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PA Treasurer To Address Chamber, pg. 3





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Board of Directors

Jeff Comitz - 2nd Vice Chair Ashley Parrish - Treasurer Thermal Product Solutions First Commomwealth Bank Nathan Lawrence Stephen Shope **Noelle Long** Paul Smith SEDA Council of Governments Sync Solutions Sheri Marshall Tina Welch Lauren McDonald E. Terry Baldwin - Solicitor

Rob Jones - Chair Genie Bausinger - 1st Vice Chair Milton Historical Society Milton Regional Sewer Authority Will Greiner Michael Porter Great Dane Pennsylvania College of Technology **Rachael Herb** Brandon Schemery Service 1st Federal Credit Union Casale, Bonner, Hillman & Southard United Plate Glass Pennsylvania Treasury Edward Jones Welch Performance Consulting

The Wealth Factory Baldwin & Baldwin

Staff

Tea Jay Aikey - President & CEO tjaikey@centralpachamber.com Jessica Beaver - Finance & Membership Director jbeaver@centralpachamber.com **Ryan Workman - Communications Director** rworkman@centralpachamber.com

The Inside Scoop

As of the date of publishing, this edition of IYB, the 2024 Annual Meeting has officially been sold out-two weeks prior to the registration deadline! This is the result of much hard work by your Central PA Chamber team to put on a celebration worthy of our members. We are delighted to share it with 225 of you on Thursday, October 24 at the Silver Moon Banguet Hall.



For the past two days, Jessica, Tea Jay, and I have been at the Pennsylvania Association of Nonprofit Organizations' Collaborative Conference in State College. Our days were spent in presentations and activities with nonprofit leaders from across the commonwealth to gain insight on best practices and real-world experiences that we can apply to help the ever-growing Central PA Chamber of Commerce. Did you know there are currently over 100 nonprofit organizations on our current membership directory?

On the following pages, you'll find a review and preview of our most recent Legislative Events, a collage of our recent seminars and tours, the generosity and achievements of your fellow members, and a guest column on skin care from Dermatology Partners.

I would like to draw your particular attention to page 14: One of the ways we promote your business or organization is through social media, and in particular via Facebook. Whether you embrace social media for your personal use or not, it's a necessity to identify your business with a social media presence in 2024-however-sometimes, even when you have a designated Facebook Page, it is impossible to find you! There's no need to be a "needle in the haystack when you could be the haystack! Find out why by following the link/QR code!



Ryan A. Workman **Communications Director** rworkman@centralpachamber.com

The President's Club

Thank you, 2024 Members! (Committed as of publishing.)

Abe's Custom Woodworking Asbury RiverWoods **Backyard Broadcasting** Decal Dynasty **Endless Mountain Enterprises Evangelical Community Hospital** First Commonwealth Bank **Fulton Bank** Heaven's Best Carpet Cleaning Heritage Springs Memory Care Hosterman Photography & Design Hot Frog Media i3 Point-of-Sale iHeart Media Intrada Technologies

Jersey Shore State Bank **Keystone Advertising** Lawton Insurance Agency LIVIC Civil **MC Federal Credit Union Meixell-Diehl Insurance** Mifflinburg Bank & Trust Company **Milton Savings Bank** Near Me Entertainment North Central Sight Services North Shore Railroad Company Pennsylvania American Water **PenTeleData Phoenix Filtration PPL Electric Utilities RHP Law Firm**

Riverfront Financial Services Service 1st Federal Credit Union Service Electric Cablevision The Standard Journal Sunbury Broadcasting Corp. Susquehanna Fire Protection Co. Susquehanna Valley Limousine Swift Kennedy & Associates Sync Solutions **T-Ross Brothers Construction United Plate Glass** UPMC The UPS Store **USA Life Company** Vendetta Cyber Defense The Wealth Factory

The President's Club is an exclusive sponsorship program created to prominently recognize members that contribute to the Central PA Chamber over and above their annual membership investment. Learn more at centralpachamber.com/tpc.

IYB Deadlines

Below are upcoming It's Your Business due dates. Every effort is made to include information in a timely manner. Note: Only paid advertisements are guaranteed.

November Digital Issue News & Ads due by October 18

December Digital Issue News & Ads due by November 8

Winter Print Issue **News & Ads** due by December 2

*IYB Quarterly is published four times a year. Copies are available at public member locations across the region.

Legislative Events

WATSONTOWN – The Central PA Chamber of Commerce's quarterly Legislative Events returned triumphantly on Friday, September 13 to the Watson Inn. State Rep. Joe Hamm (R-84) spoke to an audience of about 100 for roughly thirty minutes about legislative matters in Harrisburg, especially the state budget, regulatory agencies, and the affects of taxation and inflation on Pennsylvanians.

He also noted the recent flood water damage to residents and municipalities in his district. Hamm warned the inefficiency of state government's approach to mitigating these severe weather events could lead to similar or worse results if left unaddressed, while suggesting some commonsense solutions. Hamm credited community leaders for stepping-up and helping out their neighbors.

We were thrilled to be joined by students and instructors from Meadowbrook Christian School - Friends and Family, Milton Area School District, and Warrior Run School District.

And of course, none of this would be possible without the generous support of our members and sponsor for today's Legislative Event, The Wealth Factory.

Students from several area schools, including Milton Area High School, Warrior Run, and Meadowbrook Christian School, were among those in attendance, had an opportunity to ask questions from the audience, and pose for photos with event sponsor, The Wealth Factory.

The Central PA Chamber invites you to attend our next event at The Watson Inn with PA State Treasurer, Stacy Garrity, who has accepted our invitation to speak to our members for the first time. Garrity has been a trailblazer in her stewardship of the Pennsylvania Treasury, educating Pennsylvanians on the duties of her office, and the services of the department. She will speak about how businesses can receive unclaimed property from the state, and how they can help employees save for the future with the PA 529 College and Career Savings Program and the PA ABLE savings program for people with disabilities – including a brand new business tax credit that starts in January.



Rep. Joe Hamm (R-84) addresses the crowd at The Watson Inn



Central PA Chamber CEO & President Tea Jay Aikey; Rep. Joe Hamm; Meadowbrook Christian students Josh Dugan and Macey Feick; and Lauren McDonald, Samantha Good, and John Machak







Dedicated Nursing Associates, Inc. 7401 Westbranch Highway Lewisburg, PA 17837 877-506-0148 nbridi@dedicatednurses.com Nichole Bridi, Division Manager www.dedicatednurses.com

Dedicated Nursing Associates (DNA) strives to be the first choice in home care staffing by consistently demonstrating excellence in our field through a team of compassionate, reliable, energetic, and professional caregivers. DNA believes inhaving the absolute highest standards in healthcare and a strong understanding of our clients' needs, therfore, enhancing the quality of life of all those we touch. We specialize in home care and provide quality service to our clients by meeting their needs both professionally and financially. At DNA, we place an emphasis on employing the most talented and compassionate caregivers so we can ensure that we provide our clients with effective, reliable, and flexible service.

Susquehanna Valley Mediation 713 Bridge Street, Suite 29 Selinsgrove, PA 17870 570-374-1718 sjordan@svmediation.org Susan Jordan, Executive Director www.svmediation.org

Susquehanna Valley Mediation helps community members have difficult conversations and address conflict through mediation, facilitation, and education.

XW Construction LLC 5745 Musser Lane Watsontown, PA 17777 570-436-0051 Andrew Hertzler, General Manager www.xwconstruction.com

Commercial roofing and restoration.

Riverside Technologies Inc. (RTI) 367 Railroad Street Danville, PA 17821 866-804-4388 kpotter@1rti.com Katie Potter, Marketing & Sales www.1rti.com

Riverside Technologies, Inc. (RTI) is an IT service provider specializing in managed services, IT hardware, warehouse services, and technology deployment. We understand your challenges, develop creative solutions, and provide unmatched responsiveness. Nationwide, we service corporate clients, educational institutions, and state and local governments. RTI is your complete IT source. Watsontown Centennial Lioness Lions Club (WCLLC) PO Box 223 Watsontown, PA 17777 570-768-6791 Presidentwcllc@gmail.com Rhonda Luongo, President

The Lions Clubs International is a civilian service organization that serves communities in over 200 countries and geographic areas. The organization's mission is to improve health and well-being, strengthen communities, and support those in need. Lions are committed to partnering with local leaders and organizations, identifying the unique needs of their communities and surrounding areas, and planning service projects that address those needs. From community clean-up projects to food drives to fundraisers, Lions help people in need who are far and close to home. A Lions Club is not a fraternal, social or political organization. It is a group of civic-minded men and women who have banded together to do the things they cannot do alone. Lions are willing and anxious to give their time, energy and resources in service to others. The Lions motto is "We Serve", and Lions live this motto with enthusiasm. Local Lions Club programs include sight conservation, hearing and speech conservation, diabetes awareness, youth outreach, international relations, environmental issues, and many other programs.

Scales 'n Tails 3D Printing 57 Spencer Place Lewisburg, PA 17837 814-553-3589 scales.n.tails.3d@gmail.com Jeff Barrett, Owner www.etsy.com/shop/ScalesNTails3D

Custom 3D Printing

DIG Furniture Bank 14 Elm Street Milton, PA 17847 570-658-9880 emily@digfb.org Emily Gorski, Founder & Executive Director www.digfb.org

DIG Furniture Bank (DIG) is a 501(c)3 nonprofit organization founded in early 2020 from an observed need in rural, central Pennsylvania. Our mission is to restore dignity and promote stability by redirecting gently used furniture and household items to local families in need at no cost. The concept is much like a food bank, but only for furniture and household goods. We operate under a core belief of abundance: we believe that there is enough for everybody.

Find the latest member news on our Facebook and Instagram pages!

Find Membership Renewals starting on page 8.

October 2024

Central Pa Chamber of Commerce-5



How long has your business existed?

Our programs began in 1977 and was officially incorporated in 1998.

What service makes your business unique?

Setebaid Services[®] was named by our campers. Believing together we can "turn

Terry Burke, **Coordinator of** Experiential & Community Engagement 570-577-1456

How long has your business existed? Seven years as a named business college.

What makes your business unique in your industry?

Engaging in real work with our students to make your organization better.

Why are you a member of the Central PA **Chamber of Commerce?**



Human Resource Systems • Business Systems • Web Design nnical Project Management • Communication Syste Customer Relationship Management • Marketing

How long has your business existed? November 2023

What makes your business unique in your industry?

We are technical consultants who focus on business systems and operations. Do you have frustrations with your business? We can help. We can provide your

Mark Moyer, Executive Director 570-524-9090

..... diabetes around," our name is diabetes spelled backwards. Our objective is to forge partnerships with healthcare providers and diabetes educators to operate three diabetes summer camps for their pediatric patients with type 1 diabetes.

Nember Spotle

Why are you a member of the Central PA Chamber of Commerce?

twb015@bucknell.edu www.bucknell.edu/academics/ freeman-college-management 1 Dent Drive Lewisburg, PA

To build relationships with local organizations to work with College of Management students, faculty and staff.

What benefit/opportunity from your Chamber membership do you utilize or want to utilize?

Continue to make connections with area businesses to continue to make our communities prosperous.

Scott Ringkamp, Owner 717-368-9327

business with a Technical or Operational audit that will help you understand how to improve your business systems and operations. The audit includes an indepth, professional report that provides: •A detailed assessment of your tech and

operations

in

- Identification of vulnerabilities and risks Prioritized recommendations for
- remediation
- •Cost-benefit analysis of potential improvements
- Clear next steps based on industry best practices

info@setebaidservices.org www.setebaidservices.org 1157 West Branch Highway Winfield, PA

We joined the Central PA Chamber to help build awareness, educate the community on Type 1 Diabetes and build new relationships.

What benefit/opportunity from your Chamber membership do you utilize or want to utilize? Marketing opportunities!



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Want to appear in the **Member Spotlight? E-mail Jessica Beaver:** ibeaver@centralpachamber.com

scott@scottringkamp.me www.scottringkamp.me 392 Halltown Road Montoursville, PA

Why are you a member of the Central PA **Chamber of Commerce?**

We joined the Chamber of Commerce because it provides a vibrant place to meet other businesses in the area.

What benefit/opportunity from your Chamber membership do you utilize or want to utilize?

We are excited to attend all the great events and even look to offer some workshops to chamber members.



WellSpan to Launch **Hippocratic Al's Generative** AI Healthcare Agent

YORK - WellSpan Health, an integrated care delivery system dedicated to clinical and operational innovation, has

partnered with Hippocratic AI, the creators of the first patient-facing, safety-driven large language model (LLM) designed for healthcare. Together, they announced today the With this launch of the first patient-facing GenAl healthcare launch of a pioneering clinical GenAl healthcare agent—a conversational AI-powered service tailored to interact with patients, aiming to improve healthcare access, equity, and outcomes.

Hippocratic AI's GenAI healthcare agent contacts patients by ate and deliver care. telephone. It has already engaged with more than 100 of WellSpan's Spanish-speaking and English-speaking patients Other GenAl agents in development will support critical workthis month to improve access to life-saving cancer screenings. These calls allow WellSpan to close care gaps scaling resources that have not existed in the past. The health system is also using another Hippocratic AI agent with patient instructions. low-risk patients undergoing scheduled colonoscopy preparation, and follow-up to their procedure.

WellSpan has identified thousands of patients eligible for colorectal cancer screenings who have not engaged with screenings to date. This tool increases access for those who may have language barriers or difficulty accessing the system's online patient portal, MyWellSpan. Plans are in development to launch additional languages spoken in other communities the health system serves, including Haitian Creole and Nepali.

"At WellSpan, we're reimaging healthcare by tapping into innovation that supports our clinical teams, and we're excited • Getting Ahead Foundation: Striving to pull members of our to introduce this cutting-edge technology for our patients in ways that also allow us to address health disparities," said Kasey Paulus, senior vice president and chief nursing executive, WellSpan Health. "We're committed to utilizing AI that's designed to ensure patient safety continues to be our top priority and our collaboration in guality assurance with Hippocratic AI only strengthens that approach."

Hippocratic Al's GenAl agents comprehensively and empathetically engage patients in conversation, asking and answering questions relating to their colorectal health, providing a complete transcript of the conversation to WellSpan clinicians for review, and in some cases live transfer to or later follow-up by a human clinician. Initial calls in the pilot will also be monitored by a human clinician to ensure patient safety.

"WellSpan Health is the first of our health system customers to fully integrate our generative AI healthcare agent into their daily operations, increasing their capabilities to provide health equity across all of the diverse communities they serve," said Munjal Shah, CEO and Co-Founder of Hippocratic AI. "At Hippocratic AI, our mission is to not only address existing staffing shortages but go above and beyond to unlock an age



Evangelical **Community Hospital** of true healthcare abundance. With partners like WellSpan, we can finally begin to realize a world in which each one of us has unlimited access to safe, high-quality, personalized care. We commend them for their vision and commitment to putting breakthrough solutions into practice. They are a shining example of how healthcare providers and technology providers can work together to dramatically improve healthcare accessibility in their community, particularly those underserved."

agent, WellSpan and Hippocratic AI are working together to address the severe healthcare workforce shortage impacting health systems across the country. These AI-powered workflows are designed to leverage technology to support care team members to improve the way health systems oper-

flows such as chronic care management, post-discharge follow-up for specific conditions such as congestive heart with many of its multi-lingual and underserved populations by failure and kidney disease, wellness and social determinants of health surveys, health risk assessments, and pre-operative

MC Federal Credit Union Raises \$35,000 to Support Local Charities!

Giving back to our communities is a core focus at MC Federal Credit Union. Each year, MC hosts a charity golf tournament to benefit local causes in the areas they serve. The 4th Annual



Charity Golf Tournament was held on Friday, June 21, 2024, at Knoebels Three Ponds Golf Course. They invited their friends within the community to join them in honoring and benefiting three local charities:

community out of poverty, Getting Ahead shows people how to "get ahead" in a "just getting by world".

• Agape: Refusing to let good people fall through the cracks, Agape offers a range of programs addressing essential needs such as food, clothing, furniture, and even shelter when certain weather conditions are met.

· Camp Koala: Championing grieving children, Camp Koala provides grief counseling services to children free of charge, knowing loss knows no bounds.





MC hosted many other fundraising events in addition to the golf tournament, including a bus trip to New York City during the holiday season and their 2nd Annual Charity Basket Raffle. Altogether, they raised \$35,000.00 to be split amongst the charities to help support each individual mission. MC would like to extend a special thank you to all their sponsors and donors, without whom these events would not have been possible. In addition, MC wants to express their gratitude to all the golfers who were able to join them on the green.

"Our team is driven by a passion for helping others. By hosting these charity events, and partnering with local organizations, we get to see first-hand a positive effect in the communities we serve," said Elba Arenas, President & CEO of MC Federal Credit Union. "For the fourth year in a row, we have increased the financial impact we were able to distribute to our chosen charities. It is truly an honor to be able to support these charities and all the good they do."

Pediatric Cancer Awareness Month Kick-Off Event Part of Annual Fall Arts & Crafts Festival in Danville



DANVILLE – September 2024 will mark the 10th year Service 1st Federal Credit Union and other local

organizations and community volunteers have joined forces to help fight pediatric cancer and raise funds to benefit the ThinkBIG® Pediatric Cancer Fund.

This year, the Central & Northeastern PA Pediatric Cancer Awareness Committee is excited to kick-off their month-long calendar of events as part of the 2024 Annual Fall Arts & Crafts Festival happening along Mill Street in Downtown Danville on Saturday, September 7 from 9 am to 4 pm. The Committee, along with ThinkBIG® Pediatric Cancer Fund and Old Forge Brewing Company, will be set up within Canal Park with live music, children's activities, and ways you and your family can help raise funds, awareness and make a difference in the lives of those battling pediatric cancer.

This Going Gold initiative, which began locally in 2015, has raised over \$112,250 to help ThinkBIG® carry out its mission to lessen financial stress for families with children fighting the disease. Since ThinkBIG® started in 2014, the organization has provided over \$1.5 million in financial support to local families.



for more information visit service1.org/goinggold

"It takes a village to raise a child, and it takes a caring group of people to support families battling pediatric cancer," said Diane Dutko, Executive Director, ThinkBIG. "This event is a wonderful way to bring our communities together, and ThinkBIG is forever grateful for this support and the hard work and dedication of so many wonderful people. Thank you for making a difference for our families."

Dr. Colby Wesner, Founder/President of ThinkBIG, added, "ThinkBIG is always extremely grateful for the hard work and generosity of all the businesses and individuals who help plan events during September to bring awareness to pediatric cancer and also raise funds for our organization. It is these efforts that really help ThinkBIG continue to financially support pediatric cancer patients and their families in the egion, and I know these families are grateful for the support."

nts

Date	Event	Location	Time	Cost	
10/17/24	Ready, Set, Respond: Your 72-Hour Plan for Cyber Incidents	Webinar	2:00 p.m. to 3:00 p.m.	Free	Lauri Moon Manager, Outreach &
11/19/24	Introduction to Good Manufacturing Practices (GMP)	IMC 1127 W. 4th St., Williamsport, PA	9:00 a.m. to 12:00 p.m.	\$189	Special Projects 570-329-3200
12/3-4/24	ISO 9001:2015 Internal Auditor Training	IMC 1127 W. 4th St., Williamsport, PA	8:30 a.m. to 4:00 p.m.	\$595	www.imcpa.com/even

8-Central PA Chamber of Commerce

IT'S YOUR BUSINESS



(As of September 30, 2024)

Girls on the Run Mid State PA Lennea Brown **Michael Medley Group Life Insurance Gable House Bakery** White Horse Graphics A+ Office Supply **First Commonwealth Advisors - Scott M Frost Getting Ahead Foundation** Kingdom Kidz Inc. Lewisburg Area High School I. Ray Zimmerman, Inc. Electrical Contractors **Camp Mount Luther Transitions of PA** Susquehanna Valley CASA **Covation Center Hooplas Xtreme MC Federal Credit Union - Lewisburg** Freedom Towing Pennsylvanians for Human Life - Susquehanna Valley Chapter West Branch Rental - Lewisburg West Branch Rental - Selinsgrove A New Design Landscape & Stone, Inc. **Contrast Communications Skyworks Equipment Rental Tony's Custom Tailor Shop GAF Roofing**







What is the Central PA Chamber?

9 to 11 a.m. Wednesday, Nov. 6 Central PA Chamber of Commerce, 30 Lawton Lane, Milton Cost: FREE to Attend

Come with questions and be prepared to deliver your elevator pitch! Register by Oct. 30: www.centralpachamber.com/events

Presented by:





Active of the end of the

FREE FOR SHRMA MEMBERS \$15.00 - GUESTS



ZOOM WEBINAR

TUESDAY OCTOBER 15TH



KAREN GRIMM-THOMAS EARLY CHILDHOOD ED. STRATEGY ADVISOR THE PENNSYLVANIA KEY





www.shrma.org

Send your event info to: rworkman@centralpachamber.com!



Inside Jobs offers members a chance to tour facilities of fellow businesses/organizations. Learn more and register by Oct. 23 @ www.centralpachamber.com/inside-jobs-tours

Funding sources: The total cost of ARTD's Program Year 2023 (71/123 to 6/30/24) Senior Community Service Employment Program is \$12,816,616. \$11,534,954 (90%) is funded through U.S. DOL – Employment and Training Administration grants. The other \$1,281,622 (10%) is funded through State and Local resources.

Time with Tea Jay

Why I Choose to "Make it a great day!"

If you don't know me well, I am all about positive energy and really get discouraged when I come up against more negative energy than positive. It is so easy for us, me included, to focus on what is wrong or not to our liking. Having positive energy is a conscious decision that one must strive for continuously.



Those who follow me on social media may have come to realize that I post a photo each morning with the title "Make it a great day!" and this is my way of making my decision to do just that. It is my way of holding myself accountable for deciding to be positive and give off positive energy each day. Spreading positive energy is so rewarding to not only ourselves but most importantly to those we meet. We do not know what battles they are silently facing and your exchange of a smile, a compliment, handshake, holding the door open, simply saying hello could be their only positive interaction that day.

I heard a great podcast recently on my drive to the office and I am going to change the narrative a little; but stop what you are doing a moment and picture walking into the vestibule in Heaven. There are endless rows of filing cabinets which contain a file for each of us. In the file is a list of everything each of us did to share positive energy and in the file is a list of everything each of us did to share negative energy. Seriously give this some honest thought. If your file was pulled now which list would be longer? The positive energy you shared or the negative energy you shared. It's not too late to start adding to the positive list.

Life is not easy, I know. Remember how I shared that I do the "Make it a great day!" post daily. I've been doing it for many years now. Not too long ago a longtime acquaintance who is also a former supervisor from my first job felt compelled to reach out to me (hadn't spoken to me in years) to make me aware that some people did not like my daily post and were talking negatively about it. I was hurt as this was the first time she'd communicated with me in so long and it was to share something negative. After being upset I decided to reach back out and thank her for looking out for me "her words" and proceeded to make her aware that I started the daily "Make it a great day!" post due to my struggle with mental health issues particularly depression and anxiety. I shared that this post was for me to hold myself accountable to make the decision each day to "Make it a great day!" and share positivity.

Consider being a daily light in this ever-growing dark and negative world by sharing your positive energy. Those receiving the Impact Award at the Annual Meeting this month are fantastic examples of making the world a better place with their light!

Tea Jay Aikey President & CEO tjaikey@centralpachamber.com

Learn more about "B&E" @ www.centralpachamber.com under the "Business & Education" tab!

Members Recognized

Community Giving Foundation Welcomes New Impact Coordinator

BERWICK – Community Giving Foundation is excited to welcome Becky Stugart to the Foundation team as the new Impact Coordinator. Stugart will be responsible for stewarding relationships with nonprofits, conducting site visits, leading grant impact measures and evaluations, analyzing community data and needs, and communicating results to Foundation partners.

In her new role, Stugart will work closely with the Foundation's Impact Team to advance grant outcomes and community-centric Foundation strategies. While collaborating with Foundation staff and community partners, she will ensure grantmaking and Foundation resources are utilized to create the greatest community impact. Building and cultivating fruitful partnerships with nonprofit organizations and community leaders across the Foundation's 5 1/2 county footprint will provide a key framework in her work. Stugart's role will also include managing nonprofit capacity building programs and gathering information and media for communication objectives.

Stugart's background in nonprofit leadership and passion for stewarding relationships and community partnerships through collaboration and engagement have set her up well for this new role at the Foundation. As a Girl Scout Gold Award recipient and a former 4-H member,



Community Giving

FOUNDATION civic engagement and community leadership have been key pursuits since childhood. Stugart has spent the past two decades working for nonprofits including the Merrill W. Linn Land and Waterways Conservancy, Buffalo Valley Recreation Authority, and Trinity Early Learning Center. She also established her own nonprofit, Evergrowing Inspirations, where Stugart was recognized with the American Education Award from President Obama and the United States White House, and a letter of recognition for her contributions and service to the children of the Commonwealth of Pennsylvania from Governor Tom Corbett. In 2019, she received the Key to the City of Danville from Mayor Bernie Swank for her contributions to the Danville community.

In addition to past professional endeavors, Stugart currently serves as a board member of Seven Mountains Audubon and is a member of the Parent Advisory Committee at Trinity Early Learning Center. Stugart enjoys outdoor adventuring with her husband (Reuben), daughter (Rose), and their dog (Gracie).

(continued on page 12)



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Members Recognized ctd.

Community Giving Foundation (Ctd.)

When not adventuring, she loves spending time in the gardens of her little homestead, which includes the oldest house in Millville.



"I believe that together we can accomplish great things, and I am honored to have the opportunity to share my experience, creativity,

and enthusiasm with the Foundation and its community partners. I am eager to learn more about the communities within the region—their values and their needs—and look forward with excitement to exploring new ways for the Foundation to maximize its impact," writes Stugart.

Stugart joins the following Foundation staff: Kara G. Seesholtz, President and CEO; Kim Groshek, Administrative Assistant; Karri Harter, Grant and Scholarship Administrator; Al Meale, Chief Financial Officer; Alyssa Meyers-Sanonu, Director of Philanthropy; Shelli Sarge, Operations Assistant; and Katie Simpson, Director of Communications.

Milton Public Library Names New Director

Dr. Brent Mosser comes to the Milton Public Library with a long history as an educator. Having earned degrees in both engineering and science education from Penn State University, he became employed as a high school physics teacher in Palmerton Area School District. He then earned his MEd in Higher Education from Kutztown University and gained employment as Assistant Director of the Learning Assistance and Resource Center at West Chester University. Dr. Mosser then sought his PhD at the Ohio State University where he worked as Associate Director of the university's Walter E. Dennis Learning Center. Upon earning the degree, Dr. Mosser moved to Baltimore to assume an appointment as Director of Academic Support and Disability Services at Johns Hopkins University. After eight years in this service, he became captivated by librarianship, earning his Masters in Library and Information Science from the University of Missouri. He enjoyed time as both a private and public school librarian at two elementary schools in suburban Baltimore, and arrives at the Milton Public Library excited to be an involved member of our tight knit community.



Bowen Agency Realtors

SELINSGROVE – Abby Nunn of Selinsgrove recently joined the sales team at Bowen Agency Realtors in the Selinsgrove office. She is a graduate of Bucknell University and previously worked as a buyer at several companies throughout the Susquehanna Valley. Abby devotes her spare time to her family, volunteer work and serving on various boards.



Larry Johnson, President of Bowen Agency Realtors says, "We are excited to welcome Abby to our team. As a Bucknell graduate with an impressive track record of board leadership and exceptional negotiation skills, she brings a wealth of experience and strategic insight to The Bowen Agency. We look forward to the significant contributions she will make as we continue to grow and succeed in the local real estate market."

Bowen Agency Realtors is a full-service realty company with offices in Selinsgrove, Sunbury and Lewisburg.

Award Winners Announced

CENTRAL PA – Announcement was made by Kevin Hodrick, Broker, Berkshire Hathaway HomeServices Hodrick

BERKSHIRE HATHAWAY HOMESERVICES

HODRICK REALTY

Realty, of the Williamsport, Lewisburg, and Danville offices monthly winners for August 2024. The award for the sales associate with top production in listings was presented to Amy Schemery– Williamsport, Connie May– Lewisburg, and Carla Farley– Danville. The award for the sales associate with top production in sales was presented to Lance Jensen– Williamsport, Lisa Maxwell– Lewisburg, and Carla Farley-Danville. "These agents take the time to understand their clients' specific circumstances to provide advice, supply current information on market trends, and local insights that will allow them to make the right decision. We are happy to have these individuals on our team," Hodrick said.

In the ever-changing world of real estate, you can rest assured that Berkshire Hathaway HomeServices Hodrick Realty is here for you. BHHS Hodrick Realty agents conduct business with the highest regards for good ethics, fair housing practices and the fundamental belief to own real property. As your Forever Agent we take pride in knowing the most up to date real estate tools and marketing strategies. With over 50 agents and 5 offices in Williamsport, Lock Haven, Lewisburg, Danville and Muncy Valley, we are happy to help with all your real estate needs.

What's Happening

Member to Member



Our mission at First Commonwealth Bank is to improve the financial lives of our neighbors and their businesses.

That is why it was an easy decision for our bank to support the mission of DIG Furniture Bank and its outreach into the communities of Central Pennsylvania.

DIG's pledge is to restore dignity and promote dignity to those in need by redirecting gently used furniture & household items to local families in need at no cost.

What a great partner. To help spread the word, First Commonwealth helped support DIG's membership to the Central PA Chamber of Commerce, so it can connect with the community's business leaders and businesses. The type of good DIG provides is something around which anyone can rally.

"We are a proud partner of DIG and appreciate all the good work they do in the Central PA area," said Ashley Parrish, First Commonwealth Bank's



Financial Solutions Center Manager in Lewisburg, PA. "DIG's commitment to fulfilling the needs of the underserved in this area is an easy organization to support."

DIG's concept is much like a food bank, but only for furniture and household goods. While each furniture bank is different, each have one thing in common: they believe that there is enough for everybody.

But for these organizations to survive, they need help. As all non-profits, they need the support of the community, and partnerships with businesses, to survive and generate funds for operating expenses. Unfortunately, they do not qualify for a lot of grants due to the structure of grant funding.

If interested in helping DIG by giving a donation, visit their website www. digfb.org/give to give or mail checks to 14 Elm Street Milton, PA 17847. For more information, contact Emily Gorski, founder and executive director, at www.digfb.org.





FREE COFFEE FRIDAY OCTOBER 4TH, 2024 7AM - 9AM

Budman Auto Body

> Quality Collision Repairs on All Domestic & Foreign Cars & Trucks Alignment Specialists • State Inspection Towing & Rollback Service

> 47 Apple Street • Milton, PA 17847 Phone: (570) 742-9627

Guest Column

Back to School: Ensuring Healthy Skin for a Fresh Start

Now that students are fully back-to-school, parents and students alike prepare for a fresh start. Amid the hustle of gathering school supplies and new clothes, it's crucial to prioritize skin health, a vital aspect often overlooked in the back-to-school routine. As a board-certified physician assistant, I'd like to offer some essential dermatological tips to ensure that students head back to class with healthy, glowing skin.

Acne Management

Acne is one of the most common skin concerns among adolescents. Stress, dietary changes, and hormonal fluctuations during the school year can exacerbate breakouts. A consistent skincare routine is key. Gentle cleansing twice daily with a mild, non-comedogenic cleanser can help keep pores clear. Avoid harsh scrubs which can irritate the skin. Over-the-counter treatments containing benzoyl peroxide or salicylic acid can be effective, but persistent or severe acne may require professional intervention. A visit to a dermatologist can provide tailored treatments, such as prescription medications or topical therapies, to manage breakouts effectively.

Sun Protection

Despite the cooler weather of fall, UV rays remain a threat to skin health. Encourage students to apply a broad-spectrum sunscreen with an SPF of at least 30 every morning. Sunscreen should be a non-negotiable part of their routine, much like brushing teeth. For those involved in outdoor sports, a waterresistant sunscreen is ideal. Reapplication during the day, especially after physical activity or sweating, is crucial for continued protection.

Managing Eczema and Dry Skin

The transition from summer to fall can bring changes in skin hydration. Cooler, drier air can exacerbate conditions like eczema and lead to dry, itchy skin. Moisturizing is essential. Use fragrance-free, hypoallergenic lotions or creams to lock in moisture. Applying moisturizer immediately after bathing helps to seal in hydration. For those with eczema, a proactive approach with prescribed treatments can prevent flare-ups and maintain skin comfort.

Healthy Lifestyle Choices

Diet and lifestyle significantly impact skin health. Encourage a balanced diet rich in fruits, vegetables, lean proteins, and whole grains. Adequate hydration is equally important; aim for at least eight glasses of water a day. Physical activity promotes circulation and overall skin health, but it's important to shower and cleanse the skin promptly after sweating to prevent clogged pores and irritation.

Stress Management

The pressures of school can lead to stress, which negatively affects the skin. Techniques such as mindfulness, adequate sleep, and regular physical activity can help manage stress levels. Establishing a healthy sleep routine is particularly important, as insufficient sleep can exacerbate skin issues like



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acne and dullness.

Bed Bugs and Lice Prevention

As students return to shared spaces, the risk of bed bugs and lice increases. Educate your child on avoiding direct contact with others' belongings, refrain from sharing items such as hats and regularly check their scalp for lice. If lice are detected, over-the-counter treatments are effective. For bed bugs, inspect and wash bedding regularly and be cautious with second-hand furniture, bedding, and pillows.

Regular Skin Checks

Finally, regular skin checks are vital. Teach students to be aware of changes in their skin, such as new moles or changes in existing ones. Early detection of skin issues can lead to more effective treatment.

During this academic year, integrating these skincare tips into daily routines can make a significant difference. Prioritizing skin health not only boosts confidence but also lays the foundation for lifelong healthy habits. Here's to a successful and skin-healthy school year!

Skyanne Goas, Board-Certified PA-C, MSPAS, is with Dermatology Partners, a leading privately owned, physician-led dermatology group specializing in medical and surgical dermatology. To book an immediate appointment at Dermatology Partners – Lewisburg, please call (888) 818-3376 or book online at www.dermpartners.com/patients/book-online.

Why can't I find you on Facebook?

Promoting your business or organization on Facebook is a must in 2024. To do this effectively, you must have an easily searchable "handle" is a necessity.

If you are unsure about your handle or how to change it, please read this blog post by 2C5, a site operated by one of the Chamber's Raising the Board social media subject matter experts, Loni Martz-Briner:







What's Happening ctd.



Office Volunteer

The Central PA Chamber of Commerce has an immediate opening for an Office Volunteer. Responsibilities mostly involve clerical work (e.g. typing, receiving mail/packages, directing guests, assisting with on-site events and being available when Chamber staff is off site). Flexible schedule between 8 a.m. and 4:30 p.m. Monday thru Friday.

Interested? E-mail tjaikey@centralpachamber.com



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SMALL BUSINESS UNLEASH YOUR BUSINESS This one-day event provides a unique platform for small business owners to connect, share experiences, and learn from each other. Attendees will hear from local leaders in small business, well as keynote speakers John Yogodzinski the founder and owner of The Graphic Hive, and CEO of Conscious Business Answers, Jennifer Conaway. This years Unconference will be followed by a VIF Dinner, where Congressman Glen Thompson will be the speaker. **October 21st Holiday Inn** Williamsport Tickets: \$75 SCAN ME to save your seat! A Feast for the E A SENSORY DINING EXPERIENCE Øktoberfest 20 Saturday, October 5, 2024 | Farrington Place, Williamsport \$55 per Person \$385 Table for 8 6PM Reception ~ 7PM Dinner **Traditional German Fare** Basket Raffle - 50/50 All proceeds will benefit North Central Sight Services Featuring: WORKFORCE 10 a.m. to 12 p.m. Wednesday, Oct. 30 DEVELOPMENT 1067 Hagan Way, Williamsport AT PENNSYLVANIA COLLEGE OF TECHNOLOGY - Tour Penn College's advanced manufacturing labs. Plastics Innovation & Resource Center, Workforce Development, etc. Lunch catered by Le Jeune Chef - No open toed shoes, stairs required

Inside Jobs offers members a chance to tour facilities of fellow businesses/organizations. Learn more and register by Oct. 23 @ www.centralpachamber.com/inside-jobs-tours



DOT Supervisory Drug and Alcohol Training

Friday, Nov. 15 10:00 a.m. - 12:30 p.m.

UPMC Williamsport Walnut Room 700 High St., 3rd Floor

The WorkCenter at UPMC will be hosting a DOT Drug and Alcohol Reasona Suspicion Signs and Symptoms Training. This service is offered free of charge to all current consortium member supervisors (limit 2 per company). There will be a nominal fee of \$75.00 for non-members and additional supervisors.

It is a requirement for all DOT supervisors to attend this course at least once, and it is also a beneficial tool for non-DOT programs. Each participant will receive a Certificate

of Completion. Reservations are required.

Call or email Chandra S. DeWald at 570-326-8118 or SpringDeWaldCh@UPMC.edu to reserve your spot today.

Do you like discounts on products and services?

Visit www.centralpachamber.com and click on "Member-to-Member Discounts" under the "Membership" tab.

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Send your event info to: rworkman@centralpachamber.com!



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Jessica's Jottings

Falling Leaves and Rising Benefits

Falling leaves, pumpkin spice, apple pie, and renewing your medical insurance. This must mean Fall has arrived!

If you are in charge of employee benefits you

know all too well that the last thing on the list above is creeping in, just like the season. Luckily, the Central PA Chamber of Commerce can assist with you getting the best rates for your employees.

Did you know the Central PA Chamber partners with PCI (Pennsylvania Chamber Insurance) to offer our members the best quotes and rates for insurance benefits? This includes medical, dental, short and long-term disability, and more. What are the steps you need to take to get these quotes?

It is a simple thing to do actually. First email me, jbeaver@centralpachamber.com, that you are looking for insurance quotes. Include how you would like to be contacted with rates, for example email or phone. I will then submit your information to a PCI representative who will contact you within 24 hours to issue you different quotes for different providers that fit your needs.

While we are speaking of medical needs. Did you know the Central PA Chamber also has discount prescription drug cards available for you to use?

This little card provides you with the opportunity to save money on the prescriptions you may need. What is great about this card is you do not need to be a member of the Chamber to use it! So, you can give this card to your family, friends, or anyone that could use it! It can also help you save money on prescriptions you may have for your pets as well!

To see how this card works, participating pharmacies, and where you can save the most money simply visit the following link https://centralpachamber.com/membership/discount-prescription-drug-card/.

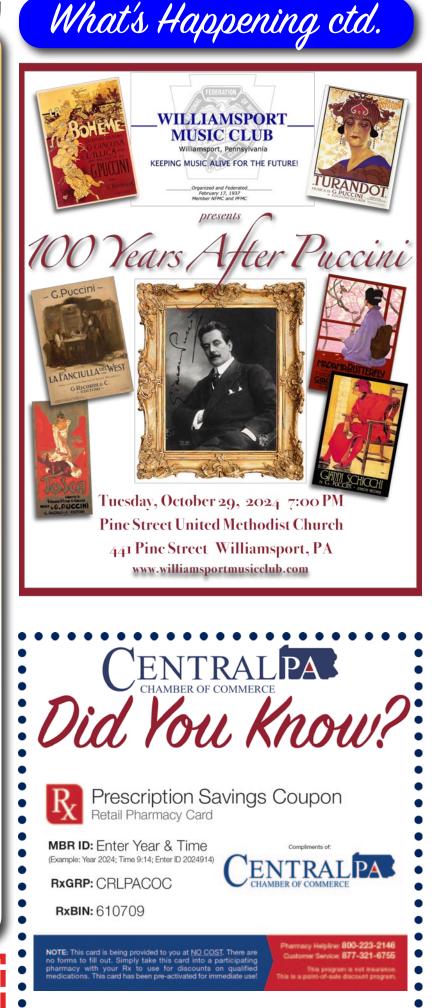
Cards are available to print online or stop by the Chamber office and pick some up to hand out.

To learn more about these benefits available to Chamber members, feel free to visit the Chamber website or give us a call!

I look forward to hearing from you soon and make sure you get out there and enjoy the Fall season!

Jessica Beaver Finance & Membership Director jbeaver@centralpachamber.com

Learn more about Breakfast Briefings & how to host them here: centralpachamber.com/membership/benefits/







The Central PA Chamber of Commerce had a delightful breakfast briefing at the Community Arts Center's Capitol Lounge on Friday, September 20 in Williamsport.

After a delicious breakfast buffet catered by Penn College's Le Jeune Chef, Executive Director, Jim Dougherty gave a presentation on the CAC's cultural and economic impact. The CAC draws huge audiences and dollars from multiple states to downtown Williamsport, Lycoming county, and the surrounding area in central Pennsylvania.

We heard elevator pitches from the capacity audience and were shown an awesome video highlighting the 30 year history of the CAC, introduced by Development Director, Ana Gonzalez-White.

Don't miss our next Breakfast Briefing taking place at the Central PA Chamber, on Friday, October 18, sponsored by The Wealth Factory: www.centralpachamber.com/events



2023-24 COMMUNITY IMPACT



Saturday, December 7th

Leave Milton at 6:30am / Leave NYC at 8pm

Members \$70 / Non-Members \$85 PAYMENT DUE AT REGISTRATION For more information contact the Y at 570.742.7321

OWN A BUSINESS? CAN YOU GUESS WHO HAS YOUR BACK?



THAT'S WHO. (570) 742-7341 • www.centralpachamber.com 30 Lawton Lane Milton, PA 17847



7:30 to 9 a.m. Friday, Oct. 18 @ the Central PA Chamber of Commerce 30 Lawton Lane, Milton.

Members - FREE; Non-members - \$7 Register by Oct. 11 @ centralpachamber.com/events

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