

To promote free enterprise within & advance the business community of the Eaton-Preble County area.

October 2010  
Volume 6, Issue 10

Member of Ohio Chamber of  
Commerce & U.S. Chamber of  
Commerce

## Chamber Events

**10/20** Preble County  
Safety Council  
12:00 noon  
Preble County YMCA

**10/7** *"Toast of the Town"*  
Rodney Cobb  
Chevrolet  
*"25<sup>th</sup> Anniversary"*  
500 E. Main St.  
Eaton, Ohio  
4:00 p.m. – 7:00 p.m.

**10/21** *"Toast of the Town"*  
Henny Penny Corp.  
1219 U.S. Rt. 35 W.  
Eaton, Ohio  
5:00 p.m. – 7:00 p.m.

**Preble County  
Chamber of Commerce**  
122 W. Decatur Street  
P.O. Box 303  
Eaton, Ohio 45320  
Phone: (937) 456-4949  
<http://www.preblecountyohio.com/>

## *"Toast of the Town"*

**Rodney Cobb Chevrolet**  
*Celebrating "25<sup>th</sup> Anniversary"*  
500 E. Main Street, Eaton, Ohio  
October 7, 2010  
4:00 – 7:00 p.m.

**Henny Penny Corporation**  
1219 U.S. Rt. 35 W., Eaton, Ohio  
October 21, 2010  
5:00 – 7:00 p.m.

## President's Message

Dear Investors,

I would like to take this opportunity to share some of the events that we have coming up in the near future. The Preble County Library will be sponsoring another Brown Bag Series on "Avoiding the Pitfalls of Business". This series will be on October 21st at noon at the Library Administration Bldg. The cost for Chamber members is free. Please plan on attending this informative presentation.

Also, as you will see in this newsletter, two businesses will be hosting "Toast of the Town" events in October. Please visit these two businesses and join the network of business professionals here in Preble County.

If you would like to host a "Toast of the Town" event at your business, please call the Chamber office at 456-4949 to schedule. This is a great time to share your business and generate traffic.

Enjoy the fall weather!

*Kristi Black*

Chair, Preble County Chamber Board of Directors

**Board of Directors**

**Kristi Black**

**Chairperson**

Warren County Board of  
Development Disabilities

**Bradley Neavin,**

**Chair-Elect**

Eaton Community Schools

**Charles Pennington**

Community Improvement  
Corporation

**Ray Potter**

SCORE

**Leslie Collins**

The Register Herald

**Kim Eck**

Henny Penny Corporation

**Joanne Beineke**

Bullen Ultrasonics, Inc.

**Shawn Murphy**

Michael Murphy Insurance

**Kevin Turner**

Preble County E.S.C.

**Edmund H. Kalil**

Attorney at Law

**Rose Roberts**

Fifth Third Bank

**Manfred Schreyer**

Taffy's Coffee, Wine & Music

**At-Large Members**

Dan Appenzeller

Corey Mangan

Abby Noland

**Staff**

**Matt Appenzeller**

**Executive Director**

**Virginia Lindsey**

**Secretary**

***“Toast of the Town”***

**Rodney Cobb Chevrolet**

***“25<sup>th</sup> Anniversary Celebration”***

The Preble County Chamber of Commerce cordially invites members of the Chamber to the Toast of the Town on **Thursday, October 7<sup>th</sup> from 4:00 to 7:00 pm.** Rodney Cobb Chevrolet is hosting the event at their facility located at 500 E. Main Street in Eaton. The event will be the kick off for Rodney Cobb Chevrolet's "25<sup>th</sup> Anniversary" celebration.

Rodney has always had a passion for cars. After graduating from Eaton High School, Rodney went to Denver Automotive & Diesel College graduating in 1973. Upon his return, he worked for Welcome Pontiac – Oldsmobile as a parts counter person, warranty clerk, mechanic, service advisor and later as Service Manager. After working as a warranty clerk and service advisor for Voss Chevrolet in 1978 and 1979 he returned to Welcome Pontiac – Olds in sales and then moved on to Phalen Chevrolet as Service Manager before purchasing the dealership in 1985.

Rodney is extremely proud of his employees, many of whom have been with the company for over 20 years. He is very service oriented and committed to 100% customer satisfaction!

Come and tour the facility at your leisure. Meet the staff and have some fun! Our staff and representatives from GM will be here. There will be drawings for Apple iPads, Kindles, and iPods. In addition, there will be food, a caricature artist, grab bags, music, and free car washes! You can even test drive the 2011 Chevrolet Cruze.

We look forward to seeing you on the 7<sup>th</sup>, and appreciate the opportunity to have the Chamber of Commerce join us in this dual event!

**Introducing  
Shawnda Combs,  
our new Economic  
Development  
Director**

By Matt Appenzeller

As the Register Herald reported, the Preble County Commissioners have hired Shawnda Combs as the Preble County Economic Development Director. Shawnda's hiring is the County's contribution to the Preble County Development Partnership, Inc. and serves as an important step for economic progress in the county. Shawnda agrees that a strong Chamber of Commerce in the county is an important part of a comprehensive development program.

We asked Shawnda to provide a brief statement for our members. She writes,

“I'm truly looking forward to the opportunities that lay ahead in my new post as Economic Development Director for Preble County. Many opportunities have already been identified by a progressive partnership of both public and private officials. The Preble County Development Partnership provides avenues and strengths that are seldom seen in a professional arena. This speaks to the quality of business and community involvement here in Preble County. These attributes create a successful business environment which, in turn, creates a better quality of life for our residents.

Together we will progressively move forward on new business attraction that will enhance our agricultural scenery and create jobs, sustaining our livelihoods for years to come. Though business attraction is a primary goal, retention of our existing businesses is paramount; we must first take care of our own before we are truly able to be successful with new recruitment. On this journey, we must continue to be creative and forward thinking while respecting our past and culture that has led us to this day.

I believe we are headed in the right direction and I'm proud to be a part of this process, but mostly I'm proud to say that I love Preble County!"

On behalf of the Board of Directors and our membership, please join me in welcoming Shawnda to her new role!



Henny Penny is pleased to host October's "Toast of the Town!"

You are invited to join members of our Executive and Marketing teams for networking, equipment demonstrations and light appetizers on **Thursday, October 21, 2010 from 5:00 to 7:00 pm.**

We look forward to opening our doors to the Preble County Chamber community to share our history, heritage and global reach!

Products on demonstration will include our newest product introduction, the Evolution Elite fryer and our PFE-500 and PFE-600 pressure fryers.

## Safety Council Update

By Mike Jeffery



The Preble County Safety Council met on Wednesday, September 15<sup>th</sup> at the Preble County YMCA. The speaker for this meeting was Olivea DeLegal,

Industrial Safety Consultant, speaking on "Drug Free Safety Program." Our next meeting of the Preble County Safety Council will be Wednesday, October 20<sup>th</sup> at the Preble County YMCA and Jack Royer, City of Eaton Fire Chief, will speak on "Fire Prevention."

Also, at the October 20<sup>th</sup> meeting, Mark Ashworth, representing the BWC's Division of Safety & Hygiene will assist with the distribution of checks to last year's Safety Council members who met all the requirements for 2009-2010.



Preble County Historical Society, Inc.  
7693 Swartzel Rd. Eaton, Ohio 45820

## October 2 & 3 FALL GATHERING

Stay close to home at the Preble County Historical Society's *Fall Gathering* where there will be something for everyone this year! Antiques, Auction, Living History Interpreters, ag-demos, petting zoo, traditional tradesmen, good food, hay rides, kid's activities, and music, all at one site on Saturday, October 2 and Sunday, October 3, 9am-5pm both days.

The auction, antiques and living history weekend will be held at the Preble County Historical Center, 7693 Swartzel Road, Eaton, Ohio (off St. Rt. 122, 6 miles SE of Eaton, 1 mile NW of Gratis. Call 937-787-4256 for more information or visit our web site at

<http://pchs.preblecounty.com>.

Admission is FREE for society members and kids under the age of 18! Non-members, a \$5 admission donation.

Consigned and donated merchandise are still being accepted for Saturday, October 2 auction to begin at 1pm. Auction services provided by Kramer & Kramer Auctioneers, Eaton, Ohio. Consignment fee is only \$10 per item along with 10% commission. Visit [www.kramerauctions.com](http://www.kramerauctions.com) and for more auction details.

Antique dealers will be offering a variety of merchandise which will appeal to all discerning buyers, bargains await your purchase! Traditional artisans will be setup, hawking and demonstrating their craftsmanship and works of art.

Musical entertainment throughout the weekend will feature the *Miami Valley Flute Circle* with *John De Boer (Spirit Thunder)*, a wonderfully talented musician, and composer, and his debut recording "Flute Songs for a Blue Moon" are certainly a welcome addition and we are honored to have this

acclaimed artist join us." Music is not just something that he does... music is everything that he is...."

John will perform at 12:30pm both Sat. & Sun.

*Uncle Mike Carr, the "Roving Fiddler"*, will perpetuate awareness and pride in the honest to goodness string music of the hills.

Sunday's music will also feature *Higher Vision Bluegrass Band* at 2:15.

Followed by the *One More Time Swing Band* at 3:30, sponsored by The Suites of Greenbriar, Eaton, OH.

Take a step back in time with the living history interpreters, representing different time eras, from Native Americans, Miami Valley Reenactors, Rev. War, Civil War, Indian Wars, Cowboys, WWI, and WWII.

A 50-50 cash raffle drawing will be offered: tickets \$1 each or 6 for \$5. The lunch stand will offer good food including grilled sandwiches, ham & bean soup and homemade pie, ice cream from Ullery's!

For the kids, young and old alike, petting zoo & pony rides from Valley Exotics, kiddy tractor pull hosted by Marvin Epperson (Sunday afternoon only beginning at 3pm), kids activities, face painting, candle dipping, hayrides around the farm including trips to the wetlands and prairies, and historical buildings and hiking trails will be open.

*The Herb Society of PCHS* will host a fall booth offering homemade breads, jams & jellies, herbal vinegars, dried

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flowers, potted mums, pumpkins, gourds, bittersweet, and educational publications.

Enjoy a beautiful fall weekend at the farmstead setting at the Preble County Historical Center. With so much to see and do, mark your calendars, *YOU* won't want to miss the **October 2 & 3 Fall Gathering!**

## Two Events at the Preble county Park District

The Preble county Park District has 2 events coming up on **Saturday, October 9, 2010** at the Allen and Adaline Garber Nature Center, 9691 St. Rt. 503 N., Lewisburg, Ohio

### FEED THE BIRDS



From 10:00 am to 12:00 noon, our Volunteer Naturalist Roberts Loman, will be in the Farmhouse Kitchen making mini-seed bells. This is a two hour drop-in program. Stop in with the family to make mini-seed bells to hang in your yard. Children must be accompanied by an adult. Supplies provided.

### HEALTHY HEART HIKES



The first monthly adult "Healthy Heart Hike" will be Saturday, October 9<sup>th</sup> starting at 11:00 a.m. and concluding at 1:00 p.m. with sign in/sign out at the farmhouse. Hikes are self-guided, 2-3 miles in length over uneven terrain. Appropriate footwear is recommended. Well behaved dogs are welcome on 6

foot leads. NO flexi-leads. Additional Hikes will be held the 2<sup>nd</sup> Saturday of each month through March, regardless of weather, if roads are safe.

Call the Nature Center at 937-962-5561 for additional information or check out our website:

[www.preblecountyparkdistrict.org](http://www.preblecountyparkdistrict.org) .

The Nature Center provides nature trails in the 33 acre forest, a 400 foot handicapped accessible boardwalk and handicapped restroom facilities at the forest trail head, geo-caching, a wetland, and is open daily from dawn to dusk.

## The Business Brown Bag Series



are practical programs for business people from experts with answers. Here is the next program:

**October 21, @ 12pm:**

**Jon Heffner, Heffner & Associates, Ltd.,**

**Topic: Tales from the Trenches: Avoiding the Biggest Business Pitfalls.**

Programs are held at the **Preble County District Library Administrative Offices, 450 S. Barron Street**. The cost for the program for non-Chamber members is \$5.00. Preble County Chamber of Commerce Members are not charged.

Mr. Heffner is the owner and general partner of Heffner & Associates. Previous to and running concurrently with his present business, Jon was the Director of the Business Development Center and Applied Technology Center at Upper Valley Joint Vocational School

from 1981-1997. Prior to 1981 Jon was a school counselor and principal and was on the original staff for the formation of Upper Valley Joint Vocational School in 1975. Jon has a bachelors degree with a dual major in political science and psychology and a masters degree in counseling and psychotherapy. He has completed significant post graduate work in finance, business administration, and business analysis. He has been designated as a certified business analyst by the Ohio Department of Development and the U.S. Small Business Administration. Jon is also a licensed real estate agent.

<http://www.heffner-associates.com/>

This program is co-sponsored by the Preble County Chamber of Commerce and the Preble County District Library. For resources available from the Brown Bag Series go to:

<http://www.pcdl.lib.oh.us/reference/business/index.html>

-- Director Abby Noland, M.Div, MLS  
Preble County District Library

-- Matt Appenzeller, Executive Director  
Preble County Chamber of Commerce

## New FCC Rules may provide opportunities for Wireless Users

Recently, the Federal Communications Commission approved new rules for previously unused airwaves, generally referred to as "white space". This may have interesting implications for entrepreneurship and innovation.

Check out this interesting interview with Wharton legal studies and business ethics professor Kevin Werbach at <http://knowledge.wharton.upenn.edu/article.cfm?articleid=2599> .

## Reminder: Do Not Use the Chamber of Commerce E-Mail Distribution List

By Matt Appenzeller

In 2003, Congress enacted the CAN-SPAM Act which provided legislation for unwanted text messages or email. According to the Federal Communications Commission, the term “spam” refers to “any unsolicited email”.

On several occasions over the past year, four Chamber of Commerce members have used our email distribution list to announce events. By definition, this is an unsolicited email message and fits the definition of spam. Despite your enthusiasm for your organization, the Preble County Chamber of Commerce does not authorize the use of our email distribution list for this or any other purpose.

## Preble County Chamber Golf Tournament!



The Preble County Chamber of Commerce Golf Tournament was held Thursday, September 2nd at Hueston Woods Golf Course near Oxford. We had nine teams participate this year. It was a Great Day and we appreciate all those who participated.

**1st Place Team Winners** was: Brown Transport, Inc., consisting of Mickey Brown, Dave Turner, Frank Worley & Mick Krieger.

**2nd Place Team Winners** was: Gross Roofing & Sheet Metal, consisting of Larry Ramsey, Butch McCoy, Tom

Ferriell & Rick Nuthman.  
*Congratulations to all!*

Thanks to all our “Golf Hole” sponsors: U S Bank, CenturyLink, Stan’s Body Shop, Eaton National Bank & Trust Co., Carmela’s Pizzeria, Williams & Keckler, LLC, Dr. Jill Vosler, Gross Roofing & Sheet Metal, Wood Propane, Bullen Ultrasonics, Inc., Ameriprise Financial-Rudy Roth, Simon Insurance, Simon Financial, Catron’s Glass, Inc., and The Greenbriar Senior Living Campus.

Thanks to all the “Golf Cart” sponsors: U S Bank, Wal-Mart, Bullen Ultrasonics, Inc., Chrimer Agency, Eaton Floor & Wall, Taffy’s, Lawson’s Depot, Ameriprise Financial-Rudy Roth, Kevin Turner, The Greenbriar Senior Living Campus.

Thanks to those who sponsored “Special Holes” - “Longest Drive” – Dr. Jill Vosler; “Closest to the Pin” – Hueston Woods Golf Course; and “Longest Putt” – Eaton Floral Balloons Gifts & Home Décor. Also, Thanks to all the others who donated door prizes for this event.

“Thanks” to all the committee members, Brad Neavin, Kevin Turner (who brought his homemade pastries, to go with the coffee donated by McDonald’s), Shawn Murphy, Kim Eck, Kristi Black; assisted by Matt Appenzeller and Virginia Lindsey for all their work and donations toward the lunches for the participants. Special thanks to Henny Penny Corporation and Wal-Mart for some of the food donated. A special “Thanks” to the staff at Hueston Woods who each year helps out for this yearly event and we appreciate all their work as well.

Next year’s Golf Tournament is **tentatively** scheduled for Thursday, September 1, 2011 at Hueston Woods Golf Course.

Proceeds from our golf tournament go to support the Preble County Chamber Scholarship winner each year as well as the Ohio Business Week Scholarship winner.



## Health Spot....

Sponsored by The Greenbriar

## Eat More Dietary Fiber



### What is fiber?

Fiber is the part of carbohydrates that cannot be digested. It is found only in plant foods – whole grains, legumes (e.g., lentils and beans), nuts, fruits, and vegetables. There are different types of fiber. Soluble fiber partially dissolves in water, and resembles jelly. Insoluble fiber is another kind of fiber that passes through your digestive system basically unchanged. Different kinds of fiber protect against different kinds of diseases.

The average American consumes 15 grams of fiber daily. That is far below the National Institute of Medicine recommendation:

- Women should aim for 25 grams of dietary fiber daily
- Men should aim for 38 grams of dietary fiber daily

The current recommendation is that fiber needs to come from food, not supplements. Many foods have no fiber, but provide a variety of vitamins, minerals, and nutrients. Meat, fowl, fish, and dairy products do not contain fiber. This includes milk, cheese, yogurt, and ice cream. Juices contain little fiber, and there is no fiber in soft drinks, eggs, sugar, and fats. The best fiber sources are whole grains, fresh fruits and vegetables, legumes, and nuts.

# CHALLENGE

**Eat 25 to 38 grams of dietary fiber daily.**

## GRAINS

- Barley, pearled, cooked ½ cup - 3.0 grams
- Bread, whole-wheat 1 slice - 1.7 grams
- Bread, white 1 slice - 0.6 gram
- Cereal, bran flakes ¾ cup - 5.3 grams
- Corn grits, yellow ½ cup - 0.5 grams
- Flour, whole wheat ½ cup - 7.3 grams
- Oatmeal, plain, cooked ¾ cup - 2.8 grams
- Rice, brown, cooked 1 cup - 3.5 grams
- Rice, white, cooked 1 cup - 0.7 gram

## BEANS

- Baked beans, canned ½ cup - 7.0 grams
- Black beans, cooked ½ cup - 7.0 grams
- Great northern beans, cooked ½ cup - 6.2 grams
- Kidney beans, cooked ½ cup - 5.7 grams
- Pinto beans, cooked ½ cup - 7.4 grams
- Soybeans, cooked ½ cup - 6.0 grams

## FRUITS

- Apple 1 medium - 3.3 grams
- Apricot 3 medium - 2.1 gram
- Banana 1 medium - 3.1grams
- Blackberries, fresh 1 cup - 7.6 grams
- Blueberries, fresh 1 cup - 3.5 grams
- Dates ½ cup - 7.1 grams
- Orange 1 medium - 3.1 grams
- Peach 1 medium - 1.5 grams
- Pear 1 medium - 4.4 grams
- Prunes, dried and stewed ½ cup - 3.8 grams
- Raisins ½ cup - 2.7 grams
- Red raspberries, fresh 1 cup - 8.0 grams

## VEGETABLES

- Acorn squash, fresh, baked ½ cup - 4.5 grams
- Artichoke hearts, cooked ½ cup - 4.5 grams
- Asparagus, cooked ½ cup - 1.8 grams
- Broccoli, chopped, cooked ½ cup - 2.6 grams
- Brussels sprouts, cooked ½ cup - 2.0 grams
- Cabbage, cooked ½ cup - 1.4 grams
- Carrot, cooked ½ cup - 2.3 grams
- Green beans, cooked ½ cup - 2.0 grams
- Lettuce, romaine 1 cup - 1.2 gram
- Potato, w/skin, baked 1 medium-3.8 gr.

# The value of dietary fiber

Dietary fiber is an essential part of a healthy diet. It helps prevent constipation and diverticulosis (a common bowel problem linked to low-fiber diets), and enhances the overall function of the bowel. Insoluble fiber – especially wheat bran and oat bran – keeps you “regular.” Increase your fiber consumption slowly to give your body time to adapt. At the same time, increase the amount of water you drink, because fiber absorbs water.

High-fiber diets also decrease your risk of type 2 diabetes. Eat lots of unrefined foods – especially whole grains. These are high in dietary fiber and help lower blood sugar (glucose) levels.

Fiber helps removes cholesterol from your digestive system. In fact, this is essentially the only way the body has of getting rid of cholesterol from the body. For every 5-10 grams of soluble fiber eaten, LDL cholesterol (the “bad” cholesterol) levels drop by 5%. The risk of death from heart disease drops 2-3% for every 1% drop in LDL cholesterol levels. An analysis of 10 studies from the United States and Europe shows that fiber from whole grains and fruit is especially protective against heart disease.

## Ways to increase fiber in your diet

- Choose an orange or grapefruit instead of juice for breakfast.
- Use fresh or dried fruits for desserts or snacks.
- Add cooked beans and peas to soups, stews, casseroles, and salads.
- Choose whole-grain breads and cereals instead of white bread and white rolls.
- Choose high-fiber grains, such as buckwheat, brown rice, and bulgur, in place of white rice or white flour products in side dishes, soups, and stews.

- Leave the skin on potatoes, fruits, and vegetables. This outer layer is high in fiber.
- Try bran cereal, oats, or soy-based cereal as an added ingredient to recipes.
- Add raw bean sprouts to your sandwiches.
- Snack on a handful of nuts or a few raw vegetables instead of cookies or chips.
- Use your daily fiber log. It will remind you to eat fiber-rich foods.
- Eat 2-3 cups of vegetables each day.
- Eat 2 or more cups of fruit each day.
- Eat at least 3 servings of whole-grain cereals, breaks, crackers, rice, or pasta daily.
- Emphasize plant proteins – beans, lentils, peas, nuts, and seeds – in place of meats.

**“Welcome”  
New  
Chamber  
Members!**



### Lawn Plus

Rodney Creech  
 Located at: 5062 Bantas Creek Road  
 West Alexandria, OH 45381  
 Phone: 937-839-5296  
 Email: [randcreech@frontier.com](mailto:randcreech@frontier.com)  
 Website: [www.lawn-plus.com](http://www.lawn-plus.com)  
 Product/Service: Lawn Health

### Cleary Machine Company, Inc.

Angela Salazar  
 Located at: 4858 U.S. Route 35, East  
 West Alexandria, OH 45381  
 Phone: 937-839-4278  
 Fax: 937-839-4022  
 Email: [asalazar@clearymachine.com](mailto:asalazar@clearymachine.com)  
 Website: [www.clearymachine.com](http://www.clearymachine.com)  
 Product/Service: Machine and  
 Fabrication Service, Engineering &  
 Design