



Chamber Connection

January 2026
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LEGACY MEMBER River Valley Regional YMCA



FEATURE MEMBER James V. Brown Library



NEW MEMBER Elevated Nutrition Club

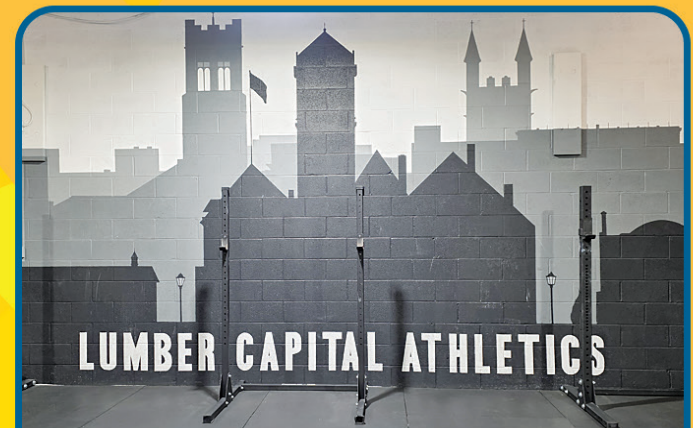
Welcome New
Chamber Members!

Upcoming PM
Exchanges

Leadership Lycoming

Upcoming Ribbon
Cuttings

Member Renewals



SMALL BUSINESS Lumber Capital Athletics

From Jason Fink's Desk - President/CEO of the Williamsport/Lycoming Chamber of Commerce

Trust that everyone enjoyed the holidays. As you read this, we'll be on day seven of 2026. I'm looking forward to 2026 with the Semi quincentennial taking place this year. When the bicentennial occurred in 1976, I was 5 and honestly don't remember anything from that year. The only thing that really ties anything back to that year for me are the bicentennial quarters and half dollars that I have tucked away.

Before getting much into my column, I need to share my thoughts on the recent passing of a truly great gentleman, John Troisi. I'll begin like so many (at least men) that I first met John when I was a teenager having bought my first suit from Troisi's on Pine Street. Over the years, my family and I got to know John more through church activities. He was Uncle John to us and we got to share quality time getting to know the man and his life passions. The number one love of his life was his Patsy. He loved and adored her and if there's one thing that I can take comfort in is knowing that he's now with her. Those who know John know of his love of photography. My family got the opportunity to see one of his many trips through a photo trip presentation at his home several years ago. The Chamber and Visitors Bureau was a beneficiary for many years of his photography work for the Grand Slam Parade. He had such a way of capturing not only the entries in the parade but also those in the crowd viewing it. I was always impressed with how quickly he would have the cd of photos to the office the next day. He also got Pam and me into selling 50/50 tickets at the St. Boniface Carnival. St. Boniface was one of his life passions. He was so proud of the Church as rightfully so given he was one of the key persons on the committee that oversaw the new church construction after the 1972 fire. When John had his business, he was a member of the Chamber and its executive committee for several years. We were one of the many organizations that were fortunate to have John involved in it. I've got to say I'm going to miss his jokes, his joy in being a Dodgers fan, the call our family would get New Year's morning wishing us a Happy New Year and the every so often call he would give me after reading one of my columns. As a community, we were fortunate to have John Troisi help and grow it and I can say as a person my family and I were fortunate to have the opportunity to know him.

As the book closes on 2025, we had a pretty good year here in Lycoming County for new business development. Commercially, we saw the expansion of Wawa into the market, which just a few years ago would not have even been considered given Wawa didn't really go too far west from the Philly market. Now we have one opened and word is at least two additional in the next year. The biggest opening commercial opening goes to Chick fil-A. For years, the question we always received was when are we getting a Chick fil-A. This summer's opening proved to me that this brand and franchise has a very wide and large following. The people in the Muncy area will find out about it when they open the next one.

On the retail front we had the announcement in June of Bass Pro Shops selecting The District at Lycoming Valley in Muncy as their next home. Slated to open in 2027, this was a big shot in the arm for the redevelopment of the former Lycoming Mall. This will have far reaching impact beyond just Lycoming County as they expect to draw customers from throughout the Pennsylvania Wilds region.

We also welcomes drum corps competition this past August to Williamsport with a whole new format following the merger of Drum Corps Associates (DCA) and Drum Corps International. We had been hosting the DCA championships prior to the pandemic. Following the pandemic, the two organizations merged and reformatted the competition for the all-age corps, which comprised DCA. DCI wanted to come back to Williamsport and hold a competition. We were very happy to see the crowd that came in for their competition and look forward to many years to come with them.

This summer also had the start of construction for the Williamsport Lumber Yards. This is a project that the Visitors Bureau and Chamber have advanced for the sports travel market. It is scheduled to open in April and when fully operational, the projected annual attendance is estimated to be 400,000 visitors annually to it.

On the industrial development front, we saw a couple of new manufacturers enter our market. In July, Governor Shapiro announced the establishment of Verne's new manufacturing facility in Muncy. Verne, a California based company, will produce storage vessels for efficiently transporting hydrogen and other low-carbon molecules. The project will create 61 new jobs in the county and establish a domestic supply of critical energy storage infrastructure. It will also partner with one of our local manufacturer's, PMF Industry, who will play a key role in providing them with flow formed vessels.

In December, Farm Plast announced plans to redevelop the former Andritz plant at 100 Sherman Street in Muncy, investing more than \$8 million to convert the 200,000-square-foot facility into a plastics production plant for milk crates and other containers. This will be the New Jersey-based company's first and largest Pennsylvania operation, creating at least 69 jobs over the next three years. Farm Plast will partner with PA CareerLink, Penn College, and Lycoming Valley Railroad to support workforce development and material logistics.

December also had the closing of the Chance Aluminum purchase of over 240 acres of land from Lycoming County across from the landfill. They intend to construct an aluminum processing plant for thin foil products. Construction is timed to start in 2027 and slated to open in 2028.

In closing, we extend our sincere thanks to Miele Manufacturing for once again hosting the Holiday PM Exchange and for expanding the event to support local youth through bicycle donations, with special recognition to Priority Bicycles and all members who contributed. We are also grateful to the companies that supported the Tour of Lights and Santa Express, as well as to River Valley Transit Authority for their continued partnership. Finally, we deeply appreciate Lycoming Valley Railroad and the SEDA-COG Joint Rail Authority for ensuring the Santa Express could continue this year, allowing more than 7,400 adults and children to enjoy this cherished community tradition.



WILLIAMSPORT
LYCOMING COUNTY, PA

LOCAL BUSINESS. LOCAL SUCCESS.

Member Renewals

First-Year Renewals

Bill's Appliance Center
WHM Group, LLC

Members 2-5 Years

American Legion Post 104 Home Assoc.
Commonwealth University of Pennsylvania
Covation Center
First Citizens Community Bank - Williamsport
Freedom Towing LLC
Harvest Moon Bowling Lanes and Doc's Bar &
Restaurant
Kinetic Business
Kitchen Repose
M and S Contracting LLC
Maseto's Deli
Montoursville Rotary Club 5314
Prysmian
Renewal by Andersen
Revive & Align Pilates, LLC
Sylvania Site Contractors
Twin Meadows Farm LLC
Vantage Point Settlement Services, LLC
Williamsport Grandview Hotel

Members 6-10 Years

Casale's Sub Shop
Doing Better Business
Henry's Bar-B-Q
Kiwanis Club of Williamsport
The Carwash at Faxon
West Pharmaceutical Services, Inc.

Members 11-15 Years

Blooming Grove Historical Society & Cemetery
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BTJ Investments LLC
Candlewood Suites IHG Hotel
Hamilton Patriot LLC
It's My Party Store, Inc.
MoJo Active
St. John Neumann Regional Academy
Steve Shannon Tire and Auto Centers, Inc.
Susquehanna Valley CASA
Swift Kennedy & Associates, Inc.
TGI Fridays
The Liberty Group

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LLC
Diakon Family Life Services
H. Dean Properties
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SEDA-Council of Governments
Susquehanna Wire Rope & Rigging,
Inc.

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Bostley's Preschool Learning Center
Inc.
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C.H. Waltz Sons, Inc.
Central Pennsylvania Food Bank -
Williamsport Branch
Geisinger
HRI, Inc.
Mel's Deli & Cafe
Morgan Stanley
Presbyterian Home at Williamsport
Quality Air Mechanical, Inc.
Steinbacher, Goodall & Yurchak
TURA Inc.
Wm L. Robinson Concrete
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Glenn O. Hawbaker, Inc.
Hampton Inn Williamsport -
Downtown
Hans CedarDale Satellite, Inc.
Penn State Small Business
Development Center
Pennram Diversified Mfg. Corp.
RE/MAX West Branch

Members 31-35 Years

Bayard Printing Group
Community Services Group
Compu-Gen Technologies, Inc.
Fred Hamm, Inc.
Fulton Bank
Kent A. Bennett & Associates, Inc.
Roche Financial, Inc.
Transitional Living Centers, Inc.

Members 36-40 Years

Bayard Printing Group
Community Services Group
Compu-Gen Technologies, Inc.
Fred Hamm, Inc.
Fulton Bank
Kent A. Bennett & Associates, Inc.
Roche Financial, Inc.
Transitional Living Centers, Inc.

Members 41-45 Years

Baker Tilly
Beiter's, Inc.
East End Lumber Company
Geisinger
Holiday Inn Downtown/James Restaurant
Huffman's Office Equipment Co., Inc.
Lycoming County Commissioners
Radiant Steel Products Company
River Valley Regional YMCA
Roan Inc.
Trenco, Inc./Distribution Concepts Co.
Van Campen Motors Inc.

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Members 46-50 Years

Brass Alignment, Inc.
J. B. Gibbons Construction, LLC
McDonald's Restaurants
Northwest Bank

Members 51-60 Years

Hope Enterprises, Inc.
KBF Print Technology
Koppers Inc.
Nesco Resource
Pennsylvania College of Technology
Williamsport Area School District

Members 61-70 Years

Bastian Tire and Auto Centers
Genetti Hotel

Member 104 Years

Lundy Construction Company

Member 125 Years

Marco Technologies

Thank you to all of our Chamber members that renewed
their membership between November 22 and December 19.



Chamber Member Discount

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IMPORTANT NOTES:

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Chamber of Commerce

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Interested in being featured in the Chamber Connection?
Contact Julia Mertes for more information.

Welcome New Chamber Members!



Actual Cleaners LLC

Ty Kinney

Williamsport, PA 17701
(570) 220-0943
www.actualcleaners.com
Janitorial Services/Supplies/
General Cleaning/Carpet Cleaning

Bair Excavation

Timothy Bair

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Cogan Station, PA 17728
(570) 772-5989
Check us out on Facebook!
Excavation

FRSTeam by CRP

Rachael Landi

836 Fairfield Road
Montoursville, PA 17754
(814) 810-6538
<https://frsteam.com>
Restoration

Lumber Capital Athletics

Benjamin Wise

575 East 3rd Street
Williamsport, PA 17701
(570) 802-6531
<http://lumbercapital.fit>
Health Clubs/Fitness

Madalyn Collins Realtor with Iron Valley

1020 Commerce Park Drive
Suite 1-A
Williamsport, PA 17701
(570) 772-3388
<https://madalyncollins.ironvalleyrealestate.com>
Real Estate Agents

Robo Construction

Janis Satterfield

45 Stout Road
Jersey Shore, PA 17740
(570) 494-1028
<https://roboconstruction.com>
Contractors-Construction

Rust In Peace

Tyler Lancaster

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Montgomery, PA 17752
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Auto Detailing/Automotive Repair
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SolarSun Tan & Spa

Jennifer Penton

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Williamsport, PA 17701
(570) 326-2325
www.solarsuntanning.com
Salon - Full Service/Day Spa

The New Love Center

Holly Beaver

263 Henry Street
Jersey Shore, PA 17740
(570) 295-2133
www.thenewlovecenter.com
Human Services

Water Street Tavern

Mike & Sara Mille

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Muncy, PA 17756
(570) 546-1011
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Restaurants/Cafes/Taverns
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Are you interested in joining the Chamber?

Call the Chamber's Membership Director,
Taryn Hartle, at 570-320-4209.

Apply online at www.williamsport.org.



New Members November 22 through December 19

FEATURE MEMBER



PHOTO PROVIDED/SUN-GAZETTE FILE PHOTO

Left, a historic photo of the James V. Brown Library from the early 1900s on the library's website and right, a 2018 photo of the library's circulation department.



Library serves the public for over 118 years

By **PAT CROSSLEY**
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The story of the James V. Brown Library, 19 East Fourth St., began when the will of James VanDuzee Brown, a local lumber baron and philanthropist, included a bequest of \$400,000 to the city of Williamsport, with the stipulation that \$150,000 be used to build a public library for area residents.

According to historical accounts, the idea for the library came from his late wife, Carile Brown.

The library officially opened in June 1907.

Since that time, the library's services have grown to include several branches in surrounding communities.

The footprint of the building also has grown through the years, including the addition of the Da-

vid A. Howe Reference Room in 1939 which provided 35,000 volumes to be added to the library's collection.

Then, in 2008, a ground breaking was held for the Kathryn Siegel Welch Children's Wing of the library, a 26,400-square-foot building cost \$6.5 million, with \$2 million coming from a state grant, according to historical information.

"In the past year alone, the James V. Brown Library reached more than 110,000 individuals and facilitated over 320,000 checkouts, delivering an estimated \$5 million in direct value back to the community," said Savannah Lorson, Development, Marketing & Public Relations Director. "Compared to just 10 years ago, the Library services' have expanded significantly. Today we offer far more programs and community experiences for

all ages, expanded our summer learning program, and have a wide range of digital resources accessible from anywhere, such as Libby and Hoopla. We now have a more robust, diverse collection of resources that go well beyond traditional print," Lorson said.

Programs at the library are offered year-round and encompass all age groups.

"The James V. Brown Library offers programs for all ages, beginning with our youngest learners. "For babies and toddlers, we host Baby Playdates and Toddler Social, which support early learning and social development through play. For young children and families, we've recently rebranded our Museum Room into a Dramatic Play space, giving kids hands-on, imaginative learning experiences. Older children and teens enjoy STEAM programs, crafts, and family

events, while adults participate in book clubs, technology classes, and lifelong learning programs," said Sheila Howarth, Program Coordinator.

"Looking ahead to next year, we plan to expand early childhood programming, introduce new family-friendly and hands-on learning opportunities, and grow our adult technology and education offerings, continuing to meet the needs of our entire community," she added.

Funding is always an issue for non-profits and the library is no different.

"The Library works hard to stretch every dollar, but without sustainable funding, difficult decisions would have to be made. This could include reduced hours of operation, fewer staff available, as well as programs and services that many in our community rely on

every day" said Amy Resh, CEO and director.

"The Library is a vital public resource, and its future depends on community support. We encourage residents, local leaders, and partners to advocate for library funding, use library services, and support the Library in any way they can because continued investment ensures these essential services remain available to everyone," Resh added.

Programs for kids and adults that began this fall with library partners will continue into the new year. They include a partnership with Weis dietitians on Jan. 21 for "Healthy Meal Planning" and on March 18 for "Adult Nutrition Essentials." On April 7, Weis and M & T Bank will partner for the "Supermarket Challenge" and then on June 26, M & T and the Pennsylvania State Police will partner for a program on fraud prevention.

Lumber Capital Athletics offers ‘environment that people love’

By **MATTHEW COURTER**
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The new year has arrived, and with it plans of starting anew with many vowing to improve their health. But for those intimidated by the thought of signing up with a fitness center, Lumber Capital Athletics offers an alternative to the stereotypical gym.

Lumber Capital Athletics, 575 E. Third St., opened in 2022 by co-owners and coaches Ben Wise and Stacey Kadenas, after Wise moved to the area with his wife, Brooke, whom he met while both were taking classes at Messiah University.

“We lived in the Camp Hill area, and I taught health and fitness for around two years in Harrisburg, and then she got a new job up in this area,” Wise explained.

“I realized that while I didn’t want to teach long-term, that helping people in that kind of coaching aspect is something that I wanted to continue to do. I felt like that was very much in my giftedness,” he said.

Wise would go on to coach at a number of locations before launching his own remote coaching business, which he continues to maintain.

“For Stacey and I, we both really enjoy coaching and working with people, and that’s our biggest thing, seeing people get good results, whether it’s working on certain health metrics, getting off blood pressure medications, being more fit to have fun with their kids, that sort of thing is what we get really excited about,” he said.

Lumber Capital Athletics offers a variety of options for those looking to take charge of their health, including one-on-one personal training, group classes and open



MATTHEW COURTER/Sun-Gazette

A variety of equipment at Lumber Capital Athletics, 575 E. Third St.

gym, where members can work on their own.

“We have functional fitness classes three times a week, and they’re instructor-led,” Wise said, noting that the classes are structured in such a way that progress is maintained, with the programming varied just enough as to not become monotonous.

“A runner might run four times a week, but if they’re an intelligent runner, they’re not doing the exact same route every day. We do the same thing with strength conditioning here. It’s varied in the way it’s presented, but it’s consistent, so you see progression,” he said.

“That’s why people come to our classes, because it’s organized, it’s laid out. We have a minute by minute lesson plan that our coach has, and they’re leading everybody through a specific warm up that’s tailored to the workout they’re going to do. They have everything

from what the expectations are for what the workout should feel like for each person,” Wise explained.

“If someone is working with a coach, they’re going to get feedback on their technique, either verbally or by video feedback, so there’s a feedback loop for that individual. That way they can keep working on technique and making sure that they’re getting the program that they signed up for,” he said.

Wise puts much of the success for his operation on the welcoming atmosphere created by its members.

“They help create the culture here, and when new people come in, they’re always super welcoming of them. They make them feel at home and as comfortable as you can in a place where you’re doing uncomfortable things. It’s very much a ‘we’re in this together’ type atmosphere. It’s like you’re going through it as a group, rather than as an individual,” he said.

“When you come in, you’re not seeing a lot of people with headphones in, with their eyes down, not trying to make eye contact with people. The people in the gym can talk with each other, they can dialog with each other. They look forward to interacting with other people when they’re in the gym, whereas, like a lot of gyms you go to, it’s the exact opposite,” Wise said.

“Maybe one of the big drivers of our success is that people make connections when they’re here and they want to come back because they have friends here,” he said.

Bearing a painting of the city’s skyline in the workout area, Wise has a strong commitment to helping the community, having taken part in Curtin Intermediate’s recent Socktober campaign, which gathered socks for the homeless population in Lycoming County, a food drive with Bayada Home Health, the Salvation Army’s Angel Tree initiative and Lift For Life, a collaboration with the Lycoming College Powerlifting club that raised money to help local firefighters get potentially life-saving pre-cancer screenings.

“Oftentimes our events will give a chunk of the profits to a nonprofit area. We did an ergathlon, basically an endurance-type event, where half the signups went to the SPCA,” he said.

“We organize it, but it’s the members who put their time, energy and money into these events,” he said.

A strong focus of the gym is making the classes accessible to as many people as possible.

“People have busy lives, they’ve got a lot going on. It’s a challenge to just fit something new into your day,” Wise said.

“If it’s a completely open-ended gym, you don’t know what to do.

That’s really where we come in, where we have options for individual training, one-on-one with a coach and group training. In any of those situations, you’re going to be handed what you need to do in order to see results, and we make it as fun and as time efficient as we possibly can,” he said.

With health-centered New Year’s resolutions abound, Wise stressed that Capital Lumber Athletics strives to help people achieve their goals for the long-term.

“The bottom line is people walk into a gym because they want to see a life change. They want to feel confident, they want to look a certain way. There’s very clear reasons why they’re coming in, and we 100% make sure we deliver on those things,” he said.

“But in order to keep doing it over the long term, you have to want to continue this, you have to not force yourself to do it, it’s got to turn into something you love to do,” Wise said.

“That’s what we try to create here, an environment that people love coming to,” he said.

“The vast majority of people that are coming, hopefully love how they spend their time here. They want to come to the gym, which is a unique situation,” he continued.

“There’s pockets of people who enjoy it, or maybe they enjoy how they feel afterwards. But actually looking forward to going to a gym is not something a lot of people necessarily feel, which is why part of our goal is to make sure people are getting their fitness needs met, but they’re enjoying what they do over the long term and making it consistent,” Wise said.

For more information on Lumber Capital Athletics check out their website at www.lumbercapital.fit or across social media.

NEW MEMBER

Elevated Nutrition Club balances taste with benefits

By **MATTHEW COURTER**

mcourter@sungazette.com

It's that time of the year again, where many people turn their attention from the goodies of the holiday season and towards renewed health goals. But for those with hectic schedules, finding a treat that balances nutrition and the energy they need can be nearly impossible. And that's exactly where Elevated Nutrition Club LLC comes into play.

Lamenting the 2024 demise of Rise and Shine, former frequent customer and Life Flight nurse Maddy Antonacci pitched the idea of opening their own operation, offering clean energy options to her mother, Wanita, a social studies teacher with the Loyalsock Township Middle School.

"The last owner of Rise and Shine, is my sponsor through herbal life, and she helped coach me and helped me get started with opening up," said Wanita, who was also a fan of the brand, having experienced unpleasant symptoms when consuming other low-calorie options.

Wanita and Maddy would open Elevated Nutrition Club LLC at its current location, 201 Basin St., Unit 14d, in April in 2025.

"Our main products are Herbalife products, and they're healthier, cleaner energy alternatives," Wanita explained, noting that the drinks and other products offered at Elevated utilize a natural sweetener named Stevia, as opposed to the controversial artificial sweetener aspartame.

Because of the makeup of their drinks, Wanita said she has been able to switch from several coffees to help get her through a busy day of teaching and a side job at a local restaurant to just one tea each morning.



Maddy and Wanita Antonacci run Elevated Nutrition Club in the Basin Street Shopping Plaza.

MATTHEW COURTER/Sun-Gazette

"I was a coffee-holic. I would drink a cup in the morning cup and in the afternoon because you get that crash. With these drinks, I don't get a crash," she said.

"I go back and forth between day and night shifts. Tonight, I'm going to work and I'll drink a tea. It's 26 calories, 200 milligrams of caffeine, but it'll keep me awake for the majority of the night, rather than if I drank a coffee or an energy drink, I'd probably need another one in a couple hours," Maddy added. "The teas and other drinks here give you a nice, steady alertness, rather than that crash and burn," she said.

"A lot of our customer base has been first responders, EMS and police, and not just because of Maddy, but because those are the people who really need that energy all day," Wanita said.

Unlike many drinks, Wanita, Maddy and their staff are able to play around with the flavor profiles, something they said customer feedback plays a big part in.

Among their biggest sellers is their loaded teas, which include guarana, a natural energy booster.

"They also have what's called a lift off packet, which has vitamins in it, and some more caffeine, and then we put aloe in them, and the aloe helps absorb those vitamins," she said.

"Another thing we sell is our protein shakes, which are 24 grams of protein and maybe five grams of sugar, totaling around 200 calories. To get that much protein and that little calories is a pretty big accomplishment," Wanita said.

Other offerings include protein coffees, iced and hot and frappes,

Beauty Drinks, which come packed with energy, collagen and a vitamin pack and flavoring, and recovery drinks and hydration drinks, which they equate to something akin to Gatorade.

Particularly relevant during cold and flu season is their Best Defense drink, which comes with an extra shot of vitamin C, echinacea and zinc.

"We also sell protein balls, and when I get around to making them, we sell protein donuts," Wanita said.

With a heavy dose of protein, low amounts of sugar and only 200 calories, Wanita said their drinks can be used as meal replacements, depending on the consumer's health goals.

"If you're looking for more healthy options, all of our protein is plant-based, and all of our teas are natural-based. We have all natural

sugars, natural vitamins, the product itself is made from roots and tea leaves, so it's not a byproduct or manufactured in any way," Maddy added.

And while acknowledging that trying out a new product can be intimidating, the mother-daughter duo stress that they are more than willing to work with potential customers.

"I would just say, 'try it out.' If they're new, we'll walk them through it. Because we're a nutrition club, we want to make sure it's the best fit for the person, so we'll ask, 'what flavors do you like? Do you like tart flavors? Do you like berry flavors,'" Wanita said.

"If they're really scared of the flavor, like if it's too strong, we also can back off, and say, 'here, try this.' And if you want more flavor, we can always add more to it," she added.

"The protein coffees are a good bridge sometimes too, because some people actually like coffee for the taste. And sometimes they'll come back in and try a tea or a shake next time," Wanita said.

The shop also offers combo discounts if more than one drink is purchased at a time.

"If you want to do better for yourself, it's putting an investment in something that's going to pay off because you're gonna be healthier," Maddy said, while Wanita stressed that their aim is never to disparage other products.

"I'll have a Starbucks once in a while too. We're not against them. We're not even trying to compete. We just want to give that healthy option," Wanita said.

For more information on Elevated Nutrition Club LLC, please visit their Facebook page.

LEGACY MEMBER

River Valley Regional YMCA offers something for everyone

By **MATTHEW COURTER**

mcourter@sungazette.com

Since opening its doors in 1844 in London, the YMCA has been at the forefront of a number of fitness advancement opportunities.

Arriving in the U.S. In 1851, the YMCA was responsible for the creation of body building in 1881, basketball at a YMCA training school in Springfield, Mass., in 1891, volleyball in 1895 and group swimming lessons in 1909, according to its website.

President Abraham Lincoln signed the congressional charter of the YMCA in Washington, D.C. in 1864, with the Williamsport branch opening two years later.

To mark its 175th anniversary in the U.S., the non-profit recently launched its "No Place Like This Place" campaign, aimed at spreading the word on the diversity of its offerings.

Following a regionalization that began in 2004 and culminated in 2019, the River Valley Regional YMCA is currently made up of branches in Williamsport, Jersey Shore, Muncy, Towanda, Mansfield and Lock Haven.

As branches of the same umbrella entity, a membership at one branch may be used to participate in activities at any of the other sites.

"We not only offer the wellness area with the cardio, strength equipment and free weights, we also offer group exercise class-



MATTHEW COURTER/Sun-Gazette

Members use exercise bikes at the River Valley Regional YMCA in Williamsport.

es, adult sports programs and swimming at many of our branches," Mandy Minnella, marketing coordinator for the River Valley Regional YMCA said, adding that the organization offers options to watch children while parents or guardians utilize the facility.

"We offer a basketball gymnasium with programs for all ages, sports for kids and adults, senior socials and classes," she said.

All group exercises are included with a membership.

"We have everything from yoga to Zumba, strength and cardio classes, boot camp classes, Silver Sneakers classes for seniors, and everybody is welcome to try any of the classes, even if it sounds like it's a challenging class, if you just say to the instructor, 'I'm new to this, or I have a problem

with my knee or my shoulder. What is another exercise that I could do in place of this,' the instructors are here to help and make it fun as well," Minnella said, adding that people often make friends among their classmates.

"It helps motivate you when you're with a group of people, it's fun, it's friendly, it's building community and relationships. And you get to see everybody else reach their goals while you're working to reach yours," she said.

And, for people who have some mobility issues and may not be able to take a traditional group exercise class or work out on the floor, they could go in the pool, where there's less impact on your joints," Minnella said.

"We have something for everybody, all ages, all physical abilities," she added.

The Y's Superstars pro-

gram is designed for those with special needs or diverse abilities.

"It's a free fitness class where they take a big exercise ball and hit it with drumsticks and dance and do all kinds of fun stuff to music," Minnella explained.

For its youngest members, the YMCA offers itty bitty sports, art projects and home school programs.

"We have a fitness team that is always somewhere in the wellness area, and you can ask them questions about how to use the machines or anything else you're unsure of," Minnella said.

For an extra fee, members can utilize personal training options, even if just to help them get started.

For those unsure of exactly what they're looking for, the Y offers tours of their facility.

Many of the members

are welcoming and eager to share their knowledge, something Minnella said is one of their biggest goals.

But, the YMCA is much more than a gym, Minnella stressed.

"We're a nonprofit, so the membership not only helps people reach their goals and keep them active, but it supports our building and our youth programs, financial assistance for memberships, childcare and programs where people can't afford to pay the full price, along with our community outreach initiatives and events, our cancer program, our vet strong program and our joint replacement program," she said.

"Basically, your dues operate the facility, and then your gift, your donation, is what helps us give back to the community in more ways than just providing the gym," Minnella said.

In an effort to continue to expand their services, the Eastern Lycoming Branch will see an expansion coming in 2026.

"The members outgrew their building within the first year it was built, and we are currently running a

capital campaign to raise the funds to begin the first phase of the expansion," Minnella explained.

Depending on the amount of funds raised, the first phase is expected to add 2,000 square feet of childcare space, comprising two additional classrooms and some offices. The goal is also to double the wellness area, adding more space for free weights, strength training and functional training areas, along with possible other facility improvements to shower facilities and the community room.

With something for everyone at the YMCA, Minnella sees a strong pay-off in children seeing their parents engaged in healthy activities.

"When you bring your kids in and they see you trying to lead a healthier lifestyle, it teaches them to build healthy habits. So, this is a place that you can be throughout your entire life. There's always something here for you," she said.

For more information on the River Valley Regional YMCA, its branches and all that it has to offer, please visit www.rvrymca.org.

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Upcoming PM Exchanges



Albright Studio
January 15th, 5-7
Albright Studio
1 E Central Ave
South Williamsport, PA 17702

Albright Studio is hosting a PM Exchange at their new studio in South Williamsport. Stop by Thursday, January 15 to get your Albright Studio passport and visit all the studio destinations to be entered into a raffle to win a free portrait session! Some of the destinations include a professional headshot and an opportunity to play with fire. Enjoy hard cider and hard soda from Floating Feathers Brewing Company, and pizza and appetizers from Long Island Pizza.



The Scottish Rite/River Valley Internet
January 29th, 5-7
The Historic Acacia Club
348 Market St
Williamsport, PA 17701

Start 2026 connecting, collaborating, and celebrating! River Valley Internet and the Williamsport Scottish Rite will co-host the Williamsport/Lycoming Chamber of Commerce PM Exchange on Jan 29th, 5 - 7 PM, at The Historic Acacia Club, 348 Market St in downtown Williamsport. Enjoy a beer or specialty cocktail or mocktail if you prefer from our new bar top and graze our charcuterie selections prepared and served by The Food Guy Catering Co., the in-house caterer of WSR Venues on Market. While basking in the grandeur of the Acacia, or touring our other venue spaces, you can participate in the Two Business Cards, Two Stories Networking Challenge for the chance to win a 55" flat screen TV! Additionally, we're hosting a Mini VR Escape Room Challenge! Every 10 minutes we'll take a group of five random - or pre-determined teams. It's a fast paced 10-min VR escape experience and at the end of the night the team with the fastest time and the fewest hints wins. Each player on the winning team receives a \$50 gift card, so grab a group and jump in!

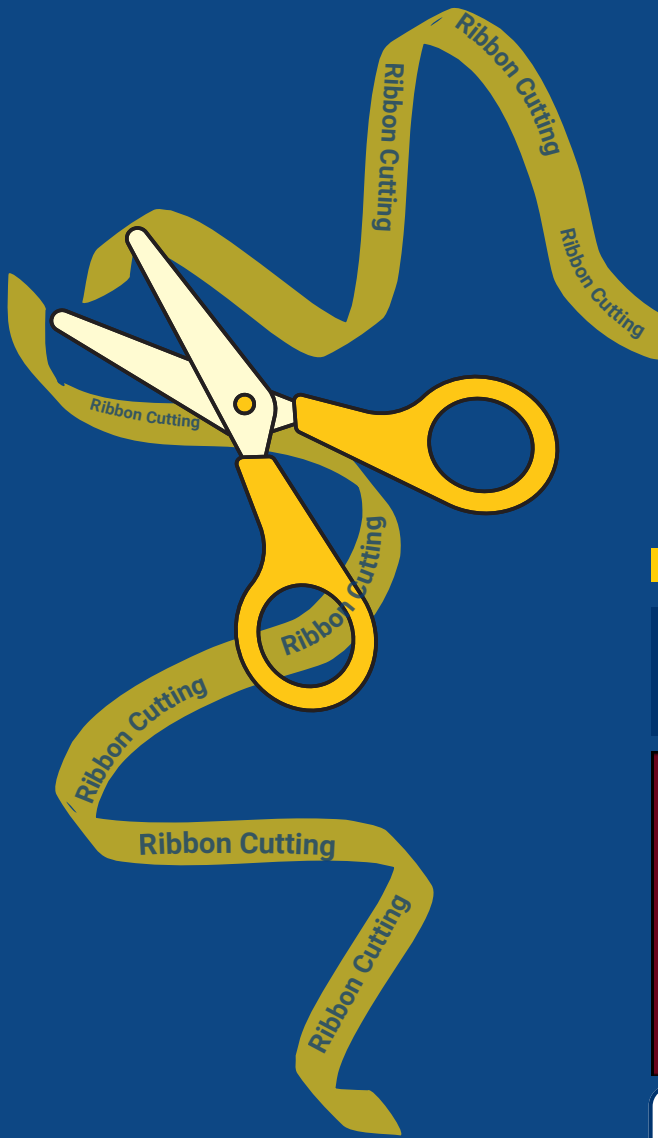


2026 PM EXCHANGES

- January 15** - Albright Studio Photography
- January 29** - Williamsport Scottish Rite & River Valley Internet
- February 19** - Brick Mill Craft Furniture
- March 12** - Jackass Brewing Company & West Branch Susquehanna Builders Association
- March 26** - PDC Spas
- April 16** - Barr's Ace Hardware
- April 30** - Williamsport Area School District
- May 21** - Larson Design Group & Eat and Run Catering
- May 28** - UPMC
- June 11** - KVS Computers
- June 25** - Ford Custom Renovation
- July 9** - Members 1st Federal Credit Union & Williamsport Country Club
- August 6** - Nippenose Tavern
- September 10** - Wine & Design
- October 1** - Innovative Manufacturers' Center (IMC)
- November 5** - Pennsylvania College of Technology
- December 3** - Miele Group



UPCOMING RIBBON CUTTING CEREMONIES



Elevated Nutrition Club



*Friday, January 9, 2026
201 Basin Street, Suite 14D, Williamsport
Ribbon Cutting Ceremony at 4pm*

Brows & Beauti by KC



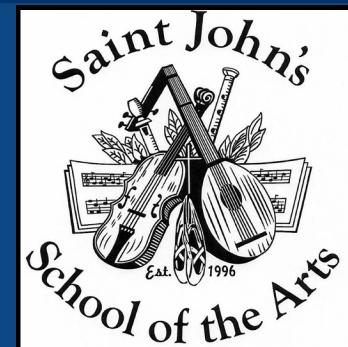
*Friday, January 16, 2026
410 River Avenue, Williamsport
Ribbon Cutting Ceremony at 4pm
Open House from 3-5pm*

Ozzie and Mae's 20 Year Anniversary



*Tuesday, January 20, 2026
36 West Fourth Street
Ribbon Cutting Ceremony at 3:30pm*

Saint John's School of the Arts' 30 Year Anniversary



*Friday, January 23, 2026
1157 Market Street, Williamsport
Ribbon Cutting Ceremony at 4:30pm*

LOCAL BUSINESS. LOCAL SUCCESS.

Williamsport/Lycoming Chamber of Commerce

140th Annual Meeting & Awards Banquet



Thursday, February 10, 2026

12:00PM - 1:30PM Registration Opens at 11:30AM

Farrington Place - 416 West Third Street, Williamsport

Join us as we review the accomplishments of 2025 and look ahead to developing an even better Lycoming County in 2026.

Awards to be presented

Phillips/Plankenhorn Small Business of the Year Award 2025 Recipient



Sponsors



Vince Matteo Excellence in Leadership 2025 Award Recipient

Announced in Late January

Staiman Family Large Business of the Year Award 2025 Recipient



Sponsor



Emerging Business of the Year Award 2025 Recipient



Sponsor

Small Business Development Center Penn State

Leadership Lycoming

Our December Program Day started bright and early in Courtroom 1 of the Lycoming County Courthouse with a panel hosted by our five Common Pleas Judges: President Judge Nancy L. Butts; Judge Eric R. Linhardt; Judge Ryan M. Tira; Judge William P. Carlucci; and Judge Ryan C. Gardner. Each of the Judges discussed their background, what brought them to Williamsport, how they decided to seek a seat on the bench, and what areas of the law they see the most in their respective courtrooms. We were also visited by Ludo, the Courthouse Facility Canine. Next, we crossed the street to the Third Street Plaza where we heard from Chief Public Defender Nicole Spring and Assistant District Attorney Martin Wade. We then transitioned into a presentation by the City Police, starting with the K-9 Unit featuring special guest Kylo, the bomb sniffing dog. Thereafter, we were joined for lunch by Magistrate District Judges Bill Solomon, Gary Whiteman, and Kristen Gardner. After lunch, we were joined by Nicole Hayes from Transitional Living Center, Sara Johns from Adult Probation, and Nicole English from GEO Reentry. Finally, the class walked down the street to the Lycoming County Prison for a tour. Now we can all say we've been to prison! We want to share a special thanks to all of our presenters and to our annual sponsors River Valley Health and UPMC North Central Pa. Without all of you this great day of learning would not have been possible!



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SPONSORING LEADERSHIP LYCOMING HELPS SUPPORT THE DEVELOPMENT OF LEADERS IN OUR LYCOMING COUNTY COMMUNITY, PROVIDES DIRECT EXPOSURE OF YOUR BUSINESS OR ORGANIZATION WITH A CURRICULUM DAY CLOSELY TIED TO YOUR AREA OF EXPERTISE, AND GIVES YOU THE OPPORTUNITY TO INTERACT WITH THE FUTURE LEADERS OF OUR COMMUNITY.



LEADERSHIP LYCOMING ANNUAL SPONSORSHIP PACKAGE

ANNUAL \$2,000

- LOGO ON ALL PROGRAM DAY MATERIALS & SOCIAL MEDIA
- LARGE FEATURE IN GRADUATION PROGRAM SPONSOR RECOGNITION SECTION
- ONE PROGRAM DAY PRESENTATION
- FULL PAGE FLYER, THE MONTH OF YOUR CHOOSING, IN THE WLCC E-MARKETPLACE
- FINAL 3 TABLE SPONSORSHIP PACKAGE



LEADERSHIP LYCOMING BUSINESS SPONSORSHIP PACKAGE

TIER 1 \$600

- LOGO ON PROGRAM DAY AGENDA & SOCIAL MEDIA
- FEATURED IN GRADUATION PROGRAM SPONSOR RECOGNITION SECTION
- OPPORTUNITY TO ATTEND SPONSORED PROGRAM DAY TO SPEAK OR NETWORK DURING LUNCH



LEADERSHIP LYCOMING BUSINESS SPONSORSHIP PACKAGE

TIER 2 \$300

- LISTED ON PROGRAM DAY AGENDA & RECOGNIZED ON SOCIAL MEDIA
- OPPORTUNITY TO JOIN PROGRAM DAY LUNCH
- FEATURED IN GRADUATION PROGRAM SPONSOR RECOGNITION SECTION

LEADERSHIP LYCOMING INDIVIDUAL SPONSORSHIP PACKAGE

TIER 3 \$100

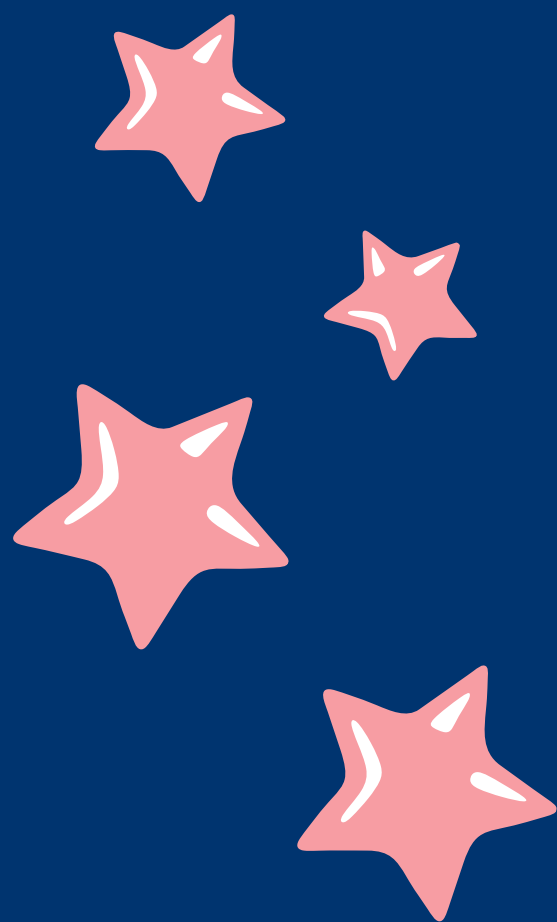
- LISTED ON PROGRAM DAY AGENDA
- RECOGNIZED ON ALL SOCIAL MEDIA



The staff at the Williamsport/Lycoming Chamber of Commerce are honored to make an annual donation to a nonprofit Chamber member in recognition of the meaningful work they do for our community. This year, we were delighted to visit the Juvenile Uplifting Mentoring Program to deliver holiday treat bags to the children and present our donation in support of their impactful mission.

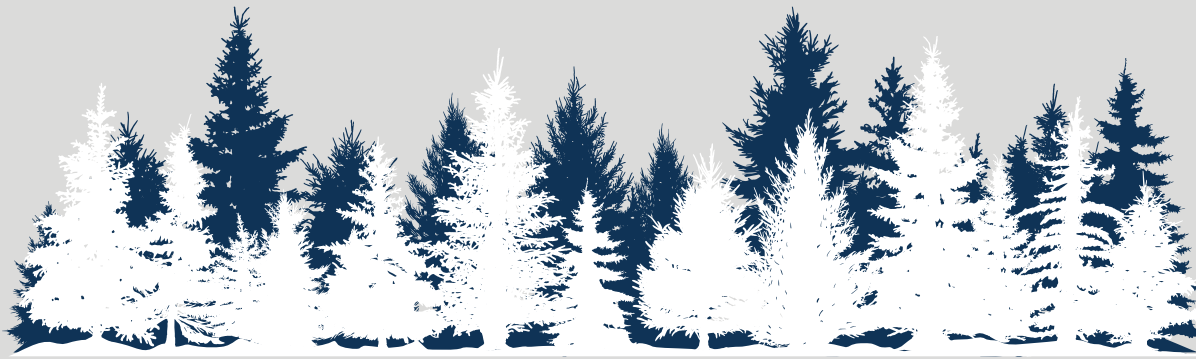
Juvenile Uplifting Mentoring Program -JUMP was launched in September 2017 by Intisar Martin as a pilot initiative in Williamsport, Pennsylvania. At its inception, Intisar served as the sole mentor, working one-on-one with youth ages 9–14. Armed with her Bachelor's degree in Criminal Justice with a concentration in Forensic Psychology from Argosy University, she applied her education and experience to help young people develop positive behavior changes through consistent communication, mentorship, and skills training.

We are grateful for your membership with the Chamber and for the meaningful impact you continue to make in our community. We wish you, your staff, and the families you serve a very Merry Christmas, Happy Holidays, and a blessed New Year!



Continue to Next Page





MONTOURSVILLE CHAMBER OF COMMERCE WINTER MIXER



JANUARY 22, 2026
 5:00 PM- 7:00 PM
PIER 87 BAR & GRILL



5647 STATE ROUTE 87, WILLIAMSPORT



Shake off the post-holiday blues and reconnect with fellow Chamber members
 at our Winter Mixer!

Enjoy a complimentary buffet, cash bar, and great networking to kick off the new year.

Free to attend | \$200 Sponsorships available
 register online by January 20, 2026 | www.williamsport.org



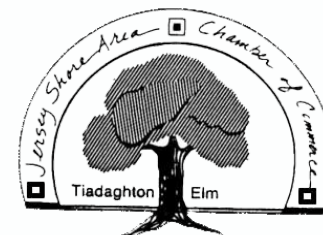
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 and signage at the event**



Jersey Shore Area Chamber of Commerce



Winter Mixer



Mix, Mingle & Melt Away the Winter Chill!

Join us at the Tiadaghton Inn for the Jersey Shore Area Chamber of Commerce Winter Mixer!

Shake off the cold with great company, a complimentary buffet, and a cash bar.

Free to attend – all Chamber members welcome!

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THURSDAY, FEBRUARY 5, 2026
5:00 PM – 7:00 PM
1120 Allegheny Street, Jersey Shore

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