

Published by the Sidney-Shelby Chamber, 101 South Ohio Avenue, Floor 2, Sidney, OH 45365

WE ♥ RIBBON CUTTINGS & GRAND OPENINGS!!!



Amelio's Pizzeria celebrated their grand opening in downtown Sidney on Wednesday, June 2nd with a huge crowd of people in attendance to congratulate owners Rob & Toni Thorne. Rob & Toni, the restaurant looks amazing—we wish you and your staff all the best in your new endeavor! If you haven't been there yet, you're missing out, the food is incredible!!



Express Employment Professionals celebrated the one year anniversary at their beautifully remodeled space on Gleason Avenue on Tuesday, June 15th with many, many friends and family in attendance to congratulate Rob Albers and his team. Rob, we wish you and your team many more successful years in Sidney and Shelby County!

THE MOST PRODUCTIVE (AND UNPRODUCTIVE) TIME OF DAY

Have you ever noticed that some days, you are a productivity ninja, while others are filled with distractions and diversions? Not all days or hours of the day are created equal when it comes to productivity and cognitive performance. It turns out that timing our tasks is a science, not an art.

There is a mountain of research showing that we do better at certain kinds of tasks at certain times of day. In fact, time of day explains 20 percent of the variance on human performance on cognitive tasks. So timing isn't everything, but it's a big thing. We can use that research to make better decisions in our personal and professional lives and schedule our days to maximize productivity.

Daniel Pink, author of *When: The Scientific Secrets of Perfect Timing*, has explored the science of chronotypes – patterns of daily circadian rhythms that affect mood and performance. According to Pink, our productivity and performance suffer when we don't do the right tasks at the right time.

Pink explains that people move through the day in three stages: A peak, a trough, and a recovery. Roughly one in five of us have "evening chronotypes" - night owls -and that order is reversed for them. But the vast majority of us enjoy the peak in the morning, the trough in the afternoon and rebound as we head into the evening.

Studies show that the peak is the best time for at analytic tasks. That's when we're most vigilant, when we're able to focus and concentrate the best. According to research, the most productive moment of the day is 10:26 a.m. The trough begins about 7 hours after waking – typically early to mid-afternoon – and lasts for a few hours. The most unproductive moment of the day falls in the trough at 2:55 p.m. This is the time to work on administrative tasks like answering routine emails and filling out expense reports rather than strategic planning or brainstorming.

During the recovery in the late afternoon and early evening, we have better creative insights. Our mood is on the rebound but we are less vigilant than during the peak. That opens our thoughts processes to new possibilities and boosts our creativity.

2-Step Productivity Boost

Now that you understand the pattern, identify your peak, trough, and rebound times to improve your productivity at work.



(article continued on page 2)

JULY

Meeting & Event Dates

- 1 **Hammer & Stain Ribbon Cutting & Grand Opening**
12:00 noon—106 East Poplar Street
- 2 **Sidney Civic Band Concert Series**
Theme: Sidney: The Heart of America
7:00 p.m.—Shelby County Court Square
- 2- **Liberty Days Festival**
- 4 Fort Loramie Youth Park, 14708 Ventura Boulevard, Fort Loramie
www.facebook.com/liberty.days.3
- 3 **The Great Sidney Farmer's Market**
8:00 a.m.—12:00 noon every Saturday in July
Shelby County Court Square
www.sidneyalive.org/farmers-market
- 4 **Independence Day** 
- 7 **Shelby County Safety Council**
Topic: Heat Stress
10:00 a.m.—Zoom
- 8- **Country Concert—40th Anniversary**
- 10 Hickory Hill Lakes, 7103 State Route 66, Fort Loramie
www.countryconcert.com (more info on page 2)
- 9 **Sidney Civic Band Concert Series**
Theme: Music Visions
7:00 p.m.—Shelby County Court Square
- 14- **Fifth Annual Ladies Tea**
- 15 11:30 a.m.—1:00 p.m.—Shelby County Historical Society, 201 North Main Street
www.facebook.com/events/457222412011481/
- 16 **Sidney Civic Band Concert Series**
Theme: In the beginning there was RHYTHM!
7:00 p.m.—Shelby County Court Square
- 16 **The Historic Sidney Theatre Presents: Dueling Pianos International**
7:30 p.m.—Doors Open: 8:00 p.m.—Show Starts 120 West Poplar Street
www.sidneytheatre.org/new-events/duelingpianos-51681
- 17 **Cruise Sidney**
5:00—8:00 p.m.
www.facebook.com/events/1924592341021434
- 17 **Swimming in the 50's**
7:00—9:00 p.m.
www.facebook.com/events/494591278410465/

ADDITIONAL MEETINGS AND EVENTS ON PAGE 2



FROM JEFF'S DESK

It's Zenith Award nomination season!

For 31 consecutive years the Sidney-Shelby County Chamber of Commerce annually presents their Zenith Award to an individual who has dedicated themselves to a lifetime of community service to Shelby County. The award originated in 1990 and has been presented to such distinguished volunteers as William McMillen, Don Fogt, Don Bensman, Harry Faulkner, Robert Zielsdorf, Robert Burns, John Garmhausen, Patrick Milligan, Herb Schlater, Ralph Bornhorst, Rich Wallace, Ralph Keister, Mike Puckett, Tom Francis, Bruce Boyd, Bob Sargeant, Sandy Shoemaker, Ken Schlater, Doug Stewart, Lisa Alvetro, Roger Lentz, Priscilla Wilt, Ed Borchers, Tom Boecker, Mick Given, John Dunlap, Doug Barhorst, Tom Middleton, Cindy Helman, and Tom Milligan. Due to the pandemic, we were unable to recognize our 2020 honoree, but will do so at this year's annual membership dinner scheduled for August 24th. We hope you can join us!

The criteria for nomination includes, but is not limited to, activity in service groups, leadership efforts, philanthropy, community causes championed, civic participation, and overall volunteer commitment.

If you know of someone deserving of this very special recognition, I invite you to contact me at the Chamber for a Zenith Award Nomination form. You can reach me at 492-9122 or jraible@sidneyshelbychamber.com. Nomination forms can also be downloaded from the Chamber web site at www.sidneyshelbychamber.com/zenith-award.html. For consideration this year, nomination forms must be submitted by September 1st.

For 200 years volunteers have played a significant role in shaping Shelby County into the quality community it is today. Please help us identify and recognize those civic-minded volunteers in our community most deserving of this special recognition.

JULY MEETINGS & EVENT DATES (cont'd)

- 20 **Chamber Board of Directors**
11:30 a.m.—The Hive, 101 South Ohio Avenue, Lower Level
- 21 **Wilson Health—A New Approach to Employer Sponsored Healthcare**
12:00-1:30 p.m.—Historic Sidney Theatre, 120 West Poplar Street
(more information on page 3)
- 22 **Chamber Leadership**
Topic: Economic Development
8:15 a.m.—City Hall, Council Chambers, 201 West Poplar Street
- 22 **YPCConnect**
Topic: Tell Me More About the Shelby County United Way
12:00—1:00 p.m.—Sidney-Shelby County YMCA, 300 East Parkwood Street
www.sidneyshelbychamber.com/events
- 23 **Sidney Civic Band Concert Series**
Theme: The Force That Moves Us!
7:00 p.m.—Shelby County Court Square
- 25 - **Shelby County Fair**
- 31 **Shelby County Fairgrounds**, 655 S. Highland Avenue
www.shelbycountyfair.com
- 27 **Sidney Visitor's Bureau Advisory Council**
11:30 a.m.—Holiday Inn Express & Suites, 450 Folkert Avenue
- 28 **Sidney-Shelby County Chamber Night with the Dayton Dragons**
7:05 p.m.—Dayton Air Ballpark (see insert)
- 29 **Human Resources Council**
12:00 noon—TBD

MARK YOUR CALENDAR

TUESDAY, AUGUST 24
2020 CHAMBER ANNUAL DINNER
& AWARDS BANQUET
AT THE PALAZZO

Invitations will be sent in the next week or two. We hope to see you there!



WELCOME NEW MEMBERS

HAMMER & STAIN SIDNEY

BUSINESS CATEGORY: Education

Allison Davis
106 East Poplar Street
Sidney, Ohio 45365
Phone: (937) 507-4054
Web Site: www.hammerandstainsidney.com



KELLY SERVICES

BUSINESS CATEGORY: Employment/Recruiting

Robin Smitley
1740 West Michigan Street
Sidney, Ohio 45365
Phone: (937) 319-4145
Web Site: www.kellyjobs.com



LANES RECORDS STORAGE

BUSINESS CATEGORY: Document Management

Keith Kramer
245 Est Murphy Street
Lima, Ohio 45801
Phone: (419) 227-1045
Web Site: www.lanesrecordsstorage.com



YOU'RE INVITED—RIBBON CUTTING EVENT

New Chamber Member & New Shelby County Business In Good Hands pet grooming and boarding would like to invite all fellow members to join them for their grand opening and ribbon cutting event.

The date is Thursday, July 15th at 12:00 noon. They are located at 1100 Clem Road in Sidney (old animal shelter location).

We hope to see you there!



40TH ANNIVERSARY
Country Concert 21 July 8, 9, 10
Fort Loramie, Ohio
FAMILY OWNED AND OPERATED SINCE 1981

THURSDAY - JULY 8
Luke Combs
Jon Pardi - Cody Johnson - Neal McCoy
Jameson Rodgers - Niko Moon - Drew Parker - Ashland Craft
Jess Keille Adams - After Midtown - Wyatt McCubbin

FRIDAY - JULY 9
Alan Jackson
Justin Moore - Riley Green - Lorrie Morgan
Bellamy Brothers - Jesse Keith Whitley - McGuffey Lane - Hannah Dasher
Alexis Gomez - Ashley Best - Dallas Moore

SATURDAY - JULY 10
Jason Aldean
Chase Rice - HARDY
Jo Dee Messina - Deana Carter
Flatland Cavalry - Lainey Wilson - Desert City Ramblers
Rayne Johnson - Clark Manson - Cole Ritter

WEDNESDAY - JULY 7 - CAMPER PARTY
Jon Langston - Walker County - Kyle Frey

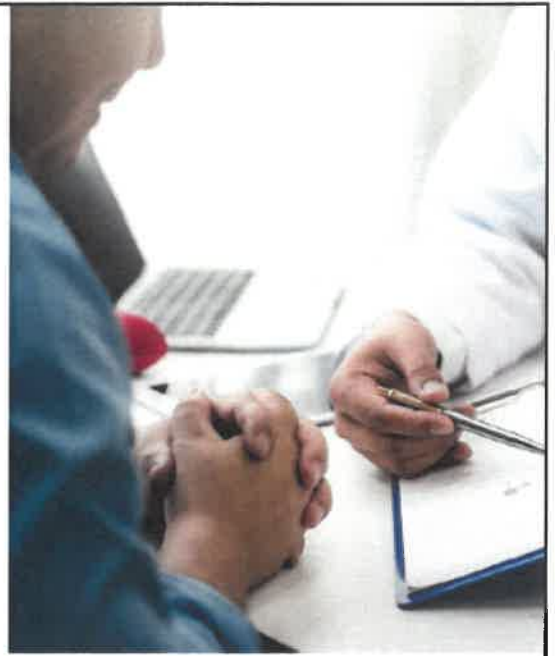
countryconcert.com

THE MOST PRODUCTIVE (AND UNPRODUCTIVE) TIME OF DAY (cont'd)

1. Find your peak. Identify one important work task that you do daily. Try it at 8:00 a.m., 12:00 p.m., 3:00 p.m., and 8:00 p.m. Pay attention to how you experience that same task at different times of the day. When do you bring more energy, creativity, or positivity to the task? when it seems easiest and when it's most difficult.

2. Protect your peak. Once you know the time you are the most productive, take the initiative to block that time on your calendar. It may not be possible to do it every day but be intentional and prioritize important tasks when you do have control over your schedule.

(article reprinted with permission from Neuro Nugget)



INNOVATIVE HEALTHCARE SOLUTIONS

As business professionals, we all understand the challenges of rising healthcare costs. You don't want to miss this exclusive Sidney-Shelby County Chamber sponsored event as Wilson Health shares how they are providing companies throughout the region with proven cost-effective healthcare solutions. You'll hear testimonials from top company leaders who partner with Wilson Health for their health and wellness services. Learn how their overall healthcare spend declined in just one year and improved employee retention, engagement and recruitment in today's challenging workforce environment. You don't want to miss this event!

JULY 21, 2021 | TIME: NOON

THE HISTORIC SIDNEY THEATRE

120 W Poplar Street
Sidney, OH 45365

Please RSVP to Sidney-Shelby County Chamber of Commerce at (937) 492-9122 or jraible@sidneyshelbychamber.com

IMPROVE YOUR BUSINESS

- Lower healthcare costs and create a healthier workplace
- Unmatched access to affordable health care with clinical excellence
- Tailored healthcare solutions based on your organizations needs
- Improve the health and well-being of your employees
- Join us to learn more!

***Lunch Provided**



WILSON HEALTH





HELLO JULY, 2021!

- 07/05: CLOSED to observe July 4 Holiday.
- 07/09: Board Meeting, 9:00a
- 07/13: Carry-In, 11:30a; no preregistration required
- 07/27: Senior Day at the Shelby County Fair

CHECK OUT OUR CALENDAR ONLINE - MANY, ACTIVITIES!
Need a nice space for your next event??? Call us to rent The Center!!!



304 S. West Avenue, Sidney, OH 45365
 P: (937) 492-5266 F: (937) 492-2134
www.srcentersidney-shelby.com srcenter@nktelco.net



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