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#### 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

Welcome to your October Issue of IYB!

Happy Chamber month! This is our favorite and busiest time of the year, so it's nice to be noticed by the Governor! Take a look at Governor Shapiro's Local Chamber Month citation on the following page.



Last month, Legislative Events returned after the summer break. We were joined by State Representative Clint Owlett who represents counties along the northern tier of our Commonwealth. I appreciated his discussion on success and how he encouraged audience participation. I thought it was an especially kind gesture to award one of our local student attendees with a gift for participating in the Q&A.

I am looking forward to the biggest Raising the Board class ever next week! Registration has ended, but stay tuned for our 2026 dates.

Clearly, our Annual Meeting has become a highlight of the region's social calendar. This year, all 225 seats were reserved weeks in advance. I am sorry if you were not able to register in time, but fear not, there will be a full report and lots of photos of the event, speaker, and Impact Award winners in the December 2025 issue of this publication.

Enjoy the fall weather and see you at the next event!

Happy reading,



Ryan Workman, Editor Communications Director rworkman@centralpachamber.com

## <u>The President's Club</u>

Thank you, 2025 Members! (Committed as of publishing.)

Asbury Riverwoods
CSIU
The Coup Agency
Decal Dynasty
Eight Days a Week Studios
Evergreen Wealth Solutions
First Commonwealth Bank
Fulton Bank
Heritage Springs Memory Care
Hosterman Creative
Hot Frog Media
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
North Central Sight Services
North Shore Railroad Company
Payroc
Pennsylvania American Water

PenTeleData
Purdy Insurance Agency
Real IT Care
Riverfront Financial Services

Roto-Rooter / Sorg Inc.
Service 1st Federal Credit Union
Service Electric Cablevision

Stahl Sheaffer Engineering
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
The Wealth Factory
WellSpan Evangelical
Community Hospital

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 Oct. 17

December Digital Issue News & Ads due by Nov. 7

Winter Print Issue\* (released early 2025) Ads & Flyers due by Dec. 8

\*The Central PA Chamber also publishes *IYB Quarterly* four times a year. Copies are available at public member locations across the region.

## **Happy Chamber Month!**



#### **GOVERNOR JOSH SHAPIRO**

October 1, 2025

Greetings:

It is my pleasure to recognize October 2025 as Local Chamber of Commerce Month in Pennsylvania.

Since its inception, the Pennsylvania Chamber of Business and Industry has served and advocated for Pennsylvania businesses. Our local chambers of commerce play a critical role in supporting the needs of our vibrant business community and are essential to the Commonwealth's continued economic growth and success. Since my first day in office, I promised that my Administration would be open for business and get stuff done—and we have followed through on that promise by creating real opportunity, supporting Pennsylvania businesses, and bringing a new energy to economic development. I commend Pennsylvania's local chambers of commerce for representing thousands of businesses, and I am grateful for their invaluable role in ensuring our businesses, new and old, can continue to prosper here in Pennsylvania. I am certain their efforts to enhance our communities will continue to serve as an inspiration across the Commonwealth for many years to come.

As Governor, and on behalf of all Pennsylvanians, I am honored to support October 2025 as Local Chamber of Commerce Month. Please accept my best wishes for continued success.



GIVEN under my hand and the Seal of the Governor, at the City of Harrisburg, this first day of October two thousand twenty-five, the year of the Commonwealth the two hundred fiftieth.

Governor Josh Shapiro



## What Defines Success?



WATSONTOWN — It was a pleasure to hear from PA State Rep. Clint Owlett (R-68) during the Central PA Chamber of Commerce Legislative Event at the Watson Inn n Friday, September 26.

Rep. Owlett's district encompasses Tioga and Bradford Counties. He took a unique approach to deliver his remarks, entitled "Defining Success," to a crowd of attendees, mostly from outside his district. Those gathered were given a handout questionnaire to answer how they defined success for themselves, their business/organization, and for a legislator. Rep. Owlett then engaged with the audience based on their responses.

Rep. Owlett also discussed how his own team defines success and how it has changed as the power in the Pennsylvania Legislature has shifted during his tenure. One lucky student from Warrior Run School District was selected for answering an audience participation question and awarded the book, "The Five Dysfunctions of a Team."

Prior to Owlett's remarks, attendees heard from John Machak of The Wealth Factory, the event sponsor. Machak described how The Wealth Factory team can help you set goals, make a plan, and adapt to meet your personal or business financial endeavors.

We hope you will consider joining our next Legislative Event in November, featuring PA State Rep. Jim Struzzi (R-62).











Melissa Peifer President 570-271-7582 peiferm@service1.org

www.shrma.wildapricot.org

#### How long has your organization existed?

The Susquehanna Human Resource Management Association (SHRMA) has been a cornerstone of the HR community in the Susquehanna Valley for over two decades, serving human resource specialists, educators, and local businesses.

What makes your organization unique in your industry?

SHRMA is the leading voice of HR in the Susquehanna Valley in Central PA, dedicated to empowering both HR and business professionals. We provide innovative educational programs and dynamic networking events that deliver timely insights—from social media trends to legal and legislative updates—ensuring our community stays ahead in a rapidly evolving landscape.

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

We value our membership in the Central PA Chamber of Commerce for the exceptional networking opportunities and community partnerships it fosters. The Chamber's platform enables us to amplify our voice as the leading advocate for HR professionals and extend our reach throughout Central Pennsylvania.

Dennis Gilbert
President
570-329-3200
dennisg@imcpa.com

www.imcpa.com
One College Avenue Department 32
Williamsport, PA 17701



#### How long has your organization existed?

Our program began in 1988 as part of the statewide Industrial Resource Centers program. IMC receives support through the PA Department of Community & Economic Development's Manufacturing PA program as well as the NIST Manufacturing Extension Partnership program.

#### What makes your business unique in your industry?

The Innovative Manufacturers' Center (IMC) distinguishes itself through several key attributes: Public-Private Partnerships,

Comprehensive Support Services, Local Focus with Broad Impact, Expertise and Actionable Solutions, Commitment to Continuous Improvement. These distinctive characteristics position IMC as a pivotal resource for manufacturers in Central Pennsylvania, fostering innovation and growth within the region's manufacturing sector.

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

The Innovative Manufacturers' Center (IMC) is a member of the Central PA chamber as well as multiple chambers throughout our region

for several strategic reasons—Essentially, being part of your chamber strengthens IMC's ability to serve its mission, extend its impact, and connect with the manufacturing community across Central Pennsylvania.

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

IMC attends various chamber events throughout the year as well as sharing our events and news for inclusion in chamber publications, which reinforces the areas mentioned above.



f

in

Seth Foust President 570-538-5505

sfoust@susquehannafire.com

www.susquehannafire.com 2122 Main Street Dewart, PA 17730

#### How long has your business existed?

Susquehanna Fire Equipment Company (SFEC) was founded in 1951 by Max L. Foust, Sr. The business was started in his home, using his garage as a base for the fire extinguisher service business.

What makes your business unique in your industry? In January of 1984, SFEC was incorporated, and ownership transferred to his

children, Max L. Foust, Keith D. Foust and Linda (Foust) Confer. Max, Linda & Keith have since retired from the business and now the grandson, Seth is serving as President. In November of 2023, the fire department equipment side of the business was sold and we now continue business as Susquehanna Fire Protection Company and has 30 employees.

What is your mission statement?

Susquehanna Fire Protection Company is committed to our customers by providing the most innovative and advanced fire, safety and suppression equipment and services available today to protect lives and property. In addition, it is our responsibility to grow and sustain our company to achieve profitability that will support our commitments and sustain growth for our customers, employees and suppliers.

## What's Happening

Join us for our 2nd Annual 5K FUNdraiser



#### Watson Inn | 100 Main Street | Watsontown

Run, walk, or dress in food costumes and cheer on everyone else—it's a <u>FUN</u>draiser with something for everyone!

#### Saturday October 11th

Registration starts at 9am, Race at 10:30am

Snacks | Live DJ | Raffle Prizes

runsignup.com/Race/PA/Watsontown/EatShare 5K

Thank you to our sponsors









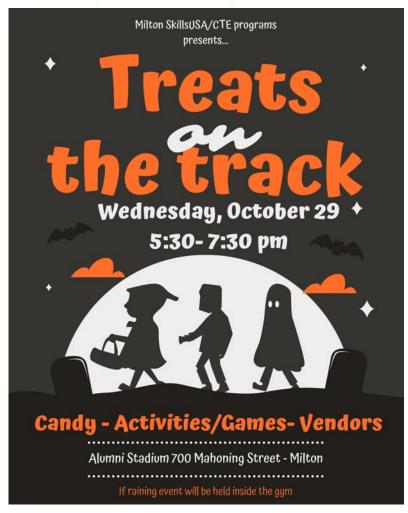
















Wendy Mc Cormick, Celtic Harp;

Jamie Chambers,

Aegina Leidecker,

Lauren Welshans, Flute;

\$

Melinda Sechrist, Piano

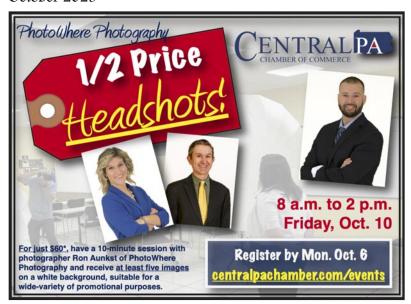
Tuesday, October 28, 2025 7:00 PM

Pine Street United Methodist Church

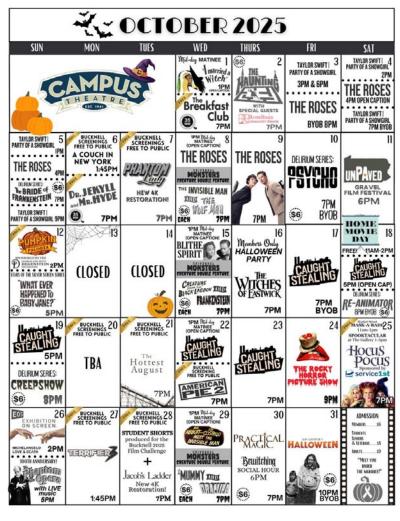
441 Pine Street Williamsport, PA

www.williamsportmusicclub.com











Date	Event	Location	Time	Cost
10/16/2025	Problem Solving with Root Cause Analysis	Altoona	9:00 am to 12:00 pm	\$189.00
10/22/2025	Strategic Succession Planning for Supervisors	Williamsport	9:00 am to 12:00 pm	\$189.00
10/29-30/2025	OSHA 10-Hour Training	Williamsport	8:00 am to 1:30 pm	\$269.00



## **New Members**

MN8 Energy LLC 1155 Avenue of the Americas 27th Floor New York, NY 10036 Phone: 916-718-1178

"Originally founded inside of Goldman Sachs, MN8 is now one of the largest and most sophisticated renewable energy companies in the US."

Stephanie Williams, Director Government & External Affairs 916-718-1178 stephanie.williams@mn8energy.com

Metropolitan HVAC LLC 913 Kranzel Drive Camp Hill, PA 17011 Phone: 717-874-2030

"At Metropolitan HVAC, we specialize in residential and commercial heating and cooling services. We offer same day repairs, installations and maintenance plans."

Steve McKeon, President 717-874-2030 info@metropolitanhvac.org

Liv J. Rowe Copywriting Lewisburg, PA 17837 Phone: 570-447-8899

"Liv J. Rowe Copywriting is a marketing company that helps nonprofits engage with their donors and raise money through digital and print copywriting."

Olivia Rowe, CEO 570-447-8899 olivia@livjrowe.com

Beautiful Addiction Salon 3 South Front Street Milton, PA 17847 Phone: 570-328-8444

"Hair, Skin, and Nail Salon!"

Tracy Brown, Owner 570-328-8444 beautifuladdiction0225@gmail.com

United Way of North Central Pennsylvania 1 West 3rd Street Ste 208 Williamsport, PA 17701 Phone: 570-772-5279

Fax: 570-323-1824

"For over a century, the Lycoming County United Way, now the United Way of North Central Pennsylvania, has been a driving force for positive change, uniting people and resources to build stronger, healthier communities. We tackle the region's most pressing challenges—advancing health, expanding youth opportunities, and strengthening financial security—so that every individual and family in Lycoming, Sullivan, and Tioga counties can thrive. True to our founding spirit, we step up whenever our communities need us. Through strategic partnerships, grant funding, advocacy, and hands-on volunteer engagement, we take a comprehensive approach to problem-solving—actively listening, responding, and driving real impact. Join us in making a difference."

Ron Frick, President/CEO 570-666-4382 rfrick@uwncpa.org

G&L Controller Services Selinsgrove, PA 17870 Phone: 570-898-5001

"G&L Controller Services provides fractional controller support for small to mid-sized businesses. We deliver financial reporting, process improvements, and insights that bridge the gap between bookkeeping and CFO-level strategy."

Tina Fry, Owner / Controller info@glcontrollerservices.com

Citizens' Electric Company 1775 Industrial Blvd Lewisburg, PA 17837 Phone: 570-524-2231

"Local Electric Distribution Company serving Lewisburg Borough, Buffalo Township, and East Buffalo Township."

Nathan Johnson, President & CEO 570-522-6141 johnsonn@citizenselectric.com

## New Members / Membership Renewals

**Bucknell Institute for Lifelong Learning** 115 Farley Circle, Suite 111 Lewisburg, PA 17837

Phone: 570-522-0105

"Our Mission: The mission of the Bucknell Institute for Lifelong Learning is to engage adult learners from a wide range of educational backgrounds in creative and intellectual activities that expand their horizons, invigorate their minds, stimulate curiosity and the joy of learning, and provide opportunities for social interaction. Members participate in *Institute courses and other educational opportunities that* reflect Bucknell University's commitment to liberal education. The Institute endeavors to involve all participants in active learning, where ideas, interests, and life experiences are shared."

Heather Wolf, Coordinator 570-522-0105 lifelonglearning@bucknell.edu

SurePoint Safety, LLC 50 Hartman Lane Dills, PA 17019 Phone: 631-902-2513

"SurePoint Safety, LLC provides professional safety consulting, staffing, and training services across Central Pennsylvania. We support construction, manufacturing, and data center industries with OSHA compliance, on-site safety professionals, and certified training programs such as First Aid/CPR. Our mission is to help business protect their people, reduce risk, and set the standard in workplace safety."

Andrea Glynn, Owner/Lead Operations 631-902-2513 aglynn@surepointsafety.com

KAM Strategies 466 W Center Street Elysburg, PA 17824 Phone: 570-274-3253

**Kurt Masser, President** 570-274-3253 kurt@kamstrategies.com

"Government affairs, lobbying and procurement firm."

Spiceez Shawarma & Grill 314 Market Street Lewisburg, PA 17837 Phone: 703-349-9407

"Mediterranean Restaurant specializing in Shawarma."

Nour Hadj Mabrouk, Manger / Owner 703-349-9407 NUUCH97@GMAIL.COM

#### RENEWALS

(As of September 29, 2025)

The Miss Cupcake & Let's Make Whoopie Griffith Development A+ Office Supply Groundworks

Lackawanna College - Sunbury Center

Fabtex Inc.

I. Ray Zimmerman, Inc. Electrical Contractors

Delaware Run Wesleyan Church

Lennea Brown

W & S Distributors

Camp Mount Luther

Kingdom Kidz

CVS Pharmacy - Milton

Pennsylvanians for Human Life - Susquehanna Valley Chapter

Advance Central PA

Getting Ahead Foundation

Beech Resources

ADERS, Inc. (Autism Diagnostic Evaluations Resources &

Services)

Skyworks

Freedom Towing

Hoopla's Xtreme

Lewisburg Area High School

Rusty Rail Brewing Company, LLC

Luzerne County Community College

Tony's Custom Tailor Shop

Watsontown Centennial Lioness Lions Club (WCLLC)

A New Design Landscape & Stone, Inc.

Williamsport Music Club

MC Federal Credit Union - Lewisburg

MC Federal Credit Union - Danville

Riverside Technologies Inc. (RTI)

Susquehanna Valley Mediation

Susquehanna Valley CASA Voices for Children

Padgett Business Services

## **Time with Tea Jay**

#### The Next Three Years

Each month has its own wildly large variety of observances. October has one very special observance in the Chamber world. Many of you know what it is I am certain as the BIG day to celebrate this observance has been sold out for some time now.



October is the Central PA Chamber Annual Meeting and Awards Ceremony. Three unsuspecting attendees will be acknowledged as the 2025 Central PA Chamber Impact Award recipients. This event has become such a highly anticipated annual event. We are super excited to once again surprise the over 225 guests with colors, theme, centerpiece, gifts, speaker, song and prayer in addition to the Awards of course.

None of this would be possible without the record number of sponsors at all levels and vendor partners.

It is bittersweet that this will be the last Annual Meeting and Awards Ceremony at what has become the home of this grand event. The relationship and level of care and trust shared with the venue and caterer is incredible and while we say farewell to this special place, I am certain that the team will find a new venue to carry on this spectacular event in October 2026. Stay tuned and if you have any suggestions consider emailing me directly.

Just a few more things to share about October. The 2025 President's Club is set to have their annual luncheon at The Forest House Hotel with a recordbreaking number of attendees. Are you interested in becoming a President's Club member? If so give me a call.

The Central PA Chamber is hosting a seminar to help you learn how to take your first steps with confidence into the world of artificial intelligence (AI). Registration is open until October 14, 2025; but don't wait that long as we are nearly at capacity already. I know I am excited to see what our partners at Intrada Technologies are going to teach us.

Also, in October the Board of Directors will be reviewing the nominations received by the Nominating Committee to prepare the election ballot for the 2026 open Director seats. There was a record number of nominations received. Let's make it a record for number of ballots completed and submitted.

The November edition of It's Your Business will list the slate of candidates. One (1) ballot will be emailed to each member in good standing business' primary contact on November 14, 2025. Ballots will be accepted until close of business November 21, 2025.

With thinking of 2026 I also want to make sure you are aware that if you have any interest in hosting, sponsoring, advertising, partnering, etc. be sure to reach out and let the team know as soon as possible.

We are blessed to say that typically all those opportunities are claimed before we leave for holiday break in December.

In closing I wanted to extend a very heartfelt thank you to you for allowing me to be the President & CEO of the Central PA Chamber since October 8, 2017. It has been a privilege and honor to work alongside, for and represent each one of you.

God Bless!

Lea Jay

Tea Jay Aikey President & CEO tjaikey@centralpachamber.com

## WHY US?





## **Members Recognized**

Berks Technical Institute Launches Heating, Ventilation, Air Conditioning, & Basic Refrigeration and Electrical Programs



LEWISBURG - Ancora Education, a **Berks Technical Institute** leading workforce training and solutions provider, has announced its Berks Technical Institute (BTI) campus in Lewisburg, Pennsylvania is adding to its offerings with the launch of skilled trades programs in a Heating, Ventilation, Air Conditioning, & Basic Refrigeration (HVAC/BR) and Electrical on October 13, 2025.

BTI's HVAC/BR program prepares students for an entry-level position as an HVAC professional through classroom instruction and hands-on training by teaching them to service a variety of real world equipment. Program curriculum is recognized by the National Center for Construction Education and Research (NCCER). Students have the opportunity to earn up to five credentials issued by the NCCER throughout their program, and will also be prepared to sit for the EPA Section 608 Technician certification by the end of the program.

The HVAC/BR curriculum covers:

- Air Conditioning Systems
- Electrical Systems for HVAC
- Heating Systems & Heat Pumps
- Refrigeration Systems
- Customer Service & Business Communications
- Safety & OSHA Regulations

The HVAC/BR graduate earns a diploma and can expect to find entry-level employment as a service technician capable of troubleshooting, servicing and repairing residential and commercial air conditioning, heating and refrigeration systems.\*

"The launch of our HVAC/BR and Electrical programs marks an exciting entry into the skilled trades for BTI Lewisburg," stated Jessica Rohrbach, President. "We're proud to support our community by training more skilled workers and creating accessible pathways for local students eager to start training for a trades career."

BTI's ten month Electrical program prepares students for an entry-level position in the residential and commercial electrical field. The program, a hybrid between classroom-style education and hands-on learning, is designed to prepare students to be a service technician capable of troubleshooting, servicing and repairing residential and commercial electrical systems, meeting the NCCER standards.\*

The Electrical curriculum covers:

- Introduction to Electrical
- Motors and Current
- Junction Boxes and Circuit Breakers
- Load Calculations
- Transformers and Distribution
- Advanced Controls

This new expansion of BTI's vocational skills training reflects parent company, Ancora Education's, commitment to furthering educational opportunities for local students and contributing to the skilled workforce in Pennsylvania.

For more information about either program, visit: HVAC/BR or Electrical. To schedule a tour at the BTI Lewisburg campus, or to speak with Jessica Rohrbach, please contact Julie Ratcliff at 972-365-8147 or julie.ratcliff@hck2.com.

#### MC Federal Credit Union Raises \$32,000 for Getting Ahead Foundation

DANVILLE - The spirit of community was on full display as MC Federal Credit Union celebrated another successful year of fundraising through its annual Charity Golf Tournament.



The 5th Annual tournament was held on Friday, June 27, 2025, at Knoebels Three Ponds Golf Course, bringing together local businesses, community members, and supporters for a day of fun on the green — all for a great cause. This year's event proudly supported the Getting Ahead Foundation, an organization dedicated to helping individuals break the cycle of poverty and build stable, thriving futures.

Through the collective efforts of sponsors, golfers, volunteers, and MC Federal team members — along with proceeds from the 3rd Annual Charity Basket Raffle held on August 23 — a total of \$32,000 was raised to benefit the Getting Ahead Foundation. This achievement was made possible not only through the tournament itself, but also through a series of creative fundraising initiatives held throughout the year. From community events to in-branch activities, every effort reflected our shared commitment to making a meaningful difference for local families.

"Our mission is to be the catalyst that positively impacts the financial health and well-being of our members and the communities we serve," said Elba Arenas, President & CEO of MC Federal Credit Union. "It's inspiring to see how our community came together to support such an important cause. Every fundraiser, every sponsorship, and every swing on the course brought us closer to this moment — creating real opportunities for our neighbors to build brighter financial futures. We are so proud of what we were able to achieve together this year."

MC Federal extends its sincere thanks to everyone who contributed to this year's success — from local businesses who sponsored the tournament, to every golfer, raffle ticket holder, lottery calendar purchaser, and bus trip attendee who joined the effort. Your generosity makes a lasting difference for individuals and families across our communities.

Plans are already underway for next year's tournament, and MC Federal looks forward to continuing this tradition of collaboration, camaraderie, and community impact.

For more information about the MC Federal Charity Golf Tournament or to get involved in future fundraising efforts, visit www.mcfcu.org/golf or contact the Golf Committee at 800.834.0082 or golf@mcfcu.org.

## Members Recognized

WoodmenLife and Milton Rotary Dedicate Peace Pole at Rotary Park in Milton

MILTON - WoodmenLife, in partnership with Milton Rotary, proudly dedicated the new Rotary Peace Pole on Monday, September 22, at 12:00 p.m. at Rotary Park



The new Peace Pole stands as a symbol of global unity, bearing the message "May Peace Prevail on Earth" in multiple languages. It serves as a heartfelt reminder of the shared commitment to peace, community, and goodwill.

#### WoodmenLife Raises New American Flag at Moose in Milton

MILTON - WoodmenLife, in partnership with the Milton Moose, The Improved Milton Experience, and the Milton Legion, proudly took part in a special flag raising ceremony on Wednesday, October 1, at 5:00 p.m. at the Milton Moose.

The new flag, which measures 20ft x 30ft, replaces the flag that was recently removed due to its' worn condition. The flag was purchased by WoodmenLife Chapter 717 and is being donated as part of WoodmenLife's commitment to country and community.

Know someone recently hired, retired, honored or awarded?

E-mail: rworkman@centralpachamber.com

#### Milton Public Library Receives Donation

MILTON - The First Commonwealth Bank of Milton generously donated \$500 to the Milton Public Library to support the maintenance and preservation of its historic building.





Rock Spring Water System Sees More Than 25% Reduction in Daily Usage Under Pennsylvania American Water Oversight



#### FERGUSON TOWNSHIP -

Pennsylvania American Water today announced a more than 25% reduction in daily system water delivery—saving up to 40,000 gallons per day—through upgrades and repairs made as part of its ongoing receivership of the Rock Spring Water Company (Rock Spring).

"This significant decrease not only conserves a vital resource, it also reduces the energy required to treat and deliver water," said Joseph Woodward, senior operations manager at Pennsylvania American Water. "By fixing leaks, we're reducing operational costs, improving water safety and reliability and lowering the environmental footprint, all of which directly benefit Rock Spring customers."

These efforts are part of a broader infrastructure stabilization strategy, including real-time remote monitoring and chemical feed system upgrades. The receivership was initiated in response to longstanding issues at Rock Spring, including regulatory violations, aging infrastructure, low pressure, power outages and extended boil-water advisories.

Since assuming receivership in March of 2025, the company has implemented critical improvements to enhance water quality, reliability and regulatory compliance. A strategic leak detection initiative identified and repaired multiple system deficiencies, including two water main breaks, four company service line leaks and seven customer-side leaks.

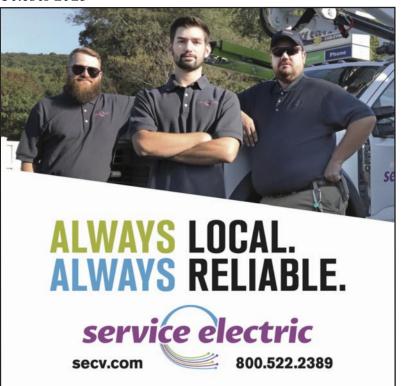




11 a.m. to 3 p.m. Friday, December 12 @ Central PA Chamber of Commerce, 30 Lawton Lane, Milton

To make an appointment, call 1-800-Red-Cross or visit redcrossblood.org. Use code "PAchamber".

Please schedule an appointment at our American Red Cross
Blood Drive on Friday, August 29.
Together, we'll save as many as 40 lives!
There are blood drives scheduled at our location throughout the year, and you are welcome to join us for any or all of them as you're able to give.





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· Financial Statements & Analysis

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#### **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



2026

## DEVELOPMENT FORUM

Wednesday, March 11th, 2026 **Nittany Lion Inn** State College, PA

#### **SAVE THE DATE!**

A must attend forward thinking industrial innovation and economic growth event!

FocusCentralPA.org



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



## What's Happening ctd.

#### BREAKFAST BRIEFING

7:30 to 9 a.m. Friday, Oct. 17 @ the Central PA Chamber of Commerce 30 Lawton Lane, Milton.

Members - FREE; Non-members - \$7
Register by Oct. 10 @ centralpachamber.com/events

Sponsored by:





## **FREE COFFEE FRIDAY**

OCTOBER 3<sup>RO</sup>, 2025 7AM - 9AM



Roupp Funeral Home



## **Ribbon Cutting**

#### **Spiceez**

Congratulations to our newest member, Spiceez, the brandnew restaurant in downtown Lewisburg! The Central PA Chamber of Commerce gathered with friends, family, workers, and restaurant-goers to cut the ribbon, and cake, on Friday, September 19 before their grand opening.

Learn more about this Mediterranean Restaurant specializing in Shawarma and place an order: www.spiceez.info



# Do you like discounts on products and services?

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

## Guest Column

#### Eczema Awareness: What to Know

More than 31 million Americans live with eczema. It is most common in children, impacting 10-30% of kids in the United States.



Each October, Eczema Awareness Month

helps bring attention to what it's like to live with the condition, which causes red, dry, and itchy skin. The skin barrier in people with eczema doesn't hold moisture as well, which makes it easier for irritants, allergens, and bacteria to cause problems. Flare-ups can range from mild itching to severe patches of rash that interfere with sleep, work, or school.

Eczema is often called atopic dermatitis can be caused by a number of factors. While it can affect people of any age, sex, and ethnicity, it is more common in those with a family history of eczema, dermatitis or even asthma, hay fever, or allergies.

In addition, environmental factors come into play that can irritate skin. Some examples include exposure to smoke, air pollutants, harsh soaps, fabrics such as wool, and some skin care products. Low humidity and dry air can cause your skin to become dry and itchy. Heat and high humidity can cause sweating and that can make your itchiness even worse.

Believe it or not, mental health affects skin health at times, which can cause a flare-up of eczema symptoms. High levels of stress, anxiety, or depression may cause more frequent flare-ups of symptoms. Because it's so visible, eczema can also affect confidence and mental well-being. That's why awareness and support are important.

While there's no cure, there are many practical steps that can help calm the skin and reduce irritation. Here are some tips for keeping eczema under control:

- 1. Moisturize, Moisturize, Moisturize. Think of moisturizer as medicine for eczema. Apply a thick cream or ointment at least twice per day, and always after showering or bathing. Unscented products such as La Roche Posay and CeraVe are best, since fragrances can irritate sensitive skin. I also recommend sealing the moisturizer in with plain Vaseline.
- 2. Keep Showers Short and Warm. Hot showers may feel soothing in the moment but can dry out skin quickly. Stick to lukewarm water, limit baths or showers to a maximum of 10 minutes, and use a gentle, fragrance-free cleanser. I suggest using Dove unscented soap or something of the equivalent. Afterward, gently pat your skin dry—don't rub or scrub. If you are on medication, apply that first, then moisturizer.
- 3. Choose Soothing Fabrics. Clothing can make a difference. Soft, breathable fabrics like cotton are best. Avoid wool and scratchy synthetics, which can trigger itching. Also, wash new clothes before wearing them and use fragrance-free laundry detergents, such as All Free and Clear. Don't forget to avoid scent booster beads and dryer sheets.
- **4. Watch for Triggers.** Flare-ups often happen when the skin reacts to something in the environment. Paying attention to when

flare-ups happen can help you identify patterns. Once you know your triggers, it's easier to avoid them.

- **5. Stay Cool and Comfortable.** Overheating can make itching worse. Dress in layers, use a fan or humidifier as needed, and keep your bedroom cool at night to help prevent scratching while you sleep.
- **6. Manage Stress.** Relaxation techniques like yoga, deep breathing, or even short daily walks can help lower stress levels and improve skin health.
- 7. Take Care of Your Hands. Hands are one of the most common spots for flare-ups, especially with frequent washing. Again, make sure the water isn't too hot and use a gentle cleanser followed by the application of hand cream. For projects where hands will be in hot water for a longer period of time, consider wearing cotton gloves under rubber gloves when cleaning or doing dishes.
- **8. Don't Scratch.** Scratching can break the skin, leading to infection. Instead of scratching, press a cool compress on itchy spots, or apply an anti-itch cream recommended by your doctor. Keeping nails short can also help reduce damage if scratching happens in your sleep.
- 9. Follow Your Doctor's Advice. For mild eczema, home care may be enough. But if flare-ups are frequent or severe, your dermatologist can recommend treatments such as prescription creams, including newer nonsteroid topical medications or newer options like biologic therapies that are FDA-approved injectable medicines. Following your dermatologist-recommended treatment plan consistently is key.

By incorporating these tips into your daily routine, you can take proactive steps to reduce both the frequency and severity of flare-ups.

#### Conclusion

While eczema may not have a cure, it can be effectively managed with healthy habits and the right treatment plan. The encouraging news is that ongoing innovations and new treatment options continue to offer real relief, making it possible to live more comfortably and with greater confidence.

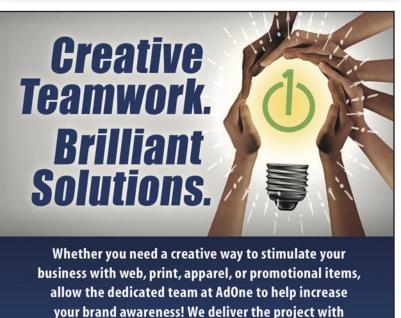
Dr. Adel Haque is a board-certified dermatologist and board-certified Mohs surgeon with Dermatology Partners, a leading privately-owned patient-centered dermatology practice.

Appointments with Dr. Haque at the Lewisburg location can be scheduled by visiting <a href="https://www.dermpartners.com">www.dermpartners.com</a> or calling: 570-523-1109.



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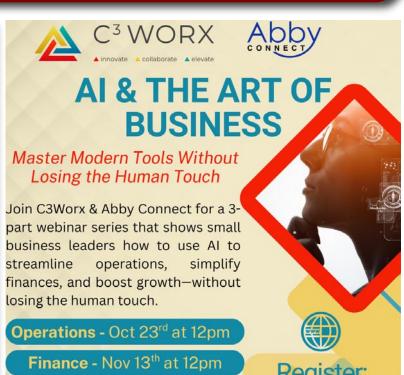


#### AI Made Simple

Learn to take your first steps with confidence into the world of artificial intelligence.

2:00 p.m. to 3:00 p.m. Wed., Oct. 15 In-Person @ the Central PA Chamber Cost: \$20 - Register by Oct. 14 www.centralpachamber.com/events





### Good People Installing Trust On Time

Biz Dev - Dec 11th at 12pm

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## essica's Jottings

#### Our Favorite Time of the Year

Each month has its own wildly large variety of observances. October has one very special observance in the Chamber world. Many of you know what it is I am certain as the BIG day to celebrate this observance has been sold out for some time now.



October is the Central PA Chamber Annual Meeting and Awards Ceremony. Three unsuspecting attendees will be acknowledged as the 2025 Central PA Chamber Impact Award recipients. This event has become such a highly anticipated annual event. We are super excited to once again surprise the over 225 guests with colors, theme, centerpiece, gifts, speaker, song and prayer in addition to the Awards of course. None of this would be possible without the record number of sponsors at all levels and vendor partners.

It is bittersweet that this will be the last Annual Meeting and Awards Ceremony at what has become the home of this grand event. The relationship and level of care and trust shared with the venue and caterer is incredible and while we say farewell to this special place, I am certain that the team will find a new venue to carry on this spectacular event in October 2026. Stay tuned and if you have any suggestions consider emailing me directly.

Just a few more things to share about October. The 2025 President's Club is set to have their annual luncheon at The Forest House Hotel with a record-breaking number of attendees. Are you interested in becoming a President's Club member? If so give me a call.

The Central PA Chamber is hosting a seminar to help you learn how to take your first steps with confidence into the world of artificial intelligence (AI). Registration is open until October 14, 2025; but don't wait that long as we are nearly at capacity already. I know I am excited to see what our partners at Intrada Technologies are going to teach us.

Also, in October the Board of Directors will be reviewing the nominations received by the Nominating Committee to prepare the election ballot for the 2026 open Director seats. There was a record number of nominations received. Let's make it a record for number of ballots completed and submitted.

The November edition of It's Your Business will list the slate of candidates. One (1) ballot will be emailed to each member in good standing business' primary contact on November 14, 2025. Ballots will be accepted until close of business November 21, 2025.

With thinking of 2026 I also want to make sure you are aware that if you have any interest in hosting, sponsoring, advertising, partnering, etc. be sure to reach out and let the team know as soon as possible. We are blessed to say that typically all those opportunities are claimed before we leave for holiday break in December.

In closing I wanted to extend a very heartfelt thank you to you for allowing me to be the President & CEO of the Central PA Chamber since October 8, 2017. It has been a privilege and honor to work alongside, for and represent each one of you. God Bless!

Jessica Beaver Finance & Membership Director jbeaver@centralpachamber.com

# CENTRAL PA Did You Know?



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Inside Jobs offers members a chance to tour facilities of fellow businesses/organizations. Learn more and register by Oct 15 @ www.centralpachamber.com/inside-jobs-tours

## **Chamber Tours Centered Earth**





MUNCY — Central PA Chamber of Commerce members travelled from across the region to attend a unique, Inside Jobs Tour of Centered Earth, a hands-on art and fine craft studio in Muncy, PA. After touring and learning about the studio, perusing items available for sale, and a pottery wheel demonstration, attendees participated in a group clay project.

Be sure to stop by the Chamber HQ to have a look at the finished project in the next weeks!

Join the upcoming Inside Jobs Tour at McAlister's Deli in Shamokin Dam: www.centralpachamber.com/events



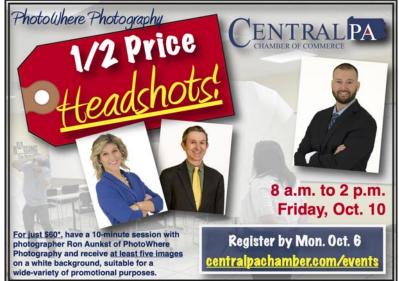


## Chamber Socials By the Numbers...

\*As of publication tim



## Join us at these upcoming events!











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