

***Please Donate Blood
In Memory Of
Bruce T. Smith, Jr.***



***Bruce Smith Was Known As A Giver, And Now It's Time To Give In
Memory Of Him. This Memorial Blood Drive Is To Honor
The Late Bruce T. Smith, Jr., Who Served As President/CEO
Of The Central PA Chamber At The Time Of His Death On May 6, 2017.***

Community Blood Drive

Central PA Chamber of Commerce

Ross Room

30 Lawton Lane - Milton

**Thursday, June 29th
10:00 am – 3:00 pm**

For An Appointment, Please Visit: www.redcrossblood.org
Use Sponsor Code **Pachamber**
Or Call 1-800-RED CROSS (1-800-733-2767).

American Red Cross

redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767

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*WILL SOCIAL SECURITY BENEFITS BE THERE FOR ME AT RETIREMENT?
IF I'M DIVORCED, CAN I STILL COLLECT SOCIAL SECURITY FROM MY EX?
WHEN CAN I BEGIN DRAWING MY SOCIAL SECURITY?*

JOIN THE COUP AGENCY'S RETIREMENT PLANNING STRATEGISTS FOR A FREE EDUCATIONAL SEMINAR ON
"MAXIMIZING YOUR SOCIAL SECURITY"
LIMITED SEATING AVAILABLE — CONFIRM YOUR SPOT FOR THE JUNE 20TH SEMINARS
BY CALLING LAURA AT 570-524-9908 OR EMAILING SEMINARS@COUPAGENCY.COM

PICK A SESSION: 9AM 1PM 6PM NO COST — REFRESHMENTS PROVIDED



COOL 100°F

"ENERGY EFFICIENCY SAVES MONEY"

vs.

HOT 180°F

"From reliant.com - Ambient temperature 90°F"

Providing REAL solutions!



We can SAVE you MONEY!

Beat the coming rains and storms! Book your **FREE evaluation** and no-obligation proposal in the next 10 days to find out how we can save you money!

Call Andrew Hertzler at 570-436-0051.

XW Construction, LLC

5745 Musser Lane

Watson, PA 17777

(800) 987-0014 • (570) 436-0051

Andrew Hertzler

- New, Re-Roofing & Repairs •Metal & Flat Roofs
- Commercial & Industrial •Trained & Certified
- Owner/Applicator On Site •Energy Efficiency
- Sustainability •Unparalleled Warranties
- Solutions Driven •Competitive Prices

FREE ROOF INSPECTION:

(800) 987-0014 • (570) 436-0051

ask for Andrew

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We've got you COVERED!!

NON-PRORATED and WATERPROOF WARRANTY

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(800) 987-0014 • (570) 436-0051

FREE ROOF INSPECTION:



- METAL • RUBBER • FOAM
- EPDM • PLY • BUILT-UP
- TPO • MOD BIT



WATERPROOF your roof with QUALITY THAT LASTS!

Why spend a fortune on repairing or replacing your roof?

...if we can **RESTORE** it instead with a superior Conklin® roofing system? Find out why a *Guaranteed-Waterproof* Conklin roofing system from XW Construction **is the BEST solution!**

•Dependable

With almost 3 billion square feet applied, Conklin roofs have a proven record! Some of our Conklin roofs include up to a 20-year, non-prorated WATERPROOF warranty!

•Durable

A seamless Conklin roofing system completely waterproofs your existing roof including all the seams, splices, fasteners and penetrations; And that's how we **STOP THE LEAKS** guaranteed; where they most often occur!

XW Construction, LLC

5745 Musser Lane

Watsonstown, PA 17777

(800) 987-0014 • (570) 436-0051

Andrew Hertzler

XW Construction and Conklin have solutions for your roof whatever size it may be. With a combined *36-year track record* that covers almost **3 BILLION square feet**, we've got you covered! We are a family-owned company that values integrity.

XW Construction has been factory trained and is *Warranty Certified* to help ensure **quality workmanship**. Call our team for all your commercial & industrial roofing needs!

Solutions driven!

•METAL •RUBBER •FOAM
•EPDM •PLY •BUILT-UP
•TPO •MOD BIT



•Energy Efficient

With up to 85% of UV rays reflected, many building owners find their new roof pays for itself in energy and utility savings alone, in just a few years. Now that's efficiency!

•Sustainable

Extends the life of your roof and also eliminates future roof tear offs! Simply re-new the superior protection of your Conklin roof with a recoat, once it's needed (many years down the road)!

•Saves Money

It costs less to **RESTORE** your existing roof than to replace it. Since you don't tear off your old roof, there are no disposal costs and your building's contents are never exposed to the elements! Plus most repairs are deductible as a maintenance expense!

FREE ROOF INSPECTION:
(800) 987-0014 • (570) 436-0051
ask for Andrew

**A Conklin roofing system
is the smartest way to
stay in the black.**

Donald Heiter Community Center's Summer Day Camp Sponsorship Program



Arts, science, sports,
and book clubs!



We estimate the total cost of our camp to be approximately \$75,000 this summer. For 50% of our families the \$1,000 fee we charge is not possible to fully pay. Your business or individual sponsorship will make a difference in the lives of many children in our community by allowing them to attend our camp.



Weekly field trip and
Swimming trips!

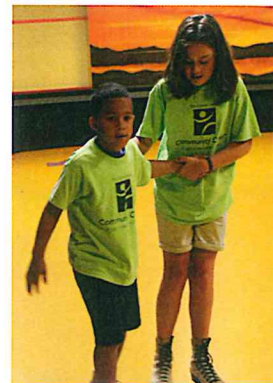


Fun for everyone!

See reverse for sponsorship details.

Each summer we provide a safe and fun opportunity for children to have an active, social and educational experience!
In 2017 our camp will run from June 12 through August 23.

Become a Summer Camp Sponsor



Individual Donors: (Any Amount is helpful)

Camp Advocate

I/ We would like to donate a specified amount not listed below

Business Donors:

Camp Guardian

\$5,000.00

Recognized as the lead sponsor for the program;
Company logo on all programs, flyers, and communications;
Company Logo on Camping Trip T-Shirt;

Social Media mentions on DHCC Facebook and Website;
Company logo and link on DHCC Website;
Invitation for two to join us for a fun camp adventure!

Overnight Camping Trip Sponsor

\$2,500

We will be taking a one week overnight outing to forget about technology, parents, siblings, and HAVE FUN while camping at Central Oak Heights!

Social Media mentions on DHCC Facebook and Website;
Company logo and link on DHCC Website;
Invitation for two to join us for our camp fire!

Company logo on all programs, flyers, and communications;
Company Logo on Camp T-Shirt;

Camping Field Trip Sponsor

\$1,500

Social Media mentions on DHCC Facebook and Website;
Company logo and link on DHCC Website;

Company logo on all programs, flyers, and communications;
Invitation for two to join us for a fun camp adventure!

Sponsor a child

\$1,000

- Social Media mentions on DHCC Facebook and Website
- Company logo and link on DHCC Website;

Company logo on all programs, flyers, and communications;
Invitation for two to join us for a fun camp adventure!

Greater Susquehanna Valley

United Way

Community Partner



Like us on Facebook!



Name: _____

Company Name _____

Address: _____

Phone: _____

Email: _____

() *Camp Advocate* () *Camping Field Trip Sponsor*

() *Camp Guardian* () *Sponsor a child*

() *Overnight Camping Trip Sponsor*

Please send logo information in PDF or JPEG format
via email to donaldheiter@gmail.com

• Amount enclosed: \$ _____

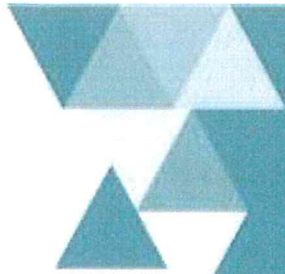
The Donald Heiter



Community Center

A Light in the Center of Town.

100 North Fifth Street,
Lewisburg, PA 17837
donaldheiter@gmail.com
570-524-5000
www.donaldheiter.org



DailyChoices

Wellness Quarterly Newsletter

June 2017

Are You Ready to Be a Quitter?

Quitting smoking isn't easy – but it's easier with the right help. The American Lung Association's Freedom From Smoking® program gives you options, resources and support to quit for good!

Freedom From Smoking® is the premier smoking cessation program from the American Lung Association. It helps you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smokefree for life!

What You'll Learn

- How to know if you're really ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress and avoiding weight gain
- Developing a new self-image
- How to stay smokefree for good

It Works!

Many programs can help you quit smoking, but none match the success of Freedom From Smoking®:

- Ranked most effective smoking cessation program in a study by Fordham University Graduate School of Business
- When combined with smoking cessation medications, up to 57% of participants report quitting by the end of the program
- Over the past 30 years, hundreds of thousands of people have quit smoking using this program

Contact Evangelical Community Health and Wellness at 570-768-3205 to learn more about offering Freedom From Smoking® in your workplace!

www.lung.org



Protect Your Skin

As we transition into summer it is important to protect our skin from harmful UV rays.

According to the American Cancer Society, staying in the shade is the best way to limit UV exposure.

If you are going to be in the sun, remember to: "Slip! Slop! Slap! And Wrap". This catch phrase reminds us to slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses to protect the eyes and skin around them.

For more information on how to protect yourself from the sun, visit www.cancer.org.



Take care of your body. It's the only place you have to live.

-Jim Rohn

Coaches Corner

Ryan McNally, Certified Health Coach



A Healthier Summertime Cook-out

Summertime is finally upon us and the barbeque grills are heating up! Everyone loves a summertime cook-out with family and friends, swimming pools, friendly yard game competition, and plenty of sunshine.

Oh, and one more thing. The food!

Typical cook-out foods such as hamburgers, hot dogs, fried chicken, potato salad, potato chips, pulled pork sandwiches, and much more are usually packed with an overabundance of calories and fat.

Many will agree that these foods taste great, in fact, just reading that might have made your mouth water. The bad news is, these All-American, summertime cook-out staple foods are not so great for that summer beach body. Too much of these foods can add inches to your waistline without warning!

We can't always control what food options will be at the next cook-out we attend, but there are choices we can make with the available food options that will help keep off those extra pounds this summer and keep you fitting in your bathing suit!

At your next cook-out with family and friends, remember these simple tips. Your waistline will thank you!

Tips for a Healthier Summertime Cook-out

1. Fill at least half of your plate with fruits and vegetables. Yes, corn on the cob is a vegetable!
2. Skip the bun and the cheese! If you can't say no to that juicy hamburger, skip the cheese and the bun! By doing this you can cut anywhere from 140-200 calories from your plate.
3. Stick to lean meats. Grilled chicken or a lean burger is your best option. Avoid fried meats!
4. Be mindful of your alcohol consumption. Avoid using sugary sodas for mixed drinks. When it comes to beer, stick to the lighter options.
5. Moderation is key. Before you go back for that second hot dog or hamburger, ask yourself, do I really need this?
6. After you eat, go play a game! Challenge someone in a game of volleyball to burn off those calories!

Quarterly Recipe

Citrus Berry Smoothie

From: *Eating Well Magazine*

This easy to make smoothie is a delicious, nutritious and refreshing summertime treat packed with healthy sources of carbohydrates and bursting with antioxidants!

1 serving | Prep Time: 5 minutes

Ingredients

- 1 ¼ cup fresh berries
- ¾ cup low-fat plain yogurt
- ½ cup orange juice
- 2 tablespoons nonfat dry milk
- 1 tablespoon toasted wheat germ
- 1 tablespoon honey
- ½ teaspoon vanilla extract

Preparation

1. Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla extract into a blender and blend until smooth.

Nutrition

Per serving: 376 calories; 4 g fat (2 g sat); 5 g fiber; 70 g carbohydrates; 17 g protein; Vit. C (225% dv), Calcium (48% dv), Folate (29% dv)



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