

IT'S YOUR BUSINESS

Reach the Central PA Chamber membership and the community at-large by advertising in *It's Your Business!*

Filled with information about Chamber members, hundreds of copies are mailed monthly to members and placed in public locations. IYB is also delivered online to hundreds of readers.

Every issue comes in full color and digital copies feature clickable ads!

2 columns x
2 inches

(Business Card)

\$42/month

2 columns x
4 inches

(1/6 page)

\$79/month

2 columns x
6 inches

(1/4 page)

\$116/month

*Receive a 10% discount when you pay for a year in advance.

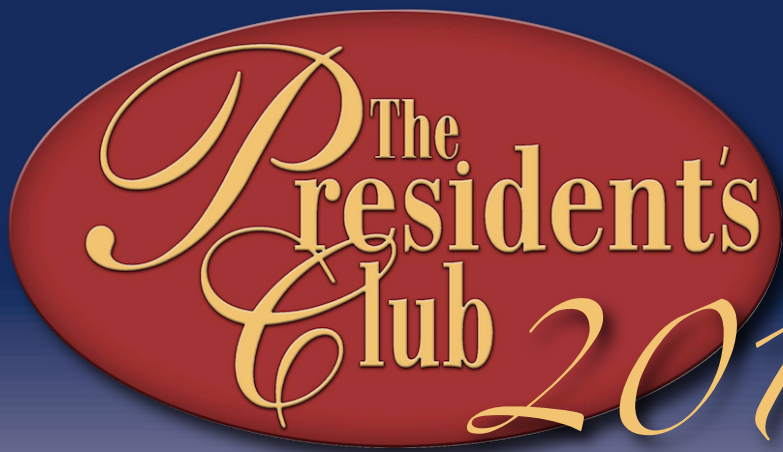
**President's Club members receive a 20% discount!

**To advertise, or for more info, call
Jeff Shaffer at 570-742-7341
or e-mail
jshaffer@centralpachamber.com**

Receive 2017
rates in 2018
when you sign
up by Dec. 8!
Call or e-mail for
details!



It's Your Business is a publication of the Central PA Chamber of Commerce.



2018 Benefits

Recognition & Events

Name/logo on the Chamber Web site with a link to your Web site & company-provided video on homepage.

Listing in Chamber magazine, It's Your Business & discounted advertising rates.

Prominent listing in The Chamber Directory & logo displayed on TPC Wall at the Central PA Chamber.

Company name/logo at Chamber events.

Luncheon with TPC members, Chamber staff and board chairman.

Opportunity to present promotional materials at the Annual Meeting & Golf Tournament.

Complimentary seat at Legislative Breakfasts.

VIP seating at the Annual Meeting.





2018 Presidents Club Intent

Business: _____

Contact Name: _____

Business Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Fax: _____

Email Address: _____

Presidents Club Investment: \$725.00 Amount Enclosed: _____

Check enclosed Invoice Visa MasterCard

Card Number: _____ - _____ - _____ - _____

Exp. Date: ____ - ____ Cardholder's Name/Signature: _____

Security Code _____

Central PA Chamber of Commerce
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NORTH CENTRAL SIGHT SERVICES INC.


DOCUMENT SHREDDING

SECURITY GUARANTEED

HIPPA compliant, locked document containers are provided for customers that require ongoing shredding needs. They are locked at all times. All containers are equipped with a seal tracking system for secure chain-of-custody. Confirmation of destruction is provided.

OUR SERVICES BENEFIT THE COMMUNITY

North Central Sight Services, Inc. employs highly trained and qualified people who are blind or visually impaired. By supporting our services, you are contributing to the community through prevention of blindness education, social services, rehabilitation programs for vision loss, and employment in our area.



**"Employment means I have a job,
security, and most of all, a purpose."**

Kenny Bower, Document Shredding
30+ years of employment

**FOR MORE INFORMATION CONTACT CORY LEHMAN AT
570-323-9401 EXT. 138 OR E-MAIL CORYL@NCSIGHT.ORG**



DOCUMENT STORAGE

Securely Declutter Your Office & Prepare for the Future!

GET RID OF UNNECESSARY AND OUTDATED PAPERWORK.

- Take **15 minutes** each day to go through your paperwork and purge old files. Securely shred files that are no longer needed.

TREAT YOUR DOCUMENTS AS IF YOU WERE THE PERSON SEARCHING FOR THEM 20 YEARS FROM NOW!

- Try a color-coding system to easily identify files.
- Store paperwork in the proper container.
- Use durable boxes, like **NCSS's 1-piece File Box** to take the guesswork out of organizing and future retrieval.

LABEL, LABEL, LABEL!

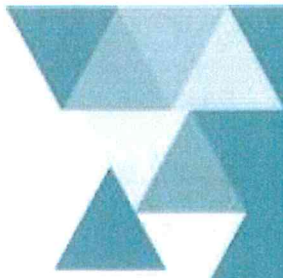
- Using the **Printed Space** on each box, properly label each box indicating the Beginning File Name, the Ending File Name and the Date of Destruction. This will make searching for stored boxes much easier.
- Write on the **Box Content Sheet** (provided) the name of each file as it is placed in the box.
- Make a copy of the Content Sheet for your records and place a copy inside of the File Box.

PROPER STORAGE

- Allow NCSS to Provide, Secure, Climate-Controlled storage with Retrieval Services at a fraction of the cost.

**FOR MORE INFORMATION CONTACT CORY LEHMAN AT
570-323-9401 EXT. 138 OR E-MAIL CORYL@NCSIGHT.ORG**

LOCATED AT 2121 REACH ROAD IN WILLIAMSPORT



Daily Choices

Wellness Quarterly Newsletter

December 2017

Safety First

About 10,000 cardiac arrest situations occur in the workplace each year, yet only 45 percent of U.S employees have been trained in first aid – and only 50 percent of workers know where to find and automated external defibrillator (AED) – according to the results of a survey recently conducted by the American Heart Association. Researchers surveyed more than 3,000 workers in various industries, including more than 1,000 safety managers in OSHA-regulated industries. They found that 50 percent of workers overall – as well as 66 percent in the hospitality industry – could not locate their workplace’s AED. Results also showed that more than 90 percent of participants said they would take first aid and CPR/AED training if their employer offered it, and 80 percent said that it was “simply the right thing to do”.

Other findings:

- 73 percent of office employees believe a co-worker would know how to provide first aid in an emergency, and 70 percent of general industry workers reported the same.
- 66 percent of workers in education believe a co-worker would know how to use an AED if the situation called for it, and 57 percent of the office workers reported the same.
- 68 percent of office workers rely on a coworker to know how to administer CPR.

“The data suggests these untrained employees may be relying on their untrained peers in the event of an emergency, leaving employees with a false sense of security that someone in the workplace will be qualified and able to respond, when that is clearly not the case,” Michael Kurz, co-chair of the AHA Systems of Care Subcommittee, said in a June 19 press release. “First aid, CPR and AED training need to become part of a larger culture of safety within workplaces.”

Learn more at, www.safetyandhealthmagazine.com

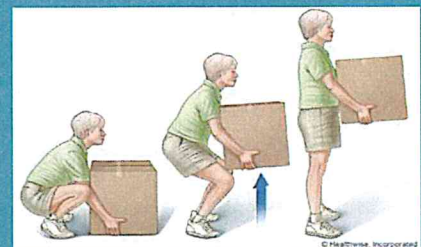
Call Evangelical Community Health and Wellness today to learn more about our CPR, AED, and First Aid course offerings! 570-768-3200



Five Tips for a Safer Lifting Technique

1. Keep a wide base of support – Feet should be shoulder width apart, with one foot slightly in front of the other.
2. Squat down – Bend at the hips and knees only. If needed, put one knee to the floor and your other knee in front of you, bend at a right angle.
3. Keep good posture – Look straight ahead, keep your back straight, chest out, and shoulders back.
4. Lift slowly – Straighten at your hips and knees. Keep your back straight and don’t twist as you lift.
5. Hold the load as close to your body as possible, level with your belly button.

Learn more at, www.webmd.com



Coaches Corner

Ryan McNally, Certified Wellness Coach



A Healthier Holiday Mindset

The hustle and bustle of the Holiday season is officially upon us. The sweet Holiday treats are starting to appear in the office break room. Did you know that many people gain weight during the Holiday season?

What can we attribute this to? Is it all of those sweet treats in the break room? Is it because people tend to skip their daily trip to the gym during the Holiday season? Is it the stress of the Holidays that causes people to pack on the pounds?

The truth is, this trend is probably caused by a conglomerate of factors that are most likely different for everyone. However, one factor that we don't often think about is our mindset about diet and exercise during the Holidays.

Many use the entire Holiday season (the time between Thanksgiving and the New Year) as an excuse to over indulge in sweet treats and trade the trip to the gym for a shopping trip at the mall.

If this sounds like you, remember this, the Holidays are a day or a few days of the calendar year and not the entire Holiday season. It is OK to enjoy sweet treats and skip the gym on the actual Holiday. The problem occurs when people have the mindset that it is OK to adopt these behaviors for the entire Holiday season.

Avoid being one of the many Americans that gains weight this Holiday season. Remember, moderation is key when it comes to eating sweet Holiday treats. Keeping a log of your "sweet treat" consumption may be beneficial to you. Seeing all of those cookies add up on a piece of paper can help keep those treats to a minimum. On the other side of the equation, consistency is key when it comes to exercise. Schedule exercise on your calendar or planner. Treat exercise just like a meeting at work or an appointment with your Doctor.

Enjoy this Holiday season with moderation in your diet and consistency in your exercise routine and you will thank yourself!

Quarterly Recipe

Simple Roasted Butternut Squash

From: allrecipes.com

Simple, healthy and delicious!

The perfect dish for any Holiday meal!

4 servings | **Prep Time:** 15 minutes | **Total Time:** 40 minutes

Ingredients

- 1 butternut squash – peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper to taste

Preparation

1. Preheat oven to 400 degrees F (200 degrees C)
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.
3. Roast in the preheated oven until the squash is tender and lightly browned, 25-30 minutes.

Tip: Aluminum foil can be used to keep food moist, cook it evenly, and make cleanup easier.

Nutrition

Per serving : 177 Calories; 7 g Total Fat; 1 g Sat Fat; 0 mg Cholesterol; 30.3 g Carbohydrates; 2.6 g Protein; 5.1 g Fiber; 11 mg Sodium; 905 mg Potassium



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