



DISPATCH NEWSLETTER

**Volume 13
Fall 2026**

Savvy Citizen Sign-Up

From the Chairman's Desk..



At the August Board of Supervisors meeting, I had the honor of recognizing Barb Underwood on behalf of the Board of Supervisors, the Planning Commission, and the township staff for her decades of dedicated service to Cumberland Township.

Through her commitment, leadership, and vision, Barb played an instrumental role in helping to shape Cumberland Township into one of the best places to live in Adams County. She served first as a member of the Board of Supervisors and then on the Planning Commission, ultimately rising to serve as Chair of both. In these roles, she consistently advocated for what was right for the township and encouraged others to find their voice in serving the residents.

To honor her contributions, I presented Barb with a plaque reading, "With deep appreciation for your vision, leadership and dedication to the Cumberland Township Planning Commission."

On a personal note, presenting this recognition meant a great deal to me. When I joined the board nearly eight years ago, Barb took me under her wing, answered my questions, and helped me navigate municipal government. Her mentorship laid the foundation for my continued service to our township. I can only hope to serve Cumberland Township and its residents as well as she did.



**Chairman Shaun Phiel
Board of Supervisors**

From the Township Manager's Desk...

Moving Forward: Cumberland Township Celebrates Grand Opening of New Municipal Complex

What started as a forward-thinking plan to secure our community's future for the next 40 years is now a reality. Twenty-eight months after the Board of Supervisors held its pivotal building workshop on June 18th to lay out a vision for progress, the community is officially invited to celebrate.

Residents, local and state elected officials, and community partners are cordially invited to join us for the grand opening and ribbon-cutting ceremony of the brand-new **Cumberland Township Municipal Complex**. Immediately following the ribbon cutting, attendees will have the opportunity to take a full tour of the entire facility.

Built for Growth, Safety, and Accessibility

The major renovation has increased the building's footprint by 38%, expanding the original 8,800-square-foot office and garage structure into a modern, 12,260-square-foot complex. This critical expansion directly addresses three primary needs identified by the township:

- **Expanded Police Infrastructure:** A massive **75%** of the building's new footprint is dedicated to expanding the Police Department. While the original 1994 space was built to support just two officers, this modern upgrade fully accommodates our current team of **11 officers**.
- **Enhanced Security:** The layout incorporates modern structural updates designed specifically to eliminate safety vulnerabilities that were identified in recent facility studies and evaluations.
- **Community Accessibility & Utility:** The new complex is fully **ADA compliant**, ensuring equal access for all residents. Additionally, the building features dedicated public space to host township HOA meetings, elections, and other vital civic gatherings.

Funding the Future

This massive undertaking was made possible through aggressive grant securing rather than placing the full burden on local taxpayers. The Township successfully secured **\$2,050,000.00** in grant funding, with a final **\$50,000.00** milestone scheduled for release in 2027 upon the official closeout of the Pennsylvania Redevelopment Assistance Capital Program (RACP) grant.

We would like to extend our deepest gratitude to our local and state elected officials. Their tireless advocacy and support were instrumental in helping us successfully achieve our building goals—ensuring a safe, accessible, and functional home for our township operations for many decades to come.

We look forward to celebrating this historic milestone with you!

David Blocher
Township Manager



You're Invited!

GRAND OPENING

Cumberland Township Municipal Complex

You are cordially invited to join the township, local & state elected officials, and community partners for the grand opening and ribbon cutting of the new Cumberland Township Municipal Complex.

OCTOBER 20

1370 FAIRFIELD ROAD,

4:30 PM RIBBON CUTTING CEREMONY

5:00 - 6:00 PM OPEN HOUSE

RSVP to :

AShank@CumberlandTwpPA.gov

From the Maintenance Department...



Summer Wrap Up

With the summer construction and maintenance season coming to an end Cumberland Township Highway Department has completed numerous projects this past year both in-house and contracted. Starting with projects the team completed with resources within the department were the completion of the paving of the administration rear parking lot, this project was completed by the team with outside help from neighboring municipalities, Straban and Mount Pleasant Townships and rental equipment from C.E. Williams and York Excavating. This project was the final step in the building and campus upgrades. Contracted surface treatments were completed on Park Ave., Skyline Ct., Tiffany Ln., Kinsey Dr., Herrs Ridge, Belmont, Russell Tavern, Breems Hill and Miller Roads. Additionally, Hills Drive was resurfaced in cooperation with Columbia Gas and the replacement of their gas main and services. Along with various routine projects we replaced storm sewer pipes along parts of Ridge, and Russel Tavern Roads, these were dilapidated pipes that needed replaced in preparation for future road improvements. Also, this fall traffic lines were repainted for better visibility and navigation throughout township roadways along with various crosswalk repainting with the help of the Gettysburg borough highway department and their line painting machine. We will be utilizing a rented boom mower to help with vegetation control around the township this fall. This is an annual project that helps with sight distances and visibilities on our roadways.



Winter Operations Plan

A Winter Operations Plan is built on the foundation of Safety and Levels of Service. The definition of Level of Service is defined as “The observed or desired pavement conditions at various points in time during and after winter weather events.”

It is the expectation of our residents that the Township will keep all the roads sufficiently passable during and following a winter weather incident. To accomplish this, the Township may implement a Snow and Ice Emergency Plan, (Ord. 2/14/2006), also the Township will provide, to the extent reasonably possible, effective and efficient measures consistent with generally accepted standard practices to restore mobility. Due to the many variables associated with winter weather, each event is unique. Factors that influence when and what measures we use include: air and pavement temperatures, wind speeds and directions, precipitation rates and types, time of onset, duration and traffic activity. Availability of equipment, personnel and materials are also key factors that affect the effectiveness of snow and ice control efforts.

It is important to note that there are many variables that can affect the ability of the Township to fully execute a snow removal operation. It is intended to convey to all – employees, elected officials, the media and the public at large – that storm conditions, material and supplies limitations, and availability of operable equipment and trained personnel are vital factors, and some are beyond our control.

The different priority rankings of streets and roads in Cumberland Township are established to maintain efficient and effective traffic flow.

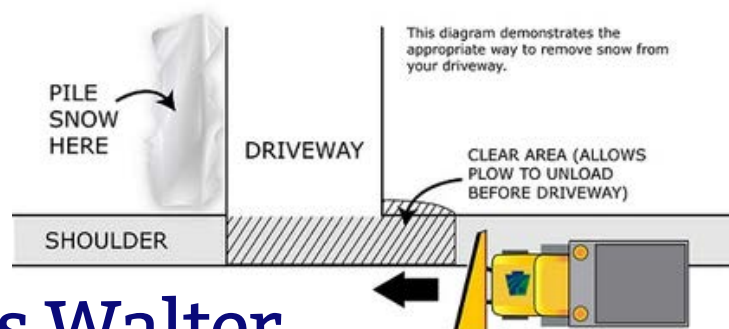
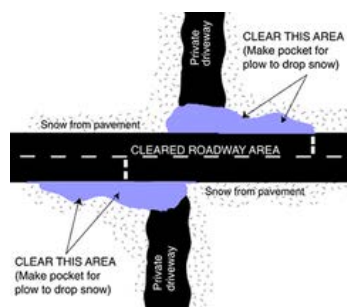
For winter maintenance operations, there may be some deviation due to special considerations such as, but not limited to, emergency response and schools. The following is a priority classification schedule for Cumberland Township:

- Priority 1: major arterial streets
- Priority 2: collector streets, minor arterial streets, special routes
- Priority 3: residential streets, development side streets and cul-de-sacs

The Maintenance Department utilizes an arsenal of snow fighting equipment operated by trained and experienced staff. Please use caution when approaching a snowplow and give them room to work. Safety is top priority for the traveling public and our operators.

We do offer the following guidelines for shoveling or plowing snow on property adjacent to township-owned roadways:

- Snow should be shoveled or plowed to the right side of the driveway as you are facing the intersecting roadway. By piling the snow away from the oncoming direction of the snowplows, the snow will not be pushed back onto the driveway.
- Eliminate snow piles at the property entrance whenever possible. High accumulations of snow can obstruct the vision of motorists, posing a safety hazard.
- Do not push snow onto roadways at any time. This creates hazardous conditions for all vehicles.
- See examples below:



Chris Walter
Superintendent of Roads

From the Chief of Police...

Commendations and Community Engagement

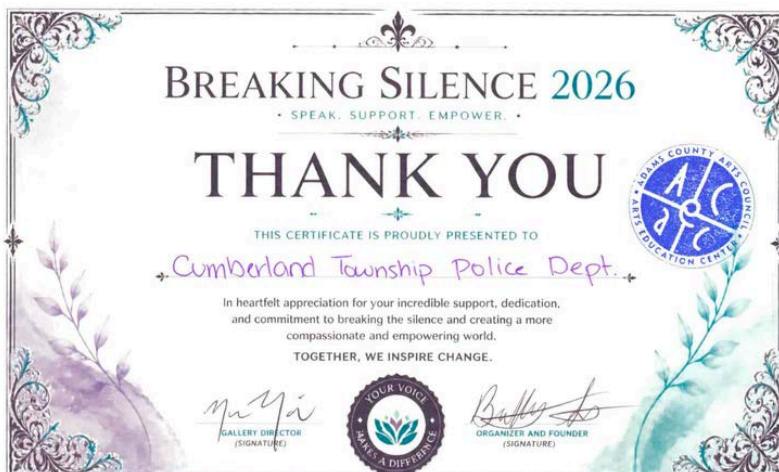


Picture provided by Gettysburg Times

Officer Lane Hartley receives commendation for his actions while on duty.



Our police department recognized September as being the month for Mental Health, Suicide Prevention and Recovery Awareness. CTPD is a committed community partner and has committed our officers to the Crisis Intervention Team (CIT) training to better serve our community. Officer Barbagello and Sgt Rosenberger attended the 2026 "Breaking Silence" event held at the Adams County Arts Council.



Medication Collection Box

The medication disposal collection box is now available in our township office's vestibule. It is accessible during office hours Monday - Thursday. No appointment necessary.



Medication Drop Box for Cumberland Township Residents

Located at
Cumberland Township Administration Office
1370 Fairfield Road
Gettysburg, PA



Got Drugs?



Looking for a way to protect the environment and keep unused or expired medications out of the hands of others?



Products Accepted:

Prescription and over-the-counter solid medications, tablets and capsules, liquid medications, inhalers, creams, ointments, nasal sprays, and pet medicines



Products NOT Accepted:

Intravenous solutions, injectables and needles

Free and Anonymous Disposal!

If you can't wait for the Spring and Fall medication Take Back events, you can turn in unused and expired medications for safe disposal at one of the Adams County's permanent medication drop-off boxes! Check out the Medication Collection Box Locations listed on the other side of this flyer!

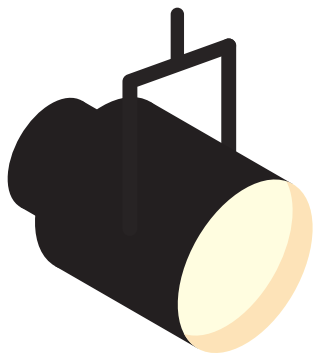
Need help with addiction?
www.ddap.pa.gov

www.cfygettysburg.com

COLLABORATING
Doing what works
in Adams County **FOR YOUTH**

Matt Trostel Chief of Police





Welcome Lisa Black, Cumberland Township Secretary

Lisa has built a diverse and rewarding career, spending the past 6.5 years as an Administrative Assistant. Before transitioning into an administrative role, she spent 18 years working in education, where she developed a strong passion for helping others, staying organized, and making a positive difference.

Outside of work, Lisa enjoys staying active and cheering on her favorite teams. She is an avid bowler and proudly has a perfect 300 game to her name—a remarkable accomplishment! She also loves spending time at the beach, visiting Hersheypark, and following her favorite Pennsylvania teams, including the Philadelphia Phillies, Philadelphia Eagles, and Penn State Nittany Lions.

Family is especially important to Lisa. She is a proud aunt to two nephews and two nieces, ranging in age from 3 to 8, and enjoys making memories and spending time with them. Whether she's at the bowling alley, enjoying the beach, rooting for her favorite team, or making memories with family, Lisa brings enthusiasm and a positive attitude to everything she does.



Join us in welcoming Lisa to Cumberland Township!



Recycling and Waste Management

Adams Recue Mission offers recylcing services to the township residents on the first and third Saturday of each month from 8 am - 12 pm at the township office - 1370 Fairfield Road.

You may bring these items for recycling:

- Plastic
- Aluminum/tin
- Cardboard
- Newspaper
- Magazines
- Office paper
- Glass bottles and jars. (No decorative or plate glass please)

Please reference the attached flyer for any waste or recycling needs.

Adams County Recycling and Waste Management Information.



Adams County Conservation District Vector Control



Here is the season recap on the 2026 tick and mosquito populations in Adams County:

The mosquito trapping season has officially come to an end for 2026. As the weather cools down and the days begin to shorten mosquito activity is quickly dying down. The good news is that with a decrease in mosquito activity the risk of contracting a mosquito borne illness has also decreased. It is important however to keep in mind that on warmer days mosquito activity can increase again. Make sure to take precaution during these warm spells to continue wearing proper protective measures. Long sleeves, pants, and closed toed shoes are a great way to stay warm and avoid being bitten. You can add to the protective measures by using an EPA approved bug repellent of choice.

A total of 233 adult mosquito samples were collected in Adams County this season. 20 of those adult mosquito samples collected tested positive for West Nile Virus. 1 sample was collected in Cumberland Township, 11 in Conewago Township, 5 in Gettysburg Borough, and 3 in Littlestown Borough. Here is a summary of what occurred in Adams County this 2026 season:

- 449 total mosquito samples have been collected
- 233 adult mosquito samples
- 216 larval mosquito samples
- 176 total mosquito control events have been conducted
- 22 adult control events
- 154 larval control events

While the Department of Environmental Protection (DEP) has just begun their adult Deer Tick surveillance, the nymphal deer tick surveillance season has just ended for 2026. Much like mosquitoes, tick activity generally decreases as temperatures decline however Deer ticks can remain active on warmer days usually as temperatures exceed 40° F. It is just as important now as any other time of the year to wear personal protective measures to reduce your risk of contracting a tick-borne disease. Along with the protective measures described above, clothes and hunting gear can also be treated with permethrin to kill ticks and mosquitoes on contact. Ensure to conduct a thorough tick check after spending time outdoors checking especially on the scalp, in hair, behind ears, on wrists, ankles, armpits, and behind knees. If a tick is found attached use a tick puller or tweezers to grab the tick as close to the skin surface as possible. Do not twist or jerk. Instead pull the tick out with steady even pressure to ensure all parts of the tick are removed. After the tick is removed, clean the bite area with rubbing alcohol or soap and water. Place the tick into rubbing alcohol to kill it.

For more information you can visit the Adams County Conservation District webpage, or the Department of Environmental Protection webpage. As the season comes to an end you can continue to contact me through the end of the week at mlang@adamscountypa.gov or call the Adams County Conservation District at 717-336-0636. Thank you all for your correspondence and help to put another successful season in the books!

Madison Lang
Vector Control Coordinator
Adams County Conservation District
670 Old Harrisburg Road, Suite 201
Gettysburg, PA 17325
(717) 334-0636 Ext. 3042
mlang@adamscountypa.gov





Storm Water News

Stormwater is a Community Opportunity

Where were you during Hurricane Agnes in 1972? Do you recall the winter of 1996, when a blizzard was followed by warmth and rain? Add Tropical Storm Lee in 2011 and you have three of the worst recent flood events in our area.

Although the term ‘stormwater’ may be associated with large amounts of rain or snow from a major weather event, it actually refers to ALL of the precipitation that an area of land receives. Potential loss of life and property damage due to flooding are frightening and expensive impacts of stormwater. The loss of valuable soil through erosion of agricultural lands, construction sites, and other areas of bare soil are additional negative impacts which decrease farm productivity, increase construction costs and muddy streams where we like to fish and recreate. Moving stormwater away from our homes, businesses, and communities may seem like a reasonable approach and historically, this is what we have done. We have ditches, storm drains, underground pipes, and surface level concrete channels to quickly carry the water somewhere else.

This method of managing stormwater magnifies the negative effects of stormwater on the health of our waterways and the folks who live downstream. In addition, it robs upstream communities of an opportunity to harness that water to provide the quantity and quality of fresh water which all of us rely on every day.

The characteristics of the land where it falls influence whether stormwater may become harmful or helpful. Large percentages of hard surfaces on the land such as buildings and paved areas increase the risk of stormwater becoming a problem. Ground cover using native vegetation creates the greatest opportunity to reap benefits from stormwater.

Personal safety, land use, property protection, adequate and clean water supplies, recreational opportunities, and community livability all depend on smart stormwater management. Municipalities cannot do this work alone. Practices for handling stormwater are available for private landowners which provide both personal and community benefits. Rain barrels and rain gardens, which have been discussed in previous issues of this newsletter, are examples. For a deeper understanding about stormwater and management tools, visit the municipal office or <https://extension.psu.edu/catalogsearch/result/?q=stormwater>.

Karen Kaslow, Master Watershed Steward Coordinator
Penn State Extension Adams County



GARA/The REC PARK

At the GARA Board meeting, Jim and Cathy Kunkle of Crouse Electric were recognized for their generous donation of time, labor, and materials to completely revamp the electrical system at our community amphitheater. Their contribution has significantly enhanced the performances and events hosted at the venue.

GARA and the Gettysburg community extend our sincere thanks to Jim, Cathy, and Ryan for their generosity and commitment to our community. Ryan was unable to attend the recognition due to a family commitment.

Thank you for helping make these wonderful community events possible!



At the GARA Board meeting, we had the pleasure of recognizing and thanking two longtime employees, Mr. Jeff Gastley and Mr. Leon Pisano, for their many years of dedicated service to GARA and our community.

Throughout their tenure, Jeff and Leon worked tirelessly to keep our park beautiful and well maintained, handling everything from mowing and tree trimming to countless other maintenance responsibilities that often happen behind the scenes but make such a difference to everyone who visits and enjoys our facilities. As a token of our appreciation, both gentlemen were presented with gift certificates to enjoy at the Dobbin House.

Thank you, Jeff and Leon, for your years of hard work, dedication, and service to GARA. We wish you both the very best in all your future endeavors!

GARA/The REC PARK (continued)

The rec park hosted a 9/11 memorial walk today conducted by the Harrisburg recruiting battalion. The colonel recognized park staff for their exceptional coordination and support. Dr. Al Moyer, park director shared what an honor and privilege it was to host this event.



On Friday, September 11th, 2026 GARA (The Rec Park) hosted the Harrisburg Recruiting Battalion better known as the COLD STEEL Battalion for their 9/11 Memorial March.

More than eighty soldiers of various ranks attended the program from as far as Reading and Bethlehem Pennsylvania. Lt. Mustell (U.S. Army) was our primary contact coordinating with Dr. Al Moyer the park director.

The battalion officers graciously awarded the director and park staff with two beautiful wooden plaques for us to display.

On behalf of GARA, the Gettysburg Borough, and Cumberland Township we thank these individuals for their service and we welcome the honor and privilege to have them back any time for future events.

The battalion was pleased to hear about the recent Rural Salute event we hosted as well as the monthly military share program that provides healthy groceries to more than 100 military veterans.

Respectfully submitted,
Dr. Al Moyer (park director)
aem



GARA/The REC PARK (continued)



Fall Newsletter:

We have had another busy summer and look forward to the park's activities this fall season and beyond. Cheerleading, football, baseball, and club soccer are in full swing.

We recently recognized the Kunkels from Crouse Electric for their wonderful donation of time, labor, and materials used to rework the electrical system in our newly renovated amphitheater.

We also recognized two long-term maintenance employees for their service at our August board meeting. Jeff Gastley and Leon Pisano will be sorely missed and hard to replace.

We are really excited about the new signage in the Winebrenner parking area near Howard Ave. donated by Mr. Bob Anderson.

I also had the privilege of welcoming several new students from Gettysburg College and providing a short orientation regarding the park. They also provided some community service by reorganizing our storage area of tables and chairs.

The second annual music festival postponed from Memorial Day weekend was wonderful. We had six local bands and a dozen food and drink vendors for everyone to enjoy.

As we look ahead, we are once again holding a Christmas Craft show here in the Sterner building on Saturday, December 5th. This event is always a strong draw for our locals and tourists alike.

**There is much more to share, but I will save that for a later date. On behalf of the GARA board, borough, and Cumberland Township, we wish everyone a wonderful fall season and beyond.
Check out the photos..... Al**

**Dr. Al Moyer| Executive Director
Gettysburg Area Recreation Authority
545 Long Lane, Suite 1
Gettysburg, PA 17325
(717) 334-2028**



Harvest of the Month | Family N Apples

Throughout the world, about 7,500 different varieties of apples are grown, with about 2,500 varieties grown in the United States. Apples range in color in shades of red, green, and yellow and vary in flavor from tart (e.g. Stayman, Granny Smith) to sweet (e.g. Fuji, Gala). While most varieties of apples are great eaten raw, only some are considered good for cooking (e.g. McIntosh, Granny Smith, Rome, and Cortland.)



Did you know?

-  Pennsylvania produces 400 to 500 million pounds of apples per year and ranks fourth in the nation for apple production.
-  The majority of apple production in Pennsylvania is centered in the southcentral part of Pennsylvania but apples are grown throughout the Commonwealth.
-  About one third of Pennsylvania's apple crop is sold fresh. The remainder is sold for processing to make products such as apple cider, applesauce, apple pies and apple juice.

Selection

Good quality apples are firm, with smooth, clean skin that is free of blemishes. Consider how you will use the apples when deciding how to select. For example, the highest quality may not be necessary if the apples are going to be peeled and used to make products such as pie or apple sauce.

Avoid apples with soft or dark spots and ones that have rough and scab-like conditions on the stem end.

Storage

Store apples in a cool, dark place. They can be stored in a plastic bag in the refrigerator. Apples will pick up odors if stored with certain foods that produce them, such as onions and potatoes. Apples produce a gas called ethylene which causes other produce to ripen quickly. Store apples away from ethylene sensitive products such as bananas, broccoli, carrots, cucumbers, leafy greens, lettuce, and sweet potatoes.

Handling

Wash apples under cold, running water prior to serving. Refrigerate cut apples immediately and use by the following day. To prevent cut apples from browning, dip or coat sliced apples with an acidic solution of 1 part lemon juice to 3 parts water or use an appropriate commercial product according to the manufacturer's instructions. Waxing is a normal part of apple processing and is not a food safety concern.



Community News & Events



Nutrition

Apples are a source of fiber and vitamin C. Removing the skin removes much of the fiber. Dehydrating or drying the apples removes the vitamin C. Apples are also a source of phytochemicals which are substances that are believed to guard against cell damage and have a wide variety of health benefits. Studies show that apples, or the specific phytochemicals in them, may protect against cardiovascular disease, diabetes, and some forms of cancer and may help with weight control.

Harvest Season

According to the PA Preferred Seasonal Calendar, apples are available year-round in Pennsylvania. They are typically harvested from July through October. Many apples are held in controlled atmosphere storage after harvest for several months.

Preparation

Eating apples raw is probably the most popular way to consume them. Young children, in particular, may prefer sliced apples over whole ones.

Apples can also be added to salads or even main dishes like stir fries, made into applesauce, or baked.



Recipe | Apple Coleslaw

Makes 4 Servings

Ingredients	Measure	Directions
Cabbage	2 cups	1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
Carrot	1 (medium, grated)	2. Peel the carrot. Grate it with a grater.
Green Pepper	1/2 (chopped)	3. Chop half a green pepper into small pieces.
Apple	1 (chopped)	4. Remove the core, and chop the apple.
		5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
Yogurt, low fat	5 tablespoons	
Mayonnaise, low-fat	1 tablespoon	6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
Lemon Juice	1 teaspoon	
Dill Weed	1/4 teaspoon	
		7. Pour the dressing over the salad. Toss to mix.
		8. Add salt and pepper to taste.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes.



Check out the PA Harvest of the Month website (www.paharvestofthemonth.org) for sources, additional resources, and recipes.

Developed by the Pennsylvania Department of Education and Penn State University (Project PA).

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organization imply endorsement by the U.S. Government. USDA is an equal opportunity provider, employer, and lender.





Apples



For fun facts about apples, as well as tips and tricks to help you pick, prepare, and eat more apples this month, check out Pennsylvania Harvest of the Month resources at <https://www.paharvestofthemonth.org/>.

Resources include:

["In The Kitchen" Videos](#)

[Family Newsletters](#)

[Fact Sheets](#)

[Pre-School Activities](#)



Market Basket of the Month is a WellSpan Community Health and Engagement initiative.



October Recipes

Apple Sandwiches

Makes 2 servings

Ingredients

- 1 medium apple
- 2 tbsp. peanut butter
- 1 tbsp. raisins

Directions

1. Rinse or scrub fresh fruit under running water before preparing.
2. Cut the apple in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
3. Spread 1/2 teaspoon of peanut butter on one side of each apple slice.
4. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut butter side down. Squeeze gently.
5. Continue step 4 with remaining apple slices.

Notes

- After spreading the peanut butter on the apple slices, sprinkle with grated carrots, chopped nuts, seeds, or granola instead of, or along with, the raisins.
- Try this recipe with other nut or seed butters, such as almond, hazelnut, or sunflower seed.
- Try this recipe with other dried fruit pieces, such as cherries or cranberries.

Nutrition Facts (1/2 apple): 150 Calories, 8g Total Fat, 1.5g Saturated Fat, 0mg Cholesterol, 70mg Sodium, 19g Carbohydrates, 13g Total Sugars (1g Added Sugars), 4g Protein.

♥ Heart-Healthy Recipe

✓ Kid-Friendly Recipe

Source: <https://foodhero.org>

Apple Cinnamon Granola Bars

Makes 12 servings

Ingredients

- 1 cup all-purpose flour
- 1/4 tsp. salt
- 1/2 tsp. baking soda
- 1/2 tsp. cinnamon
- 1/2 cup brown sugar
- 1 cup quick-cooking or old fashion oats (uncooked)
- 1/2 cup vegetable shortening, margarine, or butter
- 16 oz. jar of applesauce

Directions

1. Preheat the oven to 350 °F.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in a mixing bowl. Stir together.
3. Add the shortening to the bowl. Use 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of an 8" x 8" baking dish.
5. Spread half of the crumb mixture in the greased baking dish.
6. Spread applesauce over the crumb mixture.
7. Top the applesauce with the rest of the crumb mixture.
8. Bake in the oven for 40 to 45 minutes.
9. Cut into 12 equal squares when cool.

Nutrition Facts (1 square): 200 Calories, 8g Total Fat, 1.5g Saturated Fat, 0mg Cholesterol, 170mg Sodium, 30g Carbohydrates, 17g Total Sugars (9g Added Sugars), 2g Protein.

♥ Heart-Healthy Recipe

✓ Kid-Friendly Recipe

Source: <https://extension.umd.edu>

♥ Heart-Healthy Recipes are low in sodium, saturated fat, added sugar, and calories.





Cumberland and Adams Counties

WALK-IN COUNSELING & SUPPORT SERVICES

BY SEXUAL ASSAULT CRISIS
SERVICES OF ADAMS COUNTY

OCTOBER 29TH
1PM - 4PM

371 E WATER ST, SUITE 3,
GETTYSBURG, PA 17325
223.255.3566

FOR MORE INFORMATION OR TO CONNECT WITH
AN ADVOCATE, CALL OUR 24/7 HOTLINE:

1.888.727.2877

Township Events



October

- 13 - Board of Supervisors Budget Workshop
- 17 - Adams Rescue Mission Recycling 8am - 12 pm
- 19 - HARB - 3 pm
- 20 - Open House and Ribbon Cutting Ceremony - 4:30pm - 6pm
- 27 - Board of Supervisors Meeting

November

- 3 - Offices Closed for Election Day
- 7 - Adams Rescue Recycling - 8am - 12 pm
- 11 - Offices Closed for Veterans' Day
- 12 - Planning Commission 5:30 pm
- 18 - Adams Rescue Mission Recycling 8am - 12 pm
- 19 - Board of Supervisors' Budget Workshop
- 21 - Adams Rescue Mission Recycling 8am - 12 pm
- 24 - Board of Supervisors Meeting 7pm
- 26 - Offices Closed for Thanks giving

December

- 5 - Adams Rescue Mission Recycling 8 am - 12 pm
- 10 - Planning Commission Meeting 5:30 pm
- 15 - Board of Supervisors Meeting 7 pm
- 19 - Adams Rescue Mission Recycling 8 am - 12 pm
- 24 - 31 - Offices Closed



Remind your neighbors to subscribe to Cumberland Township's news and information resources:

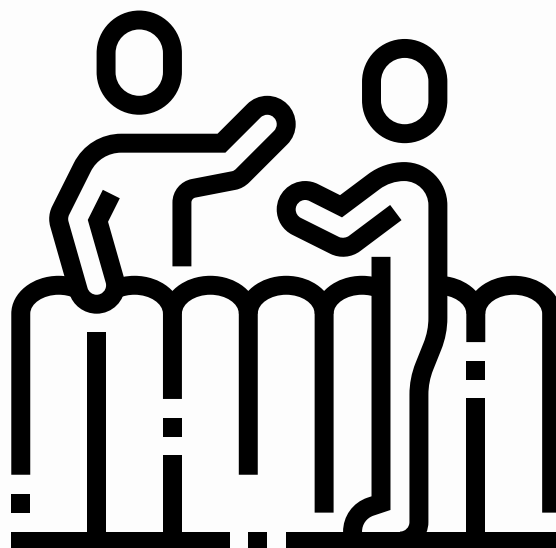
Cumberland Township Residents, Savvy Citizen® is now available!



Cumberland Township invites you to sign-up for Savvy Citizen. Savvy Citizen is a free notification system for Apple and Android users that allows the township to send important information, news and events directly to residents' mobile phones. Residents may access Savvy Citizen by downloading the smartphone app, visiting the website below or scanning the QR code with your phone's camera.



For more info:
SavvyCitizenApp.com
Sign up and become a savvy citizen!



Community Resources

For all your township needs:

**Cumberland Township Municipal
Building**

717-334-6485
1370 Fairfield Road

www.cumberlandtwppa.gov

For all your water needs:

Gettysburg Municipal Authority

717-334-6260
601 East Middle Street
P.O. Box 3307

www.gettysburgma.com

For all your sewer needs:

**Cumberland Township Sewer
Authority**

717-334-1526
Emergency number
717-253-0122

1270 Fairfield Road, Suite 9
www.ctapa.org

For all your electricity needs:

Adams Electric Co-Op

1-800-726-2324
Emergency number
1-800-726-2324

P.O. Box 1055
1338 Biglerville Rd.
<https://adamsec.coop>

For all of your permitting, code
enforcement and zoning needs:

PMCA

717-496-4996 ext 99117

1895B York Road
(Tuesdays at Township Office)
www.pacodealliance.com

**Adams County Department
of Emergency Services**

**Non-Emergency Number
717-334-8101**

**Emergency:
Dial 911**

For all of your recycling needs:

Adams Rescue Mission

717-334-7502
2515 York Road
<https://adamsrescuemission.org>

For all your garbage needs:

Waste Connections

717-709-1700
3747 White Church Rd,
Chambersburg
www.wasteconnections.com