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News, Events & more!

Seeking HOSTS for 2025 EVENTS

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

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

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

CHAMBER EVENTS

Watch for Weekly Updates!!

August

19 - After Hours Mixer - Residence Inn Mechanicsburg, 2040 Technology Parkway, Mechanicsburg. 5:00 - 7:00pm.

28- Business Leaders Discussion Group - Sponsored by the **Mechanicsburg Area Community Foundations** and **PaySmart Payroll Services**, 650 Wilson Ln, Ste. 100, Mechanicsburg. 7:45 - 9:00 am. Members only event.

September

9 - Business Women's Networking Luncheon - Sponsored by the **Mechanicsburg Area Community Foundation** at The Cracked Pot Coffee Shop, 130 Gettysburg Pike, Unit A, Mechanicsburg. 11:30am - 1:00pm. FREE member event.

11 - Cumberland County Mega Mixer - Location - **Members 1st Federal Credit Union**, 5000 Marketplace Way, Enola. 5:00 - 7:00pm.

RSVP to info@mechanicsburgchamber.org

Thank You For Renewing Your Membership!

**Cumberland Area Economic Development Corporation / Cumberland Valley Visitors Bureau
Texas Roadhouse**

Mechanicsburg Chamber of Commerce presents:

After-Hours Mixer

Tuesday, August 19
5:00pm - 7:00pm

Residence INN[®]
BY MARRIOTT

The new Residence Inn Mechanicsburg welcomes you
to an After Hours Mixer for August.

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

Introduce yourself and your business to familiar faces and hopefully some new ones,
too. Come network with local business representatives and enjoy light hors d'oeuvres
and beverages.

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

**Residence Inn Mechanicsburg
2040 Technology Parkway
Mechanicsburg**

RSVP to info@mechanicsburgchamber.org

Mechanicsburg Chamber of Commerce presents:

Business Leaders Discussion Group

Thursday, August 25

7:45 - 9:00 am

Co-Sponsored by



**650 Wilson Ln, Suite 100
Mechanicsburg**

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

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

Seeking HOSTS for 2025 EVENTS

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

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

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



Friday, September 19, 2025

Rich Valley Golf
227 Rich Valley Rd.
Mechanicsburg, PA 17050
Registration - 12:00pm
Tee Time - 1:00pm

Register to play! Application [here](#)! Only \$100 for golf, lunch and dinner. Includes the Gold Passport - receive entry into ALL hole contests (including a cash prize for a hole-in-one sponsored by Freedom Financial Wealth Management), and for a chance to win a raffle prize!

Not a golfer? Join us for dinner for only \$25.

Seeking Sponsors and Donations: This is a great opportunity to promote your business through a sponsorship or prize donation. Several sponsorship levels available! They can also be customized to fit your needs.

Or, simply send a gift card, promotional item, or any type of product for us to give away as a prize or to include in the golfers' goodie bags!

Contact the Chamber Office to play, contribute and volunteer!
717-796-0811 or info@mechanicsburgchamber.org

Portion of proceeds will support

The Caring Place - a center for grieving children, adolescents, and their families - a safe place where children and families find support amongst others that understand their loss.

\$\$\$\$\$ Hole in One
sponsored by:



Dinner
sponsored by:





A poster for a Fall Document Shredding Event. The background is a collage of shredded paper. The main title "FALL DOCUMENT SHREDDING EVENT" is in large, bold, yellow, all-caps, sans-serif font with a black outline. Below the title, in a yellow banner with a black arrow pointing right, is the text "TWO SHREDDER TRUCKS AVAILABLE! THURSDAY, SEPT. 4 5-7 P.M." in bold, black, all-caps, sans-serif font. Below this, in a dark blue banner, is the text "HAMPDEN TOWNSHIP POOL PARKING LOT 5001 HAMPDEN PARK DRIVE • MECHANICSBURG, PA 17050" in white, all-caps, sans-serif font. At the bottom, in a yellow banner, is the text "There is a limit of four boxes per household. No businesses please. The shredder can handle staples, but please remove paperclips and binder clips in advance." in black, sans-serif font.

You're Invited to My Fall Document Shredding Event

Safely and securely shred documents containing sensitive information like bank account numbers at my free Fall Document Shredding Event on Thursday, Sept. 4, from 5-7 p.m. at the Hampden Township Pool parking lot at 5001 Park Drive in Mechanicsburg. There is a limit of four boxes per household. No businesses, please. The shredder can handle staples, but please remove paperclips and binder clips in advance.

Please RSVP to 717-761-4665 or visit RepDeLozier.com/Events to give my staff and the shredding company a head count. Shredding will be taken on a first-come, first-served basis. Due to high demand, for the first time we will have two shredder trucks!

PUC Urges Consumers to Take Action to Manage Energy Costs

The Pennsylvania Public Utility Commission (PUC) is urging residents to brace for higher electric bills as a result of soaring power usage during multiple heat waves since mid-June that pushed electricity demand on the regional power grid to its highest level in 14 years.

Electricity customers are encouraged to carefully review their bills, especially the sections regarding monthly usage and current energy supply rates. Consider shopping for lower rates at www.PAPowerSwitch.com.

Households or small businesses struggling with high bills or past due balances should call their utility company now to ask about available assistance programs.

Finally, look for opportunities to conserve electricity, such as raising your thermostat, limit appliance use during peak hours, close blinds or curtains to block the sun, avoid unnecessary lighting or electronics that generate extra heat, and seal windows and doors to keep cool air inside.

[Read the full news release from the PUC here.](#)



Thursday, September 11, 2025 | 5:00 PM - 7:00 PM
Members 1st Federal Credit Union
5000 Marketplace Way
Enola, PA 17025

Join the members of the four Cumberland County Chambers of Commerce for one of the largest mixers of the year!

Members of Carlisle, Mechanicsburg, Shippensburg, and West Shore Chambers of Commerce will gather at the the headquarters for Members 1st Federal Credit Union for an evening of networking, food and beverages.

[CLICK HERE TO REGISTER](#)

JAZZ ME BAND

KIRK WISE UPCOMING
SOLO, DUO & BAND
PUBLIC DATES

Thurs. 8/7 – Newville Ag. Expo @
Fairgrounds...Kirk & Beth 6-8

Fri. 8/8 – Captain Bob's Steamed Crabs,
Railroad/ Shrewsbury...Kirk solo 6-8

Sat. 8/9 – Pilger Ruh Brewing, Gettysburg
...Kirk solo 6-9

Wed. 8/13 – Mercato Mio Ristorante @
Penn Harris, Camp Hill ... 6 – 8:30

Thurs. 8/14 – Downtowne Food Truck Rally,
New Cumberland...Kirk & Beth Duo 5-8

Thurs. 8/14 – Downtowne Food Truck Rally,
New Cumberland...Kirk & Beth Duo 5-8

Fri. 8/15 – Hemauer Brewing,
Mechanicsburg...Kirk solo 7-9

Sat. 8/16 – Mt Airy Orchards Peach Festival,
Dillsburg...Kirk & Band 9:30-12:30

Sat. 8/16 – American Legion #974,
New Cumberland...Kirk & Patrick Duo
7:00-10:00

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

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

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



Children's Book Swap September 6th

A free Children's Book One-for-One Swap will be held at St. Luke's Episcopal Church on Saturday, September 6. Drop off your gently used children's books, and swap them for "new to you" books, one-for-one. Please count your books before bringing them to the Church. Drop off books at the designated times, and then return on Saturday, September 6 between 9 a.m. and 3 p.m. to choose the new-to-you books. Books will be organized by reading level. Please feel welcome to tell friends and family about this swap: the more who participate, the better the selection of books for all!

Drop off times at St. Luke's Episcopal Church, 8 East Keller Street, Mechanicsburg: Sunday, August 31 from 12 p.m. (Noon) until 1 p.m. or Friday, September 5 from 4 p.m. until 7 p.m. You will be given a receipt for that number of books you bring.

"Shopping" day is Saturday, September 6 from 9 a.m. until 12 p.m. (Noon) for those who donated books. Bring your receipt as your admission ticket, and "shop" for that many new-to-you books. The swap will then be open for the community to choose from the remaining books from 1 p.m.-3 p.m. (for anyone that did not donate books).

Any books left over will be donated to the Cheyenne River Episcopal Mission in Eagle Butte, North Dakota, a mission partner of the Church.

Questions? Contact the Children and Youth Ministry Team Leader at
kidmin.stlukesmech@gmail.com



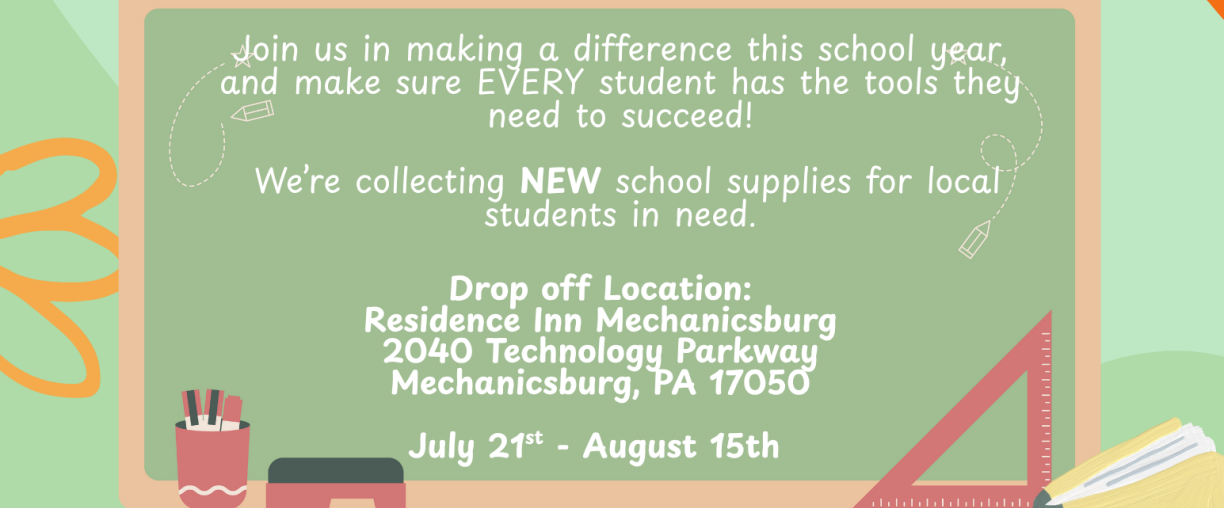
Back to School SUPPLY DRIVE

Join us in making a difference this school year,
and make sure EVERY student has the tools they
need to succeed!

We're collecting **NEW** school supplies for local
students in need.

Drop off Location:
Residence Inn Mechanicsburg
2040 Technology Parkway
Mechanicsburg, PA 17050

July 21st - August 15th



Needed Items:

- Backpacks
- Lunchboxes
- Notebooks and Binders
- Dry Erase Markers
- Clorox Wipes
- #2 Pencils
- Pens
- Underwear (sizes 5-8)
- Folders
- Erasers

Residence INN
MECHANICSBURG BY MARRIOTT



NOTES



UPMC Offers Virtual Meet-The-Team Career Fair, Aug. 5 to 7

UPMC is holding a multi-day, virtual “Up Close with UPMC” career fair, giving area residents the opportunity to talk to UPMC in Central Pa. employees. The virtual events are spread over three days, with each day focused on different fields -- respiratory therapy and laboratory on Tuesday, Aug. 5, nursing on Wednesday, Aug. 6, and imaging and surgical technology on Thursday, Aug. 7.

The event is designed for people of all ages who are curious about a career in health care, or currently in health care but interested in a change. “You don’t have to know your path — this is a no-pressure event that’s a great opportunity to explore your interests,” said Shayla Thompson, senior director, Human Resources.

In each one-hour session, participants will hear a brief presentation about the health care field and then be able to talk to UPMC employees in nursing, imaging, surgical technology, laboratory or respiratory therapy and learn about daily life on the job. Attendees can also get answers about UPMC’s generous benefits and learn how UPMC supports employees’ growth, including education cost reimbursement.

TUESDAY, AUG. 5

- [Respiratory – Virtual Meet-the-Team: Up Close with UPMC](#), 10 to 11 a.m.
- [Labs – Virtual Meet-the-Team: Up Close with UPMC](#), 2 to 3 p.m.
- [Respiratory – Virtual Meet-the-Team: Up Close with UPMC](#), 5 to 6 p.m.

WEDNESDAY, AUG. 6

- [Nursing – Virtual Meet-the-Team: Up Close with UPMC](#), 9 to 10, a.m.
- [Nursing – Virtual Meet-the-Team: Up Close with UPMC](#), 2 to 3 p.m.
- [Nursing – Virtual Meet-the-Team: Up Close with UPMC](#), 5 to 6 p.m.

THURSDAY, AUG. 7

- [Imaging – Virtual Meet-the-Team: Up Close with UPMC](#), 2 to 3 p.m.
- [Surgical Technologist – Virtual Meet-the-Team: Up Close with UPMC](#), 5 to 6 p.m.

To register, visit the individual event links listed above or find all “Virtual Meet-the-Team: Up Close with UPMC” sessions at [Careers.UPMC.com/Events](https://careers.upmc.com/events).



**Dine for Dollars to
Celebrate The Tide®
79th Anniversary Week!**

Red Robin® will give

**20% OF FOOD SALES*
BACK TO**

THE TIDE (GOSPEL TIDE BROADCASTING ASSOCIATION)

**Show this flyer or simply mention the fundraiser to
your server to have your sales counted.**

FUNDRAISER DETAILS

**921 Norland Ave, Chambersburg, PA 17201
6560 Carlisle Pike Suite 450, Mechanicsburg, PA 17050
August 14, 2025 5PM - 9PM**

If ordering online, please follow these instructions:

- 1** Start your order at redrobin.com/order and select the restaurant above.
- 2** In the menu, go to the category labeled "Fundraisers (To-Go Only)*" and click on that item.
- 3** Click the "add" button, and then "add to bag."
- 4** Add your meal items and check out.
- 5** Arrive at Red Robin, come in, say hi, grab your food and be on your way! If your location has curbside pick-up, we can bring it to your car too!

*Donation based on all eligible net dine-in and to-go food sales only. Excludes sales from catering (at select locations), 3rd party ordering and delivery sites, alcohol, gift cards, retail, tax and gratuity. Offer void if flyer is distributed in or near the restaurant during fundraiser day & hours.

Red Robin



Corporate & Nonprofit Showcase



**TUESDAY, AUGUST 12,
3 - 7 P.M.**

Stop by this free mixer to learn more about Hollywood Casino's amenities for your next corporate function, employee appreciation, or nonprofit event.

See all of Hollywood Casino's available venue spaces and meet local vendors to help make your event perfect!

All registered participants will receive:

- A complimentary \$10 Free Slot Play voucher
- 1 free drink ticket
- Free food
- Free entertainment
- A cash bar
- Swag bags

DISCLAIMER:
MUST BE 21+ TO
ENTER GAMING
FLOOR.
GAMBLING
PROBLEM? CALL
1-800-GAMBLER.



Entertainment
All-Female
DJ COMPANY



Alzheimer's Association Pancake Breakfast Fundraiser



Join Team Bridges Walk to End Alzheimer's for a delicious pancake breakfast! It's just \$10.00 a person, and you can donate now using the QR code to prepay for your meal—just have your receipt handy when you arrive. We'll also have raffle tickets for sale, and you can get a sneak peek at our new team t-shirts, which will be available for pre-order. Your support helps us fight Alzheimer's!

**Saturday, August 16th
8:00 a.m. – 11:00 a.m.**

*RSVP by Thursday, August 14th to
christine.meukel@bridgesatbentcreek.com or (717) 620-0350*

(717) 620-0350 • BridgesAtBentCreek.com • Marketing@BridgesAtBentCreek.com



FRIDAY FOOD TRUCKS AT FIRST

MAY 16 JULY 18 SEPT. 19

LIVE
MUSIC
ON THE
PATIO



May 16: Summer Reading Kick off with Simpson Library

July 18: Inside Family Friendly movie

September 19: Fun and Fit Fair with Sadler Health



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



MULTIPLE TRUCKS /// VARIETY OF FOOD



Trout CPA, a regional accounting and advisory firm, has been recognized as a [2025 Top 200 CPA Firm](#) by INSIDE Public Accounting (IPA). The firm ranks #190 on this year's list, which is based on net revenue and reflects key industry benchmarks. This is the third consecutive year Trout CPA has been included in the Top 200, and the sixth year the firm has participated in the annual IPA Practice Management Survey. "We are honored to be recognized again by INSIDE Public Accounting," said Todd Harrington, CPA, CVA, CGMA, Managing Partner at Trout CPA. "Our ranking reflects the dedication of our team and the trust of our clients, who rely on us not only for accounting expertise but also for actionable business insights."

CAEDC Now Accepting Applications for LSA Grants

The Local Share Account (LSA), Category 4 Facilities Program, a multi-county grant program that includes Cumberland County, is now open, and interested non-profit applicants can apply through the Cumberland Area Economic Development Corporation (CAEDC).

CAEDC is seeking applicants who are a non-profit organization and need funding for projects that benefit their community. Interested organizations are encouraged to contact Alyssa Smith at 717-240-7184 or at alyssa@cumberlandbusiness.com with any questions and to determine if their project aligns with CAEDC's strategic mission.

Eligible uses include:

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

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

Complete applications must be submitted to CAEDC by August 31, 2015.

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

About CAEDC

CAEDC is Cumberland County's lead economic development agency charged with leveraging and promoting Cumberland Valley's economic development and tourism assets to drive growth, create jobs and improve the quality of life. Offices are located at 230 S. Sporting Hill Road, Suite 100, Mechanicsburg, PA 17050. For more information, visit www.cumberlandbusiness.com and www.visitcumberlandvalley.com.



THE FOUNDATION FOR ENHANCING COMMUNITIES

TFEC Announces New Grant Opportunities for Nonprofits Across South Central Pennsylvania

The Foundation for Enhancing Communities (TFEC) has opened applications for its latest grant opportunities, providing five funding options for nonprofit organizations serving Cumberland, Dauphin, Franklin, Lebanon and Perry Counties, as well as the Dillsburg area of York County.

Applications will be accepted through Sept. 1.

“These grants represent the power of community-driven philanthropy,” said Jennifer Doyle, TFEC president and CEO. “They are made possible by individuals and organizations who established charitable funds at TFEC, turning ideas into lasting change.”

Available grants include:

- **Greater Harrisburg Community Foundation: Benjamin Franklin Trust Fund**, funding projects to improve knowledge, quality of life and community outcomes.
- **Greater Harrisburg Community Foundation: Upstream**, supporting innovative programs that tackle social issues at the root.
- **Madden Family Fund**, promoting equitable access to education and essential resources.
- **Martin M. Sacks Memorial Fund**, supporting youth and family-oriented programs.
- **Please Live Fund (new in 2025)**, providing funding for mental wellness education and suicide prevention, with priority given to programs benefiting K–12 students.

In 2024, TFEC awarded more than \$650,000 through these grant programs, supporting 109 local projects.

“This work happens through collaboration,” said Caitlin Cluck, director of community investment at TFEC. “By partnering with nonprofits who understand the unique needs of our communities, we amplify local impact and create opportunities for meaningful change.”

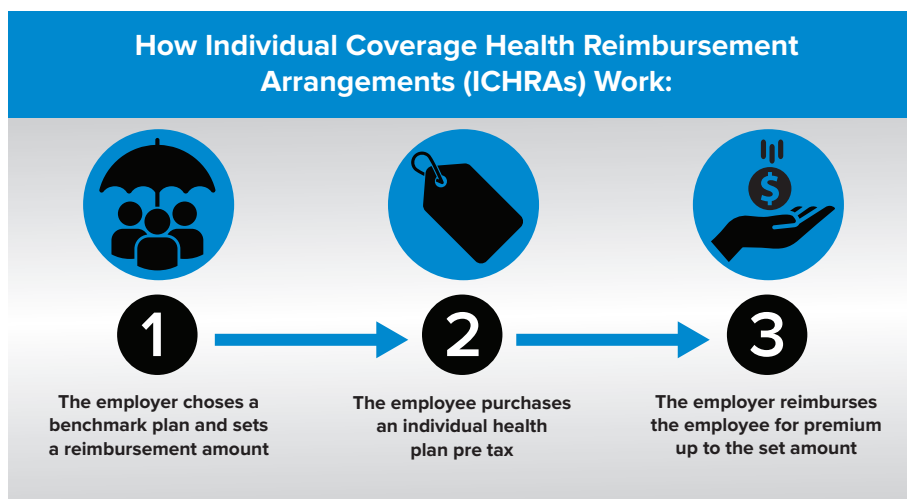
To learn more about available grants or how to support a fund, visit www.tfec.org.

SAVE THE DATE
Webinar
Tuesday, September 9th - 10:00 AM
More information to come



There is a new way Employers can look at Employee Healthcare with a program called an ICHRA (Individual Coverage Health Reimbursement Arrangement)!!

Taking the burden of high renewals and plan decisions away from the employer and allowing employees to choose a plan that is best for them!



Consultation, Education and Strategy!

PA Chamber Insurance Can Help!





Tuesday October 7, 2025

5:00 pm - 6:30 pm

Veteran's Square, Carlisle PA

WALK THE MILE

Because HERstory Counts

Join us to raise awareness to end
violence against women and girls

Start a team, set a fundraising goal, and rally your circle to donate.
The top fundraising teams will win a prize and be recognized at the event. More importantly, they'll be leading the way in ensuring survivors have access to the resources they deserve.

\$35/Walker

\$300/Team up to 10

Registration includes a T-Shirt!

*Raffle tickets and prizes will
be available for purchase



**eliminating racism
empowering women**

ywca

carlisle & Cumberland county

ywcacarlisle.org

****All funds raised by Walk the Mile will go to support survivors with
emergency housing, food, free counseling sessions, and more!***



Charitable Planning and the OBBBA: What You Need to Know

On July 4, 2025, President Trump signed the [One Big Beautiful Bill Act \(OBBBA\)](#) into law. This comprehensive piece of legislation, spanning nearly 900 pages, impacts a broad range of public policies. Among its many provisions are several that will shape the future of charitable giving.

At [The Foundation for Enhancing Communities \(TFEC\)](#), we are closely reviewing new legislation that may impact charitable giving so that we can continue to assist our donors, fundholders, nonprofits and the professional advisors who support them. Here are three major takeaways that may affect your charitable planning.

Standard Deduction Increases and Charitable Limits Shift

The OBBBA makes permanent the standard deduction levels introduced under the Tax Cuts and Jobs Act of 2017. In 2025, the standard deduction rises to \$15,750 for single filers and \$31,500 for joint filers. Older taxpayers may also qualify for a “bonus” deduction through 2028.

At the same time, the new law limits the amount of a charitable gift that can be deducted. You may now only deduct charitable contributions that exceed 0.5% of your adjusted gross income. In addition, taxpayers in the top income bracket can deduct gifts at a maximum rate of 35 percent, instead of their 37 percent income tax rate. On a positive note, the 60 percent AGI limit for cash gifts to specific charities is still in place.

What does this mean for you?

These changes could continue the trend of fewer households itemizing their deductions, potentially leading to a reduction in charitable giving.

What can you do?

Keep giving. Philanthropy is driven by more than tax savings. Our community relies on the generosity of people like you.

A New Deduction for Non-Itemizers

Starting in 2026, taxpayers who do not itemize can take a charitable deduction, up to \$1,000 for individuals and \$2,000 for joint filers. Gifts to donor-advised funds do not qualify for this deduction. However, unlike similar provisions in the past, this one is not scheduled to expire.

What does this mean for you?

Fewer than 10 percent of households currently itemize deductions. At the same time, fewer people are giving. This new deduction has the potential to encourage more families to give again, even if they do not itemize their deductions.

What can you do?

If you are beginning your giving journey, this is a great time to start planning how you will support the causes you care about. If you already work with TFEC, reach out to learn how we can help you adapt to these changes and even involve the next generation. If you are an attorney, CPA or financial advisor, remember to bring this up with clients who do not itemize. A small deduction may be the push they need to begin a lasting habit of giving.

No Sunset for the Estate Tax Exemption

Many high-net-worth families and their advisors have been closely monitoring the estate tax laws. The OBBBA provides clarity by making permanent the increases to the unified credit and the generation-skipping transfer tax exemption. In 2025, the exemption is \$13.99 million for individuals and \$27.98 million for couples. These will increase to \$15 million and \$30 million, respectively, in 2026.

What does this mean for you?

Only the wealthiest families will continue to receive tax-related benefits for incorporating charitable giving into their estate plans. Most people include charitable giving in their estates because it aligns with their values and legacy, not because of tax benefits.

What can you do?

Although the exemption is currently high, there is no guarantee it will remain that way. Families should use this time to review their estate plans and consider how charitable giving fits into their long-term goals.

At [TFEC](#), we are here to help you understand these changes. Whether you are a donor, a nonprofit leader or a professional advisor, we are ready to support your charitable planning needs. Together, we can continue to build a stronger, more generous community.



**THE FOUNDATION
FOR ENHANCING
COMMUNITIES**



PCN Launches Interactive Map and Free Statewide Content on PCN Select Showcasing Pennsylvania's Role in Nation's History With PCN's Celebrating America's 250th in Pennsylvania

As the United States approaches its 250th anniversary in 2026, the Pennsylvania Cable Network (PCN) is proud to unveil a powerful new tool that brings the Commonwealth's rich history to life—an interactive map featuring free, on-demand content from all 67 counties through PCN's streaming platform, PCN Select.

In partnership with America250PA—the official state commission for the Semiquincentennial—PCN's *Celebrating America's 250th* in Pennsylvania highlights the people, places and events that shaped both Pennsylvania and the nation. The interactive 250th Map allows users to explore curated PCN content that showcases local history, culture and landmarks from all over the state. This project was financed in part by a grant from the Commonwealth of Pennsylvania, the Department of Community and Economic Development.

The 250th Map brings together stories that reflect Pennsylvania's influence on our nation's history—from French and Indian War fortifications and the American Revolution to Gettysburg, the heroism of Flight 93 and the global reach of our iconic brands. "Every region of Pennsylvania has contributed to shaping not only our state but the country as a whole," said Debra Kohr Sheppard, President and CEO of PCN. "Our stories across the Commonwealth are part of a larger American story, and we're proud to make them accessible to everyone as we approach the 250th anniversary of the United States."

The interactive 250th Map is available now through PCN's online streaming platform, PCN Select, at PCNSelect.com/Map. It will be updated through 2026 with new free content, including documentaries, interviews and coverage of America250PA events across the state.

"This project demonstrates what we've always known—that every corner of Pennsylvania has played a role in shaping the nation," said Cassandra Coleman, Executive Director of America250PA. "The 250th Map is a practical and powerful way to ensure those stories are seen, understood and shared as we approach 2026."

PCN's coverage will expand throughout 2025 and 2026, offering viewers a growing library of historical content that reflects the diversity and depth of Pennsylvania's contributions to the American story.

To explore the interactive map and learn more about PCN's ongoing coverage, visit: PCNTV.com/Americas-250.



Join Cumberland County in Celebrating America250!

This year, Cumberland County proudly kicked off its 275th anniversary, and we're already gearing up for another milestone—the 250th anniversary of the United States in 2026! To ensure a memorable celebration, Cumberland County has formed an America250PA Committee with representatives from various organizations, including local historical societies, chambers of commerce, non-profits, school districts, higher education institutions, the Cumberland Valley Visitors Bureau, and Cumberland Area Economic Development Corporation.

We invite your business to join the excitement and contribute to making America250 truly special in Cumberland County! Here are the ways you can assist.

- Explore and share the microsite VisitCumberlandValley.com/America-250.
- Plan an America250PA-themed event and submit it for free to our online calendar.
- Take an active role and join one of our sub-committees:
 - Programming & Events
 - Marketing & PR
 - Education
- Consider sponsoring an America250PA-themed event.

If you'd like to participate or learn more, please contact Stacy Snyder at smsnyder@cumberlandcountypa.gov.



Benefits of Walking: How a Daily Walk Can Improve Your Health

[Andrew Robert Eckert - Internal Medicine](#)

What if there was one simple activity you could do each day that carried dozens of health benefits? An activity that only required a pair of shoes and a good attitude?

We're talking, of course, about taking a daily walk.

Walking is the most popular exercise for Americans and with good reason. The health benefits of a daily walk are numerous. From lowering blood pressure to boosting mood, walking can bring positive changes to both your mind and body.

Here are the top 10 benefits of walking.

1. Helps You Meet Exercise Guidelines

The Centers for Disease Control and Prevention (CDC) recommends that you get at least 150 minutes of moderate-intensity activity each week. That number can feel like a lot when you look at it as a whole.

But it's just 30 minutes, five days a week. Or a little over 20 minutes every day. A daily walking practice can help you meet, and even surpass, the guidelines.

People often wonder: Is walking the same as running when it comes to health? Walking and running each carry mental and physical benefits. But for many people, walking is more accessible than running because it's easier on your joints.

However, even if you're an avid runner, don't discount the magic of adding in a daily walk!

2. Helps Reduce Your Risk for Many Diseases

A daily walk of 20 minutes or more helps lower your blood pressure. When you lower your blood pressure, you reduce your risk of developing:

- Diabetes.
- Heart disease.
- Several types of cancer.
- Stroke.

In fact, research from the American Heart Association found that walking just 1,000 extra steps could increase your life span. By analyzing several studies, researchers found a link between steps and mortality. Every 1,000-step increase gave people a 22% lower chance of dying from all causes.

Walking can also lower your risk for sleep apnea, reflux disease, and depression. The numbers are clear: The more steps you take each day, the healthier your body will be.

3. Helps Lower Blood Sugar

People living with diabetes need to constantly be aware of their blood glucose, or blood sugar, levels. Taking a daily walk is a great way to keep blood sugar in check.

In fact, newer research has found that taking a walk after a meal helps improve blood sugar even more. A 2022 review study in the journal Sports Medicine examined seven studies about how walking could impact measures of heart health. Blood sugar levels are a common measure of heart health.

Looking at the data, researchers found that one of the benefits of walking after a meal is to control blood sugar levels. Even just five minutes of walking helped. So, if you're trying to decide what time of day to take your walk, consider doing it post-meal.

4. Helps Strengthen Bones and Muscles

Walking forces you to use muscles you don't necessarily use when going about your daily life. It engages your leg muscles, your lower back, and even your core.

Walking is also a bone-building exercise. It helps strengthen joints by circulating more blood to your cartilage. The cartilage in your ankles, knees, and hips gets oxygen and nutrients from the circulating blood.

Even just walking 10 minutes a day can help prevent disability and improve arthritis pain. Walking can also help prevent bone loss from osteoporosis. For women over the age of 65, this is especially important.

5. Boosts Your Mood

Walking helps release your body's feel-good chemicals, like dopamine and endorphins. It's one reason why a walk can help improve mental health.

In one study of younger adults, a 10-minute bout of brisk walking helped improve mood. It also helps improve mental well-being for older adults. In fact, some researchers are exploring the idea that walking is one of the best anti-aging strategies.

And if you're wondering where to walk to get the most mental benefit, consider heading to the woods. Scientists found that taking a one-hour walk in nature actually changes (for the better) the part of the brain that processes stress. This stress-reduction effect wasn't as strong for participants who walked in an urban area.

6. Improves Your Immune System

Walking gets all systems in your body moving. Blood and oxygen circulate more, and this increased blood flow helps improve immunity. It means you can eliminate waste products faster, allowing you to heal more quickly,

Walking also increases the circulation of your white blood cells, which are the cells that fight disease in your immune system.

7. Helps You Sleep Better

We know that tiring your body out with exercise helps you sleep better. But why?

For one, it helps boost your body's sleep hormone, melatonin. There's also a connection between walking and sleep quality. Research consistently finds that people who walk regularly sleep better.

Ultimately, it's a chain reaction. Walking reduces stress, helps with chronic pain, and helps keep you from getting sick. All of these things add up to less nighttime disturbances.

8. Can Stimulate Creativity

Have you ever been stuck trying to solve a problem, and you go for a walk, and suddenly, the answer becomes clear? You're not imagining it!

Taking a walk is one of the best ways to get your ideas flowing. Like showering or driving, it creates a state of openness or flow. The fresh air, the change of scenery, the increased blood flow: it moves you forward, in all the best ways.

9. Helps Prevent Dementia

We know that regular walking can help with memory decline and Alzheimer's disease. Researchers have been trying to quantify just how much.

According to a 2022 study in JAMA Neurology, increasing how many steps you take each day can cut your dementia risk. For the greatest benefit (a 50% reduction in dementia risk), study participants had to walk about 9,800 steps a day. But even 3,800 more steps reduced their risk by 25%.

10. Helps You Make Other Lifestyle Changes

Forming a healthy habit like daily walking is a great jump-start to achieve your other health goals. You gain confidence from your daily steps, and it helps create a sense of purpose.

The formula is simple: Put one foot in front of the other, day after day. Rinse, repeat, and be well.