## **PERSPECTIVE**

**JULY 2023** 

Published by the Sidney-Shelby County Chamber of Commerce 101 South Ohio Avenue, Floor 2, Sidney



#### **MEETINGS & EVENTS**

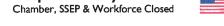
#### 6/30 Fort Loramie Liberty Days Festival

-7/2 www.facebook.com/liberty.days.3

#### I Great Sidney Farmer's Market

8:00 a.m.—12:00 p.m. Every Saturday through October Shelby County Court Square www.sidneyalive.wpcomstaging.com/eventscalendar

#### 4 Independence Day



4 City of Sidney Fourth of July Celebration 10:00 p.m.—Sidney Middle School, 980 Fair Road www.visitsidneyshelby.com

#### 6-8 Country Concert

Hickory Hill Lakes, 7103 State Route 66, Fort Loramie www.countryconcert.com (more information on this page)

#### 7 Sidney Civic Band

7:00 p.m.—Shelby County Court Square Every Friday evening in July www.facebook.com/SidneyCivicBand

#### **II** Chamber Board of Directors

11:30 a.m.—The Hive Executive Center, 101 South Ohio Avenue, Lower Level

#### 13 YPconnect Steering Committee

12:00 noon—Chamber Office, 101 South Ohio Avenue

#### 13 Shelby County Historical Society Presents: An Afternoon Tea

11:30 a.m.—1:00 p.m.—Ross Historical Center, 201 North Main Street www.shelbycountyhistory.org/exhibits.htm

#### 15 Cruise Sidney

www.shelbycountyhistory.org/exhibits.htm

#### 20 - Historic Sidney Theatre Presents:

#### 22 The Spongebob Musical

Thursday & Friday—7:30 p.m.; Saturday—2:00 & 7:30 p.m.

Historic Sidney Theatre, 120 West Poplar Street www.sidneytheatre.org

#### 23 - Shelby County Fair

- 29 www.shelbycountyfair.com (more information on page 2)
- 25 Sidney Visitor's Bureau Advisory Council 11:30 a.m.—Holiday Inn Express & Suites, 450 Folkerth

#### 27 Human Resources Council

Topic: TBD

12:00 noon—Holiday Inn Express & Suites, 450 Folkerth Avenue

#### 28 SCARF Presents: Fur-tastic Friday

5:00—7:00 p.m.—Lawn by Gay Smith Associates Realty in downtown Sidney www.helpshelbycountyanimals.com

# CHAMBER LEADERSHIP—ANOTHER YEAR IN THE BOOKS—GRADUATION CELEBRATION SOON!

Thursday, June 15th marked the final session of the 2022-2023 Chamber Leadership Program. Late July or early August we will be celebrating the completion of all ten sessions with twenty-one graduates (date to be announced soon).

The purpose of the Chamber Leadership Program is to increase the quality and quantity of individuals capable of accepting leadership roles within their organization as well as the communities they work and live.

The curriculum consists of meeting one day per month, typically the third Thursday, for a ten-month period. Most sessions begin around 8:00 a.m. and conclude around 4:00 p.m. Participants are exposed to the variety of civic and economic resources and issues of our area. Topics covered are: Leadership Development; History, Geography and People of Shelby County; Economic Development; Law Enforcement, Fire & Rescue; Media, Human Services, Education, Health Services, City & County Government and Agriculture.

Applications are available to all members of the Sidney-Shelby County Chamber of Commerce on our website at www.sidneyshelbychamber.com/chamber-leadership-program.html. Registration is currently under way for the 2023-2024 class—the maximum number is 25 participants and we fill up quickly— please don't wait if you are interested. The first session will be held Thursday, September 21st.

#### 2022-2023 GRADUATES:

Tricia Alloway, Samaritan Works
Kelly Edwards, Workforce Partnership of Shelby County
Madison Brinkman, Hegemann & Zimmerman Co., LPA
Mitchell Goubeaux, Copeland
Kyle Havener, City of Sidney
Nate Heitman, Hydro Aluminum North America
Zach Hill, Homes by Hill of Fathom Realty
Katie Hoehne, City of Sidney Fire and Rescue
Logan Holland, Cargill, Inc.
Tim Hurysz, City of Sidney
Mike Judy, Marketing Essentials

Brian Lundy, City of Sidney Fire and Rescue Seth Middleton, Minster Bank Kathy Miller, Culver's Restaurant Emily Neu, Mercy Mission House Pamela Riggs Taylor Renner, Clean All Services Terra Richardson, Shelby County CASA/GAL Tiffany Vanhoose, US Bank Aaron Watkins, WiseBridge Wealth Mgmt. Keith Wiley, City of Sidney Fire and Rescue



# HR COUNCIL VISITS AIRSTREAM

In late June, the Shelby County Human Resources Council had the opportunity to tour Airstream's Heritage Center as well as their manufacturing floor.

Dan Maul, Airstream's Visitor Experience Coordinator, provided an in depth, fascinating history of Airstream's iconic travel trailer and how the company continues to adapt and develop to the market. A huge thank you to Dan & Aaron Adelsberger for making this happen!



#### Thursday, July 6

#### **TIM MCGRAW**

JON PARDI - CARLY PEARCE - BLACKHAWK
WARREN ZEIDERS - COOPER ALAN - DREW GREEN - BEN BURGESS
JD LEGENDS GTG WINNER - LEAH CROSE - BLAKE TYLER

Friday, July 7

#### DIERKS BENTLEY

JAMIE BAXTER - DEREK ALAN - ANTHONY MOSSBURG

BROTHERS OSBORNE • JORDAN DAVIS • ELLE KING
CHASE MATTHEW • PILLBOX PATTI • TYLER BOOTH • USA KARAOKE FINALS

Saturday, July 8

#### **LUKE BRYAN**

JELLY ROLL • TRACY ŁAWRENCE • ERNEST • PRISCILLA BLOCK BAILEY ZIMMERMAN • ASHLEY COOKE • HUNTERGIRL • CHASE MCGANIEL • ZACH TOP KEVIN MCCOY • SHANNON CLARK 8 THE SUGAR • SIMBA JORDAN

Wednesday - July 5 - CAMPER PARTY

DRAKE MILLIGAN - DILLON CARMICHAEL - LAUREN WATKINS - ALEX MILLER

and develop to the market. A huge For more information on the Human Resources Council, thank you to Dan & Aaron visit our website at www.sidneyshelbychamber.com/human-Adelsberger for making this happen! resources-council.html.

## FROM JEFF'S DESK

It's Zenith Award nomination season!

For 33 years the Sidney-Shelby County Chamber of Commerce has humbly recognized an individual that 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, Tom Milligan, Mike Lochard, and Rudy Keister.

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 for a Zenith Award Nomination form. I can be reached 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 over 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.



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SPOTLIGHT

# CHECK OUT WHAT'S NEW IN THE WORLD OF YPCONNECT!

Upcoming events ...



LEARN ABOUT WORKFORCE PARTNERSHIP & HOW YOU CAN HELP THEM WITH THEIR MISSION.

### YPCONNECT COFFEE MOB

TUESDAY, AUGUST 1ST / 7:30A - 8:30A WINANS CHOCOLATE & COFFEES

FOLLOW US FOR MORE INFO & THE LATEST UPDATES:



INTERESTED IN GETTING YOUR BUSINESS IN THE SPOTLIGHT? BECOME A YPCONNECT SPONSOR! /
CONTACT: AWATKINS@MONEYCONCEPTS.COM FOR MORE INFO!



Hydro





"Professional is not a label you give yourself - it's a description you hope others will apply to you." - David Maister





# YPCONNECT HOSTS FIRST ANNUAL CORNHOLE EVENT

We couldn't have asked for a more perfect Saturday afternoon in downtown Sidney for the first annual YP cornhole tournament on June 17th. Twelve teams signed up to participate and when the double elimination event was complete, Ryan and Tiffany Beckstedt walked away as the winners of a \$25.00 gift certificate to Amelio's.

Thank you to all that came and hung out with us that day and to Amelio's for opening their garage door for pizza and beverages! This event is open to the public—keep an eye out for the next one!

## HAPPY INDEPENDENCE DAY—JULY 4!



#### WELCOME NEW MEMBERS

#### **B. DAVIS POTTERY BUSINESS CATEGORY: Retail/**

Specialty Store

**Brandon Davis** 11112 Wones Road Maplewood, Ohio 45340 Phone: (937) 489-1661



#### **ÉLAN HAIR COLOR & EXTENSIONS BUSINESS CATEGORY:** Beauty Salon/Barber Shop

Jenn VanTilburgh 107 North Ohio Avenue Sidney, Ohio 45365 Phone: (937) 726-3929 Instagram: elan\_hair\_extensions



#### **HOME EXPERTS REALTY BUSINESS CATEGORY: Real Estate**

Derek Fink 217 North Main Street Sidney, Ohio 45365 Phone: (937) 416-6779

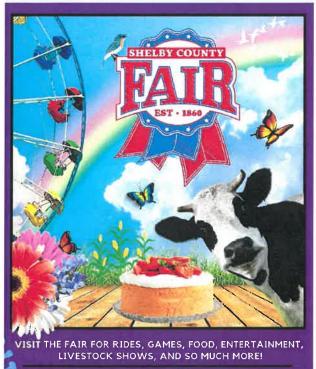


#### K.B. DESIGN AND CONSULTING LLC **BUSINESS CATEGORY:** Professional Services

Karrie Buehler 11850 Hardin-Wapakoneta Road Anna, Ohio 45302 Phone: (937) 638-6768



Web Site: www.kbdesignandconsulting.com



July 23-July 29, 2023

#### THE SCIENCE OF SURPRISE

Control freaks beware: The perfectly planned experiences don't make us the happiest; the surprising ones do. The brain loves surprises!

Do you love surprises or do you hate them? A friend of mine loves the element of surprise anything from a little note tucked into his briefcase or a spontaneous trip to...ANYWHERE. Another friend of mine avoids surprises at all costs.

By design, surprises catch us off guard, we're not prepared; we're not in control. For many people, that is terribly uncomfortable. It's easier to stay safely in the comfort zone. If you prefer the predictability of life, here is a little news you can use: Your brain LOVES surprises!

Neuroscientists have discovered that surprise is one of the most powerful human emotions, As it turns out, the brain's pleasure center (or the nucleus accumbent) lights up like a Christmas tree when you experience something that you didn't expect. Not only do you get a nice boost of dopamine, the brain releases noradrenaline - the neurotransmitter responsible for focus and concentration. Think of it as the reset button for the brain. It actually stops all of the other brain activity to let you find meaning in the surprise.

Recent brain-based research shows that novelty or surprise intensifies our emotions by about 400 percent.

This concept of "emotional intensification" explains why receiving flowers on your birthday is nice, but receiving "just because" flowers on some random Tuesday feels so much different. The gift is the same in both cases, but they elicit a much more intense response when you are surprised with them.

Conversely, bad news feels much worse when we are surprised by it. Consider two people who are fired. One loses his job because the company has been sold and redundancies were eliminated. Another loses his job without warning. The news is the same for both people, but being fired with no warning is emotionally more devastating because of the surprise element.

Perhaps the best part of surprises is that they don't have to be huge to make a huge impact. The unexpected thing - a random act of kindness, a hand-written thank you note from a colleague, or something simple that makes you laugh out loud - can create positive chemical changes that reset your brain, create new neural pathways that make you a little smarter, and make you happier.

Here is one more little surprise nugget for you: emotional contagion. Because we're social creatures, we tend to "catch" the emotional states of those around us. Interacting with people who are stressed and anxious significantly impacts your own mental state and releases stress hormones in your brain. Likewise, when you're around positive, happy people, your brain releases the happy chemicals like oxytocin, serotonin and dopamine.

When you orchestrate a surprise for another person and create a positive chemical reaction in their brain, you also impact the brains of everyone around that person. That small act of kindness could just generate a chain reaction you may never know about!

Whether love surprises or hate them, it's not that complicated to make them work for you and your brain. Here are four ways to both inspire and embrace surprise:

Practice of the art of vulnerability. Vulnerability is attractive. Research has shown that practicing vulnerability is endearing and incredibly powerful in helping us connect with others. Those connections give us purpose and meaning. Nurturing your own sense of vulnerability is one way to allow life to surprise you.

Nurture curiosity. Curiosity opens your brain to the notion that you're okay with not knowing. It's the cornerstone of learning and discovery, and it requires you to let go of control and embrace unpredictability.

Be unpredictable. Doing the unexpected is a great way to lead to new insights, new perspectives, and "a-ha" moments. Most of us tend to be creatures of habit, so it takes intentional practice to break away from the comfortable places and spaces.

Surprise and delight people around you. Look for little ways to make someone else smile. A kind unexpected act or gesture will give you both a dopamine boost. Something as simple as a handwritten note of appreciation or a cookie from your morning coffee run can make someone's whole day look differently...and yours, too!

So take a minute today to figure out a way to surprise someone in your corner of the world. A quick note, a reason to laugh, or an invitation to lunch...how delicious to know that small surprise will light up someone's pleasure center!

This article was re-printed with permission by Neuro Nugget.

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**Are you 50 or older?** Stop in and claim two **FREE visits** and see all our activities, fitness room and available exercise classes! Our membership is only **\$35/year** for Shelby County residents and **\$40/year** for out of county.

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