

# FLEX FLEX Your Ideas

## FYI

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## FLEX Announces 2016 Leadership



The Future Leaders and Entrepreneurs Exchange, Venango County's Young Professionals, held its third Annual Meeting on October 21st at Venango College - Clarion University. The evening will begin with networking and refreshments.

FLEX Elected Casey McVay (Venango University's Venango College) as the 2016 FLEX President and Alan McBride (Joy Global) as Secretary/Treasurer.

Several young professionals offered remarks. "We are developing the next generation of business leaders in the region," said FLEX member Greg Merkel, a speaker at the event.

The group is optimistic about the future of Venango County.

"We can make a difference in Venango County, one step at a time," said Elizabeth Greibel, FLEX member.

Roger McCauley, the keynote speaker of the event, is the Executive Director of the Franklin Industrial and Commercial Development Authority or FICDA. During his speech, McCauley recounted business and personal experiences with the group.

FLEX will meet on Monday, November 2nd at 5:00, at the Venango Chamber, to begin planning activities for 2016. Any young professionals from the region are invited to attend.





We are pleased to introduce John Stroup Jr.—a Venango County young professional and FLEX member! Although he lives in Clarion, John spends a lot of time in our area through his position at WKQW Radio.

John was born and raised in Clarion and after graduating high school in 2010, he attended Slippery Rock University to pursue a degree in business marketing. It was obvious that John was meant to succeed from the early days in high school, in which he was the president of his senior class and vice president of student council. Then in college, John started a student marketing group for the bookstore at Slippery Rock and led meetings and helped promote the store.

John plans to stay in the area and continue working in the marketing field. He hopes to gain experience and someday start his own consulting business related to technology and advertising or energy.

John’s productivity does not stop at the end of the work day; he spends his free time working on side projects, such as developing applications for mobile devices. He also enjoys spending time with family and friends, especially outdoors. John likes many aspects of Venango County, such as the friendly people, the downtown areas of Oil City and Franklin and the overlook behind Fat Dogs. He also occasionally enjoys taking a trip to Cook Forest State Park or Pittsburgh for sporting events.

“I am excited to become a member of the community and the FLEX program to learn as much as possible while I work and build relationships,” John said. He looks forward to helping the Chamber promote businesses and we look forward to getting to know yet another great young professional in Venango County!

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Meghan Keely may have moved away from the area for a while, but she returned to Venango County in 2011 and we're so glad she did! Meghan is originally from Franklin and graduated from Franklin High School in 2003. She then attended Lock Haven University of Pennsylvania where she received her Bachelors of Arts in Journalism and Communications Media. After her undergraduate career, Meghan attended Kutztown University of Pennsylvania to pursue her Masters of Public Administration, with an emphasis on grant writing and non-profit management.

Meghan has achieved many accomplishments throughout her college career and beyond, one of her favorites being her work in journalism. She has been published multiple times and loves meeting people and sharing their stories. She was an editor and writer of Kutztown University's International Studies Department newspaper as well as the Lock Haven University Newspaper and also worked for The Derrick/News Herald

In addition to journalism, Meghan published a thesis focused on the positive impacts of AmeriCorps Vista on rural poverty in Northwestern Pennsylvania. She was a graduate assistant for the International Studies Department at Kutztown University, an AmeriCorps VISTA member for Titusville Area School District and a volunteer with Big Brothers Big Sisters and Relay For Life/American Cancer Society.

Currently, Meghan is the economic development manager at Northwest Commission and is proud of securing her current position and having the opportunity to make a difference for our community.

She lived in eastern Pennsylvania for about five years, but then decided to move back to Venango County. "Of all the places I have lived, I never found another place that felt like home," Meghan told us.

When she's not at work, you can find Meghan enjoying the outdoors of our region. She spends free time biking, jogging or walking on the bike trails as well as kayaking with friends. Meghan is a writer and artist at heart, so she also enjoys painting and free-lance writing for various publications.

As for the future, Meghan hopes to be able to continue to smile, be happy and be proud of the life she is living. She plans to work to make a difference in our area and contribute to the forward progression of Venango County by sustaining an influx of employment opportunities, generating a successful workforce and promoting tourism and outdoor recreation.

Meghan encourages the community to keep an open-mind and have faith in the younger generation. "I am a true believer that Venango County is a great place to live and could be a prosperous and desired location," Meghan said, and we couldn't agree more!



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## Color Me Calm

There is a new trend, you may not have noticed, making its way across the desks of thousands of professionals across the country. Adult coloring books are the new “it” stress reliever for those seeking a creative outlet.

One of the first adult coloring books to gain traction in the public sphere was the Johanna Basford series. Her first book, “Secret Garden” has sold 1.4 million copies, and her second book “Enchanted Forest” quickly sold out of the 226,000 copies of its first print.



The coloring books designed by Basford and others like her are very similar to the coloring books that you or your children doodled in during childhood, but with a few exceptions. The designs are more intricate and require the doodler to see the big picture and have patience with small spaces. These key facts are why these books are being embraced by professionals in fast paced, busy careers. Coloring allows the artist time to stop and focus and take their minds off the stressors in their lives.

In a recent Parade Magazine article, [“50 Shades of Happy: The New Joy of Coloring.”](#) Alice Domar, Ph.D., Executive Director of the Domar Center for Mind/Body Health in Boston, is quoted as saying, “The creativity comes with envisioning the color selection and how it will play throughout the piece, while the tactical involves applying your decisions to the artist’s design. Both keep your right brain from taking over and wandering where it wants, as it does when you just doodle.”

Unlike yoga or other popular adult stress relief options, the accessibility and entry point with this new trend is remarkably low. A quick Amazon search finds countless options in the single digit range and a nice set of markers or colored pencils (whatever your preference) for not much more.

The next time you need a moment to collect yourself and separate from the stress around you, may I suggest foregoing Facebook or your DVR and picking up a coloring book!

**Shelby A. Parish, IOM, CMP**  
**Manager, Institute for Organization Management**

### OUR 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.

### Where you’ll find FLEX this month:

**FLEX Planning Meeting: Monday, November 2nd at 5:00PM at the Venango Chamber**

**FLEX monthly meeting: Tuesday, November 3rd at noon at the Venango Chamber**

**Chamber events** - Check out the Chamber’s Calendar of Events at

[www.venangochamber.org](http://www.venangochamber.org)



VenangoFLEX



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