



Paxton Area Chamber of Commerce

All articles written by Kristina Phelan

"Encouraging Residents To Live Local, Be Local, And Buy Local."

July 2014

Join Us On July 4th!

Everything is organized and ready to go for our annual July 4th event in Pells Park! Please join the fun on Friday, July 4th starting at 9am for a day that will keep the entire family occupied!

Karen Stevenson has organized a fun run entitled "Color Me Free 2014" that will be a fundraiser for Post Prom 2015. Registration begins at 8am at Clara Peterson Elementary. The cost to participate is \$20.00 for 10-13 year olds and \$30.00 for 14 year olds to adult. The race will start at 9am. Please contact Karen at 217-840-9718 with any questions.

Flea Market vendors are **required to register for their space this year.** Vendors who are registered before July 4th will pay a \$20.00 fee while those registering the day of the event will pay a \$25.00 fee. Those

who register the day of may not be located in the same flea market space as pre-registrants. Vendors can call the chamber office at 379-4655 to pre-register.

The Paxton Monicals is sponsoring a pizza eating contest and those who wish to participate can put their name on the list at the chamber booth on July 4th. 10 people will be drawn from the list and will be called 10 minutes prior to the pizza eating contest.

Participants/guardians must sign a waiver form as well. You must be at least 12 years old to participate.

The Paxton IGA is sponsoring a watermelon eating contest for both adults and children. Those who wish to participate can put their name on the list at the chamber booth on July 4th.

25 adults and 20 children will be drawn from the list and will be announced 10 minutes prior to the contest. Participants/guardians must sign a waiver form.

Three judges will be judging the homemade pie competition based on appearance, texture, and flavor. All pies must be double crusted fruit pies with the ingredients listed. Pies will be donated to the Paxton Community Nursery School bake sale after the judging. Please drop off pies to the chamber booth on July 4th.

If you have any questions please call the chamber office at 379-4655. Find the chamber booth or anyone wearing a green chamber staff shirt on July 4th if you have questions the day of the event. The July 4th schedule of events is below.



This Month

Ahead:

July 4th

Old-Fashioned July 4th

@ Pells Park 9am-3pm

July 14th

City Council Meeting

7:00pm

July 22nd

Chamber Board Mtg.

Thank You To Our July 4th Sponsors!

- 523 Design
- Ameren
- ASTA Care
- Baier Family Funeral
- Busey Bank
- Cheesecloth & Buttermilk
- Cleary Equipment, Inc.
- Colmac Coil Manufacturing
- Compass Insurance
- Country Thyme Tea Room
- Doug's Compounding Pharmacy
- Farmers-Merchants Bank
- Fiorillo, Shaffer, & Associates
- First National Bank
- Gibson Area Hospital
- Heiress Promotions
- Heyman & Heyman Optometry
- Hudson Drug & Hallmark Shop
- Illinois Knights Templar Home
- Kief Realty
- Kirchner Building Center
- Market Street Barber Shop
- Mediacom
- Nicor Gas Company
- Northwestern Mutual-Tedd King
- Paxton Hardware & Rental
- Paxton IGA
- Paxton Ready Mix
- Pizza Hut

7:30am-10:30am:

Breakfast @ American Legion Building

8:00am:

Color Me Free Fun Run Registration @ Clara Pete

9:00am:

Color Me Free Fun Run Begins
Flea Market Opens

9am-Noon:

Car Show Registration

10:00am:

Patriotic Music

10:15am:

Presentation of Colors

10:20am:

Golden Deed Winners

10:30am

Community Worship Service

11:00am:

Antique Tractor Show
Lunch Stands Open

11:30am:

Children's Parade

Noon:

Back Paiges Band
Car Show Judging Begins
WPXN 104.9

Paxton Carnegie Library Craft

Uncle Sam & Betsy Ross

Noon-3pm:

Kid's Games Area
Bounce House Area Open

1pm-3pm:

Ford County Historical Society
Museum Open

1:00pm:

Pie Competition Judging

1:30pm:

Nursery School Bake Sale

2:15pm:

Pizza Eating Contest @ Stage

2:30pm:

Pie Winner Announced
@ Stage

2:45pm:

Watermelon Eating Contest
@ Stage

3:00pm:

Car Show Awards Presented
@ Stage

9:00pm:

Fireworks Display @ Memorial Field
(sponsored by City)

Annual Golf Scramble September 11th

The annual chamber golf scramble will be held on Thursday, September 11th at Lakeview Country Club in Loda.

This yearly fundraising event helps the chamber Board of Directors in extra projects for the community. This year, the board has decided to put the profits from the event into a new Community Improvements Fund.

"The board is still deciding on what the money from this fund will be spent on," Kristina Phelan, executive director of the chamber stated, "but some ideas that have been discussed include improving the Visitor's Center located at Hardees and working towards saving for an electronic welcome sign for Paxton,"

Businesses are encouraged to enter teams into the scramble. Teams will receive a business hole sponsorship,



golfer for the day, golf cart usage, lunch, and drinks. Please see the inserted flyer for package pricing. If your business can't send a team to golf, hole sponsorship is always available for \$60.00.

The event will begin at 11:00am with lunch and registration. The chamber would like to thank Gibson Area Hospital & Health

Services for once again sponsoring the lunch for the golf scramble. At noon there will be a shotgun start and the golfing will begin!

This year's theme is patriotic and every veteran who golfs will get 2 free mulligans in honor of their service. There will be prizes for the Best Patriotic Attire, Longest Drive, Longest Putt, Closest To The Pin, and Closest To The Line. Shields Automart will once again sponsor

the Hole-In-One area and will give away a car if anyone gets a Hole-In-One on a specific hole.

On the day of the event, team members can also purchase raffle tickets for the 50/50 raffle, a 50/50 putting contest, \$5.00 mulligans, and a \$20.00 team entry for the team trivia.

There will be Happy Hour and Awards after the event. "We had about 12 teams compete last year with the winners being Busey Bank," stated Phelan, "we'd like to see a few more teams this year."

The deadline to register is August 28th. Teams can send in their registration form (see insert) and payment into the chamber office at PO Box 75 in Paxton.

Workplace Trend: Standing Desks

When you think of an office desk, you picture a large table space, laptop, and office chair right? Many workers today are pitching the office chair and choosing to stand at their desk instead of sit.

James Levine, an endocrinologist at the Mayo Clinic, has started a lot of discussion involving why a stand up desk is better for your health. The average office worker spends 5 hours and 41 minutes per day sitting at their desk with intermittent walks around the office. "The default has become to sit. We need the default to be standing," stated Levine. Making yourself stand at your desk allows you the freedom to move, albeit small movements, which help with health. A 2013 study found that people who stand at work burn 50 more calories per hour than those who sit. Burning more calories can help fight against obesity, but standing at



your desk has more benefits than just that.

Sitting for long periods of time is correlated to the reduced effectiveness of glucose regulation in the bloodstream which increases the risk of Type 2 diabetes. Some researches have stated that the amount of time a person sits throughout the day is a more important risk factor than time spent exercising. There is also scientific evidence that shows that adults who spend two or more hours sitting per day have a 125% increased risk of health problems related to cardiovascular disease.

Thinking you would be too tired at the end of standing at work all day? Think again! Standing at a desk increases focus, activity level, and alertness. Standing increases good circulation, active metabolism, and steady blood sugar which makes it easier to focus on

your work. Do you often get back from lunch break only to find yourself extremely tired the hour afterward? Consider transitioning to a standing desk!

While standing desks were seen as a very niche market item a few years ago, they are gaining traction in the workplace environment. Many office suppliers carry standing desks if you want to purchase a new one. There are also transitional desk options available that allow you to sit or stand based on what you prefer. However, the price tag on many of these desk options can be hard to swallow.

If you want to try it out without having to invest in some pricey office furniture, consider making your current desk taller with common office items that can help you raise up the desk height. If you do end up trying a stand up desk, make sure to wear comfortable shoes at work and invest in a nice anti-fatigue mat to encourage the best results.

Sources: Adams, Chris. "The Benefits Of a Standing Desk." 10 June 2014. www.ergonomics.about.com. Stromberg, Joseph. "Five Health Benefits Of Standing Desks." 26 Mar 2014. www.smithsonianmag.com



Like us on
our
facebook
page at

www.facebook.com/
paxtonchamber

**Chamber Of Commerce
Board Members**

- President: Nancy Ecker
Vice President: Cliff McClure
- | | |
|-------------|---------------|
| Karen Abbe | Cody Kietzman |
| Lori Epps | Jason Mills |
| Roxi Giese | Candi Riecks |
| Andy Hudson | Ross Sorensen |
| Craig Kief | |

Executive Director

Kristina Phelan
Phone: 217-379-4655
Address: 165 S. Market St.
Mailing: PO Box 75 Paxton
kristina@paxtonchamber.org
www.paxtonchamber.org

*Updates From Last Published
2014 Member List
In The June Edition:*

Returning 2014 Members

- *Paxton Dental Care
- *Paxton Masonic Lodge
- *PrairieLand Insurance

Do You Cater?

Would your business be interested in catering a future Lunch & Learn at the American Legion Building? We would like to use our business members for this service and welcome you to call the chamber office at 379-4655 to express your interest. Our 2014 Lunch & Learn dates are August 20th and November 19th. Call the chamber office to put your name on the list!

In Business News:

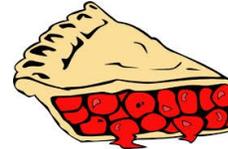
Chamber Welcome Baskets



Want to showcase your business to the newcomers in town? We are currently taking donations for

our welcome baskets that will be passed out to new residents in our area. Anything from your business would be helpful: brochures, samples, coupons, or whatever you'd like to donate! Our welcome baskets are an easy way to earn new business and create customer loyalty. If you'd like to contribute, please call the chamber office at 379-4655 for free pick up! We'll be starting out with 10 baskets to begin with but hope to welcome many new residents to our area with a nice welcome basket from chamber members!

July 4th Pie Competition



Do you know someone who makes the best pie? We'll be having a Pie Competition

during the chamber's July 4th Event this year and encourage everyone to bring a double crusted fruit pie. The judging panel will pick a winner who will receive \$25.00 in Chamber Bucks! Pies will be based on appearance, texture, and flavor. All pies must include a list of ingredients. After the competition, pie slices will be sold at the Paxton Community Nursery School Bake Sale. If you want to enter a pie bring it to the Chamber Booth in the middle of the park. Questions? Call the chamber office at 379-4655.

How To Improve Leadership Skills

Whether you're leading a small group of employees or have a larger group under your wing, brushing up on your leadership skills can positively affect your business. Ray Williams is an Executive Coach and a columnist for Psychology Today. Here are some his tips on how to become a more effective leader.

***Encourage Employees To Disagree With You.** Improvement can only be made if you know the areas you need to improve in. Encourage discussion, don't give out consequences for differing opinions, but do keep a steady hand at who will make the ultimate decision.

***Don't Micromanage.** Empower people who are below you, then step back and leave them alone. "A good leader leads from the front and back," says Bill

Pasmore, senior vice president of the Center for Creative Leadership.

***When People Err, Don't Destroy Them.** Make sure they have learned the lesson from their mistake but don't discourage them from trying to do better next time.

***Show Compassion.** Everyone makes mistakes, even the boss! Lighten up on yourself and your employees.

***Be A Constant Learner.** Taking risks are apart of owning a small business. Strive to learn more about your industry and how change can affect your business positively.

***Know Yourself.** Be aware of who you are as a person, what is important to you in your personal and work life, and

how you may be coming across to your employees and customers.

***Be Laser-Focused.** Stick to one goal at a time. "It is far better to make progress in one area than to make little or none in five," states Executive Coach Tasha Eurich.

***Get Rid Of Poor Managers.** Make sure that your managers are team players who understand the company's direction. "Don't tolerate factionalism, back-stabbing, or prima donnas," says retired airline CEO Gordon Bethune, "Everyone wins, or no one wins."

***Practice Leadership Skills Daily.** Be deliberate about your improvement. Practice good leadership skills daily to improve as a leader at work.
Source: "How To Improve Your Leadership Skills." *Entrepreneur*. March 2014. pg. 47.

Eastlawn Students Tackle Office Paper Recycling

Cameron Grohler and Keagan Busboom, 4th graders in Pam Francisco's class at Eastlawn, recently presented to the chamber Executive Board about their efforts to encourage office paper recycling in Paxton. Both boys were very well prepared and spoke incredibly well. They found out that, according to Recyclenow.com, the average elementary school student uses 99 pounds of paper each school year. The boys found that it is hard to recycle office paper in Paxton with the nearest receptacle for office paper is in Champaign. The boys decided to encourage their fellow students to use less paper first by using both sides of copy paper. (The paperwork they brought to the presentation was printed on the blank side of already used paper!). They also put recycling boxes in each classroom to encourage students to recycle their paper instead of throwing it out. When the boxes are full, the boys will take a large load of office paper down to Champaign for recycling. Cameron and Keagan encouraged the chamber to bring light to the idea of recycling of office paper and asked the board if they knew of any ways they could help.



Update: James Phelan, plant manager of Colmac Coil, is currently working with the boys on how he can help recycle office paper through a vendor that he uses for the plant's recycling.

Chamber Summer Office Hours

The chamber office will be open on the following dates for the rest of this summer:

Tuesday, July 1st: 8am-4pm
Tuesday: July 8th: CLOSED
Tuesday, July 15th: 1:30pm-4pm
Tuesday, July 22nd: 8am-4pm
Tuesday, July 29th: 8am-4pm
Tuesday, August 5th: 8am-4pm
Tuesday, August 12th: 8am-4pm
Tuesday, August 19th: CLOSED

However, Kristina will be available all summer via the following:

Chamber Office: 217-379-4655
Kristina@paxtonchamber.org
PO Box 75 Paxton, IL 60957

Hours subject to change without notice. The chamber office will re-open to normal hours on Thursday, August 21st.