Good July to all PN Residents! I hope all are in good spirits and great health. Happy 4 July to everyone! I know many of us will be disappointed not to watch the fireworks, but I’m sure many of our pets will be relieved. Franklin County has moved into the green zone so many of us will cautiously begin to fallback into some of our regular habits while modifying as necessary. I will be glad not to drive to MD to get my hair done and go back to my regular PA salon. We have many changes for us to adopt like wearing a mask, especially on hot days.

I worked with Mont Alto Fire Dept on various solutions to hold our Sep picnic. We can’t find a viable solution that meets the requirements of the Governor’s task force. Since social distancing has to be maintained even in the Green zone, we would have to use three bays to accommodate the normal amount of people with everyone sitting on one side of the tables to meet social distancing of 6 feet. The rules just don’t provide an atmosphere for a social gathering where people can mingle and talk. So we decided to cancel the picnic this year. If by Nov the situation has stabilized, we will reschedule the annual PNHA meeting to elect officers and discuss the budget.

We are working with the Christmas dance committee to determine the viability based on current concerns about the virus, its reemergence, and contractual requirements. We will publish frequent updates and make a final decision in the next few months. The fall yard sale is still scheduled as planned for Sep 25-26.

As always, please feel free to contact me with comments and concerns. Stay safe and enjoy your July!

Debi Rohrback

PNHA is continuing to add new members. We welcome Robert & Susan Cullison of Old Course Rd, Jeff & Gina Trindel of Fairway Drive East, Chris Cubbage & Apryl Still of Fairway Drive East, and Chuck & Sheila Irons of Fairway Drive East.
Primary Election Info. Preliminary results are in. For US President, Democrats selected Joe Biden over Bernie Sanders 74% to 16%. Republicans selected Donald Trump by 94%. For Attorney General, Democrat Joe Shapiro will face Republican Heather Heidelbaugh in the general election. For Auditor General, it was a tight race for the Democrats. They selected Tracy Fountain with 26.3% of the votes to run against Rep Timothy Defoor who was unopposed. Click on this link for more results.

PNHA Membership Drive. Our goal for completing the membership renewals for the new 1 Jun 2020 to 31 May 2021 fiscal year was 20 May 2020. What if I forgot to renew? We are still processing renewals. You don't want to miss the cutoff date to continue to receive the newsletter and to be listed and to receive the new 2020-2021 Membership Directory. When is the cutoff date? 10 July 2020 is the cutoff date. It's easy to renew. You can download a copy of the Membership Renewal Form at www.pnha.org. Follow the instructions on the form and submit it along with your check for $20.

Craig Curtis, pnhanews@pa.net

WORSHIP WITH YOUR FRIENDS AND NEIGHBORS

Calvary United Methodist Church
150 Norlo Drive, Fayetteville, PA 17222
717-352-3715 -- www.cumcpa.org

Pastor Suzanne Elliott
Contemporary Worship Service 8:00 AM
Sunday School 8:45 AM
Traditional Worship Service 10:00 AM

PNHA Updates

PNHA Membership Renewal. We are behind in renewals. We have 553 renewed against a goal of 640. If you haven't renewed, please do so soon.

Hole in One. Congratulations to Glenn Marsnick of Killarney Drive who aced #3 from 138 yards with a trusty 8-iron on Founders on 9 Jun.

PNHA Battle of the Neighborhoods Golf Tournament. It's on Mon, 27 July on the Iron Forge with a shotgun start at 8 AM. Golfers from five major neighborhood groups battle each other for bragging rights. Signup starts immediately. The tournament is open to PNHA members with discounted prices for members of the Penn National golf course.

The attached signup sheet has all of the details on this fun event. Page 2 of the signup sheet is a map that shows the grouping of the five neighborhoods. Players should contact their area representative shown on the application form to signup and pay your entry fee on or before 17 July.

Safety is our primary concern, so we will be taking some extra precautions to minimize the risk from Covid-19. We will be pairing up members of the same household to share a cart. Foursome will be a mix of at least two neighborhoods to get the best balance of safety while providing an opportunity to meet others from across Penn National. The Altland House will be taking extra precautions during the buffet. All food will be served by their staff with condiments and cookies individually wrapped for our protection.
Penn Pals Events. Our upcoming May and June events have been canceled due to the Corona Virus concern. We hope to see everyone in September. More information will be coming soon. Stay safe and healthy. Tara Kellam, Penn Pals President

Food Pantry Pickup. Our June Food Pantry pickup was a rousing success again. We have so many wonderful people here at Penn National who donate regularly to our less fortunate neighbors in South Central Pennsylvania. If you would like to mail a check to the Pantry, make the check out to Maranatha Food Pantry and mail it to 195 W. Loudon Street, Chambersburg, PA. 17201. Our next pickup will be July 7 at 9 am. If you put your donations in a plastic bag, if possible, try to mark it in some way so our volunteers know it is a donation and not trash. If your donations have not been picked up by 9:30 call 717-504-5846 and someone will come by. For more info, call or email Michele Johnson at gjohnson913@comcast.net or 717-352-8827.

PNHA Fall Picnic. The PNHA Board of Directors after consulting with the Mont Alto Fire Dept have decided to cancel the Fall Picnic to be on the safe side of COVID-19. Hopefully, next year will be much better than 2020.

Last Call! If you haven’t renewed your PNHA membership, you need to do it now if you want to receive the Aug and subsequent newsletters and be listed in the new 2020-2021 Membership Directory. Download the membership form at www.pnha.org and make a check payable to PNHA for $20 to continue your membership benefits. Time is running out!
Our heroes of 1776 fought a hard battle to gain independence from England. Many Americans gave their lives for the good of a young nation. They set the example for future generations. Let’s look at some great books that show how America rises to the call when freedom and liberty are at stake.

- **Ghost Soldiers** by Hampton Sides. It’s an epic account of WW II greatest rescue mission. On 28 Jan 1945, 121 hand-selected American soldiers slipped behind enemy lines in the Philippines on a mission to rescue 503 POWs languishing in a hellish camp. Some of them were the last survivors of the Bataan Death March. It was a daring raid with little time for planning. It describes how the POWs bonded together to survive and defy the Japanese while enduring starvation, tropical diseases, and torture. It’s a story of a remarkable mission and a testament of the human spirit and sacrifice under most trying conditions. Goodreads 4.21

- **A Bridge Too Far** by Cornelius Ryan. It’s a WW II chronicle of the Battle of Arnhem where the Allies attempted to secure a bridge across the Rhine River. The plan was to airdrop the combined American and British airborne forces behind German lines to capture the bridge. The plan required the most troop-carrying aircraft ever assembled. It was one of the most daring and ill-fated operations of the war. It cost the Allies nearly twice as many casualties as D-Day. The story recreates the terror and suspense, the heroism and tragedy of this epic operation, which ended in bitter defeat for the Allies. Goodreads 4.27

- **We Were Soldiers Once… and Young** by Harold G. Moore. It’s Nov 65 in Vietnam, 450 soldiers of the 1st Battalion, 7th Cavalry were dropped by helicopter into the Ia Drang Valley. They were immediately surrounded by 2000 North Vietnamese soldiers. Two days later, a sister battalion was inserted only 2.5 miles away and were immediately chopped to pieces. It was one of the most savage and significant battles of the Vietnam War. These soldiers persevered, sacrificed themselves for their comrades, and never gave up. Joseph Galloway, the only journalist on the ground during the fighting interviewed hundreds of men including North Vietnamese soldiers who painted a picture of men facing the ultimate challenge and finding unimaginable ways of dealing with it. Goodreads 4.31

- **Flags of Our Fathers** by James D. Bradley. It’s Feb 1945, American marines have plunged into the surf at Iwo Jima moving through a hail of Japanese machine gun and mortar fire. Six marines fought their way to the top of the island’s highest peak and raised the American flag. A single photograph captured the moment that has come to symbolize the amazing fighting spirit and courage of American marines. The son of one of the flag-raisers wrote a powerful account of six very different young men who came together in a moment that will last forever. Goodreads 4.19
Independence Day Facts

● April, 1775 – Initial battles of the Revolutionary War broke out.

● June 7, 1776 – The Continental Congress met at Independence Hall in Philadelphia. Robert Henry Lee, Virginia Delegate, introduced a motion calling for the colonies independence. After a heated debate, Congress postponed the vote on Lee’s resolution and appointed a 5-man committee to draft a formal statement justifying the break with Great Britain. The committee included Thomas Jefferson (VA), John Adams (MA), Roger Sherman (CT), Ben Franklin (PA), and Robert Livingston (NY).

● July 2, 1776 – Congress voted in favor of Lee’s resolution based on the committee’s justification.

● July 4, 1776 – Congress formally adopted the Declaration of Independence that was largely written by Thomas Jefferson.

● July 4, 1777 – Philadelphia held the first Independence Day commemoration.

● July 4, 1778 – George Washington issued double rations of rum to all soldiers to mark the anniversary of Independence Day.

● July 4, 1781 – Massachusetts became the first state to make July 4th an official holiday. Congress made it a federal holiday in 1870.

● July 4, 1826 – Two former Presidents, Jefferson and John Adams, died within moments of each other on the 50th Anniversary of Independence Day.

Excerpt - Declaration of Independence

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed. That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness.

Long Term Investment Strategy

Let’s look at the period 2 thru 12 June 2020 where the S&P 500 index had a return of -1.28% which isn’t a disaster. However, the loss isn’t the story. It’s how it got to a -1.28% loss on a wild ride. It started the month with a 1.4% gain on 3 Jun then gave it all back on 4 Jun. On 6 Jun, it showed a 2.6% gain. Then, gave that back with -0.8% loss on 9 Jun followed by a -0.5% loss on 10 Jun. Then, some bad news spooked the market with a slower than expected recovery forecast and the possibility of a re-surgin COVID-19. The bad news caused a -5.9% loss in the S&P 500 on 11 Jun. Cooler minds prevailed on 12 Jun with a 1.3% gain. It’s a good lesson on why a long-term investment approach can help reduce the angst factor and provide better returns.
COVID-19 has had a big impact on the economy. The unemployment rate has increased from an all-time low. Many small and large businesses have gone under. The federal government has pumped billions of dollars into the economy to help boost economic development. What has been the impact on inflation? Let’s look at the most recent data from May 2019 thru May 2020. The chart shows very little inflation with all items rising only 0.1%. Lower costs for energy helped to lower inflation for other items. If you take-out food and energy costs, inflation for all items less food and energy was 1.2%. Many experts are predicting inflation of only 0.3% by the end of the year.

\[\text{US Inflation May 2019 - May 2020}\]

Kiplinger forecasts show that COVID-19 has hit some sectors hard. Airline fares are down 24% from last year. Hotel and motel rates are down 16%. Car insurance companies are offering rebates, and inventories of clothing are piling up. There are a few exceptions. Housing prices may go up in the second half of this year as the inventory falls. Food prices will probably rise by 5%. Even after lock-downs are lifted, spending at restaurants will likely be hurt by both virus concerns and lower consumer willingness to splurge on something that is not a necessity, so menu prices likely will not rise.

Core medical inflation will continue to run higher with health insurance costs and hospital charges increasing by 5.8%.

COVID-19 hit economic growth hard. Kiplinger is predicting the US domestic GDP to drop from 2.3% in 2019 to -5.8% in 2020. What are some of the key factors in the decline in GDP? Consumption dropped 6.8% with the biggest declines in motor vehicle sales and health care spending where the focus was on COVID-19 treatment with no elective healthcare procedures. The jump in grocery purchases was offset by declines in clothing, recreation, and restaurant sales. Consumers saw a 2% decline in their disposable income. Business investment fell 7.9%. Increases in housing construction, exports, and federal government spending should help fuel the recovery.
Penn National Harmony Singers

The PNHS have been sidelined by COVID-19. We managed to get 3 practices in before taking the sidelines. Our group is healthy while our audiences in assisted living facilities are being locked down to help protect them from the virus. We hope that they avoid the virus and stay healthy. It's a difficult situation because our audience is the type of group that are most at risk for contracting the virus. We will continue to assess the situation, but things don't look good for the remainder of this year.

Sandy Curtis

The Struggle with Insomnia

Let’s look to WebMD for more info on insomnia and how to help losing sleep.

- The struggle with insomnia. About 20% of people wake up in the middle of the night, then struggle to get back to sleep. This type of insomnia can be stressful, not to mention exhausting. Let's look at some tips that can help eliminate the struggle.

- Forget about the time. While you are tossing and turning, you're tempted to peek at the clock. Then, you worry about how much sleep you've lost, and it adds more stress. Turn your clock toward the wall, put your watch in a drawer, and don’t check your phone. It will help you to relax and fall asleep.

- Stay away from the blue lights. The blue light on any of your technology devices signals your brain that it's time to wake up. Close your bedroom door and turn off your tech devices an hour before bedtime. You'll sleep much better.

- Move to another room. If you've been awake for 20 minutes or longer, you may want to get up out of bed. Without turning on any bright lights, move to a different room. Don’t turn on the TV. Instead, do something peaceful and calming. You could take a few deep breaths or read a book. (Just don't choose a real page-turner!) If you wait until you feel sleepy to go back to bed, you may find it easier to drift off.

- Don't be productive. You may be tempted to make the most of your extra time awake, but don’t. The middle of the night isn’t the right time to tackle chores, get ahead at work, or be creative in the kitchen. If you do and get something out of it, you reward your brain for waking up when it shouldn’t. That makes it more likely to happen again.

- Count backwards. Is a “busy brain” the reason you’re up at night? If so, you’ll need to turn it off before you can get back to sleep. One easy way to do that: Count backwards from 100. It shifts your focus away from past regrets and future worries and forces your brain to stay in the present. Once that happens, you may feel relaxed enough to close your eyes and return to sleep.

- Ease your muscles. Your muscles need to be at ease for you to fall asleep. If you’re tense, you might not even realize that they are, too. A technique called “progressive relaxation” can help. Start at your feet and flex all the muscles in your toes for 5 seconds, then relax. Take a slow, deep breath. Repeat these steps with your legs, backside, belly, chest, arms, and face. You’ll feel the difference.

- Unwind at bedtime. Find ways to ease your stress before you go to bed. Listen to some relaxing music; do a couple of yoga exercises; or sit quietly and take a few deep breaths. They will help you fall asleep with a quiet mind.

- Cutback on caffeine. Coffee, tea, soda, energy drinks, or chocolate all have caffeine that triggers your brain to stay awake. The effects begin quickly and linger for hours. A good rule of thumb is to avoid all caffeine after 1 PM.

- Aim for a noise free bedroom. Your brain is still listening even while you sleep. During a quiet time, listen for sounds in your bedroom and try to isolate them.

- Keep cool. Cool temperatures between 60 to 67 degrees help you sleep better. Open a window or turn on your ceiling fan and cover yourself with a couple of light blankets instead of a heavy comforter.

- Meditate. Sit quietly and focus on your breathing. Think of a calming word or short phrase. You can also picture a place that makes you happy.

Time is running out. Don’t forget to renew your PNHA membership for fiscal year 2020 – 2021. Download the membership form for more details.
What About Gray Hair?

Let's look to WebMD for important information about gray hair.

- **Science of Gray.** Your hair follicles have pigment cells that make melanin, a chemical that gives your hair its color. As you age, these cells start to die. Without pigment, new hair strands grow in lighter and take on various shades of gray, silver, and eventually white. Once a follicle stops making melanin, it won’t make colored strands again.

- **When and Why It Happens.** Don’t blame your job or unruly kids for your grays. Your genes dictate how early and how quickly it happens. So if either of your parents had a full head of gray hair in their 30s, there’s a good chance you will, too.

- **Race Plays a Role.** On average, white people start to gray in their mid-30s. Asians start in their late 30s. And African Americans usually don’t see color changes until their mid-40s.

- **Premature Gray.** Some people go gray 10 or more years earlier than the average person does. It’s premature if you’re gray before: 20 if you’re white; 25 if you’re Asian; and 30 if you’re African American.

- **Does Stress Play a Role?** Not directly. But it can cause a condition that causes your hair to shed about 3 times faster than normal. It’s possible that when your hair grows back, it’s gray instead of your original color.

- **The Smoking Link.** Lighting up affects your body from head to toe. That includes the hair on your head. One study showed that smokers are 2 1/2 times more likely to gray before age 30 than non-smokers. It also can make silver gray look yellow.

- **To Pluck or Not.** There’s an old wives’ tale that says if you pluck a gray, three will grow back. That doesn’t happen. Still, don’t pluck. You’re just delaying the inevitable – another gray strand will replace it. Besides, pulling hair out can damage follicles so much, they no longer grow hair. This can make your mane look thin over time.

- **My Gray’s Feel Different.** Gray hair is thinner than hair with natural color because its cuticle is thinner. Your hair needs that natural protection from water, ultraviolet rays from the sun, humidity, chemicals, and heat styling. Without that barrier, your hair loses water. So your gray will feel dry, fragile, and coarse. African American hair tends to be more prone to damage, compared to that of Asians and whites.

- **Just Dye It!** You can do it yourself with a box from the drugstore. Look for products designed for gray hair. Permanent dye will better cover stubborn roots than semipermanent color. If you can afford it, opt for a color treatment at your local salon. If some of your grays won’t take in the color, try using a lighter shade that will blend in with the grays.
During June, we continued sharing pictures using emails. Our current Photo Assignment is **Things in Motion**. We shared one photo every week that depicted something in motion. We used panning, high shutter speed and other techniques to convey our subjects' speed. The techniques allowed us to blur or freeze a subject to indicate apparent motion.

We usually meet at 6 PM on the first Thu of the month at the Grove Family Library, but COVID-19 confined us to email. Photo enthusiasts from beginners to advanced are welcome. We discuss our photos, go on field trips, and have speakers, videos and workshops to expand our photographic knowledge. Contact [Gary Dickinson](#) at 301-873-7468 for more information.

What if I forgot to renew my PNHA membership? We're still processing renewals. Go to our website at [www.pnha.org](http://www.pnha.org) and download the membership form. Follow the instructions on the form and mail your check for $20. Make sure you renew before 10 July to be listed and receive the Members Directory & monthly newsletters.
Top Five Founding Fathers

Our Founding Fathers were political leaders who were part of the American Revolution and the founding of our new nation after winning our independence. There were many of them, but these top five made the biggest impact in getting our nation going.

| George Washington | Continental Army Commander & President of the Constitutional Convention. First President of the nation. |
| John Adams        | Helped draft the Declaration of Independence and negotiated the end of the Revolutionary War. |
| Thomas Jefferson  | Drafted a large part of the Declaration of Independence and served as VP to John Adams and 3rd President. |
| James Madison     | Father of the Constitution. He authored the Federalist Papers that helped convince states to support the Constitution. Drafted the Bill of Rights. |
| Benjamin Franklin | Elder statesman of the time. Made final changes to Declaration of Independence. Played central role in getting French aid to support the revolution. |

Read more about our top founding fathers at this [link](#).
July 4, 1776, our Founding Fathers approved the Declaration of Independence and went to war with England to protect the principles in that document. They drew up Articles of Confederation that established a firm league of friendship among the states and vested limited powers in a Congress of the Confederation. The Congress couldn’t raise funds by itself. They depended on the states for money. Each state sent delegates to the Congress, but important decisions required an unanimous vote. So, the Congress was paralyzed.

In 1787, there was a movement to amend the articles to provide more flexibility for the federal government. The delegates led by Thomas Jefferson drafted a new constitution that provided more power for the central government, but also provided a separation of power among the President, Congress, and Supreme Court. The Constitution was ratified on May 29, 1790. Federal powers not specified in the Constitution were reserved for the States.

James Madison and many others were concerned about the lack of basic individual rights in the new Constitution. They introduced 12 amendments to the Constitution at the First Congress in 1789. Ten of these amendments would become the Bill of Rights. One was never passed, and one dealing with Congressional salaries wasn’t ratified until 1992 as the 27th Amendment. These 10 amendments are still the cornerstone of our democracy. A summary of each amendment is shown in the table.

<table>
<thead>
<tr>
<th>Amendment</th>
<th>Rights</th>
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<tbody>
<tr>
<td>I</td>
<td>Freedom of Religion &amp; Speech</td>
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<td>II</td>
<td>Right to Bear Arms</td>
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<td>III</td>
<td>Prohibits Quartering Troops in Private Homes</td>
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<tr>
<td>IV</td>
<td>Protects Citizens from Unreasonable Search &amp; Seizure</td>
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<tr>
<td>V</td>
<td>Provides Citizens Due Process before Prosecution &amp; Punishment</td>
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<tr>
<td>VI</td>
<td>Assures the Right to a Speedy Trial by a Jury of Peers</td>
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<tr>
<td>VII</td>
<td>Provides that Civil Cases also be Tried by Jury</td>
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<tr>
<td>VIII</td>
<td>Prohibits Excessive Bail &amp; Fines and Cruel &amp; Unusual Punishment</td>
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<tr>
<td>IX</td>
<td>People Retain Rights not Enumerated</td>
</tr>
<tr>
<td>X</td>
<td>Assigns All Powers not Delegated to the United States to the States or the People</td>
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Men’s Luncheon

<table>
<thead>
<tr>
<th>Date</th>
<th>Tue, 15 Sep</th>
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<tr>
<td>Place</td>
<td>Penn National Trellis Terrace</td>
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<tr>
<td>Time</td>
<td>Bring Your Own Drink at 11:00 AM; Lunch at 11:45 AM</td>
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<tr>
<td>Cost</td>
<td>$18</td>
</tr>
<tr>
<td>Menu</td>
<td>Choice of Club Wrap or Turkey &amp; Bacon Wrap, Penne Pasta Salad with Garden Fresh Vegetables and Vinaigrette Dressing, Homemade Chips, Fresh Baked Cookie for dessert. Ice Tea and Lemonade. Lunch will be pre-packaged due to COVID-19.</td>
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Please make your reservation and lunch selection by contacting Bernie Goldberg at 717-401-0084 or Bob Cronin at 717-352-8539 on or before Tue, 8 Sep. 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 Tue, 13 Oct.

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### July Newsletter Facts

- 566 electronic copies emailed
- 267 paper copies printed and mailed
- 31 advertisers pay printing and mailing costs

### List of Advertisers

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<tr>
<td>All Seasons Lawncare</td>
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<td>Chambersburg Hearing Center</td>
<td>Maid King</td>
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<td>Roamer’s Roofing &amp;</td>
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<td>R. Thomas Murphy &amp;</td>
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<td>Edward Jones</td>
<td>Chambersburg Hearing Center</td>
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<td>Forrester Lincoln</td>
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<td>GH Lehman Painting</td>
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<td>Jill of All Trades</td>
<td>Taylored Designs</td>
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<td></td>
<td>White Rock Real Estate</td>
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<td>Wired Integrations</td>
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*Click on name to go to their ad*

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July Important Historical Dates

<table>
<thead>
<tr>
<th>Day</th>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>2</td>
<td>1788</td>
<td>Congress announced the United States Constitution had been ratified by the required nine states and that a committee had been appointed to make preparations for the new American government.</td>
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<tr>
<td>3</td>
<td>1775</td>
<td>During the American Revolution, George Washington took command of the Continental Army at Cambridge, Massachusetts.</td>
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<td>5</td>
<td>1775</td>
<td>The Continental Congress adopted the Olive Branch Petition expressing hope for a reconciliation with Britain. However, King George III refused even to look at the petition and instead issued a proclamation declaring the colonists to be in a state of open rebellion.</td>
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<tr>
<td>8</td>
<td>1776</td>
<td>The first public reading of the Declaration of Independence occurred as Colonel John Nixon read it to an assembled crowd in Philadelphia.</td>
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<tr>
<td>13</td>
<td>1787</td>
<td>Congress enacted the Northwest Ordinance establishing formal procedures for transforming territories into states. It provided for the eventual establishment of three to five states in the area north of the Ohio River, to be considered equal with the original 13.</td>
</tr>
<tr>
<td>31</td>
<td>1776</td>
<td>During the American Revolution, Francis Salvador became the first Jew to die in the conflict. He had also been the first Jew elected to office in Colonial America, voted a member of the South Carolina Provincial Congress in January 1775.</td>
</tr>
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</table>
Let’s take a look at Goodreads for the best books that you will want to read again.

- **The Book Thief** by Markus Zusak. It’s set in Nazi Germany in 1939. Liesel’s life is changed when she finds a book left by the gravediggers while mourning the loss of her brother. *The Gravedigger’s Handbook* was left by accident, and it is Liesel’s first act of book thievery where she begins a love affair with books. Her foster father helps her learn to read. Soon, she is stealing books from Nazi book burnings, the mayor’s wife’s library, and other places where books can be found. However, danger lurks when her foster family hides a Jew in their basement. Liesel’s world is both opened up and closed down. [Goodreads 4.37](https://www.goodreads.com/)

- **The Thorn Birds** by Colleen McCullough. It’s a romantic saga of the Cleary family. It starts with Paddy Cleary moving his family to a vast sheep station owned by his autocratic and childless sister. It ends about 50 years later with the only survivor, a talented actress Justine O’Neill – the daughter of Meggie. She sets a course of life and love halfway around the world from her roots. It has a great cast. Meggie, the only Cleary daughter who falls in love with a priest who makes his way from a remote Outback parish to the Vatican. Fiona, Paddy’s wife, who holds back love because it once betrayed her, and the Cleary sons who give all of their energy and devotion to the land. [Goodreads 4.24](https://www.goodreads.com/)

- **The Clan of the Cave Bear** by Jean M. Auel. She takes you back to the dawn of modern humans with a girl named Ayla and the Ice Age world she shares with the ones called Clan of the Cave Bear. A natural disaster leaves Ayla wandering alone not knowing where to go. She is found by a woman of the Clan – Iza. To the Clan, blond, blue-eyed Ayla looks peculiar and ugly. Iza can’t leave her to die, so she takes Ayla with her as the Clan searches for food and safe surroundings. Ayla learns the ways of the Clan and Iza’s way of healing. Trouble starts when a proud, up-and-coming youth who is destined to become the next leader of the Clan sees Ayla has a threat to his authority. He develops a deep hatred for Ayla and is determined to get revenge. [Goodreads 4.05](https://www.goodreads.com/)
**Position PNHA Officers and Directors**

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<thead>
<tr>
<th>Position</th>
<th>PNHA Officers and Directors</th>
<th>Phone</th>
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<tbody>
<tr>
<td>President</td>
<td>Debi Rohrback*</td>
<td>401-0536</td>
</tr>
<tr>
<td>Vice President</td>
<td>Dan Whaley***</td>
<td>401-0469</td>
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<tr>
<td>Treasurer</td>
<td>Steve Mitchell*</td>
<td>717-660-8326</td>
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<tr>
<td>Secretary</td>
<td>Bobbie Jones*</td>
<td>616-481-9833</td>
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<tr>
<td>Past President</td>
<td>John Byam***</td>
<td>352-8739</td>
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<tr>
<td>Publications</td>
<td>Craig Curtis</td>
<td>352-7719</td>
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<td>Director</td>
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<tr>
<td>Local Gov’t</td>
<td>Paul Rohrback***</td>
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<tr>
<td>Liaison Director</td>
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<tr>
<td>Membership</td>
<td>Kathy Gallagher</td>
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<tr>
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<td>Susan Kemerer</td>
<td>414-0514</td>
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<tr>
<td>Social Activities</td>
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<td>401-0024</td>
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<tr>
<td>Director</td>
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<tr>
<td>White Rock</td>
<td>Kim Engman***</td>
<td>401-0602</td>
</tr>
<tr>
<td>Liaison Director</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Elected by general membership
** Reelected by general membership
*** Appointed by PNHA Officers

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**White Rock Real Estate**
The Penn National Experts
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Left to right: Ted, Diane, Honor, Dennis, Patti, Patti, Whitney

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