashosky, Snorky Wills Nye, Nancy Reynolds, Adam Rung, Jim Sabiston, Deb Slocum, Zane Tindal, Gloria Walker, and Becky Wright, thank you to everyone who came to view and purchase original local art.

Special thanks to Roland Foster, Eileen Grady, Mark Orndorff, Patti Peck and Janet Pollard for their support in helping to get the word out. And, thanks to all the Penn National and area residents who viewed and shopped during the tour.

We estimate more than 650 studio visits were made this year. We appreciate your kind words, enthusiastic support and purchases of our art.

Out of 597 door prize entries this year, the **winner is: Terry Eisenhauer**. Join the fun next year the first weekend in December, December 6 and 7, 2025.

Thank you all.

*Submitted with grateful hearts by Linda Gottfried , linda.gottfried2010@gmail.com, and Jean Frey, Co-Chairs,*

## BUSINESS ADVERTISER SPOTLIGHT - MAID KING

Owner Heather Mc Crossen started Maid King as a side hustle in 1994, and her myriad skills have developed it into a thriving business. I was surprised to learn that besides household and commercial cleaning you would expect from a business called Maid King, she provides a score of other services our community might find helpful:

- move-outs, detailing, and auction prep (including working with the auction house)
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- small pressure washing and painting projects
- estate management (cleaning, laundry, grocery pickup/put away, managing contractors for home projects, driving to/from appointments, and anything else needed to run a large household.)

For your peace of mind, please know that Heather is fully insured and has had FBI fingerprinting and background checks with PSP. Please check out her ad on page 19, and consider giving her a call!

*Submitted by Carole Mathieu, PNCA Ad Coordinator*

# TRIVIA

It's January

Time to cozy up by the fire with a good book!  
And here is some fun trivia for all bibliomaniacs!

(Answers on pg. 19)

Submitted by Michael Donkin

- Released in 1974, what was Stephen King's first published novel?
  - Graveyard Shift
  - Carrie
  - The Stand
  - Cujo
- Which American author wrote the nonfiction novel *In Cold Blood*?
  - Cormac McCarthy
  - Dan Brown
  - Truman Capote
  - John Updike
- Which music instrument did Sherlock Holmes play?
  - piano
  - guitar
  - harmonica
  - violin
- In Shakespeare's tragedy *Romeo and Juliet*, what is Romeo's last name?
  - Montague
  - Abram
  - Paris
  - Capulet
- In Nathaniel Hawthorne's historical fiction novel *The Scarlet Letter*, what was the letter?
  - A
  - B
  - M
  - X
- In children's books about a 25-foot-tall red dog, what is the name of the dog?
  - Hank
  - Clifford
  - Theodore
  - Cooper
- Alex Cross is the protagonist in a novel series written by which American author?
  - David Baldacci
  - John Grisham
  - James Patterson
  - Harlan Coben
- Which of these books was NOT written by crime novelist Agatha Christie?
  - Death on the Nile*
  - The Murder on the Links*
  - The A.B.C. Murders*
  - The Big Sleep*
- What was Dr. Seuss's actual surname?
  - Geisel
  - Hawkins
  - Orwell
  - Blair
- According to Time magazine's All-Time Best list, what is the best English language novel?
  - The Grapes of Wrath*
  - To Kill a Mockingbird*
  - On The Road*
  - Catch-22*



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## PENN STATE MASTER GARDNER - Bring on the Blooms with Holiday Cacti

Holiday cacti are popular houseplants for southcentral Pennsylvania. They add bright spots of color indoors and work well in containers and hanging baskets. There are many choices for holiday cacti flower color including white, red, lavender, pink, and orange (Figure 1). The timing of this flowering will depend on the species of holiday cactus.

There are three common species of holiday cacti: Thanksgiving cactus (*Schlumbergera truncata*), Christmas cactus (*Schlumbergera* × *buckleyi*), and Easter cactus (*Rhipsalidopsis gaertneri*). All three cacti are short-day plants, needing 12-14 hours of uninterrupted darkness per day to set buds for flowering. Short days like this occur in southcentral Pennsylvania as the winter solstice approaches in late December. Exact bloom time is determined by the number of consecutive short days required for each species. Thanksgiving and Christmas cacti require 6 weeks of short days. Under natural window light in southcentral Pennsylvania, Thanksgiving cactus blooms usually begin in mid-November. Christmas cactus blooms typically begin in early December. Easter cactus requires 8-12 weeks of short days, typically blooming between March and May in southcentral Pennsylvania. Exact bloom times can vary depending on light exposure and temperature. Cooler nighttime temperatures, 55 to 65°F, in late fall can promote blooming.

Thanksgiving cactus segments have pointed projections along their margins. Christmas cactus segments have scalloped-shaped margins. Easter cactus has smaller, rounded stem segments with bristly spines.



With proper care, a holiday cactus will reward you with beautiful blooms year after year, adding a festive touch of color to your home during the holiday season.

These plants can be easily propagated. For more information on holiday cacti care, visit the Penn State Extension Holiday Cacti Care Website (<https://extension.psu.edu/holiday-cacti-care>)

*Submitted by: Carol Kagan, Penn State Extension Franklin County Master Gardener Volunteer and Jennie Mazzone, Penn State Extension Franklin County Master Gardener Coordinator*

## FOUNDERS GRILLE RESTAURANT AT PENN NATIONAL GOLF CLUB IS HOSTING "MAXIMIZE YOUR HEALTH WITH PLANT-BASED EATING"

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Since 2010 Healthy Eating Adventures has shown that it is easier to take on healthy eating habits when you are surrounded by a supportive community and by persons who are also starting this healthy lifestyle. Even if you're not on an Adventure with us, the website has key articles on the home page to help you understand the science as well as the ease of plant based eating. The blogs have lots of delicious recipes that also teach you to create your own! Visit [healthyeatingadventure.org](http://healthyeatingadventure.org)

At Penn National, the Healthy Eating Adventure 2025 is from February 5-March 5, 2025 and weekly meetings will include delicious potluck meals at Penn National Clubhouse. See the information flyers below. Flyers are also available at the Clubhouse

*Submitted by Patti Peck*



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KITCHEN MAKEOVER & MEET YOUR COACH—"How do I get started?"  
With Patti Nitterhouse, Dr. Liz George, Jean Ellis, Coaches

MORE INFO & REGISTRATION  


**Eat-and-Learn Potlucks:**

<p><b>Feb. 12:</b></p> <ul style="list-style-type: none"> <li>• The Magical Microbiome</li> <li>• DEMO: How to sauté • Soup • Sauce</li> <li>• Stew with Chef Nick lula</li> <li>• COACH SESSION—"Is 100% possible?"</li> </ul> <p><b>Feb. 19:</b></p> <ul style="list-style-type: none"> <li>• Prevent Inflammation</li> <li>• DEMO: Kitchen Gadgets</li> <li>• COACH SESSION—"Successes and Challenges"</li> </ul>	<p><b>Feb. 26:</b></p> <ul style="list-style-type: none"> <li>• The Gut Brain Connection</li> <li>• DEMO: Winter Comfort Foods with the Esselstyns</li> <li>• COACH SESSION—"What's your commitment?"</li> </ul> <p><b>March 5:</b></p> <p>Graduation! Sharing Your Success! Celebrating the many successes achieved over the last 28 days.</p> 
--	---

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MA Well PENN NATIONAL



# PERSONAL REFLECTIONS AND JOURNALING PROMPTS

The time is January 2025, and if the last few years have taught us anything, it's to expect the unexpected. Almost anything can change—fast. The new year is a time of reflection goal setting and fresh starts.

For those who may engage in journaling and those would like to see if journaling can bring a personal growth, the following are prompts to help sort through feelings and perhaps help us prepare to adapt and grow from whatever life throws our way!

## HELPFUL PROMPTS:

1. Write down one word to describe your 2024  
Honesty is the best policy here. Get down and first with it. Whatever comes to your mind first.
2. My biggest challenge of 2024 was...  
What was the most difficult challenge you faced? How did it feel? What did it make you realize? How did you approach it? How did you find the resources to get through it? What did you learn?
3. Three lessons that 2024 taught me include:  
Write down your three biggest takeaways from the last year.
4. 2024 was the year that I...  
Finish the sentence. Write down the first thing that comes to mind!
5. I'm proud of the way I ... in 2024.  
Fill in the blank. What did you deal with? What did you work through? What did you accomplish? What are you proud of yourself for? If there's more than one... write them all down! The more the better!
6. I allow myself to grieve the fact that I...  
You are allowed to grieve the fact that you couldn't do the things you wanted to this last year. You are allowed to grieve the plans that got cancelled and the ways in which you had to adapt away from the ideal outcome. Whatever it is you need to grieve, you are allowed to grieve it. Moving through these emotions will help clear them. Don't push them down, honor how you feel.
7. I allow myself to celebrate the fact that I...  
Just like with the previous journal prompt, allow yourself to express joy and happiness too. Try not to feel guilty about the things you have to celebrate in your life. Allow your joy and positive vibrations to ripple through the world and spread light. The world needs more of that.
8. I forgive myself for...  
Things don't always go to plan! Hold some space to forgive yourself for anything that didn't quite go to plan this year. Hold some space to forgive yourself for anything you perhaps wish you'd have said differently or any situations in which you behaved in a way you aren't proud of. We all make mistakes, that's what makes us human. Stay accountable, forgive yourself and move forward.
9. Three beautiful moments that stand out to me from 2024 are...  
Write them down, in detail!

This 2025 new year journal prompt is all about focusing on the moments you are grateful for in the past year. It wasn't all bad was it? As Dr. Seuss wrote: "Don't cry because it's over. Smile because it happened" I hope many may feel that way as you reflect back on 2024 and say "Let's bring on a new year!"

10. I couldn't have done 2024 without...  
It may be an object, a practice, an activity, a fluffy friend of yours or a human being that stood by your side and listened when you really needed it. Take a minute to write down the things and the people you are most grateful for. The people that have helped you get where you are today. If you are inclined, go the extra mile and send them a message or even a card to extend your gratitude for their presence. Kindness is the most beautiful thing to spread.
11. Five goals I'd like to achieve in 2025 are...  
It could be a personal goal, a career goal, a relationship goal... anything! What would you like to achieve this coming year?
12. Three things I'd like to open my heart to this year in 2025  
Do you want to open your heart to a new career? To love? To forgiveness? To your parents? To healthy, challenging conversations? What personal things do you feel like you have barriers up against? What do you fear? What would you like to move through or open the door to this year?
13. Three things I'd like to try this year in 2025  
Go on. Dare yourself. Step out of your comfort zone and write down some wild things, some things you've always wanted to try, some things you keep putting off. Let 2025 be the year you give them a go... you never know where they will lead.
14. What qualities do you want to take from 2024 into 2025?  
What did you learn last year? How did you grow last year? How is that going to help you step more into the person you want to become this year? Did you have a breakup? Did you learn how to put in boundaries? How will those boundaries help you in the next chapter of your life?
15. What is the one word you want to describe your 2025, what would you like it to bring you?  
Manifest the year you'd like to have. What will it be filled with? What would you like to focus on this year? One word. What comes to mind? Write it down!



## NEW YEARS CELEBRATION AND SPARKLING WINE

It is hard to celebrate properly without the pop of a cork from a sparkling wine. Often we wonder, what is the difference in sparkling wine anyway? Wouldn't you like to know the differences when trying to find the right bottle to choose? Should you go with the classic, Champagne? Will another sparkling do? What is the difference between sparkling varietals anyway? Does the price reflect the quality?

Three of the most best-known sparkling wine regions - Champagne, France; Prosecco, Italy; and Cava, Spain. While each region's wines are sparkling, there are distinct flavors, production methods, and grape varieties that differentiate them.

CHAMPAGNE is a very specific varietal of sparkling wine. For sparkling to be classified as Champagne, the wine must be produced in the Champagne region of northern France and meet the winemaking requirements of the region. Champagne has coined the term "Methode Champenoise" in regard to its production process. The wines are often made with three different grapes: Chardonnay, Pinot Noir and Pinot Meunier. Champagne grapes can range from dry to sweet, depending on the amount of sugar added. It can have notes of biscuit, pears, lemon, apples and flint. If you see a bottle with the name "Blanc de Blancs," this means it is made exclusively with Chardonnay. When a bottle is labeled "Blanc de Noir," it uses Pinot Noir or Pinot Meunier. These grapes are used commonly among American-made sparkling wines as well.

In the 1500s, carbonation in wine was not considered a good thing. Winemakers worked tirelessly to prevent bottles from refermenting and creating accidental bubbles. This process changed in the 17<sup>th</sup> century when the French began developing methods to purposefully produce the bubbles in sparkling wines we enjoy today, using carbon dioxide (CO<sub>2</sub>). When wine is put under pressure during fermentation, the CO<sub>2</sub> is dissolved into the wine. When the wine is poured or drunk, the CO<sub>2</sub> comes out of solution as bubble. There are two main ways these wines are produced: the traditional method and the Charmat method. The traditional method is used when the still wine is first bottled, then additional yeast and sugar are added during a secondary fermentation. Once incorporated, the yeast ferments the sugar into alcohol until it is dry and generates CO<sub>2</sub> within the bottle. The Charmat method was developed during the turn of the 20<sup>th</sup> century. It allows the second fermentation to take place in a pressurized tank, instead of the bottle.

PROSECCO is an Italian-made sparkling wine and is produced using Prosecco or Glera grapes. By European Union law, the wine must be produced in northeast Italy, traditionally the Veneto region, to be called Prosecco. This wine typically uses the Charmat method to produce a youthful and clean wine; an affordable, fruity Italian wine made from the Glera grape, (though other grapes like Chardonnay, Pinot Gris, and Pinot Noir are also used). Any vineyard using a minimum of 85% Glera grape can call their wine Prosecco. There are two types of Prosecco. You may find a bottle labeled "spumante," which means it is heavily carbonated, or "frizzante," meaning it has slightly less bubbles. In deciding which one to purchase, the choice is completely based on your own personal taste and desires.

CAVA is a wonderful and flavorful sparkling wine from Spain. Cava is most comparable to Champagne in both taste and production, with the biggest difference being the grapes. Naming restrictions in Spain require it to be made in the traditional method. Commonly a white or Rosé blend, it is typically made with the Macabeu grape. Cava Rosé, vintners will use the Spanish Garnacha and blend it with Macabeu for a sweeter, fruity flavor. About 95% of all Cava is produced in the Penedès area in Catalonia, Spain, but there are also some popular bottles from Rioja. Cava tends to pair well with a variety of foods like tapas, seafood and even sushi. The flavor profile is more bitter than that of Prosecco, but not as nutty of a taste as Champagne.

There are many other sparkling wines that do not fall into one of these three categories. Some of the most popular sparkling regions are the United States, New Zealand, Australia and Germany. These countries do not have strict production regulations, which allows for a wider range of flavors, textures and styles. The best way to learn what you like is by allowing yourself to try something new each time you shop.

Higher price does not necessarily equate to better quality when shopping for sparkling wines. While it is sometimes nice to splurge on a higher priced bottle for a big occasion, it isn't always necessary. At the end of the day, celebrate with something you enjoy drinking. What are your tastebuds looking for?

*Article submitted by Eileen Grady (in Cecily Barber's absence during the busy holiday season)*

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ANSWERS FROM PAGE 15

1. b) Carrie
2. c) Truman Capote
3. d) violin
4. a) Montague
5. a) A (for 'adultery')
6. b) Clifford
7. c) James Patterson
8. d) *The Big Sleep*
9. a) Geisel
10. b) *To Kill a Mockingbird*

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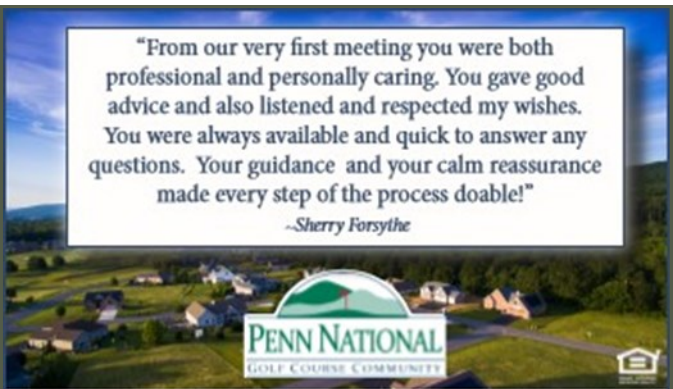
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