

# IT'S YOUR BUSINESS

Volume 1, Issue 4 • APRIL 2016

## CENTRAL PA

CHAMBER OF COMMERCE

30 Lawton Lane - Milton, PA 17847  
www.centralpachamber.com



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## ST. PATTY'S DAY REMEMBRANCE

MILTON – The holiday known as “St. Patty’s Day” took on a whole new meaning for local community members and those memorializing the life of Patty Hackenberg. Patty, who passed away, Friday, Oct. 23 from her battle with cancer, was a longtime Central PA Chamber member and known

by a large number of people as someone who dedicated her life to the Arrowhead Restaurant, a Milton staple-business. She started working there as a teenager more than five decades ago, before becoming the owner in more recent years.

This year, March 17, was set aside to remember the woman who touched the lives of many people along the way.

Her spouse, Annie Hackenberg, along with her team at the Arrowhead and Josh Snyder, of Josh Snyder Lawn And Landscape Service, came up with a remarkable memorial to honor Patty.

The dedication and ribbon cutting ceremony on “St. Patty’s Day” was witnessed by around 100 people, with certainly many more thinking about her and hoping to make it to the monu-

ment soon. Annie told those in attendance that the presence of the memorial will mean that Patty’s spirit is with them always.

Make sure to take time to check out each part of the memorial, and you’ll see and feel the connection. The five-ton rock that was used as the centerpiece greatly resembles an arrowhead. On either side is a bench for sitting and reflecting, each honoring Patty with a message. Off to one side is a sculpture of an Indian, who is to be releasing an eagle into the air. Annie said it means Patty’s spirit is being set free and returning to those at the Arrowhead.

The Central PA Chamber was honored to conduct the ribbon cutting ceremony for this very special occasion, and the support and attendance of Chamber “family” was also greatly appreciated.



Annie Hackenberg and Josh Snyder are surrounded by Arrowhead Restaurant employees, family and friends during the ‘St. Patty’s Day’ ribbon cutting ceremony on March 17.



This bench at the monument serves as a reminder to the type of person Patty Hackenberg was.

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**BOARD OF DIRECTORS**

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**STAFF**



<b>Bruce Smith</b> President & CEO bsmith@centralpachamber.com	<b>Jeff Shaffer</b> Communications & Education Manager jshaffer@centralpachamber.com	<b>Tea Jay Aikey</b> Executive & Finance Assistant tjaikey@centralpachamber.com
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PenTelaData • PPL Electric Utilities  
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The President's Club is an exclusive sponsorship program created to prominently recognize companies who contribute to the Central PA Chamber over and above their annual membership investment. For more information, call 570-742-7341.

*The Inside Scoop*



**SPRING AHEAD!**

Happy Spring, everyone! I can't hide it; I love this time of year. The winter doldrums are over and all of us can look forward to brighter days - even literally! Of course, I'll center this whole thought on the opportunities within the Central PA Chamber.

This season, we are starting some new initiatives, and of course, you'll see them on the pages of It's Your Business. Just last month, we held our first Central PA Business & Education Seminar & Training Series event. It focused on e-mail marketing, and the attendance was great! It tells us that this type of education is valuable to members and will help them grow.

You'll see a quick trend as the next class (listed on the back page) also deals with digital communication. This time, the focus is on using "Social Media for Business." We welcome The Graphic Hive as the presenter for this upcoming class. If you're a member reading this and feel you have a class to offer the members, please, reach out to me at 570-742-7341 or e-mail jshaffer@centralpachamber.com.

Fellow staffer Tea Jay Aikey is working with another Chamber member for an event in May- "Empower with Paint." You can learn more about it on the member events pages.

I'm also going to make a final warning that the deadline to apply for the Green Business of the Year Award is at 4:30 p.m. on Friday, April 15. For more information, visit us online at [www.centralpachamber.com](http://www.centralpachamber.com) and/or refer to the March issue of IYB.

Bruce, Tea Jay and myself will spend the following week sifting through the applications to determine this year's winner and surprise them with a visit on Earth Day, Friday, April 22, which has become an annual tradition. There are other events we're happy to share, and you'll read about those in the member events section and also flowing over into the news section. Some want to invite you out for a fun fundraiser while others are looking to make their mark in the community. You'll see that ribbon cuttings are picking up fast! MePush, Inc., Paint, Party and More and Telos Educational Services are among those looking to celebrate in the near future. Have you considered a ribbon cutting? Let us know about it, and we'll be happy to help you, as Central PA Chamber members, promote it.

Speaking of ribbon cuttings, I certainly hope you enjoy the coverage in this issue of the special dedication in honor and memory of the late Patty Hackenberg, our cover story. She was loved by many and rightly so! If you were not able to attend "St. Patty's Day" on March 17, catch up right here and then find some time to see the beautiful monument for yourself.

There, that should keep you springing forward for a while.



Jeff Shaffer, Editor  
Communications & Education Manager  
jshaffer@centralpachamber.com

**Chamber Report Submission Deadline and Distribution**

<b>CIRCULATION DATE</b>	<b>SUBMISSION DATE</b>
MAY 7	APRIL 22
JUNE 4	May 20

**Interested in advertising in this publication?**  
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**chamber@heritageprinter.com or call 570.966.1120**

# PATTY *(continued from front)*

As many people came to know, Patty loved treating others like family.

As it reads on her plaque, "This memorial is in honor of our beloved Patty. Patty began her career at the Arrowhead Restaurant in 1963. Patty made the Arrowhead a home for many generations of employees, patrons & friends. Patty was filled with loving compassion and understanding. Patty enriched our lives with her tenderness and caring. Patty would always spare a moment to listen as we shared our celebrations & sorrows. Patty believed that "With God Nothing Is Impossible" Luke 1:37. As we sit and reminisce, let us keep Patty forever in our hearts."



Above: Many people from the Milton community and beyond gathered at the Arrowhead Restaurant to celebrate 'St. Patty's Day' a different way this year, honoring and remembering the life of Patty Hackenberg, who had been a part of the Arrowhead for more than 50 years.

Left: Annie Hackenberg, spouse of the late Patty Hackenberg, stands among the large crowd that gathered for the dedication of the monument to honor Patty.

**Arrowhead Restaurant: 8215 State Route 405, Milton**

# APRIL GOES TO THE DOGS

April is Prevention of Cruelty to Animals Month. Also in April, National Volunteer Week begins on the 17th and Animal Advocacy Day is on the 30th.

Haven to Home volunteers advocate for animals every day. Our all-volunteer organization takes in dogs in need of new loving homes: "rescue, rehab and rehome" is our mission. We couldn't do what we do to help those dogs without volunteers. This month, we'd like to give a shout out for all they do.

Foster homes are the heart of our rescue. They are the "haven" in Haven to Home. Foster families provide temporary homes for dogs prior to adoption.

When no foster home is available, it's necessary to care for dogs at our holding kennel. We have an incredibly dedicated group of volunteers who give of their time.

Other volunteers plan and work fundraisers or adopt-a-thons and attend public events like street fairs, which help get the dogs seen and make the public aware of what we do.

Our board of director positions are all volunteer as well. No one in our 501(c)(3) organization gets a paycheck, just wags and doggie kisses of thanks for all they do. With the help of many volunteers giving with their hearts, their time and talents, we've helped to rehome more than 1,370 dogs since 2008.

For more information on volunteering or about Haven to Home Canine Rescue, visit [www.haventohome.org](http://www.haventohome.org) or call 570-884-5067.



Amanda Friend is pictured with her children: Brian, 12, and Ashleigh, 9. These Haven to Home volunteers spent a snowy January afternoon walking Fletcher and Maverick in Milton.

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

## MEMBERSHIP RENEWAL

Thank you to the following members for their continued support of the Central PA Chamber of Commerce, through their Membership Renewal this past month:

(As of March 31, 2016)

A & S Mechanical, Milton	Milton Transportation, Inc., Milton
Aim Advertising, Lewisburg	Pineknottter Lawn Care, Sunbury
American Field Service, Turbotville	Practical Business Solutions, West Palm Beach, FL
Axtman Engineering LLC, Turbotville	Providence Engineering Corp., Muncy
Bastian Tire & Auto Centers, Lewisburg	Revival Tabernacle, Inc., Watsontown
Bucknell Golf Club, Lewisburg	Sam's Club, Muncy
Carl Jenkins, DDS, Watsontown	Shaw Funeral Home, Inc., Milton
Emissions Consult, Columbia MD	SOLID ROCK Drafting and Design, LLC, Mifflinburg
Greater Susquehanna Valley YMCA, Milton	Stylebox, Watsontown
Jeremy St. Clair, CPA, P.C., Lewisburg	Susquehanna Motor Co., Inc., West Milton
Kelsey's Dream, Mifflinburg	Susquehanna Valley Trucking, Milton
Keystone Staffing, Montoursville	The Little Sportsman Shop, Northumberland
James King, Winfield	The Roberts Company, Montoursville
Knarr's Beverage LLC, Milton	Unico Sealing Inc., Lewisburg
Knisely Security LLC (aka Knisely Shredding), Woolrich	Union County Industrial Railroad Company, Northumberland
Kost Tire & Auto Service, Lewisburg	Villager Realty, Inc., Lewisburg
MePush, Inc., Lewisburg	Watson Inn, Watsontown
Milton Harvest Festival, Inc., Milton	Watsontown United Methodist Church, Watsontown

## NEW MEMBERS

### GREEN RIDGE GRAPHICS

20 Brogail Lane • Mifflinburg, PA 17844  
570-966-2621

Mark Trautman - General Manager

Green Ridge Graphics has been providing quality screen printing and embroidery on T-shirts, polos, sweats, team uniforms and all types of garments for 24 years. In addition, they provide promotional products, advertising items and banners.

### KEYSTONE PAYROLL, LLC

355 C Colonnade Blvd. • State College, PA 16803  
814-234-2272 [www.keystonepayroll.com](http://www.keystonepayroll.com)

Christian Buttrick - Sales

Our mission is to attract and retain the best employees and clients. Our employees are recognized for their teamwork, integrity, professional excellence and entrepreneurial spirit. Our clients receive our complete focus and attention, and our entire array of resources shall be dedicated to providing an exceptional payroll product and impeccable client service.

### MEPUSH INC.

35 East Main Street • Bloomsburg, PA 17815  
570-317-2626 [www.mepush.com](http://www.mepush.com)

Tyler Kazar - COO

MePush offers fast, friendly and fanatical computer and network service to businesses and homes.

### MUSCULAR DYSTROPHY ASSOCIATION

5940 Hamilton Blvd., Suite F • Allentown, PA 18106  
610-391-1977 [www.mda.org](http://www.mda.org)

Megan Dashe - Fundraising Coordinator

MDA is a non-profit organization fighting to free individuals and the families who love them from the devastating effects of muscular dystrophy, ALS and related life-threatening diseases so they can live longer and grow stronger.

### SIMPLY GREEN HYDROSEEDING

115 Plum Creek Road • Sunbury, PA 17801  
570-259-2843

Skyler Herb - Owner

Simply Green Hydroseeding can handle any lawn project from start to finish on any commercial or residential site. We use a sprayed application of a biodegradable matrix containing seed, fertilizer, adhesives and stabilizers.

### TRADEMARK ANTIQUES LTD

PO Box 244 • Lewisburg, PA 17837  
570-225-4363 [www.trademarkantiques.com](http://www.trademarkantiques.com)

Jessica Sitko - Owner

We are an online business specializing in high quality antique & vintage jewelry that has been carefully hand-selected during our travels across the country.

### VANGUARD INTEGRATED SYSTEMS

PO Box 272 • Lewisburg, PA 17837  
570-412-0675 [www.showerfish.squarespace.com](http://www.showerfish.squarespace.com)

Robert Boehnlein - Founder

Developer of Integrated Systems that promote water and energy savings in the commercial and federal government markets.

### WEST MILTON STATE BANK - NORTHUMBERLAND

397 Point Township Drive • Northumberland, PA 17857  
570-473-3138 [www.westmiltonstatebank.com](http://www.westmiltonstatebank.com)

Leanne Matullo - Founder & Operator

West Milton State Bank is committed to provide answers to your financial needs in a friendly and efficient way to earn your trust and business. As a small community bank, we understand the importance of values and principals that seem to have been lost in the thousands of bank mergers across the country. At West Milton State Bank, we care more.



**MEMBER  
Spotlight**

**Air Weaver**



**Andrew Weaver**  
Owner  
Airweaver@pdt.net  
www.airweaverballoons.com  
www.facebook.com/airweaverballoons  
570-765-4535

**WHAT TYPE OF PRODUCTS AND/OR SERVICES DO YOU PROVIDE TO HELP OTHERS PROSPER?**

Balloons of all shapes and sizes, most of which have never been seen in the area. Custom decorations for events and gatherings. Entertainment for public and private events. We're the perfect addition to a company picnic or anniversary celebration. Think party: think balloons! Twisted creations always impress and delight.

**WHAT ARE SOME UNIQUE FEATURES OR FACTS ABOUT YOUR COMPANY?**

I have performed for children and families for more than 20 years. I began balloon twisting in 2010, along with my daughter who started at the age of 6. Together, we have a performance award from the premiere balloon artist convention. She is the youngest winner in convention history. She sometimes accompanies me to public events.

**WHAT MAKES YOUR BUSINESS STAND OUT?**

We take entertainment seriously and strive to be professional in all our encounters. When people see our work, they usually comment that they've never seen anything like it. We continually learn new techniques and designs and network with the top industry professionals. While making balloons for children, we also strive for interactive fun, so that it is a performance.

**WHAT ARE SOME OF YOUR BUSINESS'S MAJOR ACHIEVEMENTS?**

To put smiles on thousands of children's faces! My balloons have appeared on WNEP-16 a couple of times. A piece I made recently went into the show for Weird Al Yankovic in Lancaster and was tweeted out to his nearly 4 million twitter followers. I've worked with some of the best artists in the world on major projects over several days.

**WHERE DO YOU SEE YOUR BUSINESS GOING IN THE FUTURE?**

Air Weaver Balloons is hoping to be the "go-to" service for family entertainment and celebrations in the Central Susquehanna Valley, as well as corporate events that want a bit of whimsy done with class.

**WHY ARE YOU A MEMBER OF THE CENTRAL PA CHAMBER OF COMMERCE?**

I've finally taken the steps to promote the business as a business, not just as the guy who someone knows with the balloons. Air Weaver is a growing brand and Chamber membership helps that tremendously.

**WHAT IS YOUR FAVORITE CHAMBER MEMBERSHIP BENEFIT?**

My favorite is the Breakfast Briefing networking event.

**Camp Mount Luther**



**Chad Hershberger**  
Executive Director  
Camp Mount Luther  
355 Mt. Luther Lane  
Mifflinburg, PA 17844  
570-922-1587  
www.campmoutluther.org

**WHAT TYPE OF PRODUCTS AND/OR SERVICES DO YOU PROVIDE TO HELP OTHERS PROSPER?**

We operate a 10-week summer camping program, which is faith-based, and also other programs throughout the year. Our facilities are also available for rental during the non-summer months to groups and individuals.

**WHAT ARE SOME UNIQUE FEATURES OR FACTS ABOUT YOUR COMPANY?**

We've been operating since 1963 and have a rich tradition not only because of our summer program, but also because we are the site for local school districts' outdoor education programs. Legend has it that camels live on our campsite and our campers often take camel hunts to try to find them!

**WHAT MAKES YOUR BUSINESS STAND OUT?**

A good year-round staff which has longevity, Christian hospitality and a place to build community in a beautiful setting.

**WHAT ARE SOME OF YOUR BUSINESS'S MAJOR ACHIEVEMENTS?**

The construction of the Evergreen Center, a dining and activity building, and our long-standing tradition in providing faith-based programming to children, youth, adults and families. We find innovative ways to do what we do in a changing culture.

**WHERE DO YOU SEE YOUR BUSINESS GOING IN THE FUTURE?**

The construction of the Evergreen Center, a dining and activity building, and our long-standing tradition in providing faith-based programming to children, youth, adults and families. We find innovative ways to do what we do in a changing culture.

**WHY ARE YOU A MEMBER OF THE CENTRAL PA CHAMBER OF COMMERCE?**

To connect with local businesses! We appreciate that the Chamber is focused on small operations like ours and works to include us in what is happening at the Chamber level.

**WHAT IS YOUR FAVORITE CHAMBER MEMBERSHIP BENEFIT?**

Being able to insert flyers into the monthly newsletter!

**DAVIS, DAVIS & KAAR**  
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# WHAT'S HAPPENING: MEMBER EVENTS

Bright Star Touring Theatre presents

# THE RELUCTANT DRAGON

Saturday, April 16  
1 p.m.

Tickets - \$10  
Children under 12 free with paid adult

ELIAS CENTER FOR THE PERFORMING ARTS

The Elias Center for the Performing Arts is located at 212-214 South Fifth Street, Mifflinburg. For more information call 570-968-1688 or email mhra@eljazzd.com. Tickets available at MFR&D offices located at 300 Chestnut Street, Barb's Bouquet & Gift Basket, Heritage Printers, Castecraft Market and Whispering Willow Primitives & Antiques. Tickets also available at the door.

Our thanks to the 2016 Show Sponsors:

LAWTON, Woodcock Foundation, service1st, Mifflinburg Bank & Trust

## "CAVE QUEST" VBS Preview Presentation

Kingdom Kidz Inc. Education Through Puppetry

### 4th Puppet Dinner Theater Series

APRIL 10 at 12:30 pm First Baptist Church - Milton

Meal - Meatloaf and Fixin's by Jim Hilner of the Checkered Flag

-free will offering will be taken-

The Kingdom Kidz is a nonprofit organization in Watsonstown that presents sacred (Kingdom Kidz Puppet Ministry) and educational (Kidz 4 Education) programs in various settings. For more information, call the Kingdom Kidz office at 570-838-3133. Their web site at www.hiskingdomkidz.org provides program choices and information about the ministry.

## FASHION SHOW

EVANGELICAL COMMUNITY HOSPITAL

and Dinner Fundraiser

Benefits "The Family Place" - Evangelical's Obstetrics Unit

WEDNESDAY, APRIL 13, 2016 • LEWISBURG HOTEL

Doors open at 5:30 - Dinner at 6:00

To attend, or for more information, contact Sharon Pearce at 570-713-0137 - sharpa6@yahoo.com or Patricia Powell at 630-789-1525 - pt.powell@comcast.net

\$40 per person

## ETHNIC SOUP CHALLENGE

PROCEEDS TO BENEFIT FATHER'S HOPE

Saturday, April 23 from 4-6 pm

Revival Tabernacle - 960 Susquehanna Trail, Watsonstown

To register to enter a crock pot of soup in the event, for more information on Father's Hope, or to schedule a speaker from the organization for a church group, community organization, school group or any other entity, email fathers.hope@gmail.com or send a message to www.facebook.com/fathershope.

## Mifflinburg MAYFEST WINE FESTIVAL

May 14 from 11 am to 5 pm

VFW carnival grounds (10770 Old Turnpike Road)

MUSIC ALL DAY BY PA CRUDE

Armstrong Valley Winery ~ Bastress Mountain Winery  
Broad Mountain Vineyard ~ Buddy Boy Winery & Vineyards  
Juniata Valley Winery ~ Mount Nittany Vineyard & Winery  
Sand Castle Winery ~ Seven Mountains Wine Cellars  
Shade Mountain Winery & Vineyards  
Stonekeep Meadery  
The Vineyard at Hershey  
West Hanover Winery

ART & CRAFT VENDORS - FOOD VENDORS - MAYPOLE

TASTING TICKETS:  
\$16 in advance on sale April 1 go to www.brownpapertickets.com  
\$20 at Gate - Must be 21 - ID required. Includes age verified wristband and tasting glass.

No Pets  
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2016 SPONSORS:  
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Music Sponsor: Heritage Printers • Maypole Sponsor: H. L. Klose & Sons

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## Empower with Paint

5 to 8 p.m.

Thursday, May 19 at Paint, Party & More

\$30/person

\* Includes: guest speaker, snack and painting to take home.

Register: [www.centralpachamber.com/events](http://www.centralpachamber.com/events)

5190 State Route 405  
Milton, PA 17847

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## BUCKNELL SBDC UPCOMING SEMINARS & TRAININGS

DATE	SEMINAR	LOCATION	TIME	COST
4/7/2016	The First Step Pre Business Workshop & Writing Your Business Plan	Selinsgrove Borough Office (Community Room) 1 North High St. Selinsgrove, PA 17870	9:00 am - 11:00 am	\$25 each
4/7/2016	Writing Your Business Plan	Selinsgrove Borough Office (Community Room) 1 North High St. Selinsgrove, PA 17870	Noon - 2:00 pm	\$25 each
4/14/2016	Intellectual Property Presented by the USPTO	416 Market Street DeWitt Building - 3rd Floor Lewisburg, PA 17837	1:00 pm - 3:30 pm	\$35 each

## IMC UPCOMING SEMINARS & TRAININGS

DATE	SEMINAR	LOCATION	TIME
4/6/2016	ISO 9001:2015 Update	SAPDC Offices 3 Sheraton Drive Altoona, PA	8:30 am - 10:30 pm
4/7/2016	ISO 9001:2015 Update	Penn State Technology Center 200 Innovation Blvd. State College, PA 16802	8:30 am - 10:30 pm
4/14/2016	Doing Business with Penn State University	Centre Co. Recycling & Refuse 253 Transfer Road Bellefonte, PA 16823	10:00 am - 12:00 pm
4/14/2016	Intellectual Property for Small Business Owners	Bucknell SBDC Business Ed Cnt. 416 Market Street, Lewisburg	1:00 pm - 3:30 pm
4/21/2016	Internet Resources for Government Contracting	IMC - 1127 W. 4th Street Williamsport, PA 17701	10:00 am - 12:00 pm
4/28/2016	Food Safety Modernization Act - This Time is Now!	Penn State Technology Center 200 Innovation Blvd. State College, PA 16802	8:30 am - 10:30 pm
4/28/2016	Food Safety Modernization Act - This Time is Now!	SAPDC Offices 3 Sheraton Drive Altoona, PA	1:30 pm - 3:30 pm



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Williamsport, PA 17701  
1-800-326-9467

# RIBBON CUTTING

**COME CELEBRATE  
WITH THESE MEMBERS!**

### MEPUSH INC.

**12:30 P.M. THURSDAY, APRIL 7  
AT 35 E. MAIN STREET, BLOOMSBURG**

Grand Opening - Refreshments, 12:30 to 1:30 p.m.; WordPress tech seminar, 3 to 5 p.m.; MeGive for local businesses & non-profits, 1:30 to 3 p.m. (Contact craig@mepush.com for more info); Free tech advice and support!

### PAINT, PARTY & MORE

**1:00 P.M. FRIDAY, APRIL 29  
AT 5190 STATE ROUTE 405, MILTON**

"Paint, Party & Shop" - Local artist consignment shop inside studio; refreshments; free children's activities, 3 to 4:30 p.m.; Vender's & Paint Wine Glasses, 5 to 8 p.m. (\$25 - call 570-246-5890 to register).

### TELOS EDUCATIONAL SERVICES

**3:00 P.M. FRIDAY, MAY 6  
AT 115 MAIN STREET, MONTANDON**

Open House - 3 to 6 p.m.; meet the staff; learn about services; help your children make a special Mother's Day gift; gift certificate raffle for a free service at the Tutoring Center; promotional discounts for Summer Workshops.

# NEW TUTORING CENTER OPENS

MONTANDON – Enrollment is now open and plans are underway for a ribbon cutting and open house at the Telos Educational Services Tutoring Center, at 115 Main St., Montandon. Erin Conner, Owner/Director, is a new member of the Central PA Chamber and invites everyone to join her in celebration from 3 to 6 p.m. on Friday, May 6. See the ribbon cutting announcement for more information.

Conner has been teaching for 10 years. After earning two bachelor's degrees from Penn State University, and a Master's of Education in Curriculum and Instruction from the University of Maryland, she served as the Director of the Telos Academy, a private academic program at Mindworks Learning Institute in Frederick, Md. that was recognized for excellence by Johns Hopkins University.

She then moved into the public school setting and taught at Urbana High School, an International Baccalaureate school acknowledged by Newsweek as being in the top 2 percent of the nation's schools. Most recently, she has taught for three years at Danville Area High School, a recipient of the National Blue Ribbon Award.

From these experiences, she has worked with a diverse population of students of all ages, and has discovered effective principles and frameworks for teaching and learning. "I am passionate about helping students develop skills and confidence. I am passionate about people's happiness, health and success," she said. "I want TELOS to focus on the value and uniqueness of each person that comes through the door. "I want to use our courses as vehicles to provide our clients with the knowledge and skills they need to define their own success."

As the school year winds down, note that learning doesn't have to take a break! Summer student workshops at Telos are planned. These expert-led, project-based workshops for students are for one week (Monday-Friday) for three hours each day this summer.



Erin Conner, Director/Owner of Telos Educational Services, works on lesson with Jewels Hepner, a 7th-grader in the Lewisburg Area School District at the Tutoring Center in Montandon.

They include:

- Independent Acting Workshop with Bloomsburg Theatre Ensemble
- Leadership Workshop through Art and Laser Tag with BaseTactics
- Creative Writing Workshop
- Sign Language Workshop
- "High School, Here I Come" Workshop
- Digital Photography Workshops with Studio Wren

**Go to [telostutoring.org](http://telostutoring.org) and look at the calendar or course enrollment page for more specific information, dates and times.**

Thank you to member Traci Messinger of Paint, Party & More, who recently painted a beautiful tree in our backroom area beyond the boardroom. This tree will be dedicated to the Green Business Award recipients, including their pictures on the branches. Stop by and check it out the next time you visit your Central PA Chamber!

## BREAKFAST BRIEFING

Brad Lawton, owner of Lawton Insurance in Lewisburg and Mifflinburg, tells the story of how he started the business at the Breakfast Briefing on March 18 at the Central PA Chamber. For information on sponsoring a popular Breakfast Briefing like Lawton Insurance did, call 570-742-7341.

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*Bits from Bruce*

**VULNERABILITY AS A STRENGTH**



Has your team been underperforming and not meeting your expectations? One of the root causes of poor team performance is low engagement by employees. Now, there are a lot of reasons that cause employee disengagement, but poor leadership is a big one. And one of the factors behind poor leadership, which leaders themselves often overlook, is their inability to let themselves be vulnerable. How is vulnerability a leadership attribute that impacts engagement?

The answer is that being vulnerable allows a leader to emotionally connect with employees. And when employees have a strong emotional connection to a manager or CEO, they will walk through fire for them. What does vulnerability from you, as a leader, look like to employees? They see you as being honest when you admit you have doubts and don't have all of the answers. It means they admire you for admitting to and owning the mistakes you've made, large and small.

Vulnerability is NOT a sign of weakness or being submissive, and it's not about sharing your deepest, most personal secrets. When it's purposeful, vulnerability is a strength that can provide the leaders expressing it with a number of benefits. So, if being vulnerable is a leadership strength, why don't more leaders practice it? Bottom line: fear and ego. Being vulnerable requires taking emotional risks and letting go of pretenses that leaders believe are required of them. They have to admit that they don't know all the answers and that being wrong is okay - just as it is okay for the people they lead.

Here are steps you can take to start practicing being vulnerable...

- 1. Sit and actively listen while others control the conversation.** If you are use to driving conversations, this technique will feel uncomfortable. As a leader, when you are able to let go of a conversation's direction, you provide space for other voices, opinions and ideas.
- 2. Use personal stories that connect emotionally with employees. Demonstrate that you've been in their shoes.** Most leaders and business owners don't realize that employees often see their leaders as different from them. Personal stories will show your employees that you are human and imperfect just like them.
- 3. Admit to making mistakes and explain how you learned from them.** When you admit to your mistakes, you're announcing to employees that mistakes are tolerated as long as they aren't repeated. Ultimately, you will receive more bad news that can best be corrected sooner rather than later. People will no longer be hiding their mistakes.
- 4. Ask for help when you don't know the answer, because you don't have all the answers.** The reason you have a team of employees is that you can't know it all. When you start asking for help, guess what? People will want to step up and help. I remember the first time that I admitted to my team that I needed help. I felt as though I had dumped a huge load of bricks; I felt such relief.
- 5. Let go of your belief that you have to always show strength, confidence and perfection as a business leader.** Once you start practicing being vulnerable, employees will see you as an authentic human being, who's just like them. And, guess what? People like people who are like them more than those who are different. That's human nature.

When people really like you, they will do amazing things, like walking through those fires to rescue you.

*Bruce*

Bruce T. Smith, Jr.  
President & CEO  
bsmith@centralpachamber.com

**EVAN GALA RAISES MORE THAN \$100,000 IN SUPPORT OF SERVICES**

LEWISBURG— Evangelical Community Hospital's signature celebration, the Evangelical Gala, was held on Saturday, March 12, and raised more than \$100,000 during the Mardi Gras themed event.

Proceeds from this year's Gala, including ticket sales, auctions and donations will support two of Evangelical's newest community initiatives, Hospital to Home and the Achieve home medical monitoring system.

Hospital to Home provides patients access to a cost-free service assisting in the transition from hospital to home after a hospital stay. As a pilot program, the service was started in 2015 with a select offering to joint replacement patients and was recently expanded to patients with pneumonia.

The Achieve home monitoring system is available to patients in the Hospital to Home program as well as those using the Hospital's patient portal. Achieve consists of various Bluetooth enabled meters including scales, blood pressure cuffs and glucometers that update the patient's electronic health record from home. This regular monitoring reduces the need for office visits and keeps providers in touch with their patients and in tune with their conditions.



Evangelical Community Hospital President and CEO Kendra Aucker welcomes guests to the 2016 Gala and expresses gratitude for the community's continued support of Evangelical's services and outreach programs.

The sold-out Gala, held at Larison Hall on the Bucknell University campus, saw just over 300 attendees in their finest attire enjoying the evening of silent auction, dinner and dancing.

Photos from the event are shared on Evangelical Community Hospital's Facebook page and at [www.evanhospital.com](http://www.evanhospital.com).



The 2016 Evangelical Gala committee members, from left to right: Heather Snyder, Shannon Moyers, Bethany Umholtz, Patricia Case, Carol Apple, Angela Motto, Jodi Batman, Co-Chair; Julia Stefan, Co-Chair; Jana Klinger, Vanessa Troiani, Sheri Rippon, Brandy Kift, Donna Schuck and Lise Barrick.

Not pictured: Tabitha Geise.

## OUR MEMBERS RECOGNIZED

### Coldwell Banker Penn One Real Estate

LEWISBURG - Martha Barrick, broker/owner of Coldwell Banker Penn One Real Estate has announced the office's monthly awards for the month of February.

The award for most gross commission closed was awarded to Lynn Shambach. Doug Wertz received the listing agent of the month and Linda Treese received the sales agent of the month.

"Lynn, Doug and Linda, all have been in real estate for a number of years and have shown complete dedication and excellence in all of their real estate transactions," Barrick said.



Lynn Shambach



Doug Wertz



Linda Treese

### Contrast Communications

MIFFLINBURG - Contrast Communications recently announced the promotion of Sue Ellen Spotts to the new position of Community Engagement Manager.

In making the announcement, company President John Uehling cited Spotts's professional contributions to the firm's expanding operations.

Spotts will be responsible for fostering engagement between the business community and Contrast Communications – as well as its sister firm, Norvada – while raising the profile of both companies within the broader community, said Uehling. Through this position, Contrast will also offer educational materials and events to the business community to assist them in navigating the evolving landscape of business communications options and applications.

"Sue Ellen has consistently demonstrated impressive results in all of her professional assignments here at Contrast, including her work with our clients and the public," Uehling said. "She thrives on making new connections with customers, and we look forward to her increased management role within our growing team."

Spotts joined Contrast Communications in 2012, serving since that time in various capacities, including the company's customer service division. Her prior experience as a client of Contrast prompted her interest in joining the company. Her community involvement includes service on the Southern Tier Regional Advisory Board of First Community Foundation of Pennsylvania in Williamsport, and the Commission on Ministry for the Episcopal Diocese of Central Pennsylvania.



Sue Ellen Spotts

### Evangelical Community Hospital

LEWISBURG - Evangelical Community Hospital's laboratory recently earned reaccreditation from The College of American Pathologists (CAP), the leading organization that serves patients, pathologists and the public by fostering and advocating excellence in the practice of pathology and laboratory medicine worldwide.

The CAP Laboratory Accreditation Program is an internationally recognized program and the only one of its kind to utilize teams of practicing laboratory professionals as inspectors. During the reaccreditation process, inspectors examine the clinical laboratory's records and quality control procedures, as well as the laboratory's equipment, facilities, safety program and overall laboratory management to ensure it meets CAP's stringent requirements.

First accredited by CAP in 2002, the laboratory receives an inspection for reaccreditation every two years. During the most recent, unannounced inspection, 14 inspectors spent 10 hours scrutinizing all aspects of testing including: sample collection, pre-analytics, quality control, equipment maintenance, individ-

ual test analysis and accuracy of reporting. Personnel records were also examined to ensure only qualified individuals are performing testing and their required annual competency is being appropriately measured.

Evangelical's laboratory services include but are not limited to: microbiology-bacteriology studies, automated chemistry studies (cardiac markers, ligands, biochemistry profiles, diabetes testing and testing to measure the effectiveness of drug treatments), hematology (complete blood counts and test to monitor anemia), coagulation studies (blood clotting testing), transfusion services, urinalysis and fertility testing. A vital department of the hospital, the laboratory employs 79 individuals and processes more than 111,000 tests every month and more than 1.33 million tests every year.

### The Coup Agency

MILTON - The Coup Agency has announced that Business and Personal Insurance Advisor Catherine Kramm, CISR, has been named as the Top Insurance Advisor for 2015. Realtor Jeff Hoffman has taken top honors as Listing and Sales REALTOR for the Real Estate Division of the Coup Agency for 2015.

"Good team members in a service business such as ours take on added importance because of the small number of staff members we have, making The Coup Agency feel more like a family than a business. These two members of our 'Business Family' have shown outstanding levels of productivity for 2015," said R. Jeffrey Coup, President.

"We are grateful to have people on our staffs that are dedicated towards providing our community with top quality insurance and real estate service. They have exhibited commitment, effort, positive attitude, efficiency and a great spirit of partnership, as did the entire staff during 2015," said Richard Coup, Vice-President.



Catherine Kramm



Jeff Hoffman

## IMPORTANCE OF EARLY LEARNING FOR PUPPIES

One of the best things you can do for your new puppy is to socialize and train him at a young age (under 6 months old). Adult dogs that didn't get socialized will cower and be afraid of new people and places.

Socialize your 8-week-old or older puppy by introducing them to new situations and places. Take them on a walk to see things outside of your house and property. Do not overwhelm them with someplace too loud but gradually build up to more and more distractions and noise.

Get your puppy use to handling them all over, including: feet and toes, mouth, tail and ears. They need to realize that you can touch them all over without fussing. If they fight you on something such as holding a foot, hold on to it until they stop struggling, then let it go and praise them.

Teach your puppy to listen to your commands by gently teaching them while young, then it becomes a habit to obey. Don't physically force them but use treats to lure them into the behavior you want. If you take treats and hold it on their nose and slowly bring it backwards, they will follow

it and when their head gets tilted back enough they will sit. Say sit at that time (when they are doing it) and let them have the treat. Do not give a command that you cannot enforce. That only teaches them to ignore your commands.

Joining a puppy kindergarten class is a good way to learn while you are socializing your puppy. Working with your young puppy will pay big dividends when your puppy matures into a happy, well-behaved dog that enjoys accompanying you for walks or rides in the car.

Article courtesy of Warrior Run Petcare Center: 570-538-2393 and [www.warriorrunpetcare.com](http://www.warriorrunpetcare.com).



# RIVERWOODS ICE ANGELS PLUNGE FOR BENEVOLENT CARE

LEWISBURG –RiverWoods employees and friends participated as the RiverWoods Ice Angels in the Polar Bear Plunge on Feb. 6, wading into the icy Susquehanna River to raise money for residents in need at RiverWoods.

In addition to donating to the Lewisburg Downtown Partnership, the RiverWoods Ice Angels collected donations in support of Benevolent Care Fund, a fund that covers basic needs including housing, food and medicine for residents who have outlived their financial resources.

RiverWoods Ice Angels raised \$2,419 this year. The cumulative total raised by the Ice Angels for benevolent care over the past five years is \$14,207. Resident Phyllis Close helped to raise funds by inviting other independent living residents to donate, and her three-year efforts have brought in \$3,270 of the \$14,207 total.

To find out how you can become an angel for seniors in need, visit [www.riverwoods.org](http://www.riverwoods.org) for volunteer and giving opportunities. RiverWoods is owned and operated by Albright Care Services, a faith-based non-profit organization celebrating 100 years of service in the Susquehanna Valley.



RiverWoods employees and friends recently participated as the RiverWoods Ice Angels in the Polar Bear Plunge in Lewisburg, wading into the Susquehanna River to raise contributions for residents in need at RiverWoods. The Ice Angels donated to the Lewisburg Downtown Partnership and the RiverWoods Benevolent Care Fund, used to support residents who have outlived their financial resources. Pictured from left are: Samantha Leighow, Kaitlyn Kinley, Amanda Reigle, Dave Mitchley, Amy Walter, John Everitt, Britiney Dauberman, Chris Hamilton, Ravi Evans, McKenna Walter, Chris Bowes, Suzanne Shaeffer, Amanda Gresh and Sage Pursley. The team raised \$14,207 throughout the past five years of participating in the plunge.



## PUPPETS FLOCK WITH FLAMINGOES

WATSONTON - Kingdom Kidz Inc., began flocking with their pink flamingoes this month! As a fundraiser, the flocking of many "victims" provides monies to help with current expenses incurred by the Kingdom Kidz.

There are various size flocks and costs available. A small flock of 12 will cost \$15; a medium flock of 24 is \$25; a large flock of 36 is \$30 and a super size flock of 60 is \$35. If additional flamingoes are needed, add 50 cents more per flamingo. Flamingo garden flags are also available for \$8. To prevent the pink birds from landing on your lawn, anti-flocking insurance costs \$20. There will not be a delivery charge for the Milton, Watsonstown, New Columbia, Dewart and Lewisburg areas.

Spread some fun and cheer today by calling the Kingdom Kidz, and they will help you celebrate someone's birthday, anniversary or get well wish - no matter what their age! For more information concerning Kingdom Kidz Inc., visit [www.hiskingdomkidz.org](http://www.hiskingdomkidz.org) or call 570-838-3133.

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# CALLING ALL ARTISTS!

WILLIAMSPORT - Converge Gallery is excited to welcome all interested and eligible parties to participate in the first juried exhibition, "Selfie," exploring the Self-Portrait with a Twist. This is a juried visual art competition and exhibition that is open to two-dimensional and three-dimensional artists, who are over the age of 18, working in any medium, including: painting, drawing, printmaking, metal or wood working, photography, sculpture and etching.

Awards will include a \$400 cash prize for first place, \$200 for second place and \$100 for third place. Artists may submit up to three works for the non-refundable fee of \$25 or one work for the non-refundable fee of \$10. All works entered must have been created within the last five years.

Jurors will rate each artist in the following categories: Style, Artistic Integrity, First Impression, Creativity, Originality, Inventiveness, Communication, Content, Design, Composition, Quality, and Control of Medium.

Gallery Director John Yogodzinski said, "We are excited to offer the local artist community a chance to have their work displayed in a professional gallery setting! This is also a great opportunity to identify emerging artists for 2017. I am excited to see what creative takes on the self portrait will be submitted."

April 15 will be the postmark deadline for receiving images/entries. During April 27 and 28, notification e-mails will be sent out to all participants. May 22 is the deadline for received works from accepted entries. The exhibition opening will be held on June 3 from 6 to 9 p.m., with the award presentation starting at 7:30 p.m. The exhibition will run until July 16.

To submit work for consideration, copies of the entry form can be found at Converge Gallery or you can save time by submitting online at [www.convergegalleries.com/selfie](http://www.convergegalleries.com/selfie).

The gallery is located at 140 W. Fourth St., Williamsport, and gallery hours are Monday through Friday from 9 a.m. to 6 p.m. and Saturday from 11 a.m. to 6 p.m.



On Leap Day, the Mifflinburg Varsity Basketball team delivered snacks to the pediatric oncology unit at Geisinger Medical Center in Danville. Kelsey's Dream is very grateful that these young women took the time out of their schedules to deliver these snacks. Pictured from left, in front: Libby Whittaker, Riley Griffith, Olivia Young, Reagan Griffith, Kayla Kline. Back: Sarah Alexander, Laura Weeder, Julia McArdle-Coe, Mashayla Valentine, Emily Stauffer, Maddie Young, Malayna Rowe.

## Tips from Tea Jay

### HOW DOES YOUR LISTING LOOK?



As a member of the Central PA Chamber of Commerce, you are entitled to many benefits at no additional cost. My goal is for you to use those benefits to your advantage as often as possible!

I know when you first joined the Central PA Chamber, you were awarded with a member packet that contained the Benefits Guide, which most likely overwhelmed you and is buried somewhere on your desk or in a drawer.

So, I thought I would take the time over the next few months to refresh your knowledge on the benefits that you are entitled to as a member. Remember these benefits come to you at no additional cost! Last month, I reminded you about board room usage. This month, I would like to remind you of the Internet promotion you receive as a member of the Central PA Chamber. The Chamber Web site is a great resource for people seeking information about the Central Pennsylvania Region and draws thousands of new visitors each month. Members receive a FREE alphabetical and unlimited categorical listings and a FREE direct link to their own Web site, Facebook, LinkedIn and Twitter accounts. We make these connections immediately once you become a member. We can also include your logo with your Chamber Web site listing as well.

Most times when members join, they quickly complete the membership application and never look back. Please, do stop and look back now, as that is the exact information used to create your Web site listing. Often times, logos are not included initially, and we all know that customers best identify with pictures as it is your branding they recognize first. Also, be sure you include your social media links as that is where most people spend the majority of their time these days.

Take some time to review your about section, is it current and detailed enough? Is the primary contact still the same person? Is their email correct? Has the address or phone number changed? This information is carried over year after year when you renew your membership. Is your business listed under all the applicable categories?

Now that you have reviewed your listing on the Central PA Chamber Web site ([www.centralpachamber.com](http://www.centralpachamber.com)), write down any changes you would like to see and email mail them to [tjaikey@centralpachamber.com](mailto:tjaikey@centralpachamber.com). Once the updates have been made, I will email you to have you review the new listing and confirm if it is indeed what you want.

Remember, if you register online for School Counts! and the Green Business Program you will also have some great distinction logos on your listing, too!

*Tea Jay*

Tea Jay Aikey  
Executive/Finance Assistant  
[tjaikey@centralpachamber.com](mailto:tjaikey@centralpachamber.com)



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Above: The first Central PA Business & Education Seminar & Training Series Class was a big hit! B&E partnered with Bucknell SDBC to provide an in-depth course focusing on E-mail Marketing, specifically using the service Constant Contact. The presenter was Terri Cole of Chickadee E-Marketing. Details on the next class can be found on the back page!

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Above left: At left, Snyder County Commissioner Joe Kantz works with BLSV students on their economic development exercise.



Above right: Several guests participated with the BLSV D1 students in March serving as advisors to economic development plans. Pictured sitting at the table is Shawn McLaughlin of the Union County Economic Development Office. Standing is Neal Fogle of the Penn State Extension, the program day facilitator.

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Follow along in everything BLSV does each month here in "It's Your Business," and on the Building Leaders for the Susquehanna Valley Facebook page!

BLSV relies heavily on the support of the Central PA Chamber membership, to provide opportunities and more often, volunteers. Last year, BLSV welcomed more than 50 volunteers. If interested in supporting/growing our leaders of tomorrow,

call BLSV Director Jeff Shaffer at  
570-742-7341 or email [jshaffer@centralpachamber.com](mailto:jshaffer@centralpachamber.com).



Location	Acreage	Sq. Ft. of Building	Terms	Reference	Contact Name	Contact Phone
30 East Rittenhouse Mill Road, Berwick	2.49	5,000	Sale	Rokosz	Mericle Comm. Real Estate	570-823-1100
3357 Old Route 15, White Deer	9.88	70,000	Lease	Bower	Mericle Comm. Real Estate	570-323-1100
202 S. Chestnut Street, Millville	3.0	20,900	Lease	Cortese	Mericle Comm. Real Estate	570-232-1100
210 Industrial Park Road, Elysburg	117.16	246,785	Sale	Bower/Cortese	Mericle Comm. Real Estate	570-323-1100
335 W. Walnut Street, Hazelton	1.26	10,000	Sale/Lease	Daris	Mericle Comm. Real Estate	570-823-1100 x246
3231 Lycoming Creek Road, Williamsport	15.74	148,000	Sale	Bower	Mericle Comm. Real Estate	570-323-1100
401 E Front Street, Freeburg	18.13	85,000	Sale	20-65028	Larry Johnson	570-847-0552
201 N. Industrial Park Drive, Milton	13.3	117,000	Sale	Rager	Ruby Realty Inc.	570-419-8002
<b>Type of Property: WAREHOUSE BUILDINGS</b>						
294 North Industrial Park Rd, Milton	N/A	100,000	Lease	Building #1	Andy Comrey	570-246-5871
13 South Industrial Park Road, Milton	N/A	80,000	Rent	Var. Bldgs	Kim Benshoff	570-742-7984 x102
13 South Industrial Park Road, Milton	N/A	25,000	Rent	Building #5	Kim Benshoff	570-742-7984 x102
13 South Industrial Park Road, Milton	N/A	40,000	Lease	Building #8	Kim Benshoff	570-742-7984 x102
13 South Industrial Park Road, Milton	N/A	40,000	Lease	Building #7	Kim Benshoff	570-742-7984 x102
2nd Floor 101 Locust Street, Milton	N/A	N/A	Rent	N/A	Amy Moyer	570-452-4894
13 S. Industrial Park Road, Milton (Bldg #7)	N/A	15,000	Lease	Cortese	Mericle Comm. Real Estate	570-323-1100
13 S. Industrial Park Road, Milton (Bldg #8)	N/A	40,000	Lease	Cortese	Mericle Comm. Real Estate	570-323-1100
13 S. Industrial Park Road, Milton (Bldg #1)	N/A	6,000	Lease	Cortese	Mericle Comm. Real Estate	570-323-1100
700 Hepburn Street, Milton	5.26	184,000	Sale	Cortese	Mericle Comm. Real Estate	570-323-1100
100 8 <sup>th</sup> Street, Milton	.93	6,000	Lease/Sale	N/A	Ann Hilliard	570-850-7329
6569 Stein Lane, Winfield	7.77	19,296	Sale	20-64339	Larry Johnson	570-847-0552
<b>Type of Property: RESTAURANT BUILDINGS</b>						
609 N Susquehanna Trail, Selinsgrove	N/A	3,444	Lease	20-66148	Larry Johnson	570-847-0552
37 Main Street, Turbotville	N/A	1,670	Sale	10-46072	Lise Barrick	570-524-7500
<b>Type of Property: SPECIAL USE BUILDINGS</b>						
2355 Route 442, Muncy	4.02	13,000	Sale	Bower	Mericle Comm. Real Estate	570-323-1100
<b>Type of Property: SHOPPING CENTERS</b>						
225 Columbia Mall Drive, Bloomsburg	52	50,289	Lease	Namutka	Mericle Comm. Real Estate	570-823-1100 x314 or 219
830 Schuylkill Mall, Frackville	185	75,433	Lease	Namutka	Mericle Comm. Real Estate	570-823-1100 x314 or 219
<b>Type of Property: STORAGE UNITS</b>						
<b>Type of Property: APARTMENTS</b>						
Main & River, New Columbia	3 parcels	2 buildings	Sale	11 Units	Valerie Bieber	570-522-9181
133 Market Street, Lewisburg	N/A	1500	Lease	N/A	Mary Anne Fleisher	570-975-5806
<b>Type of Property: BUSINESS FOR SALE</b>						
Double B's Pizza & Subs, Dushore, PA - BUSINESS ONLY - operating in leased premises				Bower	Mericle Comm. Real Estate	570-323-1100
Pizza To Go, Jersey Shore, PA	.77	1,589	Sale	Bower	Mericle Comm. Real Estate	570-323-1100
Rita's Italian Ice, Danville, PA - BUSINESS ONLY - operating in leased premises				20-61455	Scott Mertz	570-524-2120
Jacks Mountain Freeze, Middleburg	.67	818	Sale	20-64274	Scott Mertz	570-524-2120
Laundromat, Northumberland	.25	1,500	Sale	Bower	Mericle Comm. Real Estate	570-323-1100
South Reach Road, Williamsport	163	N/A	Sale	Bower/Adams	Mericle Comm. Real Estate	570-323-1100 NEW

**Ann & Katie Hilliard**



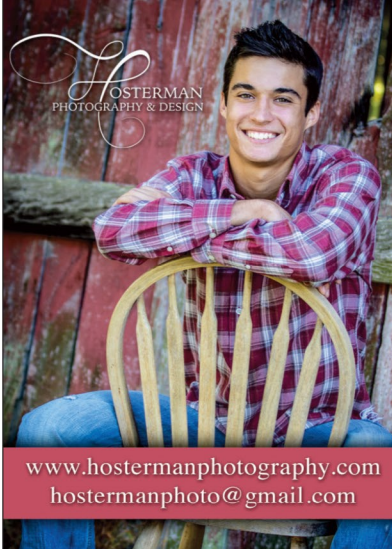
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## UPCOMING CHAMBER EVENTS



*Our Business Is Your Business*

### JOINT LEGISLATIVE BREAKFAST

STATE ISSUES - Friday, April 15  
7:30 - 9:00 am

The Country Cupboard, Lewisburg- \$15

Sponsored by:



*Our Business Is Your Business*

### BREAKFAST BRIEFING

Friday, May 20  
7:30 - 9:00 am

Central PA Chamber of Commerce Office, Milton

Free to Attend

Sponsored by:



### Seminar & Training Series

Social Media for Business

9 to 11 a.m. Friday, April 22 @

Central PA Chamber of Commerce, 30 Lawton Lane, Milton  
Cost: \$25 for Central PA Chamber Members; \$35 for Non-members

Register: [www.centralpachamber.com/events](http://www.centralpachamber.com/events)

Learn how to: Use Social Media for Your Business, Develop Goals, Determine Target Audience, and Find Your Online Voice. In addition: Discover Topic Ideas, Decide Which Social Media Sites are Right for You and Learn from Case Studies of other Businesses and Organizations.

Presented by:



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Larry's Pizza & Subs • Short Stop  
OIP • Old Turnpike Restaurant  
West End Library, Laurelton

#### LEWISBURG

ProCare Physical Therapy • Bucknell SBDC  
Lewisburg Pharmacy • Lewisburg Hotel  
Susquehanna River Valley Visitors Bureau

#### MILTON

The Coup Agency • Milton Borough Office  
Milton Public Library • North'd Co. Schools FCU  
Arrowhead Restaurant

#### WATSONTOWN

Norman's Watson Inn • Watsontown  
Borough Office

#### SUNBURY

Sunbury's Revitalization, Inc.

Register for all Chamber events online at [www.centralpachamber.com](http://www.centralpachamber.com)  
(click on events) For questions, call 570-742-7341 or 570-768-4900.

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**Anne  
of  
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Gables**

**The Musical**

**April 21-24**

**[www.cwc.life](http://www.cwc.life)**

CHRIST WESLEYAN  
**THEATRE**  
PRODUCTIONS

"Performing Arts on a Mission"

# Anne of Green Gables

The Musical

## Show Times

Thursday, April 21 - 7:00pm

Friday, April 22 - 7:00pm

Saturday, April 23 - 3:00 & 7:00pm

Sunday, April 24 - 3:00 & 7:00pm

Adults (ages 13+) - \$11.00

Children (ages 0 -12) - \$6.00

(All tickets are reserved seating.)

Tickets are available online at [www.cwc.life](http://www.cwc.life),  
CWC's Well Read Bookstore, or at the door prior to performances.

Christ Wesleyan Church - 363 Stamm Road, Milton, PA 17847

A MINISTRY OF  
**CHRIST WESLEYAN**  
sharing the light

# Third Annual 5K Run/Walk 2016



Saturday, May 21st, 2016



Registration: 8AM

5K Run/Walk: 9AM

Nottingham Village Senior Living Community 58 Neitz Road Northumberland, PA

Proceeds to benefit **CARING FOR KIDS**

A backpack program to help end hunger in the children of our community.

**Registration Fees:**

**Ages 14 & Up:** \$20 (T-Shirt if registered by April 29th)

**Ages 8-13:** \$10 (T-Shirt if registered by April 29th)

**Ages 7 & Under:** \$5 (Does not include T-Shirt)

A challenging course run on both road & trail! Rain or shine!

**NO strollers or pets on the course!**

To register, complete and detach the bottom portion and mail with registration fee to:

Nottingham Village

Attn: Susan Wert

58 Neitz Road

Northumberland, PA 17857

Make checks payable to: **Nottingham 5K**

For questions call: **570-473-8366**



## 3rd Annual "Caring for Kids" 5k Run/Walk Registration Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Gender: Male / Female

Age on Race Day: \_\_\_\_\_ Adult T-Shirt Size: Small Medium Large XLarge XXLarge

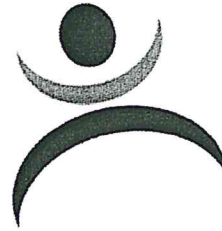
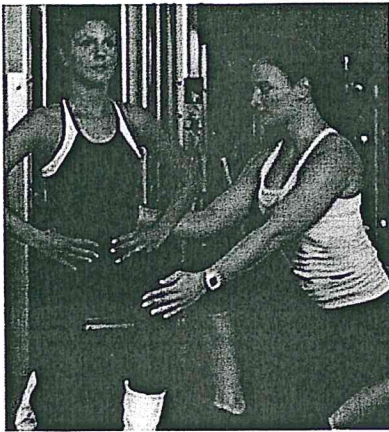
**Please read and sign the waiver below:**

In consideration of this entry, being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims that I may have against the town of Northumberland, Nottingham Village, or any sponsors involved with the Nottingham Village "Caring for Kids" 5K Run/Walk. I certify that I am physically able to participate in this event. I also understand that the course covers both on and off road terrain and that my picture may be taken at the event. I also give permission for my picture to be used in any publication.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

(Adult must sign for participants under 18)



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Milton PA 17847**

**Local Contact: ROB MOYER**

**570-742-7321**

MILTON YMCA and NETA, a non-profit fitness professional association, are co-sponsoring the following nationally-recognized workshops:

**PERSONAL TRAINER CERTIFICATION**

**Saturday June 25, 2016**

**8:00- 5:00**

**Sunday June 26, 2016**

**8:00- 4:00**

This 2-day workshop includes: Demonstrations and practical application of one-on-one training. NETA's expert trainer will cover exercise science review, communication skills, exercise programming, health assessments and more.

Workshop registration includes, written exam and 2-year certificate. NETA's Personal Trainer Certification is accredited by NCCA, the "gold standard" in our industry.

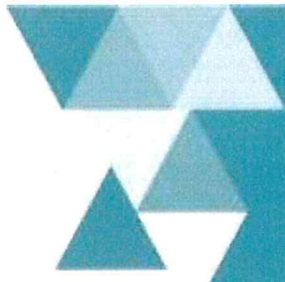
Workshop fee: **\$449** *Earlybird fee if registered before May 26, 2016: \$399*

Staff: \$299



**To Register:**

**Call 800-237-6242**



# DailyChoices

Wellness Quarterly Newsletter

Winter 2016

## Incentive Programs:

*Keeping your Wellness Program, and Employees Moving Forward*

Evangelical Community Health and Wellness presents the new **Daily Choices Quarterly Newsletter**. This publication will provide our worksite wellness community with industry updates, community wellness updates, events and tips that will help your workforce stay strong and healthy!

Evangelical Community Hospital has had the privilege of providing wellness services for our community worksites for the last 10 years. During this time Community Health and Wellness has offered a variety of programs for our clients including biometric screenings, flu shots, wellness seminars and incentive programs.

Incentive programs that target positive behavior changes are vital components of comprehensive wellness programs. These programs are typically fun for employees, easily administered, and target healthy behaviors such as physical activity, healthy hydration, and numerous nutrition aspects.

Worksites that offer behavior based incentive programs throughout the year keep their employees engaged all year long. Behavior based programs with periodic check point goals add a “gaming effect” that creates a “fun” not “work” perspective.



Research has shown that incentive programs based on encouraging a change in behavior have longer lasting effects on one’s health than programs that focus on outcomes only. When programs focus on outcomes, progress generally ends once target outcomes are accomplished. Behavior based incentive programs form habits that stick.

Worksites that offer behavior based incentive programs report lower risk cholesterol profiles and healthier body mass indexes (weight) for their employees.

Evangelical Community Health and Wellness has a wide range of behavior based incentive programs that are tailored to the specific needs of our worksites. Some of these programs include:

- **Corporate Fitness Challenge – Fitness gain competition**
- **Pump-Up your Heart – Cardiovascular activity challenge**
- **To the Peaks – Steps challenge**

*Contact Evangelical Community Health and Wellness for details on setting up your company’s next incentive program.*

## 100 Million Healthier Lives Campaign

Evangelical Community Hospital has joined the international 100 Million Healthier Lives Campaign. The entire purpose of this initiative is to encourage collaboration of all aspects of wellness on a global stage in order to create awareness and action towards healthier lifestyles for 100 million people by 2020.

Evangelical Community Hospital’s mission aligns with this campaign and we are proud to be a part of such an important initiative.

Throughout the coming year, look for events and programs Evangelical Community Hospital is bringing to the community to assure we are part of the 100 Million people living healthier by 2020.



100 Million  
Healthier Lives

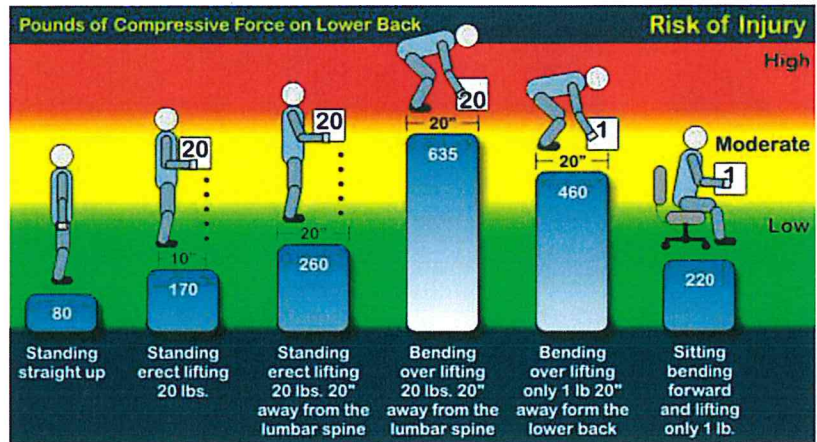
PROUD PARTNER

<http://www.100mlives.org/>

## Safety Reminder Tip for Lifting

Keep objects close when lifting to lessen the load on the lower back. 635lbs. of pressure can be put on the lower back when a 20 lb. object is lifted 20 inches away from your heels.

Always perform "buddy lifts" with objects heavy enough to cause strain, or by size, create a distance greater than 20 inches from its furthest end away from you to your heels.



## Coaches Corner

Health Coach, Michelle Detwiler

### Goals versus Strategies...

The first quarter of a new year is coming to a close. Did you make a new year's resolution, a goal if you will? What was your goal? Weight-loss? Save more money?

If you said yes to any of these – then you did not set a goal... you stated a strategy. Ask yourself these questions –

- *Why do I want to lose weight (or save money)?*
- *What is IMPORTANT about this weight loss (increased savings)?*
- *How does my life change or improve with this weight loss (increased savings)?*

The answers to these questions are your true goals. The strategy to accomplishing those goals is losing weight or saving money.

Good! Now you have your goals and your strategy – HOW will you put your strategy in effect? What is your plan? Most likely weight-loss strategies will involve physical activity and nutrition and increased savings will be a calculation of money earned versus money spent.

Tracking your strategy using the components of your plan can be a more immediate and positive feedback tool than tracking the outcome of the strategy. Depending on the amount of weight being lost or the amount of money being saved, it may take a while to start seeing significant results.

However, tracking the number of time you were active in a week, selected a healthier food choice, or made an extra deposit in your savings account (no matter the amount) will give you immediate and positive reinforcement that you are working toward and succeeding in your efforts to achieve the ultimate goal...

- *A longer healthier life with your family*
- *Less pain in your joints*
- *The purchase of your new home*

## Quarterly Recipe

**Unbelievable Chicken** - Recipe By: LETSGGGO

"This unusual combination of common ingredients is fabulous! Everyone who tastes it asks me to share the recipe. You will love it and the many compliments you get--I promise!"

### Ingredients

- 1/4 cup cider vinegar
- 3 tablespoons prepared coarse-ground mustard
- 3 cloves garlic, peeled and minced
- 1 lime, juiced
- 1/2 lemon, juiced
- 1/2 cup brown sugar
- 1 1/2 teaspoons salt
- ground black pepper to taste
- 6 tablespoons olive oil
- 6 skinless, boneless chicken breast halves



### Directions

In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, brown sugar, salt, and pepper. Whisk in the olive oil. Place chicken in the mixture. Cover, and marinate 8 hours, or overnight. Preheat an outdoor grill for high heat. Lightly oil the grill grate. Place chicken on the prepared grill, and cook 6 to 8 minutes per side, until juices run clear. Discard marinade.

<http://allrecipes.com/recipe/30522/unbelievable-chicken/print/?recipeType=Recipe&servings=6>

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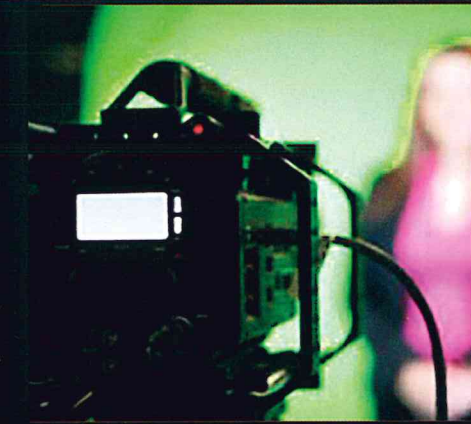
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