

# 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.**

| <u>Location</u>  | <u>Acreage</u> | <u>Sq. Ft. of Building</u> | <u>Terms</u> | <u>Reference</u> | <u>Contact Name</u>       | <u>Contact Phone</u> |            |
|--|----------------|----------------------------|--------------|------------------|---------------------------|----------------------|------------|
| <b><u>Type of Property: LAND</u></b>                   |                |                            |              |                  |                           |                      |            |
| 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 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    |            |
| 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    |            |
| <b><u>Type of Property: COMMERCIAL LAND</u></b>        |                |                            |              |                  |                           |                      |            |
| <b>204-206 N Market St, Selinsgrove</b>                | <b>.54</b>     | <b>N/A</b>                 | <b>Sale</b>  | <b>20-70913</b>  | <b>Larry Johnson</b>      | <b>570-847-0552</b>  | <b>NEW</b> |
| Lot 13 & 14 Atrium Ct, Selinsgrove                     | .48 & .46      | N/A                        | Sale         | 20-69525&27      | Larry Johnson             | 570-847-0552         |            |
| 800 Old Route 15, New Columbia                         | 8              | N/A                        | Lease        | N/A              | Valerie Bieber            | 570-522-9181         |            |
| 1802-1826 N Susq Trail, Selinsgrove                    | .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         |            |
| 4 Lots Pawling Station, Selinsgrove                    | 3-21           | N/A                        | Sale         | 20-62151         | Larry Johnson             | 570-847-0552         |            |
| Clifford Road, Selinsgrove                             | 2.24           | N/A                        | Sale         | 20-62071         | Larry Johnson             | 570-847-0552         |            |
| 5 Lots on Lori Lane, Selinsgrove                       | .8 – 1.05      | N/A                        | Sale         | 20-52532         | 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, Selinsgrove                   | .762 – 1.188   | N/A                        | Sale         | 20-51480         | Larry Johnson             | 570-847-0552         |            |
| Lot 1, Route 522, Selinsgrove                          | 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><u>Type of Property: OFFICE SPACE-RETAIL</u></b>    |                |                            |              |                  |                           |                      |            |
| <b>115 Point Township Dr, Northumberland</b>           | <b>.43</b>     | <b>1440</b>                | <b>Sale</b>  | <b>20-70546</b>  | <b>Robert Bertram</b>     | <b>570-523-3244</b>  | <b>NEW</b> |
| <b>50 N. Derr Drive, Lewisburg</b>                     | <b>.22</b>     | <b>950</b>                 | <b>Sale</b>  | <b>20-69761</b>  | <b>Timothy Brouse</b>     | <b>570-523-3244</b>  | <b>NEW</b> |
| <b>113 N Market St, 1<sup>st</sup> Fl, Selinsgrove</b> | <b>N/A</b>     | <b>3,000</b>               | <b>Lease</b> | <b>20-71028</b>  | <b>Larry Johnson</b>      | <b>570-847-0522</b>  | <b>NEW</b> |
| <b>113 N Market St, 3<sup>rd</sup> Fl, Selinsgrove</b> | <b>N/A</b>     | <b>2,500</b>               | <b>Lease</b> | <b>20-71047</b>  | <b>Larry Johnson</b>      | <b>570-847-0522</b>  | <b>NEW</b> |
| 315 Market Street, Suite B, Sunbury                    | N/A            | 1,200                      | Lease        | N/A              | Greg Underkoffler         | 570-286-1111         |            |
| 23 N Derr Drive, Lewisburg                             | N/A            | 288                        | Lease        | N/A              | Kevin A. Gardner          | 570-524-2121x3       |            |
| 260 Reitz Blvd, Brookpark, Lewisburg                   | N/A            | 1,800                      | Lease        | N/A              | Kevin A. Gardner          | 570-524-2121x3       |            |
| 23 N Derr Drive, Lewisburg                             | N/A            | 2,850                      | Lease        | Furnished        | Kevin A. Gardner          | 570-524-2121x3       |            |
| 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, 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, Selinsgrove                   | .336           | 2,767                      | Sale         | 20-64752         | Larry Johnson             | 570-847-0522         |            |
| 1372 N Susq Trail, #350, Selinsgrove                   | 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, Selinsgrove                | N/A            | 2,500                      | Lease        | 20-56292         | Larry Johnson             | 570-847-0552         |            |
| 113 N Market Street Selinsgrove                        | .43            | 10,530                     | Sale         | 20-67866         | 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         |            |
| <b><u>Type of Property: RETAIL</u></b>                 |                |                            |              |                  |                           |                      |            |
| 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         |            |

(Additional listings on reverse side)

# 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.**

| <u>Location</u>                                       | <u>Acreage</u>   | <u>Sq. Ft. of Building</u>   | <u>Terms</u> | <u>Reference</u> | <u>Contact Name</u>       | <u>Contact Phone</u>     |
|---|------------------|------------------------------|--------------|------------------|---------------------------|--------------------------|
| <b><u>Type of Property: COMMERCIAL BUILDINGS</u></b>  |                  |                              |              |                  |                           |                          |
| 135 S Fourth Street, Sunbury                          | 1.11             | 17,540                       | Sale         | 20-70780         | Larry Johnson             | 570-847-0552             |
| 1-3-5 S Market Street, Selinsgrove                    | .17              | 15,104                       | Sale         | 20-70519         | Larry Johnson             | 570-847-0552             |
| 7993 US-522, Middleburg                               | N/A              | 10,000                       | Lease        | 20-69622         | Larry Johnson             | 570-847-0552             |
| 690 Susquehanna Trail, Liverpool                      | 1.6              | 2,880                        | Sale         | 20-69782         | Larry Johnson             | 570-847-0552             |
| 5470 State Route 405, Milton                          | 1.10             | 5,000                        | Lease        | MFLP             | Kimber Benshoff           | 570-742-7984 x102        |
| 1723 Westbranch 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             |
| 149 Keene Lane, Middleburg                            | 17.5             | 75,344                       | Sale         | 20-68926         | Larry Johnson             | 570-847-0522             |
| 271 N Susquehanna Trail, Selinsgrove                  | .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, Selinsgrove                      | .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, Selinsgrove                      | .43              | 10,530                       | Sale         | 20-67866         | Larry Johnson             | 570-847-0552             |
| 132 South 2 <sup>nd</sup> 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 <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             |
| 205 Bull Run Crossing, Lewisburg                      | 3.6              | 10400                        | Sale         | 20-66719         | Scott Mertz               | 570-524-2120             |
| <b><u>Type of Property: INDUSTRIAL BUILDINGS</u></b>  |                  |                              |              |                  |                           |                          |
| 7993 US-522, Middleburg                               | N/A              | 10,000                       | Lease        | 20-69622         | Larry Johnson             | 570-847-0552             |
| 5470 State Route 405, Milton                          | 1.10             | 5,000                        | Lease        | MFLP             | Kimber Benshoff 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, Hazelton                        | 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             |
| <b><u>Type of Property: WAREHOUSE BUILDINGS</u></b>   |                  |                              |              |                  |                           |                          |
| 135 S Fourth Street, Sunbury                          | 1.11             | 17,540                       | Sale         | 20-70780         | Larry Johnson             | 570-847-0552             |
| 620 Old Route 15, New Columbia                        | N/A              | 12,000                       | Lease        | Bldg C           | Valerie Bieber            | 570-522-9181             |
| 294 North Industrial Park Rd, Milton                  | N/A              | 100,000                      | Lease        | Building #1      | Andy Comrey               | 570-246-5871             |
| 13 South Industrial Park Road, Milton                 | N/A              | 80,000                       | Rent         | Var. Bldgs       | Kim Benshoff              | 570-742-7984 x102        |
| 13 South Industrial Park Road, Milton                 | N/A              | 25,000                       | Rent         | Building #5      | Kim Benshoff              | 570-742-7984 x102        |
| 13 South Industrial Park Road, Milton                 | N/A              | 40,000                       | Lease        | Building #8      | Kim Benshoff              | 570-742-7984 x102        |
| 13 South Industrial Park Road, Milton                 | N/A              | 40,000                       | Lease        | Building #7      | Kim Benshoff              | 570-742-7984 x102        |
| 2nd Floor 101 Locust Street, Milton                   | N/A              | N/A                          | Rent         | N/A              | Amy Moyer                 | 570-452-4894             |
| 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             |
| 132 South 2 <sup>nd</sup> Street, Sunbury             | .8               | 17,136                       | Sale         | 20-68637         | Larry Johnson             | 570-847-0552             |
| <b><u>Type of Property: RESTAURANT BUILDINGS</u></b>  |                  |                              |              |                  |                           |                          |
| <b>741 South Front Street, Milton</b>                 | <b>.47</b>       | <b>2,280</b>                 | <b>Sale</b>  | <b>20-67662</b>  | <b>Robert Bertram</b>     | <b>570-523-3244 NEW</b>  |
| 37 Main Street, Turbotville                           | N/A              | 1,670                        | Sale         | 10-46072         | Lise Barrick              | 570-524-7500             |
| <b><u>Type of Property: SPECIAL USE BUILDINGS</u></b> |                  |                              |              |                  |                           |                          |
| 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 <sup>nd</sup> 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             |
| <b><u>Type of Property: SHOPPING CENTERS</u></b>      |                  |                              |              |                  |                           |                          |
| 225 Columbia Mall Drive, Bloomsburg                   | 52               | 50,289                       | Lease        | Namutka          | Mericle Comm. Real Estate | 570-823-1100 x314 or 219 |
| <b><u>Type of Property: APARTMENTS</u></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><u>Type of Property: BUSINESS FOR SALE</u></b>     |                  |                              |              |                  |                           |                          |
| 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             |
| 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             |

(Additional listings on reverse side)



Friday, April 28 @  
Central PA Chamber of Commerce  
30 Lawton Lane, Milton

# Recycling Day



**11 a.m. to 1 p.m.**

**On-site shredding: First box FREE, additional boxes \$5/each**

**Open to the public!**



**11 a.m. to 3 p.m.**

**On-site drop off: Old computers (fee for monitors), Styrofoam, aluminum cans, office paper, window A/C units, water coolers and dehumidifiers**

**Want to offer a recycling related service that day? Call 570-742-7341 for details.**

Are you a "green" business? Learn more and register today @ [www.centralpachamber.com](http://www.centralpachamber.com) - look under the "Membership" tab.







# Golf Ball

# Drop!

**CENTRAL PA**  
CHAMBER OF COMMERCE

**When:** Held immediately  
after the 16th Annual  
B&E Golf Tournament  
Friday, June 16 @  
Bucknell Golf Club



**Tara  
Sheesley  
won \$605!**

**Tickets/Info: Central PA Chamber of Commerce, 30 Lawton Lane, Milton  
or [www.centralpachamber.com](http://www.centralpachamber.com)**





**BRUSHING**  
SAVES YOUR SMILE.  
**SWABBING**  
SAVES LIVES.

Bennett, Bone Marrow Donor



**SIGN UP AS A BONE MARROW DONOR**

**Saturday, April 29, 2016**

**10:00 AM - 1:00 PM**

**Watson town Dental**

**151 Main St, Watson town, PA 17777**

STAY CONNECTED:



/DKMS.US



@DKMS\_US



@DKMS\_US



@DKMS\_US



# GET READY TO REGISTER!

YOU CAN SIGN UP IF YOU ARE:

- 18 - 55 years of age
- NOT a member of the U.S. military, active in the Reserves or in ROTC
- Registering for the FIRST time
- Willing to donate to any patient if matched
- Permanently living in the USA and willing to travel
- At least 4'10" in height, and weigh more than 105 pounds, but don't exceed the height / weight ratio listed below

| HEIGHT | MAX WEIGHT | HEIGHT | MAX WEIGHT | HEIGHT | MAX WEIGHT |
|--------|------------|--------|------------|--------|------------|
| 4'10"  | 191        | 5'7"   | 255        | 6'4"   | 328        |
| 4'11"  | 198        | 5'8"   | 263        | 6'5"   | 339        |
| 5'0"   | 204        | 5'9"   | 270        | 6'6"   | 345        |
| 5'1"   | 211        | 5'10"  | 278        | 6'7"   | 355        |
| 5'2"   | 218        | 5'11"  | 286        | 6'8"   | 363        |
| 5'3"   | 225        | 6'0"   | 295        | 6'9"   | 374        |
| 5'4"   | 233        | 6'1"   | 301        | 6'10"  | 381        |
| 5'5"   | 240        | 6'2"   | 310        | 6'11"  | 392        |
| 5'6"   | 247        | 6'3"   | 321        |        |            |

THESE CONDITIONS PREVENT YOU FROM JOINING THE BONE MARROW DONOR REGISTRY:

- HIV
- History of heart surgery or heart disease
- Autoimmune disorders such as lupus, rheumatoid arthritis, multiple sclerosis or fibromyalgia
- Sleep apnea, breathing problems or severe asthma (daily inhalers are acceptable)
- Diabetes requiring insulin or injectable medication
- Hepatitis B or C
- Kidney or liver disease
- History of stroke, including TIA
- Multiple concussions or head injuries
- Chronic or severe neck or back problems
- Epilepsy or other seizure within one year
- History of blood clotting or bleeding disorders
- Personal history of cancer (exceptions: Stage 0 or in situ melanoma, breast, bladder, cervical and cured localized skin cancer such as basal cell or squamous cell carcinoma)

JOINING IS A COMMITMENT TO SAVE A LIFE!  
BE READY IF CALLED - AND WILLING TO DONATE IN EITHER OF THESE WAYS:



## PERIPHERAL BLOOD STEM CELL (PBSC) DONATION

A 4-8 hour non-surgical, outpatient procedure similar to donating platelets. Blood is drawn through one arm and passed through a machine that filters out the blood stem cells, and returned through the other arm. Prior to donation, injections are given to boost stem cell production.



## BONE MARROW DONATION

A 1-2 hour surgical procedure performed under general anesthesia. Marrow cells are collected from the back of the pelvic bone using a syringe.

**TRAVEL:** If matched, you will need to travel to one of our accredited hospitals for a physical exam and donation (this often includes air travel). DKMS covers all travel expenses.

**TIME:** It takes a total of 30-40 hours over 4-6 weeks to attend appointments and donate. If matched, you will need to take some time off from work or school - but the end result is that you're giving a patient a second chance at life! We also provide a lost wage compensation program for eligible donors.

**SIDE EFFECTS:** PBSC donors may experience flu-like symptoms such as headaches, bone/muscle aches and fatigue from the injections. Bone marrow donors may have lower back pain, fatigue, nausea, stiffness or soreness. Symptoms will subside within a short time. Either way, your bone marrow replaces itself in a matter of weeks.

**RECOVERY TIME:** If matched, you will need to take 1-2 days off from work or school to recover, and avoid heavy lifting for up to two weeks after donation.

NOT READY TO REGISTER? THAT'S OK!  
TEXT DRIVES TO 50555 FOR OTHER WAYS TO GET INVOLVED



Fourth Annual

# 5K

# Run/Walk 2017



## Saturday, May 20th

**Registration: 8AM**

**5K Run/Walk: 9AM**

Nottingham Village Senior Living Community

58 Neitz Road Northumberland, PA

Proceeds to benefit the Central Susquehanna  
Interfaith Council Meals on Wheels

Donations of non-perishable food items will be collected at the race.

### Registration Fees:

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

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

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

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

To register for or sponsor the event contact

**570-473-8366**



mail to:  
**SUN Area Technical Institute**  
 815 East Market Street  
 New Berlin, PA 17855

**Summer Career Camps - June 12-15, 2017**

**Registration Deadline : May 26, 2017**

**Class Size is Limited—Register Early**

Enclose check or money order for \$25 made out to  
 SUN Area Technical Institute

**PLEASE PRINT**

**Camp (Check One)**

\_\_\_\_\_ Culinary Arts \_\_\_\_\_ Advertising Art & Design

\_\_\_\_\_ Carpentry \_\_\_\_\_ Health & Safety

\_\_\_\_\_ Robotics \_\_\_\_\_ Welding \_\_\_\_\_ Masonry

**Student Information:**

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

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

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Grade entering Fall 2017:(circle one) 7 8 9

Home School: \_\_\_\_\_

T-shirt size (adult sizes) S M L XL

Parent/Guardians Name: \_\_\_\_\_

Parent/Guardian Telephone #: \_\_\_\_\_

( ) \_\_\_\_\_

E-Mail: \_\_\_\_\_

Call 570-966-1031 ext 114 for additional information  
 or E-mail: [info@sun-tech.org](mailto:info@sun-tech.org)

**Culinary Arts**

**MASONRY**

**Parents!**

Let SUN Tech show your child career opportunities that will benefit them the rest of their lives!

**Advertising Art & Design**

**Students!**

It's never too early to start thinking about your future and the opportunities that are waiting for you.

**CARPENTRY**

**Health Sciences, Dental,  
Criminal Justice**

**Robotics**

**Welding**



AREA TECHNICAL INSTITUTE

**Career  
Exploration**

**Summer Camps  
2017**

**June 12th-15th  
8:00 A.M - 12:00 P.M.**

For students entering  
7th, 8th or 9th Grade

**Culinary Arts**

**Advertising Art & Design**

**Health and Safety**

**Carpentry**

**Robotics**

**Welding**

**Masonry**

**Tuition : \$25**

**Pizza party on Thursday**

**Each student will receive a**

**Camp T-shirt**

Check out our website for details  
 and registration form or  
 fill out the back and mail to  
 register.

**[www.sun-tech.org](http://www.sun-tech.org)**

**ENROLLMENT IS LIMITED!**

Applications accepted on a first-come, first-serve basis.



## Robotics

The focus of the **Robotics Camp** will be to learn basic terms, programming, and sound logic for assembling and designing a LEGO (snap together) Mindstorm NXT robot from a kit that will be provided to each team. Activities will build upon the completion of a Battlebot and each team will compete in a Battlebot challenge the last day of camp. Parents are invited Thursday to attend a pizza lunch and watch the competition.

You will also engage in STEM(science, technology, engineering, and math) activities, learn about CareerLink and careers in the robotics field.



## Welding

By enrolling in the **Welding Boot Camp** you can learn the skills needed to succeed in this challenging field. Tools, books, supplies and protective gear are provided for your use while enrolled in the class.

Welding Training will include: Safety, Safety, and more Safety!!! The GMAW process. Basic math concepts for welders. Welding techniques on various joints in all positions using ferrous metals. Basic welding information including common arc welding process descriptions.

Students will learn how to design custom parts and cut them out using a CNC Plasma Cutter. All students will be taking their own specially designed project home on the last day.



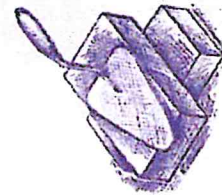
## Culinary Arts

Students in the **Culinary Arts Camp** will learn basic measurement, safety and sanitation, recipe reading, culinary and baking skills. Students will be exposed to different aspects of the kitchen work experience by creating different foods that they will be able to sample themselves and also take home and share with their families.



## Masonry

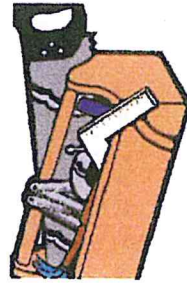
Students in the **Masonry Camp** will learn basic hand tool and power tool safety as well as tool identification. Students will be exposed to the various aspects of the Masonry trade like block laying, brick laying, tile setting, stone setting, and concrete work. Students will spend time in the Masonry camp working on their own tile mosaic and pouring their own concrete project that they may take home with them.



While in the Masonry Camp students will focus on teamwork and responsibility.

## Carpentry

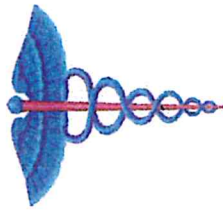
Students in the **Carpenter Camp** will learn basic hand tool and power tool safety and to read a basic blueprint. Students will be exposed to the various aspects of the building trades like framing, drywalling, masonry, plumbing and heating through tours of the facility and hands on activities. Students will spend the majority of their time in the carpentry camp building a full-sized work bench that they will take home at the end of camp.



## Health Science, Dental, and Criminal Justice Camp

This camp will teach leadership and entry level skills needed in the health, dental, emergency response, and criminal justice occupations. Students will explore career opportunities and build self-esteem through communication activities, workplace readiness skills, and a variety of fun activities.

You will also engage in STEM (science, technology, engineering, and math) activities, listen to guest speakers, and take a field trip to a local fire station, police station, and emergency response facility.



## Advertising Art & Design

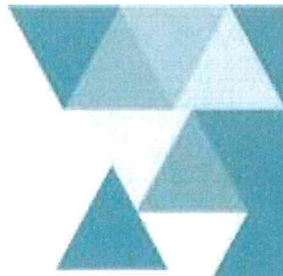
Most of what we see in stores, on line, in advertisements, on TV have been created and designed by someone in the **Advertising Art and Design** field. Learn the basics of Adobe Illustrator to design and print custom die cut stickers. Students will learn about the principals of design and use Adobe Illustrator to create a poster and a t-shirt based on a theme. If you are creative and like to think outside the box this camp is for you. Bring a t-shirt of any color, all other materials are supplied.



**REGISTER EARLY**

**CLASS SIZE LIMITED**





# DailyChoices

Wellness Quarterly Newsletter

April 2017

## Why Workplace Wellness?



A comprehensive wellness program in the workplace can have many benefits for both the employer and the employee. According to the Society for Human Resource Management, wellness programs can potentially lower healthcare costs, reduce absenteeism, achieve higher employee productivity, reduce workers compensation and disability related costs, reduce injuries, and improve employee morale and loyalty. This all boils down to a high return on investment (ROI), which is commonly the ultimate goal of employers when setting out to implement a wellness program.

According to the *American Journal of Health Promotion*, employers see an average return of \$5.81 on every dollar invested in wellness due to improved employee health and reduced medical claims. Why workplace wellness? It works!

The first steps of planning for a wellness program are critical to insure it is successful. Contact Evangelical Community Health and Wellness today at 570-768-2308 for details on our worksite wellness programming options.

## Try Reiki!

Are you looking to add something new to your workplace wellness program in 2017? Give Reiki a try! Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki is the awareness of unseen energy flowing through all living things and the direct effect that energy has on the quality of a person's health. Reiki promotes healing and balance on a physical, mental, and emotional level.

A Reiki session is conducted with a person lying fully clothed on a massage table. The practitioner gently places hands at locations on a person's body, including head, arms, abdomen, back, legs and feet. Reiki energy flows from the practitioner's hands and into the client's body and energy field. Reiki sessions are generally very relaxing and peaceful.

Call Evangelical Community Health and Wellness to learn more about the practice of Reiki and how to incorporate it into your wellness program!

## Five Tips for Adding Physical Activity to your Workday

- ❖ Walk or bike to work if you can. Give your body the gift of exercise and save gas. A win-win situation!
- ❖ Use 10 minutes of your lunch break to walk or climb stairs.
- ❖ Have walk and talk meetings with co-workers as an alternative to seated meetings.
- ❖ Stand while talking on the phone instead of sitting.
- ❖ Do squats in the break room while waiting for your lunch to heat-up in the microwave.

*"The greatest wealth is health."*

*~Virgil*





## Coaches Corner

*Ryan McNally, Certified Health Coach*

### **Goals and Accountability**

As winter turns to spring we see bright colors returning to the flower beds, leaves appearing on trees, and the sun shining brighter. Spring is a new beginning for nature and it is also a great time to breathe life back into those New Year's resolutions we seem to give up on year after year. In January, many of us set New Year's resolutions or goals to either exercise more, lose weight, eat healthier, stress less, spend more time with family, the list goes on and on. We are now a quarter way through what was the New Year just a few short months ago and by now, most of us who set goals or resolutions probably have already given up on them. The reasons we give up on our goals can be endless. Some of these reasons are out of our control, but some we can control.



Failure to hold ourselves accountable is one factor within our control that is a common reason for people "falling off the bandwagon" when it comes to working towards goals or resolutions. Many who have failed to achieve a goal can reflect on past experiences to find that they had great goals, but there were no strategies in place to hold them accountable.

Accountability can be defined simply: accepting responsibility. Holding oneself accountable to a goal can be very simple. Treat it just like work, family, paying bills, etc. Document the goal, write out a step by step plan to achieve the goal, talk about your goal with others and know why this goal is important to you.

This spring, as bright colors return to our surroundings and nature comes back to life, is a great time to reanalyze goals and resolutions. This time, hold yourself accountable, take responsibility, and strive to be the best YOU that you are capable of being.

## Quarterly Recipe

### No Bake Energy Bites

*From Allrecipes.com*

Are you looking for the perfect snack to take into work and share with your co-workers? Give these tasty, nutritious and easy to make energy bites a try!

**24 servings | Prep Time: 15 minutes**

**Total Time: 1 hour 15 minutes**

### Ingredients

- 1 cup rolled oats
- 1/2 cup mini semi-sweet chocolate chips
- 1/2 cup ground flax seed
- 1/2 cup crunchy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract

### Preparation

1. Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour.

### Nutrition

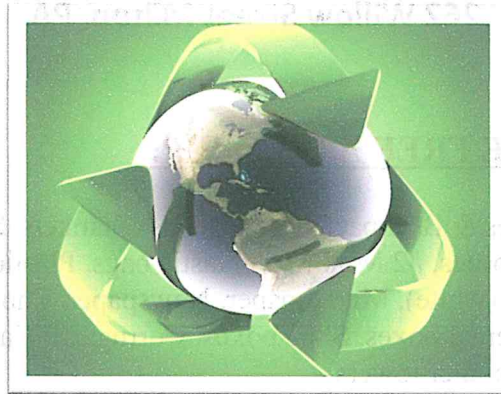
Per Serving: 94 Calories; 5.3 g Fat; 0 mg Cholesterol; 10.6 g Carbohydrates; 2.5 g Protein



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# Our Planet.....Our Responsibility!!!!



## Did you know?

- Less than 26% of recycling material gets recycled
- 4.6 – pounds of trash per person per day in the United States (most in the world)
- 1.5 – pounds of recycled materials per person per day in the United States
- With paper products almost half (50%) of the paper used in the USA is now being recycled into new paper products: that is more than plastic, glass, and scrap metal combined!
- Recovery rates: major appliances – 67%, steel cans – 63%, and aluminum cans – 45%, although the rate of aluminum recycling has dropped from a high of 68% in 1992.

## Did you know?

## Pennsylvania is the largest importer of waste from other states!

| WASTE IMPORTERS | TONS      |
|-----------------|-----------|
| 1. Pennsylvania | 9,764,000 |
| 2. Illinois     | 3,891,000 |
| 3. Virginia     | 3,124,000 |
| 4. Michigan     | 1,548,000 |
| 5. Indiana      | 1,531,000 |

Did you know? Copper wire is cheaper to recycle than to mine copper from the ground!  
Copper is found in appliance cords and electronics.



# **HandUP Recycling**

262 Willow Street Milton, PA

## **ITEMS YOU CAN RECYCLE FREE AT HandUP:**

**TEXTILES:** Clothing, Shoes, Purses & Backpacks, Belts, Hats, Blankets, Sheets, Towels, & Linens

**PLASTICS:** #1 Clear plastic soda bottles, #2 Milk jugs, Plastic bags, Plastic packing, Colored plastics

**PAPER PRODUCTS:** Office paper (white), Mixed paper, Newspaper, Phone Books, Books: resalable & junk, Magazines, Catalogs, Paperboard, Cereal boxes, Shoe boxes, Corrugated Cardboard

**ELECTRONICS:** Cell phones, Computer towers

**METALS:** Copper, Insulated copper, Stainless steel, Brass, Aluminum Cans, Scrap metal, Scrap Aluminum, Filing cabinets, Lawn mowers, Motors, Stoves, Water heaters, Washers, Dryers, Microwaves

**STYROFORM:** Ridged and packing peanuts

**MISC:** Car batteries, Ink cartridges & toner, good quality paint: oil or water

## **PRODUCTS WITH A FEE:**

Computer Monitors - \$4

Printers - \$3

Vacuums and shampooers - \$4

White Goods: stoves, dishwashers, washers and dryers- \$5

Small electronics: radios, hair dryers, mixers, microwaves, etc. - \$3

Televisions: small- up to 25" - \$5, Large- 26" and up - \$7

## **NEW FEES FOR FREON PRODUCTS:**

Refrigerators and freezers - \$5

Air conditioners, water coolers, dehumidifiers - \$3

## **WE ALSO OFFER CONFIDENTIAL PAPER SHREDDING SERVICES**

Call for more information. *\*We are licensed and bonded to handle all legal and HIPPA documents.*

## **EDUCATIONAL PRESENTATIONS:**

Recycling efforts are an important part of every community, a responsibility of every citizen. We can help to educate you by scheduling a visit at the Recycling Center or we can send a representative to your business, school, or organization. Just call the office and we'll get you started.

**SCHEDULE A COMMUNITY RECYCLING EVENT:** Your business, church, or organization can host a collection event in your neighborhood. Contact our office for details.

## **HANDUP OFFERS GREEN FUNDRAISING OPPORTUNITIES TO NON-PROFITS:**

We can help you earn vital funds for collecting clothes, shoes, and appliances. Contact our office for details.