

IT'S YOUR BUSINESS

Volume 1, Issue 12 • DECEMBER 2016

CENTRAL PA CHAMBER OF COMMERCE

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



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PREPARING FOR THE FUTURE

MILTON – Numerous students across the Central PA region should be closer to knowing what they want to be when they grow up, following the 13th Annual Central PA Career Fair, held Tuesday, Nov. 1 at the Milton Area High School. The career fair is co-organized between the Central PA Chamber of Commerce's Business & Education Association and the Milton Area High School.

This year, more than 40 vendors, made up of a variety of businesses, non-profit organizations and post-secondary schools, attended. Around 1,000 students from four area schools visited the booths and learned about area opportunities and how to better prepare for them now and after they graduate high school. The students in attendance were from: Milton Area, Millville Area, Meadowbrook Christian and Warrior Run.

Three times during the event, fashion shows were held to give students an idea of what they would wear in a particular field of work. While student models strutted up and down the 28-foot catwalk, information was shared about salary, education requirements and the number of job openings in PA. Many clothing items were given out on loan, and the "business casual" attire was borrowed from the

HandUp Foundation in Milton. Adora Ackerman of An Elegant Production, Mount Pleasant Mills, provided the music and sound for the fashion shows. Brenda Reichenbach of Tony's Custom Tailor Shop, Sunbury, was instrumental in preparing the students for the fashion shows. She also dressed up the gentlemen in the latest trends for tuxedos. It's never too early to start thinking about prom or another special event!

In addition, there were light-hearted scarf and tie tying contests as well as mock job interviews. The interviews, conducted by Central PA Chamber volunteers, provided students with valuable feedback for when real interviews occur. The volunteer interviewers were: Steve Beattie, Larson Design Group; Beth George, Meadowbrook Christian School; Kristen Hinrichs, Central Susquehanna Opportunities, Inc.; Dale Moyer, Evangelical Community Hospital; and Bill Wilhelm, HandUP Foundation.



Alex Garcia, a student model, makes his way down the catwalk during a Fashion Show at the Central PA Career Fair on Nov. 1.



More than 40 vendors met with students throughout the day to discuss career opportunities and how to prepare for them.

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Bruce Smith
President & CEO
bsmith@centralpachamber.com



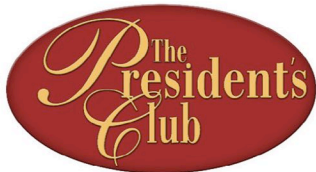
Jeff Shaffer
Communications & Education Manager
jshaffer@centralpachamber.com



Tea Jay Aikey
Executive & Finance Assistant
tjaikey@centralpachamber.com

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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



**CELEBRATING THE PAST BUT
LOOKING TO THE FUTURE!**

Well, "It's the most wonderful time of year!" Are you looking at it that way? This is the time of year to celebrate accomplishments in 2016. How far did you go?

Did you meet all of your goals? Did you overachieve...Did you underachieve? Do you know what to attribute it to?

Now that I have you thinking about goals, you may want to check out the latest Central PA Business & Education Association Seminar & Training Series class on the back page.

This class is being lead by Erin Conner, Owner/Director of Telos Educational Services, who wants to empower you to reach your goals in 2017. So, check out the details and when you're ready, sign up! You'll want to start the year off on the right foot, and here's a great way to do it.

Thank you all who supported the 13th Annual Central PA Career Fair on Nov. 1 at the Milton Area High School. The amount of people needed to pull off such a great event is incredible, and you also deserve credit for doing your part to reach out to students who will be replacing us one day. They need this guidance, and hopefully we'll continue to have your support in the coming years! So, check out our cover story, if you haven't already.

Congratulations to our own Tea Jay Aikey! She was recently recognized for five years of service with the Central PA Chamber. Learn more about it in the "Our Members Recognized" section. She is accompanied by a number of other great achievers or new hires or those who've received a promotion or added a critical service to their business or organization. Learn more about it on page 8.

In the Member Spotlight section, we highlight PCI Insurance and Merchants' Choice Payment Solutions of Central PA. Learn more about these members on a professional and even personal level. Interested in being in a future spotlight? Turn to page 5 to learn how!

As always, you'll find pictures and highlights from events the Chamber staff has hosted or attended along with plenty of good news from members across the Central PA.

Thank you for your support of this publication in 2016! We appreciate you as readers, contributors and advertisers. It's Your Business would not be possible without it!

I wish you all a very Merry Christmas and a Happy New Year! We'll see you soon! Until then, enjoy the issue!



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

Chamber Report Submission Deadlines and Distribution

| CIRCULATION DATE | SUBMISSION DATE |
|-------------------------|------------------------|
| JANUARY 7 | DECEMBER 16 |
| FEBRUARY 4 | JANUARY 20 |

**Interested in advertising in this publication?
Contact Jeff at jshaffer@centralpachamber.com
or call 570.742.7341**

FUTURE *continued*

“The interviewers were impressed with many of the students,” said Jeff Shaffer, the Central PA Chamber’s Communication & Education Manager. “The goal of the career fair is to help prepare students for the next step in their lives – figuring out and planning for what career they are passionate about and making the best of every opportunity.

“It takes a large number of people to pull off an event like this, and on behalf of the Central PA Chamber and the Milton Area High School, we’re very grateful for the support.”

Vendors seem to enjoy the change of pace from their regular workday and find it meaningful to help guide the next generation of entrepreneurs and employees. Thank you to our Lunch Sponsor, Nottingham Village, Northumberland, which covered the lunch costs for the vendors.

Brett Hosterman of Hosterman Photography & Design, Montandon, took all career fair pictures. You can find more on the Central PA Business & Education Facebook page.

If your business/organization or school would like to be involved in next year’s fair, contact Jeff Shaffer at jshaffer@centralpachamber.com.

Brenda Reichenbach of Tony’s Custom Tailor Shop, Sunbury, had several models dress in the latest fashions for prom and other special occasions.



Tie tying contests, as well as scarf tying contests, were held to test the abilities of young people.



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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 November 17, 2016)

Lawton Insurance Agency, Inc.
 Lewisburg Pharmacy
 Matt Frye - State Farm Insurance
 Mc Nerney, Page, Vanderlin & Hall
 Nottingham Village Senior Living Community
 Penn State Extension
 Barton Reichard Jr
 Ruby Realty, Inc.
 SUNCOM Industries, Inc.
 Susquehanna Valley Community Education Project
 Telos Educational Services
 The 2nd Street Smokehouse & Grill
 Timber Creek Turnings



2017 PRESIDENT'S CLUB BENEFITS

- Private event with The President's Club Members and elected officials.
- Recognition as a President's Club Member with name/logo on the Chamber Web site with a direct link to your Web site.
- Company name recognition at all Chamber events.
- Recognition through the monthly Chamber newsletter.
- Opportunity to present marketing/promotional materials at all events (e.g. Annual Meeting, Golf Tournament, Member Appreciation Celebration).
- One seat at each of the Legislative Breakfast meetings.
- Logo prominently displayed on The President's Club Wall located at the Chamber office.
- Prominent listing in The Chamber Directory.
- VIP Seating at the Annual Meeting.
- Eligible for discounted advertising rates in the Chamber newsletter.
- Featured video (when provided) on the Chamber Web site's homepage.

For more information, call 570-742-7341! In order to fulfill the benefits of The President's Club, members must sign up by Jan. 31.

NEW MEMBERS

AdONE ADVERTISING & DESIGN

315 Market Street • Sunbury, PA 17801

570-286-1111 • www.addone.com

Greg Underkoffler - President

AdOne Advertising and Design in Sunbury is the one company that can help you with all your advertising needs, including: print design, Web development, apparel and promotional items. Our team of professionals has worked with local, regional and national clients on projects of all sizes for more than 30 years.

CENTRAL SUSQUEHANNA LPN CENTER

1339 Saint Mary Street • Lewisburg, PA 17837

570-768-4960 • www.lpn.csiu.org

Kimberly Delbo - Director

The Central Susquehanna LPN Career Center has been proudly educating and cultivating the hearts and minds of practical nursing students in the Susquehanna Valley for nearly 50 years. While providing a quality nursing education, we offer both full-time and part-time program options that make it easier for today's busy students to pursue a career in nursing.

FARMER'S FARM TIRE SERVICE

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IRON FRONT COWORK

434 Market Street, Suite 301 • Lewisburg, PA 17837

570-412-4441 • www.ironfrontcowork.com

Mike Matukaitis - Founder & Owner

Iron Front Cowork transforms buildings into beautiful, collaborative workspaces. Iron Front's space at 434 Market Street, Lewisburg features approximately 4,500-square-feet of coworking space with shared work spaces, private locked offices, conference rooms, meeting rooms, call rooms, a training center/video studio, and an event space that seats about 50. Located in the KIZ tech zone, it also has coworking staples like Internet, craft beer, coffee, free breakfast Tuesdays, fruit water and bike share.

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**MEMBER
Spotlight**

MCPS of Central PA



Art Lieberman, President
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New Berlin, PA 17855
www.mcpsofcentralpa.com
570-966-5700

WHAT MAKES YOUR BUSINESS/ORGANIZATION UNIQUE?

We have been marketing credit card services in the Susquehanna Valley for 16 years. We have our own virtual terminal, suspend businesses which are seasonal and will BEAT ANY RATE on credit and debit card processing.

HOW DO YOU MARKET YOUR BUSINESS?

Locally, we work through the local Chambers, conduct free seminars and/or webinars, advertise in local newspapers and sponsor several events a year. Nationally, we are members of over a dozen trade organizations and exhibit at trade shows. We tele-market our services to RV campgrounds, hotels and lodgings.

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

Our motto is simple. We want to save you money on your credit card processing. We work directly with Visa, MasterCard, Discover and American Express. We are recognized authorities on the new chip cards and the Europay Visa MasterCard (EMV) terminals.

HOW MANY DOES YOUR BUSINESS EMPLOY?

Currently, there are five people who are working out of our unique headquarters in New Berlin. Our "yurt" has attracted attention in the local press.

WHAT WORDS DO YOU LIVE BY?

Success begins with a person's will - it's all in a state of mind.

ADVICE TO THOSE WHO OWN THEIR OWN BUSINESS?

Never give up, even during slow times and remember to think like your

customer. Put yourself in their place and try to see what they are looking for from your nosiness.

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

We support the arts locally, especially theater - both school productions and amateur theater. We also have recently supported the Muscular Dystrophy Association in a fundraiser.

WHAT ARE THE TOP 3 COMPANY PRIORITIES YOU FOCUS ON?

Saving our clients money; Treating each one individually; Never lying about our service.

WHAT ARE THE CHARACTERISTICS YOU LOOK FOR IN EMPLOYEES?

Work ethic, doing the job every hour at work, while enjoying your fellow workers. Most importantly is that they must realize that their income is dependent upon how customers see them. Marketing a service is one of the most difficult and most rewarding businesses there is.

WANT TO APPEAR IN AN UPCOMING ISSUE IN THE MEMBER SPOTLIGHT SECTION?

Contact Tea Jay Aikey, at
tjaikey@centralpachamber.com
for a list of questions and guidelines.

**Pennsylvania
Chamber Insurance**



Melissa Dawson
417 Walnut Street
Harrisburg, PA 17101
mdawson@pachamber.org
717-720-5466

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

From the first conversation to the results you're counting on, Pennsylvania Chamber Insurance simplifies the complexity of navigating benefits for businesses, employees and individuals. We offer an expansive selection of insurance options including a complete menu of healthcare plans, such as self-insurance, specialty coverages and administrative services. PCI offers members of the Central PA Chamber benefits solutions. Whether for small business, big business, individuals or retirees, PA Chamber Insurance offers a depth and breadth of unique options that best fits your company—medical plans from every carrier in the state, Marketplace Exchange assistance, Self-Insurance, Medicare and more.

WHAT ARE SOME UNIQUE FEATURES OR FACTS ABOUT YOUR COMPANY?

We are the insurance arm of the Pennsylvania Chamber, giving your company the added benefits of working on your behalf with the Central PA Chamber and lawmakers every day.

And there's no better way to supplement your healthcare program than by also offering dental, vision, life, disability and other coverages. And the best part of PA Chamber Insurance supplemental benefits? No minimum participation requirement. These supplemental benefits are unique only to PA Chamber Insurance.

WHAT MAKES YOUR BUSINESS STAND OUT?

Our commitment to our customers. Our team of Benefit Consultants has extensive experience working one-on-one helping businesses with their benefit plan options and simplifying the complexity of navigating benefits for your business and employees. The PA Chamber Insurance team

is your benefits partner.

Plus, we help HR professionals keep up to date on the latest changes to ACA laws and regulations with education events and webinars, information, and publications designed to provide tangible, practical steps and sound advice that keep you in compliance.

WHAT ARE SOME OF YOUR BUSINESS'S MAJOR ACHIEVEMENTS?

As one of the largest health care buying coalitions in the state, PA Chamber Insurance continues to explore and implement new features and employee benefit options for business owners in Pennsylvania.

In 2005, PA Chamber Insurance became a state-wide broker, offering every carrier in the state to meet the needs of businesses. We also begin billing for carriers, giving our customers the benefit of one bill for most of their coverages.

In 2013, PA Chamber launched its self-funded product, the Benefits Consortium - giving business owners with 26+ employees a unique opportunity to take control of their healthcare costs. Through our partnership with The Benecon Group and its group purchasing consortium, businesses get access to a unique, self-funded program that lowers costs by managing claims and eliminating risk charges, premium taxes and excessive expense charges.

WHERE DO YOU SEE YOUR BUSINESS GOING IN THE FUTURE?

PA Chamber Insurance will continue to look for and add to our portfolio of benefit solutions that help businesses and individuals with the complexity of healthcare.

DAVIS, DAVIS & KAAR
Attorneys at Law

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DECEMBER 18, 2016

Doors open at 12:30 pm
 Early Bird game at 1:45 pm

St. John's UCC Fellowship Hall
 906 Old Route 15, New Columbia

\$25 Ticket - \$20 in Advance
 Reserve your ticket by calling 570-412-5127
 or email stjohsucc@gmail.com



Kids
CHRISTMAS PARTY

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DECEMBER 23 at 6:30 p.m.

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St. John's UCC Fellowship Hall - 906 Old Route 15
 New Columbia, PA 17856

Sunday, December 4
Doors Open @ 12:00 pm

- *Pampered Chef Bingo
- *Chinese Auction
- *Vendor Show
- *Bake Sale

Gift Baskets and More!

LOCATION:
WARRIOR RUN FIRE DEPARTMENT
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Lunch Available

- Pulled Pork
- Hamburger BBQ
- Hotdogs
- Chicken Corn Soup
- Ham & Bean Soup
- Baked Goods
- Coffee, Soda, Water

Bake Sale Items & Soup by the Quart Available for Take-Out

Door Prizes!

BINGO

Early Bird Starts @ 1:45 pm
 Advance Tickets are \$20
 Tickets @ the Door are \$25
 20 Games & 4 Specials!

CHINESE AUCTION

Tickets available at event for \$5 per sheet

Drawings will be held at the conclusion of Bingo. You do not need to be present to win!

VENDOR SHOW

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 Pampered Chef
 Thirty-One Gifts
 Mary Kay Cosmetics
 Origami Owl Jewelry
 beFragrant Soy Candles
 Legging Army
 Tastefully Simple
 Tupperware

Proceeds from this event will be donated to the family of Brett Yarger for expenses related to his care. Brett has a traumatic brain injury and has been hospitalized since his accident in September, 2016. The family is very grateful for your support!

For bingo tickets/information:
Gerry Walters 570-412-1179
Pam Showers 570-850-3128
Barb Diehl 570-337-4922

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From your Friends at the

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CHAMBER OF COMMERCE



IMC UPCOMING SEMINARS & TRAININGS

| DATE | SEMINAR | LOCATION | TIME |
|------------|--|---|--------------------|
| 12/15/2016 | E3 Overview: Economy-Energy-Environment Process, Success Stories from PA Manufacturers | WEBINAR | 12:00 pm - 1:00 pm |
| 1/17/2017 | Protected: MAKE Event - Leveraging Technology to Increase Sales | 468 Industrial Park Road Muncy, PA 17756 | 8:00 am - 10:00 am |
| 1/19/2017 | Pollution Prevention with a Focus on Food Manufacturing | WEBINAR | 12:00 pm - 1:00 pm |
| 1/25/2017 | Williamsport Inventor's Club Meeting - Doing Preliminary Patent Searches | IMC, 1127 W. 4th Street Williamsport, PA 17701 | 5:30 pm - 7:00 pm |



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BUCKNELL SBDC UPCOMING SEMINARS & TRAININGS

| DATE | SEMINAR | LOCATION | TIME | COST |
|-----------|---------------------------------------|---|---------------------|------|
| 12/7/2016 | The First Steps Pre-Business Workshop | 9 West Main Street New Bloomfield, PA 17068 | 11:00 am - 1:30 pm | \$25 |
| 1/11/2017 | The First Steps Pre-Business Workshop | 416 Market Street (DeWitt Building - Third Floor) Lewisburg, PA 17837 | 10:00 am - 12:00 pm | \$25 |
| 2/15/2017 | The First Steps Pre-Business Workshop | 416 Market Street (DeWitt Building - Third Floor) Lewisburg, PA 17837 | 10:00 am - 12:00 pm | \$25 |



There was a very large crowd for the last Legislative Breakfast of 2016, held Nov. 18 at the Country Cupboard, Lewisburg. Our guest speaker, at left, was Ryan M. Tira, Esquire of McNerney, Page, Vanderlin & Hall, Williamsport. The topic was "Making Sense of the Department of Labor's New Exemption Rules," which were slated to go into effect Dec. 1. Next to Tira, are our event sponsors, Teri MacBride and Doug Haupt of PPL Electric Utilities; Owen McManus, a Warrior Run High School junior, job shadowing with the Central PA Chamber; state Rep. Lynda Schlegel Culver and Bruce Smith, Central PA Chamber President/CEO.



Tea Jay Aikey, Executive/Finance Assistant for the Central PA Chamber, was one of seven chamber of commerce professionals to be awarded Pennsylvania Association of Chamber Professional (PACP)'s distinguished Service Awards at the 2016 PACP Chamber Professionals & Leadership Conference held Oct. 26-28 at the Toftrees Golf Resort in State College. Each year, PACP recognizes chamber professionals who have served any five-year increment in chamber management. To qualify, candidates must have been in full-time chamber or chamber-sponsored affiliate management for at least five years, must now be serving in chamber management in Pennsylvania, and must have been a PACP member for at least three consecutive years. PACP's Service Awards are meant to promote and recognize outstanding chamber service not only to the individual's community but also to their professional association. Tea Jay celebrated her fifth year with the Central PA Chamber last spring...congratulations!



North Central Digital Services, Danville, recently donated a gently used copier to the Donald Heiter Community Center. This is at least the third time Mike Nash and company has donated to the community center in Lewisburg. Proudly displaying their "new to them" machine, from left, are Andrea Tufo and Billie Jo Levitan.



Elam R. Stoltzfus, MD, Pediatrician, was recently honored by family, friends, and loved ones with a plaque that rests outside of the nursery in Evangelical Community Hospital's obstetrics unit, The Family Place. The plaque was made possible through donations to the hospital in his name and placed in recognition of Dr. Stoltzfus' retirement after 40 years of dedication and compassionate service to patients and the community. Every year, approximately 1,000 babies are born at Evangelical's The Family Place. Pictured with Stoltzfus is Kendra Aucker, President and CEO of Evangelical Community Hospital, next to the plaque located in The Family Place.

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Family Care for Children and Youth

Bits from Bruce

HAPPY HOLIDAYS TO ONE AND ALL!



'Twas the night before Christmas, when up in the Chamber I was just typing an e-mail to a long standing member. The stockings were hung by the boardroom with care, In hopes that St. Nicholas soon would be there. The members were nestled all snug in their beds, While visions of next year's profits danced in their heads. And I the director was looking due north; I had shut down my brain at least until January 4th. When out in the hall there arose such a clatter, I sprang from my office to see what was the matter. Away to the door I flew like a flash, Looked down the hall still decorated from our Christmas bash. When what to my wondering eyes did appear, But a miniature sleigh and eight tiny reindeer. With a little old driver so lively and quick, I knew in a moment it must be St. Nick. I wondered just maybe this very December, Could I get St. Nick to become a new member. "Now, Files! Now, Paper! Now Benefits and Printer! I'll sell him an ad through my ancient computer! To the top of the Web page! On the top of the site! There will be non-dues revenue coming to my Chamber tonight! And then, in a twinkling, I heard down the hall , The prancing and pawing they were having a ball. As I drew in my head, and was turning around, Down the hallway St. Nicholas came with a bound. He was dressed in all fur, from head to his foot, And his clothes were all tarnished with ashes and soot. I didn't quite know what I had been sent, But he needed new cloths before our next networking event. His eyes—how they twinkled! His dimples, how they twitched! His confidence was high in his elevator pitch! He said am I on your list, that'd really be nice; The last name is Clause, you better check that list twice. I pulled out the member app and the look in his face, By this time tomorrow he'll be in our online database. It was that late Christmas Eve that I'll always remember, Cause that is the night we got Santa as a member. A rein deer now loose on the Chamber's front yard, Next thing I knew St. Nick gave me his card. He said I'm looking forward to the Chamber I really must say, Are there any more sponsorships for the Career Fair in May? My heart skipped a beat, this was going so well; I mean St. Nick as a member, my board will think that is swell. He said thank you so much, but then had to go, So much to deliver and the wind was starting to blow. He sprang to his sleigh, to his team gave a shout, And away they all flew through downtown and then out. But I heard him exclaim, as he drove out of sight— "Merry Christmas dear Chamber and to all a good night!"

From all of us here at the Central PA Chamber to you and yours - Merry Christmas! We will see you back here in January!

Bruce

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

FIGHTING RX DRUG ABUSE

LEWISBURG - Lewisburg Pharmacy has partnered with Sharps Compliance, Inc. to combat the growing epidemic of prescription drug abuse by providing solutions to safely dispose of opioid painkillers and other unused medications.

A MedSafe drug collection and disposal receptacle is now located in the Lewisburg Pharmacy for the safe and anonymous disposal of unused or expired medicines and controlled substances.

Most Americans recognize that prescription drug abuse is a growing problem and one that flourishes in all communities.

"We often receive questions from our customers asking how they can safely get rid of their unused medications," said Brad Gill, pharmacist. "We're happy to be able to give back to our community and customers by providing a safe solution to getting unused medications out of their homes and harm's way."

Customers can simply bring in their unused pills to the Lewisburg Pharmacy and drop them into a Sharps Compliance MedSafe, which is a specially-designed receptacle for the safe, cost-effective and convenient way to dispose of potentially dangerous drugs.

"Safe disposal of prescription medication is a vital strategy for preventing prescription drug abuse and keeping the water supply safe," said David P. Tusa, president and chief executive officer of Sharps Compliance, Inc. "We are thrilled to partner with pharmacies and health-care organizations to provide a convenient method to dispose of unwanted medications."



medsafe[®]
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OUR MEMBERS RECOGNIZED

Kingdom Kidz Inc.

WATSONTOWN - The Board of Directors of Kingdom Kidz Inc., a nonprofit organization based in Watstown, announced several changes to their leadership team. The changes are attributed to the organization's growth and dynamics in the area of creative puppetry, as well as, the addition of current programming at the "Puppet Home."

Lisa K. Derr, New Columbia, has been hired as the full time Team and Program Director working specifically with volunteers team development, script writing, program planning, and customer service. She brings more than 25 years of experience as a customer service representative from The Coup Agency in Milton and 10 years of experience as a volunteer puppeteer. Lisa has been a part time employee with Kingdom Kidz Inc. as their Team Director for the past two years.

Being a proficient puppeteer, she offers outstanding leadership and skills to those interested in learning this creative art. Donna M. Bridge is now the General Manager with the responsibilities of overseeing the daily operations; grant writing, marketing and public communications of the organization. In 1999, while the Children's Minister Coordinator at St. Andrew's UMC, Milton, she founded Kingdom Kidz Puppet Ministry as an outreach program. In 2009, the ministry became a 501(c)(3) nonprofit organization that presents educational concepts (either religious or nonreligious) through the creative art of excellent puppetry. With 2 divisions, Kingdom Kidz Puppet Ministry (religious) and Kidz4Education (nonreligious), the volunteer organization travels widely throughout the Central Susquehanna Valley to churches, schools, festivals and other public venues. In addition, they also present programs at their Puppet Home, 11 E. 3rd St, Watstown, as well as, training in all aspects of the creative art of puppetry there. For more information, call the Kingdom Kidz office at 570-838-3133 and visit www.hiskingdomkidz.org. They are supported through donations, fundraising and programs. Gifts are tax deductible less the value of any goods provided. Kingdom Kidz Inc. is not affiliated with a church or denomination.

Evangelical Community Hospital

LEWISBURG - Evangelical Community Hospital has announced new board appointments and re-elections.

Julie A. Barna, DMD, MAGD, continues her appointment as the Chair of the Board of Directors until 2017 and has been re-elected to the Class of 2019. John Meckley, Esq., continues his role as Vice Chair of the Board.

Joining Dr. Barna in the Class of 2019 re-elections are Timm Moyer of Mojo Interactive, Inc., J. Donald Steele of The Northumberland National Bank, and Hank Truslow Jr. of Sunbury Textile Mills.



Lisa Derr



Donna Bridge

Evangelical appointed two new members to the Board. Jeffrey Kapsar, serving until 2017 and Mark Huber serving until 2019. Kapsar is the President and CEO of Mifflinburg Bank & Trust Company and has served in that position since January 2006. He was the Chief Financial Officer for the bank prior to his appointment as President and CEO. He has 27 years of banking experience and is a graduate of Slippery Rock University with a Bachelor of Science degree in Finance and Management. He is an alumnus of the Graduate School of Banking at the University of Wisconsin-Madison. In addition to his role at the bank, Kapsar is a member of the PA Bankers Board of Directors, the American Bankers Association Community Bankers Council, and the State Board of Economics PA. He is active in the community and has served on a number of youth organizations throughout the Susquehanna Valley. He lives in Selinsgrove with his wife, Beth, and they are the parents of two adult children.



Jeffrey Kapsar

Mark Huber is the Chief Information Officer at Susquehanna University. He is an Educause Primary Representative, with Educause being a nonprofit association and the foremost community of IT leaders and professionals committed to advancing higher education. He holds a Bachelor of Science degree in Electrical Engineering Technology from the University of Pittsburgh at Johnstown and brings with him expertise in enterprise information technology leadership, information security management, and business process reengineering. In addition, Huber has served in numerous community service roles, from youth sports to regional recreation board leadership. He lives in Lewisburg with his wife, Colleen, and they are the parents of four adult children.



Mark Huber

New to the board by way of nomination of the medical staff is Shawn McGlaughlin, MD. Dr. McGlaughlin will serve a three-year term as a Medical Staff Representative to the Board of Directors, Class of 2019. He joins Janice Omlor, DO and Ronald Zug, MD, in representing the Medical Staff on the board. Dr.

McGlaughlin is a primary care physician at Family Medicine of Evangelical-Mifflinburg and has served at that practice since 2001. He received his Doctor of Medicine Degree from Jefferson Medical College, Philadelphia, and his Bachelor of Science degree in Chemistry/Biology from West Chester University. He completed a Family Medicine Residency at Geisinger Medical Center.



Dr. Shawn McGlaughlin

The community is served regularly by Dr. McGlaughlin who brings his physician expertise to the Mifflinburg Area School District as the school physician. He also currently serves as the Evangelical Medical Services Organization Medical Director of Primary Care. He lives in Mifflinburg with his wife, Kelly, and

they are the parents of two adult children.

In some other news, John P. Furia, MD, orthopedic surgeon at SUN Orthopedics of Evangelical, recently served as a visiting international professor at the annual Chilean Society for Shock Wave Therapy Medicine (ACHITOC) held in September in Vina del Mar, Chile.

Dr. Furia lectured on therapeutic uses of shock wave therapy in sports medicine and general orthopedic practice. In attendance were orthopedic surgeons and physical therapists from Chile and throughout South America.

Board certified by the American Board of Orthopedic Surgery, Dr. Furia received his medical degree from Vanderbilt University and has been practicing orthopedic surgery for 20 years at SUN Orthopedics. He specializes in arthroscopic and minimally invasive surgery of the shoulder, elbow, wrist, hand, hip, knee, and foot and ankle. He continues to pursue his research interests in shoulder surgery and tendon injuries to better serve patients at SUN Orthopedics of Evangelical.



Dr. John Furia

Albright Care Services

LEWISBURG - Albright Care Services is pleased to announce David Manton has been promoted to vice president of marketing.

Manton formerly served as the manager of sales and admissions for RiverWoods and Normandie Ridge Senior Living Communities, two of Albright's six communities. He was responsible for overseeing the sales counselors and admission coordinators, maintaining occupancy and working with senior management to develop and market new products. Prior to joining Albright in 2014, Manton was marketing and sales director for Diakon Lutheran Ministries, Allentown, and regional marketing director at Country Meadows of Hershey. His other marketing experience includes several positions as advertising manager.

"I look forward to collaborating with our teams to bring new residents and participants to our campuses, while increasing brand awareness and strengthening community partnerships for Albright Care Services," Manton said of his new role. As vice president of marketing, Manton will be responsible for developing and overseeing marketing at Albright's six sites, including RiverWoods in Lewisburg, Normandie Ridge in York, Warrior Run Manor in Watstown and LIFE (Living Independently for Elders) adult care centers in Lancaster, Lebanon and Lycoming.

Also, Albright Care Services is pleased to announce John Blessing has been promoted to vice president of finance/treasurer. Blessing formerly served as the controller for Albright Care Services. He was responsible for the full cycle finances of the corporation's six sites. Prior to joining Albright in 2011, Blessing was controller and chief financial officer of VNA Health Sys-



David Manton

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tem, Shamokin, where he was responsible for the finances of five home health/hospice agencies. He had also served positions as manager of accounting and controller at Sunbury Community Hospital, as well as senior accountant at Geisinger Medical Center.



John Blessing

"I am excited to meet the challenges of the ever-changing healthcare financial landscape and look forward to working as a team to promote the mission and values of Albright Care Services," Blessing said in regard to his new role. In his new role as vice president of finance/treasurer, Blessing will be responsible for ensuring the financial vitality of the organization by working the management team to achieve sustained positive financial performance.

Bowen Agency REALTORS

SELINSGROVE – Bowen Agency REALTORS is pleased to announce the addition of Michelle Royer to the sales team.



Michelle Royer

Michelle is a lifelong resident of Snyder County and loved learning to speak PA Dutch as she was growing up. She has an associate's degree in respiratory therapy and recently became a licensed real estate agent. She currently enjoys working with and helping people meet their needs in many situations by building lasting relationships as friends, integrated with business. Michelle is very excited to begin her new career as a real estate agent and is ready to meet new and exciting people.



Melissa Laniewski

In other news, Bowen is pleased to announce the Top Producers during the month of October for its three Central Susquehanna Valley offices. Top Producers were Sales Associate Melissa Laniewski, Sales Associate Dale Tittle and Associate Broker Bill Bowen. Broker/Owner Matt Hoffman said, "Another exceptional month for real estate sales in our region. Buyers and sellers continue to reap the benefits of optimal market conditions as we move through the final quarter of 2016. Our congratulations to Melissa, Dale and Bill for a job well done in helping all of their clients achieve their goals of either buying or selling property here in the valley."



Dale Tittle

Bowen Agency Realtors, a 46-year-old realtor firm with offices in Selinsgrove, Lewisburg and Sunbury, has 27 full-time agents in residential sales, a full-time Commercial/Industrial/Investment/Business Brokerage Division, a full service apartment/house property management department and a full-service Certified General Appraiser serving all Snyder, Union, Northumberland and Montour Counties.



Bill Bowen

T-Ross Brothers Construction

MONTANDON - The most important asset to T-Ross Brothers Construction is its quality teammates. And, they're proud to welcome the newest member to the team, Brandon Group, Project Manager/Estimator.



Brandon Group

Brandon comes to T-Ross Brothers from Construction Specialties. He brings with him experience as a drafter, project engi-

Congratulations to Iron Front Cowork, 434 Market Street, Suite 301, Lewisburg, which celebrated with a ribbon cutting on Thursday, Nov. 17. Cutting the ribbon, provided by the Bucknell SBDC, is Mike Matukaitis, Founder & Owner. From left, are: Dennis Hummer, Bucknell SBDC; Bob Garret, Greater Susquehanna Valley Chamber; Amy Matukaitis; Mike; Lewisburg Mayor Judy Wagner; Steve Stumbris, Bucknell SBDC; state Rep. Fred Keller; and Bruce Smith, Central PA Chamber. Iron Front Cowork transforms buildings into beautiful, collaborative workspaces. Iron Front's space features approximately 4,500-square-feet of coworking space with shared work spaces, private locked offices, conference rooms, meeting rooms, call rooms, a training center/video studio, and an event space that seats about 50. Located in the KIZ tech zone, it also has coworking staples like Internet, craft beer, coffee, free breakfast Tuesdays, fruit water and bike share.

neer and project manager.

T-Ross feels fortunate to work alongside the highest caliber professionals in the construction industry who continue to achieve the standard of perfection T-Ross Brothers Construction strives for.

Berkshire Hathaway HomeServices Hodrick Realty

LEWISBURG – An announcement was made by Kevin Hodrick, Broker, Berkshire Hathaway HomeServices Hodrick Realty, of the Lewisburg office's monthly awards for October 2016. The award for the sales associate with top production in Listings and Sales went to Connie May. "I congratulate Connie on this achievement. Despite challenging market conditions, she continues to produce at top levels. Connie is admired by her peers in our local market and our Berkshire Hathaway Network," Hodrick said. Hodrick also announced the Danville's office awards for September and October.

In October, the award for the sales associate with top production in listings went to Pamela Anderson while the sales award went to Kari Wolfe. "Pamela and Kari are hardworking individuals and strive to make a positive impact on all of their clients." Hodrick said.



Pamela Anderson



Chase Tobias



Connie May



Kevin Morris

In September, the award for the sales associate with top production in listings went to Kevin Morris while the sales award went to Chase Tobias.

"Kevin and Chase are consummate professionals and work tirelessly to help their clients' fulfill their real estate needs."

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 October.

The award for most gross commission closed was awarded to Ann Hilliard. Doug Wertz received the October Listing Agent of the month along with Lynn Shambach who received the October Sales Agent of the month.

"Doug, Ann and Lynn have been in this business for quite sometime and know what it takes to make every real estate transaction as stress free as possible" said Barrick.

Coldwell Banker Penn One Real Estate has been serving the area for 30 years. Coldwell Banker Penn One Real Estate is located at 331 Market St., Lewisburg and can be reached at 570-524-7500 or coldwellbankerpennone.com.



Ann Hilliard



Doug Wertz



Lynn Shambach



West Milton State Bank celebrated the one-year anniversary of its Northumberland location, 397 Point Township Drive (Route 11) on Friday, Nov. 4. There were free hot dogs and other goodies, as well as drawings for cash prizes. Sunbury Broadcasting Corporation was also on hand with a remote and its prize wheel.



RiverWoods Senior Living Community recently participated in the Alzheimer's Association Walk to End Alzheimer's at Indian Park, Montoursville. The team was made up of staff and their family members who raised more than \$2,000 for the Alzheimer's Association through a bake sale, silent auction, business sponsors and individual fundraising efforts. Pictured from left are: Allison Yaneck, Liz Pursley, Wendy Myers, David Mitchley, Sue Berta, Derek Mitchley, Chris Bowes and Amanda Gresh. Not pictured are: Dana Allanson, Cookie Connolly, Lennea Brown, Mary Ann Chaklos, Shannon Kipp, Taylor Kipp and Courtney Kretzing.

Tips from Tea Jay



DID YOU KNOW?

In late October, I was at the Pennsylvania Association of Chamber Professionals' 2016 Chamber Professionals & Leadership Conference, and I want to share with you some new ideas to consider for your business or organization in 2017.

Tell your story, or the public will make up a story for you. Think about that for a few minutes. Now where can you tell your story? Consider the Member Spotlight; it is free and just as easy as requesting the form and completing it. Then it will be featured in the monthly newsletter, It's Your Business. The newsletter is mailed to 500 Chamber members, emailed to more than 100 more and also placed strategically in high traffic areas throughout the valley. Perhaps a press release is the way you prefer to tell your story. Simply write it up and submit to us, and we will take care of getting it out to the correct resources.

You can also attend a Breakfast Briefing and use that 28-second "Elevator Speech" to tell your story. Create a flyer about your story and submit it as an insert for the newsletter. The only cost to you is the 500 copies that you supply.

Teach people how to talk about you. People don't talk about boring. They talk about remarkable. What is your energy and attitude saying? The golden rule applies here - treat others how you want to be treated. Speak to people with kindness and respect. This will undoubtedly make for pleasant conversations about you.

Listen with your eyes. Listening skills are critical to professional communication. Much of communication is actually non-verbal. Communication is when you care about the information the other person is presenting. Be someone who others feel comfortable sharing with.

And, I want to make a plug for our last scheduled event of the year. With the upcoming hustle and bustle of the big holidays, please, consider giving the most precious gift to someone you may never know. The gift of life. A decision to donate blood can save a life or several. Every two seconds someone in the United States needs blood. Blood cannot be manufactured. Only you can share this precious gift.



Our blood drive is from 10 a.m. to 3 p.m. Thursday, December 22, 2016 at the Central PA Chamber of Commerce, 30 Lawton Lane, Milton. This drive is open to the public, so feel free to invite anyone you would like. YOU must go to www.redcrossblood.org (Sponsor Code: Pachamber) to register or call 1-800-Red-Cross.

There will be a free long-sleeve Red Cross T-shirt for each donor while supplies last. Also, at our drive, you will enjoy delicious food to refuel after your donation, provided by PRONTO!, That Kitchen Witch and The 2nd Street Smokehouse, Lewisburg. The gratification is instant!

Tea Jay

Tea Jay Aikey
Executive/Finance Assistant
tjaikey@centralpachamber.com



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BUSINESS & EDUCATION



LEFT: Emotions flared during simulated township supervisors meetings at the November sessions of Building Leaders for the Susquehanna Valley. While the students all remained friends in the end, they learned many things about how local government works. Thank you to Neal Fogle of Penn State Extension, who facilitated the program day, along with guests from AgChoice Farm Credit and the local county conservation district.



RIGHT: Terri Cole of Chickadee eMarketing presents "Rock Your Holiday Sales!" to chamber members on Nov. 4, as part of the Seminar & Training Series. Terri provided great information to help anyone who sells products and/or services. Questions for Terri? You can reach her at: 610-563-9080.



ABOVE: Thank you to our friends at SUNCOM Industries, Inc., who recently volunteered to help us complete some important tasks at the office! From left, in front, are: Megan Evans, Heidi Campbell, Job Coach, CIES; Eric Phillips; and Darlene App, Employment Specialist, CIES.

BELOW: Jennifer Rempe of Graphite Grantworks presented "Grant Writing Tips & Strategies" to a packed house on Nov. 11, as part of the Seminar & Training Series. Information was shared to help non-profits prepare for grant opportunities and how to find them. Have questions for Jennifer? Call 321-298-9843.




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Available Sites and Commercial & Industrial Buildings

For more information on any of the below available properties, contact the person in each listing. **NEW listings are in BOLD print.**

| Location | Acreage | Sq. Ft. of Building | Terms | Reference | Contact Name | Contact Phone |
|---|--------------|---------------------|--------------|------------------|---------------------------|---------------------------|
| Type of Property: LAND | | | | | | |
| Milton Industrial Park | 3.80 | N/A | Sale | Tanner Lot 1 | Bruce Smith Jr. | 570-742-7341 |
| 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 Locoming 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 |
| 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 Benschhoff | 570-742-7984 x102 |
| Milton Industrial Park | 90 | N/A | Sale | N/A | Kim Benschhoff | 570-742-7984 x102 |
| Great Stream Commons, Gregg Twp | 466 | N/A | Sale/Lease | N/A | Donald E. Alexander | 570-524-3853 |
| Type of Property: COMMERCIAL LAND | | | | | | |
| 1802-1826 N Susq Trail, Selingsgrove | .47 | N/A | Sale | 20-66566 | Larry Johnson | 570-847-0552 |
| SE Corn. Rt 11/15 Susq Valley Mall Dr | 1.45 | N/A | Sale | 20-66258 | Larry Johnson | 570-847-0552 |
| 5 Lots Pawling Station, Selingsgrove | 3-21 | N/A | Sale | 20-62151 | Larry Johnson | 570-847-0552 |
| Clifford Road, Selingsgrove | 2.24 | N/A | Sale | 20-62071 | Larry Johnson | 570-847-0552 |
| 5 Lots on Lori Lane, Selingsgrove | .8 - 1.05 | N/A | Sale | 20-52532 | Larry Johnson | 570-847-0552 |
| E. Walnut Street, Mifflinburg | .92 | N/A | Sale | 11-50150 | Larry Johnson | 570-847-0552 |
| 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 |
| Type of Property: OFFICE SPACE-RETAIL | | | | | | |
| 23 N Derr Drive, Lewisburg | N/A | 2,850 | Lease | Furnished | Kevin A. Gardner | 570-524-2121x3 NEW |
| 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 |
| Watsonstown | N/A | 1770 | Lease | 20-65267 | Wally Fairman | 570-538-2582 |
| Watsonstown | 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 |
| 1225 Clayton Avenue, Williamsport | 3.2 | 45,052 | Sale | Bower | Mericle Comm. Real Estate | 570-323-1100 |
| 3 Wesner Lane, Danville | 3.72 | 21,000 | Lease | 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, Hazleton | 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 |
| 1372 N Susq Trail, #350, Selingsgrove | N/A | 1,930 | Sale/Lease | 20-66213 | Larry Johnson | 570-847-0552 |
| 10 South Main Street, Middleburg | .10 | 4080 | 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 |
| 113 N Market Street Selingsgrove | .43 | 10,530 | Sale | 20-67866 | Larry Johnson | 570-847-0552 |
| 332 Market Street, Lewisburg | N/A | 4,873 | Lease | 20-68464 | Larry Johnson | 570-847-0552 |
| 235 Market Street, Sunbury | N/A | 400 | Lease | 20-68860 | Larry Johnson | 570-847-0552 |
| Routes 15 & 45, Lewisburg | N/A | 288 | Lease | N/A | Kevin Gardner | 570-524-2121x3 |
| 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 |
| 560 Broadway Street, Milton | .2 | 8,796 | Sale | 20-67854 | Rick Coup | 570-742-8736 |
| 131 Broadway Street, Milton | .089 | 3283 | Sale | 20-68955 | Scott Mertz | 570-524-2120 |
| Type of Property: RETAIL | | | | | | |
| 418 Main Street, Montandon | N/A | 904 | Lease | N/A | Marcia Murray | 570-412-6282 |
| 418 Main Street, Montandon | N/A | 280 | Lease | N/A | Marcia Murray | 570-412-6282 |
| 404 Chestnut Street, Mifflinburg | .09 | 4,042 | Sale | 20-57912 | Scott M. Mertz | 570-524-2120 |
| 11286 S Susquehanna Trail, Liverpool | 1.30 | 3968 | Sale | 20-69348 | Scott M. Mertz | 570-524-2120 |
| Type of Property: COMMERCIAL BUILDINGS | | | | | | |
| 7993 US-522, Middleburg | N/A | 10,000 | Lease | 20-69622 | Larry Johnson | 570-847-0552 NEW |
| 690 Susquehanna Trail, Liverpool | 1.6 | 2,880 | Sale | 20-69782 | Larry Johnson | 570-847-0552 NEW |
| 5470 State Route 405, Milton | 1.10 | 5,000 | Lease | MFLP | Kimber Benschhoff | 570-742-7984 x102 |
| 1723 Westbrach Highway, Winfield | N/A | 3,167 | Lease | Front Office | Ken Hafer | 570-412-6822 |

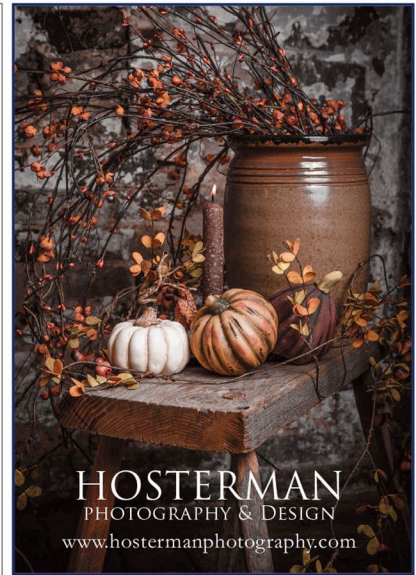
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Mifflinburg nonprofit Kelsey's Dream continues to change lives with the gift of their unique play-therapy-toy, Hopper the Cancer Crusher. The Children's Hospital of Greenville, SC is now one of the 131 hospitals across the United States which is able to provide their young patients with this plush, loving and educational frog, Dr. Joe Palmer, owner of Palmer Distinctive Dentistry in Greenville, traveled with three other employees to The Children's Hospital in order to make the donation of Hoppers. These plush frogs serve as a tool for the hospital staff to explain procedures and equipment to children who have been diagnosed with cancer. Hopper wears hospital pajamas, a bandanna and even has a mediport similar to the ones children receive during their treatment. These features allow Hopper to take the journey with the child as they both work to fight against pediatric cancer. For more information about Hopper the Cancer Crusher and Kelsey's Dream, visit KelseysDream.org or like Kelsey's Dream on Facebook.

From left, are: Darron, Jessica, Dr. Palmer, Dr. Knause.



| Location | Acreage | Sq. Ft. of Building | Terms | Reference | Contact Name | Contact Phone |
|---|------------------|------------------------------|------------|--------------|---------------------------|--------------------------|
| 620 Old Route 15, New Columbia | N/A | 12,000 | Lease | Bldg C | Valerie Bieber | 570-522-9181 |
| 149 Keene Lane, Middleburg | 17.5 | 75,344 | Sale | 20-68926 | 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 |
| 113 N Market Street, Selingsgrove | .43 | 10,530 | Sale | 20-67866 | Larry Johnson | 570-847-0552 |
| 332 Market Street, Lewisburg | N/A | 4,873 | Lease | 20-68464 | Larry Johnson | 570-847-0552 |
| 132 South 2 nd Street, Sunbury | .8 | 17,136 | Sale | 20-68637 | Larry Johnson | 570-847-0552 |
| 606 Market Street, Lewisburg | N/A | 4,720 | Sale | 10-44988 | Lise Barrick | 570-524-7800 |
| 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 |
| 100 8 th 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, Selingsgrove | .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 |
| 205 Bull Run Crossing, Lewisburg | 3.6 | 10400 | Sale | 20-66719 | Scott Mertz | 570-524-2120 |
| Type of Property: INDUSTRIAL BUILDINGS | | | | | | |
| 7993 US-522, Middleburg | N/A | 10,000 | Lease | 20-69622 | Larry Johnson | 570-847-0552 NEW |
| 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 |
| Reed Industrial Park | 14 | 131,000 | Sale/Lease | 6880 | Jim King | 570-742-7341 |
| 110 Reynolds Street, S. Williamsport | 4.6 | 105,429 | 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 | 570-323-1100 |
| 300 Streibeigh Lane, Montoursville | 15.83 | 97,977 | Lease | Bower | Mericle Comm. Real Estate | 570-323-1100 |
| 335 W. Walnut Street, Hazleton | 1.26 | 10,000 | Sale/Lease | Daris | Mericle Comm. Real Estate | 570-823-1100 x246 |
| 401 E Front Street, Freeburg | 18.13 | 85,000 | Sale/Lease | 20-65028 | Larry Johnson | 570-847-0552 |
| 149 Keene Lane, Middleburg | 17.5 | 75,344 | Sale | 20-68926 | Larry Johnson | 570-847-0552 |
| 201 N. Industrial Park Drive, Milton | 13.3 | 117,000 | Sale | Rager | Ruby Realty Inc. | 570-419-8002 |
| Type of Property: WAREHOUSE BUILDINGS | | | | | | |
| 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 |
| 700 Hepburn Street, Milton | 5.26 | 184,000 | Sale | Cortese | Mericle Comm. Real Estate | 570-323-1100 |
| 100 8 th Street, Milton | .93 | 6,000 | Lease/Sale | N/A | Ann Hilliard | 570-850-7329 |
| 132 South 2 nd Street, Sunbury | .8 | 17,136 | Sale | 20-68637 | Larry Johnson | 570-847-0552 |
| Type of Property: RESTAURANT BUILDINGS | | | | | | |
| 37 Main Street, Turbotville | N/A | 1,670 | Sale | 10-46072 | Lise Barrick | 570-524-7500 |
| Type of Property: SPECIAL USE BUILDINGS | | | | | | |
| 45 Park Drive, Montgomery | 6+ | 7,760 | Sale/Lease | Medical Bldg | John D. Griffith | 570-966-4444 |
| 2355 Route 442, Muncy | 4.02 | 13,000 | Sale | Bower | Mericle Comm. Real Estate | 570-323-1100 |
| 132 S 2 nd Street, Sunbury | .8 | 17,136 | Sale | 20-68637 | Larry Johnson | 570-847-0552 |
| 25 Hayes Road, Berwick | 2.54 | 3044 | Sale | 20-69344 | Scott M. Mertz | 570-524-2120 |
| Type of Property: SHOPPING CENTERS | | | | | | |
| 225 Columbia Mall Drive, Bloomsburg | 52 | 50,289 | Lease | Namutka | Mericle Comm. Real Estate | 570-823-1100 x314 or 219 |
| Type of Property: APARTMENTS | | | | | | |
| 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 |
| Type of Property: BUSINESS FOR SALE | | | | | | |
| 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 |
| Bottleworks, 1139 N 4 th Street, Sunbury | N/A | 1,600 | Sale | 20-67946 | Larry Johnson | 570-847-0552 |



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UPCOMING CHAMBER EVENTS

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BREAKFAST BRIEFING
Friday, December 16
7:30 - 9:00 am
Central PA Chamber of Commerce
30 Lawton Lane - Milton • **Must Register to Attend**
Sponsored by: **Watson/Milton** 
Nursing & Rehabilitation Center

Community Blood Drive
Central PA Chamber Of Commerce
Conference Room
30 Lawton Lane
Milton, PA 17847
Thursday, December 22, 2016
10:00 AM to 3:00 PM
Please call 1-800-RED CROSS (1-800-733-2787) or visit redcrossblood.org to schedule an appointment.
 **Free long-sleeve Red Cross T-shirt when you come to donate Dec. 22-Jan. 8, while supplies last!**

CENTRAL PA
BUSINESS & EDUCATION ASSOCIATION
Seminar & Training Series
Setting SMART Goals for the New Year!
9 to 11 a.m. Thursday, Jan. 5 @
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
It's time to set goals for your resolutions in 2017! Erin Conner, Owner/Director of Telos Educational Services, will help set you on your path for success! Learn about setting "SMART Goals" and different types of motivation. In addition, discover what learning styles suit you best and how changing your thinking is the start of changing your behavior.
Presented by:
CENTRAL PA 
CHAMBER OF COMMERCE **TELOS**
Educational Services LLC

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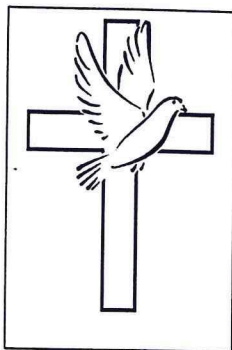
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Email: arrowhead_restaurant@yahoo.com

Our Christmas Season Schedule



Nov. 27, First Sunday in Advent - "Hope" with Communion

Dec. 4, Second Sunday in Advent - "Peace"

Dec. 11, Third Sunday in Advent - "Joy"

Dec. 18, Fourth Sunday in Advent - "Love"

Dec. 24, Christmas Eve - 7 PM Candlelight Service - with communion

Our Sunday morning services begin at 10am. You are invited to worship with us in preparation for the celebration of the birth of Jesus in this special season, as well as the rest of the year.

Upcoming events to check out!

Saturday, December 3: Christmas Shopping Expo 9am – 3am

25 vendors including home party and handmade crafters

Sunday, December 18: Gift Card Bingo

Doors open at 12:30, Early bird bingo at 1:45, regular bingo at 2:00. Tickets are \$20 in advance, \$25 at the door. Call 570-412-5127 to reserve your ticket!

Friday, December 23: Kids Christmas party! 6:30pm-8pm

Bring your camera for photos with Santa! Please RSVP by Dec 19 to 570-412-5127 with the number attending. There will be games, fun and refreshments!

Like us on Facebook for more upcoming events in 2017!

St. John's United Church of Christ

906 Old Route 15

New Columbia, PA 17856

570-568-0058

www.stjohnsunitychurchofchrist.com

St. John's is pleased to announce the calling of our settled Pastor, Bonni Lucas.

Pastor Bonni came to St. John's while serving the Central Association of the Penn Central Conference of the United Church of Christ. On June 5, 2016 we began our covenant and journey together.

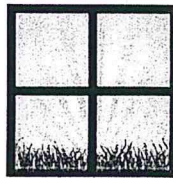
Pastor Bonni answered God's call to ministry later in life. In her words, "This is not my first job, but it is the best job ever, to have the opportunity to serve God and God's people." She loves to share the Word of God with others in worship and in the community. She claims that when we do the work of the Lord it is a blessing and a gift, not just to those who receive but to those who give as well. Her messages often carry the theme of love and unity for the community.

Some of Pastor Bonni's favorite pastimes are spending time with her family, riding her motorcycle, and fishing. In her quiet time you can often find her sitting peacefully somewhere breathing in the sounds of nature.

Socially, she enjoys meeting new people and learning about their journeys of life.

Feel free to visit worship some Sunday or come to one of our events, because Pastor Bonni will surely be there.

The Window



At one time or another we have all looked through a window.

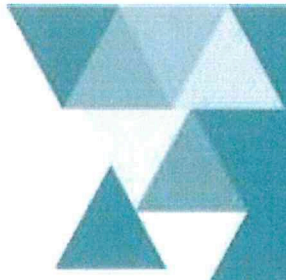
The window allows us to look either outward or inward. Most of us look through the window because we are curious and want to see what is on the other side. Is God there?

No matter if you are looking inward or looking outward through that window, and no matter who you are or where you are on life's journey, you are welcome here at St. John's.

May your journey be blessed with God's richness.

Peace and joy,

Pastor Bonni



DailyChoices

Wellness Quarterly Newsletter

December 2016

Move More, Sit Less!



Recent news headlines, blogs, and magazine articles indicate “sitting is the new smoking”. It seems as if this can’t possibly be true. Unfortunately, these startling headlines are backed by research that is emerging from trusted medical research groups such as the Mayo Clinic. According to Dr. James Levine, director of the Mayo Clinic, “sitting is more dangerous than smoking and we are sitting ourselves to death”. That’s right, something that we all do every single day, quite possibly is killing us. These implications boil down to something simple, being physically inactive and not engaging in exercise can have detrimental effects on our health.

The CDC recommends that adults engage in at least 150 minutes of moderate intensity aerobic exercise, or 75 minutes of vigorous intensity aerobic exercise a week. According to the CDC, 80% of adults in the United States do not meet these recommendations. This may not seem like a startling statistic, however, physical inactivity is one of the leading risk factors for obesity, heart disease, diabetes, cancer and many other potentially life threatening conditions. Heart disease alone claims about 600,000 lives a year in the United States.

Employees of your business may be a part of the 80% of Americans who do not exercise enough, which could be putting them at risk for developing life threatening conditions. These conditions and diseases can lead to missed work, health insurance claims that are costly to the business, and ultimately it could lead to early mortality.

The time to act is now. Make sure that the employees of your business are not a part of the many Americans who do not exercise enough and are at high risk for developing a life threatening disease at a young age. Implementing a wellness program that encourages physical activity in the workplace can have major benefits to both the employees and the employer.

Wellness programming has the potential to boost morale in the workplace, increase productivity, reduce absenteeism due to illness and injury, reduce doctor visits and medication use, cut back on health insurance costs, and overall make for a happier, healthier and more productive workplace.

Call Evangelical Community Health and Wellness today to learn about our Worksite Wellness Incentive programs that may be just what your business needs in 2017! 570-768-3200

Healthy Eating Tips When Dining Out

- ❖ Check out the menu online before you go. Most restaurants advertise their menu online and offer healthy fare options. Do your homework ahead of time so you are prepared to make a healthy choice when it is time to order your meal.
- ❖ Take half of your meal home in a to-go box. Many meals served in restaurants are double and even sometimes triple a recommended serving size. Save half of your meal for lunch the next day!
- ❖ Stay away from fried menu items. Stick to menu items that are grilled, steamed, or broiled. These are much healthier options!
- ❖ Drink water with your meal – This will trick your brain into making you feel full without adding extra calories to the meal.
- ❖ Ask for salad dressings on the side. A lot of salads served in restaurants contain high amounts of hidden calories in the dressing. By asking for the dressing on the side you can control how much you add to your salad.



Coaches Corner

Health Coach, Jim Persing

Being Intentional About Yourself

As the end of the year approaches, it is a great time to start to take an inventory of our goals and plan what we want 2017 to look like. We spend days working on business plans and tweaking the details to maximize our efforts around spending and labor. We look around our homes and plan what the next project will be, and we also may start to think about what next year's vacation could look like and what we do to get there. One area we don't think about enough is our overall wellness. Spending some time at year end to consider that can pay maximum benefits next year and beyond.

We live in a world where our hectic schedules don't allow much time for planning and focus on ourselves. Each day tends to look like the one before, as work and family compete for our time and our focus. Any time we do put in on ourselves can seem contrived and turn out to be ineffective in the sense of being "once and done". One of the greatest values of coaching, particularly as it relates to our own sense of wellness, is in the ability to step back, with the support of your coach, and intentionally consider where you are now and where you want to go.



Most of us don't take the time to do this. The result is a decreased sense of satisfaction with our lives in general and a level of focus, productivity and health that does not represent who we really are or who we want to be. How many great ideas are created and then left to die for lack of attention? The tendency is to move the ideas forward when they relate to our work, but to also put our personal and health goals aside---"I'll get to that soon..."

The end of the year is the time to think about where you are personally—with your health, with your relationships and career. You can then establish a plan, perhaps with the support of a coach, and start to determine how to not only execute on that but to do so in a way that makes the changes sustainable. Give some thought and be intentional as to what you want your life to look like and work to make 2017 a fantastic year!

Quarterly Recipe

Spicy Pasta with Tilapia

From Food Network Magazine

This recipe is packed with the nutrients your body needs and it tastes great! Give this nutritious, delicious, and easy to make pasta dish a try!

4 servings | Prep Time: 15 minutes | Cook Time: 20 minutes
Total Time: 35 minutes

Ingredients

- ½ pound tilapia filets, cut into small chunks
- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic, chopped
- ½ to ¾ teaspoon red pepper flakes
- ½ cup dry white wine
- 1 28-ounce can San Marzano tomatoes, crushed by hand
- ½ cup chopped fresh basil, plus more for topping
- Kosher Salt
- 10 ounces multigrain spaghetti
- 2 tablespoons chopped fresh parsley

Preparation

1. Toss the tilapia, 1 tablespoon olive oil, 1 teaspoon of the garlic, and ¼ teaspoon red pepper flakes in a bowl. Cover and refrigerate.
2. Heat the remaining 1 tablespoon olive oil in a large skillet over medium heat. Add the remaining garlic and ¼ to ½ teaspoon red pepper flakes and cook, stirring until the garlic starts to soften, about 30 seconds. Add the wine and simmer until reduced by half, about 3 minutes. Add the tomatoes, ¼ cup basil, and ½ cup water. Bring to a boil and cook, stirring occasionally, until the sauce is slightly thickened, about 12 minutes. Meanwhile, bring a large pot of salted water to a boil. Add pasta and cook as directed on label.
3. When the pasta is almost done, add the tilapia to the skillet with the tomato sauce and simmer, stirring gently, until just cooked through, about 3 minutes. Stir in the parsley and the remaining ¼ cup basil; season with salt. Drain the pasta and add it to the sauce. Divide among bowls and top with more basil.

Nutrition

Per Serving : 435 Calories; 9 g Fat; 1 g Sat; 20 mg Cholesterol; 63 g Carbohydrates; 24 g Protein; 13 g Fiber; 73 mg Sodium





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DREW BREES
New Orleans Quarterback
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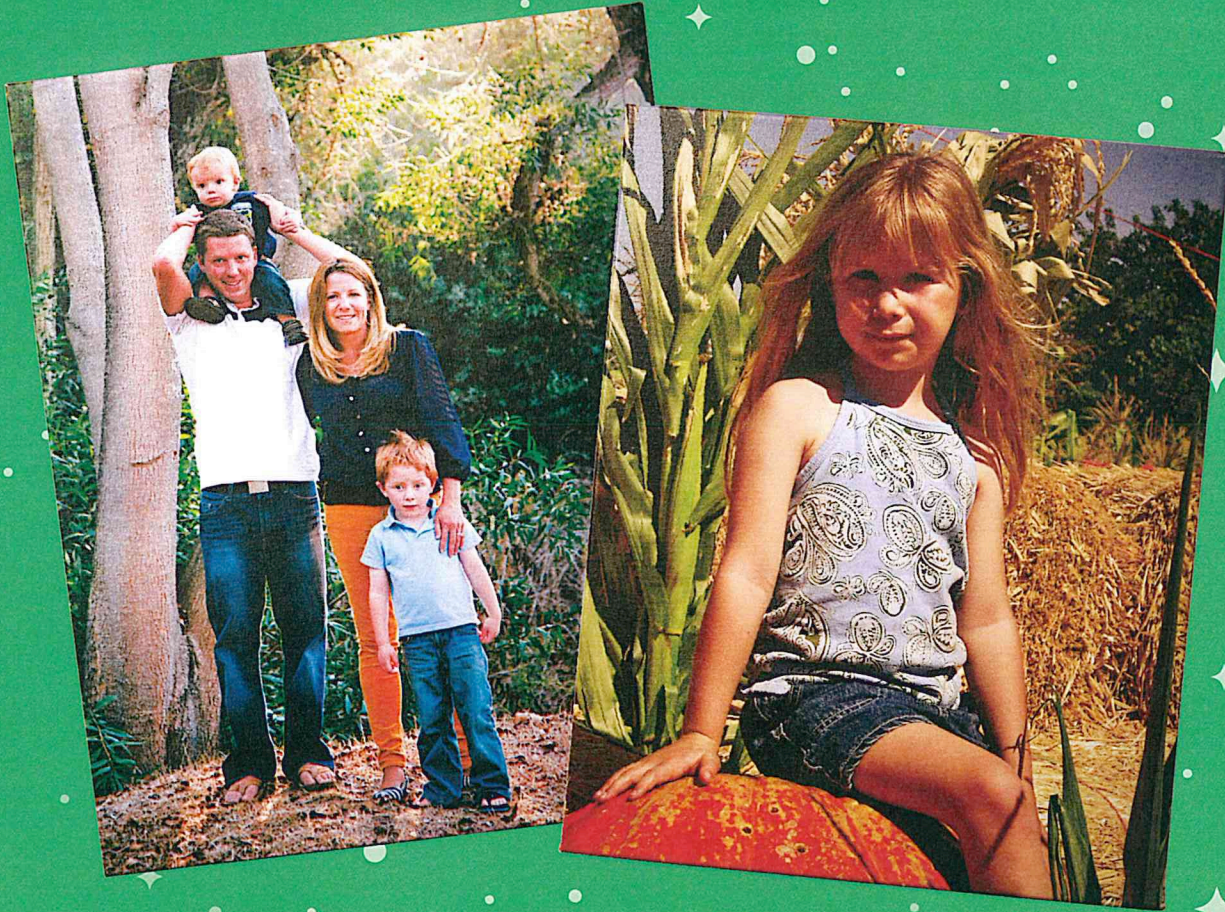
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