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MHRA Salutes
Mike and Dot's II
 for their fundraising efforts year after year

This year's
CHILI COOK OFF and AUCTION
 is Saturday, February 28

MIKE and DOT's II
 next to Cole's Hardware
 966-0861
 Thursday is Wings Night!

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If you do not receive a membership form or misplace yours,
 use this handy form to send in your membership dues.

MIFFLINBURG COMMUNITY AMBULANCE
MEMBERSHIP 2009

HOUSEHOLD	INDIVIDUAL	DONATION	TOTAL
\$25.00	\$15.00		

Name _____
 Address _____
 Phone _____

Make checks payable to:
 Mifflinburg Community Ambulance, 104 Chestnut St., Mifflinburg, PA 17844

Volunteers provide Mifflinburgers with the highest quality of emergency
 care. Your ambulance membership makes this possible.

clip & mail

Celebrate Valentine's Day

CARRIAGE CORNER
 Restaurant

Reserve Early
 966-3866

♥ Special Valentine's Menu ♥
 and enjoy New Menu Items...
 Ribs, Salmon, Lobster Ravioli Daily
 New Sandwiches too!

February 2009

Volume 21, Issue 2

Mifflinburg



NEWS & VIEWS

published monthly by the Mifflinburg Heritage and Revitalization Association

MIFFLINBURG, A SMALL TOWN WITH A BIG HEART

...and the heart of Mifflinburg is the people who live here. It seems almost second nature for Mifflinburgers to pitch in and help others without wanting anything in return, good samaritans. This Valentine issue of News & Views seems the ideal time to salute just some of the many Mifflinburgers with big hearts.

♥ A salute to Heather Reid, a busy young mother, who has taken on the running on the Food Bank, that serves Mifflinburg and the West End of Union County. With the state of the economy, many more of our neighbors need assistance from the Food Bank and Heather's workload and the workload of her volunteers who pack the bags of food has grown by almost 25% since 2006 ♥ and to Megan Bair, who heads up the Hope Shop that allows the Food Bank recipients to shop free of charge for second hand clothing and household items at the Lutheran Church. These ladies are wonderful examples of Mifflinburgers with very big hearts. ♥ A salute to those Mifflinburgers who give up their own family Thanksgiving and Christmas holidays to prepare and serve Thanksgiving and Christmas dinner at the Methodist Church for less fortunate Mifflinburgers and those who are alone. ♥ to Pattie Arduini and Nici Bailey who took on successfully organizing the GO JOE fundraiser festival that brought WNEP's Joe Snedeker biking into town to raise money for St Joe's Hospital... and to the outpouring of donations from all of the Mifflinburgers who opened their hearts and wallets for the children with incurable conditions who live permanently in St Joe's Hospital. ♥ to our Boy Scout Troop #520 who handle recycling one Saturday morning a month, which has enabled Mifflinburg to offer recycling two Saturdays a month instead of once a month... and to all Mifflinburgers who recycle, thank you, quite simply it is the right thing to do ♥ to the Kiwanis Club who gave Christmas food baskets that fed 415 people this year (up from 372 a year ago) in the Mifflinburg area. ♥ to Jonathan Wright, who read in his elementary

school about a school in Equador that had no fresh water. He took it upon himself to approach the Mifflinburg Rotary Club and ask for money to dig a new well for the Equador school. The Club supported the project and the well is now known as Jonathan's Well. ♥ to our Legion Post 410 for sponsoring the kids fishing derby ♥ to those special Kiwanians, Kathy Ranney and Jennifer Adamo, who spend much of their time finding used winter coats for Mifflinburg kids in need, and to Washtubs who clean the coats free of charge, and the Kiwanis Club for running Operation Warm Coat annually ♥ to our volunteer firemen and ambulance crew, who drop everything to respond to emergencies in and around Mifflinburg... and a special salute to Fire Chief John Heiges, who was named Hero of the Year by the Union County Red Cross ♥ to Mifflinburg Kiwanis's Key Club for financing and taking the Headstart children Christmas Shopping for members of their families, helping them wrap the gifts and treating them to a pizza party. ♥ to the Lions Club who collect and distribute eye glasses to those in need locally. ♥ to Troy and Athena Berkheiser of Tuxes and Tunes who take a portion of their profit from prom tux rentals to pay for the Herr Library's summer reading program. ♥ to Union County Red Cross Disaster Team of which five members are from Mifflinburg who carry pagers and respond 24/7 to residential fire calls and provide shelter, clothing, food, counseling and after care to fire victims. ♥ to the Mifflinburg Area Military Mom's Association (MAMMAS) for their dedication in sending care packages to our local service men and women overseas. ♥ to those "Dollar Coaches," who volunteer their time to the Mifflinburg schools' sports programs (grades 7 through high school)...their salary? \$1. ♥ to Mike & Dot's II and their fundraisers for good causes locally - owners Coop and Leslie are indeed wonderful examples of Mifflinburgers with big hearts. How lucky we all are to live in Mifflinburg, this small town with a big heart. ♥

FEBRUARY Calendar of Events

- Every Wed. Senior Center - Club 39
2pm County Government Bldg.
- Tues., Feb. 3 MHRA Board Meeting
7pm 300 Chestnut
- Thurs., Feb. 5 Bingo
6pm Buggy Museum
- Thurs., Feb. 5 Christkindl Committee
7pm 300 Chestnut
- Sat., Feb. 7 Recycling
8am-11am Industrial Parkway
- Tues., Feb. 10 PMI
7pm Ranney's on Saratoga
- Tues., Feb. 10 School Board Meeting
7:30pm Admin. Office
- Tues., Feb. 10 Garden Club
9am 300 Chestnut
- Fri., Feb. 13 School (snow make-up day)
- Sat., Feb. 14 Valentine's Day
- Sat., Feb. 14 Recycling
8-11am Industrial Pkwy
- Mon., Feb. 16 School (snow make-up day)
- Mon., Feb. 16 Shade Tree Commission
7pm Borough Hall (8th St.)
- Tues., Feb. 17 Planning Commission
4:30pm Borough Hall (8th St.)
- Tues., Feb. 17 Borough Council
7pm Borough Hall (8th St.)
- Sat., Feb. 21 Cabin Fever Expo
Sun., Feb. 22 HS gym
- Thurs., Feb. 26 HS Choir Pops Concert
7pm HS Auditorium
- Sat. Feb. 28 Chili Cook Off
2pm Mike & Dot's II
- Sat., Mar. 7 Home Gardener's School
8:30am- 3:50pm HS Auditorium
(register by Feb. 23, call Penn State Coop.
Extension at 966-8194 for details)



Happy
 Valentine's
 Day

Mifflinburg NEWS & VIEWS
 300 Chestnut Street
 Mifflinburg, PA 17844

Mifflinburg Heritage & Revitalization Association

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MISSION STATEMENT

MHRA exists to help promote and maintain a supportive environment where business, community and government work together to foster growth and development, while preserving Mifflinburg's historic past.

Email: mhra@dejazzd.com
or beckyh@dejazzd.com



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BOROUGH BUSINESS...

be in the know by Steve Benner

Snow Removal Reminder

Please be reminded all owners, occupants, and (or) tenants of property fronting upon or alongside any public streets with sidewalks parallel and adjacent to the street are required to remove accumulated ice and snow within twelve (12) hours after the ice or snowfall has ceased. If we all "think spring" hard enough, perhaps we won't have to worry about this burden for another year! ■

Borough Council Enacts Higher Utility Rates

Beginning with the February 1, 2009 billing cycle, customer utility bills will reflect the increases enacted with the 2009 budget. Due to economic conditions, the Borough has experienced a substantial decrease in industrial electric consumption and, as most of you know, the general operating budget for Mifflinburg is funded through electricity sales revenue. As such, electric customers will see an approximate 3% increase in their monthly electric invoices. For example, a customer who uses 1,000 kWh of electricity per month will experience an increase of \$3.60. These numbers cannot be reflected exactly due to the change in the monthly purchased power factor, so please understand that the example above is for illustration purposes only.

Also beginning with the February 1, 2009 billing cycle customers will see an increase in water and sewer rates in the amounts of approximately 2% and 3% respectively. The water rate increase is necessary due to inflationary increases in treatment costs and labor. The primary reason for the sewer rate increase is to offset the financing costs for the sewer plant upgrade project currently under construction. It can be anticipated that sewer rates will rise gradually over the next several years as the Borough's debt payback for this project is instituted. The example below is illustrative for a residential sewer or water customer using 5,000 gallons of water per month through a 5/8" water meter:

Previous Rate:

Water: \$15.40 flat fee + (\$3.85 x 5000 gal.) =	\$34.65
Sewer: \$26.50 flat fee + (\$3.20 x 5000 gal.) =	\$42.50
TOTAL	\$77.15

New Rate:

Water: \$15.85 flat fee + (\$3.90 x 5000 gal.) =	\$35.35
Sewer: \$27.50 flat fee + (\$3.30 x 5000 gal.) =	\$44.00
TOTAL	\$79.35

Therefore, in our example, a customer using 5,000 gallons of water per month will experience a monthly combined water and sewer increase of \$2.20. If you have specific questions about these utility rate increases, please contact the Borough Office. ■

Borough Accepting Applications for Summer Employment

The Borough of Mifflinburg is accepting applications for the following positions for summer employment at the community park: Head Life Guard, WSI-Certified Life Guard, regular Life Guard, Concession Stand, and Miniature Golf and Playground.

These are all seasonal, part-time employment positions. Candidates must successfully pass background investigations including criminal history and PA child abuse history checks. All students must have valid working papers. Applications may be obtained at the Borough Office on Eighth St. during normal business hours. Applications will be accepted through Fri., Feb. 6, at 1 p.m. The Borough is an Equal Opportunity Employer. ■

♥ Thank you Borough Employees ♥

The Christkindl Committee and the Mifflinburg Heritage & Revitalization Association (MHRA), sponsors of Christkindl, thanks the Borough employees for all they do each year to make the Christkindl Market a smooth running event. The Christkindl Committee and the MHRA Board hosted a thank you lunch at the Borough Garage the latter part of January. ♥

BOROUGH OF MIFFLINBURG — 2009 BUDGET STATEMENT

The 2009 budget for the Borough of Mifflinburg reflects a total of revenues over expenses, including restricted reserves, of \$295,890, or the equivalent of 2.21 %, of total budgeted expenses.

Mifflinburg Borough Council is proposing that the tax rate structure will remain the same in 2009 as in 2008. These include a 1/2 of 1% earned income tax, a \$10.00 occupational privilege tax assessment, and a real estate transfer tax assessment. There will continue to be no real estate tax assessment by the Borough of Mifflinburg during 2009.

The Borough's 2009 electric rates reflect an inflationary increase of about 3%. Sewer and Water rates for 2009 reflect an approximate 3% and 2% increase respectively.

The 2009 Budget includes the following Capital Projects and major expenses: Well #2 construction and SCADA upgrade, water meter testing and replacement, various electric system upgrades, handheld meter reading equipment update, the BNR sewer plant upgrade (project funding from Pennvest), improvements to the mini-golf course at the Community Park, continued support of the Main Street Program, Community Ambulance and Fire Company, the required match for the Elm Street Program, the required match for the Safe Routes to School - Phase II Project, reconstruction of Walnut Street, an escrow towards the PA DOT/Chestnut Street reconstruction project, Borough Building rehabilitation/replacement and normal repairs and maintenance of the utility distribution systems, buildings, and streets.

As always, our budget is ambitious and will have to be monitored carefully to ensure that all costs are carefully scrutinized or examined and the budget is followed or amended to reflect any changes.

Respectfully Submitted,
Margaret A. Metzger, Borough Manager/Secretary

**20th Annual Chili
Cookoff is
Sat., Feb. 28
at Mike & Dot's II**



The 20th annual Mike & Dot's II / Budweiser Chili Cook Off and Auction will take place at Mike & Dot's II on Sat., Feb. 28. Registration is from 11 am to 1pm, auction is at 1pm. The auction will once again feature great items to bid on and will benefit Cystic Fibrosis. Don't miss out on the food and the fun... all for a good cause. Chili chefs, call 966-0861 for details of the Chili Cook Off competition. ■

Around Town

A new business, **Sew Ladylike** has opened on the corner of Chestnut and 4th Streets. When Sonya Anderson, proprietor of Sew Ladylike, decided to go against the trend of revealing clothes she immediately happened upon a problem. Modest clothing was scarce. After a fruitless search for a "regular dress" and a simple long skirt, she gave up looking in stores and began looking at her sewing machine.

"Sewing my own clothes seemed to be the only viable option." Sonya comments. Her first dress, once completed was immediately purchased by an interested party. So began, Sew Ladylike, a store where women can come and purchase vintage inspired clothing ready made or made to order, custom dresses, long skirts, and an array of accessories.

"Modest doesn't have to mean boring, or even basic." Sonya comments. Among her items one will find a wide range from the basic cape dress and prayer veiling to sequined calf length skirts and elaborate wedding gowns. Decidedly different, Sew Ladylike is sure to appeal to a variety of tastes and preferences. Most skirts range from \$10-\$15 and one can even find a dress as low as \$12.

Sonya moved to Union County during the Summer of 2004 with her husband and four children. She has been sewing for over 15 years. She is the author of eleven books. She is also a Board Member of the Mifflinburg Buggy Museum and is the chairperson of the upcoming Debutante Ball. Visit Sew Ladylike on the web at www.SewLadylike.com

Other BUSINESS NEWS: **Beav's Beauty Salon**, located in Harry Reynolds' former location, has recently opened. The hours of the new shop are Tues through Sat. and closed Sun and Mon. The phone number is 966-4263. The **Eye Care Center** will soon open in the Buffalo Valley Shopping Center.

Other AROUND TOWN Items of interest: Our

Herr Memorial Library is celebrating its 75th year in 2009. Congratulations to its current staff, board of directors, volunteers and to those who served throughout the years. **Amy Cline** took two first place ribbons in the youth division at the Pennsylvania Farm Show, one for handcraft cross-stitch and the other for fabric room accessory. Other Mifflinburgers also placed in the Farm Show competitions. Congratulations to all.

The **Susquehanna Valley Visitors Bureau** has awarded tourism grants to several Mifflinburg events and projects: Christkindl Market, Oktoberfest, Mifflinburg Brochure and Calendar of Events Rack Card, and Buggy Museum Promotions. These monies result from the Union County hotel tax and must be used to promote tourism to an area outside a 50 mile radius.

On Friday, February 13 the Mifflinburg Rotary will sponsor a **Valentine Gala** at the Lewisburg Hotel, 6pm cocktails, dinner at 7, live auction at 7:45 and dancing 9-11pm. Reservations necessary call Pat at 966-1351.

On Sunday, Feb. 15 the Buggy Museum will sponsor a **Debutante Ball** at 6pm in the Fry Building (366 Chestnut St.). The evening includes a catered meal, a dance and the presentation of young ladies, as in Victorian times. For more information and tickets call Sew Ladylike, 966-0773. ■

The 12th Annual Home Gardeners' School will be held Sat., March 7, from 8:30am to 4pm at the Mifflinburg High School. Keynote speaker is Jessica Walliser from KDKA radio, Pittsburgh. Topics will include: floral design, weeds, pruning, hummingbirds, pest free gardens, shade gardening, container gardening and grow organic. For registration information contact the Penn State Cooperative Extension at 966-8194. Deadline for registration is Feb. 23. ■

*Thank you Gloria Graham for your
dedicated service on Borough Council.*

SNOWFEST 2009

**Sun., Feb. 8 • Noon to 4 p.m. • R.B. Winter State Park
Rain, snow or shine!**

Break out of the winter doldrums and experience some winter "adventures" such as a snow shoeing hike, cross country skiing (fee for equipment), ice skating (fee for equipment) horse drawn wagon rides (fee) ice rescue demonstration, ice fishing skills, snow mobilizing safety and rides for kids, historic ice cutting demonstrations, winter camping equipment and techniques, a food concession, a silent auction to benefit future snow festivals and park events, snow volleyball, broomball, an ice sculpture demonstration, winter search and rescue using dogs and special activities for children include winter story time, nature activities and crafts. ■

10th ANNUAL CABIN FEVER EXPO

SAT., FEB. 21 & SUN., FEB. 22

Cabin Fever got you down? Then pack up the family and come visit the 10th annual Valley Outdoors/Standard Journal Cabin Fever Expo. This free admission expo will be held at the Mifflinburg High School from 10am-6pm on Sat., Feb. 21 and 10am-4pm on Sun., Feb. 22, 2009.

The Expo has a variety of vendors specializing in the latest outdoor gear, taxidermy displays, hunting and fishing guides, plus representatives from local conservation groups. As always it offers something for everyone including free seminars, a casting event, kids turkey calling contest and other activities. Guests can register to win one of dozens door prizes that will be given away including this year's grand prizes: a cow elk hunt for a lucky adult winner, a whitetail doe hunt (ages 12-17), a compound bow and two pheasant hunts for junior hunters.

The Cabin Fever Expo is sponsored by Standard Journal, Schlegel Excavating and Hoover Tractor. For more information call Karen at 570-742-9671 or email karenh@standard-journal.com. ■

Senior Center Happenings

Club 39, Mifflinburg's Senior Center, will meet every Wednesday afternoon from 2 to 4pm on the second floor of the Union Cty. Gov't. Bldg. and is open to all seniors. Scheduled Wed. programs are: Program-Civil War women (2/4), Bingo (2/11), Program- Home Extension (2/18) and Fun & Games and birthdays (2/25). Other events: Breakfast out 2/12 (Turnpike Restaurant at 8:30am), Book Club (Thurs., 2/19, 11am), Early Dinner out 2/26, La Primavera Restaurant 1pm. For more information call President Glen Zimmerman at 966-0197. ■

A Word from Chief Bickhart...

Part 4 — DRUGS AND THE HUMAN BODY: DRUG ABSORPTION
Method of Administration: Drugs are administered to or enter the human body in a number of ways, including injection, inhalation, and ingestion. The method of administration impacts on how the drug affects the person. For example: injection takes the drug directly into the blood stream, providing more immediate effects, while ingestion requires the drug to pass through the digestive system, delaying the effects.

Factors Affecting Absorption: Factors that affect absorption include physical, emotional and drug related Factors. Physical Factors: Person's weight and age; Individual biomedical/chemical make up; Rate of metabolism; and Food. Emotional Factors: Emotional state; and Anticipation / Expectancy. Drug Related Factors: Tolerance; Presence or use of other drugs; Method of administration; and Physical dependence (addiction)

Elimination: Drugs are eliminated from the body primary through the liver. The liver and kidneys act as a body's filter to filter out the excreted drugs from the body. The liver metabolizes ninety percent of alcohol in the body, while ten percent is excreted through the lungs and sweat. Also, the liver metabolizes drugs in a fairly consistent manner. For example, alcohol is removed at the rate of one 12 oz can of beer, one 5 oz. Glass of wine, or 1.5 oz. Of whiskey per hour. *Part 5 will be on the effects of drugs on the central nervous system.* ■