

# Weis Center

## FOR THE PERFORMING ARTS

2017-18  
30th ANNIVERSARY  
Season



### ZYDECO

#### Corey Ledet & His Zydeco Band

Friday, Aug. 25, 6 p.m.  
Weis Center Plaza  
FREE – tickets not required



### BLUEGRASS/AMERICAN

#### Tim O'Brien Band

Saturday, Oct. 21, 7:30 p.m.  
Weis Center



### ROOTS

#### Ranky Tanky

Thursday, Sept. 7, 6 p.m.  
Weis Center Plaza  
FREE – tickets not required



### JAZZ/WORLD MUSIC VOCALIST

#### Somi

Wednesday, Oct. 25, 7:30 p.m.  
Weis Center Atrium Lobby  
FREE – tickets not required



### WORLD MUSIC

#### Mariachi Flor de Toloache

Thursday, Sept. 14, 7:30 p.m.  
Weis Center



### FAMILY DISCOVERY – BALLET/JUGGLING/ CONTEMPORARY CIRQUE

#### Gandini Juggling: 4x4 Ephemeral Architectures

Thursday, Nov. 2, 7:30 p.m.  
Weis Center



### AMERICAN TRADITIONS

#### Anna & Elizabeth with the Bucknell University Camerata

Wednesday, Oct. 4, 7:30 p.m.  
Campus Theatre, 413 Market St.,  
downtown Lewisburg



### CONTEMPORARY CLASSICAL

#### A Far Cry Orchestra: The Blue Hour

Thursday, Nov. 9, 7:30 p.m.  
Weis Center



### MODERN DANCE

#### Alonzo King LINES Ballet

Thursday, Oct. 12, 7:30 p.m.  
Weis Center



### CLASSICAL

#### Shanghai Quartet with Qing Jiang, piano

Sunday, Nov. 12, 2 p.m.  
Weis Center



### AMERICAN TRADITIONS

#### MARTIN GUITAR GATHERING A Celebration of the Legacy of C.F. Martin Guitars in American Roots Music

#### Rory Block

Saturday, Oct. 14, 6 p.m.  
Weis Center Atrium Lobby  
FREE – tickets not required



### HOLIDAY CONCERT

#### Sweet Honey in the Rock: Celebrating the Holydays

Friday, Dec. 1, 7:30 p.m.  
Weis Center



### AMERICAN TRADITIONS

#### Del McCoury Band

Opener: Bill and the Belles  
Saturday, Oct. 14, 7:30 p.m.  
Weis Center



### FAMILY DISCOVERY – THEATER

#### Lightwire Theater: A Very Electric Christmas

Saturday, Dec. 2, 2 p.m.  
Weis Center



### FAMILY DISCOVERY – THEATER

#### Mermaid Theatre of Nova Scotia: Guess How Much I Love You and I Love My Little Storybook

Saturday, Oct. 21, 1 p.m.  
Weis Center



### FAMILY DISCOVERY – KID HIP-HOP

#### Secret Agent 23 Skidoo

Tuesday, Dec. 5, 7 p.m.  
Weis Center  
FREE – tickets not required

Bucknell  
UNIVERSITY

570-577-1000  
Bucknell.edu/WeisCenter





# WANTED



## SIGN UP

Visit [www.transitionsofpa.org](http://www.transitionsofpa.org) to register as teams or individuals.

## GET PLEDGES

Visit [www.transitionsofpa.org](http://www.transitionsofpa.org) to download your pledge form. Promise your friends some photos, gather some donations and support our cause.

All proceeds benefit Transitions of PA and go directly to keeping our services free and available to all victims of domestic violence, sexual assault and all other serious crimes.

Transitions of PA embraces the diversity of our community and invites everyone to participate in our 2nd annual walk!



Photo - John Gardner.  
The Lewisburg Studio

# transitions

SAFER FAMILIES. SAFER COMMUNITIES.

## Sunday, October 1, 2017

### Hufnagle Park • Lewisburg, PA

Registration - 10 A.M.

Walk Begins - 11 A.M.

# Walk a Mile in Her Shoes®

**THE INTERNATIONAL MEN'S MARCH  
TO STOP RAPE, SEXUAL ASSAULT AND GENDER VIOLENCE**



# 2017 Distinguished Citizen Sponsor

Supporting the Future Leaders of  
Northumberland, Union, & Snyder Counties

Company Name \_\_\_\_\_  
Contact Name \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

**I'm in! Sign me up to support Scouting at the level selected below.**

- |  |  |
|--|--|
| <input type="checkbox"/> Event Sponsor—\$1,500 | <input type="checkbox"/> Star Sponsor—\$250          |
| <input type="checkbox"/> Eagle Sponsor—\$1,000 | <input type="checkbox"/> Individual Reservation—\$75 |
| <input type="checkbox"/> Life Sponsor—\$650    |  |

- |  |
|--|
| <input type="checkbox"/> Enclosed is a check for \$ _____ payable to <i>Susquehanna Council, BSA</i> |
| <input type="checkbox"/> Please charge my credit card (Visa/MC/DC) in the amount of \$ _____         |
| Name on Card _____   |
| Card Number _____  |
| Security Code _____ Exp Date _____   |
| Signature _____  |
| <input type="checkbox"/> Please bill me (Payments can be set up on a monthly or quarterly basis)     |

Sponsor Deadline: September 18, 2017

Ad copy and attendee information is requested by sponsor deadline.  
For more details or to send ad copy, contact Development Director, Zach  
Stotter by email at [zstotter@scouting.org](mailto:zstotter@scouting.org) or call 570.326.5121 ext 101.

Please mail this form to:  
Susquehanna Council, BSA  
815 Northway Rd. Williamsport, PA 17701  
Or fax: 570.326.7339



BOY SCOUTS OF AMERICA®  
SUSQUEHANNA COUNCIL

You are invited to join  
The Susquehanna Council,  
Boy Scouts of America

In honoring

Rep. Lynda  
Schlegel Culver  
PA 108th District



*2017 Distinguished Citizen*

Reception to be held  
October 11th, 5-7:00 pm  
At Barn Appétit in Milton



BOY SCOUTS OF AMERICA®  
SUSQUEHANNA COUNCIL





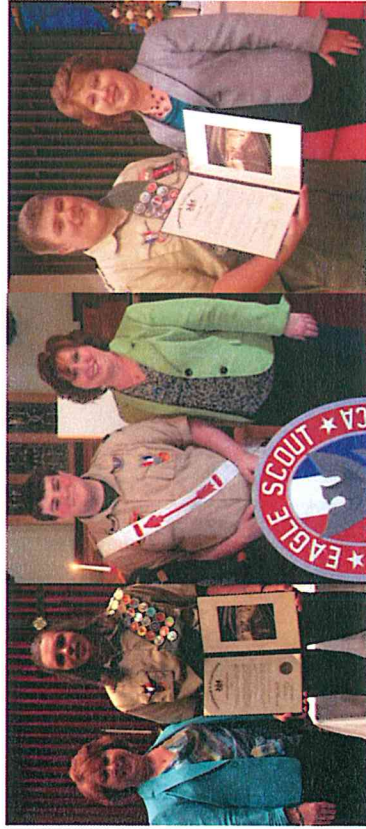
# Support Scouting and Honor a Leader in Our Community!



## A Worthy Recipient

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State Representative Lynda Schlegel Culver is a tireless advocate for her community. She is never too busy to attend a community event or to listen to the needs and concerns of her constituents. She has long been a friend of Scouting, regularly attending events at Camp K, Eagle Scout Courts of Honor, and countless Council functions. Her record of volunteer and community involvement is exemplary and her commitment to the Susquehanna Valley is unparalleled.



## Sponsorship Opportunities

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### Event Sponsor—\$1,500

- Full Page ad in program book
- Recognition as Event Sponsor on program book back cover
- 6 reservations at reception event
- Website/social media recognition

### Eagle Sponsor—\$1,000

- Full Page ad in program book
- 4 reservations at reception event
- Website/social media recognition

### Life Sponsor—\$650

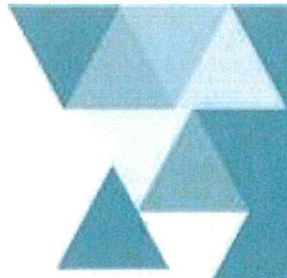
- Half Page ad in program book
- 2 reservations at reception event

### Star Sponsor—\$250

- Quarter Page ad in program book
- 1 reservation at reception event

### Individual Reservation—\$75





# DailyChoices

Wellness Quarterly Newsletter

September 2017

## Flu Shots

Influenza, more commonly known as “the flu” is much more than the common cold. The CDC classifies the flu as an extremely contagious disease that can lead to serious complications that could result in hospitalization and sometimes even death. “Flu season” in the United States can begin as early as October and last as late as May. According to the CDC, an annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others. In fact, the CDC recommends that everyone 6 months of age and older get vaccinated.

Flu vaccines are made from the three or four flu viruses that research indicates are most likely to make you sick during the upcoming “flu season”. The vaccine causes antibodies to develop in the body that fight against infection from the viruses. Contrary to popular belief, you cannot get the flu from the flu shot itself.

According to the CDC, 5% to 20% of the U.S. population will get the flu annually. Prevention is better than treatment when it comes to any illness, including the flu! Protect the health of your employees this flu season by offering a flu shot clinic at your workplace.

**Call Evangelical Community Health and Wellness to learn more about our on-site flu shot clinics! 570-768-3200**



### Stopping the Spread of Germs at Work

1. Avoid close contact with others – do not come into contact with someone who is sick.
2. Stay home when you are sick – if you are feeling under the weather, do yourself and your co-workers a favor, and stay home!
3. Cover your mouth and nose – always cough into your elbow/sleeve and throw away tissues immediately after use.
4. Wash your hands often – Always wash with soap for at least 20 seconds before rinsing with warm water.
5. Avoid touching your eyes, nose and mouth.
6. Frequently disinfect your workspace.

For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu)



## Maintain Campaign

Does your workforce struggle to make it through the holiday season without gaining weight?

If so, the Maintain Campaign can help! Maintain Campaign focuses on maintaining a healthy weight over the holiday season, a time when it is difficult to do so. This program aids in overcoming the common roadblocks to a healthy routine the holiday season throws at us, such as stress, cold weather, and an abundance of food at holiday gatherings. Maintain Campaign increases awareness when it comes to moderate consumption of holiday treats and encourages physical activity over the holidays. Make it a goal this year to maintain a healthy lifestyle during the holiday season with Maintain Campaign!

**Call Evangelical Community Health and Wellness for details on our Worksite Wellness Incentive Programs! 570-768-3200**



# Coaches Corner

Jim Persing, Certified Wellness Coach



## Fall into Mindfulness

September is here, and that has many different meanings for all of us. You may be excited about cooler temperatures, football games, or getting back into a school-focused routine after a summer break. Fall is a time of transition and change. It is also an excellent opportunity for each of us to think about change in ourselves and in the people around us. Giving some mindfulness to those ideas can be a powerful tool.

About ourselves, we can pause to think about our own health and activities and whether our actions support our intentions. Did we take time over the past months to be active? That may have included exercise on a regular schedule, house and yard work, or other activities involving family and friends. Were we conscious about what we ate, and do we need to make any adjustments as the holidays start to roll around? It is a wonderful time to eat healthy and to start thinking about changes you may want to make when more “food challenging” months lie ahead.

With regard to the people around us, including coworkers, family and friends, there are also some mindfulness points to consider. Are we listening and communicating effectively? Taking time to listen to someone, as opposed to just hearing them, is an important part of each day. Your colleagues may have great ideas to share, may need someone to talk to about an important life event, or may just value some fun conversation—it’s valuable to know that the person you are speaking with is actually engaged with you. Are you working to strengthen and sustain your relationships? It is easy to take relationships for granted, especially work relationships where you may have known your co-workers for years or decades. Take some time to acknowledge those relationships and to value them as helping to sustain each day, week, month and year. The support we provide each other is critical!

Adding some mindfulness to your day between raking leaves, watching the games and getting the kids to school can be a great start to a wonderful season of the year.

## Quarterly Recipe

### Blueberry Banana Breakfast Bars

From: allrecipes.com

An easy to make, nutritious breakfast option that is easy to grab on your way out the door on busy weekday mornings.

**9 servings | Prep Time: 15 minutes | Total Time: 50 minutes**

#### Ingredients

- 1 1/3 cup rolled oats
- 1/3 cup coarsely chopped dried figs
- 1/4 cup coarsely chopped almonds
- 1/4 cup sunflower seeds
- 1 cup mashed ripe bananas
- 1/3 cup smooth peanut butter
- 2 tablespoons honey
- 2 large egg whites
- 2/3 cup fresh blueberries
- 1 tablespoon flax seeds
- 1 tablespoon sunflower seeds

#### Preparation

1. Preheat oven to 350 degrees F. Line an 8-inch square baking pan with parchment paper, leaving 1 inch of parchment hanging over the sides.
2. Mix oats, figs, almonds, and 1/4 cup sunflower seeds together in a bowl.
3. Stir bananas, peanut butter, and honey together in a saucepan over medium-low heat until completely melted and smooth, about 5 minutes. Remove saucepan from heat.
4. Whisk egg whites together in a bowl until foamy. Mix banana mixture into egg whites and whisk until smooth; add oat mixture and stir until batter is well mixed. Fold blueberries into batter. Press batter into the prepared pan; top with flax seeds and 1 tablespoon sunflower seeds.
5. Bake in the preheated oven until golden, about 30 minutes. Allow to cool before cutting.

#### Nutrition

**Per serving :** 211 Calories; 10.2 g Total Fat; 1.6g Sat Fat; 0 mg Cholesterol; 26 g Carbohydrates; 7.1 g Protein; 4.5 g Fiber; 59 mg Sodium; 303 mg Potassium

