

# FLEX FLEX Your Ideas

FYI

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## FLEX Members Set Resolutions for New Year

When the New Year arrives, it can be a great time to reflect on the changes we want to make in our lives. Making New Year's resolutions can help us focus on taking steps toward achieving our goals and being happier and healthier.

However, it's no surprise that most New Year Resolutions fail within days, weeks, or months after they are made. While it may seem easy to set a goal and plan to follow through with it, the reality is that it takes hard work and dedication to stick to a resolution.

If you're looking for ways to make sure your resolutions don't fail this year, here are some tips that can help set you up for success:

**1. Make realistic and achievable goals:** Try to take on only a little at a time. Break down any big goals into smaller ones, so each step feels more manageable. Also, pick something specific and measurable.

FLEX Member Kelly Seibert's resolution is to be in bed by midnight and set aside 10 minutes daily to tidy

up. Kelly said, "It's been going well! I tried to make sure I didn't pick something too ambitious that I couldn't keep up with. It's not about quick results but slow, measurable change that you can win every day."

**2. Track your progress:** Hold yourself accountable by keeping a journal of your goals, tracking your daily habits, or setting reminders on your calendar. This will help motivate you to stay on course and evaluate how well you are doing from time to time.

**3. Find motivation:** Having support from friends, family members, or even the FLEX community can provide an extra boost when times get tough — remind yourself why you wanted to achieve this goal in the first place!

Members Damien and Maggie Cherico set a goal to run the Pittsburgh half marathon in May. Damien said, "Maggie and I keep each other accountable. Committing by signing up also forces you to train even on days you don't feel like it."



**4. Celebrate small successes:** Don't forget to celebrate when you reach a milestone — whether big or small — as it can be a great motivator to keep going.

**5. Don't be too hard on yourself:** It's okay if you don't hit every milestone as planned; re-evaluate your goals and move forward. Don't give up, and be kind to yourself!

Making New Year's resolutions can help you reach your goals, but it takes more than simply setting them — following through is key. With the right mindset, dedication, and support, you can ensure that your resolutions don't fail this year! Good luck!

Follow FLEX on Facebook for more updates from young professionals, for young professionals!

"The Future of Venango Area Business!"



# FLEX Feature:

## Barrow-Civic Theatre with Jennalee Schenk

### Tell us about the Barrow-Civic Theatre.

The Barrow-Civic Theatre is located in downtown Franklin at 1223 Liberty Street. The theatre was purchased by the Franklin Civic Operetta Association in 1989, renovated, and opened as the Barrow-Civic Theatre in 1993. We hardly ever have a “dark” weekend, as there are performances almost every weekend. The FCOA has four Main Stage performances this year. We will also have a few “Off Barrow” performances in the Little Theatre, and we contract a variety of performances by touring groups throughout the year. We are proud to host institutions of the area like the Venango Chamber Orchestra and the Silver Cornet Band. We also have a strong youth theatre program and are rebooting The Barrow Theatre Institute.

### What is your role at the Theatre?

I am the Theatre Relations Coordinator. My primary responsibility is to promote events and represent the theatre in the community. Some of my duties include graphic design, social media relations, and marketing. I create our show posters, programs, and advertisements. I also get to collaborate with the rest of the team on promotional ideas and support our producers and creative teams as needed.

### What is your favorite part about working for this organization?

I love working at the theatre because no two days ever look the same. There is always another creative project around the corner.

### What would surprise people about this organization?

Some people don’t realize that most of the theatre is available to rent. The main stage, lobby, and little theatre are all available to rent. See [barrowtheatre.org](http://barrowtheatre.org) for more information! You can find us outside of the theatre pretty often. We have collaborated with Wanango Country Club for a murder mystery night, dinner theatre, and our annual Golf Outing. We also collaborate with the Belles Lettres Club for B&B dinner theatre every year.

### Is there anything else you’d like to share about the Barrow?

There are a lot of ways to get involved with the theatre, and we are always looking for volunteers and are willing to teach! We always need help in the Box Office, building sets, costuming and props, bar tending/working concessions, etc.

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## Member Profile: Alex Spaid



Alex Spaid is a Franklin native and the newest attorney at Dale Woodard Gent McFate Law Firm.

Alex graduated from Franklin High School and went on to Grove City College where he completed his undergraduate degree. He then earned his law degree from Duquesne University School of Law in Pittsburgh.

One of Alex's greatest achievements has been obtaining his law degree and recently being sworn in by Venango County President Judge Marie Veon.

When asked about his future goals, Alex said: "I hope to gain a professional foothold in the region and expand my

practice as an upcoming attorney in the county and surrounding area."

Alex's hobbies include listening to music, reading, playing video games, and spending time with his pets. He enjoys working in Venango County because, "it's not as fast-paced and stress-inducing as the Pittsburgh legal community, and I get to work with a lot of really smart and wonderful people."

In addition to the people, Alex says his favorite thing about living in the Venango area is the outdoor recreation opportunities. He loves walking the nature trails and spending time hiking and biking.

Alex says he is excited to make new connections through FLEX and continue to grow his network.

## Nominations Open for 2023 Young Professional of the Year

FLEX is now accepting nominations for the 2023 Young Professional of the Year.

Nominations are open to the public. Nominees must be 18-40 years of age and live and/or work in Venango County. A review committee will choose the honoree based on their overall civic engagement and community impact, as well as how their lives are an example of the FLEX mission.



Last year, 11 nominees were recognized and Stephanie Staub, K-4 STEM Teacher and Technology Integrator for the Oil City Area School District, was named the 2022 Young Professional of the Year.

Nominations are due by March 10. Learn more about the event and find a nomination form by visiting [venangochamber.org/flex-presents](http://venangochamber.org/flex-presents).

Forms can also be found at the Venango Area Chamber of Commerce, located at 24 Seneca Street in Oil City, or by contacting the Chamber at [chamber@venangochamber.org](mailto:chamber@venangochamber.org) or (814) 676-8521. Sponsorship opportunities are also available.

Nominees will be recognized at FLEX Presents, scheduled for Friday, April 21.

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## Event Photos: Dinner & a Show Social



## February Events & Meetings:

**Marketing Committee:** Thursday, February 2 • 12 p.m. • Zoom

**First Friday Lunch:** Friday, February 3 • 12 p.m. • Woods & River Coffee, Oil City • *Stop by for a coffee or stay for lunch! (all food and drinks are dutch treat)*

**FLEX Superbowl Party:** Sunday, February 12 • 6 p.m. • Venango Chamber Office, 24 Seneca Street, Oil City • *Food provided, BYOB!*

**Events & Fundraising Committee:** Monday, February 20 • 5:30 p.m. • Zoom

**FLEX Monthly Meeting:** Monday, February 27 • 12 p.m. • Zoom

*Find more event details on our Facebook page or in our Weekly Update email.*

### WELCOME NEW MEMBERS

Amanda Barker  
Chase Adams  
Brittany Adams  
Robert Macormac  
Octavia Ice  
Eli Busch

**Interested in joining?**  
Email the FLEX Membership  
Committee Chair Joslyn Dechant at  
joslyn.dechant@gmail.com or join online:  
[VenangoFLEX.org](http://VenangoFLEX.org).

**FLEX MISSION:** FLEX represents the needs and interests of Young Professionals by positioning ourselves as leaders, entrepreneurs and advocates for the sustainability of the Venango Area through civic engagement, leadership development, and networking.

**CONNECT WITH US:** [VenangoFLEX.org](http://VenangoFLEX.org) • [flex@venangochamber.org](mailto:flex@venangochamber.org)

