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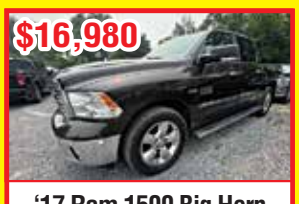
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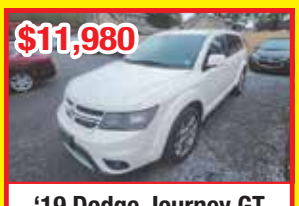
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Clearfield cookie walk aims to showcase downtown businesses

By Andy Stine
astine@altoonamirror.com

Wine walks have become popular throughout the past decade, so with that idea in mind, Clearfield Main Street Manager Sue Diehl came up with a similar idea that all ages can enjoy.

On the Saturday after Thanksgiving — Nov. 28 — from 11 a.m. to 4 p.m., the borough will hold its third annual Cookie Walk around the downtown area.

The cookie walk is the same day as Shop Small Saturday, or Small Business Saturday. The cookie walk drives hundreds of people into the Clearfield area, according to Diehl.

"We sell 250 cookie tins, and it's not just 250 people because it's a family event," Diehl said. "A mom might buy a cookie tin, and she might bring her two kids with her."

The cookie walk is the same idea as a wine walk, except kids are involved too, and people are also shopping and strolling and collecting cookies from the different businesses and retailers of downtown Clearfield.

Diehl, who is in her fourth year as the Clearfield Main Street manager, said the idea of a cookie walk came from a local resident of the town.



— Courtesy photo

Downtown Clearfield will hold a cookie walk from 11 a.m. to 4 p.m. Saturday, Nov. 28. Tickets are available now at the Shaw Public Library.

"They said, "'You know what would be really cool? If you did a cookie walk.' I really liked the idea because it is so family-focused," Diehl said. "There are a lot of wine walks, which are obviously not for kids."

Diehl also noted that the event is a great kickoff to Clearfield's Christmas season. The cookie walk is a leadup to the following weekend, when the town hosts its annual Christmas parade and wine walk, plus a free movie showing.

Diehl was caught by surprise at the success of the downtown cookie walk in its first year in 2024.

"The businesses love it. The first year I think we did about 150 tins and we sold out within three hours. The tickets went so fast," she said.

Last year, the borough jumped the number of tins to 250 to accommodate the interest from local residents.

"It's a great way to get people into their stores, but they have to provide the cookies," Diehl said of the businesses. "I thought it would be a hard sell, but they were like, 'No, absolutely. We'll bake the cookies.' It works well. It's designed to get people into businesses."

Cookie Walk tickets are $25 and are now available at the Shaw Public Library or call Sue at 814-765-6000.

For more information, visit discoverclearfield.com.

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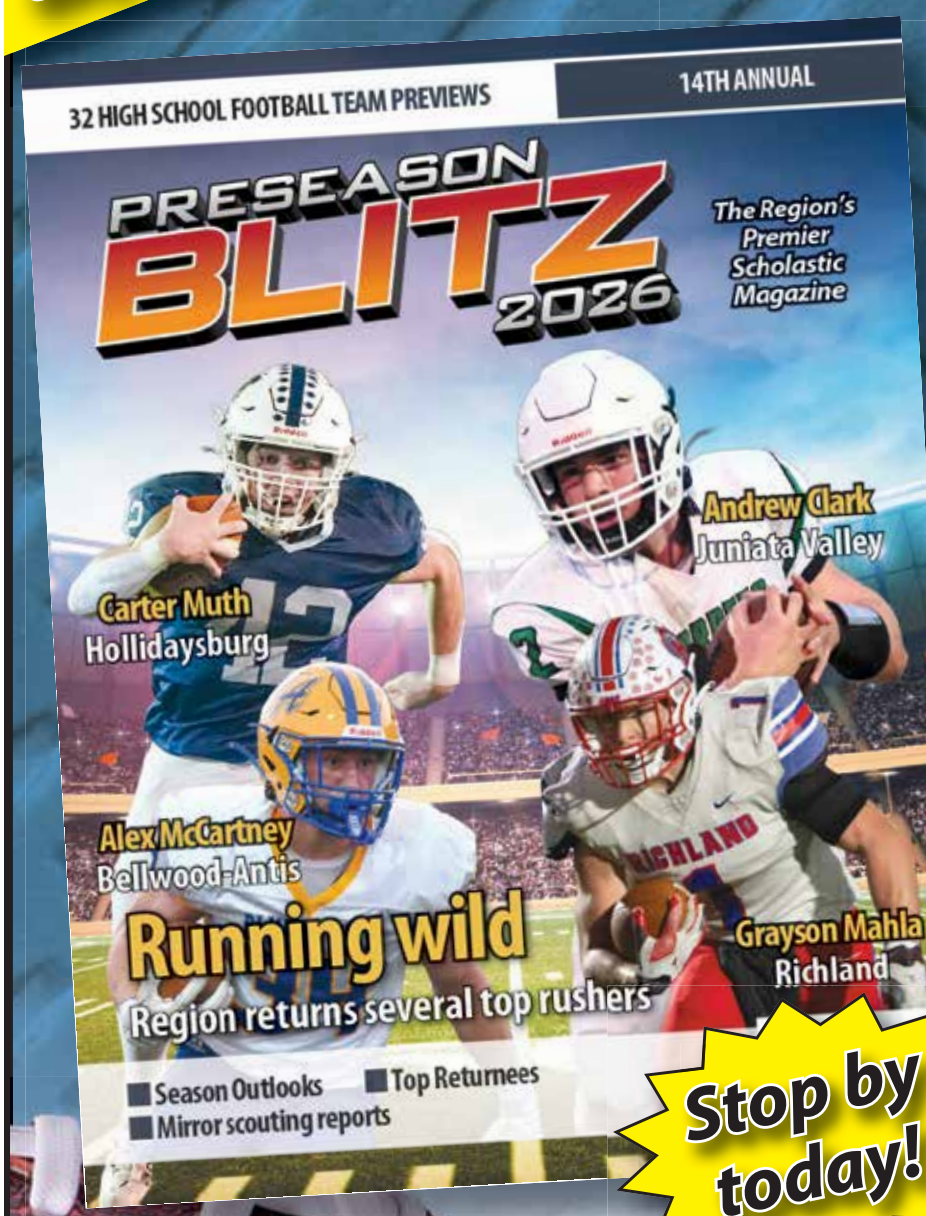
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SPECIAL ADVERTISING FEATURE

Fall & Winter CAR CARE

WINTER VEHICLE MAINTENANCE STARTS NOW

Changing seasons expose vehicles to various conditions throughout the year. Although severe weather can occur at any time, the winter is known to be particularly harsh and can make it hard for a vehicle to function properly.

The National Highway Traffic Safety Administration says winter weather can cause extremely dangerous road conditions. An estimated 320 fatal traffic crashes occurred in the United States in 2023, and 22,293 injuries happened when there was snow or sleet conditions at the time of the crash. It is essential that drivers prepare their vehicles for winter weather. Properly winterizing a car can help prevent breakdowns and accidents, and also potentially save drivers from being stranded in the cold.

Here are some winter car maintenance tips to consider before the first storm of the season, courtesy of AAA and State Farm¨.

• Test the battery. A driver needs a battery to be fully charged and in good condition to start the engine on cold winter mornings. Colder temperatures cause chemical reactions within the battery, which can make electricity slow down and hinder the vehicle's ability to reach maximum power. Check the battery prior to winter, and replace it, if necessary.

• Check fluids. Part of winter preparation is ensuring that all of the car's fluids are at the right levels and appropriate for low temperatures. This includes engine oil, windshield washer fluid, and antifreeze.

• Schedule a maintenance checkup. A mechanic can look at hoses and belts to check that they are in good working order. Cold temperatures can make belts and hoses more brittle and prone to breaking.

• Apply a windshield repellent. Scraping ice and snow off of windshields on winter mornings can be a frustrating and arduous task. Adding hydrophobic repellent like Rain-X to the windshield can make it easier to remove ice later on.

• Maintain tire pressure. As outside temperatures drop, so does tire pressure. Routinely check and inflate tires to the recommended pressure listed on a label located on the driver's side door frame.

• Inspect the wiper blades. Seeing clearly out of the windshield is important for safe winter driving. In addition to a properly working defroster, drivers will need wiper blades that can remove rain and snow. If any streaks or skips occur while using the wipers, it might be time for a new set.

• Conduct a brake check. A combination of snow, moisture, and salt on roads can contribute to rust on brakes and rotors. Symptoms of brake issues include noises, sticking brake pads, and slower stop times. Before the thick of winter, drivers are urged to have their brakes checked by a professional.

Winter is on the horizon, and vehicle owners should prepare their cars and trucks now for the rough weather to come.

PREPARE FOR THE UNEXPECTED



A roadside breakdown is never convenient, but colder weather can make an unexpected delay more challenging.

Whether you're waiting for roadside assistance or sitting through a weather-related traffic backup, a few simple preparations can make the experience safer and more comfortable.

BUILD AN EMERGENCY KIT

Keep a small emergency kit in your vehicle throughout the fall and winter. Include a warm blanket, flashlight, extra gloves or a hat, and a phone charging cable or portable battery pack. Shelf-stable snacks, such as granola bars or nuts, can also come in handy during a long delay.

If you frequently travel through areas that experience severe winter weather, consider packing additional cold-weather gear, such as boots, an extra layer of clothing, or traction aids. A snow brush and ice scraper are winter essentials in many parts of the country.

Carry bottled water, but remember that water left in a vehicle during freezing temperatures may freeze.

Leave room in the bottle for expansion or replace it as needed.

STOCK A FIRST-AID KIT

A basic first-aid kit is useful year-round. Include adhesive bandages, gauze, antiseptic wipes, gloves, and any personal medications you may need.

Check the kit periodically and replace expired or used items.

BEFORE YOU HIT THE ROAD

Winter is a good time to review your emergency contacts and roadside assistance information. Save important phone numbers in your contacts, and keep your cellphone charged. Most vehicles include USB ports or other charging options, so keeping a charging cable in your vehicle can ensure you can call for help if needed.

Finally, avoid letting your fuel tank get too low during colder months. If you're delayed by severe weather or waiting for assistance, having extra fuel allows you to run the heater periodically while conserving fuel until help arrives.

If you become stranded during severe winter weather, remain with your vehicle whenever it is safe to do so. A vehicle is easier for emergency responders to locate than a person on foot and provides shelter from the elements.

DON'T FORGET YOUR BATTERY

One of the most important things that keeps your vehicle going is tucked away under the hood. A healthy battery is essential for starting your vehicle, and cold weather can place additional strain on it.

HOW IT WORKS

Batteries naturally lose their charge over time. Add in fall and winter's cooler temperatures, and they can fail at the worst possible moment. Your battery provides the power to start the vehicle and run some accessories. (The alternator then provides continual power as your journey continues.)

Cold temperatures slow the chemical reactions inside the battery, reducing the amount of power it can deliver. At the same time, cold engines require more energy to start, making winter one of the most demanding seasons for a battery.

WHY THEY FAIL

Batteries lose their charge for a variety of reasons. The car may have been parked for too long or an interior light could have been inadvertently left on. They have a limited shelf life.

Sometimes, however, the problem isn't the battery's age or some mishap. Batteries with loose cables may degrade more quickly. Faulty wiring, malfunctioning interior electronics or lights and bad fuses can drain your battery even when the vehicle isn't running.

WHAT YOU CAN DO

Frequent short trips may not fully recharge the battery. Occasional longer drives can help maintain its charge, especially during colder weather. This will naturally replenish the battery's energy. Before leaving your vehicle, make sure lights and other accessories are turned off. If your vehicle has accessories that continue drawing power while parked, follow the manufacturer's recommendations. Make sure the trunk, glove box and doors are completely closed.

If you're going to store your vehicle for the winter, consider purchasing the modern-era wonder called a battery maintainer (sometimes called a trickle charger). Sold at most local auto-care stores, they provide low-level current that replaces the need to regularly run the vehicle. The low-tech approach to extending battery life when the vehicle is not in use has always been to simply disconnect it. But that can wreak havoc with computer systems. You'll lose other settings, including radio presets, trip mileage and clocks.

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775 - Yard Sales

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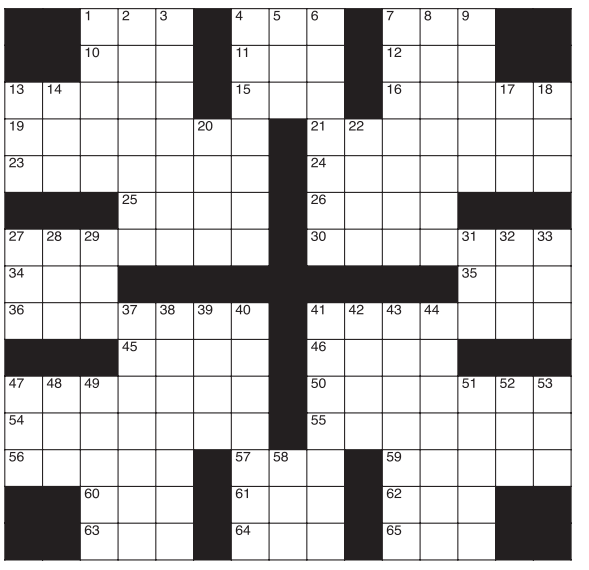
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AD BARGAIN Crossword Puzzle

Solution on page 7



CLUES ACROSS

1. Tire pressure metric
4. Request
7. Clairvoyance
10. 007's creator Fleming
11. Male adult
12. Norse mythological figure
13. Coffin cloths
15. Breeze through
16. Ladyfish genus
19. We all take them
21. Nobleman's jurisdiction
23. Members of U.S. Navy
24. Rummy-like card game
25. Unable to move
26. Type of horse
27. Parted
30. Woman's cloak
34. South American plant
35. Prohibit
36. Something one takes
41. Dish detergent manufacturer
45. Romanian river
46. Personification of pity
47. Makes upset
50. Discuss again
54. Medical instrument
55. Support
56. Informal term for money
57. Catch doing something wrong
59. Prehistoric people
60. Large African antelope
61. Automobile
62. "Losing My Religion" rockers
63. High-resolution scientific instrument
64. A major division of geological time
65. Attempt

CLUES DOWN

1. Indoor plant
2. Fit to be sold
3. Rather
4. Collected
5. A baglike structure in a plant or animal
6. Irish rap group
7. Ageless
8. Lists indicating curriculum
9. Pokes at
13. Public television station
14. They __
17. Cooking tool
18. Separately managed account
20. Iron-containing compound
22. Swiss river
27. Former French coin
28. Electronic countermeasures
29. Taxi
31. Helps little firms
32. Unhappy
33. Midway between northeast and east
37. Glowing
38. Lists of items to be discussed
39. An informal body of friends
40. Indispensable quality
41. Neural structures
42. Brews
43. A place to dock
44. Festive singer
47. Sino-Soviet block (abbr.)
48. Northernmost point of mainland Wales
49. Most worthless parts
51. Type of "bear"
52. Take or consume
53. Defunct European organization
58. Swiss river

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Downtown Clearfield awarded new Main Street designation

Pennsylvania Department of Community and Economic Development Secretary Rick Siger recently awarded downtown Clearfield a new Main Street designation through the Main Street Matters program, which provides downtown business districts with the support and tools they need to spur economic growth and create healthy, strong communities.

As part of this new Main Street designation, the Clearfield Revitalization Corp. can apply for up to $225,000 in supportive grant funding for revitalization efforts. The CRC will implement a five-year strategy to address three interconnected transformation priorities: position Clearfield as a hub for outdoor recreation; support local businesses to create a robust downtown economy; and enhance the beauty and walkability of public spaces.

The CRC will focus on outdoor business recruitment, coordinate safety initiatives that will increase river access, and implement a strategic approach to beautifying and enhancing the walkability of downtown.

"It is an honor to accept this recognition from the governor's office on behalf of Clearfield," said Sue Diehl, Main Street manager, Clearfield Revitalization Corp. "This designation represents much more than a year of planning. It represents a year of listening to our residents, surveying our community, collaborating with local partners and working together to develop a transformative strategy for our town's future."

Diehl said the designation is not the destination; it is the starting point.

"It gives us a framework to turn our vision into action, strengthen our downtown, build on our local assets, and create a place where residents, businesses, and visitors can see a future full of possibility," she said.

The Main Street model for community revitalization is designed to support communities of any size to encourage sustainable economic development and improve the quality of life for local residents so that the community becomes the best and most authentic version of itself, said Julie Fitzpatrick, executive director, Pennsylvania Downtown Center



— *Courtesy photo*

Pennsylvania Department of Community and Economic Development Secretary Rick Siger visited several small businesses in the Clearfield County borough, including The Ritz Theater, Jim's Sports Center, and Liddle Gallery.

"As DCED's nonprofit partner and statewide coordinator for Main Street America, Pennsylvania Downtown Center will be there along Clearfield's journey to make sure designation will ele- ments, and the increase development grants.

vate downtown," Fitzpatrick said.

Main Street Matters funding supports community revitalization efforts in planning, business support, aesthetic improve- of safety and security. Specific uses include planning activities, façade grant programs, business improvement grant programs, accessible housing programs, and district



— *Courtesy photo*

Rick Siger, secretary of the state Department of Community and Economic Development Secretary, walks through downtown Clearfield with local business leaders.

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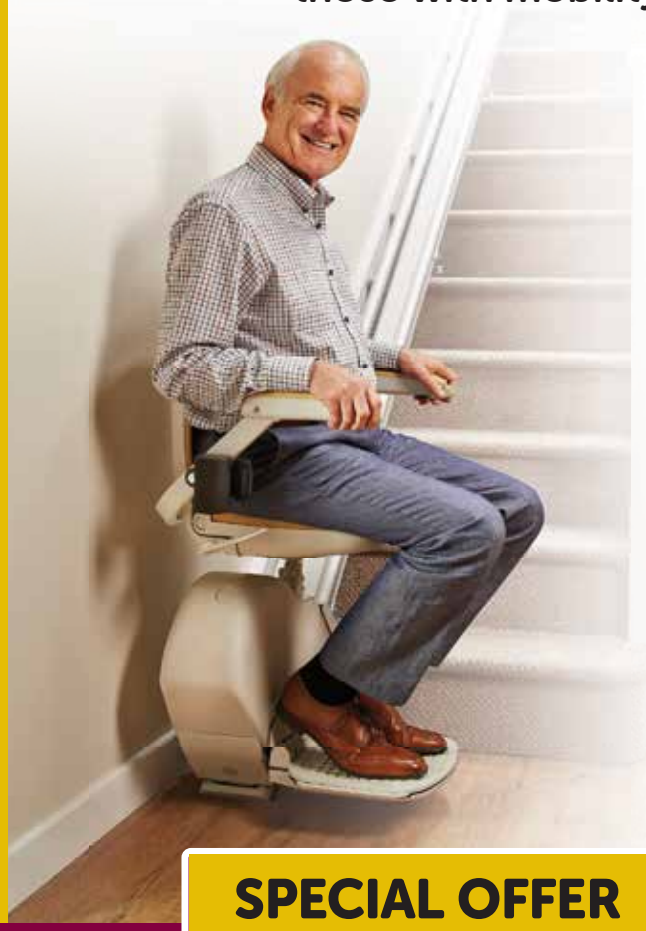
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CAST partners with tree farm for fundraiser

Clearfield Arts Studio Theatre Inc. has partnered with Lanager's Tree Farm for a holiday fundraiser, offering the community a chance to decorate for the season while supporting the local theater.

The fundraiser features fresh evergreen wreaths, swags, centerpieces and other holiday decorations that would bring a festive touch to homes, businesses, churches and organizations.

Proceeds will help CAST continue providing quality theatrical productions, educational opportunities and arts programming for children, adults and families throughout the Clearfield community.

To support the theater, participants can shop and place orders online at www.ClearfieldArts.org or visit the CAST Box Office, located at 112 E. Locust St. in Clearfield from 5 to 6 p.m. Nov. 9, 12, 16, 19 and 23.

Those interested in helping sell items can download an order form from www.ClearfieldArts.org, pick one up at the box office during the dates and times listed or obtain one from a CAST Board Member.

All orders and payments must be received by 6 p.m. Monday, Nov. 23. Orders without payment will not be accepted.

Purchases will be available for pickup from 5 to 6 p.m. Monday, Dec. 7, in the CAST Reception Room, 112 E. Locust St., Clearfield. Customers should make arrangements to pick up their items during this time.

CAST is a nonprofit community theater that aims to make the performing arts accessible to the community. Fundraisers help sustain its productions, youth programs and opportunities for local performers and volunteers.

For more information, to download an order form or to place an order online, visit www.ClearfieldArts.org.

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Obituaries

George Lee Verost

It is with heavy and loving hearts that the family of George Lee Verost announces his passing on Sunday, November 1, 2026, at the age of 86.

George was born on January 8, 1940, in Philipsburg, to George and Susan (Balough) Verost. He joined his elder sister Nancy. He was a 1957 graduate of the former Philipsburg High School; then served in the U.S. Marine Corps from January 1959 until January 1963. He was stationed in Okinawa, Japan and Cuba during his service. George married Nancy M. (Hugar) Narehood on January 4, 1975, in Winchester, Virginia. His family included one stepdaughter, LuAnn (David) Shifter; three daughters: Barbara (Robert) Morrison, Cathy (Iain Macleod) Verost, and Julie (Scott Hershowitz) Verost; as well as two grandchildren, Kaitlin (fiancé Matt Zilionis) and Robert Morrison. He is also survived by his sister, M. Nancy (John) Kovalchick; a nephew, Mark, and a niece, Susan. He was a proud third-generation member of the Slovak Club of Hawk Run, Pa and a member of both the American Legion Post 437 and Elks Post 1173 of Philipsburg. He was a dedicated parishioner of Ss. Peter and Paul Catholic Church, Philipsburg. George possessed a true and supreme work ethic that began at an early age. He worked at Morningstar Bakeries at age 14 and maintained his sister's car before he even had his driver's license. He worked for many years as a union ironworker in various places, including New Jersey, New York, Florida, and Nassau, Bahamas. He also worked at the Stott Coal Company in Philipsburg, in tandem with perhaps his greatest achievement, which was building his own beautiful home for his family, alongside Nancy. In 1994, he began working as an electrician at Penn State University, University Park until his retirement in 2004. After retirement, he and Nancy traveled to every single state in the U.S., either by camper or cruise ship. They enjoyed a trip to Rome, Italy when their daughter spent a semester abroad. George enjoyed rooting for Penn State and the Steelers, flying a flag for them on game day. When he retired, he took pleasure in riding his Harley-Davidson, he renewed his pilot's license, and he helped Nancy make pierogi for the church sale. They enjoyed many years together until Nancy's passing in 2024. Afterwards, he would stay busy meeting with friends for coffee, meeting other friends over beers, and taking on the upkeep of his home. He was a stalwart do-it-yourselfer right up until his last day, and thus an inspiration to his daughters. A Funeral Mass was celebrated on Friday, November 6, 2026, at Ss. Peter & Paul Catholic Church, 400 S. 4th. Street, Philipsburg, with Rev. Matthias Rendon, O.F.M., celebrant. Military Honors were be accorded at the church immediately following the Funeral Mass. The family suggests that memorial contributions may be made in George's memory to Saints Peter and Paul Catholic Church, 400 S. 4th St., Philipsburg, PA 16866 or to the Moshannon Valley YMCA, 113 N. 14th St., Philipsburg, PA 16866. Online condolences and memories may be shared at http://www.beezerheathfh.com. He will be missed beyond measure, not only by his family, but by his many friends.

Lori Rodkey

Lori R. Rodkey, 68, of Ramey, passed away on Friday, November 6, 2026 at home.

She was born May 23, 1958 in Punxsutawney to the late Raymond and Dorothy (Abel) Davidsen. She worked many years for Liquor Control Board of Pennsylvania as a manager. She was a member of the Morann Club. She is survived by her loving husband, Paul Rodkey; three sons, Todd Reese, Adam (Teresa) Reese, and Ryan Reese; two step-sons, Paul and Josh Rodkey; a brother, Garry Davidsen; four grandchildren, Avery Jarrett, Madison Fyock, Marley Reese, and Silas Reese; and six great-grandchildren. Friends will be received 4pm until the time of services at 7pm Wednesday at Kruise-Spewock Funeral & Cremation Services, Inc., Ramey. Rev. Robert Ford will officiate. Interment will be private. In lieu of flowers, memorial contributions may be made to Happy Valley Animals in Need, 1847 Tyrone Pike, Philipsburg, PA 16866. Condolences may be made at kruise-spewock.com.

Retha D. Bickel

Retha D. Bickel, 95, of Clearfield, passed away peacefully on Friday, November 6, 2026 at Nelson's Golden Years, DuBois.

Born November 30, 1930, she was the daughter of the late Max and Hazel (Brown) Ogle. Mrs. Bickel was a homemaker and also had been employed at The Progress newspaper for several years. She was affiliated with Emmanuel United Methodist Church, Clearfield. She was a past Worthy Matron of the Rebecca Lodge of Eastern Star, Clearfield. Mrs. Bickel was also a member of the Red Hat Society. In her free time, she enjoyed crossword and jigsaw puzzles as well as crocheting in which she won several prizes. She is survived by two sons, Allen Bickel and wife Diane and Larry Bickel and wife Dina; four grandchildren, James Bickel, Emily Bickel, Tiffany Mueller, and Erin Adams; and five great grandchildren; Randy Morrison, Luca Mueller, Mila Mueller, Jaxson Adams, and Henry 'Hank' Adams. In addition to her parents, she was preceded in death by two sons, Jerry and Brian Bickel. In honoring Mrs. Bickel's wishes, there will be no public services held. The family asks that memorial contributions be made to Nelson's Golden Years, 137 Oklahoma Cemetary Road, DuBois, PA 15801; or to the Emmanuel United Methodist Church, 1010 Dorey Street, Clearfield, PA 16830. Bennett and Houser Funeral Home, Clearfield is in charge of arrangements. To leave a note for the family, visit www.bennettandhouser.com

David C. Miller Sr.

David C. Miller, Sr., 70, of Houtzdale, PA, died on Tuesday, November 3, 2026 at Geisinger Medical Center in Danville, PA.

Born on February 26, 1956 in Philipsburg, PA, David was the son of the late Robert & Gloria (Martin) Miller. He married Deborah K. (Albright) Miller on August 25, 1973 in Houtzdale, PA. Deborah survives at home. David was a member of the Houtzdale United Methodist Church. He had retired from Appalachian Wood in Clearfield, PA. David was a 1974 graduate from the Mo Valley High School. In addition to his parents, David was preceded in death by a son, David C. Miller, Jr. In addition to his wife, Deborah, David is survived by a daughter, Tonya M. Jarrett & her husband Larry of Houtzdale, PA; two sons, Jamie Miller & his wife Heather of Osceola Mills, PA, and Robert E. Miller & his wife Ashley of Madera, PA; three sisters, Melissa Serena & her husband Paul of Hyde, PA, Diann Harnish & her husband Bob of Ramey, PA, and Joyce Miller of Grampian, PA; four brothers, Lawrence Miller of Houtzdale, PA, Glenn Miller & his wife Tammy of Curwensville, PA, Mark Miller of Pleasant Gap, PA, and Gary Miller of Puerto Rico; and five grandchildren, Joshua, Justice, Leah, Troy, and Kallie. Guest were received at Heath Funeral Home & Cremation Services, LLC, Osceola Mills, PA. To sign the online guestbook, go to www.heathfuneral.com



Obituaries Courtesy of: Heath's Funeral Home; Bennett & Houser Funeral Home, Inc Kruise-Spewock Funeral & Cremation Services, Inc; McQuown Funeral; Gibbons Funeral Homes; Beezer-Heath Funeral Home & Cremation Services

2026 SEASON OF SHARING RECIPIENT:
Victory Theraputic Horsemanship



Mirror photos by Patrick Waksmunski

Top: Victory Therapeutic Horsemanship deputy director Rebecca Davidson is pictured with founder/executive director John Zanella and Bella Donna. Right: Veteran Andres Rivera of Altoona brushes Stratis.

Altoona Mirror Season of Sharing

HISTORY: The Altoona Mirror Season of Sharing is a holiday fundraiser that aims to combine the power of the local newspaper, the expertise of the Central Pennsylvania Community Foundation and the generosity of our central Pennsylvania readers.

Season of Sharing has become a holiday tradition, and the money raised benefits a specific charity or charities each year.

Over the past 21 years, Season of Sharing has raised more than $516,695 for local charities, with last year's total of $48,183 to Dreams Go On.

PAST RECIPIENTS:

2005 U.S. Armed Forces Mothers
2006 Brian Morden Foundation
2007 Shriners Hospitals for Children
2008 Gloria Gates Memorial Foundation
2009 Food for Families Soup Kitchen
2010 Zack Hinish Foundation
2011 Big Brothers Big Sisters of Blair County
2012 Home Nursing Agency's Healing Patch
2013 Miracle League of Blair County
2014 Mountain Lion BackPack Program
2015 Family Services Teen Center & Shelter
2016 Salvation Army Emergency Disaster Services
2017 Hurricane Relief *(Florida Keys, Houston, Puerto Rico)*
2018 Blair County Suicide Prevention Task Force
2019 Skills Of Central PA
2020 Altoona Food Bank
2021 Blair County Library System
2022 St. Vincent De Paul Assumption Chapel Food Pantry
2023 Sweat For Vets
2024 Central PA Humane Society
2025 Dreams Go On

THIS YEAR'S RECIPIENT: Victory Therapeutic Horsemanship is a 501(c)3 non-profit organization that was founded to provide veterans in central Pennsylvania a much needed equine therapy program.

Studies have repeatedly shown that therapeutic riding has a massive positive effect on combat veterans with Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injuries (TBI), and coping with pain and physical injuries. Through working with horses they aim to empower our veterans and offer a gratifying outlet in which to work through their ailments. Equine therapy is proven to improve the quality of life of veterans and their families.

They provide their programs at absolutely no cost; proudly serving those who served our country.

HOW TO DONATE: The first and easiest way is to fill out the coupon below and mail it along with an envelope to the address listed below.

You can also drop off the coupon and your contribution at the Altoona Mirror, 301 Cayuga Ave., Altoona PA 16602.
The funds raised through the Season of Sharing will be administered by the Central Pennsylvania Community Foundation. 100% of the donations to the Season of Sharing will go directly to that year's charity.

Of course, donations to the Season of Sharing are tax deductible.

Deadline for donations is Jan. 31, 2027.

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WEDNESDAY, NOVEMBER 11, 2026

Hotel industry the right fit for Bedford Springs manager

Burroughs set her sights on hospitality career at early age

By Walt Frank
wfrank@altoonamirror.com

BEDFORD — Amanda Burroughs knew from a very young age what she wanted to do for a career.

"I always knew I wanted to be in hotels since I was a little kid. I used to build hotels with Legos," Burroughs said. "I traveled with my family to Canada and stayed in Embassy Suites, it was magical, I always liked to travel. I love people, my social battery never goes low."

Burroughs, general manager at Omni Bedford Springs Resort since November 2023, was recently recognized by Pennsylvania Business Central as one of top women CEOs and leaders for 2026.

"It was a huge surprise and an honor. The chamber nominated me, I have a lot of admiration and respect for Kellie (Goodman Shaffer) and the chamber. For her to recognize me was a huge honor and definitely a surprise,"
Burroughs said.

"Amanda has been a breath of fresh air for our community. Her enthusiasm is contagious, and her ability to build and recognize her team is inspiring. She has created a culture where local members of the Omni team have incredible opportunities to grow and lead and she's made a concerted effort to further connect the resort to the community at large; that cooperation and collaboration has been a joy to see," said Shaffer, chamber president/CEO.

Burroughs grew up in the Seattle, Wash., area and graduated from Skyline High School in nearby Sammamish in 2003. She graduated from the University of Nevada at Las Vegas in 2007 with a bachelor's degree in hotel administration with a focus on hospitality.

She needed an internship and landed at Disney World in Orlando, Fla., for six months working as a "resort hopper" and as a housekeeper, front desk agent and bell person.

She started her hotel career at The Mirage in Las Vegas in 2005 as a guest services representative and held several positions, including assistant hotel manager and front office manager during her 5.5 years there.

The Mirage was a 3,000-room hotel and had one of the first mega casinos.

"It was unique as far as hotels go. It had a casino and lots of options to make guests' stay special. We did a lot of fun things and I met a lot of celebrities such as Guns and Roses, Kevin James, and Fergie from Black Eyed Peas," Burroughs said.

In November 2010, She moved on to work as front office manager at Gaylord National in the Washington, D.C., area.

"That experience taught me how important culture and the culture of a company is. I went to Omni and the culture was something we believed in and was a focus," Burroughs said.

She joined Omni Hotels & Resorts in January 2012 as front office manager at the Shoreham in Washington, D.C.

"There were 800 rooms there. It was like a resort in the middle of the city," Burroughs said.

She moved to Dallas, Texas, to serve as corporate operations manager from December 2014 to July 2018 before returning to the Shoreham where she held several positions until November 2023.

While at the Shoreham, she heard about the opening for general manager at Omni Bedford Springs Resort.

"I knew I wanted to become a general manager, that was my career goal. Bedford Springs is where we went on vacation, it was just two hours away. We would come here on weekends, my husband, my son and I loved this. When this became available we considered it," Burroughs said. "We probably visited here ten times. My son went swimming for the first time and took his first steps in the hotel lobby. This place is special to us. I came here in the summer of 2023 and fell in love with the people and how passionate and dedicated they are; this is a special place."

Bedford Springs is a lot different than Las Vegas and the Mirage.

"As soon as you pull into Bedford you take a sigh and a deep breath, it is a wonderful change of pace, so relaxing. It is really different from Las Vegas, which is like Grand Central station. Vegas is the opposite of Bedford — (Vegas) is fake, the whole town is all for show, it is a transient town, people move there from all over. Bedford is genuine and the people are tied to the community, it is the antithesis of Las Vegas," Burroughs said.

Burroughs said her position at Bedford Springs is her favorite job.

"This job has been my favorite, the best job in our company. I love being the decision maker and I love being creative. I love the things we have going on and see different things come to fruition," Burroughs said. "I enjoy the people I work with, I love this team, they do anything for the guests and each other, they really care about the place. It is hard to find people to go the extra mile and they are a pretty special team."

Burroughs is active in the community, serving as treasurer for the Bedford County Development Association and secretary for Discover Bedford County, and she is active with Downtown Bedford Inc.

"Amanda understands the importance of collaboration and building strong relationships between the resort and the community. As a BCDA board member, she brought valuable experience in finance, real estate and marketing to the table, along with a genuine commitment to support local business, education and community initiatives," said Bette Slayton, retired BCDA president/CEO.

"Her vision, enthusiasm and experience turn good ideas into meaningful results. She has a wonderful way of bringing people together and making great things happen," Slayton added.

Burroughs is one of those people who walk into a room and immediately bring energy with her, said Brooke Kelly, president/CEO of Discover Bedford County.

"What stands out to me the most about Amanda is that she could have easily focused all her energy on running the Omni Bedford Springs Resort, which is a huge responsibility. Instead, she's made a real effort to become part of the entire Bedford County community. She recognizes that the success of the resort and the success of the county go hand in hand," Kelly said. "As a member of our Discover Bedford County board, she brings great perspective, fresh ideas, and a genuine willingness to help move things forward. She's building relationships, supporting local businesses, and finding ways to connect the resort to the broader community. I think that's what makes her leadership special."



Mirror photo by Patrick Waksmunski

Amanda Burroughs, general manager at Omni Bedford Springs Resort since 2023, stands outside the facility. Burroughs was recently recognized by Pennsylvania Business Central as one of top women CEOs and leaders for 2026.

Burroughs has been a wonderful partner to Downtown Bedford Inc. and the downtown business community, said Lindsay Salas, DBI's Main Street Manager.

"She is kind, approachable, and always willing to help however she can. One thing I really appreciate about Amanda is that she genuinely cares about Bedford. Of course, she wants the resort to be successful, but she also wants to see our downtown businesses, local organizations, and community succeed," Salas said. "Amanda has done a tremendous job in her role at Omni Bedford Springs. The resort continues to do well, and I believe its strong occupancy reflects the hard work and leadership she brings to her position. What stands out to me, though, is that even with all the responsibilities that come with managing a resort, she still makes time for our community."

When not on the job, Burroughs likes to travel and spend time with her family.

"We love to travel, Disney is fun. We like baseball, our son plays baseball and football. We follow the Washington Nationals. I am a (Seattle) Seahawks fan. We have a goal to make it to all of the major league baseball stadiums. We have been to about 10 of the 30," Burroughs said.

As far as the future, Burroughs is looking forward to a renovation project at Bedford Springs next year.

"Some day I would like to become area managing director. I would work out of here but support other hotels, that is at least five years down the road. I would be able to do both, that would be the best of both worlds," Burroughs said.

Mirror Staff Writer Walt Frank is at 814-946-7467.

The Burroughs file

Name: Amanda Burroughs

Age: 41

Position: General manager at Omni Bedford Springs Resort

Education: 2003 graduate of Skyline High School, Sammamish, Wash.; 2007 graduate of the University of Nevada at Las Vegas with a bachelor's degree in hotel administration with a focus on hospitality.

Family: Husband, Ryan works at Lampire Biological Laboratories; and son, Grant, 13.

Quote: "I am able to make quick decisions, you need to listen to opinions but sometimes you need to act quickly. Someone has to take control, that is a quality that I feel that I have."



Mirror photo by Patrick Waksmunski

General Manager Amanda Burroughs stands outside the Omni Bedford Springs Resort.

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Health & Wellness

YOUR HEALTH | ENERGY BALANCE

Reading Your Doctor's Notes

Patients logging into their portal after an appointment these days may notice a "Visit Notes" tab they've never clicked before.

The national OpenNotes movement has led to more than 40 million patients across roughly 200 U.S. health systems now being able to read the full notes their clinicians write, according to OpenNotes.org.

These notes are different from the brief "after-visit summary" most patients already see. They're the clinician's full narrative, including symptoms discussed, assessments and reasoning behind a treatment plan. Research shows patients who read their notes are more likely to follow medication and treatment plans, catch documentation errors and follow through on referrals and tests, OpenNotes.org says.

YOUR MEDICAL RECORD IS YOURS

A Patients generally have the right to access their health information through their health-care provider or patient portal. Modern electronic health records make it easier than ever to review visit summaries, diagnoses, medications and test results. Review your records rather than simply filing them away.

LEARN THE LANGUAGE

Medical records can be filled with unfamiliar abbreviations, medical terminology and test results. Understanding what your doctor writes can help you become a more informed participant in your care — and knowing where to find reliable help can make medical information less intimidating.

Medical terminology can vary by provider, and patients shouldn't assume an unfamiliar word or abbreviation represents a new diagnosis. Here's a guide to decoding the alphabet soup.

DX: diagnosis
RX: prescription or treatment
HX: medical history
BP: blood pressure
HR: heart rate
RR: respiratory rate
BID: twice daily
PRN: as needed
WNL: within normal limits
SOB: shortness of breath

DON'T DIAGNOSE YOURSELF

A medical note is written primarily for communication among health-care professionals, so it may contain shorthand or clinical observations that aren't intended as patient-friendly explanations.

A diagnosis listed in a note may be a suspected condition, historical condition or reason for evaluation, rather than a confirmed disease.

Test results also need context; a number outside a reference range doesn't automatically mean something is wrong.

Ask your physician or another qualified health professional rather than relying on internet searches to interpret concerning findings.

ASK QUESTIONS

You don't need to speak "doctor" to take an active role in your health care. If something in your record doesn't make sense, asking questions is part of being an informed patient.

After reading through your visit notes, ask some simple questions at your next visit to help understand your larger health picture. Here are some suggestions:

- "What does this diagnosis mean?"
- "Is this confirmed or something you're considering?"
- "What do these test results mean for me?"
- "Has anything changed since my last visit?"
- "What should I watch for?"
- "What is the next step?"

Write questions down before appointments and take notes during the conversation.



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YOUR HEALTH | AT YOUR FINGERTIPS

Healthy Snack Ideas



The mid-afternoon energy slump comes for us all. Before you reach for vending machine junk food, however, consider healthier options.

Registered dietitians increasingly frame smart snacking as a tool for steady energy, not a diet mistake to avoid. Healthy snacking doesn't have to mean giving up flavor or convenience. With a little planning, snacks can provide energy, curb hunger and add important nutrients to the day.

RETHINK WHAT A SNACK CAN BE

Snacks can be part of a balanced eating pattern rather than something to feel guilty about. Focus on foods that combine protein, fiber and healthy fats to help you feel satisfied.

Tailor your snack choices to your individual nutritional needs.

The Academy of Nutrition and Dietetics-affiliated experts recommend combining at least two food groups per snack. Pair a protein or fiber source with a carbohydrate to avoid blood-sugar spikes and crashes. Think hummus with veggies, or an apple with nut butter.

EASY HEALTHY SNACK IDEAS

Simple foods often make the best snacks and don't require elaborate recipes. Here are some ideas:

PROTEIN-RICH

- Greek yogurt with berries
- Hard-boiled eggs
- Cottage cheese with fruit
- Hummus with vegetables
- Nuts or seeds

FRUIT- AND VEGETABLE-BASED

- Apple slices with peanut or almond butter
- Fresh berries
- Carrots, cucumbers or bell peppers with hummus
- Celery with nut butter
- Homemade trail mix featuring dried fruit and unsalted nuts

WHOLE-GRAIN OPTIONS

- Whole-grain crackers with cheese
- Air-popped popcorn
- Whole-grain toast with avocado
- Oatmeal topped with fruit and nuts

MAKE HEALTHY SNACKING MORE CONVENIENT

Healthy snacking is about small, sustainable choices, not perfection. Experiment with combinations you enjoy and make nutritious foods convenient.

Prepare snacks ahead of time to stay on track with your healthy eating goals. Wash and portion fruits and vegetables when you bring them home. Keep nutritious options visible and easy to grab. Pack snacks for work, school, errands and road trips. Consider making a weekly "snack box" with several ready-to-eat choices.

SHOP LOCAL, SNACK SMART

Check local farmers markets, produce stands, bakeries, grocery stores, specialty food shops and independent health-food retailers for fresh ingredients and locally made snacks. Independent grocers and specialty shops may offer nutritious, locally produced options.

Consult with a local dietitian or nutrition professional for individualized guidance that can make healthy eating right for you. Check with local fitness centers and wellness businesses to see whether they offer nutrition education.



YOUR HEALTH | HIDDEN EXPOSURES

What Can Your DNA Tell You?

Genetic testing has moved beyond the medical office and into the consumer marketplace, offering people information about ancestry, traits and potential health risks. Not all genetic tests serve the same purpose, however, and results can be complicated.

Genetic information can provide clues about an individual's health — but it is not a crystal ball. You should understand what testing can — and cannot — tell you before submitting a sample.

WHAT IS GENETIC TESTING

Genetic tests examine DNA for changes that may be associated with particular inherited conditions, traits or health risks. There are two types of services available: clinical genetic testing, ordered through a health-care professional, and direct-to-consumer testing, which people can purchase themselves.

WHY PEOPLE GET TESTED

Common reasons for genetic testing include investigating a suspected inherited condition, understanding whether someone carries a genetic variant that could affect their children, assessing inherited cancer or other disease risks, determining whether a medication may work differently based on the patient's genetics and discovering ancestry and trait information.

PUT THE RESULTS IN PERSPECTIVE

Some genetic variants significantly increase the likelihood of developing a condition. Others have a much smaller effect. Some variants have uncertain significance, meaning scientists don't yet know what they mean.

A negative test doesn't necessarily eliminate all risk, just as a positive result doesn't mean you'll develop a disease. Family history, lifestyle, environment and other factors also influence health.

Discuss medically significant results with a qualified health professional rather than interpreting them alone.

PRIVACY MATTERS

DNA is uniquely personal information. Investigate who owns or controls your genetic data.

Read privacy policies carefully before testing. Look for the answers to these questions:



- How does the company store and protect samples and information?
- Can your information be used for research?
- Will the data be shared with third parties?
- What happens if the company is sold or changes its policies?

The impact of diabetes on the eyes

Diabetes is characterized by improper insulin production or usage that affects the amount of glucose in the blood. High blood sugar can create a cascading effect that makes people vulnerable to many health-related issues, some of which are less recognizable than others. For example, diabetes can lead to vision loss.

According to the Centers for Disease Control and Prevention, diabetes can affect the eyes by damaging the microvasculature (tiny blood vessels) that nourish the retina. The retina is the light-sensitive tissue lining the back of the eye. When high blood sugar becomes chronic, it will weaken these capillaries, causing them to swell, leak fluid or close off completely. As a result of the reduced blood flow, the eye will produce fragile blood vessels that may bleed easily, often leading to scar tissue and significant visual impairment, says the National Eye Institute. This is just one of the many ways the eye can be affected.



Diabetes has been linked to many different types of vision loss.

- **Diabetic retinopathy:** This is the most common cause of vision loss in working-age adults, says Genetech. Diabetic retinopathy occurs when the tiny blood vessels swell, form microaneurysms and leak fluid into the retina. When the retinopathy advances, oxygen-deprived retinal tissue signals the growth of fragile new blood vessels that can leak into the clear gel filling the eye or trigger scar tissue formation that can cause the retina to detach.
- **Diabetic macular edema (DME):** This is a major complication of diabetic retinopathy that occurs when fluid accumulates in the macula, which is the central portion of the retina. The macula is responsible for sharp, straight-ahead vision. DME will blur central vision, making tasks like driving, reading and recognizing faces more difficult, says the American Journal of Managed Care®.
- **Glaucoma:** Poor circulation and abnormal vessel growth can block the eye's internal drainage system, elevating intraocular pressure. This damages the optic nerve. Diabetes doubles the risk of developing glaucoma, warns the American Academy of Ophthalmology.
- **Cataracts:** High glucose levels in ocular fluids can cause the lens to swell and accumulate sugar alcohol deposits. This may lead to premature clouding of the lens.

It's important to note that diabetic eye damage often develops slowly. The early stages often are asymptomatic, but as the disease advances, symptoms may come forth. This underscores the importance of annual dilated eye exams when eye doctors can examine the eye's structural blood vessels to check for damage before visual symptoms appear. Sometimes an eye exam may be the first indication a person has diabetes. Managing glucose levels can significantly slow damage in the retinal tissue.

The changes that take place in the body due to diabetes include various issues that can affect vision.

YOUR HEALTH | HIDDEN NETWORK

Meal Prep Like a Pro

Meal prepping can do more than just simplify your daily routines. Research links meal planning to healthier diets.



One study found meal planning is associated with a 21% reduction in the likelihood of women becoming obese, and a 19% reduction for men, according to Today.com.

Meal prep doesn't have to mean spending an entire Sunday cooking dozens of meals. With a little planning and the right strategies, preparing ingredients and meals ahead of time can make healthy eating easier, reduce food waste and save money.

Nutrition should be the heart of your meal prepping plan. For best results, consult with a local dietitian or nutrition professional to find out what your nutritional needs are and get suggestions on food choices that are best for you.

START WITH A PLAN

Choose three to five meals or meal components for the week. Check the refrigerator, freezer and pantry before shopping, and build a grocery list around what you already have. Think in terms of ingredients that can do double duty. Roasted vegetables for dinner can become a lunch bowl, for example. Avoid overplanning; start with a manageable number of meals.

PREP INGREDIENTS, NOT JUST MEALS

Meal prep doesn't necessarily mean cooking complete meals in individual containers. Here's how you can maximize your options.

- Pick 2 proteins, such as chicken and beef.
- Prepare 2 vegetables, such as broccoli and carrots.
- Cook 1 grain, such as brown rice of quinoa.
- Wash/chop fruits such as apples or berries.
- Make 1 versatile sauce or dressing, such as sesame-ginger dressing or honey Dijon sauce.
- Portion everything into containers.
- Portion snacks for quick, grab-and-go energy.

This "mix-and-match" approach provides variety without requiring a different recipe every night.

MASTER THE MEAL-PREP BASICS

Choose recipes wisely. Look for meals that keep well and reheat successfully.

Cook in batches. Prepare larger quantities of versatile staples.

Use proper containers. Choose leak-proof containers in several sizes.

Label everything. Include the date and contents.

Think about food safety. Refrigerate perishable foods promptly and follow USDA guidance for safe storage and reheating.

Freeze strategically. Freeze portions that won't be eaten within several days rather than letting food go to waste.

PREP LOCAL

Look to local businesses for help getting started on your meal prep journey. Shop local farmers markets and farm stands for seasonal produce. Visit independent grocery stores and specialty food shops for fresh ingredients and prepared staples. Look to local butchers or fish markets for conveniently portioned proteins. Local restaurants and meal-preparation businesses may offer healthy prepared meals for especially busy weeks. Consider local kitchen stores for quality storage containers and meal-prep tools.

AVOID MEAL-PREP BURNOUT

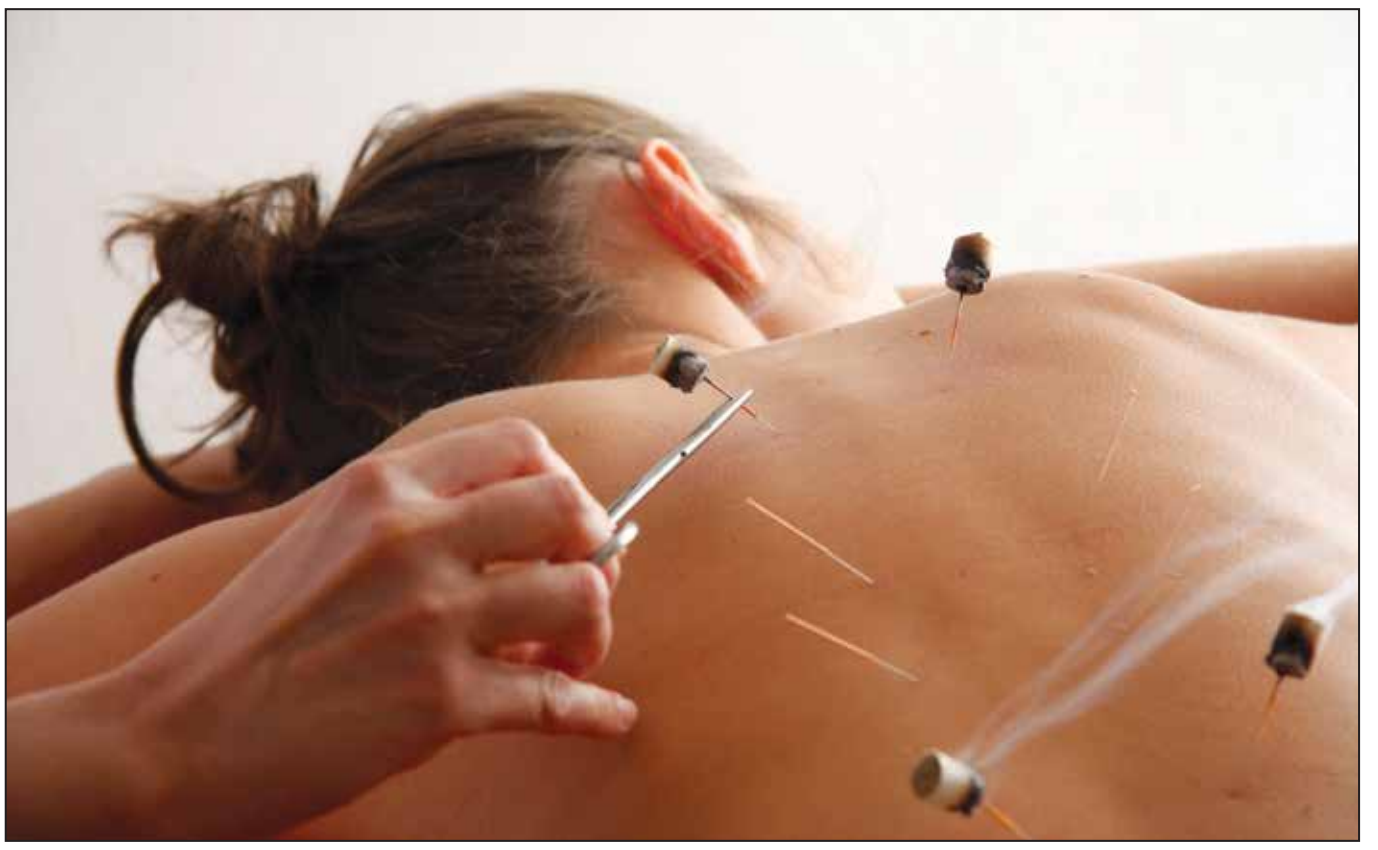
Don't try to prepare every meal for seven days. This could lead to burnout before you even really get started. Start small. Prepping just two or three days' worth counts as a win. Figure leftovers into your plan, and account for nights when you might grab takeout or eat out.

Change recipes and ingredients with the seasons, so you'll have new flavors to freshen up your routine.

Remember that consistency matters more than perfection. Contrary to popular belief, you don't need an Instagram-worthy fridge of matching containers. And don't be afraid of a shortcut. Frozen and canned staples like beans and edamame are time-savers.

YOUR HEALTH | LIGHTEN UP

What Is Integrative Medicine?



Integrative medicine combines conventional medical care with complementary approaches that have scientific evidence behind them, with an emphasis on treating the whole person rather than just symptoms.

The goal isn't to replace standard medicine with alternative treatments, but to coordinate different approaches around the patient's individual needs, preferences and overall well-being.

The National Center for Complementary and Integrative Health, the federal government's lead research agency on the topic, defines integrative health as bringing conventional and complementary approaches together in a coordinated way.

WHAT DOES "INTEGRATIVE" MEAN?

When pursuing integrative health care, it's important to understand the difference between the terms complementary and alternative.

Complementary approaches are used alongside conventional medicine; alternative approaches are used instead of it. Integrative care combines these approaches in a coordinated treatment plan.

Integrative medicine relies on the "whole person" concept — considering physical, behavioral, social and environmental factors rather than focusing exclusively on a disease or symptom, says the National Center for Complementary and Integrative Health.

WHAT MIGHT INTEGRATIVE CARE INCLUDE

Integrative care combines components of health care that you're probably already familiar with. This can include conventional medications and medical treatments, nutrition and lifestyle counseling, physical activity, acupuncture, moxibustion, massage therapy, yoga, tai chi or other movement practices, meditation and mindfulness, as well as dietary supplements or herbal products.

Not every approach is appropriate for every person or condition, and evidence varies among therapies. Integrative medicine should be based on informed decisions and appropriate medical guidance rather than simply choosing whatever is labeled "natural."

WHAT ARE THE POTENTIAL BENEFITS?

Integrative medicine is becoming popular because of its comprehensive approach to health and wellness that pays greater attention to lifestyle and prevention. This model provides additional options for managing symptoms such as pain or stress and better coordination among different health professionals. Research has shown it can even encourage patients to play an active role in their health.

NCCIH-backed research has found real evidence for some approaches, including acupuncture and meditation for pain management, integrative programs for military veterans managing chronic pain, and symptom relief for cancer patients. Not every complementary therapy is backed by strong evidence, however. Research is ongoing into which approaches work for whom and under what circumstances.

SAFETY COMES FIRST

"Natural" doesn't automatically mean safe. Some supplements can interact with prescription or over-the-counter medications. Patients should tell all their health-care providers about complementary therapies they use.

Never use an unproven treatment to postpone or replace necessary conventional medical care. Look for practitioners with appropriate education, training, licensing and certification in their fields, and ask whether the practitioner is willing to coordinate care with your physician.

LOOK LOCAL FOR INTEGRATIVE CARE

Ask local hospitals, physician practices and health systems whether they offer integrative services or can recommend qualified practitioners. Local businesses and professionals — such as licensed massage therapists, acupuncturists, yoga instructors, nutrition professionals and wellness providers — may offer complementary services.

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