

2015 Healthy Workplace Awards Luncheon



The 2015 Healthy Workplace Awards luncheon was held on Tuesday, October 20, 2015 at Terraview at Stroudsmoor, and was sponsored by the Greater Pocono Chamber of Commerce, Highmark Blue Cross Blue Shield, and ChamberChoice.

The purpose of the Healthy Workplace Awards is to recognize companies that are adopting and continuing wellness programs in their workplace.

The 2015 Healthy Workplace Award for Large Business (Over 100 Employees) was awarded to St. Luke's University Health Network, and the 2015 Healthy Workplace Award for Small Business (under 100 employees) was awarded to Northampton Community College-Monroe Campus.

left to right- Robert Phillips, IOM (Greater Pocono Chamber of Commerce) - Katie Gallagher (Vigon International)- Dee Ranier (NCC), Christine Davco, Amy Previato (St. Luke's University Health Network), and James McClure (Highmark Blue Cross Blue Shield)

The 2015 Healthy Workplace Continuing Excellence Award was given to Vigon International, Inc.

Congratulations to the winners and a thank you to all those who submitted nominations. You will see more businesses offering wellness programs to keep their employees healthy, and as a result, help reduce their health care costs.

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GPCC MISSION STATEMENT

Act as A Unified Voice of Business
 Dedicated to the Prosperity of all
 Commerce
 Leading to the Enhancement of
 the Quality of Life in our region and surrounding areas.

November 2015 Calendar of Events

- November 2**.....*Business Card Exchange*
5:30 p.m.- *Western Pocono Community Library - Brodheadsville*
- November 6**.....*Government Relations/Public Policy Committee -*
8:00 a.m.- *Stroud Township Municipal Building - Stroudsburg*
- November 9**.....*Education Committee*
11:00 a.m. - *GPCC*
- November 10**.....*Women In Business Luncheon*
Noon – *Chateau Resort & Conference Center - Tannersville*
- November 17**.....*Women in Business Committee*
8:30 a.m.- *G.PCC*
- November 24**.....*Board of Directors*
8:30 a.m.– *ESU Innovative Center - East Stroudsburg*

LEADS WANTED!!!!

If you are aware of a new or existing business in the Greater Pocono region that might be interested in learning more about the various benefits of chamber membership, please contact

Patricia Metzgar at 570.421.4433 or email to
pmetzgar@greaterpoconochamber.com.

Members in the News



Michael Riley

Michael Riley is not new to the Greater Pocono Chamber of Commerce, but rather in a new role representing our new member **Heartland Payment Systems**. Heartland is a Fortune 1000 company, and a member of the NYSE (HPY). Endorsed by over 250 professional trade organizations, Heartland is a payments technology company working in the business to business markets. The core product focus is on direct credit card processing, payroll and HR solutions, marketing solutions (gift card and loyalty programs) and lending.

Heartland's competitive distinction is for full disclosure and transparency when working with our business owners. The transparency is so clear in that we also disclose our profits to our customers. We also are strong advocates for Merchant Bill of Rights – www.merchantbillofrights.org.

Payment Processing:

As pioneers of the Interchange Plus Pricing Model for credit card processing, each month you see the actual wholesale cost of the type of cards you accepted in your business plus our fully disclosed profit margin. Other distinctions are Heartland Data Security, Breach Warranty, American Express Card Acceptance Program, next day funding of all credit card sales, Durbin amendment adherence, middle man elimination, along with other distinctions to reduce costs and provide efficiencies.

Payroll Processing and HR Services:

As the 3rd largest publicly held payroll processor, Heartland's target market is companies with 1-100 employees. Heartland is a full service web based payroll processing company, with an IRS approved tax engine. We own and process on our own Heartland Secure platforms, providing top level security. Simple pricing, personal service, and transparency along with a 3-year price lock are foundations of our Payroll processing. Our HR On Demand supports small companies in staying compliant with ACA and personnel issues.

Lending:

Recognized in business for providing fair, transparent, fully disclosed costs for payment processing, Heartland offers the same commitment for our lending services. We understand small business owners, and those that qualify can borrow up to \$2 million for any business purpose. This process is quick, requires no collateral or complicated paperwork, and funds are usually deposited within 2 days of loan approval.

Marketing Solutions:

For businesses that process credit cards with Heartland, electronic gift card program and loyalty programs are of-

ferred. Heartland provides all necessary tracking and reporting for such programs. Grow sales and creating more loyal customers is the foundation of these programs.

Michael Riley resides and is based in Stroudsburg, PA and looks forward to becoming an active member in the Chamber. Heartland's products and services are second to none, and my focus is to support all Chamber members in understanding the markets we serve and providing fully disclosed, efficient solutions to your business needs.

For more information, contact Michael Riley at 570.460.4726 or email to michael.riley@e-hps.com

The Monroe County Historical Association will present a special program titled, "Remembering the Flood of 1955" from 1:00 p.m. to 3:30 p.m. on Sunday, November 8, 2015 in the Community Room at the Eastern Monroe Public Library. This year marks the 60th anniversary of the flood that ravaged Monroe County, PA.

Historical Association members Bruce and Trudi Denlinger will sponsor the special presentation by author Mary A. Shafer as she relates the true stories of survivors and of eyewitnesses to the Flood of 1955 as told in her book, "Devastation on the Delaware." Books will be available for purchase and will be signed by the author.



The bridge over Pocono Creek on West Main Street, Stroudsburg. Fred Fetherman's Paint Store and Cammarata's is in the background.

In addition to Mary A. Shafer's presentation, the Monroe County Historical Association is working to collect oral histories of local citizens and is encouraging attendees to share their stories of how the Flood of 1955 affected them. Sign-up sheets will be available for those interested in participating in this important project. The recording of the oral histories will be scheduled with individuals for a later time.

This special program is free and open to the public. Due to limited seating, reservations are required. For additional information or to make a reservation, please contact the Monroe County Historical Association at (570) 421-7703 or e-mail at mcha@ptd.net.

The Monroe County Historical Association is a non-profit organization dedicated to promoting, protecting and preserving Monroe County's rich history.

Losing weight can be difficult—whether it's 5 pounds or 50 pounds. At **MJA Healthcare P.C.**, in East Stroudsburg, Dr. Mikhail Artamonov and his staff offer medically supervised weightloss programs designed to get results.

The HCG Diet, based on Dr. A.T.W. Simeons' manuscript "Pounds and Inches," consists of a very low calorie diet (500) in combination injections of HCG (human chorionic gonadotropin). HCG, or Human Chorionic Gonadotropin, is the "natural" hormone the body makes during pregnancy. HCG can reset one's metabolism, allowing individuals to lose as much as a pound a day without feeling hungry or weak.

How? HCG helps to burn the fat that is stored around the hips, thighs, belly and upper arms. During the treatment, individuals take a small amount of the hormone daily. The HCG used in the diet protocols is a variation of the HCG used in infertility treatments, but in much smaller, minute doses. All HCG used for medical purposes is synthetic, created in laboratories from sterile cells. It is not extracted from women or animal urine. Artamonov says HCG itself does not cause weight loss, but rather modifies eating behavior. "We will provide details of a low calorie, low fat and practically starch-free diet to obtain optimum results," he says.

"It's crucial for patients to understand that this doesn't solve the physiology of why they are gaining weight and why they are eating," notes Artamonov. "That's much more complicated than HCG. We have a deeper, functional medicine program that can help support people from that standpoint."

The doctor says one of the things he likes best about the HCG diet is that it is designed with one's personal goals in mind—whether they want to drop a few pounds or have a significant amount to lose.

The HCG diet begins with something called "loading days." These generally make up the first two days of the diet. Some people call them "binge" days. During these two days, individuals begin taking daily doses of HCG diet drops while eating fattening foods to capacity.

According to Artamonov, some informal studies have shown that those who follow the HCG loading days correctly lose more weight overall. Dr. Simeons never mentioned this benefit, but there are several reasons why this might be so.

One is that those who follow the HCG loading days correctly have a much easier time during the first week, which establishes the pattern of things to come. The less hunger and irritability one might feel, the easier it will be for them to stick to the diet. Second, the HCG loading days have the added benefit of breaking some of the mental addictions one may have developed over time. Finally, by gorging on one's favorite foods for several days, cravings are satisfied while simultaneously making the food less desirable.

What can people expect to happen to their weight during the HCG loading phase? The doctor says most people gain weight fairly quickly, sometimes as much as 4 to 6 pounds in the first day. The next day a person will likely gain less. Regardless, the whole amount is usually lost within the first two days of the 500-calorie diet.

Some people are surprised to find that they don't gain any weight at all during the HCG loading phase, and some even lose weight. Often, this is caused by a loss of water weight, especially for those who haven't been getting enough protein.

While 500 calories a day may not seem like much, it is common that HCG dieters often find it hard to consume the total 500. It's common to have mild hunger during the first few days, but over time it will pass and by the second week, patients typically find even tiny servings to be completely satisfying. "This is partly due to your hypothalamus adjusting your metabolic rate, but largely due to the amount of calories circulating in your body from the released fat," explains Artamonov.

Most dieters report an average loss of 1 to 2 pounds per day. However, everyone is different and results may vary. He says both men and women can use HCG injections for weight loss, and there are rarely side effects reported while using HCG diet shots.

Once the weight is off, a common concern is keeping it off. Artamonov says former HCG dieters often report a change for the better in appetite and a natural course of modified eating behavior. They also report the program as an ideal situation for easily transitioning into a healthy relationship with food.

To maintain, a minimum amount of activity is recommended, including yoga, 20 minutes of cardio or any other activity that gets the heart moving.

"This is one of the most diversified programs on the market," says Artamonov. "We investigate every individual case and provide a plan that fits their needs for optimal results. Ultimately, our goal is to help people not only look good, but also feel good."

MJA Healthcare, R.C. has one location in East Stroudsburg and two locations in the Lehigh Valley. For more information, visit MJAhealthcare.com.

Project One Step, in partnership with **Pocono Alliance**, is bringing the incomparable Joseph Martin to Stroudsburg for a benefit concert on Saturday, November 7, 2015 at 7:30 pm in the Stroudsburg High School Auditorium.

Joseph Martin is a world-class pianist and renowned composer and arranger of choral music. He has conducted his anthems at Carnegie Hall and other famous venues around the world. His first solo piano album was nominated for a Dove award and he has more than two thousand compositions currently in print.

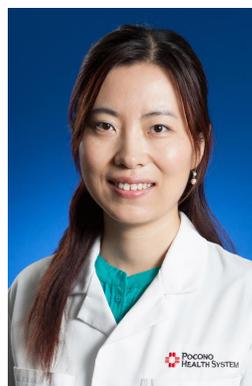
Martin will entertain and inspire as he combines amazing musical gifts with his down-home humor in a solo performance for the first half of the concert. After intermission, he will be joined on stage by the Project One Step community choir and orchestra for a selection of his anthems.

The proceeds of the concert will be distributed between Stroudsburg United Methodist Church's community meals mission (Daniel's Dream Team), Pocono Alliance's Bridges Out of Poverty Program, and Pocono Area Transitional Housing (PATH). Concert patrons are also asked to bring a non-perishable food donation that night to directly support the hungry in Monroe County; the donated food will be distributed among the following three Monroe County food pantries: Christ Episcopal Church, PVEN and Innovation Church.

Tickets are \$15 per person and can be purchased online at www.projectonestep.org. For more information about Project One Step visit their website or call 476-4223.

Do you have a great Mac & Cheese recipe that you want to share? Do you know a restaurant that makes wonderful Mac & Cheese? The 3rd Annual Starving Artist Mac & Cheese Bake Off is just around the corner on Sunday, November 8, and **PoconoArts** is looking for those recipes to highlight in this exciting – and tasty - fundraiser. Professional and amateur chefs are invited to enter for a nominal entry fee that can pay-off in fabulous prizes. First prize in the professional category is a month on a digital billboard donated by Adams Outdoor Advertising. Prizes are awarded as a result of voting by our celebrity judges and public "tasters" that attend the event on November 8 at Rainbow Mountain Resort in East Stroudsburg. Visit www.poconoarts.org for an application form.

Remember to invite your friends and neighbors to vote for YOUR Mac & Cheese. If you are a Mac & Cheese Lover – And Who Isn't – this is the fundraiser for you. Questions and additional information: 570-476-4460 or laura@poconoarts.org



Dr. Lan Su

Pocono Medical Center is pleased to welcome Dr. Lan Su to its comprehensive and compassionate team of providers and physicians as part of the Pocono Internal Medicine Specialist practice.

Dr. Su recently completed her Internal Medicine Residency at St. John's Episcopal Hospital in Far Rockaway, New York. "I would like to provide continuous care for my patients, build long-term relationships with them, and offer a home-like feeling in my practice. I am looking forward to working with my patients to improve their health from preventative medicine, to

treatment of medical diseases” said Dr. Su. Prior to her internal medicine practice at Pocono Medical Center, Dr. Su conducted research in endocrinology at John’s Hopkins University gaining exposure to and experience with chronic medical problems such as diabetes, hypertension, and obesity.

Dr. Su is Board eligible in Internal Medicine and FCVS (Federations of State Medical Boards) and ECFMG (Educational Commission for Foreign Medical Graduates) certified. She is also a member of the American College of Physicians and recipient of the Goldhaber Travel Award from University of Maryland at College Park in Maryland.

Dr. Su is seeing new patients at her office located in the 447 Office Plaza on 500 Plaza CT, Suite B East Stroudsburg, Pennsylvania 18301. To make an appointment with Dr. Su, please visit the following link, poconohealthsystem.org/pmcdocs, or call 1-866-PMC-DOCS (1-866-762-3627).

Scott's Collision Center has been officially certified by Assured Performance, a non-profit consumer advocacy organization for maintaining the right tools, equipment, training, and facility necessary to repair the participating Automaker brand vehicles according to the manufacturer's specifications. In achieving their certification, Scott's Collision Center is now an integral part of the most advanced repair capable and efficient auto body repair network in the world. Adding to their credentials, Scott's Collision Center is officially recognized by Assured Performance, FCA, GM, Ford, Nissan, and Hyundai.

To become Certified and officially recognized by the various Automakers, Scott's Collision Center passed the rigorous certification process essential to help ensure a proper and safe repair of the new generation of advanced vehicles. Less than 5 percent of body shops across the nation are able to meet the stringent requirements to become officially certified and recognized. The certified network is made up exclusively of best-in-class collision repair businesses that have met or exceeded the stringent requirements of the Certification program.

The Certification criteria is based upon auto manufacturer requirements. These are critical to ensure the vehicle fit, finish, durability, value and safety following an accident. As new model vehicles are being introduced that use light weight high strength materials and advanced technology, a proper repair according to manufacturer specification is even more important than ever to ensure the passenger safety and proper performance of the vehicle. Auto manufacturers want to ensure that consumers have the option of Certified Collision Repair wherever they live, work, or travel.

“Consumers need the confidence and peace of mind to know their vehicle is repaired by a shop that has what it takes to ensure the vehicle safety. Scott's Collision Center is officially a Collision Care Provider™,” said Scott Biggs, CEO of Assured Performance Collision Care. “They repre-

sent the standard by which all other body shops are measured.”

The Monroe County Historical Association is currently accepting nominations for the 11th Annual Historic Preservation Awards. The organization hosts an award program each year to recognize property owners who have shown their dedication to preserving and enhancing historic structures in Monroe County. Awards are given in four categories: Residential Property, Commercial Establishments, Nonprofit/Publicly funded entities, and Heritage Resource.

To be considered for any one of the four awards, the current owners or managers of the historic property/object must submit an application, which will be evaluated by the MCHA Preservation Program Committee. Buildings must be 75 years or older, should retain their historic integrity and character, and may be private homes, commercial buildings, agricultural or industrial structures, historic complexes, districts, and landscapes. Other heritage resources including objects, monuments, artifacts or archival material, which have been adequately protected and represent local heritage in a significant way, are also eligible for a Preservation Award.

Nomination forms must be completed and returned to the Monroe County Historical Association by Tuesday, December 15, 2015. Winners will be notified in early late January and invited as guests to the Monroe County Historical Association’s 94th Annual Meeting and Awards Luncheon at Shawnee Inn and Golf Resort on Sunday, February 28, 2016.

The nomination forms for the Preservation Awards may be obtained at the Stroud Mansion, 900 Main Street, Stroudsburg, PA or can be downloaded from the website at <http://www.monroehistorical.org/events/pep/pep.html>. Images and information regarding the previous year’s winners can also be found at the Monroe County Historical Association’s web site.

For additional information on the 11th Annual Preservation Awards or the Monroe County Historical Association, please call (570) 421-7703 or e-mail mcha@ptd.net. The Monroe County Historical Association is a non-profit organization dedicated to promoting, protecting, and preserving Monroe County’s rich history.

Pocono Raceway will host a Verizon IndyCar Series race, for the fourth consecutive season, in 2016. The ABC Supply 500 race weekend will take place August 20-21. Tickets for all events, taking place during the two-day race weekend, are now available at www.poconoraceway.com.

“We look forward to INDYCAR returning to ‘The Tricky Triangle’ this summer,” said Brandon Igdalsky, Pocono Raceway President and CEO. “Our track was designed for open-wheel cars and, given the 100th running of the Indianapolis 500 in May, it made all the sense to have them

back for this historic season of racing. We worked diligently with INDYCAR to make this happen and we both agreed it was important to keep our race on the 2016 schedule. This, coupled with the overwhelming response from teams, drivers and race fans, were all contributing factors to our mutual decision.”

Sunday General Admission Grandstand tickets start at \$25 for adults, and \$12.50 for children, ages 12 and under. Additionally, 2016 renewal ticket information is in the process of being mailed and emailed to those who attended the INDYCAR race at Pocono Raceway this past year. For additional information, please visit www.poconoraceway.com or call 1-800-RACEWAY (1-800-722-3929).

Several Verizon IndyCar Series owners and drivers also commented on today’s announcement:

Marco Andretti – No. 27 Andretti Autosport Honda

“In a lot of ways, I think our Indy cars were built for Pocono. And, the hometown support for me and the team is great. I really enjoy racing at the triangle and am glad to see it on the 2016 schedule.”

Michael Andretti – Owner of Andretti Autosport

“I’m excited to see the series return to Pocono. It’s an important race on the schedule both because of the strength of the market and competitive nature of the racetrack.”

Scott Dixon – No. 9 Chip Ganassi Racing Chevrolet

“The ‘Tricky Triangle’ is a venue that has a lot of history with open-wheel racing in America. I personally love oval racing and I’m look forward to getting back there. It’s a tough place to get right. It’s definitely tricky and I think for us, the first time going there in 2013, and having a podium sweep with myself, Dario [Franchitti] and Charlie Kimball was huge for the team. Pocono actually kicked off our run for the championship that year so our first time there will always have a special place in my heart. Turn 3 for me is definitely one of the toughest corners on any of the circuits we go to all year. It’s always exciting for me to race there.”

Chip Ganassi – Owner of Chip Ganassi Racing

“Pocono Raceway has a tradition rich in Indy car racing and it’s an important event to have on our calendar. In addition to scoring Target’s 100th win there in 2013, the racing has proven to be very exciting over the past few seasons. The staff at Pocono are huge supporters of INDYCAR racing, and have been for a long time, so as a Pennsylvania guy, I’m happy to see it continue and I look forward to many more Indy car races there in the future.”

Juan Pablo Montoya – No. 2 Team Penske Chevrolet

“INDYCAR does a really good job in trying to find new venues for us to race while also keeping us at those classic tracks where we put on good racing. Pocono Raceway is one of those tracks. It will always be special to me as the place where I got my first win for Team Penske. The people there do an amazing job in putting on the events and I look forward to going back there in 2016 and beyond.”

Roger Penske – Owner of Team Penske

“Having the Verizon IndyCar Series return to Pocono Raceway is great news for the fans, for the competitors and all of our partners. INDYCAR has such history at this track and we have seen just how competitive and entertaining the racing can be at Pocono over the last few years. It is very important for the series to have strong events on the East Coast and we are all excited that we will be back racing at Pocono in 2016.”

The **Pocono Arts Council** will offer the following classes during the month of November. Classes, unless noted otherwise, are held at the Pocono Arts Cultural Center, 18 N. Seventh St., Stroudsburg. To register call PoconoArts at 570-476-4460 or register online at www.poconoarts.org.

ONGOING ADULT CLASSES

Oil Painting

Instructor John McAllister

November Classes 5, 12, 19, 26

This ongoing workshop focuses on the individual, helping them to develop their own personal style and technique working with the oil medium. Learn how to develop your painting by understanding drawing and composition, light and shadow, color, preparation of materials and the application of paint. Working at you own pace, you pick the subject while the instructor guides you through the painting process.

Tuition: Member \$75/Non-Member \$85: Senior Member \$65/Non-Member \$75

Intermediate Watercolor

Instructor Joan Raushi

This class will cover composition, how to avoid “making mud”, rules of portraiture, using a photograph and various textures, along with other varied techniques.

Tuition: Member \$100/Non-Member \$110: Senior Member \$90/Non-Member \$100

Materials List

ADULT CLASSES

Figure Drawing Workshop w/Professional Costumed Model

Instructor Ted Michalowski

One Evening, November 9, Monday 6-9pm

This energetic course will focus on direct drawing, from the theatrically costumed and fashionably dressed professional model. Participants will draw through a range of exciting approaches, learning to draw more freely, confidently and courageously. This class is for teens and adults.

ALL SKILL LEVELS WELCOME!

Tuition: Member \$40/Non-Member \$50: Senior Member \$30/Non-Member \$40

Materials List

Blues Guitar

Instructor Spencer Reed

One Evening, November 10, Tuesday, 6:30-8:30pm

This workshop will provide a practical, hands-on approach to jamming. Attendees perform together in a casual,

friendly setting. No stage audience, peer pressure or smoky club. Perfect for young people as well as adults who want to jam.

Tuition: Member \$20/Non-Member \$30: Senior Member \$15/Non-Member \$25

CHILDREN'S WORKSHOPS

Instructor Susan Field

"Artist a Day" Series

Artist: Peter Max

November 7, Saturday, 1-3pm

Paint a poster using icons like the artist. Medium is neon poster paint. This workshop is for children grades 3rd through 6th. **ALL MATERIALS PROVIDED!**

Tuition: \$30.00

"Artist a Day" Series

Artist: Van Gogh

November 21, Saturday, 1-3pm

Create a painting of your room like the artist's version Room at Arles. This workshop is for children grades 3rd through 6th. **ALL MATERIALS PROVIDED!**

Tuition: \$30.00

PoconoArts classes fill on a first come, first serve basis. Placement in a course is secured when payment in full is received. If PoconoArts must cancel a class due to low enrollment, students will be notified prior to the scheduled start date of the class and full refunds will be issued. Tuition refunds will be honored if received ten days prior to the beginning of a class/workshop. PoconoArts will not refund or reduce any class fees for missed classes or late enrollment. The Pocono Arts Council is a local arts service organization serving Monroe, Pike and Wayne counties.

The **United Way of Monroe County** and partner agency **Pocono Alliance** announced on Friday, October 30 at an event held at The Growing Place Child Care Centers in Monroe County that they will each provide financial assistance to The Growing Place, enabling the child care center to continue programming through the end of this year. Both the United Way and Pocono Alliance will each provide \$20,000 to The Growing Place as no-interest loans with potential options for further funding, depending on what occurs with the state budget.

Several non-profits across the state, including early childhood centers certified under Pennsylvania's state-subsidized pre-kindergarten programs, are facing financial and operational challenges due to the state's budget stalemate. The Growing Place – who announced last week that they will be closing their PA Pre-K Counts program at the end of October – has accepted no-interest loans from both the United Way of Monroe County and Pocono Alliance. Each agency provided \$20,000 to The Growing Place on Friday, which will enable The Growing Place to continue programming through the end of 2015. These interest free loans are to be repaid, once the state budget has been approved and payment for the PA Pre-K program is received from the state. Both United Way and Pocono Alliance have committed to working with The Growing Place to identify

potential next steps should a state budget still not be in place by the new year.

According to Lisa Eick, Executive Director, The Growing Place, "Pre-K Counts is a state-funded program, provided free of charge to families that qualify. The Growing Place is so grateful for the assistance of United Way of Monroe County and Pocono Alliance to keep our Pre-K Counts program running during the budget impasse."

"Years ago the United Way of Monroe County established a fund to specifically support agencies in crisis," said Michael Albert, President and CEO for the United Way of Monroe County. "Providing The Growing Place with the support to stay open through this difficult period is what the United Way is all about: working together to support the well-being of our community. Living United."

Michael Tukeva, Executive Director of the Pocono Alliance added, "Pocono Alliance also received funds five years ago to save for a rainy day. Well, Pocono Alliance has not had a rainy day, but the community has. We will do everything we can to be a community dedicated to helping others. That is our vision."

"We are extremely proud that United Way and the community came together to make sure The Growing Place's doors can remain open, but this in no way should remove any urgency for our elected officials to end the state budget impasse. We need the Governor and state legislators to work together to pass a budget with bi-partisan support immediately," says Kristen Rotz, President, United Way of Pennsylvania.

St. Luke's Church will host a free Thanksgiving Day Dinner. The dinner is open to any person who has a need to attend.

Such need can be financial, living alone, a couple who does not wish to cook, etc. All are welcome who wish to attend, even those who just wish to share the day with others.

The dinner will be held at St. Luke's Church at 9th Street and Main in Stroudsburg, from 12 noon to 2:00 p.m. Entertainment will be provided. To make reservations contact them at 570.421.9097.

Topping Out and Beam Signing for the New St. Luke's Hospital – Monroe Campus

The highest steel I-beam was signed by St. Luke's employees, physicians, administrators and community stakeholders and placed on the tallest point of the structure that will soon support the first new hospital in Monroe County in 100 years.

Beam "topping out" ceremonies are part of a long construction industry tradition to celebrate the ultimate height during the building process where those involved sign the beam. The evergreen tree used in the ceremony symbolizes

the well wishes of good health and safety to the workers and all who enter.

The steel used in this project was manufactured in the United States, coming from Arkansas, Indiana and Virginia to be fabricated into beams at Levan Associates, Inc. in Emmaus, Pennsylvania.

“The locally-produced 1,255 tons of steel cost an additional \$250,000 compared to foreign-made steel, but we at St. Luke’s University Health Network consider it a privilege and honor to keep this investment close to home,” said Richard A. Anderson, President & CEO, St. Luke’s University Health Network.

According to Anderson, more local hands will be touching the many facets of construction of the St. Luke’s Hospital – Monroe Campus, including the following contractors:

Mushlitz Excavating, Bath - Excavation
 Bazella Group of Allentown - Concrete
 Pocono Transcrete, Mount Bethel - Concrete
 All America Concrete Forms, Lehighton – Concrete forming
 84 Lumber, East Stroudsburg – Building materials
 209 Enterprises, East Stroudsburg - Building materials
 Adelpia Fire Protection, Brodheadsville – Sprinkler systems
 Silfies Construction, Catasauqua - Masonry
 West Side Hammer Electric, Bethlehem – Electrical systems
 Worth Mechanical Contractors, Pipersville – HVAC & Plumbing
 Mesko Glass, East Stroudsburg – Glass and glazing
 Eureka Stone Quarry, Stroudsburg – Site aggregate and stone
 Paul Giroux Inc., Wind Gap – Site demo and tree removal

Many of these vendors were brought onto the project from connections made at an on-site vendor fair. In addition to the construction jobs, Anderson estimates that more than 350 permanent jobs with good pay and benefits will fill the employee base at the campus.

“The number of on-campus jobs could easily double over the next few years as it has at St. Luke’s Anderson Campus, and each of these new jobs typically creates another new job in the community,” Anderson said. “Ultimately, the hospital will spur economic growth far into the future.”

Roofing, exterior and interior framing is scheduled to begin in mid-October, followed by glass window installation by local glazier Mesko Glass in December. By spring and summer 2016, Anderson estimates that the peak number of workers should reach 250 to 300.

Representatives from the local contractors and subcontractors joined members of St. Luke’s leadership team, regional business leaders, Monroe County physicians, state and local officials, members of the community, supporters and friends to celebrate the construction milestone

during the formal beam topping ceremony.

Charles Saunders, MD, Chairman of St. Luke’s University Health Network’s Board of Trustees, said, “We broke ground a few short months ago, and now we are celebrating our next milestone! Today, I am delighted to participate in the topping out ceremony designating the completion of the steel structure work and continuance into the next phase of construction. In addition to the beam topping ceremony today, St. Luke’s is collecting items for inclusion in a time capsule that will be buried at this site for future generations to discover. We welcome your suggestions!”

St. Luke’s plans to open the 180,000-square-foot, \$80 million hospital in October, 2016. The four-story hospital will offer 108 private patient rooms including 12 beds for critical care patients, a large and efficient emergency room, helipad, operating rooms, a cardiac catheterization lab and the most modern diagnostic technology available. The campus is nestled in a beautiful, natural setting with easy access from I-80, Route 33 and Route 611.



From l to r: Signing the beam are State Representative David Parker, Dr. Peter Favini, Bob Martin, Dr. Charles Saunders and Richard A. Anderson.

“It is encouraging to see this project move toward completion so quickly, and it is a testament to the quality and determination of the Pennsylvania construction industry,” said Rep. David Parker (R-Monroe). “And when this building opens its doors, more Pennsylvanians will step up to offer quality healthcare and more choices to our community.”

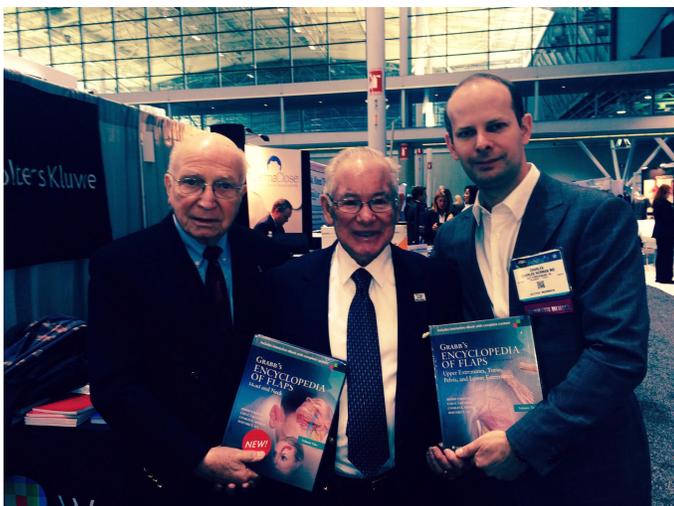
Peter Favini, MD, Vice Chairman of Network Emergency Services, agreed. “The Topping Out ceremony brings us one step closer to being able to provide St. Luke’s care to this area,” said Dr. Favini. “I am eager to return professionally to Monroe County to provide the best emergency care in the region in this state-of-the-art facility, built by and for members of the community.”

St. Luke’s Hospital-Monroe Campus will offer patients some of the world’s most leading-edge medical technologies to diagnose and treat disease with the help of top-of-the-line diagnostic equipment from GE Healthcare. St. Luke’s has been an international show site for GE Healthcare for

more than 15 years and hosts visitors from all over the world to observe and learn.

In addition to employing a large number of physicians and advanced practitioners in Monroe County, St. Luke's also operates St. Luke's Pocono MRI Imaging & Diagnostic Center, St. Luke's Heart & Vascular Center, St. Luke's Women's Imaging Center and St. Luke's Laboratory Services.

Pocono Medical Center is pleased to announce that Dr. Charles K. Herman, Chair of Department of Surgery and Chief of Plastic Surgery served as editor and collaborator for the textbook, Grabb's Encyclopedia of Flaps Fourth Edition. The release of this textbook was announced at the recent national meeting of the American Society of Plastic Surgeons, in Boston, Massachusetts. According to the publisher, Grabb's Encyclopedia remains the most comprehensive resource in the world in the field of reconstructive surgery and is a staple in many libraries and medical schools around the world.



From left: Co-editor Dr. Berish Strauch (Chairman Emeritus of Plastic Surgery at Albert Einstein College of Medicine in New York) Co-editor Dr. Luis Vasconez (Vice Chairman Emeritus of Surgery at University of Alabama-Birmingham) and Dr. Charles K. Herman, Chief Medical Executive, Chair of Surgery, and Chief of Plastic Surgery at Pocono Medical Center)

Dr. Herman says, "It has been an honor to be involved as an editor of the new edition of this classic text. The new textbook has been modernized and colorized so that it is not only the most comprehensive but also the one of the most up-to-date textbook on the market in plastic and reconstructive surgery." Dr. Herman was able to showcase this new book during a lecture at Harvard College as part of their Future Surgeons lecture series.

Pocono Medical Center recognizes that increasing access to care plays a vital role in its mission towards building a healthier community, which is why on November 3, 2015, we announced the opening of Pocono Medical Cen-

ter's Physician Associate's Primary Care Office at 1089 Route 390, Mountainhome, Pennsylvania.

What was formerly known as the Tattersall Medical Center in Mountainhome is now home to Pocono Medical Center's Physician Associate's Primary Care Office where the community of Barrett Township can receive convenient, excellent care without the need to travel far. The renovated, handicap-accessible building has 6 exam rooms and a lab room as well as 3 offices including the physician's office, a triage station, and an office for patient consults. "It has been a distinct pleasure to work with the staff from Pocono Medical Center during negotiations and through the renovation phase," said Gregory Batzel, President of the Tattersall Medical Center.

The office will offer an array of comprehensive services provided by highly skilled and dedicated family medicine physicians and CRNPs (certified registered nurse practitioners). The physicians and CRNPs will be able to offer preventative care, immunizations, and management of medical conditions for patients of all ages – from infancy to geriatrics – at this location. There will also be phlebotomy services for most routine lab orders and the ability to perform EKG's (electrocardiogram) as well.

"We are very excited to have Pocono Medical Center opening their primary care office. We all look forward to a long working relationship with the new medical staff," said Batzel. Pocono Medical Center is proud to serve the communities of Monroe County and will continue to look for opportunities to provide excellent care, closer to home.

Pocono Raceway President & CEO Brandon Igdalsky has announced the addition of two new employees as well as the creation of a Military Affairs office at the famed Pennsylvania track.

Mike Evranian has joined Pocono as Senior Director, Business Development and Ryan Yanoshak as Senior Director, Communications. In addition, Bob Pallo has been named Vice President, Military Affairs.

"We are excited to have Mike and Ryan aboard," said Igdalsky. "Both of these men have diverse backgrounds and share in our vision of exceeding guests' expectations. Bob has done a tremendous job for us and in his new role, he can continued to ensure we are properly honoring those who give so much for our freedoms."

Evranian comes to Pocono Raceway from Richard Petty Motorsports where he was Manager, National Sales. Prior to that, he worked in business development at Mid Ohio Sports Car Course and Watkins Glen International as well as other roles at Auto Club Speedway in California and Gateway International Raceway in St. Louis, Mo. A graduate of Ohio University, Evranian is a native of Columbus, Ohio and a lifelong motorsport enthusiastic.

Yanoshak joins Pocono Raceway after spending the last nine-plus years at Army. He served as Assistant Athletic

Director for Athletic Communications and Deputy Licensing Director for the Army Athletic Association. A graduate of Bloomsburg University and East Stroudsburg University, Yanoshak spent more than two years at East Stroudsburg as Sports Information Director.

Pallo, who has worked at Pocono since 1978, was named to the newly created position of Vice President, Military Affairs. In his previous role in corporate sales, Pallo helped establish a large military presence at Pocono. He was responsible for securing the first military flyby for a NASCAR event at Pocono in 1984 and has continued to ensure veterans are honored and participate in all major events at Pocono.

Pallo's focus now will be entirely on military affairs. He was awarded the Pennsylvania Meritorious Service Medal, Department of Military and Veteran Affairs as well as the Distinguished Civilian Award by the Union League of Philadelphia and the Patriotic Civilian Service Medal by the Department of the Army.

Pallo and his wife Ginny have two sons, Shaun and Kyle, who are both enlisted in the military.

Pocono Raceway is now accepting applications for their new Fan Council. The purpose of the Pocono Raceway Fan Council is to assist the Raceway staff in developing and improving the overall fan experience at 'The Tricky Triangle.'

"Our first two Fan Council classes were very involved and did a great job," said Brandon Igdalsky, President and CEO of Pocono Raceway. "Their input played a role in some of the new initiatives and changes made over the last four years. For 2016, we are adding new features to enhance this program moving forward. We always say we have the best race fans in world, so, we cannot wait to start receiving applications."

The Pocono Raceway Fan Council will continue to play a key role in developing and driving new initiatives, including the 'Tricky Awards.' This program will honor race fans at the 2016 NASCAR and INDYCAR race weekends at Pocono Raceway. More details about the 'Tricky Awards' will be announced next year.

Fans who would like to apply for the Pocono Raceway Fan Council can visit (www.poconoraceway.com/fcapply). Applications must be submitted by Monday, December 1, 2015 at 11:59 PM EST. Finalists will be contacted no later than Friday, December 18, 2015, and the new Pocono Raceway Fan Council will be announced in early January 2016. For additional info, please visit www.poconoraceway.com/fancouncil.

Ribbon Cuttings

Rowan Asher Winery & Hard Cider



Rowan Asher Winery & Hard Cider, located on 103 Gypsum Road in Stroudsburg, recently held a ribbon cutting to celebrate their grand opening. For store hours and wine tasting, please contact them at 570.350.2697.

Mountain Vaporz



A ribbon cutting was recently held at the newly opened Mountain Vaporz, located on 2668 Route 940 in Pocono Summit. The shop offers a variety of smoking alternatives. For more information, you can contact them at 570.656.1760

Business Card Exchange

The Business Card Exchange was held on October 5th at Grace Park Seniors Living Well in Stroudsburg.



Networking at Grace Park Seniors Living Well

The next Business Card Exchange will be held on Monday, November 2nd at Western Pocono Library in Brodheads-ville.

Sponsorships are available for future business card ex- changes. For more information, please contact the Cham- ber at 570.421.4433.

Women in Business

The October Women in Business luncheon, sponsored by Pocono Medical Center, was held at the Dale & Frances Hughes Cancer Center in East Stroudsburg.



Dr. Marcia Welsh - Topic Presenter

Dr. Marcia Welsh of East Stroudsburg University pre- sented the topic entitled “Women Building Confidence, Moral, and Teamwork.



Elizabeth Wise, RN, MSN, MBA, DrNP(c), NEA-BC, CENP Chief Operating Officer/Chief Nursing Officer- Pocono Medical Center

The next luncheon will be held at The Chateau Resort & Conference Center, which will fea- ture the Health & Fit- ness Expo.

For more information on upcoming WIB lunches, to donate a door prize, or to sponsor a lunch- eon, please contact Miriam Conway at 570.421.4433.

Business Card Exchange and other Sponsorships Available for 2016!

Please contact Pat Metzgar at the Chamber at 570.421.4433 to find out which sponsorships fit your needs!

Welcome New Members

The following new members are not listed in the 2014-2015 Membership Directory & Buyer's Guide. Please be sure to add this page to your copy of the Directory.

Autumn-O-Films

Tim Matkosky
P.O. Box 544
Reeders, PA 18352
443.417.6168
info@autumnofilms.com
www.autumnofilms.com

VIDEO-TELEVISION PRODUCTION

Mountain Vaporz

Kim Predmore
2668 Route 940 - Mitic Plaza
Pocono Summit, PA 18346
570.656.1760
570.243.8506
mountainvaporz@msn.com
www.mountainvaporz.com

RETAIL

Cherry Valley Vineyards

Mary Sorrenti
130 Lower Cherry Valley Road
Saylorsburg, PA 18353
570.992.2255
570.992.5083
cvwine@epix.net
www.cherryvalleyvineyards.com

WINERIES-GIFT SHOP

RE/MAX Property Specialists

Jeff Rickert
906 Route 940 - Suite 102 & 103
Pocono Lake, PA 18347
570.972.2940
570.906.8113
remax.prop.specialists@gmail.com
www.propertyspecialists0440391.remamax.com

REAL ESTATE

DSP Health System

Suni Shingala, MD
230-232 Independence Road
East Stroudsburg, PA 18301
570.420.1955
570.420.0873
sshingalamd@dsphealthsystem.com
www.dsphealthsystem.com

MEDICAL-HEALTH CARE

Heartland Payment Systems

Michael Riley
7515 Old Coach Rd.
Stroudsburg, PA 18360
570.460.4726
michael.riley@e-hps.com
www.heartlandpaymentsystems.com

CREDIT CARD PROCESSING

Monroe Hearing Aid Center

Denise Nicholson
11 Linden Street
Stroudsburg, PA 18360
570.424.5580
570.424.2720
monroehearing@hotmail.com
www.monroehearingaid.com

AUDIOLOGY-HEARING AIDS

IMPACT



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George Roberts - First Vice Chairman
Debi Cope - Treasurer
Conrad Schintz - Secretary
Doug Olmstead - Assistant Secretary
Mike Katz - Past Chairman

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Robert Phillips - President/CEO
Patricia Metzgar - Vice President, Operations/Development
Miriam Conway - Executive Assistant
Georgia Strunk - Office Assistant

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Matthew Rumph
Linda Salas-Mamary
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Theresa Yocum

IMPACT

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