FEBRUARY 2019

happy valentine's day

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GATEWAY TO THE LAUREL HIGHLANDS

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Email: mlcc@lhtot.com
Web: www.mountainlaurelchamber.com
Office Hours: Mon. - Fri.: 9 a.m. - 4 p.m.
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The Opportunity

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- Laurel Highlands Visitors Bureau Racks
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Early bird special 10% off if paid by March 8th, 2019.

All ads and payment in full must be received by MLCC before April 10th, 2019. Reserve your space today or become an MLCC member by calling 724-593-8900.

(724) 593-8900
P.O. Box 154
Donegal, PA 15628
email: mlcc@lhtot.com
www.mountainlaurelchamber.com

February 2019

A Message from Shari,

Happy Valentine's Day!!!

Love is in the air, so grab your sweetheart and go for a delicious dinner at Brenda's Family Restaurant, Donegal McDonalds, Foggy Mountain Lodge, Fox's Pizza Den, Hidden Valley Resort, Main Street Wine Bar, Nino's, Out of the Fire Cafe, See Mor's All Star Grill, Seven Springs Mountain Resort or Tall Cedar's Restaurant & Tavern, then stop at The Country Pie Shoppe or Donegal Dairy Queen for your sweet treat. Wow, we have a lot of great places to eat! I hope my sweetheart will take me to every one of these places throughout the entire month or I'll take him!!

Hope we get some snow for the **BUILD A SNOWMAN CHALLENGE** or we'll have to think out of the box and build with mud or whatever we might find to use. I hope everyone is able to participate in this challenge and enjoy some good old-fashioned fun with family and friends. See the next page for more details. Don't forget to take your snow, mud or whatever man/woman's picture and upload it to the **MLCC's** Facebook page on the contest post from February 10th – 24th.

Congratulations to the winner of the **MLCC** STOCKING STUFFER ticket, Jean Echard. What a loot you've won! Thanks to all who purchased a ticket, maybe you'll be the lucky winner next year. A special thanks to the members who supplied their goods and services and to those who sold tickets.

I am anticipating our first gathering that Kris talked about last month! Where will it be??? How soon will it be???? I hope you'll come out to mingle, meet your local business owners, have a great meal and lots of FUN.

Upcoming Events:
- Open House – Excela Square at Frick – February 13th
- Build a Snowman Challenge - February 10-24th
- Job Fair – Yogi Bear's Jellystone Park – April – Watch for Details
- Golf Outing – May 17th
- Kids Day – June – Watch for Detail
- Summertime/Fun Times Gatherings – June, July & Aug – Watch for Details
- Annual Ladies Day Bash - September 29th
- Clay Shoot – October – Watch for Details
- Membership Meeting – November – Watch for Details
- Small Business Saturday Celebration – November 30th – Watch for Details
- Stocking Stuffer Ticket – November & December
- Melcroft Tree Lighting - December 1st

Don't forget to kiss your sweetheart.

Shari Bukovac
MLCC President
Shari Bukovac Bookkeeping

BUILD A SNOWMAN Challenge

Officially Starts February 10th!

Mother Nature always turns the Laurel Highlands into a winter wonderland. *Let's make the most out of it!*

The Mountain Laurel Chamber of Commerce invites you to build your best snowman (or snowwoman) and show it off to our local community in our **BUILD A SNOWMAN CHALLENGE**!

Gather your family, friends, or co-workers (or let the snow fly solo!) and build an awesome snowman throughout January and February. Take a picture and keep an eye on our Facebook Page for the official start on February 10th. The Challenge will take place on Facebook from 2/10 - 2/24.

Prizes and additional details coming soon. Follow us on Facebook for more information. Now get out there and enjoy the snow!

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www.champion.org/ccs/why

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724-593-9200

South Campus - Indian Head
Pre-K, Extended Care, K-4th
724-455-2122

"Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God."
I John 4:7

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community bus trip

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february 15th

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January 31 @ 6:00 pm

Christian Family & Children's Center

North Campus
1076 King's Way
Donegal

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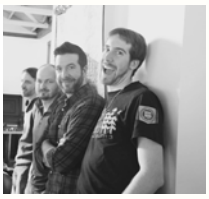

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Acme/ Bear Rocks $187,000

This spacious ranch is nestled on 2 wooded lots offering privacy and a beautiful stream view! It features a massive family room with a stone fireplace. The fully equipped kitchen includes a breakfast bar and solid surface counters. The solarium features a heated floor - ideal for year round greenery and you'll love the enclosed porch with skylights.

Acme $125,000

Location, Location! This spacious building is nicely situated on 2 lots in a high traffic location, at the top of Three Mile Hill. It is ideally suited for retail, office or a café. There is a separate office on the side, which could be opened to the larger space. Future space in the lower level too - including a garage. Don't miss this opportunity!

Melcroft $129,900

This 3 beds 2 bath home has been remodeled with hardwood floors throughout, updated kitchen with stainless steel appliances and updated bathrooms. This ranch home is situated on 1 acre with country views and an expansive back deck great for outdoor entertaining. Close to seven springs, Ohiopyle and more.

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BEATING THE *Winter Blues*

With the shortest, coldest and darkest days of the year upon us, many of us find ourselves feeling a bit sad and ho-hum. The fun holiday festivities have ended and the cold, dreary days just.won't.stop.

Experts at the National Institutes of Health say the so-called winter blues are fairly common and are usually marked by feeling more down than usual, sad, or less energized.
The good news is boosting your mood and energy level can be as simple as bundling up and getting outside.

A daily dose of fresh air and exercise make everyone feel better and it's important – for our health and our sanity – to make that extra effort to get outside. Sunlight exposure increases Vitamin D and serotonin levels, kicking the production of feel-good chemicals into action.

It can be challenging to make yourself spend time outdoors in the winter months if you're not one to hit the slopes. While some people live for the thrill of winter activities and embrace the snowy months, others fight to get through it and adopt hermit-like tendencies.

An early-morning walk or lunchtime stroll may be just the thing you need to regulate your body's natural release of hormones. It will help you feel more energized and put some pep in your step for the rest of the day.

Find creative ways to enjoy time outside such as making snow paint (simply add food coloring to water and put it a spray bottle) or take a blanket and cup of hot cocoa and sit outside on your front porch to take in the beauty of the season.

Once you've spent some time outside, consider a few fun indoor activities to keep your mood in check – watch a comedy, plan a fun game night with friends, complete a home improvement project or take up a new hobby such as crossword puzzles or painting.

The winter blues can leave you not only feeling down in the dumps, but they can also send you into the vicious cycles of rummaging for sweets.

Put away the leftover cookies and don't resort to simple carbs, like white rice and bread, which quickly raise blood sugar, flood you with insulin, and then drop you in a hole. Experts recommend watching your caffeine intake as well. Stick to foods that boost your energy level such as combinations of complex carbs and lean protein like low-fat cheese and whole-grain crackers, whole fruit and a handful of nuts, or a low-fat granola bar.

Beating the winter woes may be a struggle, but before you know it the first signs of spring will be peeking though and the Laurel Highlands will once again be brimming with life. Until then, try to keep a positive mindset and enjoy the beauty surrounding us.

By Cami DiBattista
MLCC Freelance Writer

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MLCC WELCOMES NEW MEMBER BARRON'S FLORAL

Pick up some Valentine's Day flowers for your sweetie from Barron's Floral, a new member of the **Mountain Laurel Chamber of Commerce.**

For over forty years, Bernie Barron has been creating flower arrangements for all occasions for residents throughout the Laurel Highlands.

The well-known and loved florist, located at 1639 Indian Creek Valley Road in Champion, is open Monday through Friday from 9 a.m. to 4 p.m. and Saturday from 9 a.m. until noon.

Barron's Floral specializes in wedding bouquets and corsages, themed party centerpieces, funeral arrangements and more. Services offered include flower delivery and setup.

Bernie enjoys using her creativity to create arrangements for all her customer's special parties and events.

"Creating floral arrangements is special to me because my customers are trusting me to help them prepare the perfect arrangement for the occasion, and I want to be sure to get everything just right," said Bernie, who added that working one-on-one with customers is the best part of her job.

"I've been around the world, and the people who live right here in the Laurel Highlands are the warmest, kindest and friendliest you'll ever meet. They're absolutely the best. Everybody knows each other and it's a nice neighborhood to live and work."

Bernie said she has shared many tears – both sad and happy – with her customers after forty-two years in business.

"They become like family to me and I treat them that way," she said. "The hardest for me are my grieving customers who are choosing funeral flowers. Their feelings are raw and emotions are high; I just want to make sure they're making the right choices and doing exactly what their loved one would have liked."

Bernie realized her gift of floral arranging after completing a horticulture class. "I believe you are given a gift and sometimes it takes a while to figure out what that gift is, but God gave me one and I'm grateful for that. It's an honor when customers trust me to guide them in fulfilling their floral needs."

She opened her flower shop in 1977 because, at that time, there was no florist on the mountain, she said.

"And then we incorporated Barron's Red Silo in 2015," Bernie said of the event venue located on Calvary Church Road that she operates with brother, Dick.

The restored and updated 1931 barn offers a picturesque destination to host a wedding or special event. Patrons will enjoy impeccable service with a beautifully landscaped view at Barron's Red Silo.

Contact Bernie Barron at 724-455-3312 or bernie@lhtot.com to discuss a flower arrangement for your next special occasion from Barron's Floral or to book The Red Silo for an upcoming event.

By: Cami DiBattista
MLCC Freelance Writer

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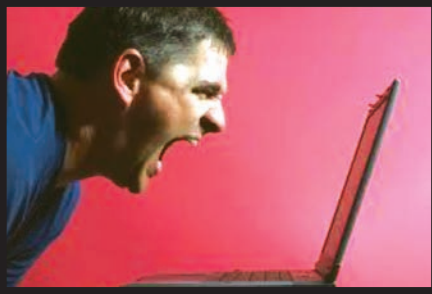

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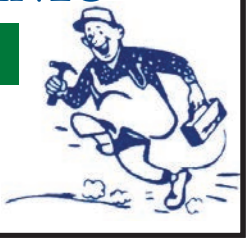

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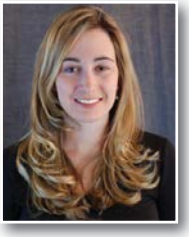

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Mountain Laurel Chamber of Commerce Annual STOCKING STUFFER

WINNER JEAN ECHARD

The **Mountain Laurel Chamber of Commerce** would like to congratulate **JEAN ECHARD** for being the lucky winner of the annual stocking stuffer ticket.

Jean follows the **MLCC Gateway to the Laurel Highlands** flyer for updates on local happenings and is a regular at the Annual Ladies Day Bash. She is a local resident, who is a member of the Chestnut Ridge Historical Society and the Bullskin Township Lion's Club. She has been buying the ticket each year and was truly excited to be the winner this year. Her plans for her winnings include sharing the golf passes with her grandson and enjoying a relaxing stay at Seven Springs Mountain Resort.
The **MLCC** would like to thank Jean for her involvement in the community and we would like to thank everyone who purchased a ticket.

Jean Echard, Ticket Winner – Kris Enberg, **MLCC** Executive Director

A special thanks to all of our members for supporting us with your generous donations!

The **Mountain Laurel Chamber of Commerce** wishes to congratulate **Ashlyn Mathews,** from Champion Christian School for being the recipient of the **November 2018 Student of the Month Award,** presented by: **Donna Tidwell – Vernon Realty Services.**

Photo from left to right: First Row: Mrs. Donna Tidwell – Vernon Realty Services, sponsor – Ashlyn Mathews, Student – Braden Mathews, Brother. Second Row: Mrs. Stefanie Cramer, MLCC Administrative Assistant – Mr. Jack Mathews, father – Mrs. Donna Bupp, teacher.

Coming February 2019
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