

A RED CARPET AFFAIR

The Chamber's Annual Awards Banquet will be held at the Vada Sheid Community Center at 6:00 p.m. on Friday, November 21. Tickets are \$30.00 per person, or you can reserve a table of 8 for \$300.00. Tickets are available at the Chamber only and will not be sold at the door of the event. Wednesday, Nov. 19, is the last day to purchase or reserve tickets. Please contact the Chamber if you plan on coming. "A Red Carpet Affair" will be catered by 178 Club, and there will be a cash bar available. The banquet will be a celebration of our community's accomplishments for 2014, and the public is welcome to attend.

CHAMBER BOARD ELECTION RESULTS

Six new members were elected to the Mountain Home Chamber of Commerce Board of Directors for the 2015-17 term. Effective January 1, 2015, the following community members will begin their 3-year volunteer term of service: Tobias Pugsley: VisionAmp Marketing; Amanda Principato: Blackbird Cafe; Scott Copeland: Integrity First Bank; Brendan Shay: Shay's Appliance; Elaine Morris: Home Instead; and Curtis Bowman: Bowman CPA.

Leaving the Board after a 3-year term are 2014 Board Chair Barney Larry: Baxter Regional Hospital Foundation; Sandy Andres: Bouquet Palace; Bryan Bell: Bryan Bell Construction; Mark Hopper: Hopper Environmental Services, Donna McMullen: BRMC; and John Reding: Integrity First Bank.

CHRISTMAS PARADE FRIDAY, DEC. 5

The annual Christmas Parade is Friday, December 5 at 6 pm. The theme this year is "A Hollywood Christmas," and there is no registration required. Line up instructions are available at the Chamber of Commerce, and the parade route will be the same as year's past taking off from Hospital Drive. Judging for the floats will take place as the floats enter Highway 5 from Hospital Drive. Floats will be judged on 4 categories: Civic, Commercial, Religious, and Youth. Bundle up the kids and line the streets to see awesome holiday cheer! Thank you to the following Candy Sponsors for 2014: **Mountain Home Psychiatric Medicine, Grant, CPA; TLC Bank, Little Caesar's Pizza, The Wellness and Cravings Coach for Women, Bank of the Ozarks, Riverlodge Assisted Living, Taylor Hearing & Balance Center, Excavation by Herter, The Window Place, Nationwide Insurance, the American Legion, and Ozark Engraving and Fine Gifts..**

- ▶ NEWS
- ▶ BITS 'N' PIECES
- ▶ NEW MEMBERS
- ▶ RECENT EVENTS
- ▶ CONTACT US

To learn more about our continuum of care community, please call us at (870) 425-2494.



EOE All faiths or beliefs are welcome. 11-02596



www.baxterregional.org



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2015 NETWORKING DATES

FIRST FRIDAY DATES: \$100.00 to host: The host of First Friday will have the floor for 20 minutes to present his/her business promotions. Afterwards, the microphone is passed around so that everyone can have their "60 Seconds of Fame." Bring literature to lay on the tables. Unless advertised, First Friday happens at El Chico Cafe beginning at 8 am.

January 2, 2015: Good Samaritan Society

February 6, 2015:

March 6, 2015:

April 3, 2015: TLC Bank

May 1, 2015:

June 5, 2015:

July 10, 2015: Food Bank of NC Arkansas

August 7, 2015: SERVPRO

September 4, 2015: Mountain Home Lion's Club

October 2, 2015: The Call

November 6, 2015: Gamma House

December 4, 2015:

BUSINESS AFTER HOURS: \$250.00 to host: The host of Business After Hours has the entire networking event at a location of their own choosing or their place of business.

January 15, 2015: All Pet & Equine Supply

February 19, 2015: River Lodge Assisted Living

March 19, 2015: Twin Lakes Playhouse

April 16, 2015: The Call

May 14, 2015: Gamma House

June 18, 2015: Best Medical

July 16, 2015:

August 20, 2015: Food Bank of North Central AR

September 17, 2015: Hill Country Art Gallery

October 15, 2015:

November 19, 2015:

December 17, 2015: TLC Bank

GOOD MORNING MOUNTAIN HOME: \$250.00 to host: This networking event takes place at your choice or your place of business. It begins at 8am. You may choose your own date. All 2015 dates are currently available.

Retirement/Recruitment Committee

The Retirement/Recruitment Committee met last month to discuss the overall progress of 2014. Eddie Majeste, President/CEO, reported that he'd just returned from a Dallas Travel and Tourism Show, and he expects to attend shows in Chicago, St. Louis, Jonesboro, and Oklahoma in 2015.

Majeste also reported that all 45,000 issues of the 2014 Vacation/Relocation Guide were distributed by mid August, and the Chamber is sending out previous year guides to meet the demands of leads that are currently coming in. 60,000 guides have been ordered for 2015, an increase of 15,000.

The committee also discussed a Chamber Membership Drive for 2016. Details will emerge at a later date. An economic study of the Mountain Home area events is being performed by Hobson Bryan, a professor from Alabama.



Bits 'N' Pieces is

a FREE benefit to members..a chance for you to share about your business or organization! Just email your "Bits" each month. Keep it short and sweet... preferably 25 words or less!

El Chico still has a few openings for Holiday Parties! We offer a full bar and a professional staff to provide your group with the best party experience in-house or off-site! 870-492-4700.

Thank you, Mountain Home, for helping **Arvest Bank** provide over 102,000 meals to help the Food Bank of NC Arkansas feed local, hungry families in time for the holidays!

VisonAmp Marketing would like to congratulate Tobias Pugsley on his recent election to the Chamber Board of Directors. Tobias and VisionAmp would also like to thank everyone who voted.

Baxter County Government would like to thank all our Veteran's for their dedication and service to our Country.

The Art Odyssey Winter Gallery Show & Sale...Nov 14-15...Donald W Reynolds Library. Make those special people on your Christmas list happy with truly unique and wonderful gifts from the 2014 TAO juried artists while also supporting our local art scene.

Mountain Home Athletic Club offers One Free Week to area residents. Try us out, make your health a high priority. Like us on Facebook for a chance to win a membership, MHAClub.com or call 425-4342.

The Christmas Journey, A Living Nativity, will take place December 4-6 from 6-8 pm at **First Baptist** on Spring Street in Mountain Home.

Give your Thanksgiving table that "Wow!" look with hand-crafted home decor from **The Arts and Crafts Gift Shop**, 10 East Seventh Street on the Square in Mountain Home.

Beginning Friday, Nov 29 through Nov 30, **Kindness, Inc.** volunteers will be wrapping Christmas gifts at Hastings. Also Elmcroft is sponsoring a "Bling in the Holidays" fundraiser for Kindness, Inc. Please call our office or Tom at Elmcroft for more details.

Simplify your life this Thanksgiving with **NATCO Communications**. Stay connected no matter where you travel with visual voicemail, webmail, on-demand conferencing and SIM ring. Visit natconet.com.

Did you know Childbirth and Breastfeeding Classes are offered monthly at the **Schliemann Center for Women's Health Education**? Call us for more information! 870-508-2345.

The US Fish and Wildlife Service is pleased to announce that Jon Casey has been selected as the Project Leader for **the Norfolk NFH, AR**. Jon has been at the Hatchery for 17 years and has been acting Project Leader since the position was vacated in November 2012. Please join the Friends of the Norfolk National Fish Hatchery in congratulating Jon on his appointment.

Dr. Thomas Walden and Philip Brown, PhD, of **Mountain Home Psychiatric Medicine** announce the launch of their website at mhpsychiatric.com. We invite you to take a look!

Stewart Brunner has announced the promotion of Kristen Speer to Sales Manager at **Twin Lakes Radio, KPFM Country 105.5, KKTZ Hit 107.5, and KOMT The Eagle 93.5**.

Have a letter sent to your little loved one from Santa!! **Relay for Life** tams have forms available and personalized letters will be going out starting December 1st.

The Baxter County Historical Society presents Honors Night: A Tribute to Bob Ketchum on Saturday, November 15 at 6:00 pm at the Ramada Inn Banquet Room. Limited tickets at door. \$25. Call Jennifer Baker 870-421-3994 for more info.

St. Andrew's Episcopal Church will be hosting Pub Theology at Arena Sports Bar on Dec. 3 at 5:30 pm. Good fellowship, interesting conversation.

Upcoming Chamber Events...**Friday, November 14**

Good Morning Mountain Home
hosted by
Hospice of North
Arkansas

**Friday,
November 21
Chamber Banquet at
The Sheid.**

It's "A Red Carpet Affair."
Tickets \$30./per person
Table of 8: \$300.00

**Thursday,
November 20
Business After Hours**

hosted by Riverlodge
Assisted Living

**Friday
December 5
First Friday Breakfast**

at EL Chico, host
Protocol Drug Testing

The Reppell Diabetes Learning Center will host a Free Diabetes Education Program/World Diabetes Celebration on Friday, November 14 from 7 am-Noon! Food, Fun, Education, and Much More! Please call 508-1765 to register today!

Twin Lakes Community Bank proudly welcomes Jennifer Hooyer to its staff. Jennifer comes to TLC Bank with many years of banking experience and will office at the Mountain Home West End location. Stop by and welcome Jennifer anytime.

Twin Lakes Woodworking & Remodeling would like to send out a HUGE THANK YOU to everyone who attended our grand opening and Chamber Ribbon Cutting. We are thrilled you were able to stop by, and we greatly appreciate your support!

Hurrah! The Pretzel Pizza continues until the end of December. One topping for \$6. Cheddar cups for 1.50. YMM Remember **Little Caesar's** for your party plans. Merry Christmas!

Community Chili Supper & Dessert Auction, Thursday, November 13th 6-8 pm at **Mountain Home Christian Academy**. \$5 adults and \$2 students. Tickets available from students and in the office.

The North Central Board of Realtors Annual Feed Our Children Campaign committee members have been working very hard to reach our goal of \$7,000.00 to purchase food for distribution to 23 Food Pantries in Baxter and Marion Counties. Join us, help, make a difference: Friday, November 14th at Hobby Lobby parking lot at 8:00 am.

Come spin the wheel of fur-tune and get a discount up to 25% off adoption fees at the **Humane Society of North Central Arkansas**--2656 Highway 201 North.

ASUMH will hold registration for the spring semester January 6-9. Classes begin January 12. Call 870-508-6104 for information on how to get started.

Let **Dawt Mill** host your Christmas Party! Catering prices start at just 13 pp including main dish and 3 sides! Call 417-284-3540.

Jackson Equipment Rental and Supplies is excited to be hosting Business After Hours on December 18th! We are celebrating the completion of a remodel! Come on by for appetizers, refreshments, and prizes!

Find gifts for your favoriet girlfriends at **Marvelous! Magazine's Holiday Bazaar!** 9-5 December 6 and 13. Different vendors each day! At our darling new office at 133 Harding Boulevard in Cotter. deb@marvmag.com for more info!

Elmcroft is hosting "Bling in the Holidays" December 9th from 5-7 pm! Donate a decorated Christmas tree to be auctioned at the event! All proceeds will be donated to our friends at Kindness, Inc. Deadline to have your tree up is November 23rd. Trees will be judged on December 8th with prizes awarded to participants. All trees will be on display at Elmcroft through the event. Come by and vote on your favorite.

FOCUS MOUNTAIN HOME



Martha Grant, Grant CPA, presents Eddie Majeste, President/CEO of the Mountain Home Area Chamber of Commerce, a check for \$5,500.00 for FOCUS Mountain Home. Grant CPA specializes in accounting, taxes, audits, and reviews.

Wes Thompson, plant manager at Eaton, presents Eddie a check for \$5,000.00 to be used for FOCUS Mountain Home. Eaton manufactures hose products for hydraulic and specialty markets.



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ALPHA HOUSE

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MOUNTAIN HOME, AR 72654
870-425-8526

NOVEMBER MEMBER SPOTLIGHT

Kristy Breen, The Wellness and Cravings Coach for Women, gives us 7 REASONS TO DETOX FOR BETTER HEALTH.

Fall is nipping at our heels. Fall is full of delicious superfoods that we should all take advantage of: apples, pears, squash, pumpkins, sweet potatoes, brussel sprouts, and pomegranates are just a few. Also, just around the corner are some of the biggest holidays of the year. Thanksgiving is filled with delicious turkey and dressing, candied sweet potatoes, green bean casserole, and the list goes on. Don't forget Christmas! Everyone's banking up a storm making their homeade pies, cookies, and Christmas candy.

A regular detox can offer some wonderful health benefits to our already over-stressed bodies. On a daily basis, we over-tax our bodies with foods loaded with preservatives and dyes. It's not only the in the food we eat, but it's the world, in general, we live in. Toxins are all around us. Just look at the ingredient labels on your favorite cosmetics, deodorants, toothpaste, perfume, etc. Our skin is the largest organ we have, and what we put on it is directly absorbed in our bloodstream.

- 1. Remove Toxins from the Body.** As mentioned above, our bodies are over-loaded with toxins from the environment. Sometimes these toxins are stored in tissues and cells for years.
- 2. Lose Weight.** Toxins interfere with the body's ability to burn fat. Inflammatory diseases related to weight gain, diabetes, high blood pressure, and heart disease are sometimes the end result.
- 3. Purify the Liver.** The liver is where toxins are metabolized. It gets over-taxed by the large amounts of toxins we consume and breathe in daily. Detoxing helps relieve the burden put on the liver.
- 4. Decrease Inflammation.** If you live with chronic or occasional pain, detoxing will help relieve symptoms by decreasing the toxins that are stored in muscles and cells.
- 5. Boost Metabolism.** When we aren't getting the proper nutrients, our bodies become slow and almost lethargic. By adding in a detox from time to time, we boost our body's own natural metabolism to full speed.
- 6. Build Up Your Immune System.** With winter coming on, we want our immune system to be in tip top shape. Detoxing gives your body the best chance to reboot and recharge to fight off common colds and flu viruses.
- 7. Vibrant Skin.** Detoxing helps to rid your body of free radicals and heavy metals that can lead to premature aging. By decreasing your body's toxic load, your skin will glow.

Feel free to visit Kristy at www.kristybreen.com and sign up for her newsletter where you'll receive monthly health tips and delicious recipes sent straight to your inbox.

First Friday Breakfast

hosted by
Dazzee Integrations
November 7



Business After Hours hosted by
Bouquet Palace on October 16. Thank
you for your
support!



***Want to join the Chamber, or know
someone interested?
Click HERE to JOIN THE TEAM!***

The Mountain Home Chamber is on
Facebook! LIKE our page please.





Chamber Ambassadors have been busy with Ribbon Cuttings around our area! Both Arvest and Twin Lakes Woodworking had Open Houses in October. Home Instead and Hospice of North Arkansas have each celebrated Open Houses in November.

Dawn Cotter, branch manager, cuts the Ribbon at Arvest's newest branch location: 1627 Hwy 62W near the ASU Mountain Home campus.



Terry Cormican, owner, Cuts the Ribbon at Twin Lakes Woodworking & Remodeling during their Open House to show off their newest show-room: 1210 Commerce Drive.



Noel Morris, owner, cuts the Ribbon at Home Instead Senior Care: 420 S Main.



Ken House, administrator, cuts the Ribbon at Hospice of North Arkansas' new location: 330 Hwy 5 N, Ste 20 in Bradford Square.

Mountain Home Chamber of Commerce

1023 Hwy. 62 East

Mountain Home, Arkansas 72653

info@EnjoyMountainHome.com

(870) 425-5111

Staff: Eddie Majeste, CEO/President: Emajeste@EnjoyMountainHome.com
Bo Gregory, Director of Economic Development: Bo@EnjoyMountainHome.com
Tracy Jones, Marketing Director: Tracyj@EnjoyMountainHome.com

Board of

Directors: Barney Larry, Baxter Regional Hospital Foundation, blarry@baxterregional.org
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Donna McMullen, BRMC, dmcullen@baxterregional.org
Glenn Burney, Baxter Healthcare, glenn_burney@baxter.com
John Conner, High Country Motors/Conner-Hankins Funeral Home, highcountrymotors@suddenlinkmail.com
Leigh Anne Gigliotti, Ph.D., Mountain Home School District, lgigliotti@mtnhome.k12.ar.us
John Reding, Integrity First Bank, jreding@goifb.com
Mark Hopper, Hopper Environmental Services, markhopper@hopperenvironmentalservices.com
Matt Taylor, Taylor Hearing & Balance Center, mtthc@suddenlinkmail.com
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TC Carter, Carter's Jewel Chest, tc@cartersjewelchest.com
Robin Myers, ASUMH, rmyers@asumh.edu
Gwen Khayat, Donald W. Reynolds Library, gwen.k@baxlib.org
Judy Matty, TLC Bank, jmatty@tlcbank.net
Ricky Johnson, Comfort Inn, comfort@suddenlinkmail.com
John Montgomery, Baxter County Sheriff, jmontgomery@baxtercountysheriff.com