

PA Department of Labor & Industry Secretary Kathy Manderino Speaks at Luncheon

A lunch presentation was held on Monday, April 10, 2017 at Ridgecrest at Stroudsmoor Country Inn, featuring Pennsylvania's Department of Labor & Industry's Kathy Manderino. The luncheon was sponsored by St Luke's Hospital - Monroe Campus. Some of the topics that she discussed were; Workforce Development, Minimum Wage, Manufacturing, and other related labor related topics.



Secretary Kathy Manderino

Kathy Manderino serves as Pennsylvania's 34th secretary of the Pennsylvania Department of Labor & Industry.

Prior to her appointment in 2015, Kathy was campaign manager of The Campaign for Fair Education Funding, a broad-based statewide coalition that advocates for a fair and adequate funding formula for public education in Pennsylvania.

Kathy previously served as senior vice president of Intercommunity Action Inc., a community-based organization providing services and housing to older adults and people with intellectual disabilities and behavioral needs.

From 1993 to 2010, Kathy served as a Pennsylvania state representative for the 194th district in Philadelphia and Montgomery counties. She served on various committees and chaired the House Ethics committee, Appropriations subcommittee on human services and Judiciary subcommittee on family law.

Prior to being elected to public office, Kathy was a private practice attorney in Philadelphia.

Kathy's career has come full circle: Her first post-college positions were with the Council for Labor and Industry and the Philadelphia Area Labor-Management Committee.

She is active in both the community and the legal profession, serving on numerous boards and committees, including The Food Trust, The Fairthorne Senior Housing Corporation, and the Pennsylvania Bar Association.

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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.

May 2017 Calendar of Events

- May 1**.....*Business Card Exchange*
5:30 p.m. – Notre Dame High School -
East Stroudsburg
- May 5**.....*Government Relations/Public Policy*
Committee
8:00 a.m. - Stroud Township
Municipal Building - Stroudsburg
- May 9**.....*Women In Business Luncheon*
Noon – Ridgcrest at Stroudsmoor
- May 10**.....*Education Committee*
11:00 a.m.– PA CareerLink -
Tannersville
- May 11**.....*Free Seminar Series*
8:30 a.m.– Holiday Inn Express
Stroudsburg
- May 17**.....*Women in Business Committee*
8:30 a.m. - GPCC
- May 17**.....*Digital Strategies Committee*
10:00 a.m.- GPCC
- May 23**.....*Board of Directors*
11:00 a.m.- Peppe's Bistro -
East Stroudsburg
- May 23**.....*Youth Appreciation Day Luncheon*
Noon - Peppe's Bistro -
East Stroudsburg
- May 24**.....*Annual Banquet Dinner*
6:00 p.m. - Ridgcrest at Stroudsmoor
Country Inn - Stroudsburg

Members in the News

The **Monroe County Historical Association** is pleased to announce a presentation and hands-on workshop teaching children about Pennsylvania German fraktur. Candace Kintzer Perry, Curator of the Schwenkfelder Library & Heritage Center, Pennsburg, will give a presentation on the historical and cultural significance of Pennsylvania German fraktur, which will include a “Show and Tell” component. Rachel Yoder, artist and children’s author, will lead a hands-on workshop in which children create their own fraktur using paper and watercolor paint. The event will take place on Saturday, May 6, 2017 from 1:00 p.m. to 4:00 p.m. at Northampton Community College’s Monroe Campus, Kapp Hall, Room 128, Tannersville, PA 18372.



A fraktur created by artist Rachel Yoder

Pennsylvania German fraktur (frok-tur) is an art form that originated in Germany as a practice of record keeping in the 1750s, and came to America with German immigrants in the 18th and 19th centuries. Pennsylvania German fraktur is featured in a variety of religious and secular works, including birth and baptismal records, marriage certificates, family registers, poems, children’s alphabet books, hymns, and prayer books. Its images often include birds, hearts, and floral images.

Candace Kintzer Perry’s recent exhibition titled, “Children and Faith in Pennsylvania German Culture,” discusses fraktur’s role in educating children. Kintzer Perry has also published an article in the *Journal of the Pennsylvania German Society* in 2013 that explores the Schwenkfelder Library & Heritage Center’s fraktur collection.

Rachel Yoder’s artwork has been exhibited at Tyler School of Art, Kutztown University and The Hex Factory gallery. She has been featured in *Deutsch*, *Side Arts*, and reviewed in the *Philadelphia Inquirer*. Her artistic style seeks to contemporize Pennsylvania German Fraktur and make it accessible to a younger audience. Yoder is the author and illustrator of *Penny Olive*, a bilingual children’s book.

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.

Amy Leiser, Executive Director of the Monroe County Historical Association said, “We are so proud to be a community partner with Northampton Community College and be able to provide an appreciation of the humanities through funding provided by the National Endowment for the Humanities.”

The presentation and workshop are free, but due to limited space, reservations are required. The event is open to children and accompanying parents or guardians. The presentation and workshop will be held in Kapp Hall, Room 128 of Northampton Community College’s Monroe Campus.

For additional information or to make a reservation, please contact the Monroe County Historical Association office at (570) 421-7703 or email info@monroehistorical.org.

AAA Pennsylvania Drugged Driving Summit held to discuss growing threat to traffic safety

In an exclusive AAA poll, 72 percent of Pennsylvania drivers say they are somewhat or very concerned about the dangers posed by others driving under the influence of marijuana, should it be legalized for recreational use. An overwhelming 92 percent of those surveyed by AAA consider someone driving after using illegal drugs a serious threat to their safety.

“Drugged driving is a problem that is quickly – and somewhat quietly – surpassing drunk driving as a major highway safety threat,” said Nina Waskevich, Director of Marketing/Public Relations AAA North Penn. “Because AAA is a consistent champion of road safety, we wanted to start the public conversation about this issue before it’s too late.”

isulators, law enforcement officials, health care experts, traffic safety advocates, members of the treatment community and national experts among them, gathered to discuss Pennsylvania’s challenges and educate each other to the experiences different agencies experience in dealing with the complex issue.

“As a result of this Summit, we hope to grasp a better understanding of what’s happening in our state from the people who deal with all of the aspects of drug-impaired driving first-hand,” said Waskevich.

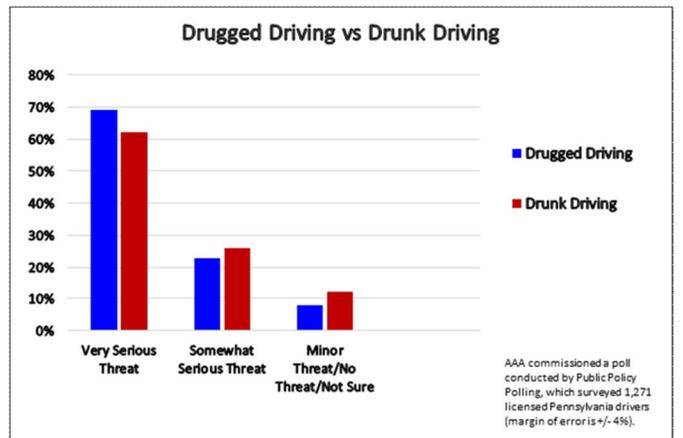
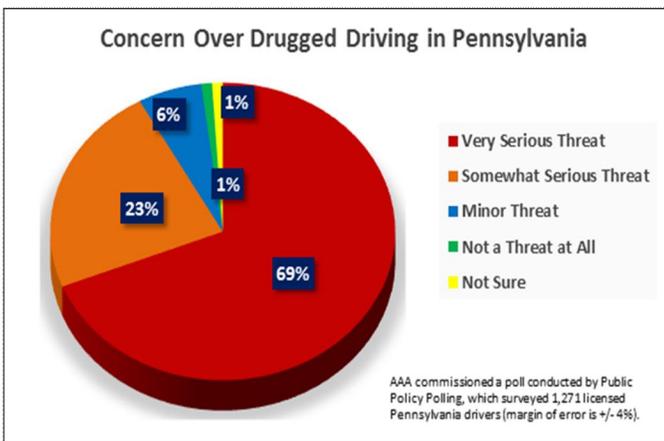
“We will be working with all three branches of government, safety advocates and the community to implement the recommendations developed at the Summit,” said Stephen Erni, Executive Director, Pennsylvania DUI Association.

More AAA Pennsylvania poll findings:

Fifty-four percent correctly identify drug overdoses as the leading cause of death in Pennsylvania when asked to choose among overdoses, traffic crashes, shootings and falls.

Only 32 percent believed that Pennsylvania has more incidents of drug overdose than the rest of US. Fifty-three percent think Pennsylvania has about the same number of drug overdoses as other states, while 8 percent think Pennsylvania has fewer incidents.

Surprisingly, the poll of more than 1,250 licensed drivers in Pennsylvania revealed that motorists have quickly grasped the dire threat to their safety posed by others driving under the influence of illegal drugs. ***This is especially significant when considering the number of years it took to change social perceptions about the dangers posed by drinking and driving.***



Pennsylvania Drugged Driving Summit

On March 30, the Pennsylvania AAA Federation and the Pennsylvania DUI Association held a Drugged Driving Summit to study the issue and develop an action plan specific to Pennsylvania with the goal of increasing education, enforcement resources, and ultimately reaching zero impaired driving fatalities. More than 150 participants – leg-

AAA Research Underscores Danger, Offers Advice

The threat from the legalization of marijuana for recreational use was also discussed at the Drugged Driving Summit. “Drugged driving is the future of impaired driving enforcement and marijuana is its cutting edge. We learned some hard lessons in Washington State. Lessons

that could save Pennsylvanian lives,” said Moses Garcia, WA Traffic Safety Resource Prosecutor.

Research by the [AAA Foundation for Traffic Safety](#) found an alarming increase in the proportion of drivers involved in fatal crashes who had recently consumed marijuana following the legalization of recreational marijuana use in Washington State in November 2012. According to AAA Foundation’s research:

Fatal crashes involving drivers who recently used marijuana more than doubled – from 8 percent to 17 percent.

One in six drivers involved in fatal crashes tested positive for active-THC, the ingredient in marijuana that causes impairment.

Because of the increasing concern about the negative traffic safety implications and current challenges in discerning and addressing marijuana-related impaired driving, AAA **opposes the legalization of marijuana for recreational use** and advises states to:

Strengthen their state data collection capabilities related to marijuana-involved impaired driving and drug-impaired driving.

Prepare law enforcement officers to identify marijuana-impaired drivers and increase the number of Drug Recognition Experts (DRE) and Advanced Roadside Impaired Driving Enforcement Training (ARIDE)-trained officers.

Use caution in adopting a “Driving Under the Influence of Marijuana” legal standard and if so, adopt a statutory standard of permissible inference that requires both a positive blood test for active-THC and signs of marijuana impairment as determined by a trained law enforcement officer.

“For whatever marijuana might raise in revenue, its legalization comes at a potentially high cost to society and safety, including new threats on our roads,” Waskevich concluded.

Safety Enhancements Continue at Pocono Raceway

Pocono Raceway has added an additional 5,197 feet of Steel and Foam Energy Resistant (SAFER) barrier and is among the top three tracks in terms of length of the safety feature.

With a late start to winter, Pocono Raceway was able to cover the front stretch of the 2.5-mile raceway as well as areas between Turns 2 and 3.

In addition to the SAFER barrier walls, Pocono Raceway upgraded the three track crossover gates located around the track with new gates that incorporate SAFER into their construction.

Last year, Pocono Raceway lengthened the pit wall and installed more than 6,000 feet of SAFER barrier.

‘The Tricky Triangle,’ now has more than 23,640 feet of SAFER barrier walls installed which equates to 4.48 miles and trails just Daytona International Speedway and Talladega Superspeedway.

Pocono Raceway will host seven national motorsports events during the 2017 racing season, including a NASCAR XFINITY Series race on June 10. The Pocono 400 Monster Energy NASCAR Cup Series (MENCs) race is set for June 11, the Pennsylvania 400 MENCs race on July 30 and the ABC Supply 500 Verizon IndyCar Series race on August 20. The Pocono Mountains 150 NASCAR Camping World Truck race is scheduled for July 29 and two ARCA Series Presented by Menards races with General Tire #AnywhereIsPossible 200 on June 9 and the ARCA Racing Series 150 on July 28 offered as well.

Tickets for all races are now on sale at poconoraceway.com or by calling 1-800-RACEWAY.

Garden sale at the Stroud Mansion

The Monroe County Historical Association will host a Garden Sale on Saturday, May 6, 2017 from 8:00 a.m. until 1:00 p.m. in the back garden of the Stroud Mansion, 900 Main Street, Stroudsburg, PA 18360.

In addition to the unique and interesting plants and flowers from the Stroud Mansion gardens, flower seeds, ground cover, and some gently used garden tools will be available for sale. Experienced gardeners will be on-hand to answer your questions.

This is a rain or shine event.

For more information, please contact the Monroe County Historical Association at (570) 421-7703 or visit the web site at www.monroehistorical.org.

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

FREE COMPOSTING CLASSES OFFERED TO MONROE COUNTY RESIDENTS

Why spend money on potting soil, fertilizers, and other items for your garden when you can make your own for free, by composting waste you already have? Turn your scraps into rich soil for planting. This is a great way to recycle your fruit and vegetables scraps, coffee grounds, egg shells, grass clippings, leaves and much, much more. Composting your food waste will reduce waste, your cost for disposal, and also save valuable landfill space.

The Monroe County Municipal Waste Management Authority (the Waste Authority) is holding 4 composting

classes this year. They will be held the second Saturday of the month, May, June, September and October. The classes will start at 9:00 a.m. and last approximately 1-½ hours. The classes are free and composter bins will be available to purchase at cost. One lucky winner will receive a free backyard composter. All classes will be held at our facility in Blakeslee, and a certified Master Gardener will be teaching the classes. In order to participate, you must register with the Monroe County Waste Authority. Hurry classes are limited to 20 people.

For more information or to register for class visit our website at: www.thewasteauthority.com, email to: cparks@thewasteauthority.com or call us at 570-643-6100.

An Update from PPL Electric Utilities Alana Roberts, Regional Affairs Director

It seems like you can't look at the news or social media nowadays without reading about email and phone fraud. Scammers will pretend to be just about anybody – utility employees, bank employees, even IRS agents – to try to get hold of your money or your personal information.

It's enough to make you want to block everyone out. That's unfortunate, because there *are* some genuine opportunities out there that can help you save. But sometimes it's hard to separate them from all the scams and swindles.

At PPL Electric Utilities, we're trying to stop scammers who steal our name so they can steal from you.

Door-to-door energy salesmen claim to represent us. (They don't.) High-pressure phone callers say PPL will cut off power in an hour if the customer doesn't pay. (We won't.) Now we're seeing reports of phishing emails that pretend to come from PPL, as well.

We'd like all these people to keep our name out of their mouths. But, until that happens, the best thing we can do is share information on how to spot scammers. This advice can help you spot swindlers who might pretend to come from other companies you trust, too.

So share these signs of scams with anyone you know who can use them. We don't want anyone to be taken advantage of.

Door-to-door energy marketing

In Pennsylvania, you have the right to buy your energy supply from a competitive supplier, rather than have PPL Electric Utilities supply it. You may be able to save money by paying a lower rate than the one we charge. (No matter who you buy your energy from, it will be delivered safely and reliably over the PPL network.)

You should know, though, that PPL Electric Utilities does not endorse any one supplier over another. And those door-to-door solicitors who promote energy suppliers do *not* rep-

resent PPL. In fact, they're required to specifically tell you that they're not working for PPL.

Our advice? Don't be afraid of shopping for energy supply – but the best place to start is our shopping website, pplelectric.com/shopping. You can also go to the state Public Utility Commission's site at PAPowerSwitch.com to compare our current price to those of other suppliers.

If you want to listen to door-to-door salesmen and see what they have to offer, you can. But we recommend that you not sign anything before checking PAPowerSwitch.com, where you may find a better offer. And don't provide your PPL account number to anyone.

Phone scams

Phone callers who impersonate PPL give themselves away by doing two things we don't.

They claim they'll cut off power immediately if they don't get paid, and they pressure you to pay them by buying prepaid cards. (In real life, we give plenty of notice when there's a possible risk of shutoff, and we don't pressure anyone to use specific payment methods.)

You can always check your account status by logging on at pplelectric.com or calling us at 1-800-DIAL-PPL. If you get a suspicious or threatening call that claims to come from another company – like a utility or a bank – do the same thing: Hang up and contact the company directly using a trusted method, like the phone number on your monthly statement.

“Phishing” emails

A “phishing” email is a message that tries to get you to share personal information, such as account numbers. Some phishing messages can look a lot like the emails sent by real companies you know and trust.

Here are ways to keep yourself off the hook: First, hover your mouse over any link in the message. Read the URL that pops up, and see where the link really goes. Does it go to a site you trust, like pplelectric.com? Or does it go someplace you've never seen before?

Also, if the message says there's an urgent problem with your account, don't click. Instead, contact the company directly through a trustworthy channel to check your account status. They'll let you know if you really have anything to worry about.

Girl Fight: Top UFC Women's Strawweight Training at St. Luke's

There's nothing typical about Claudia Gadelha.

At 5-foot-4 and 115 pounds, Claudia can not only knock the chip off your shoulder as one of the top women's Strawweight fighters in the Ultimate Fighting Championship

(UFC) but she could do it before you even knew what was happening. And you can find her training at **St. Luke's Fitness & Sports Performance Center - West End** with **John Graham, senior director of St. Luke's Fitness & Sports Performance**, as she steps up her conditioning program for her next fight on June 3 in Rio de Janeiro, Brazil.

"John is a great coach," Claudia says. "I was looking for somebody like him my entire career. I have been through hard fight camps in my life and I had coaches that used to break my body down. John builds my body up and I am very confident in what we are doing together."

The Brazilian native is 14-2, with the only two losses to champion Joanna Jedrzejczyk. She bounced back from her most recent loss to Jedrzejczyk with a unanimous decision over Courtney Casey in UFC Fight Night 100 last November in Brazil.

That victory set the stage for a June 3 fight against Karolina Kowalkiewicz in UFC 212, with the winner getting a shot at the title.

"I will be UFC champion soon," she predicts.

To help get her ready for this fight, Reebok, one of her sponsors reached out to Graham, whom they knew as a frequent lecturer for the international equipment company Perform Better, a manufacturer of functional sports performance, training and rehabilitation equipment like medicine balls and sports bands.

"She's been training here since January and she loves it because she feels her core is getting a lot stronger," Graham says. "Her core already looked inhuman. She doesn't just have a six-pack. She has an eight-pack. Not many people in the world have a core like hers in terms of abdominal musculature. But she also feels a lot stronger than she's used to feeling."

Claudia, a three-time world champion in Brazilian Jiu-Jitsu, is increasing her strength, power and conditioning at St. Luke's facilities with Graham's help. She has been training in the United States for more than a year, first in Albuquerque, NM, and more recently in New Jersey where she opened Claudia Gadelha's MMA & BJJ.

"I come from humble beginnings," Claudia says. "I never really had the opportunity to do anything nice in my life. My parents always worked very hard for me and my sisters, but I never had a lot [of comforts]. I always have been very hungry, always felt like doing different and crazy things in life, and got introduced to Brazilian Jiu-Jitsu at the age of 14. I fell in love with the sport and it changed my whole life. I fought my first professional MMA fight when I was 18."

Graham is no stranger to working with world-caliber athletes, having trained 1996 Olympic silver medal-winning cyclist Marty Nothstein; Ebee Price, a USA gymnastics team alternate; USA Cycling athletes; other professional

athletes; and elite gymnasts, collegiate athletes and high school athletes.

Graham's training regimen conditions Claudia to fight more effectively, powerfully and with more sport-specific endurance. Graham plots out a completely individualized workout that identifies the muscle groups most critically necessary for her performance, and utilizes the most modern methods of training to produce maximum gains.

She trains on his program three days a week, about 90-100 minutes per workout.

"They are hard sessions, so I always do them in the mornings to have time to rest my body for the other sessions that I have during the day."

On the days she does Graham's program, she adds four hours of technique training. She trains about six hours a day on the other four days of the week when she does her regular fight training.

"We obviously want to work on her core," Graham explained. "Everything from her shoulders through her knees are critical for her best performance. We focus on training those muscle groups from the core, and we train them through the three planes of motion you do for most sports performance work."

Claudia exercises through the sagittal plane, the frontal plane and the transverse plane to hone her sports performance. Graham specifically works with front-to-back motion she utilizes when punching forward, side-to-side motion for when she's avoiding a punch, a kick or a take-down attempt, and rotationally to perform hip tosses and other throws, or when connecting the upper and lower extremities through the core with kicks and punches.

Graham has Claudia go through multiple types of exercise in any given set, going from a strength movement like a squat into a plyometric movement like a box jump, and then to a metabolic movement like rope slams.

"The reason we do this is that we are trying to develop three different energy systems simultaneously, just like she would use in a fight," Graham explains. "We'll do 30-60 seconds of interval consistent movement patterns like burpees or mountain climbers to develop the energy system she needs in case she's in a scramble for 30 seconds. We do it all as one big giant set."

Claudia's goal is to keep her heart rate above a certain level so that she feels like she's working all the way through a five-minute round of fighting.

Claudia regularly travels back to her home in Brazil, so her training with Graham and St. Luke's is often remote. Graham has her constantly monitoring her heart rate to get the most effective results from her efforts.

"Every time she does a set or a tri-set, I ask her where her heart rate is so that I can see how she feels and adjust the

workout accordingly,” Graham says. “On days when her heart rate is excessively high, I can adjust the intensity.”

He also measures her workload and the volume of weights she’s lifting/moving in a given workout, and charts them to create reports. Just two months into the program, she’s at a 60 percent gain, which Graham says means she’s 60 percent stronger from a performance standpoint in a given workout.

Graham says knowing those numbers is a critical factor the closer it comes to fight night when it’s time to taper the training so that her fight performance conditioning isn’t left in the gym.

“It’s not an easy life,” Claudia says. “It takes a lot to be a professional athlete, even more when you are dedicated as I am.”

Mount Airy Casino Resort Receives AAA’s Four Diamond Rating Fewer than 4 percent of nearly 59,000 AAA Approved hotels and restaurants receive this prestigious rating

Scranton, PA (April 26, 2017) – For seven consecutive years AAA North Penn has presented the Four Diamond Award plaque to the staff at Mount Airy Casino Resort in Mount Pocono, PA.



From l to r: Glenn Smith, AAA North Penn CEO/President; Vincent Jordan, Mount Airy VP of Marketing & Player Development; Matthew Magda, Mount Airy VP of Operations; Lisa DeNaples, Mount Airy Owner and Managing Trustee; John Culetsu, Mount Airy Executive Vice President & General Manger; Nina Waskevich, AAA North Penn Director of Marketing/Public Relations.

Hotels at this level employ experienced, highly qualified staff to provide the custom service luxury hotel guests expect, according to AAA. These establishments deliver unmatched guest comfort with luxurious accommodations, extraordinary facilities and many personalized amenities.

“To maintain the exceptional standards required for this rating on a daily basis is an outstanding achievement. AAA Four Diamond establishments are attentive to guests needs and consistently deliver memorable travel and dining experiences. Mount Airy is unique in that it is not only a Four Diamond resort but you can experience a full-class casino, expert style golf course, full spa/salon, and an array of dining options to name a few. They truly exemplify the Four Diamond experience.” stated Nina Waskevich, AAA North Penn Director of Marketing/PR.

Tips for a Healthy Heart

Featuring Nche Zama, MD, PhD, MBA

Heart disease is the number one killer of both women and men throughout the world. According to the Centers for Disease Control more than 600,000 people die of heart disease every year in the United States alone. This equates to one in every four deaths.

And yet, in my experience as a heart surgeon, often times my patients tell me that heart disease isn’t something they really ever worried about. That is, until they suffered a heart attack, cardiac arrest or heart failure. This seems to especially be true of women. So many of my female patients share with me that through the years they worried about breast, gynecological and reproductive health but not so much about heart health. But the truth is, according to the Women’s Heart Foundation, every year heart attacks kill six times as many women as breast cancer.

As scary as these statistics may be, there are some fairly easy things all of us can do to adopt a healthier lifestyle to keep our hearts healthy. The first is, do your best to eat healthy fats and not trans fat. Fats are something we all need in our diets to some extent. These include saturated, unsaturated and polyunsaturated fats. However, we absolutely have no need for trans fats, and in fact should avoid them at all costs. Trans fat is commonly found in packaged baked goods, snack foods, margarines and fried fast foods, and is known to increase our risk of developing heart disease or suffering a stroke throughout our lifetime. It clogs our arteries by raising what is known as “bad” cholesterol levels, or LDL, and lowering our “good” cholesterol levels, or HDL. By not consuming trans fats, you improve the blood flow throughout your body. Be sure to check food labels for trans fat, which is referred to as “partially hydrogenated oils” on an ingredient list.

Interestingly enough, practicing good dental hygiene and flossing at least once a day can actually help your heart stay healthy. Studies have shown a link between gum disease and heart disease. This may be because the bacteria involved in gum disease can move into the bloodstream and cause an elevation in a protein that’s a known marker for inflammation of the blood vessels. These changes can result in a higher risk of heart disease and stroke.

Also, it’s important to get enough sleep at night, preferably seven to eight hours. Sleep is key to keeping your heart healthy, and if you don’t get enough, you may be at a

higher risk for cardiovascular disease regardless of your health habits or your age. One study involving 3,000 adults ages 45 and up found that those who slept fewer than six hours a night were about twice as likely to suffer a heart attack or stroke as those who slept six to eight hours per night. Many researchers believe that sleeping too little causes disruptions in blood pressure and affects inflammation in the body.

Sitting for too long can also be detrimental to our health, regardless of how much exercise we do. Research shows that people who sit the most in any given day had a 147 percent increase in the likelihood of suffering from a heart-related incident. In addition, sitting for too long increases your risk of developing blood clots, so if you have a sedentary job, be sure to get up and move around often throughout your work day. It's also a good idea to park farther from your office to get a nice walk in before work or take a few short walks during the day. You can also ask your boss to consider allowing you to have a stand-up work station, which is becoming more and more common in office settings. Exercising each day is also key to improving our overall cardiovascular health. The American Heart Association recommends at least 150 minutes per week of moderate exercise, 75 minutes per week of vigorous exercise or a combination of both. Don't get intimidated by these numbers — you can certainly break up these times into short, 10 to 15 minute intervals.

Finally, it goes without saying that one of the best ways to keep our hearts healthy is to avoid smoking, including secondhand smoke. The chemicals emitted from cigarettes promote the development of plaque buildup in the arteries. Be firm with smokers that you do not want to be exposed to secondhand smoke, and always keep children away from any environmental smoke as well.

By following these simple tips, you'll be doing your heart a favor by feeling great and being able to keep up a healthy lifestyle.

Neha Zama, MD, PhD is the Medical Director of the Cardiothoracic Surgery Program at Lehigh Valley Hospital-Pocono. Trained at the Cleveland Clinic, Harvard Medical School and Boston Children's Hospital, Dr. Zama is a nationally recognized leader for clinical and quality outcomes in cardiovascular care.

Ribbon Cuttings

Pocono Services for Families & Children - The



Mountain Center

Pocono Services for Families & Children - The Mountain Center, recently held a ribbon cutting to celebrate the opening of their new center. They are located at 354 Memorial Blvd. in Tobyhanna, PA 18466. For more information on the services that they provide, please call them at 570.894.3272.

Ray Price Mt. Pocono Ford



Ray Price Mt. Pocono Ford's Grand Opening Celebration and Ribbon Cutting was held on March 31st at the ALL NEW facility! Visit the facility to experience a special facility tour demonstrating the cutting edge of vehicle service in the 21st century!

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Certificate must be presented to play.

Valid Monday - Thursday. Not valid during holidays.

Greater Pocono Chamber of Commerce



Expires November 2017



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EMAIL bestinc1@yahoo.com
WWW.BESTINC1.COM

B.E.S.T. Building & Embracing Sobriety Together Inc.

Please accept this letter about the services that BEST provides to the community. We are an Outpatient Drug & Alcohol Treatment Program licensed by the Pennsylvania Department of Drugs & Alcohol. We would like to extend our services to your office and other entities in our community. As you know we have a dire need of supportive, empathetic and consistent treatment facilities in our communities as we have an epidemic with dependence to mood altering substances. Suffering from a drug addiction is nobody's future plans. BEST has not yet met anyone that does not know of any other person that addiction has affected. BEST is here to offer professional help however we can. At this time BEST provides assessment, treatment and referrals. We work very closely with the legal system, DUI and we conduct drug & alcohol assessments at the Monroe County Correctional Facility.

You may contact Mrs. Lillie Maldonado BHS, CASAC, Program Director at 570.422.6522 or via email bestinc1@yahoo.com if you have any questions regarding our services.



“Is It a Heart Attack? What do I do?”

Learn about heart attack prevention, symptoms and treatment. Find out what to do if you or a loved one experiences symptoms of a heart attack.

**Featuring the board-certified physicians of
Lehigh Valley Hospital–Pocono’s ESSA Cardiovascular Institute:**

Nche Zama, MD, PhD: Medical Director of Cardiothoracic Surgery

Anil Gupta, MD: Chief of Cardiology and Interventional Cardiologist

Patricia Rylko, MD: Monroe County’s *ONLY* Female Cardiologist

Karthik Sheka, MD: Interventional Cardiologist



Join us for a live, free, heart-healthy cooking demonstration. Johnson and Wales-trained Chef John Koza will share delicious, easy-to-prepare samples and recipes, so bring an appetite.

Wednesday, May 10
5:30-7:00 p.m.

Serenity & Tranquility Conference Rooms
at The Dale & Frances Hughes
Cancer Center
231 East Brown Street
East Stroudsburg, PA 18301

*(Directly across from
Lehigh Valley Hospital–Pocono)*
To register, call 888-402-LVHN

LVHN.org 888-402-LVHN



Business Card Exchange

The Business Card Exchange was held on April 3 at the Pocono Palace Resort in East Stroudsburg.



Business Card Exchange at Pocono Palace Resort

The next Business Card Exchange will be held on Monday, May 1st at Notre Dame High School in East Stroudsburg

Sponsorships are available for future business card exchanges. For more information, please contact the Chamber at 570.421.4433.

Women in Business

The April Women in Business luncheon, sponsored by Mountain Valley Orthopedics, was held at Ridgecrest at Stroudsmoor Country Inn.



Bill Skinner, Paramount Business Development - Topic Presenter



Dr. Kim Filipkowski, Mountain Valley Orthopedics - Sponsor

The presenter was Bill Skinner of Paramount Business Development who spoke on “How to Stay Business Fit” and Company who spoke on “How to Protect Your Business From Fraud”



April 2017 Women in Business Luncheon at Ridgecrest at Stroudsmoor

Business Card Exchange and other Sponsorships Available for 2017!

We are also looking for a business who would like to host a Business Card Exchange.

Please contact Pat Metzgar at the Chamber at 570.421.4433

The May luncheon will be also be held at Ridgecrest at Stroudsmoor Country Inn. The topic “The Art of Public Speaking”, will be presented by Karen Cramer of Biospectra, and will be sponsored by Lehigh Valley Hospital-Pocono.

IMPACT



Executive Committee

George Roberts - Chairman of the Board
Debi Cope - First Vice Chairman
R. Douglas Olmstead - Treasurer
Tom Sforza - Secretary
John Holahan - Past Chairman

Staff

Patricia Metzgar - Interim CEO
Miriam Conway - Executive Assistant

Board of Directors

Madeline Anderson	Sarah Raley
Michael Baxter	Alana Roberts
Brandie Belanger	Lisa Rohland
Rich Berkowitz	Linda Salas-Mamary
Vinny Bianchi	Don Seiple
William Blake	William Skinner
Denise Cebular	Marc Troutman
Bill Colavito	Dr. Marcia G. Welsh
Alex Grum	Carl Wilgus
Bob Hay	Theresa Yocum
Mike Katz	
Chris Kurtz	
Sal Lombardo	
Philip Pope	

IMPACT

Visit us at www.greaterpoconochamber.com

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"The Voice of Business in the Poconos"