CONNIE CHICAN

TO PRESERVE, PROTECT AND DEFEND THE FREE ENTERPRISE SYSTEM OF LYCOMING COUNTY

Thank you to our renewing members!

Congratulations to the "Students of the First Quarter!

Enjoy the Tour of Lights on a Trolley











From Jason's Desk

Jason Fink, President/CEO

December 1st; it's hard to believe that we're already approaching the end of 2021. While it wasn't as bad as last year, hard to believe there could be much worse, it definitely didn't live up to all the expectations that we had been looking to in turning the calendar back in January.

We had our share of struggles with one of the most notable being the loss of American Airlines back in September. That's still one that I am challenged to understand given the amount of air travel that historically leaks from this market to other airports. We've shown strong numbers of people flying over the years and pointed out that when they left they weren't buying American. Many, once they got to another airport, were flying other carriers which was lost revenue for them. Unfortunately, from US Air to American, we could never get the schedule that this market needed to meet passenger demand.

More recently, we've seen challenges being placed with large employers in relation to vaccine mandates. While I'm all for encouraging people to get vaccinated, placing the burden on large employers to enforce this is plain wrong. As I've shared before, I'm vaccinated and think everyone

should get one. I've also seen how those who are unvaccinated are burdening the health care network. Last month I was to have a same day surgical procedure for a ruptured eardrum. That got delayed a month because they needed to shut down the OR for nonemergency surgeries due to the significant number of patients UPMC is dealing with here. Knowing this impact and experiencing some of the effect firsthand, I still don't believe that the burden to get vaccinated should be placed upon large (and for that matter any) employers here in the country. If a company chooses to mandate this themselves. again large or small, that's their prerogative. The federal government can go other routes to mandate individuals to get vaccinated and should pursue that instead if they want to force people to be vaccinated. Having private businesses brought into doing their work should not be that mechanism.

However, we've seen positives here in the community as well. JW Aluminum, which closed their Williamsport plant here in January, was re-opened after being purchased by Chance Aluminum in July. They started manufacturing operations in mid-November and are looking to get

fully operational in 2022. We also saw Digger Specialties close on property across from the Lycoming County Landfill in Brady Township. This is the first development in what is known as the Timber Run Industrial Park. They have started their development at the site and expect to be operational in late winter/early spring of 2022. There's also the activity around the Lycoming Mall with the vacant out-parcels that were the former Grizzly Industrial buildings and Gander Mountain store. The Gander property is being transformed into a manufacturing operation to serve PA Skill Games and Fast Signs. Lou and Nicole Miele are undertaking this project. It's great to see the local vision that is being employed in showing what can be done with these former vacant building.

One other piece of good news that we just received that is worth sharing is the Bullfrog Brewery & Restaurant was recently cited on coolmaterial.com in an article titled "The Highest Rated Beer from Every State" for having produced the highest rated beer in the state of PA. From a competitive field of 417 breweries and over 20,000 eligible beers in the Keystone State, the Bullfrog Brewery took

the top honors, as well as having beers in the 25th and 74th slots respectively. The beer receiving these accolades is Le Roar Grrrz; a Belgian style barrel aged sour beer. Congratulations to the Bullfrog team for receiving this recognition. This is a perfect lead-in to remind everyone that we do have great breweries. wineries and a distillery here in Lycoming County. If you haven't been out to explore them all, you can stop by or contact the

Visitors Center to get the Prince Farrington's Bootlegger Tour passport. It's a perfect incentive to keep you doing things over the winter while enjoying some of the great beverages that are being made in our backyard.

As I look at the calendar, we just started Hanukkah and Christmas is just under a month away. With that, Happy Hanukkah, Merry Christmas and have a great start to 2022.

Happy Happy Holidays New Year

WISHING YOU AND YOUR LOVED ONES A SAFE, FUN-FILLED HOLIDAY SEASON AND A HAPPY NEW YEAR!

FROM THE STAFF AT YOUR CHAMBER!

The Chamber offices will be closed December 24 through December 27 and December 31 through January 3

Williamsport/Lycoming Chamber of Commerce Staff Main Office - 570-326-1971

570-320-4213 - ifink@williamsport.org 570-320-4202 - sjones@williamsport.org **STAFF** Vice President & Chief Financial OfficerNancy Eischeid, CPA 570-320-4206 - neischeid@williamsport.org Accounting Clerk/Executive Assistant Cindy Robbins 570-320-4201 - crobbins@williamsport.org Leadership Lycoming /Special Events Coordinator...... Meghan Quinn 570-320-4216 - mguinn@williamsport.org Project Coordinator......Sharon Jones 570-320-4202 - sjones@williamsport.org 570-320-4208 - gedwards@williamsport.org Marketing & Membership Coordinator......Taryn Mueller :570-320-4209 - tmueller@williamsport.org

Member Renewals

Received between October 28 and November 24



Thank you to our renewing members!

We do appreciate your membership and involvement in the Williamsport/Lycoming Chamber of Commerce!

First Year Renewals

Gunzev's Hot Sausage Jack Williams Tire & Auto Jolinda Chamberlain State Farm Agency Resource Environmental Management, Inc.

Members 2 - 5 Years

Accelerated Speed Dynamics, Inc. Andrée P. Phillips Bald Birds Brewing Company Beagle Media, LLC Boom City Brewing Company Covenant Builders, Inc Crown Fried Chicken DPH Discount Pins, Inc. Ed's Market Goodwill Industries of North Central PA **KVS** Computers SWC Realty Vannucci Foto & Video West Pharmaceutical Services, Inc.

Members 6 - 10 Years

Accent Lighting Productions Casales Sub Shop Crystal Lake Camps Echo Flooring Gallery **Energy Transfer** Fishlips, LLC Hepburn Township Supervisors Marcellus Shale Coalition Quandel Construction Group, Inc. St. John Neumann Regional Academy Wheeland Lumber Co., Inc.

Members 11 - 15 Years

Cummins Sales & Service Choice Carpet Cleaners, Inc. Comfort Keepers ECM Realty Management, Inc. Effectv Gateway Cafe **Keystone Communications** Keystone Leather Kliney's Home Furnishings Lang's Chocolates Premier Realtors Raup & Sholder, P.C. SEDA-COG Joint Rail Authority The Comprehensive Financial

Group

Valley Forge Pension Management Webb Weekly

Members 16 - 20 Years

Advanced Real Estate Settlement Services, Inc. Berger's Greenhouse BLaST Intermediate Unit 17 Buttorff's Hardware, Inc. C&N Bank Discovery Machine, Inc. Gregory Weltheroth Advertising H. Dean Properties Henry Dunn, Inc. Hudock Capital Group LLC Kriger Fence Co., Inc. Loyalsock Township School District Marshall, Parker & Weber McTish, Kunkel & Associates Mel's Deli & Cafe Mr. Sticky's, Inc. Quality Air Mechanical, Inc. Richard R. Motter Agency Steve Waldman Electric Inc. Teamwork Graphics, Inc.

Members 21 - 25 Years

Bullfrog Brewery Community Arts Center Glenn O. Hawbaker, Inc. Hans CedarDale Satellite, Inc. High Steel Structures, Inc. **IBG** Business Lycoming Physical Therapy, Ltd. Lycoming Valley Railroad Company Montgomery Borough PALCO Federal Credit Union Pennram Diversified Mfg. Corp. RDJ Enterprises

Wayne Township Landfill Members 26 - 30 Years

RE/MAX West Branch

South Williamsport Area School

District

Compu-Gen Technologies, Inc. Community Services Group East Lycoming School District First Community Foundation Partnership of Pennsylvania Janney Montgomery Scott, LLC Kent A. Bennett & Associates, Inc. Lyco Lube Xxpress Inc.

Lycoming Career & Technology Center Old Corner Hotel Red Lobster Refrigeration Service Co./The Wholesale Chef Tory Leather Vinnie's Italian Eatery **WBRE-TV** West Branch Valley Federal

Credit Union Williamsport Mirror and Glass

Company Williamsport Regional Airport Williamsport Scottish Rite

Members 31 - 35 Years

All Round Tire Company American Rescue Workers Berkshire Hathaway HomeServices Hodrick Realty Charlotte Pipe and Foundry Community Theatre League Davis Insurance Agency, LLC Durdach Bros., Inc. Interim HealthCare Jersey Shore Borough Lockard Agency, Inc. Lundy Warehousing, Inc. North Central Sight Services, Inc. R & J Ertel, Inc. Real Estate Excel - A Girio Realty Co.

Williamsport Symphony Orchestra Members 36 - 40 Years

Roan's Transfer & Storage, Inc.

Wilkinson Dunn Company

Baker Tilly JanWay Company Keystone Friction Hinge Company Lycoming County Commissioners Lycoming County Fair Association Miele Amusements, Inc. Pudgie's Pizza Roan Inc. Susquehanna Trailways Trenco, Inc./Distribution Concepts Co. Van Campen Motors Inc. West Branch Drug & Alcohol Abuse Commission

Members 41 - 50 Years

A M Metal Specialties AAA North Penn Blaise Alexander Chevrolet, Inc. Burger King/Carrols, LLC D & M Tool & Machine Company Glamorise Foundations, Inc. Grampian Hills Apartments Jersey Shore State Bank Klein & Rizzo, Inc. Lycoming County United Way, Inc. Pennsylvania College of

Technology Weather Control Company

Members 51 - 113 years

Brodart Co. Hermance Machine Company Lycoming College Lycoming Engines McCormick Law Firm Robert M. Sides Family Music Centers

The Hartman Group UGI Utilities, Inc. Williamsport Area School District

Chamber Members...Have Your Business Featured in the Chamber Connection! It's Free!

Showcase your business in our monthly newsletter. It's published inside the Sun-Gazette on the first Wednesday of each month.

To be featured on the cover, we require 10+ years as a member. To be featured as a Legacy Member, we require 20+ years as a member.

Newer to the Chamber? Our 'New Business' and 'Small Business' features are a great way to promote yourself.

> Contact Sharon Jones at sjones@williamsport.org or (570) 320-4202 for more information.

썞

Welcome New Chamber Members!

Chance Aluminum Corporation

Leslie Mayes 2475 Trenton Avenue Williamsport, PA 17701 https://chancealuminum.com (570)-393-7800 Manufacturing

Space4me2b LLC Amy Houseknecht 4293 Muncy Exchange Road Muncy, PA 17756 http://space4me2b.com (772) 766-0161 Coaching

Martina Guerra Goldsmith, LLC

Martina Paulhamus 1102 Allegheny Street Jersey Shore, PA 17740 www.martinaguerra.com (570)-398-1833 Jewelry

January PM Exchange...



Woodrich - "Trees for Life"

Thursday, January 27, 2022 5:00 - 7:00 pm 200 E. Church Street, Williamsport

Watch for more information!

MONTOURSVILLE CHAMBER OF COMMERCE WINTER SOCIAL



SPONSORSHIPS AVAILABLE



THURSDAY, JANUARY 20, 2022 FROM 5PM TO 7PM HERMAN & LUTHER'S

> 787 STATE ROUTE 87 MONTOURSVILLE, PA 17754

Help us make this evening a success with your \$200 sponsorship!

Your sponsorship includes:

2 complimentary tickets for the Winter Social Company logo displayed at the Winter Social

Company logo will appear on all advertising for the Winter Social (Individual reservations also available)

> Register online at https://business.williamsport.org/events or Fax 570-321-1209

THIS HOLIDAY SEASON



WIN BIG

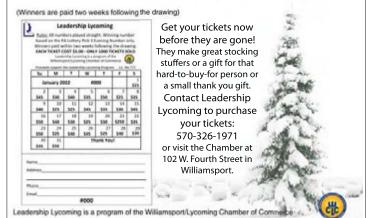
WITH LEADERSHIP LYCOMING!

TICKETS ARE AVAILABLE NOW!

For \$5.00 you can have a chance to win every day in January.

Leadership Lycoming is selling raffle tickets for the month of January.

Each numbered raffle ticket will give you 31 chances to win. When the PA Lottery Pick 3 evening number is drawn and it matches your number, then you win that day's prize. Prizes range from \$25 to \$250.





Chamber Member Discount

Working to meet the needs of our members



Susquehanna Computer Innovations, Inc.

Susquehanna Computer Innovations offers the following discount exclusively to Chamber members

10% off depot computer & printer repair services

> 280 Kane Street, Suite 1 South Williamsport, PA 17702 Contact Sales at (570) 323-0089

Williamsport/Lycoming Chamber of Commerce - 102 West Fourth Street - Williamsport, PA 17701 (570) 326-1971 - www.williamsport.org

Leadership Lycoming - Health & Human Services Day

The Leadership Lycoming Class of 2022 had their second Program Day; Health and Human Services, beginning at the James V. Brown Library in the Lowery Room. Hosts Brittany Fischer, Class of 2020 and Heather Stafford, Class of 2017 welcomed the class and each gave a tid-bit of what Leadership is to them. Dana Brigandi, Class of 2009 and current class member, Kevin Renehan gave the class a tour of the James V. Brown Library, which was then followed by a virtual presentation with Matt Walsh, COO, Geis-

inger. Matt gave an overview of Geisinger's growth strategy, followed by Matt's advice on being an effective leader in an organization.

The agenda continued on to River Valley Health and Dental, where alumni Max Houseknecht, CFO and Class of 2017 gave a tour and discussed everything River Valley Health and Dental offers to the community.

Lunch was hosted and served at American Rescue Workers, followed by an overview and tour by Valerie Fessler, Director of Development & Community Engagement, Class of 2019 and Kendra Parke, Marketing and Community Engagement Coordinator, Class of 2021.

The class then had the opportunity to tour and learn the story behind Hope Enterprises and MaxWorx, which was hosted by Rob Labatch, Mackenzie Howe, Class of 2019 and Mark Tilburg, Class of 2012.

The classed wrapped the day at YWCA where a panel was held discussing Increased Mental Health Demands: Stress, Anxiety, and Trauma. A special thank you to the panel; Amber Morningstar, Program Director of YWCA, Class of 2018, Rachelle Abbott, COO STEP Inc, Class of 2010, Matt Groff, Behavioral Health Therapist UPMC, and Kelly Gordon, Lycoming/Clinton County CASSP Coordinator, Lycoming/ Clinton Joinder Board.

Thank you to our Tier 3 Sponsor, River Valley Health and Dental, and Tier 2 Sponsor, Valley View Rehab and Nursing Center. Thanks to Brittany Fischer and Heather Stafford for hosting the day. Thank you to Drew Boyles, Development Officer, Lycoming College, Olivia Lopatofsky, Project Engineer, Lycoming County Water and Sewer, and Josh Wrench, Associate Director of Project Management, Penn College.

Tier 3 Sponsor





Tier 2 Sponsor



A tour of the River Valley Health & Dental Center was very informative to the class. The class learned how they help our local community including dental, medical, pharmacy, express care and more!



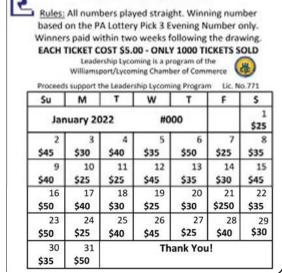
Thank you to the YWCA for holding a Mental Health panel. The class learned so much from the panelists.

Leadership Lycoming Lottery Tickets Still Available!

Watch the PA Lottery
Pick 3 Evening
Drawing every night in
the month of January!

If your 3 digit number matches the number drawn, then you win that day's prize.

For more information, call the Chamber at 570-326-1971



Leadership Lycoming



The Class of 2022 had the opportunity to have lunch at the American Rescue Workers and toured the many floors and departments in the building. Just as in previous years' tours, the class was amazed at everything that is the American Rescue Workers.

FEATURE MEMBER

Boutique hotel depicts Williamsport's rich history

By MARK MARONEY

mmaroney@sungazette.com

From a room harkening back to the lumber era, to a suite dedicated to mail carriers, the City Hall Grand Hotel offers its guests a unique visual and tactical experience.

Owners Tim and Sandra Butters say they are proud to have purchased the former city hall at 454 Pine St. in 2007, and since 2016, have been transforming it into a boutique hotel with rooms unlike those in standard hotels.

Butters gave much of the credit to Tim's late son, Josh.

"He was the creative genius behind the third floor rooms, furniture, and lobby," Sandra Butters said on a recent tour.

Josh called those the "Hulk" rooms after his business, and used materials such as wood and iron - giving each space an industrial feel.

Pictures on the walls offer visitors a glimpse at many long-forgotten moments in time.

The rooms beckon guest to visualize what put the city on the map.

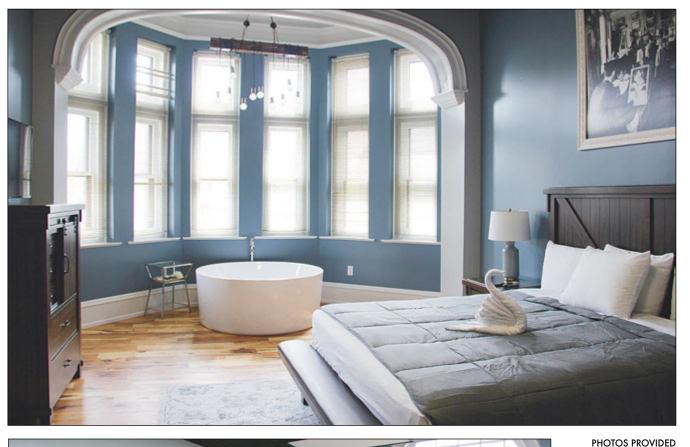
For instance, Williamsport was once the "Lumber Capital of the World," and a room befittingly called "The Lumber Room" has materials such as wood support beams, flooring and vintage photographs.

In one of those pictures, lumbermen and children - presumably members of their family - can be seen standing on top of massive logs, many of which were cut in nearby forests. The timber was floated down the West Branch of the Susquehanna River on booms to the mills lining the water's edge and to the adjacent tanneries. The smoke from the factories can be seen wafting into the air.

The city also lays claim to being home of the founder of Little League Baseball, Carl E. Stotz, and the hoteliers gave tribute to this man and his youth sports phenomena by adding a Little League Baseball themed room, complete with bats and photographs of the series first held at Original Little League Field on West Fourth Street, along with those at the international complex in South Williamsport.

In the "Council Room" is a photograph of

(See BOUTIQUE, Page 7)





City Hall Grand Hotel on Pine Street in the heart of downtown Williamsport offers rooms with various themes that connect guests who stay here to the city's rich historical past and promising future. Above, is the Art Room, a "Legacy" room which has elements in tribute to nearby Lycoming College. Below is the Mail Room, a "Traditional" room in honor of those who deliver mail.

FEATURE MEMBER

Boutique hotel depicts Williamsport's rich history

(From Page 6)

a former city councilman who used the room for conducting business. The "Mail Room" is decorated in honor of the men and women of the U.S. Postal Service, who deliver mail in rain, snow, sleet and hail - and it boasts the largest of the picture windows in the hotel, one offering a full view of the downtown west of Pine Street.

"The sunset from these windows is my favorite view," Sandra said.

The "Library Room" is a tribute to places such as the nearby James V. Brown Library, and the "Horse and Carriage Room," is dedicated to the arduous former mode of transportation, which existing prior to the trolleys and cars. There is a room dedicated to fires and firefighters called the Fires and Fighters room and one dedicated to the author and philosopher extraordinaire Mark Twain who once visited the Ulman Opera House, a nearby building. In the quaint room is a picture of the opera house with the image of Twain peeking out of an upper window. Twain lectured on Dec. 31, 1969. It was titled "Our Fellow Savages of the Sandwich Islands."

The hotel also features photographs of Civil War soldiers standing at attention, and after stepping off the elevator on the third floor, is a floor-to-ceiling mural of the flood of 1894 and its widespread damage downtown before the advent of the flood levees in the 1950s.

To the left, is the lobby, with vending and ice machines, as well as a Keurig and microwave, providing a common area to sit and relax.

Here, too, are images of Civil War heroes from the mid-1860s, a transporting train hauling material from the lumber era, and a 1938 radio car.

Another unique feature at the City Hall Grand is the hotel does not have a front desk.

Guests, instead, receive a payment confirmation and a key code prior to arrival in order to enter the building and room.

The city is a great jumping off spot for those who want to visit the nearby mountains, state forests, fish countless high value trout streams, or stroll along hiking paths or ride the bicycle trails.

Also, the hotel is three blocks away from the Susquehanna River Walk, a pathway that offers excellent views of the Central Business District and nearby South Williamsport, and Loyalsock Township.

In the year ahead, the Butters have another surprise planned. It is a restaurant - "The Newsroom."

For now, though, the restaurant is a work in progress.

"We might have a New Year's Eve soft opening," Sandra said.

The guests are special to the Butters and, in return, they provide feedback.

"Many of our guests are repeats," Sandra said. "Some of them say they enjoyed the themes and want to stay in a different room each visit."

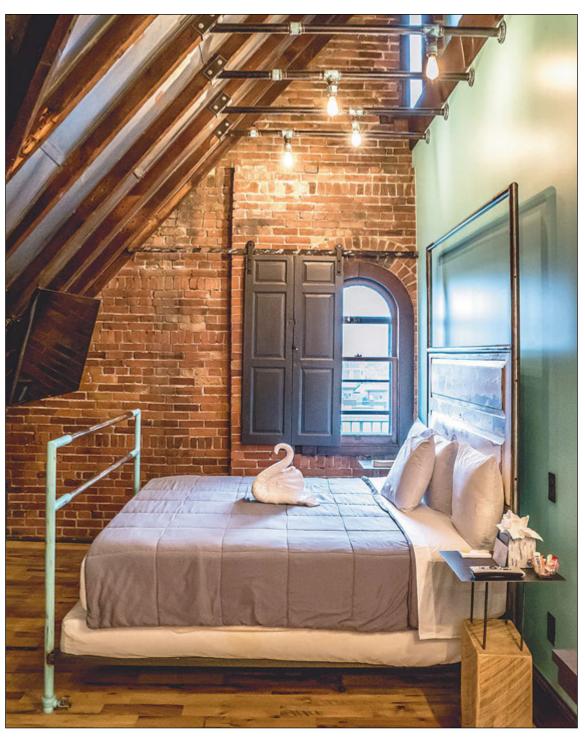


PHOTO PROVIDE

Pictured above is the Flood Room, a "Hulk" room with descriptive photographs memorializing the devastating floods throughout the years, much of the photographs reproduced from newspaper clippings and other research resources and prior to the levee construction in the 1950s.

LEGACY MEMBER

Hoss's remains a mainstay of Loyalsock

By MIKE REUTHER

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Restaurants have come and gone along Loyalsock Township's busy Golden Strip through the years.

Among the mainstays has been Hoss's Family Steak & Sea Restaurant, 1954 E. Third St., which opened more than 30 years ago.

"It's a great location," longtime general manager Fred Fuess said.

With headquarters in Duncansville, Hoss's restaurants can be found throughout central Pennsylvania, but the local site is among the busiest, he said

Over the years, Hoss's has kept true to its mission of introducing a family friendly dining experience.

"We are a family restaurant," Fuess said. "We aren't fancy. Kids love it here."

The menu includes steaks, chicken, seafood, burgers, and the popular soup, salad, and dessert bar.

A kid's menu offers cheeseburgers, steak tips, hot dogs, chicken tenders and grilled cheese.

Like many businesses, the restaurant faced challenges with COVID-19, including two closings since the onset of the pandemic in March 2020.

"Business is coming back," Fuess said.

Fuess said he does not have as many employees as in pre-pandemic days, but he has increased staff this year.

"We are hiring," he said. "You can't have too many people."

The staff includes both full-time and part-time employees with the restaurant seating about 325 people.

It includes three banquet rooms.

Hoss's is popular among organizations, civic groups and other gatherings, many of which take advantage of the restaurant's special fundraising offerings.

"We've been doing that a really long time," Fuess said.

Fuess, who started working at Hoss's in 1992, noted the numbers of regular customers who dine at Hoss's.

Over that time, the restaurant has evolved.

"We've really changed a lot," he said.

There is the door dash service now, which Fuess said "is doing really well."

Customers can go to an APP on their phones for pickup and delivery of food.

"We are always doing promotions," Fuess said.

Among the promotions are gift cards.

The purchase of a \$50 gift card allows for a \$10



MIKE REUTHER/Sun-Gazette

Above, Hoss's Family Steak and Sea restaurant staff pose for a picture at the front desk. Pictured from left are Kylie Ward, Morgan Holland and general manager Fred Fuess. At right is the sign that has glowed on the Golden Strip for many years.

voucher in future dining.

Perhaps the biggest challenge, as with many businesses, involves hiring and training people.

To attract customers, the restaurant relies on various forms of advertising including radio ads and email marketing, according to Fuess.

Weekends are the busy times, especially Friday and Saturday nights.

Hours are 11 a.m. to 8 p.m. Sunday to Thursday and 11 a.m. to 9 p.m. Friday and Saturday.

Hoss's was founded in 1983 by Willard E. "Bill" Campbell, who remains chairman of the board and CEO.

The first Hoss's location was in DuBois.

The Hoss's chain operates more than 30 dining locations, including four Marzoni's Brick Oven & Brewing Co. restaurants.



SMALL BUSINESS

Salon Magnolias committed to customer service, atmosphere

By ROB HINKAL

rhinkal@sungazette.com

Since opening in 2018, Salon Magnolias, located at 1322 W. Fourth Street, has already established a dedicated and expanding fanbase.

"The mission is to provide the best service possible in a relaxing but happy atmosphere," said owner and stylist Andrea Sepanski.

And it would appear as though the community has taken notice, as Sepanski says that the business has "flourished since first opening its doors three years ago. "We opened in 2018... it's just been an amazing opportunity and situation. It's just flourished from the beginning."

When asked what sets Salon Magnolias apart from local competitors, Sepanski stresses the salon's commitment to customer service and remaining on the cutting edge of styling techniques and trends.

"Most of the girls here have twenty plus years of experience and education. We are an Aveda concept salon, so we receive a lot of education through them and the girls are required to complete education every year through the salon. We expect them to stay up on the latest techniques and trends" she said.

Sepanski also noted that Salon Magnolias offers much more to customers than just hair care and products, as they work with Holistic Health Center to offer customers the best there is in the field of holistic care.

"We have Diann Rettinger located here who is with Holistic Health Center, she's a massage therapist. And then we have the salon... We kind of do it all," Sepanski said.

A Michigan native, Sepanski mentions that the "close-knit" community of Williamsport and the connection to the Williamsport Chamber of Commerce have not only helped to increase awareness and revenue for her business, but other businesses in the same area.

"It is a much more close-knit community than I expected. I wasn't born and raised here but I've been here for 12 years now. The chamber has been wonderful, even coming to our grand opening," she said. "I feel we are at a spot in town where a lot of people don't travel this way all the time and it has brought more people to this area. Especially being across from the college."

For those looking for the best in salon quality care, to learn more about holistic practices and to support local businesses, look no further than Salon Magnolias.

"We all love, this industry, it is very rewarding to see people feel good about themselves," Sepanski said. "Our goal is to provide exceptional service. We want people looking forward to their appointments and excited to be here."



ROB HINKAL/Sun-Gazette

Patrons at Salon Magnolias, 1322 W. Fourth Street, have their hair and nails done by the many well trained and experienced stylists.



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EW MEMBER

Full Function continues service in new city location

JONATHAN BERGMUELLER

jbergmueller@sungazette.com

Full Function Chiropractic is looking to add even more functions to its practice on West Third Street following a relocation into Williamsport earlier this spring.

That expansion of services includes offering classes on yoga, stretching and reiki therapy on a new empty second floor of the building it purchased, according to Samantha Davis, co-owner of the practice.

"We are a chiropractic office that focuses on treating sports injuries, pregnancy and pediatric stresses," Bower said. "We do that with plans customized toward patients."

Full Function Chiropractic, owned by Seth Bower and Samantha Davis, specializes in a tailored, variable approach to chiropractic care that focuses on individual health.

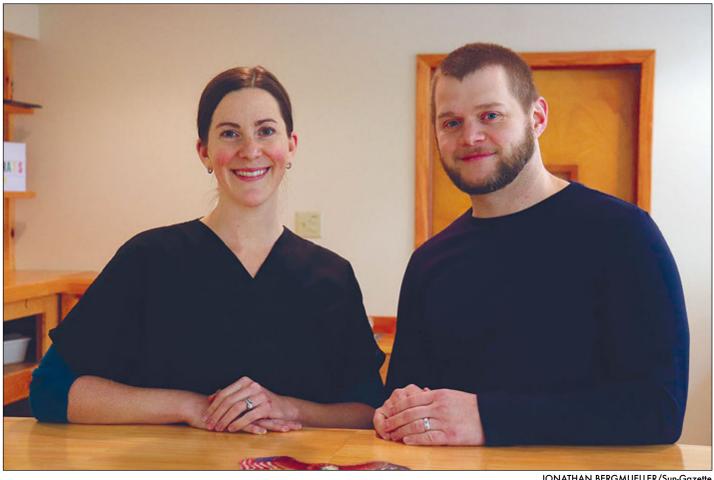
"We look at the whole person instead of the symptom and tailor our treatment to the specific patient. It's not a one-size fits all approach," Davis said.

Full Function moved to a new location in May and is in the process of expanding its services to include classes on the second floor of its building, as well as using the upstairs as a rentable venue.

Seth Bower founded the chiropractic in 2014 by himself in a practice in Mill Hall, before Davis joined him in 2018 in a space on Westminster Drive in Loyalsock Township.

This past year, however, the two packed their bags and moved into the new space in the old Veterans of Foreign Wars building on 1260 W. Third St. that had not been occupied in two years.

The building provided a blank slate for the two to be able to renovate and tailor the building--like their treatments to patients-to the needs of the business. The two, with the help of Bower's father and two brothers, completely renovated the interior of the building on their own, and only relied on contractors for electrical and HVAC needs.



JONATHAN BERGMUELLER/Sun-Gazette

Samantha Davis, co-owner left, and Seth Bower, founder, stand in the new Full Function Chiropractic location at 1260 W. Third Street.

According to Bower, the two hung 150 sheets of drywall, laid the flooring, framed the walls, inserted the drop ceiling and even made a rustic-looking desk from pallets from October or November of 2020 to May of 2021.

Bower and Davis met at the Palmer College of Chiropractic in Florida, where they graduated in 2010. The two have been married since 2012. They started out at the same office, then Bower left to found Full Function. In 2019, they two joined forces from a business standpoint and they have worked together since.

The office currently has a staff of two in addition to Bower and Davis.

Chiropractic care is non-invasive, hands-on healthcare that focuses on the nervous and muscular systems. It helps rectify back, neck, shoulder and hip pain, while also alleviating headaches, tingling and numbness in one's limbs, sprains and strains and muscle spasms.

Home recovery is an important aspect that chiropractors help foster. At Full Function Chiropractic, doctors equip patients with basic "home management tools" to make recovery more efficient and decrease dependence on chiropractic care should future pain arise.

One technique Full Function Chiropractic's doctors offer is chiropractic manipulation; where a doctor massages joints into proper, healthy movement. This, in turn, results in reduced pain, dissipated inflammation and the restoration of muscle function.

Full Function also offers "cold laser" therapy, which employs low-level light that penetrates the skin to increase circulation; decrease pain, inflammation, and swelling; accelerate tissue repair and enhance immune response.

This technique joins many such as sequential compression boots, ultrasound therapy, kinesio taping, custom orthotics, electrical stimulation and soft tissue mobilization.

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 1st Quarter for their high school and for their hard work and achievements. **Congratulations!**



Makayla Hicks Hughesville High School



Grace Shaible Loyalsock High School



Coltin Hans Montgomery High School



Raya Pauling Montoursville High School



Alaina Brelsford Muncy High School



Saniye Loyd St. John Neumann Regional Academy



Amalie Robertson Williamsport Area High School



Elijah Bower Jersey Shore Area High School



Lane Lusk South Williamsport Area High School

Chamber Holds Thanksgiving Pie Day 5K Run/Walk

Keeping up with the Thanksgiving morning tradition, the Chamber coordinated the 5th Annual Pie Day 5k Run/Walk. "Be You Boldly" and race founder Cecilia Fink, recently began her college experience which left the race available to continue. The race began at Court and Fourth Streets in downtown Williamsport and ended at the Chamber offices on 4th and Pine Streets. In keeping with the events donations, a portion of the proceeds were donated to local charities including K's for Cancer, created in memory of Justin Flannery Hilton, and the YMCA Livestrong Program benefitting their Cancer Survivors Program.

Thank you to the Pie Day 5k Run/Walk Sponsors; Geisinger, T-Mobile, EQT, UPMC, The Muncy Bank & Trust Company, RETTEW, Hutchinson Realty Development LLC, and Jersey Shore State Bank.

Awards were given to overall Male & Female winner and top 3 Male & Female Runners in each age group. Pies donated by Perkins were given to 1st place winners in all categories. Congratulations to all the winners!





Ceclia Fink presents a proceeds check to LeeAnn Gephart representing K's for Cancer and Sue Stackhouse representating the YMCA Livestrong Program.

TICKETS GO ON SALE 11/8/21 ON WWW.WILLIAMSPORT.ORG



Enjoy a scenic "Tour of Lights" aboard a Williamsport Trolley!

Bring the entire family for a sightseeing tour of the beautiful holiday lights! Families will have the opportunity to have photos with Santa and his friends. Tours will begin at the Lycoming County Visitors Center.

Tour of Lights tickets can be purchased online by visiting **www.williamsport.org**. Each trolley has limited seating, so get your tickets soon.

*The Tour of Lights is a rain or shine event and tickets are non-refundable. If you have a child 2 and under are free, but they **must** sit on your lap.



The Williamsport/Lycoming Chamber of Commerce is proud to partner with Williamsport Trolleys on the Tour of Lights.



DECEMBER 9th-12th, 2021

5:30 PM - 10:00 PM

\$10/person

Free to Children 2 & Under*

TROLLEY SCHEDULE

Trolleys will depart every 15 minutes starting at 5:30pm with 15 excursions per night.

The departure times for each night are:

5:45 PM 6:00 PM 6:15 PM 6:30 PM 6:45 PM 7:00 PM 7:15 PM 7:30 PM 7:45 PM 8:00 PM 8:15 PM 8:30 PM 8:45 PM 9:00 PM 9:15 PM



Lycoming County Visitors Center 102 W 4th St., Williamsport, PA 17701

















