



Chamber News

Issue: 1

2009

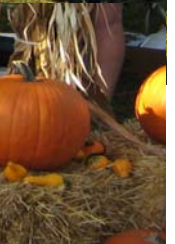
Save the 3rd Saturday
in September
Sept 19, 2009

Village of Leipsic 2008 FALL FESTIVAL

CHILI COOK OFF WINNER

Chef Doug

The Meadows



Visit us online at www.leipsic.net

Announcement....

New **Farmers Market** being created in Downtown Leipsic

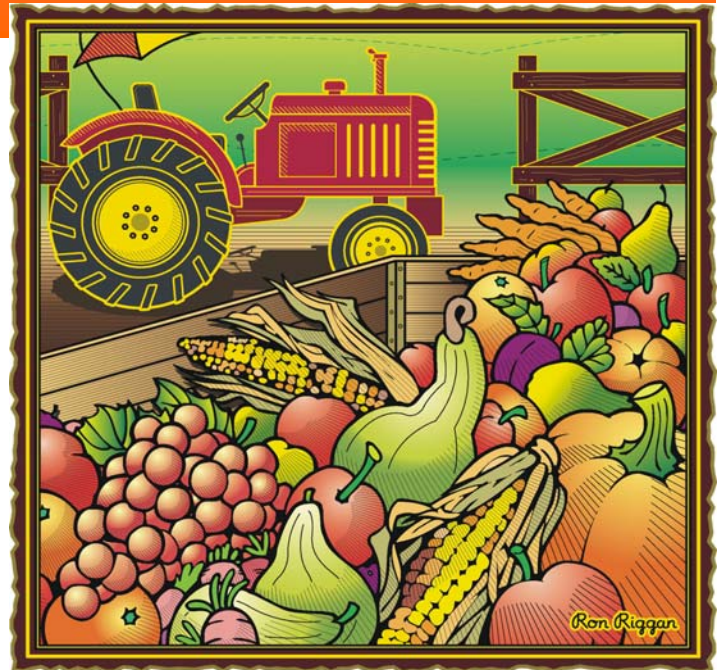
1st and 3rd Saturday of each month

8:00 to 4:00 May — October



Public Meeting scheduled Feb 14 @The Meadows Lilac Room from 9:00 a.m. to 10:00 a.m.

Sponsored by The Leipsic Area Chamber of Commerce.



Need a cash flow opportunity to help weather the troubled economy?

Fresh Vegetables: Plant a larger garden or start a new one.

Have an orchard that just draws bees? Why not nurture it and sell the fruit or pressure canned preserves or jellies.

Handy in the kitchen? Why not get your neighbors hooked on your talents? Guard your recipe but sell your baked goods. Cakes, pies, cookies, brownies, candies, etc.

Green thumb with lots of house plants? Sell starts from your mother plants and give growing tips to your neighbors by conducting a clinic for a small fee or a donation jar.

Call 419-943-3975 for more information and to reserve your booth space. A rule book will be provided with your booth registration.

Frequently Asked Questions FAQ's

Am I required to have a license?

The Health Department controls this. As long as the fruits/vegetables are fresh and unprocessed it is not necessary. If you are cooking or handling foods that can spoil at various temperatures, then yes you do. Contact the County Health Department at 419-523-5608 for license rules.

How much is a booth?

\$10.00 for a vehicle space (use your tailgate or trunk)

\$15.00 for a 10x10 booth space. You provide your own tables.

\$25.00 for a 20x20 booth space. You provide your own tables.

Do I have to be open the entire time?

Yes. If you sell out. Please post a sign for 1/2 hour stating you are SOLD OUT before you pack up. This will promote folks shopping with you first.

Who will pay for the advertising?

The Leipsic Chamber will fund the advertising from the booth fees.

Newsprint and the Internet will be utilized for advertising.

Are labels required?

Sometimes. If it is in a container then yes. Examples: Maple Syrup, Honey, Homemade jellies/jams. Contact the Health Department for rules.

Why Join the Leipsic Chamber?

By: MaryAnn Williams, Vice President Leipsic Chamber Board of Directors

While belonging to the Leipsic Chamber will not guarantee you mega millions on your bottom line, it will guarantee you a networking source with positive, progressive, and forward thinking individuals. Members of the Leipsic Chamber are from all backgrounds, different venue arenas, and all working toward **one goal**. The goal of **successful business** ventures in the Leipsic area and the growth of our community. The members gather each month to exchange ideas, listen to interesting and successful business people speak about various ways to get the most out of their business.



Superior Business Benefits for Chamber Members: Insurance policies are available through **Northern Ohio Area Chambers of Commerce (NOACC)** for Workman's Compensation, Health, Dental, and other employee benefit programs. Credit card merchants accounts discounts, payroll processing and much more. Visit the web site for specific information and how to use your Chamber Membership for discounts.



www.noacc.org

For questions locally, contact Chamber members Fawcett Lammon & Recker Insurance in either the Leipsic or Ottawa office. FLR are Anthem Reps and can help you receive the NOACC discounts your membership provides you.

You have rights!
Learn what they are.

1 Minute Commercial: Don't assume because your in a small rural community that everyone knows what you do. Utilize your turn at the one minute commercial. Each meeting (by rotating reservation) a business presents itself in a one minute commercial. It has been proven that after doing a **1 minute Commercial** businesses have seen increased revenue come their way. Just ask another Chamber Member that has done it. It works!!!

Free Lunch: There is a saying that, "There is no free lunch!". That is not true for Chamber Members. Once a month you get a **free lunch**. It comes with your membership. By joining the Leipsic Chamber you have already beaten the economic odds. Yep, lunch is on the house and served by a local business. The Leipsic IGA caters all Chamber lunches. It's an all you can eat buffet so seconds are also free.

By joining the Chamber of Commerce you demonstrate to your neighbors and customers that **you care** about them and our community. When people decide where to spend their money they think about who gives back to the community and the area youth programs. When we all work together we all reap the benefits of success. Creativity is the name of the game of survival. Bring your ideas to the table. **The Chamber needs you!**

Register your business for the Leipsic Chamber of Commerce today!

Contact: Roberta Howard, President
Leipsic Area Chamber of Commerce 419-943-3975

Lower Your Stress, Spare Your Heart

People Who Lower or Keep Anxiety Levels Steady Up to 60% Less Likely to Have a Heart Attack or Die

By [Charlene Laino](#)

WebMD Medical News

Reviewed by [Louise Chang, MD](#)

Here's another reason to learn relaxation techniques. Researchers have found that lowering or keeping anxiety levels in check dramatically cuts the risk of heart attack or death in people with heart disease.

In a study of more than 500 heart patients, those who reduced or kept their anxiety levels steady were about 50% to 60% less likely to have a heart attack or die compared with those who experienced an increase in anxiety levels.

The findings were presented at the American College of Cardiology's 57th Annual Scientific Session.

Stress a Risk Factor for Heart Disease

While there is "a ton of data" linking increased stress to heart disease, there have been very few studies showing that lowering stress can improve heart health, says Yinong Young-Xu, PhD, of the Lown Cardiovascular Research Foundation in Brookline, Mass.

Seeking to fill in the knowledge gap, Young-Xu and colleagues followed 516 patients with coronary artery disease. That means they had plaque buildup in their arteries, making it harder for blood to get through, depriving the heart muscle of oxygen, and placing them at increased risk for heart attack and death.

At the start of the study, patients were given a questionnaire to determine their anxiety levels. The questionnaire was repeated annually.

Young-Xu tells WebMD that the questionnaire includes about 24 yes/no questions relating to anxiety, such as "Do you feel nervous about your heart disease?" and "Do you have trouble falling asleep?"

Over a 3 1/2 year period, 44 of the participants had a heart attack and 19 died.

Results showed that people whose anxiety levels dropped over the course of the study were 61% less likely to die or have a heart attack than those with an increase in anxiety. People whose anxiety levels remained stable were 51% less likely to die or have a heart attack compared with those with increased anxiety.

"These are remarkable risk reductions," Young-Xu says.

Suggested Anxiety Antidotes

According to the researchers, nearly one-third of heart patients suffer anxiety disorders during their lifetimes.

Young-Xu says the next step is to look at how heart patients lower anxiety. "Is it medication, psychological treatment, better doctor-patient relationships, exercise, or relaxation techniques?" he says.

Also, he wants to follow patients who are treated for anxiety to see if they do better than their untreated counterparts.

For now, he says, "pay attention to your emotional as well as your physical well-being. If you suffer from anxiety, seek treatment. It can prolong and improve your life."

Janet Wright, MD, senior vice president for science and quality at the ACC and moderator of a news conference to discuss the findings, says that too many people dismiss anxiety as a "normal" part of modern life.

"Take it seriously and treat it seriously," she advises. Among her recommended anxiety antidotes: relaxation techniques such as yoga and meditation.

"Even a phone call to a friend can reduce anxiety," Wright says.

SOURCES: American College of Cardiology's 57th Annual Scientific Session, Chicago, March 29 - April 1, 2008. Janet Wright, MD, senior vice president for science and quality, American College of Cardiology. Yinong Young-Xu, PhD, Lown Cardiovascular Research Foundation, Brookline, Mass.

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New Years Resolution to loose weight?

Kathleen Doheny
Shape-April 2004

Stress Less, Eat Less

Learn to relax tense muscles may help people with night-eating syndrome – and possibly anyone else who eats too much in response to stress. Researchers at the Medical University of South Carolina in Charleston taught progressive muscle-relaxation therapy (a method in which you tense and then relax muscles, moving down the body from head to toes) to a group with night-eating syndrome, asking them to practice the technique for 20 minutes a day. After a week, the subjects had lower stress-hormone levels. “They also showed changes in their eating patterns in a more normal direction,” says researcher Patrick O’Neil, Ph.D. director of the university’s Weight Management Center.

Reasons You Overeat

You’re overstuffed from dinner, yet you can’t resist ordering the Double Dark Chocolate Two-Layer Cake for dessert. You devour an entire bag of barbecue-flavored potato chips at one sitting when you felt like having only a few. Everywhere you go, from the “big box” retailers to your own desk at work and kitchen at home, environmental cues encourage you to eat more than you need – or even want.

Researchers are discovering just how powerful an influence these cues have on your tendency to overeat. **And you don’t have to overindulge by much to gain weight.**

“Ninety percent of people who are gaining 1 or 2 pounds per year could maintain their current weight if they ate just 50 fewer calories each day. If they are just 100 fewer a day, they’d lose weight,” says Brian Wansink, Ph.D., director of the Food and Brand Lab and professor of nutritional sciences and marketing at the University of Illinois at Urbana-Champaign.

The simple most powerful cue to consume extra calories is the simple fact that they’re there. People find it almost impossible to resist the ready availability of food.

Other potent eating cues-whether we’re hungry or not-include any sounds, smells, activities or times of day we associate with eating, such as hearing the lunch-truck horn at work, as well as food ads and low food prices. And once we’re prompted to partake, it’s difficult to stop. “We do a good job of being conscious of what we eat, but we spend a lot less time thinking about volume,” says Wansink. “It is possible to fat-proof your environment. The key is to realize you’re influenced by your surroundings and choose accordingly.

Here are six of the most common pitfalls you’re likely to encounter, along with ways to avoid them.

Pitfall #1: Economy-Sized Anything

Large container sizes can prompt you to prepare or eat more food than you want. Eat directly from a big package or container, and you’ll probably consume about 25 percent more than you would from a smaller package. Unless it’s a snack food like candy, chips, or popcorn: Then you’ll likely eat 50 percent more! “When a container is large, people have trouble monitoring how much they’re eating,” Wansink says.

Solution: Buy Smaller Packages

If you prefer to buy the larger economy size of a product, repackage the food into portion-sized containers based on the label’s serving size, especially if it’s a snack food. That way you’ll know how much you’re eating.

Pitfall #2: Convenience and Availability-

Keep snacks in sight and at hand, and you’ll reach for them all day long. When Wansink placed chocolate candies in plain view on office workers’ desks, they ate an average of nine pieces each per day and tended to lose track of how many they’d eaten. When the candy was in their desk drawer, they ate only six pieces; when it was out of sight six feet from the desk, they averaged just four. “Whether or not we need food, when it is put in front of us, we eat it. And many of us eat it all,” says Barbara Rolls, Ph.D., co-author of the Volumetrics Weight-Control Plan.

Solution: Hide Tempting Treats

Don’t put unhealthy snacks where you can see them. If you must have something within arm’s reach, make it celery or carrot sticks, or fill a fruit bowl and keep it close at hand.

Chamber Board Officers:
Roberta Howard, President
Chris Christman, Secretary
Cammie Flores, Past President

9 Board Members
Adam Cupp
Ann Evers
Beth Lammon
Jackie Gerten

Board Meetings: 4th Thurs of Month
MaryAnn Williams, Vice President
Betty Bellman, Treasurer

Cheryl Hohenbrink
Kathy Mangas
Scott Welch
Kathy Martz
Vacant—Nominations pending

Next Leipsic Chamber meeting: February 12 at The Meadow’s Lilac Room at Noon. Lunch will be served and our speaker will be Dr. Jan Osborn, Superintendent of Putnam County Schools speaking on STEM. Business and Schools partner to enhance Science, Technology, Engineering and Math