White Deer Golf Course evolving

Families United Network meeting needs

Welcome New Members.

WILLIAMSPORT HOME PROVIDES BROAD SERVICES

A COOPERATIVE EFFORT OF THE WILLIAMSPORT/LYCOMING CHAMBER OF COMMERCE AND THE WILLIAMSPORT SUN-GAZETTE
The Chamber View

Vincent J. Matteo, President/CEO

Well, Memorial Day is past, schools are either closed or about to close soon so summer is closing in fast. I am looking forward to it for sure.

I was reading through the Sun-Gazette on Wednesday, May 24th and several “unrelated but related” stories jumped out at me. Here were the headlines: “East Lycoming adopts budget with 3.37 percent tax hike”; “Trump budget keeps pledges: Cut for poor and more for military”; the Editorial that day “South Side school tax increase carries state echoes with it” and “City to wait for gas impact fees to pay for Grafius Run Study.”

Now, forget the political slant of the “Trump budget” headline and look to what the articles all talk about – programs and taxes. Two about raising taxes, one about cutting programs and potentially lowering taxes, and one about a local government needing to rely on an impact fee from an industry that is accused of “not paying its fair share” and has been the target of calls for higher taxes on it. We are at a crossroads in America when it comes to paying for government regardless of the level of that government. Whether it is determining how much to spend on our armed forces and our defense, or something as simple as picking up leaves and yard waste, tough decisions have to be made – there is not enough money for everything we want.

Notice I ended the previous paragraph with the words “what we want”, not “what we need”. I think it is time we all understood that. We cannot continue to ask a shrinking portion of our citizens to pay an increased share of the expenses of all government programs. It is simply unsustainable and the sooner we get our spending under control, the better. There are many theories as to why we appear to be stuck in a never ending spiral of more demands on elected officials and in return, more demands on citizens to be taxed higher and higher.

But, what if some of the problem is the very form of government we live under? What if the problem is that we have become so “over-governed” that we must literally change the way we govern? Is our government(s) broken?

I was reading an intriguing article in the Spring 2017 edition of Chamber Executive, a magazine published by ACCE (American Chamber of Commerce Executives), entitled “The Ninth Influence: Limitations of Government.” The article, written by Mick Fleming, President of ACCE, discusses why the current system limits “our capacity to prosper.”

Here are a few of them.

1. When state and federal governments routinely miss constitutional budget deadlines, leading to “emergency” funding band-aids, it erodes investor confidence.

2. Maybe you can remember back in 2010, when President Obama acknowledged that his would be a torrent of infrastructure investment had shrunk to a trickle because “there is no such thing as a shovel ready project.”

3. When permitting for all kinds of local projects becomes politicized or stymied by the hamster wheels of bureaucracy, the resulting delays impede recovery of struggling neighborhoods.

4. If eight loud voices at a school board meeting can halt meaningful reform, or needed investment in students, then educational outcomes suffer.

5. Parliamentary rules of order in legislative committees and general sessions make it difficult to pass emergency bills, much less planned improvements to future economic conditions.

6. Between addiction to direct democracy (ballot initiatives, constitutional amendments, etc.) and rule-making by agency heads, passage of meaningful business legislation has become a rarity in some counties and states.

7. If a local jurisdiction employs excessive fines on individuals or businesses, not for the sake of justice but to bolster its budgets, can we hope that anyone will feel welcome?

I won’t go into all of Mr. Fleming’s recommendations to how Chambers of Commerce and Economic Development groups should react, but let me point out some of the highlights because some, if not all, of the recommendations for Chambers are germane to communities as a whole. Here are highlights from four areas he points to as ways Chambers can react:

- He says Chambers need to employ direct advocacy for members “as they attempt to deal with incomprehensible government systems.” In other words, when there are regulations that make no sense and they are impeding the growth of business or a business, we need to intervene.

- He also says we must look for “windows of opportunity” to change government for the better. Occasionally a crack in “business-as-usual” appears and we must be ready to act. Many things can occur that may be negative in the short term but provides an opportunity to change systems for the long haul. For example, a company may be leaving your area and government acts to provide incentives to have them remain. While meant to be a “one and done” situation, the action taken by the government officials something that can become a precedent and thus, a long term, pro jobs policy for all businesses? He also points out that “City budget crunch, change of party control in a legislature, philanthropic windfall, election of a local celebrity to higher office – any of these could create an opportunity to permanently eliminate a hindrance or install a reform to help your region thrive going forward.”

Persistence is something else we must strive for. Change does not normally come overnight. As he says, “there is no magic bullet.” System change in education or government takes decades and not months.

Finally, he says “Let the community-at-large know the chaotic or overly rigid governments are neither continued on page 3
Healthcare update from UPMC Susquehanna

UPMC Susquehanna President Steve Johnson, recently spoke to Chamber members about their recent merger with UPMC and how this merger will expand healthcare services, maintain patient-focused missions, invest in better technology and introduce more choices for health insurance for our region.

Johnson discussed the Health System’s concern about cost and success for local healthcare and some of the factors which influence healthcare which include becoming more transparent and having more information to make better decisions. One way is to update the website to make it more friendly and searchable for price checks and to better understand what costs will be for healthcare, quality of care, locations of services and more.

Johnson also spoke of another area of focus which will directly impact the business community with the introduction of UPMC Health Plan. It will have more affordable group plan options for all sizes of businesses, and be a more competitive option for employees.

Steve Johnson, President UPMC Susquehanna

And in the end, the UPMC/Susquehanna Health merger will bring added discounts to patients.

The Chamber View

continued from page 2

universal, nor inevitable. Every city and region imagines itself to be hobbled by uniquely unfavorable circumstances. Shedding light on other tough markets where progress has occurred can reduce local resistance and inertia.”

Here, locally, we can all point to situations similar to ones Mr. Fleming points out. The elected official who governs through intimidation and fear, times when a small group of loud people attempt to sway government action in one direction or another through threats and unsubstantiated claims, or just shear government incompetence at the elected or bureaucratic level. For the most part, I think we are fairly lucky in this region. We have many elected officials who work hard and are earnest in their efforts. The same can be said for government employees here as well. I know many who give maximum effort and are sincere. However, there is opportunity to improve and we all must do our part to make certain government works effectively, efficiently and fairly. The Chamber will do its part – will you? And that’s the Chamber View.
Welcome New Chamber Members!

Carload Express
J. Alex Lang
519 Cedar Way
Bldg. 1, Suite 100
Oakmont, PA 15139
412-426-4600
http://carloadexpress.com
Transportation/Railroads

Houseknecht’s Machine & Tool Company
Paul Kramer
1064 Old Cement Road
Muncy, PA 17756
570-584-3010
http://houseknechts.com
Machine Shop

Knisely Shredding
Douglas Knisely
68 Pocahontas Trail West
Lock Haven, PA 17745
800-810-0474
www.kniselyshredding.com
Document Destruction

Nelson Installations LLC
Scott Nelson
6142 Route 287 Hwy
Jersey Shore, PA 17740
570-560-7931
Contractors-Commercial/Residential

Red Wing Shoes
Jacob Shirley
7582 South Route 220 Hwy
Linden, PA 17744
570-865-6222
www.redwingshoes.com
Specialty Shops

Trinity Farm Dog Boarding
Sam Shea
748 Quaker Church Road
Pennsdale, PA 17756
570-546-9376
www.trinityfarmpa.com
Animal Services

Weaver Wireless Consultants, LLC
Wendy Weaver
30 Kinley Road
Williamsport, PA 17701
570-220-0154
www.weaverwirelessconsultantsllc.com
Business Services/Consulting

Interested in hosting a PM Exchange for 2018?
Watch for the application in the monthly mailing or call Sharon Jones for an application at 570-326-1971.

Chamber Members, Join Us…

The Liberty Group at Faxon Corners
PM Exchange
Thursday, June 8, 2017
5:00-7:00pm
18 Liberty Lane, Williamsport

Come enjoy an evening of good food, drinks and entertainment at an outdoor block party at Faxon Corners hosted by The Liberty Group. We will celebrate the opening of The Car Wash at Faxon and the continued success of the award-winning Hampton Inn & Suites Williamsport-Faxon Exit along with our fellow Chamber partners and neighbors, Buffalo Wild Wings and AT&T.

The Williamsport Home PM Exchange
Tuesday, June 20, 2017
5:00-7:00pm
1900 Ravine Road, Williamsport

The Williamsport Home is proud to be the June 20th PM Exchange host to invite Chamber members to tour our renovated Edgewood and Deerfield Apartments, Skilled Nursing renovations, new Pavilion and recreation area including our new Bocce and Scuffle Board Court and Life Trail exercise stations. Enjoy food, beverages and fellowship with fellow members under the shade of our Pavilion or under our Big Top tent. Indoor reception will be held in case of inclement weather.

Horsepower Harley-Davidson
PM Exchange
Thursday, June 29, 2017
5:00-7:00pm
1910 East Third Street, Williamsport

Join us as we celebrate our 15th Anniversary Harley-Davidson style! Meet our staff and enjoy good food, drinks, friends, and fun in our large showroom surrounded by Harley-Davidson motorcycles. But don’t stop there! Check out the area’s largest inventory of Harley-Davidson clothing, parts, and accessories. Take a tour of our state-of-the-art service department with the latest in H-D equipment including our infamous Dyno machine for high performance diagnostics.

Call the Chamber of Commerce today at (570) 326-1971 or visit www.williamsport.org to make your reservations.

For a complete list of upcoming Chamber events, visit www.williamsport.org.
Congratulations to Janney Montgomery Scott for hosting a PM Exchange. Attendees had the opportunity to talk to staff and tour their offices. Presenting a Certificate of Appreciation to Michael Bennett is Michelle Lawson, Membership Development & Retention Committee and staff (l to r): Marissa Spitler, Christine Marrazzo, Bethany Bair, and Brian Halterman. Thank you for a wonderful evening!

The Meadows Hosts PM Exchange

It was a great spring evening as The Meadows hosted a PM Exchange and invited attendees to tour the facility and talk to staff. Attendees could play giant Jenga or the Plinko board to win prizes or just sit on the patio and network and listen to music. Presenting a Certificate of Appreciation to Jeri Sims, Chairman of the Board and Gail Hummel, is Cindi Perry, Membership Development & Retention Committee. Thank you for a wonderful evening!

Williamsport Crosscutters Hosts PM Exchange

Congratulations to the Williamsport Crosscutters for showcasing the new Loggers Landing at their recent PM Exchange. Despite a rainy day, which had conveniently stopped in time for the outdoor event, attendees had the chance to take in the soon-to-be-completed field. Presenting a Certificate of Appreciation is Kim Makowski, Membership Development & Retention Committee to (l to r): Bill Gehron, Gabe Sinicropi, Nate Schneider, Sarah Budd and Doug Estes. Thank you for a wonderful evening!

Herman & Luther’s Hosts PM Exchange

Congratulations to Herman & Luther’s for another great PM Exchange! Great networking, awesome food and even the weather held out! Presenting a Certificate of Appreciation to George Logue, III and his staff is Will Daniels, Membership Development & Retention Committee. Thank you for a wonderful evening!
MONTGOMERY — The White Deer Golf Complex, 352 Allenwood Camp Lane, offers 45 holes of golf and much more to the area since starting in 1965.

“We have two championship 18 hole courses,” said Steve Parlante, assistant general manager. “They’re regulated golf courses that you can hold events on.”

Memberships and daily fees are available, so memberships are not required to play.

“We’re the only public golf course in Lycoming County,” he said.

He said the nine hole course is more of a beginner’s course, offering different levels of golf for those from expert to beginner. They even offer a footgolf option.

“We have a driving range, putting green and practice area in addition to the part three course,” said Ryan Peterson, general manager. “It’s great for family, beginner golfers and children. It’s an awesome place to have them learn the game... We have something for everybody at this facility.”

The Challenge Course and the Vintage Course, the two championship courses, offer more difficult levels for more experienced golfers. Both courses were named around the same time in 1992 by the golfing public, according to Parlante.

“We’re doing a bunch of renovations on the Challenge Course. We’re opening up a bunch of trees, building some new tee boxes and some new bunkers. We’re going to have a grand reopening,” Peterson said. “The name of it is going to be the Heritage ... so, the Challenge is actually going to be renamed to the Heritage.”

He said that the exact date for the grand reopening is not set yet, but it is anticipated for the end of this summer.

“The restaurant here is a bar and grill. It’s got good food, full menu. It’s open to the public breakfast through dinner,” Peterson said. “It’s got a great view overlooking the mountains.”

Peterson said that people come for the food and stay for the view, making it an ideal place for a getaway spot.

“It’s a beautiful setting,” he said. “It’s a really great facility.”

They also have the capacity to host over 100 people for events like weddings, functions, parties or non-golfing events.

“People may feel a little skeptical because they think they may not be a golfer so they may not belong, but that’s not the case at all.” Peterson said.

“They have about 450 acres, making it a great place to play golf or just take a walk to enjoy the scenery. They see 60,000 individual rounds of golf played a year.

“For course conditions, we try to make it so it’s enjoyable for any skilled golfer,” Parlante said. “We don’t make the conditions tough so only the better golfers can play ... it’s tailored so that people can come out and enjoy a faster round of golf.”

“Our motto is to have everybody have a fun and enjoyable experience, and that’s really what we try to do for everybody,” Peterson said. “Whether it’s customer service, the food in the restaurant, the playing conditions on the course, we want them to smile, have fun, come back and bring their friends. That’s what we try to do.”
Congratulations to Makdad Supply on their Grand Opening on Commerce Park Drive in Williamsport. Cutting the ribbon is (l to r): Bill Edevane, Sales Manager; Shelly Smith, Buyer; Jake Makdad; John Garncarz, Regional Manager; Jack Makdad, President/CEO; Adrian Hales, Branch Manager; Ben Makdad; Vince Matteo, President/CEO, WLCC.

Mark Winkelman of the Pajama Factory receives a $50,000 loan from the Revolving Loan Program. The program, which provides financing for eligible Lycoming County businesses, was created by the Williamsport/Lycoming Chamber of Commerce, its affiliate Industrial Properties Corporation and the City of Williamsport. Presenting the check to Mark Winkelman is (l to r) John Grado, City of Williamsport, Mayor Gabe Campana and Vince Matteo, Williamsport/Lycoming Chamber of Commerce.

For more information please contact:
Nancy J. Eischeid, CPA, Vice President & Chief Financial Officer
Williamsport/Lycoming Chamber of Commerce
Phone: (570) 320-4206 Email: neischeid@williamsport.org
The Williamsport Home, tucked away upon a hill at 1900 Ravine Road, has quietly undergone a slow transformation process in recent years.

“We have been working to improve the lives of residents,” executive director Don Pote said.

Through what Pote described as a “generous bequest,” major renovations have taken place at the different buildings housing residents.

Williamsport Home includes Edgewood and Deerfield, both independent living facilities, and Valley View, the skilled nursing and personal care area.

“We renovated rooms in skilled nursing,” Pote said. “We will redo our nurse station at Valley View this year.”

Doors, furniture and cabinets were upgraded and the interior painted in the skilled nursing area.

“Last year, we put in an outpatient therapy room in Valley View,” Pote said. “We also added a beauty shop.”

Ravine Ridge, opened in 2014, is a rehabilitation unit at Valley View. Meanwhile, renovations at Edgewood and Deerfield are mostly finished.

The goal, he said, is to “improve the aesthetics and quality of living for residents,” he said.
Visitors coming upon the campus will likely be struck by some of the changes on the grounds. A pavilion, shuffleboard and bocci courts have been added in the center courtyard. The pavilion provides a place for family members of residents to congregate and socialize.

“It can be used for private parties,” Pote said. “It has a large screen TV.”

Pote noted other features outside include the addition of a flower garden.

Outdoor recreation stations have been added as well as part of the Williamsport Home’s wellness program.

“We have stores in each apartment building.” Pote said. “We let people be as independent as possible.”

Personal care residents are provided with round-the-clock supervision.

Pote referred to the Williamsport Home, with its location within the city, “a community within a community.”

River Valley Transit buses make multiple trips to and from the facilities daily.

Williamsport Home is growing to help meet the area’s aging population.

“People are living longer,” Pote said. “Our position is to be able to continue to provide services for the changing community needs.”

Williamsport Home is a certified Medicare and Medicaid provider.

Overall, some 340 people live on the campus. A staff of more than 200 employees do an excellent job of caring for the residents and meeting their needs, Pope said.

“We couldn’t do it without the staff,” he said. “We are very blessed to have them.”

The Williamsport Home will host a Williamsport/Lycoming Chamber of Commerce PM Exchange from 5 p.m. to 7 p.m. Tuesday, June 20.
Leadership Lycoming, the Environment and Energy

The Leadership Lycoming trip to the landfill was definitely an eye-opener, as some put it. After a tour through the recycling center, the class was taken out in the midst of the landfill. Standing in the open while garbage trucks emptied their contents was definitely front row viewing. They learned so much about recycling and the landfill.

The class traveled to the YMCA where they heard Josh Doak, Range Resources, talk about their history in our area and what the company has in store for the future. Josh spoke of teamwork and leadership as it pertains to them and their respective companies.

After a tour of Lycoming Engines, the class toured the Wastewater Treatment plant and learned more about wastewater treatment than most people would like to know.

Thank you to our sponsors, Range Resources, Wascher’s Chiropractic Center, IBG Business, and River Valley Regional YMCA.

Thank you Dana Naughton, Wascher’s Chiropractic Center and Justin Ross, Williamsport Area School District, for being class reporters.

Thank you to our program day sponsors
Range Resources, Wascher’s Chiropractic Center, IBG Business, River Valley Regional YMCA

Follow Leadership Lycoming on Facebook!

Leadership Lycoming Class of 2017 standing on top of the world...ah, landfill.
You Are Invited

The Leadership Lycoming Operating Committee invites you to attend a graduation honoring the Leadership Lycoming Class of 2017

Friday, June 23, 2017
Williamsport Country Club
800 Country Club Drive

Registration - 11:30 am - Luncheon - Noon

Reservations are required by June 20, 2017
570-326-1971 or www.williamsport.org
$25 per person

Class of 2017 Graduates

Erin Blackwell, Hope Enterprises, Inc.
Keith Boyer, UPMC Susquehanna
Michele Boyles, Computer Science Resources, Inc.
Katie Coffey, North Central Sight Services, Inc.
Tara Day-Ulrich, YWCA Northcentral PA
Eric Gaetano, The Hartman Group
Jim Hicklin, Lycoming Clinton Joinder Board
Max Houseknecht, Jr., River Valley Health & Dental Center
Jared Kowalchick, Lonza, Inc.
Jaime Kuntz, Baker Tilly
Dallas Miller, Little League International
Dana Naughton, Wascher’s Chiropractic Center
Michael Ochs, Best Line Leasing, Inc.
Thomas Robins, McNerney, Page, Vanderlin & Hall
Justin Ross, Williamsport Area School District
Melissa Rowse, James V. Brown Library (sponsor)
Heather Stafford, UPMC Susquehanna
Peter Swift, Camp Susque, Inc.
Stephanie Tempesco, Malee Law Firm, P. C.
Dan Warner, Pennsylvania College of Technology
Justin Wenner, Larson Design Group
Kim Wetherhold, The Muncy Bank & Trust Company
Austin White, McCormick Law Firm
Paula Yeckley, Community Services Group
Regan Yoder, Keystone Advertising Specialties

Chamber Members.....

Looking for a new way to showcase your business? Then consider being the host of a Chamber PM Exchange!

Application Deadline is September 22, 2017.

Watch for the flyer in your Member MarketPlace mailing and E-updates or call Sharon Jones at the Chamber, 570-326-1971.
UNCY – FUN Academy opened a brand new child day care facility at the beginning of May at 145 Ashler Manor Drive.

“We built the building with keeping in mind that we wanted it to be a day care facility,” said Thomas A. Neuhard, FUN Academy LLC manager and Families United Network Inc. president and CEO. “We knew we wanted it to be a fairly large facility.”

The building itself is 15,500 square feet and has access to an outdoor swimming pool for summer camp use.

The facility is part of a larger campus belonging to Families United Network Inc., so they can use the pool they have located just across the street from the building.

“Our longer goal is to incorporate adult day services, which is essentially an elder day care with our child day care. So, we built the building a little larger than we actually need just for children services,” he said.

There will also be an addition built on in the future.

“The building is a little bit unique in that we didn’t move into an existing building,” Neuhard said. “When we were designing the building, we worked with architects who were experienced with day cares. We worked with the Bureau of Human Services licensing... and we worked with Keystone Stars, which is the accrediting body for day care, to come up with the best possible design for a child day care center. I think that’s what we’ve been able to accomplish.”

There is also state of the art approved security for the facility that runs by a finger print touch technology system, keeping the children in the facility safe with designated access.

“We were able to incorporate all kinds of new technology,” Neuhard said. “All of the entry and the whole program runs off a software program, and these kiosks, or touchscreens, allow the parent to come in and use the thumb screening where it records their thumb print.”

One item the facility offers is a “sick bay,” or a room designated with some couches for sick children to rest so that they do not have to stay at home if they’re sick. A licensed practical nurse is on staff to watch anyone who may need to use the sick bay.

“If we’re really serving the parents and the children, why send them home for a fever?” Neuhard said. “Most of the stuff you run across are just minor illnesses that we can certainly care for.”

For serious illnesses, more medical help may be needed elsewhere, but they are equipped to take care of children with minor colds or who might not be feeling great on a particular day rather than requiring parents to stay at home with a sick child.

“We are part of the Pennsylvania Department of Education child and adult food program,” said Vickie Johnson, operations manager for Families United Network Inc. “We feed them according to components that they believed is nutritional quality ... We know that it’s a balanced meal.”

They take children six weeks to 12-years old. Day care, after school programs and summer camp options are available.

For more information about the programs and special offers at the facility, call FUN Academy at 570-445-3813.
LINDEN – Antiques and Moore indoor flea market, 5818 Route 220, has offered the community a place to shop for unique items for four years.

Pamela Koch, Norman L. Koch and their son, Robert Koch, purchased the place two years ago.

“We’re open everyday, seven days a week, 10 a.m. to 5 p.m.,” Pamela Koch said.

She said she’d been interested in the idea of having a store like this for years.

“Bobby and I like to sell things. We like to make things. We like to buy things. So we’d go to auctions, yard sales, whatever,” she said.

In her travels of looking for stuff, she noticed there wasn’t a place she could find things locally.

“There really just wasn’t something around here like that,” Robert Koch said. “We thought we needed something in the area like this cause there just isn’t anything.”

The store sells vintage antiques, collectibles, jewelry, furniture, comic books, toys, clothing, books, art and just about anything else. Once, they even carried a bust of the Greek god, Zeus. The store also offers vendors which change out and offer new items all the time.

“We enjoy it. We enjoy all the people coming in that we get to meet, and our vendors are very nice,” Pamela Koch said.

The Koch family enjoys the lifestyle of finding unique items to sell.

“We’ve got so much variety going in and out of here, it’s wild,” Robert Koch said.

They’re never short of variety with 27 vendors offering items inside the store.

“We cover everyone’s taste. Whether they’re modern, not modern, country, whatever ... we’ve got everyone’s taste covered,” said Tina Baughn, volunteer.

As well as the unique shopping, there are some refreshments offered.

“We have a library. People can have free coffee, cookies and sit down and relax,” Pamela Koch said.

Next door, the family also owns Starving Marvin Tack Store, which is a horse tack shop.

Pamela Koch said that it came to be connected due to her involvement as a founder of Appalachian Horse Help and Rescue.

With the horse tack shop, they offer a variety of horse related necessities.

For more information about Antiques and Moore, call 570-323-1099.
Get Connected With Your Chamber!
www.williamsport.org
E-mail: chamber@williamsport.org
Phone: 570-326-1971 · Fax: 570-321-1208

Thank you to our renewing members. We do appreciate your membership and involvement in the Chamber!

**Members Over 50 Years**
Wolyniec Construction, Inc.

**Members 10-30 Years**
Boy Scouts of America-Susquehanna Council
ManorCare Health Services - Jersey Shore

**Members Under 10 Years**
AllOne Health
Aspen Dental
Best Western
Bonner Sports and RV
Cabot Oil & Gas Corporation
Candlewood Suites
Dolly’s Diner/Griggs Coffee & Peanuts
Eagles Mere Merchants Association
Erb’s West End Family Market and Catering
Fairfield Inn & Suites
FASTSIGNS, Inc.
Mellon Certified Restoration
Michael J. Casale, Jr., Esq., LLC
Motion Industries, Inc.
Notre Dame Club of Greater Williamsport


The award was presented at the May 25, 2017 Jersey Shore Area Chamber of Commerce meeting by Tim Keohane. Mr. Keohane works at the Lock Haven University Small Business Development Center and is Chair of the Jersey Shore Area Chamber of Commerce.

Congratulations to Ezekiel Miller, center, on his FBLA award presented by Senator Gene Yaw, Tim Keohane, Lock Haven University Small Business Development Center and Chair of the Jersey Shore Area Chamber of Commerce, Vince Matteo, Williamsport/Lycoming Chamber of Commerce and Representative Garth Everett.
Chamber recognizes high school students

The Education Committee of the Williamsport/Lycoming Chamber of Commerce would like to recognize the following students for being chosen as the Student of the 3rd Quarter for their high school and for their hard work and achievements. Congratulations!

Elise Sherman
Hughesville High School

Dominic Williams
Jersey Shore Area High School

Jada Williams
Loyalsock Township High School

Jenna Lutz
Montgomery High School

Justine Schulte
Montoursville High School

Christopher Titman
Muncy High School

Anna Plotnikova
South Williamsport Area High School

Molly Foresman
St. John Neumann Regional Academy

Skylar Hoover
Williamsport Area High School

Choices
Stimulus vs. Response

You may not be able to control the stimulus, but you certainly can control the response! In a number of cases, you can be responsible for the stimulus. For example, if you are watching your weight, it would not be wise to shop in the junk-food or high carbohydrate (bread) aisles. Or, if you need to avoid drinking more than socially, avoid environments conducive to using alcohol. Circles of friends that encourage behavior that you know is a bad influence will not serve you well.

On the other hand, stimuli that are unexpected or out of your control do not necessarily dictate an unhealthy response.

Who is responsible for how you think, feel, respond or internalize? The answer is no one but you! No one but you determines or has control over who you are, how you think or feel and ultimately how you respond inwardly and outwardly!

Bottom line, the choice is undeniably YOURS!!

Do you know what works for me if I encounter a person with negative energy? I picture him or her in a wheelchair or the like. It reduces the impact or influence. Just another emotional cripple in a world filled with wounded souls.

Never personalize! That energy may be passed on to you, but you do not have to accept it. If someone handed you poison would you ingest it? If not, then why would you allow someone to feed your soul poison?

Bottom line, is the choice that you are about to make in your best interest?

CHOICES!! Choose the one that maintains your inner peace and makes you proud and joyful. Also the same with your health care - choose what makes you happy and what makes you feel better. Check out chiropractic for your health needs. And remember, good health is the best kind of health insurance.

The views expressed in this article may not necessarily be those of the Williamsport/Lycoming Chamber of Commerce.
THE BILLTOWN BREWFEST
A CELEBRATION OF CRAFT BEER

Saturday, July 22, 2017

2 DIFFERENT TASTING SESSIONS:

12:00PM - 3:00PM
FEATURING MUSIC BY
“THE NO MADZ”

4:00PM - 7:00PM
FEATURING MUSIC BY
“FAMILY TIES”

Downtown Williamsport, Pine Square Courtyard

PURCHASE TICKETS • MORE INFORMATION • QUESTIONS GO TO: BILLTOWNBREWFEST.EVENTBRITE.COM OR CALL 800-358-9900

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