

# IT'S YOUR BUSINESS

Volume 1, Issue 6 • JUNE 2016

## CENTRAL PA CHAMBER OF COMMERCE

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



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The attendees of Empower with Paint show off their masterpieces after a fun evening at Paint, Party & More.

## EMPOWERING THE MEMBERS

MILTON – Sometimes you don't even realize how much confidence you have until you put it to the test.

It turns out several Chamber members, and community members in general, are quite the artists.

More than 20 turned out for the Empower with Paint event on Thursday, May 19 at Paint, Party & More, along Route 405 south of Milton.

The event was a fundraiser for the Central PA Chamber, but more importantly it served to build up the self-assurance of many individuals while having lots of fun at the same time.

The evening began with food and wine, provided by members Sub-Licious!, Jeanne Bontomase of Tastefully Simple and Shade Mountain Winery.

Dr. Kevin Sensenig of Interaction Dynamics Group was the evening's speaker. Prior to attending the event, registrants were asked to come up with a list of positive words they could identify with. Have you ever considered your strengths?

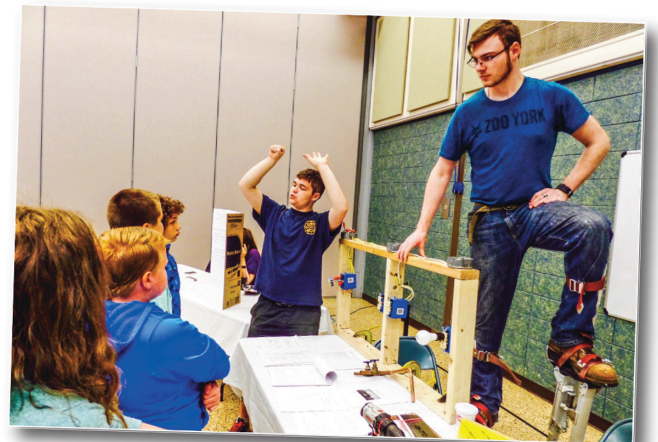
EMPOWERING ...Continued on Page 3

## INSPIRING STUDENTS

MILTON – Being inquisitive by nature, grade-school students want to know why their classes are so important. Several Central PA Chamber members, community businesses and even high school students provided them with answers Wednesday, May 18 at the 3rd Annual Spring Career Awareness Fair at Baugher Elementary School, Milton.

According to school officials, students can lose interest in school by as early as 5th grade! To help keep area students engaged, the various vendors gathered in the gym to talk about why school was important to them to do what they do now in their careers. They also provided the 4th- and 5th-graders from the Milton, Warrior Run and Meadowbrook Christian elementary schools with some ideas of area careers.

Hands-on displays are always highly encouraged for this age group, and there were numerous things for the students to try out. At the ProCare Physical Therapy and Fitness booth, students did push-ups as well as tested their balance and grip strength. At the Paint, Party & More booth, the students painted on canvas.



Milton Area High School Building Trades students share their tools and overall excitement with 4th- and 5th-graders at the Spring Career Awareness Fair in May at Baugher Elementary School, Milton.

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**STAFF**



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bsmith@centralpachamber.com



**Jeff Shaffer**  
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Executive & Finance Assistant  
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**EDUCATIONAL PARTNERS**

Meadowbrook Christian School • Milton Area School District  
Warrior Run School District



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- iHeartMedia - Shamokin & Williamsport
- Interaction Dynamics Groups • Keystone Mobile Shredding
- La Primavera Italiano Ristorante & Pizzeria
- Mifflinburg Bank & Trust Co. - Lewisburg
- On Fire Promotions - Lewisburg & Shamokin Dam
- PenTelaData • PPL Electric Utilities
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- Service Electric Cablevision/SECV8
- Seven Mountains Media • Standard Journal
- Strattons Photography • Susquehanna Fire Equipment Co.
- T-Ross Brothers Construction, Inc.
- That Kitchen Witch...On Wheels • Watsontown Dental, PC

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*



**WHAT A MONTH!**

Wow, has it been an exciting time for the Chamber staff and its members. For a moment, I wasn't sure if I would be at my desk long enough to write to you. You'll quickly see in this month's pages all our active membership and we have been up to...where you involved with the Chamber this past month?

Our cover stories only scratch the surface, and we'll start there. May was a month of motivation it seems. On May 18 was the Spring Career Awareness Fair, where the Business & Education Association and Milton Area School District partnered with members to encourage young students to stay engaged in school. On the following day, the Chamber partnered with members to empower individuals to look at themselves with fresh eyes and be reminded of all the talents and gifts they offer. We have both exceptional students and community members, and thank you to everyone who helped reinforce it.

On the inside, you'll see that ground was broken and red ribbon was cut on multiple occasions. Congratulations to all on your achievements and desire to open a new venture and/or expand and make the Central PA region an even better place to live and work. You can catch up in the news section.

On the back, you'll notice the 15th Annual Central PA Business & Education Association Golf Tournament is fast approaching on Friday, June 17 at Bucknell Golf Club! Have you registered your team yet? Also, if you can't play, you should highly consider at least trying your luck with our new Golf Ball Drop! taking place immediately after the tournament. We'll have not one but three lucky winners sharing a part of the cash pot.

Like in every issue, you have the opportunity to learn more about members. This month in the Member Spotlight, we feature Keystone Mobile Shredding and Pronto!

As usual, there are a slew of new members to welcome and returning members we thank. Have you taken the time to connect with these fellow members and extend the reach of your business/organization?

As a reminder, these pages are all about the membership and every last one of you are welcome to submit information for these pages. If you're at a loss for ideas, contact me at 570-742-7341 or jshaffer@centralpachamber.com. I'll be happy to help you with generating ideas to promote your business. Do you have an event later this summer/fall, did you hire new employees or promote the ones you have? Do you have a new product or service to offer? Are you selling commercial property, holding an open house or simply want to advertise to the 410 members of the Central PA Chamber? If so, we have room for you. Now is a great time to ride the wave of all the excitement and create waves of your own. Enjoy the issue!



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

**Chamber Report Submission Deadlines and Distribution**

CIRCULATION DATE	SUBMISSION DATE
JULY 2	JUNE 17
AUGUST 6	JULY 22

**Interested in advertising in this publication?**  
**Contact Brett at Heritage Printers today!**  
**chamber@heritageprinter.com or call 570.966.1120**



## EMPOWERING *(continued)*

To help spark ideas and to get the group of artists comfortable with each other, Dr. Sensenig had the crowd up and moving. The game consisted of finding cards with words they could relate to. The point was to show the participants that it's helpful to be diverse in skills when taking on different types of projects. Traci Messinger, owner of Paint, Party & More, took over for the remainder of the evening providing step-by-step instruction on how to paint a reminder of one's own skills. See front page photo for the masterpieces!

It was rather easy to follow along and everyone was laughing and having a great time. "It was a great success," said Tea Jay Aikey, the Chamber's Executive/Finance Assistant and the event's organizer. "From the surveys, all of the attendees would love to do it again and invite others. "They all left empowered." If interested in painting/fundraising, etc., PP&M offers numerous opportunities.



Deb Mitstifer, owner of The Boof Biscuit Company, enjoys some refreshments before putting paint to canvas.

Tea Jay Aikey welcomes guests and introduces the evening's speaker- Dr. Kevin Sensenig.



Visit [www.paintpartyandmore.com](http://www.paintpartyandmore.com). For additional pictures from Empower with Paint, visit the Central PA Chamber Facebook page. Also, thank you to our media partners - Seven Mountains Media and the Standard Journal - for helping to spread the word.

## STUDENTS *(continued)*

At the Customized Tutoring Services booth, the students learned about circuitry.

In addition, Career & Technology Education students from the Milton Area High School returned, again, this year to show off the trades they are learning and preparing them for the workforce. The fields



ranged from early childhood education to auto-tech and even 3D printing. Thank you to everyone who attended, including the following Central PA Chamber members: Customized Tutoring Services, Lewisburg; GSV YMCA Milton Branch; Lowe's Home Improvement, Selinsgrove; Mary Kay [Kathy Hillyard], McCann School of Business and Technology, Lewisburg; Paint, Party & More, Milton; ProCare Physical Therapy and Fitness, Lewisburg; Telos Educational Services, Montandon; Transitions, Lewisburg; and T-Ross Brothers Construction, Montandon.

For more pictures, turn to page 13 and check out the Central PA Business & Education Association Facebook page.

**If interested in being a part of the next Spring Career Awareness Fair, as well as the Central PA Career Fair in the fall, contact Jeff Shaffer, Communication & Education Manager at 570-742-7341 or [jshaffer@centralpachamber.com](mailto:jshaffer@centralpachamber.com).**

## 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 May 20, 2016)

- All Suites Inn Budget Host
- Bath Saver, Inc. dba Bath Fitter
- Bieber's Contracting Company, Inc.
- Fogle Forest Products
- K/S Renewal Systems dba Kitchen Saver
- KBF Print Technology
- M&T Bank - Milton Branch
- Malee Law Firm, P.C.
- Mostly Mutts, Inc.
- Pronto! Provisions with Passion, Inc.
- St. John's United Church of Christ
- Turbotville Landscape Supply
- Union-Snyder Community Action Agency
- Yogi at Shangri-La

Retirement Homes & Apartments ♦ Living With Assistance ♦ Memory Care ♦ Skilled Nursing & Rehab



A Senior Living Community

58 Neitz Road • Northumberland, PA  
570-473-8356  
[www.nottinghamvillage.org](http://www.nottinghamvillage.org)

PHOTO: GARY



# NEW MEMBERS

## BARGAIN SHOP & COMPUTER SERVICE AND SALES

358 Market Street • Sunbury, PA 17801  
570-898-2289 • www.sunburycomputerservice.com  
John Jones - Owner

Wholesale items and computer service.

## BERGEY'S ASPHALT SEALING

3105 Ridge Road • Northumberland, PA 17857  
570-412-9564 • www.bergeysasphaltsealing.com  
Michael Bergey - Owner

Sealing and crack filling of both residential & commercial asphalt surfaces.

## BUCKNELL SPORTS PROPERTIES

KLARC Building Moore Avenue • Lewisburg, PA 17837  
570-577-1261 • www.bucknellbison.com  
Mike Trudnak - General Manager

Bucknell Sports Properties is a branch of Learfield. Learfield represents 120 collegiate properties with agreements that are broad in scope and include management of a wide variety of sponsorship, media and marketing inventory.

## CHICKADEE eMARKETING

14 Finch Drive • Lebanon, PA 17042  
610-563-9080 • www.chickadeemarketing.com  
Terri Cole - President

Chickadee eMarketing provides marketing services that include email marketing, social media and Web site development and management.

## DALE ASSOCIATES

PO Box 52 • Lehman, PA 18627  
570-477-7225 • www.dalepack.com  
Jeff Josuweit - President

Sales and distribution of packaging and industrial supplies, stretch film, tapes, strapping, boxes, pallets, air bags, poly bags, kraft papers, foam, dunnage, and interior packaging.

## GRAPHITE GRANTWORKS

PO Box 296 • West Milton, PA 17886  
321-298-9843 • www.graphitegrantworks.com  
Jennifer Rempe - Owner

Research, grant and proposal writing service. Designed to find community-benefit organizations sustainable grant and funding opportunities.

## LENAPE SOLAR

140 South Second Street • Sunbury, PA 17801  
570-286-1496 • www.lenapesolar.com  
Justin Charles - Co-Owner

Lenape Solar provides Energy Efficiency Solutions for business, residential, government, not-for-profit, and agricultural consumers. These include: Solar Energy, Ductless Mini-Split Heat Pumps, Energy Efficient Lighting, and On-Demand Water Heaters. We also have a full-service electrical division - Lenape Electrical Services that does new construction as well as maintenance services.

## MARK P. STARR - INDEPENDENT AGENT

138 Race Street • Sunbury, PA 17801  
267-424-9914  
Mark Starr - Agent

Independent Insurance Agent

## MARY KAY - KATHY HILLYARD

137 Auchmuty Road • Pennsdale, PA 17756  
570-220-5660 • www.marykay.com/khillyard  
Kathy Hillyard - Sales Director

A trusted global name in skin care, makeup & body care. The latest beauty advice, makeup trends, virtual makeover & unparalleled business opportunity.

## PAYCHEX

2404 Park Drive, Suite 200 • Harrisburg, PA 17110  
717-652-3317 • www.paychex.com  
Richard Schaefer - Sales Representative

Paychex provides stand alone and a comprehensive suite of back-office business services to optimize employee management, from hire to retire for small, mid- and large-sized businesses.

## RETIRED SSG MICHAEL McCLAIN

1145 Susquehanna Street • Trevorton, PA 17881  
214-206-5626

## T-MOBILE

46 Vertie Court • Milton, PA 17847  
215-403-4442 • www.business.t-mobile.com  
Nick Munyat - Account Executive

T-Mobile is taking the pain out of wireless. Being the Un-carrier is not just a slogan; we are breaking all of the rules that protect the other carriers and hurt customers. With our rapid expansion in to Central PA, we are now able to save business customers upwards of 40 percent on their monthly wireless bills, and help you unleash yourself from your old carrier, including reimbursing you for the fees they charge you for leaving.

## WELLS FARGO ADVISORS, LLC

10 West Third Street • Williamsport, PA 17701  
570-322-7788 • www.home.wellsfargoadvisors.com/william.daniels  
Will Daniels - Financial Advisor

As a financial advisor, I help manage assets for individuals, businesses, retirement plans and trusts. I construct each financial strategy with my client's needs and goals in the forefront. I meet with my clients regularly to ascertain, if goals have changed, if needs have been met, and are we on the right track.

## WORKPLACE HEALTH

Milton Ind. Park 25 Belford Boulevard, Suite 1 • Milton, PA 17847  
570-246-5840 • www.wphal Director

PHOENIX Rehabilitation and Health Services operates through a network of more than 55 outpatient physical therapy centers located throughout the Mid-Atlantic region and has created a niche in the rehabilitation services industry focusing on both clinical care and customer care by hiring highly skilled clinicians, providing them autonomy to deliver high quality, on-time and one-on-one care. In addition to physical and occupational therapies, PHOENIX directs multiple Workplace Health (WPH) centers throughout PA. WPH provides occupational health services such as injury care and injury: case management, as well as a range of ancillary services which include random drug screen management, breath alcohol, audiometric, pulmonary function, and pre-placement/DOT physicals provided by certified practitioners.





**MEMBER  
Spotlight**

**Keystone Mobile Shredding, Inc.**



**Karen Metz**  
President/Certified ID Theft Risk Management Specialist  
kmetz@keystonemobileshredding.com  
570-323-8066

**WHAT MAKES YOUR BUSINESS/ORGANIZATION UNIQUE?**

What makes us unique are the many opportunities that we take to give back to the communities that we serve. We offer our shredding service free to area churches and several charity organizations. We provide free identity theft seminars and literature to educate consumers about the risks of inadequate document and data handling. During the summer, our Friday Shred Events have become a popular way for residents to shred their confidential papers and donate to local non-profit organizations. Participants are asked to give a \$5/minimum donation per file box and all proceeds go directly to charity. It's a win-win for our community!

**HOW DO YOU MARKET YOUR BUSINESS?**

Our "Green" Shredding trucks are mobile billboards for our business and are recognized throughout the state. We have awesome service representatives who treat every customer in a way that their experience with us is the very best part of their day! We've even had a customer ask us to sell T-shirts because he wanted to proudly advertise for us.

**DOES YOUR BUSINESS HAVE A MISSION STATEMENT? IF SO, WHAT IS IT?**

We are committed to offering a high level of security. We will help our customers protect their confidential information while promoting responsible environmental stewardship. We will strive to educate the public to the danger of inadequate information management. We will provide unparalleled customer service and value.

**HOW MANY DOES YOUR BUSINESS EMPLOY?**

5 full-time and 1 part-time employee

**ADVICE TO THOSE WHO OWN THEIR OWN BUSINESS?**

You need a passion for your business because it takes up so much of your time in this life.

**FINISH THIS SENTENCE - "ON A DAY OFF I..."**

On a day off, you will always find me spending time with Rick (Karen's husband)!

**WORDS TO LIVE BY?**

In business, you need three great partners: a banker, a lawyer, and an accountant. You should be able to talk to all three about the good stuff and the bad.

**IF ANY, WHAT ARE SOME PHILANTHROPIC CAUSES YOUR BUSINESS SUPPORTS?**

Friday Summer Shred Events are offered each year and all proceeds are donated to local charity organizations. We also provide free service to churches and several non-profit organizations. Free identity theft seminars help to educate the public.

**WHAT ARE THE TOP 3 COMPANY PRIORITIES YOU FOCUS ON?**

Security, Service and Education

**WHAT ARE THE CHARACTERISTICS YOU LOOK FOR IN EMPLOYEES?**

Absolutely trustworthy and friendly are helpful attitudes. Our Service Representatives do many tasks above the call of duty, including making a repair to a customer's office shredder!

**Pronto!**  
Provisions with Passion, Inc.



**Scotta Magnelli**  
Proprietor  
232 Market Street  
Lewisburg, PA 17837  
www.prontoprovisions.com  
570-523-0424  
Facebook: Prontoprovisions

**WHAT MAKES YOUR BUSINESS/ORGANIZATION UNIQUE?**

We are a woman-owned and run café specializing in quality, healthy breakfast, lunch and brunch menu items. Everything is house-made, from scratch using the best quality ingredients available.

**HOW DO YOU MARKET YOUR BUSINESS?**

Primarily word of mouth but also print ads in local newspapers and magazines and social media.

**HOW MANY DOES YOUR BUSINESS EMPLOY?**

8 part-time, 1 full-time

**ADVICE TO THOSE WHO OWN THEIR OWN BUSINESS?**

Always have a stack of applications at the ready. You never know when you will lose an employee, and when you do, it will always be at the worst possible time!

**FINISH THIS SENTENCE - "ON A DAY OFF I..."**

Day off?

**WORDS TO LIVE BY?**

Never sit still - constantly reinvent!

**IF ANY, WHAT ARE SOME PHILANTHROPIC CAUSES YOUR BUSINESS SUPPORTS?**

The Donald Heiter Community Center, various Bucknell organizations and several local non-profits.

**WHAT ARE THE TOP 3 COMPANY PRIORITIES YOU FOCUS ON?**

1. Quality
2. Service
3. Positive customer experience

**WHAT ARE THE CHARACTERISTICS YOU LOOK FOR IN EMPLOYEES?**

People oriented, positive, honest, good work ethic.

**DAVIS, DAVIS & KAAR**  
Attorneys at Law

\*Wills & Estate Planning \* Real Estate \*  
\*Family Law \* Business Law \* Personal Injuries \*

37 N. Arch Street Milton, PA  
P.O. Box 319

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sunsetessentials@gmail.com or call 570-412-4578



# WHAT'S HAPPENING: MEMBER EVENTS



Paint Party & More

## Summer KIDSKAMPS

5190 STATE RT. 405  
MILTON, PA

ALL CAMPS INCLUDE:  
LUNCH, PP&M T-SHIRT, 1 - 16X20 PAINTING DAILY,  
1 LARGE PAINT AND SMALL PROJECTS

**UNDER THE SEA**

JUNE 13-17  
9AM - 1 PM  
5-8 YEAR OLD

**JUNGLE SAFARI**

JUNE 27-JULY 1  
9AM - 1 PM  
9-12 YEAR OLD

**CRAWLING CREATURES**

JULY 11 - 15  
9AM - 1 PM  
5-8 YEAR OLD

**ALL ABOUT ME**

JULY 25-29  
9AM - 1 PM  
9-12 YEAR OLD

REGISTER AT [WWW.PAINTPARTYANDMORE.COM](http://WWW.PAINTPARTYANDMORE.COM)  
OR CALL US AT 570-246-5890  
LIKE US ON SOCIAL MEDIA!

**JULY 5-7**  
9 AM - 3 PM

## STORYTELLING THROUGH THE AGES

SUMMER HISTORY DAY CAMP IN MIFFLINBURG

A ONE DAY CAMP FOR CHILDREN AGES 5 TO 12. COST IS \$15 AND CHILDREN MUST BRING THEIR OWN LUNCH. TO REGISTER, CONTACT 570-966-1666 OR EMAIL [MHRA@DEJAZZD.COM](mailto:MHRA@DEJAZZD.COM)  
SPONSORED BY THE MIFFLINBURG HERITAGE & REVITALIZATION ASSOCIATION

**ST. JOHN'S UCC, NEW COLUMBIA - VACATION BIBLE SCHOOL**


ST. JOHN'S UCC FELLOWSHIP HALL - 906 OLD ROUTE 15, NEW COLUMBIA, PA 17956

**FREE FOR KIDS AGES 3 - 12 (PRE-REGISTER BY JUNE 12)**

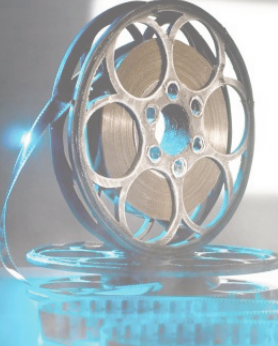
**JUNE 26-30, 6:00 - 8:30 EACH NIGHT**

CONTACT US AT 570-412-5127 TO REGISTER OR ONLINE  
AT [WWW.COKESBURYVBS.COM/STJOHNSNEWCOLUMBIA](http://WWW.COKESBURYVBS.COM/STJOHNSNEWCOLUMBIA)

Kids will discover an interactive, energizing, Bible-based program that will give them an opportunity to catch God's amazing love! During Vacation Bible School, your kids will become surfers and enjoy songs, crafts, science activities, games, snacks, and story time!




**Surf Shack!**  
Catch The Wave of God's Amazing Love



## A Night at the Cinema


The Auxiliary to Evangelical Community Hospital is holding a fundraiser to benefit the Thyra M. Humphreys Center for Breast Health on **Wednesday, June 15, 2016** at the Campus Theatre in Lewisburg. The evening begins at 6:30 pm with appetizers and a complimentary glass of wine. The featured film, "Summertime" starring Katharine Hepburn and Rossano Brazzi, will be shown at 7:30 pm. Advance tickets are \$25.00 each and can be purchased at the Evangelical Community Hospital Gift Shop. Tickets will also be available at the box office on the evening of the event. For additional information contact Julianne Cooper at 570-523-6059.

## Meet & Greet




THE EXCLUSIVE MULTIMEDIA RIGHTS HOLDER FOR BUCKNELL ATHLETICS


### Meet Bucknell Sports Properties




**Mike Trudnak**  
General Manager BSP



**Hadyn Derr**  
Marketing Assistant




**Nathan Davis**  
Men's Basketball



**Joe Susan**  
Football

**Q&A with:**

**Thurs. June 23rd @ 11:30am**  
Bucknell Barnes & Noble  
Lunch provided by: 

## 6th Annual Senior Expo


Sponsored by the office of Representative Lynda Schlegel Culver  
OPEN TO ANY SENIOR IN THE 108th LEGISLATIVE DISTRICT

**Thursday, July 28 from 10:00 am - 1:00 pm**  
Shikellamy High School Cafeteria - 10th & Walnut Streets, Sunbury

Interested in being a vendor? Contact Amy Badorf at 570-286-5885 or email [abadorf@pahousegop.com](mailto:abadorf@pahousegop.com)  
Vendor deadline: Thursday, July 14, 2016



VENDORS NEEDED!



The Kingdom Kidz Puppet Ministry, the religious division of Kingdom Kidz Inc., will present a Children's Day program at 10:30 a.m. Sunday, June 12, at Boyer Mennonite Church, 1472 Ridge Road, Middleburg. There will be skits, songs and engagement with the children during the service. Free books will be offered to each child. Elsewhere, KKPM will present the 'Cave Quest' Vacation Bible School from 6:30 to 8:30 p.m. June 12 to 16 at New Hope Bible Church, 310 Raven Lane, Mifflinburg. The team will present the worship songs, Bible stories and games. Church volunteers will provide snack and crafts to coordinate with each night. During the week, a Bible/devotional will be given away nightly and prizes will be awarded for Bible memory. For more info about Kingdom Kidz Inc., visit [www.hiskingdomkidz.org](http://www.hiskingdomkidz.org).





Who says there is no such thing as a **FREE LUNCH...**

The Milton YMCA will be sponsoring a **FREE Summer Lunch Program**

From June 6<sup>th</sup> through August 19<sup>th</sup>  
(No Lunch on July 4<sup>th</sup>)

All Kid Ages 1-18 are eligible  
for this program



Sandwich bag lunch with milk  
will be available daily at the  
Brown Avenue Park 11:30-12:30  
Columbia Avenue Playground 11:30-12:30  
Milton Village 11:30-12:30  
Fifth Street Playground 11:30-12:30  
Mahoning Acres 11:00-12:00 (Tu-W-Th) (Starts 6/14)  
Milton Public Library 12:00-1:00 (Wed. Only) (06/20-07/29)



**Small Business  
Development Center  
Bucknell University**

*Helping businesses  
start, grow, and prosper.*

**Bucknell University SBDC**  
112 Dana Engineering Bldg.  
Lewisburg, PA 17837  
P (570) 577-1249  
F (570) 577-1768  
sbdc@bucknell.edu  
www.bucknell.edu/sbdc

**BUCKNELL SBDC UPCOMING SEMINARS & TRAININGS**

DATE	SEMINAR	LOCATION	TIME	COST
6/7/2016	Coworking at Startup	416 Market Street 2nd Floor Bucknell Entrepreneurs Incubator Lewisburg, PA 17837	9:00 am - 3:00 pm	none
6/23/2016	Small Companies are Big Business: Entrepreneurship & Elevator Pitches	416 Market Street 2nd Floor Bucknell Entrepreneurs Incubator Lewisburg, PA 17837	12:00 pm - 1:15 pm	none

**IMC UPCOMING SEMINARS & TRAININGS**

DATE	SEMINAR	LOCATION	TIME	COST
6/15-16/2016	Project Management Application	Center for Business & Workforce Development 1127 W. 4th Street Williamsport, PA 17701	8:00 am - 5:00 pm	none
6/16/2016	Save Money Through Pollution Prevention/ Energy Efficiency (P2/E2)	Webinar	12:00 pm - 1:00 pm	none



**INNOVATIVE  
MANUFACTURERS'  
CENTER**

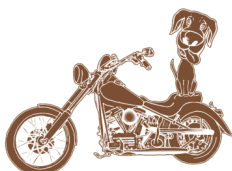
**LAURI MOON**  
Manager, Training & Outreach  
570-329-3200 ext 8085  
laurim@imcpa.com

<http://www.imcpa.com/events/>

One College Avenue  
DIF 32  
Williamsport, PA 17701  
1-800-326-9467

**Bikers For Barkers**

**June 12, 2016**



Registration: 12-1 pm  
Run begins at 1 pm  
\$10 per driver/ \$5 per passenger



Begins at Central PA Chamber of Commerce, Montandon and ends at Penn's Tavern (Rt 147, Fisher's Ferry)

Food and refreshments provided

For more info [www.mostlymuttonline.com](http://www.mostlymuttonline.com)  
or call (570) 988-6483

Sponsored by



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*Our Business Is Your Business*



## SHOPPING FOR POWER CAN HELP YOU SAVE

ALLENTOWN - Saving money on your electric bill can be achieved in a number of ways, and shopping for your power supply is one of them.

Overall, nearly 47 percent of PPL Electric Utilities' 1.4 million customers shop for their electricity supply. Nearly three-quarters of the power used by customers in February came from alternative generation suppliers.

If you don't shop for your power supply, PPL Electric Utilities is required to buy it on your behalf and pass on the cost without profit to them. That cost is known as the price to compare and that price changes twice a year, on June 1 and Dec. 1.

You can find the current price to compare at [www.pplelectric.com](http://www.pplelectric.com).

Remember, no matter

where you buy your power, PPL Electric Utilities will always deliver it safely and reliably and respond to any



# power

energy savings start here

power problems on the system. If you shop, be sure to understand all the terms and conditions of your power supply contract, including whether the rate is fixed for the term of the contract or whether it can vary. Also be sure to know if there are any early cancellation fees. To find offers from suppliers, visit [PAPowerSwitch.com](http://PAPowerSwitch.com).

## CONVERGE GALLERY HOSTS JURIED EXHIBITION

WILLIAMSPORT - Converge Gallery is excited to present its first-ever juried exhibition, "Selfie." Back in April, artists were asked to find a way to redefine the self portrait in any form of media. The show will feature more than 40 different pieces from local, national and international artists. Of the accepted works, there will be sculpture, three-dimensional pieces, drawing, printmaking, film, digital, and silver gelatin photography, woodblock printing, collage, live performance and other mixed media. The exhibition opens 6 to 9 p.m. Friday, June 3 with the award ceremony taking place at 7:30. Many of the artists and their families will be in attendance during the opening. The exhibition runs until July 16.

Converge Gallery received more than 140 entries. Cash prizes will be awarded to the top 3 artists with the best scores from the jury panel. Because of the show's success, the gallery will continue to host more like it in the future. Everyone is encouraged to consider submitting again for next year's juried exhibition.

As a thank you to all of the artists who submitted work, Converge Gallery is pleased to announce that all of the submissions that did not get into the show will be featured at [convergegallerieselfie.com](http://convergegallerieselfie.com).

Converge Gallery is located at 140 W. Fourth St., Williamsport, and is open 9 a.m. to 6 p.m. Monday through Friday and 11 a.m. to 6 p.m. Saturday. For more information on the gallery, visit [www.convergegallerieselfie.com](http://www.convergegallerieselfie.com).



## BREAKFAST BRIEFING



Another jam-packed house for the Breakfast Briefing on Friday, May 20! Thank you to our sponsor, Pam Showers (at left), an AdvoCare Independent Distributor. Find her on Facebook at "Advo 570". Pam discussed the many benefits to taking Advocate's popular products for health and wellness. (Right photo) It's always hard to leave the Breakfast Briefing when there's networking to be done! From left, are: Yvonne Arnold, Warrior Run Petcare Center, and Jordan Fetzer, DogWatch of East Central PA.

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# Bits from Bruce

## 6 WAYS TO EMPOWER YOUR EMPLOYEES



You ask an employee to carry out a task that has enough flexibility for creative input. Rather than making their own decisions, the employee comes to you with numerous questions, trying to pin down the exact parameters of the task. You become frustrated, wondering why the employee has to ask you permission for every tiny detail.

This isn't unusual, it can be difficult to break out of the leader-follower mindset at the workplace. Transformational leaders are able to prevent employees from being excessively reliant on their bosses, cultivating instead a staff that feels empowered and self-guided. Trust and business judgement are some of the cornerstones in building this type of work culture. Here are six specific ways to empower your employees and get back precious time.

**1. Encourage In-The-Moment Feedback** It's common for companies to conduct employee surveys occasionally to discover workplace concerns, workflow issues and success stories. However, these issues can get lost with time, and it's difficult to bring up specific issues if they happened too long ago. Instant, on-the-spot feedback is one way for your team to communicate workflow issues to one another, so that proper action can be taken right away. Make sure to set ground rules for this feedback - it must be both constructive and respectful. Essentially, you want your team to trust you and each other to deliver honest and helpful praise and criticism.

**2. Cultivate the Executive Mentality** How often have you heard someone say that they have no idea what their boss does? Even if you're busy and an effective leader, your team can quickly lose respect for you if a certain transparency isn't in place. Chances are, most of your employees aren't used to thinking at the executive level, since they're busy with their own tasks and processes. However, you don't want them to get so wrapped up in the small things that they can't see the big picture. Have regular meetings with your team, and share with them the large happenings within your organization. Help your team understand the main goals that you're driving toward. The more pieces of the puzzle your team gains, the easier it will be for them to enter the executive mindset.

**3. Present New Challenges and Opportunities** It's important to challenge your employees so they can demonstrate and achieve their full potential. For example, you might notice that your sales representative tends to rely heavily on email interactions, challenge them to get on the phone instead, and get outside of their comfort zone. If you're out of ideas, sit down with each member of your team and ask them what types of experiences would help them grow professionally.

**4. Respect Their Boundaries** This step is a natural follow-up to present new challenges. While you want to push your employees to embrace new experiences, you don't want to shove them so far out of their comfort zone that it becomes a negative experience. If you're ever unsure about an employee's comfort level, don't hesitate to check in and ask!

**5. Give Them Flexibility** Okay, so you might be used to gripping the steering wheel really tight while directing your team. It's time to let your employees drive. Examine your workflow, and identify key areas that would benefit from greater flexibility and creative input. These tasks might include content creation, marketing strategies and company events. Sit down with your team and explain how much flexibility they will each have within a task. Don't leave it open-ended - give them some parameters to work with so that they're not overwhelmed with options.

**6. Don't Babysit** Giving up control and empowering your team can be a terrifying experience for many leaders. You might feel compelled to watch their every move and peek over their shoulders. But by monitoring someone's every move, you're actually impeding his or her ability to grow. Give your team some space, trust them and you might be impressed by what they're able to achieve.

Breaking out of the traditional leader-follower mindset can help you create stronger staff bonds founded on trust, self-confidence and achievement. When you create room for independent work and decision-making, your team might discover that they're able to achieve far more than they originally thought possible. Test drive these leadership techniques and see what your own team is really capable of accomplishing.

*Bruce*

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



At a groundbreaking ceremony on April 27, Heritage Springs Memory Care announced that it has begun construction on a 29-bed neighborhood addition to its current senior living facility in Lewisburg. Since opening in January 2015, HSMC has been at full capacity with a waiting list, sometimes as long as 15 people. "You can't imagine how difficult it is for us to not be able to accept everyone who needs our care," said President/CEO, Colleen Fritz, RN, PCHA. "This second neighborhood will allow us to extend the care we provide to seniors who need and deserve to be in a community that is best suited for their specific needs." Mirroring the current facility, the new 16,000 sq. ft. addition features an innovative building design to create a calm, safe and engaging environment. In addition to the resident suites, the new neighborhood will also house a dining area, private dining room, activity room, beauty salon, and office/conference areas. The two neighborhoods will share a sunroom and the enclosed courtyard and garden. HSMC is the only facility in the Susquehanna Valley that is solely focused on people with Alzheimer's and other types of dementia. For more information, visit [www.heritagespringspa.com](http://www.heritagespringspa.com).



We were happy to be a part of Central Susquehanna Valley Transportation (CSVT) Project Groundbreaking on Friday, May 20, south of Winfield. The \$156 million river bridge from Point Township, Northumberland County to Union Township, Union County, is the first of several construction improvements. Work on the bridge is expected to be complete in 2020. This is all part of a larger 13-mile project to reduce congestion, accommodate growth, improve safety and move through traffic out of Northumberland Borough, Shamokin Dam and surrounding areas. Several current and former PennDOT employees and dignitaries at the local, state and federal levels were on hand to shovel some ground in celebration.



The Arrowhead Drive-In Restaurant recently made a \$1,000 contribution to benefit Terry's Moonbeams Relay for Life Team. It was another successful year for Terry's Moonbeams Car Show on May 14 at the Arrowhead, near Milton, according to organizers. The car show was formed in memory of Terry Cawley, a car enthusiast who passed away from brain cancer on Dec. 26, 1999. Terry's brother, Joe, and other family members and friends then started the fundraiser. Joe passed away in 2014, and his family and the Terry's Moonbeam Team continue with the tradition to raise money to beat cancer. The Arrowhead Team understands the pain and loss, especially following the passing of owner Patty Hackenberg in October 2015 to brain cancer.

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# OUR MEMBERS RECOGNIZED

## New York Life

SCRANTON – John J. Hines and Steven B. Vanesko from the Northeastern PA General Office of New York Life, is now authorized to offer AARP branded life insurance and lifetime income annuity products to AARP members. It is the first time these group life insurance products are offered by authorized-to-offer Agents.

Hines and Vanesko are among a select group of New York Life agents who became authorized to offer their clients AARP Guaranteed Acceptance Life; AARP Level Benefit Term; AARP Permanent Life Insurance, all from New York Life and New York Life's Guaranteed Lifetime Income Annuity. They are Licensed Insurance Agents and passed courses specific to AARP.

Since 1994, AARP group life products from New York Life have been available via direct mail to AARP members. The Company has also been the provider of group lifetime income annuities to AARP members since 2006. For more information, call 570.498-2381.

## Central PA Chamber of Commerce

MILTON – Bruce Smith, Central PA Chamber President/CEO, was awarded with the US Chamber Institute – Pay It Forward Partial Scholarship for First Time Attendees.

The announcement by the Pennsylvania Association of Chamber Professionals means that Smith will receive assistance towards attending the Institute of Organizational Development in Philadelphia.



Bruce Smith

## Lewisburg Pharmacy/Bucknell SBDC

LEWISBURG – Chamber members Lewisburg Pharmacy and Bucknell Small Business Development Center (SBDC) appeared in a featured photo in state Gov. Tom Wolf's blog highlighting Pennsylvania Small Business Week, which was May 1 to 7.

The link was still active as of press time. Go to [www.governor.pa.gov](http://www.governor.pa.gov) and click on "The Blog". Congratulations for the state recognition!

## Larson Design Group

WILLIAMSPORT - Larson Design Group (LDG) has ranked 307 on Engineering News Record's annual Top 500 Designs Firm list.

The Top 500 Design Firms list ranks the 500 largest U.S. public and privately-held companies based on design-specific revenue. In 2015, the firm was ranked 324.

Keith Kuzio, President and CEO of Larson Design Group, said of the rankings, "I strongly believe that our culture, vision, values and commitment to our clients have been instrumental in our steady climb in the rankings since our initial appearance at 437 back in 2010."

## T-Ross Brothers Construction

MONTANDON - T-Ross Brothers Construction welcomes its new HR manager, Heather Shuey.

Shuey joins their team with more than 16 years of human resource experience. Her background includes 12 years in the Army as a Human Resources Sergeant, one year at Target as Executive Team Leader of Human Resources and most recently she was with ConAgra Foods for three years as a Human Resources Generalist.



Heather Shuey

## Coldwell Banker Penn One Real Estate

LEWISBURG - Martha Barrick, broker/owner of Coldwell Banker Penn One Real Estate announced the office's monthly awards for the month of April. The award for most gross commission closed was awarded to Lise Barrick. Peg Bouton and Doug Wertz were awarded sales agents of the month along with Linda Treese who received the listing agent of the month.

"Lise, Doug, Peg and Linda are all the perfect examples of the dedication we have here at Coldwell Banker Penn One. They each make the most of your home buying or selling experience," Barrick said. Coldwell Banker Penn One Real Estate is located at 331 Market St., Lewisburg, and can be reached at 570-524-7500 or [coldwellbankerpennone.com](http://coldwellbankerpennone.com).



Lise Barrick



Peg Bouton

Coldwell Banker Penn One Real Estate has been serving the area for 29 years.



Linda Treese



Doug Wertz

## North Shore Railroad Company

NORFOLK, Va. – The Nittany & Bald Eagle Railroad (NBER), a North Shore Railroad Company Affiliate, was awarded the 2016 Industrial Development Award and a Business Initiative Award, by Norfolk Southern Corporation on May 16.

Todd Hunter, Director of Marketing, and the Marketing Department he leads, work diligently, year-round to construct creative new options for new and existing customers. When it looks like there are no other options, Marketing's "out of the box" thinking helps customers save money by finding solutions that allow them to ship via rail. Those successful efforts are the reason NBER received the Industrial Development Award.

Because of efforts made by marketing and the continued dedication to customer service provided by NBER train crews, NBER saw yet a second award, the "Platinum 2502 Business Initiative Award." Norfolk Southern awards short line railroads 2502 Business Initiative Awards for substantial volume of new railcar loads. NBER was honored with a Platinum Award, for more than 1,000 carloads – meaning NBER saw more than 1,000 carloads of new traffic to or from Central Pennsylvania.

In the past five years, NBER has received six awards from the Norfolk Southern Corporation, adding to the North Shore Railroad Company & Affiliates' 15 various Norfolk Southern Short Line Awards.

## Contrast Communications

MIFFLINBURG – Contrast Communications has hired Laurel Neyhard as an addition to its account management department. A native of Bloomsburg, Laurel brings to the position 23 years of experience selling phone systems and carrier services in Pennsylvania, California and Connecticut. Her keen interest in phone systems developed at a young age under the tutelage of her father, the late Donald Neyhard, longtime PBX installer for AT&T and owner of Neyhard's Telephone Service. Laurel was



Laurel Neyhard

taking phones apart and putting them back together at 8 years of age, so she knows them inside and out.

Laurel combines this lifelong fascination of phones with an earnest desire to help people.

"The neat thing about phones is there are so many applications. I like finding unique solutions to problems," she said. "Laurel's enthusiasm and expertise enhance Contrast's ability to tailor system capabilities to business needs," said John Uehling, Contrast CEO. "Her roots and presence in Bloomsburg increase our means to serve businesses in the Columbia-Montour region. We are thrilled to have Laurel as part of the Contrast team."

Laurel shares that excitement. "I have known of Contrast since I came back to this area. It's a local, family-owned, trusted outfit that believes in providing high-end customer service. I am glad to be part of this effort."

## Berkshire Hathaway HomeServices Hodrick Realty

LEWISBURG/DANVILLE – Kevin Hodrick, Broker, Berkshire Hathaway HomeServices Hodrick Realty, announced the Lewisburg and Danville offices' monthly awards for April.

In Lewisburg, the award for the sales associate with top production in Listings was presented to Megan Keifer while the Sales Award went to Pam Snyder.

In Danville, the award for the sales associate with top production in Listings was presented to Mike Coppes while the Sales Award went to Pamela Anderson.

"They exemplify the highest level of customer service that our company strives to achieve with each transaction," Hodrick said.



Megan Keifer



Pam Snyder



Mike Coppes



Pamela Anderson

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Thank you!  
*Heather Nickey*





Congratulations to Frame It Here, the latest offshoot of The Graphic Hive and Converge Gallery, at 140 W. Fourth St., Williamsport. The Central PA Chamber of Commerce helped the gang celebrate with a ribbon cutting late Friday morning, May 13. From left, are: Isaac Kunkel, Web Developer; Chris Connolly, Graphic Designer; John Yogodzinski, Owner of The Graphic Hive; Braxton Shope, Videographer; and Faith Emrich, Custom Framing Specialist. Stop by and learn how to preserve your artwork, photos and cherished items. There are more than 2,000 frames to choose from along with more than 260 colors of mat board. For more information, visit: [convergegalleries.com/framing](http://convergegalleries.com/framing) or call 570-435-7080. They are also on Facebook. For more information about how the Central PA Chamber supports businesses across the region, visit: [www.centralpachamber.com](http://www.centralpachamber.com) and call 570-742-7341.

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**RIVERWOOD EMPLOYEES CELEBRATE MILESTONES**

RiverWoods employees celebrating employment milestones gathered recently for the annual employee recognition dinner at Country Cupboard. Out of the 32 employees recognized, (above) front row, from left: Connie Ranck, 30 years; Mary Brown, 10 years; Tiffany Houpt, 10 years; Sheree Ritter 5 years; Dottie Page, 45 years; and Joan Houtz, 5 years. Back: Betty Hanselman, 15 years; Chris Rine, 25 years; Kelly Mangle, 5 years; Derek Mitchley, 5 years; Sue Berta, 5 years; Tammy Rauch, 20 years; and Lynn Snyder, 20 years; RiverWoods has 34 employees who have worked more than 20 years for a combined total of 1,104 years of service. Also, Four recently retired RiverWoods employees were acknowledged (below), including from left: Diana Ulrich, 26 years of service; Joan Wagner, 43 years and Shirley Bingaman, 16 years of services. Not pictured is Beryl Auman, 23 years. Combined, the four retired employees provided more than 100 years of service to RiverWoods.



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Congratulations to Telos Educational Services (Telos Tutoring)! On Friday, May 6, Erin Conner, Director, cut the ribbon on the new business with family, friends and fellow Central PA Chambers there to help celebrate! From left, are: Bruce Smith, Central PA Chamber President/CEO; Joe Conner, Erin's husband, holding their 10-month-old daughter, Gia; Dale Sheets, property owner; Erin Conner; son Ethan Conner-Price; and state Rep. Lynda Schlegel Culver. TELOS, Greek for Goal, Purpose, Fulfilled Potential, offers a wide variety of classes for students, as well as adults. The business is at 115 Main St., Montandon and online at [www.telostutoring.com](http://www.telostutoring.com).



The folks behind Paint, Party and More, 5190 State Route 405, Milton, celebrated with a ribbon cutting Friday, April 29. Traci Messinger, owner, is surrounded by her family. They are standing on the stage where Traci teaches from and patrons have their pictures taken with their masterpieces. From left, are: Deavon Dreisbach, Traci's future daughter-in-law; Michael Messinger, Traci's husband; Traci; Keegan McCaffery, 6, her grandson; Ashley McCaffery, Traci's daughter; and Catina Hufnagle, Traci's sister. PP&M offers a wide variety of activities for all ages and talent levels, including: step-by-step instruction, birthday events, fundraisers and Wine & Canvas. There is plenty of room in the spacious studio for consignment work as well. For details, visit: [www.paintpartyandmore.com](http://www.paintpartyandmore.com) and visit them on Facebook.

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## Tips from Tea Jay

### **FOLLOWING THROUGH IS GOOD FOR YOU**

Follow-through - What does it mean to you? It could mean a new business lead becomes a client. It could mean the return of your existing clients. Without it, it could also mean the lost potential of a new client or the loss of an existing client.

I am always shocked and disappointed when there is a lack of follow-through. It is one of - if not the most important thing - I believe anyone should have in business and in life alike.

If you say that you are going to do something, simply do it. If you have some obstacles preventing you then common courtesy comes into play. You need to let the person know why you are not following through and keep them updated until you do.

Think about this for a minute: "Those people blessed with the most talent don't necessarily outperform everyone else. It's the people with follow-through who excel." - Mary Kay Ash

Remember that everyone is busy, and they do not want to hear all the reasons (or excuses) why you did not follow-through. They don't necessarily care what you are doing for other clients or what problems you are having. They care about what you said that you would do for them. "When you get right down to the root of the meaning of the word "succeed," you find that it simply means to follow-through." -F.W. Nichol

I think of follow-through as an extension of my word and character. If I say I am going to do something, you can count on it to be done on time and most likely even early. That even comes into play with being on time. If you say you will meet with someone at 9 a.m., then follow-through and show up at or before that time. If you are running late, common courtesy comes in to play. Call to let the person know that you are running late. Remember, you are not the only person with a busy schedule and juggling many different tasks.

**PEOPLE WITH  
GOOD INTENTIONS  
MAKE PROMISES  
BUT PEOPLE WITH  
GOOD CHARACTER  
KEEP THEM.**

Tea Jay

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

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# BUSINESS & EDUCATION

## 3RD ANNUAL SPRING CAREER AWARENESS FAIR



Mark Tilburg and Kristin Waughen of ProCare Physical Therapy and Fitness, Lewisburg, were a big hit during the course of the day, allowing students to demonstrate push-ups, as well as test their balance and grip strength.



Eric McCabe of McCann School of Business and Technology, Lewisburg, talks with students about the various career opportunities through McCann.

## SENIORS HONORED

MILTON - Congratulations to Brock A. Hower and Zachary T. Smith, recipients of the 2016 Business & Education Association Award. Both students will receive a certificate and \$250 cash award to use as they continue their education beyond high school. Students are selected based on an application process, essay and their high school involvement in B&E programs.

Hower is a graduating senior at Milton Area High School. He plans to attend Bucknell University in the fall and major in accounting. Specially, he's interested in perusing Forensic Accounting, to satisfy his love for numbers as well as law.

During high school, Hower was a regular attendee of the Central PA Career Fair, was an attendee at a Legislative Breakfast and participated in School Counts! all four years. Smith is a graduating senior at Warrior Run High School. He plans to attend Messiah College and earn a degree in Business Administration in less than four years. During high school, Smith also attended the Central PA Career Fair and a Legislative Breakfast. He, too, participated in the School Counts! program each year.

In addition, Smith was a 2015 graduate of Building Leaders for the Susquehanna Valley (BLSV). He was even chosen by his peers to be the class speaker at BLSV graduation. Congratulations, again, to both Hower and Smith and best wishes to a bright future! Thank you to the Arrowhead Drive-Inn Restaurant, a Chamber member that provided some of the funding toward this year's Business & Education Association Awards!



Brock A. Hower



Zachary T. Smith



Scott Pinkard of Lowe's Home Improvement, Selinsgrove, discusses the workshops open to children as well as career opportunities within the national retailer.

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Milton Industrial Park	3.85	N/A	Sale	Tanner Lot 2	Bruce Smith Jr.	570-742-7341
Milton Industrial Park	3.81	N/A	Sale	Tanner Lot 3	Bruce Smith Jr.	570-742-7341
Milton Industrial Park	3.21	N/A	Sale	Tanner Lot 4	Bruce Smith Jr.	570-742-7341
Off of I-80 / Limestoneville Exit	2.0 +/-	N/A	Sale/Lease	N/A	Steve Conner	800-776-1150
Reed Industrial Park	24	N/A	Sale	20983	Jim King	570-742-7341
Reed Industrial Park	8	N/A	Sale	21047	Jim King	570-742-7341
River Hill Site, Karthaus	1837.61	N/A	Sale	Guari	Mericle Comm. Real Estate	570-823-1100
Kling Street, West Milton	8.0	N/A	Sale	Cortese	Mericle Comm. Real Estate	570-323-1100
867 Lycoming Mall Drive, Muncy	4.19	N/A	Sale	Cortese	Mericle Comm. Real Estate	570-323-1100
Route 339 & West Street, Mifflinville	26	N/A	Sale	Rokosz	Mericle Comm. Real Estate	570-823-1100
225 Columbia Mall Drive, Bloomsburg	1.01	N/A	Lease	Namutka	Mericle Comm. Real Estate	570-823-1100 x314
830 Schuylkill Mall, Frackville	2.02	N/A	Lease	Namutka	Mericle Comm. Real Estate	570-823-1100 x314
830 Schuylkill Mall, Frackville	6.59	N/A	Lease	Namutka	Mericle Comm. Real Estate	570-823-1100 x314
830 Schuylkill Mall, Frackville	3.59	N/A	Lease	Namutka	Mericle Comm. Real Estate	570-823-1100 x314
6514 Rt. 15 North, Selingsgrove	3.27	N/A	Sale	Cortese	Mericle Comm. Real Estate	570-323-1100
104 Fire Tower Road, Catawissa	4.25	N/A	Sale	11-48493	Clint Walker	570-275-7696
Milton Industrial Park	16	N/A	Sale	N/A	Kim Benshoff	570-742-7984 x102
Milton Industrial Park	90	N/A	Sale	N/A	Kim Benshoff	570-742-7984 x102
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<b>Type of Property: COMMERCIAL LAND</b>						
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E. Walnut Street, Mifflinburg	1.2	N/A	Sale	11-50149	Larry Johnson	570-847-0552
5 Lots Roosevelt Avenue, Selingsgrove	.762 - 1.188	N/A	Sale	20-51480	Larry Johnson	570-847-0552
Lot 1, Route 522, Selingsgrove	1.5	N/A	Sale	05-25700	Larry Johnson	570-847-0552
190 International Drive, Lewisburg	2.5	N/A	Lease	20-59422	Larry Johnson	570-847-0552
1442 South Main Street, Mansfield	1.41	N/A	Sale	Cortese	Mericle Comm. Real Estate	570-323-1100
1125 North Fourth Street, Sunbury	.88	N/A	Sale	Cortese	Mericle Comm. Real Estate	570-323-1100
<b>Type of Property: OFFICE SPACE-RETAIL</b>						
620 Old Route 15, New Columbia	N/A	12,000	Lease	Bldg C	Valerie Bieber	570-522-9181
416 Chestnut Street, Mifflinburg	.06	1,864	Sale	20-62140	Mary Mastascusa	570-713-8151
Watson town	N/A	1770	Lease	20-65267	Wally Fairman	570-538-2582
Watson town	N/A	300+/-	Lease	20-65256	Wally Fairman	570-538-2582
101 Locust Street, Milton	N/A	N/A	Rent	N/A	Amy Moyer	570-452-4894
11 Mill Street, Danville	.25	17,000	Sale	Cortese	Mericle Comm. Real Estate	570-323-1100
310 Independence Street, Shamokin	N/A	1,000	Lease	Cortese	Mericle Comm. Real Estate	570-323-1100
48 Orchard Drive, Shamokin Dam	.73	3,464	Sale	Cortese	Mericle Comm. Real Estate	570-323-1100
2435 Houseles Run Road, Milton	2.65	7,000	Sale/Lease	Bower	Mericle Comm. Real Estate	570-323-1100
100 Mercer Drive, Lock Haven	4.89	32,561	Sale	Bower	Mericle Comm. Real Estate	570-323-1100
3 Wesner Lane, Danville	3.72	21,000	Sale	Bower	Mericle Comm. Real Estate	570-323-1100
319 Main Street, Catawissa	.38	4,552	Sale	Bower	Mericle Comm. Real Estate	570-323-1100
150 Airport Beltway, Hazelton	1.07	6,000	Lease	Daris	Mericle Comm. Real Estate	570-823-1100 x246
2849 Reach Road, Williamsport	1.07	3,432	Sale	Bower	Mericle Comm. Real Estate	570-323-1100
271 N Susquehanna Trail, Selingsgrove	.336	2,767	Sale	20-64752	Larry Johnson	570-847-0522
165 Troxelville Rd, Penns Creek (3 units)	N/A	520 - 3,450	Lease	20-65270	Larry Johnson	570-847-0552
1372 N Susq Trail, #350, Selingsgrove	N/A	1,930	Sale/Lease	20-66213	Larry Johnson	570-847-0552
826 N 4 <sup>th</sup> Street, Sunbury	.16	1,316	Sale	20-66233	Larry Johnson	570-847-0552
24 North Brown Street, McClure	.182	1,960	Lease	20-55621	Larry Johnson	570-847-0552
10 South Main Street, Middleburg	.10	4,080	Sale	11-50062	Larry Johnson	570-847-0552
1st Floor, 113 N Market St, Selingsgrove	N/A	2,500	Lease	20-56292	Larry Johnson	570-847-0552
Routes 15 & 45, Lewisburg	N/A	288	Lease	N/A	Kevin Gardner	570-524-2121 x3
208 South 4 <sup>th</sup> Street, Lewisburg	N/A	5 Room / 850	Lease	KIZ	Kevin Gardner	570-524-2121 x3
Route 15 & 45, Lewisburg	N/A	Furnished / up to 2,850	Lease	N/A	Kevin Gardner	570-524-2121 x3
130 Buffalo Road, Lewisburg	N/A	540	Lease	N/A	Kevin Gardner	570-524-2121 x3
130 Buffalo Road, Lewisburg	N/A	2,700	Lease	N/A	Kevin Gardner	570-524-2121 x3
139 Market Street, Lewisburg	N/A	6,000	Sale/Lease	N/A	Mary Anne Fleisher	570-975-5806
4650 Westbranch Highway, Lewisburg	N/A	600	Lease	N/A	Ann Hilliard	570-850-7329
4650 Westbranch Highway, Lewisburg	N/A	470	Lease	N/A	Ann Hilliard	570-850-7329
150 Chestnut Street, Mifflinburg	.86	11,317	Sale	20-65413	Larry Johnson	570-847-0552
<b>Type of Property: RETAIL</b>						
404 Chestnut Street, Mifflinburg	.09	4,042	Sale	20-57912	Scott M. Mertz	570-524-2120
50 E. First Street, Bloomsburg	N/A	10,000	Lease	Namutka	Mericle Comm. Real Estate	570-823-1100
<b>Type of Property: COMMERCIAL BUILDINGS</b>						
5470 State Route 405, Milton	1.10	5,000	Lease	MFLP	Kimber Benshoff ext 102	570-742-7984
1723 Westbrach Highway, Winfield	N/A	3,167	Lease	Front Office	Ken Hafer	570-412-6822
620 Old Route 15, New Columbia	N/A	12,000	Lease	Bldg C	Valerie Bieber	570-522-9181
247 Filbert Street, Milton	0.66	768	Sale	20-56709	Rick Coup	570-742-8736
4720 SR 890, Sunbury	1.19	3,108	Sale/Lease	20-66615	Larry Johnson	570-847-0522
826 N 4 <sup>th</sup> Street, Sunbury	.16	1,316	Sale	20-66233	Larry Johnson	570-847-0522
271 N Susquehanna Trail, Selingsgrove	.336	2,767	Sale	20-64752	Larry Johnson	570-847-0522
401 E Front Street, Freeburg	18.13	85,000	Sale/Lease	20-65028	Larry Johnson	570-847-0552
21 N. Market Street, Selingsgrove	.138	6,246	Sale	20-51863	Larry Johnson	570-847-0552
560 Mahoning Street, Milton	.17	2,560	Sale	20-54356	Larry Johnson	570-847-0552
606 Market Street, Lewisburg	N/A	4,720	Sale	10-44988	Lise Barrick	570-524-7800
30 Elm Street, Milton	.05	1553	Sale	20-61300	Scott Mertz	570-524-2120
2867 West Branch Highway, Lewisburg	3.85	5670	Sale	20-58272	Scott Mertz	570-524-2120
230 South Arch Street, Milton	N/A	4,300	Lease/Rent	N/A	Nancy Goodling	570-966-3808

Ann Dzwonchyk, Educator with Evangelical Community Health and Wellness, fits a helmet on a child at last year's bike helmet safety giveaway event. This year's event is being held June 13, 2016 from 4-6 pm, at the McDonald's on Route 15 in Lewisburg. Every year, about 300,000 kids go to the emergency department because of bike injuries, and at least 10,000 kids have injuries that require a few days in the hospital. One such injury is head injury, which can mean brain injury. Wearing a Consumer Product Safety Commission (CPSC) regulated bicycle helmet can reduce the chances of your child experiencing a head injury during a fall.





Location	Acreage	Sq. Ft. of Building	Terms	Reference	Contact Name	Contact Phone
100 8 <sup>th</sup> Street, Milton	.93	6,000	Sale/Lease	20-59222	Ann Hilliard	570-850-7329
4650 Westbranch Hwy, Lewisburg	2.34	22,886	Sale	20-60624	Ann Hilliard	570-850-7329
8911 River Road, West Milton	1.12	3480	Sale	20-60830	Ann Hilliard	570-850-7329
809 N Market Street, Selinsgrove	.86	8700	Sale	20-60590	Jim Keister	570-274-1447
477 Park Road, Winfield	1.00	1196	Sale	20-57838	Linda Treese	570-490-7029
1240 Montour Boulevard, Danville	2.90	13868	Sale	20-66295	Scott Mertz	570-524-2120
205 Bull Run Crossing, Lewisburg	3.6	10400	Sale	20-66719	Scott Mertz	570-524-2120
<b>Type of Property: INDUSTRIAL BUILDINGS</b>						
5470 State Route 405, Milton	1.10	5,000	Lease	MFLP	Kimber Benschhoff ext 102	570-742-7984
620 Old Route 15, New Columbia	N/A	12,000	Lease	Bldg C	Valerie Bieber	570-522-9181
78 Industrial Drive, Delano	5.0	38,767	Sale/Lease	Namutka	Mericle Comm. Real Estate	570-823-1100
18 Industrial Drive, Bloomsburg	4.22	56,500	Sale	Rokosz	Mericle Comm. Real Estate	570-823-1100
Reed Industrial Park	14	131,000	Sale/Lease	6880	Jim King	570-742-7341
2435 Housels Run Road, Milton	18.06	81,447	Sale/Lease	Bower	Mericle Comm. Real Estate	570-323-1100
117 N. Industrial Park Road, Milton	5	30,000	Sale	Bower	Mericle Comm. Real Estate	570-323-1100
434 Swartz Road, Lewisburg	20.00	33,000	Lease	Cortese	Mericle Comm. Real Estate	570-323-1100
110 Reynolds Street, S. Williamsport	4.6	105,429	Sale	Cortese	Mericle Comm. Real Estate	570-323-1100
155 Bower Street Ext., Montgomery	1.47	24,762	Sale	Cortese	Mericle Comm. Real Estate	570-323-1100
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	570-823-1100
202 S. Chestnut Street, Millville	3.0	20,900	Lease	Cortese	Mericle Comm. Real Estate	570-232-1100
335 W. Walnut Street, Hazleton	1.26	10,000	Sale/Lease	Daris	Mericle Comm. Real Estate	570-823-1100 x246
3231 Locoming 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/Lease	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 Benschhoff	570-742-7984 x102
13 South Industrial Park Road, Milton	N/A	25,000	Rent	Building #5	Kim Benschhoff	570-742-7984 x102
13 South Industrial Park Road, Milton	N/A	40,000	Lease	Building #8	Kim Benschhoff	570-742-7984 x102
13 South Industrial Park Road, Milton	N/A	40,000	Lease	Building #7	Kim Benschhoff	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)		15,000	Lease	Cortese	Mericle Comm. Real Estate	570-323-1100
13 S. Industrial Park Road, Milton (Bldg #8)		40,000	Lease	Cortese	Mericle Comm. Real Estate	570-323-1100
13 S. Industrial Park Raod, Milton (Bldg #1)		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
<b>Type of Property: RESTAURANT BUILDINGS</b>						
609 N Susquehanna Trail, Selinsgrove	N/A	3,444	Lease	20-66148	Larry Johnson	570-847-0552
801 N Market Street, Selinsgrove	.85	2,966	Sale/Lease	20-67659	Larry Johnson	570-847-0552 NEW
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 - 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
Buttermilk Falls Campground, Shunk	35	4 cabins & 3 bldgs	Sale	Bower/Adams	Mericle Comm. Real Estate	570-323-1100
801 N Market Street, Selinsgrove	.85	2,966	Sale/Lease	20-67659	Larry Johnson	570-847-0552 NEW

Ann & Katie Hilliard



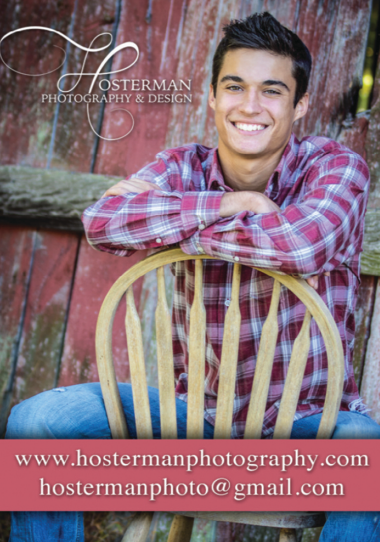
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**UPCOMING CHAMBER EVENTS**

**CENTRAL PA**  
BUSINESS & EDUCATION ASSOCIATION

*15TH Annual*  
GOLF TOURNAMENT

June 17  
Bucknell  
Golf Club

MASTER SPONSOR: **TRB T-ROSS BROTHERS CONSTRUCTION INC.**

**CENTRAL PA**  
CHAMBER OF COMMERCE  
*Our Business Is Your Business*

**JOINT LEGISLATIVE BREAKFAST**

**LOCAL ISSUES** - Friday, June 24  
7:30 - 9:00 am  
The Country Cupboard, Lewisburg- \$15

Sponsored by: **Penn State Extension**

**Golf Ball Drop!**

**Friday, June 17 @ Bucknell Golf Club**

**\$10 per entry**

**First ball to "hole out" (or closest) wins 25% of pot; second, 10%; third, 5%.**

**\*Need not be present to win.**

For Tickets:  
Visit the Central PA Chamber office, 30 Lawton Lane, Milton, or visit us online at [www.centralpachamber.com/events](http://www.centralpachamber.com/events)  
Click on "Golf Ball Drop!" on June 17.

Proceeds support: **CENTRAL PA** BUSINESS & EDUCATION ASSOCIATION

FREE copies of "It's Your Business" are available at the following:

**MIFFLINBURG**  
A+ Office Outlet • Cole's Hardware  
Carriage Corner Restaurant  
Country Farm & Home • Heritage Printers  
David's Awesome Cookies • Green Ridge Market  
Herr Memorial Library • Hometown Eatery  
Keystone Housewares • La Esperanza Day Spa  
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**  
Arrowhead Restaurant • The Coup Agency  
GSV YMCA • Milton Borough Office •  
Milton Public Library • North'd Co. Schools FCU

**WATSONTOWN**  
Norman's Watson Inn • Watsontown  
Borough Office

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# CENTRAL PA

CHAMBER OF COMMERCE

## Member Showcase

**11 am - 2 pm**

**Saturday, @**

**June 11**

**Full Circle  
Stables**

5941 Old Turnpike Road,  
Lewisburg

Full Circle Stables is a complete horse boarding facility with a lighted indoor arena, heated tack room and individual daily turnout. Hunt seat, western and saddle seat lessons are also available with the resident instructor.

**Free horse rides &  
free food!**

**Also featuring:** The Boof Biscuit Company, Haven-to-Home Canine Rescue, Bath Saver, Tastefully Simple (Jeanne Bontomase), Mary Kay (Kathy Hillyard), Camp Ladybug for Women, and The Squeeze-In!

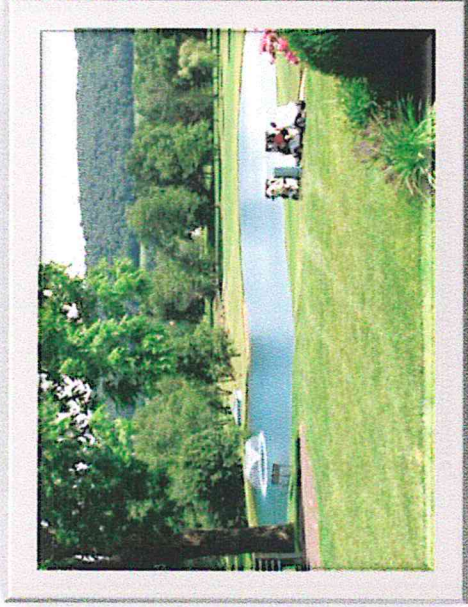




The mission of **SUNCOM** Industries is to promote socialization and provide vocational assessment, training, and employment opportunities to enable persons with disabilities to fulfill their greatest potential within the community.



**SUNCOM INDUSTRIES • INC**  
*Helping People Reach Their Potential*



## **29<sup>th</sup> Annual Golf Tournament "The Blair Judy Classic"**

**June 20, 2016**

**Frosty Valley Country Club**

### **Suncom Industries, Inc.**

**29<sup>th</sup> Annual Golf Tournament  
 "The Blair Judy Classic"**

**Monday, June 20, 2016**

at Frosty Valley Country Club  
 Danville, PA

#### **Tentative Tournament Schedule**

- \*\*Registration & Lunch**  
 10:00 am to 11:30 am
- \*\*Putting Contest**  
 10:30 am to 11:30 am
- \*\*Pro's Remarks & Rules**  
 11:30 am to 11:45 am
- \*\*Shot Gun Start**      12:00 pm
- \*\*Relaxation Break**  
 4:30 pm to 5:30 pm
- \*\*Dinner**      5:30 pm to 6:30 pm
- \*\*Awards & Gift Presentations**  
 6:30 pm to 7:30 pm

\*\*\*\*\*

For more information, contact  
 Bill Coiley or Brenda Brubaker  
 at 570-473-8352

or [wcoiley@suncom.org](mailto:wcoiley@suncom.org)

or [bbrubaker@suncom.org](mailto:bbrubaker@suncom.org)

Fax: 570-473-0159

\*\*\*\*\*

#### **RETURN THIS FORM TO:**

Suncom Industries, Inc.

Attn: Brenda Brubaker

PO Box 46

Northumberland, PA 17857



Join Us...

Support Us...

Have Fun!!!

Golf registration is \$110.00 per player and includes:

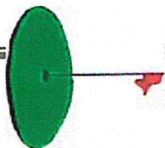
- green fees
- cart
- lunch
- on-course refreshments
- dinner
- shirt
- many gifts and prizes  
*(a value over \$102.00)*

**PLEASE RETURN FORM & PAYMENT BY JUNE 13, 2016**

Checks payable to:  
Suncom Industries  
Re: Golf Tournament

Credit Card: Visa M/C Discover Amex  
 Account Number: \_\_\_\_\_  
 Exp Date: \_\_\_\_\_ CVV Code: \_\_\_\_\_  
 Name on Card: \_\_\_\_\_  
 Phone Number: ( ) \_\_\_\_\_  
 Email/Text Receipt to: \_\_\_\_\_  
 Or Register on-line at [www.suncom.org](http://www.suncom.org)

- \*\*4-Person Scramble\*\*
- \*Putting Contest\*
- \*\*Raffle\*\*
- \*\*50/50\*\*
- \*\*\*Mulligans for sale\*\*\*



**HOLE SPONSORSHIP REGISTRATION**

**DINNER SPONSOR**

**\$2500 or more Donation**  
Includes: Sponsorship recognition at the tournament and in our promotional literature, Special Recognition Award, plus 4 Free Player Registrations, Banner & Media Acknowledgement

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**GOLD SPONSOR**

**\$500 Donation**

Includes: Sponsorship recognition at the tournament and in our promotional literature, and a Special Recognition Award, plus 2 Free Player Registrations

**SILVER SPONSOR**

**\$250 Donation**

Includes: Recognition in our promotional literature, and Special Recognition at Awards Dinner

**BRONZE SPONSOR**

**\$150 Donation**

Includes: Recognition in our promotional literature

**SUPPORT SPONSOR**

I am unable to participate.  
Enclosed is a donation to help support the 29<sup>th</sup> Annual "Blair Judy Classic"  
Golf Tournament \$ \_\_\_\_\_

Sponsor: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**PLAYER ENTRY FORM**

1. Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Circle shirt size: S, M, L, XL, XXL, XXXL

2. Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Circle shirt size: S, M, L, XL, XXL, XXXL

3. Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Circle shirt size: S, M, L, XL, XXL, XXXL

4. Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

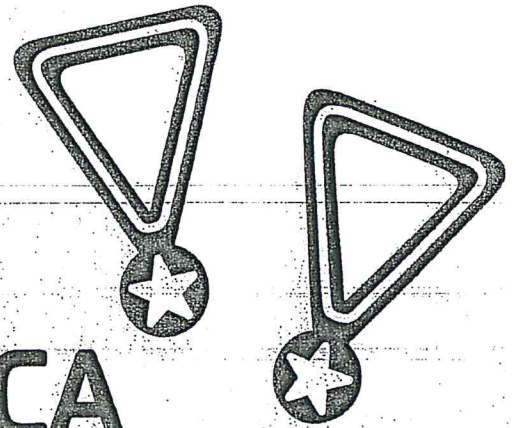
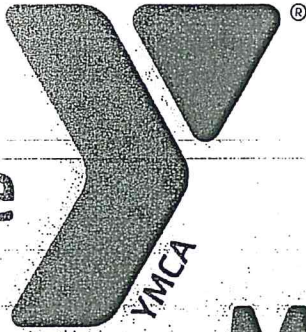
Phone \_\_\_\_\_

Circle shirt size: S, M, L, XL, XXL, XXXL

Single players are encouraged to play  
We will pair up players to make 4-person teams!



the



# Milton YMCA 23rd Annual Spring Fling

☀ Limited Summer Edition ☀

## Saturday, July 16

Registration 6PM • Race Begins 7PM

---

### One Mile Walk/Run

\$9 Pre-Registration (By July 15) \$10 Day of Race

### Kids Fun Run

All participants receive a t-shirt & medal.

Ages 9 & Under - \$7

### Tricycle Obstacle Course

Trophies awarded for best time in age bracket.

\$3

### Fitness

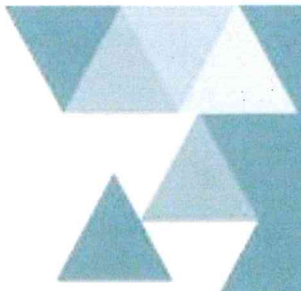
Join us for a ZUMBA pre-race warm up followed  
by 2 hours of class demos!

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**ZUMBA**<sup>®</sup>  
fitness





# DailyChoices

Wellness Quarterly Newsletter

June 2016

## The Worksite Wellness Program

The worksite wellness program is a rewarding benefit for employees and employers when designed with the company's mission, strategies, and major wellness concerns in mind.

Inclusive programs focused on behavior change are the most recent and productive trend in increasing employee buy-in and participation. The ultimate goal of a wellness program is to reflect a return on investment for the employer in terms of lower health care costs, increased productivity, decreased absenteeism and increased employee ownership and engagement in the company's mission and success.

The worksite wellness program should be a well thought-out, comprehensive plan that includes events, screenings, and incentives that align with the company's major health concerns. A successful program will have buy-in and participation throughout all levels of the company, from senior leadership to the front line of your industry. Here is an outline to developing a successful wellness program.

### Steps for a Successful Program:

#### 1. Commitment and Buy-in

- Use company culture for employee commitment and obtain leadership commitment
- Identify stake holders

#### 2. Create a Wellness Committee

- Wellness champions that promote the program and have good rapport with most employees
- Show the company's employee diversity is represented in the committee

#### 3. Set your Direction

- In this step the overall direction of the program is set through identifying the company's strengths and challenges
- The vision for your workplace wellness activities is established here

#### 4. Action Plan

- Based on workplace information collected
- In this step goals are set, activities and timelines to address workplace wellness issues are established
- Program components are selected

#### 5. Awareness Campaign

- In this step you will promote the concept of workplace wellness, the wellness committee and the committee's/program's vision
- The plan should be comprehensive and use multi-media communication
- Develop pre-launch marketing as well as ongoing marketing at appropriate intervals

#### 6. Gather Information and Evaluation

- Gathering and evaluating data helps to guide the program towards success by identifying the components offered that employees enjoyed the most
- Data should be shared with stake holders and used for future planning, development, and overall program evaluation











Contact Evangelical Community Health and Wellness for details on setting up your company's comprehensive wellness program.

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## Easy Tips for Activity and Nutrition

-  Do your activity in the morning, 60% of those intending to be active after work are too tired
-  Walk during lunch with a friend
-  Make activity FUN! Take a hike or a family bike ride
-  Put your sneakers on before leaving work so you are ready to walk once home
-  Make a weekly plan for each day of the week so you are mentally and physically ready to be active
-  Meal plan on Sunday for healthy, lower calorie meals during the week
-  Pack lemon or lime wedges to put in water
-  Pack easy foods like grapes, cherries, baby carrots for quick snacks
-  Avoid empty calories like soda and alcohol, chips and desserts
-  Drink water regularly, drinking water can help deter the consumption of extra calories



## Coaches Corner

Health Coach, Michelle Detwiler

### Balance Training... for your mind

Life is a constant game of balance. Whether you are cooking a balanced meal or juggling work and home responsibilities, it is easy to feel like a jester with too many balls in the air and not enough hands to catch them all. When finding yourself in this situation, you need to practice balance training – or more simply, prioritization and time management.

Stephen Covey created the Time Management Matrix to help identify the difference between urgent and important tasks and where these two overlap. This matrix can aid in setting your priorities and eliminating the distractions that pull you off balance.

Using the Matrix it becomes easy to identify and classify the tasks in your life, and schedule those tasks in a balanced manner. Ultimately, you can achieve balance by learning to operate primarily from box two where IMPORTANT but NOT URGENT overlap. Box two is where we plan, practice self-care, and take time to enjoy life. All of which are important, none of which have the feeling of stressful urgency.

	Urgent	Not Urgent
Important	1 Crying baby Kitchen fire Some calls	2 Exercise Vocation Planning
Not Important	3 Interruptions Distractions Other calls	4 Trivia Busy work Time wasters

Box one represents the emergencies in life that are truly unavoidable, but are more manageable when box two is your home base of operation. Boxes three and four are the major distractors that are easy to get “caught-up” in and have the largest impact in pulling you off balance. Box four is the “retreat” box, and represents the tasks most fall into during periods of high stress and burn-out.

Write down your daily tasks for home and work. Use the matrix to organize those tasks into important, urgent, and their overlapping areas. See just how easily you can start balancing once you start operating from box two!

## Quarterly Recipe

### Chipotle Chicken Quinoa Burrito Bowl

[http://www.eatingwell.com/recipes/chipotle\\_chicken\\_quinoa\\_burrito\\_bowl.html](http://www.eatingwell.com/recipes/chipotle_chicken_quinoa_burrito_bowl.html)

From EatingWell.com: May 2016

This chipotle-flavored burrito bowl recipe is even better than takeout and just as fast. Loading it with vegetables and using quinoa in place of rice adds nutrition for a healthy dinner.

4 servings | Active Time: 30 minutes | Total Time: 30 minutes

#### Ingredients

- 1 tablespoon finely chopped chipotle peppers in adobo sauce
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1 pound boneless, skinless chicken breast
- 1/4 teaspoon salt
- 2 cups cooked quinoa
- 2 cups shredded romaine lettuce
- 1 cup canned pinto beans, rinsed
- 1 ripe avocado, diced
- 1/4 cup prepared pico de gallo or other salsa
- 1/4 cup shredded Cheddar or Monterey Jack cheese (Lime wedges for serving)



#### Preparation

1. Preheat grill to medium-high or preheat broiler.
2. Combine chipotles, oil, garlic powder and cumin in a small bowl.
3. Oil the grill rack (see Tip) or a rimmed baking sheet, if broiling. Season chicken with salt. Grill the chicken for 5 minutes or broil it on the prepared baking sheet for 9 minutes. Turn, brush with the chipotle glaze and continue cooking until an instant-read thermometer inserted in the thickest part registers 165°F, 3 to 5 minutes more on the grill or 9 minutes more under the broiler. Transfer to a clean cutting board. Chop into bite-size pieces.
4. Assemble each burrito bowl with 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup lettuce, 1/4 cup beans, 1/4 avocado, 1 tablespoon pico de gallo (or other salsa) and 1 tablespoon cheese. Serve with a lime wedge.

#### Nutrition

**Per Serving** : 452 Calories; 19 g Fat; 4 g Sat; 10 g Mono; 90 mg Cholesterol; 36 g Carbohydrates; 36 g Protein; 9 g Fiber; 462 mg Sodium; 995 mg Potassium  
2 1/2 Carbohydrate Serving

**Exchanges:** 2 fat, 3 1/2 lean protein, 2 starch, 1/2 vegetable

#### Tips & Notes

To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill)