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Pike County Chamber of Commerce, P.O. Box 107  
Waverly, OH 45690 www.pikechamber.org

May, 2010

## Luncheon May 12 ~ Business After Hours May 18

### Luncheon

The Chamber luncheon will be held on Wednesday, May 12 at 12:00 noon at the Grand Tavern & Restaurant, Waverly. Gary Cooper of Cooper & Henderson Associates, will sponsor the program, Tax Changes that Impact Business.

The winning students were Carla Kyle, Nathan Kingrea and Kari Black. Connie Timmons, who is an instructor in the information technology/business academy (IT/BA) program at the CTC, was instrumental in coordinating the Chamber's criteria and information for the designs with the students.

### Business After Hours

The Business After Hours on Tuesday, May 18 will be held at the Goodwill Store, 210 E. Emmitt Ave., Waverly from 5-7 p.m. They have a great evening planned.

We would like to thank the Friends of the Library for hosting a very well attended BAH in April at the Library in Waverly.

All of the Business After Hours dates have been reserved in 2010. If you would like to host in 2011, now would be a good time to reserve your date.

### Piketon CTC Students Receive Award for Advertising Design for the Southern Ohio Trade Show

The Chamber of Commerce presented awards to several students in the information technology program at Pike Co. CTC as the result of an advertising design contest sponsored by the Chamber in conjunction with the 2<sup>nd</sup> annual Southern Ohio Trade Show which took place on April 9, 10, 11 at the Pike County YMCA.

The students designed advertisements for flyers to be posted in businesses and distributed in local newspapers. They also designed advertisements for placemats that were used in restaurants and pizza shops throughout the County.

The project involved many business people, students and school officials whose efforts combined to make the Southern Ohio Trade Show a very successful three-day event. The concept behind the Trade Show is bringing together business and community to showcase Southern Ohio. Projects like these are only possible when you have a strong working Chamber made up of volunteers from the business community and an excellent facility like the YMCA. *The story with an accompanying picture was featured in the April 18, issue of the Pike Co. News Watchman*

### Member News

David Manuta of Manuta Chemical Consulting, Inc. Waverly was awarded a certificate of recognition for his meritorious service to the American Institute of Chemist. The Presidential Citation of Merit was presented to Dr. Manuta at a recent meeting of the AIC in Philadelphia.

May 7, Circus at the Pike Co. YMCA, 440 Pride Dr., Waverly. 5:30 & 7:30 p.m. For more information call the YMCA at 740-947-8862

May 6, 7, 8, The 2010 Great Lakes Intercollegiate Athletic Conference (GLIAC) Baseball Tournament is being held at the Chillicothe's V.A. Memorial Stadium (740)773-TEAM

May 8-9 The Tour of the Scioto River Valley (TOSRV) a 2-day 210 mile bicycle tour from Columbus to Portsmouth and back again.

May 12 Chamber Luncheon at Grand Tavern Restaurant, Waverly, 12:00 noon

May 15 Waverly Garden Club Plant Sale 9:00 a.m. at the Waverly Canal Park shelter house on Emmitt Ave.

May 15 Spring Wildflower Hike at Pike Lake State Park. Phone 740-493-2212.

May 18, Business After Hours at the Goodwill Store, Emmitt Ave. Waverly 5 – 7 p.m.

May 18 Relay for Life, Basket Bingo, 6:00 p.m. at Beaver Fire Dept., Rt. 335, Beaver. For tickets call: 740- 289-7234, 740-820-5549, 740-820-8381.

May 21,22 Used Book Sale held by the Friends of Pike County Libraries at the G. A. Wilson Library in Waverly

May is Tourism Month and the Pike County Visitors Bureau will be partnering with the 02 Coffee House to host a JIVE evening on **May 22**, on Market Street. The JIVE will begin at 6 p.m. and last to about 10 p.m. There will be live music, good food, games and give-aways. Come and help celebrate Tourism Month with us. Contact the Pike Co. CVB for more information at 740-947-9650, or the Coffee House at 740-941-0202. You may also check out the website at piketravel.com look under the May Calendar.

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### Make the wellness ripple effect work for your Company:

Submitted by: Chamber Plan health insurance

Is your company promoting an employee wellness program this year? If not, you could be missing out on some serious benefits. Our behavior and choices – and therefore our health – are influenced by the people around us. Check out these statistics published by the WellPoint Institute of Health Care Knowledge:

- A person is 71% more likely to become obese if a close friend of the same gender becomes obese. The likelihood of becoming obese is 40% greater if an adult sibling becomes obese, and 37% greater if a person's spouse becomes obese.
- The odds of a person quitting smoking increase by 65% if his or her spouse stops smoking. If a friend quits smoking, the odds of quitting increase by 36%; if a sibling quits, by 25%; and if a coworker quits smoking, a person's odds of quitting increase by 24%.

Clearly, the lifestyle choices we make affect the health of the people around us. Make this ripple effect work for you and your employees by encouraging healthy choices. Anthem Blue Cross and Blue Shield has partnered with Bob Harper of "The Biggest Loser" to develop tools that leverage the positive influence we can have on others. The Health Footprint calculator, at <http://connects2anthem.com>. Helps people see the effect their choices has on the people in their lives. The site includes health tips from Bob, links to Anthem wellness programs, and a calculator where employers can see the potential health care savings from even a single employee making positive changes for their health.

So stage a company-wide smoke out, or start a corporate team for the Pound-for-Pound Challenge ([pfpchallenge.com](http://pfpchallenge.com)), where each pound your team pledges to loose results in a pound of food being donated to a local food bank. Even if only one person is successful, their success translates into dollars saved and improved health that radiates outward and inspires others.

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### Advertise in Newsletter

The Chamber newsletter reaches 320 business and individuals, it is an excellent way to present your products and service to fellow members. The cost is \$75.00 and you provide the flyers. Check out the flyer this month.