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Chamber Members Receive ID Decals and Updated Info

The Gadsden County Chamber of Commerce thanks our members for their past membership and continuing support in 2009. By now, all renewed members should have received a 2009 window decal identifying themselves as a current member of the Chamber as well as a small leaflet outlining various member benefits. The Chamber requests members to prominently display their identification decal in entryways; additional decals are available upon request for multiple entries, drive-thru windows and vehicles.



As part of our dedication to providing useful benefits to Chamber members we strongly encourage members actively participate in the variety of programs created based on your specific requests and suggestions. As YOUR Chamber we are willing to work with each member - whether an individual, family or business organization - to ensure maximum value is received for the membership investment.

For more information about your membership, or if you have not received your 2009 membership renewal information, contact Michelle Burdick, the Chamber's vice president of membership at michelleburdick@tds.net or (850) 627-9231.

Welcome New Members

Snow Consulting

Greensboro
(800) 853-1191
Consultant/Merchant Services & Payment Processing

Yoga Dog, Inc.

Quincy
(850) 284-3718
Health/Fitness/Safety

Yoga Studio to Open in Quincy

The Gadsden County Chamber of Commerce is pleased to announce the opening of Yoga Dog Studio at 103 East Jefferson Street in Quincy. Yoga Dog will host a grand opening party on the evening of April 17 from 5:00 until 8:00 to encourage the public to visit the studio, learn about the therapeutic benefits of yoga, pick up a schedule and meet some of the teachers.



Rachel Bowden, owner and instructor, pictured her son Brooks in front of the new Yoga Dog Studio.

“I think Yoga Dog is a wonderful addition to Quincy,” said Michelle Burdick, the vice president of membership for the Gadsden County Chamber of Commerce. “People will be able to improve their health and reduce stress levels without worrying about driving to Tallahassee. The central location along with the variety of classes and schedules will be especially helpful to all Gadsden County residents.”

The studio will open for business on Monday, April 20 to offer a variety of yoga, pilates and tai chi classes to the residents of Gadsden County. Morning, midday and evening classes will be available along with group and private classes. Yoga Dog, a new member of the Chamber, is owned and operated by a yoga instructor, Rachel Bowden.

“Everyone can benefit from yoga,” says Rachel. “No experience or level of fitness is required. In fact, some of the most prevalent health conditions plaguing people today can actually be improved by practicing yoga. The health benefits of yoga are now well documented in medical research. I am really excited to bring this therapeutic practice to the people of this community.”

Email Rachel Bowden at yogadog@me.com for more information about Yoga Dog Studio or to obtain a schedule of classes. Yoga Dog’s official website is under construction and will be available soon at www.yogadogyoga.com.

Member Spotlight

Time to Celebrate for Buy-Rite Drugs

The Gadsden County Chamber of Commerce is pleased to announce the five year anniversary celebration of long time Chattahoochee member, Buy-Rite Drugs. Located at 35 Jefferson Street in Chattahoochee since March 29, 2004, Buy-Rite Drugs has always been a community-oriented business. Not only does Buy-Rite Drugs sponsor many recreation teams and support their local schools, churches and civic organizations they also participate in Chamber sponsored fundraisers like the annual Gadsden County Toys for Tots drive and other Chamber events.



Ron Pickens, pharmacy manager, with staff Kelly Boyd, Shirley McDaniel and Wanda Campbell pictured at the Buy-Rite Drugs located in Chattahoochee.

Buy-Rite Drugs had their official celebration on Friday, March 27. Free lunch was offered from

noon until 2:00 p.m. Customers were encouraged to stop by for a bite to eat and register for a chance to win prizes and shop the special sales.

“We hoped all of our customers and friends would come by and help us celebrate this special day,” said Ron Pickens, the pharmacy manager. “We know that without them this day would not be possible.”



Inside glimpse of the new Buy-Rite Drugs building in Havana

“We take great pride in offering hometown service to each one of our customers. The last five years have really gone by fast,” continued Pickens. “We have been very fortunate that our business has continued to grow. We have the best customers in the world and they have truly been loyal to us. For that fact alone we owe them so much.

Earlier in March, the Chamber joined Buy-Rite Drugs to celebrate the official grand opening and ribbon cutting ceremony for the new building in Havana. The store, previously known as the Drug Store of Havana before Buy-Rite Drugs purchased it in March 2005, moved from its location on East 7th Avenue to its new place at 704 South US Highway 27 next to Stone’s Home Center of Havana.

“These two stores are examples of the positive business growth that Gadsden County is capable of in spite of the current economic situation,” said Michelle Burdick, the Chamber’s vice president of membership. “Buy-Rite Drugs actively provides Chattahoochee, Havana and their surrounding areas with essential medication and other products at affordable prices along with their friendly and respectable customer service.”

“We want to thank Havana for the superb reaction and turnout for our grand opening,” said Wayne Glover, the pharmacist at Buy-Rite Drugs.

Glover and Gracy Jacobs, a district manager for Buy-Rite Drugs, were glad to have provided lunch to members of the community as well as the opportunity to give away door prizes like the Sony CD/Ipod Boombox to customer Gwen Johnson and an Apple Ipod to Jean Strickland.

Because of the spacious new location, Buy-Rite Drugs is able to offer a convenient double drive-thru service to its customers along with a five day delivery service and an expanded pharmacy to provide better prescription availability to the community. The delivery service for prescriptions and doctor prescribed over-the-counter products is available for a one dollar fee. One five-dollar gift card, good for any purchase in the store, will be offered to customers transferring their



Margo Sumner, (Buy-Rite Drugs in Bristol), Michelle Burdick (Gadsden County Chamber of Commerce), Gracy Jacobs (Buy-Rite Drugs district manager), Wayne Glover (pharmacist), Shelley Jernigan (manager) and Jason Moring (Buy-Rite Drugs district manager) share the ribbon cutting ceremony at the Buy-Rite Drugs in Havana.

prescription(s) from another pharmacy throughout March and April.

Buy-Rite Drugs in Havana also contributes to its community by way of donations to the Relay-4-Life and T-Ball and Little League sponsorships for Havana Recreation. The store has even entered a float in the annual Havana Lawnmower Parade and provides a place for local organizations to communicate to the community through flyers.

About Buy-Rite Drugs: Buy-Rite Drugs is an independently owned chain based out of Albany, Georgia with ten stores located throughout Florida, Georgia and Alabama. Gadsden County is home to two of the five Florida stores with locations in Chattahoochee and Havana. Buy-Rite Drugs offers a full service pharmacy that accepts all major insurance plans, Medicare D plans, and has competitive pricing for non-insurance patients. Customers are encouraged to shop their gift section which includes greeting cards, seasonal giftware and even collegiate sports paraphernalia. For more information, visit their website at www.buyritedrugstores.com.

Upcoming Events

The Gadsden County Chamber of Commerce invites you to participate in the listed upcoming events. Please note RSVPs may be required for these events.

April 17

5:00 p.m. to 8:00 p.m.

Yoga Dog Studio

103 East Jefferson St., Quincy

Grand Opening/Ribbon Cutting - Rachel Bowden, owner and operator of the Yoga Dog Studio, and the Gadsden County Chamber of Commerce invites Gadsden County to come and join in celebrating the official grand opening of the new yoga center in Quincy. Take the opportunity to visit the studio, meet the instructors and pick up a schedule while learning about the therapeutic benefits of yoga, pilates and tai chi.

Information about Yoga Dog Studio can be obtained by emailing yogadog@me.com or call (850) 284-3718.

April 18

10:00 a.m. to 2:00 p.m.

Tallahassee Community College - EWD Building

444 Appleyard Drive, Tallahassee

Get a Job 102 Career Expo

The **WORKFORCE plus** "Get A Job 102 Career Expo" to be held on Saturday, April 18, 2009 at the Tallahassee Community College Economic & Workforce Development Building, 444 Appleyard Drive, Tallahassee.

WORKFORCE plus is committed to making this a valuable opportunity for our business community. They are seeking employers who are looking to enhance the work experience of youth either through employment, summer internships, or career exploration, while contributing to the success of your company.

The "Get A Job 102 Career Expo" will take place from 10:00 am to 2:00 pm. There is no charge

for the use of a booth; however, a pre-registration is required. Booth space will be assigned on a first-come, first-serve basis.

If you are interested in participating, please call (850) 617-4602.

Join us in our commitment to support youth on their path to successful careers.

April 18 & 19

Spend the Day or the Weekend in the Town of Havana

Grand Opening for Havana Trading Company - Saturday

Come visit the new Havana Trading Company as they celebrate their official grand opening at 208 NW 1st Street in Downtown Havana. Vendors will be participating in the Merchant Sidewalk Sale so come check out some great bargains.



H&H Warehouse Sale - Saturday, 10:00 a.m. to 6:00 p.m. and Sunday, Noon to 5:00 p.m.

Primarily there will be new furniture and accessories that will be offered at great deals so H&H can make room for new items they have coming in. In addition, they will have pecky and deadhead Cyprus for sale. They will also be having some great sales on custom ordered and non-discontinued items. Norwalk, Stanley, Miles Talbot, and Mcneilly Champion will be 20% off; Wesley Hall will be 35% off. Call (850) 539-6886 for more information.

Merchant Sidewalk Sale - Saturday

The Town of Havana invites you to browse their Merchant Sidewalk Sale throughout Saturday, April 18. There will be a 50/50 cash drawing as well as the chance to receive merchant gift certificates.

Old Time Havana Day Kick-Off Fish Fry - Saturday, 5:00 p.m.

Enjoy an old-fashioned fish fry, complete with cole slaw, hushpuppies, cheese grits and music to eat by! Tickets are \$8 and available at the fry. Proceeds benefit, in part, the Juvenile Diabetes Research Foundation. For more information, call (850) 539-1544.



Bead Festival - Saturday & Sunday

Bead lovers from all around the world come to Havana to find that one special piece in one of Havana's most "colorful" events. Approximately 40 dealers from all over the U.S., with anything from one-of-a-kind handcrafted pieces to wholesale beading supplies will be exhibiting. This event always offers a broad array of beads jewelry, findings and on-site creations. Admission is \$4.00. Call (850) 539-6343 for more information.

April 21

9:50 a.m. to 3:00 p.m.

UF-IFAS North Fla. Research & Education Center
155 Research Road, Quincy

2009 Quincy CEU Day

IFAS Administration has organized a statewide CEU event to assist our faculty/staff in keeping their pesticide applicators licenses valid. Many of our employees will not opt to retake exams as a means of renewing their licenses, thus it's important that we team together to provide programs that provide them opportunities for earning CEUs.

For more information, please contact Dr. Fred Fishel at (352) 392-4721.

April 22

8:00 a.m. to 9:00 a.m.

Gadsden Historical Society/Women's Club
304 W. King Street, Quincy

Go Gadsden! Leads Group Meeting

Presentation by Gadsden Arts Center

The Gadsden County Chamber of Commerce is pleased to invite you to participate in our member benefit: the Go Gadsden! Leads Group. This leads group was created to give members access to additional opportunities for building more relationships to obtain new business referrals. Guests are welcome but RSVPs are requested.

Go Gadsden! meets on the second and fourth Wednesday morning of each month. Call (850) 627-9231 or email gadsdencc@tds.net by 2 p.m. on April 20 to attend or obtain more information.

April 23

11:30 a.m. to 1:00 p.m.

WORKFORCE plus Executive Center
325 John Knox Rd. - Building B, Tallahassee

How Will the Stimulus Package Impact My Business?

Do you know the latest legal changes and trends in the world of employment law? Get the facts from one of our area's leading employment law attorneys, Bill Krizner, the president of The Krizner Group, as he outlines the specifics that all human resource professionals should be aware of.

Some of the topics to be addressed include the following: payroll, incentives and COBRA.

To learn more or RSVP please contact: wfp@wfplus.org or (850) 617-4602.

April 23

Noon

Gadsden Arts Center
13 N. Madison St., Quincy

The Savvy Senior

Capital Health Plan proudly presents The Savvy Senior, a series of lunch and learn programs for older adults who want to learn more about creating and maintaining health, happy, and active lifestyles. "Join the Trend with Colon Screening" is presented by Tara Loucks, ARNP-C, the clinical director of the Colon Screening Program at Capital Health Plan. Anna Johnson is one of the most familiar faces in Tallahassee as the former morning host for WCTV's "Good Morning Show." There is no charge; just bring your lunch. Drinks will be provided. Please RSVP to (850) 523-7333.

April 24-26 & 30

8:00 p.m.

Quincy Music Theatre
118 East Washington Street, Quincy

The Sound of Music

Set in 1938, The Sound of Music tells the story of Maria Rainer, a free-spirited nun, who is

hired by Captain George Von Trapp to care for his seven children. Although Captain Trapp is engaged to a wealthy socialite, he and Maria eventually fall in love and marry--but their happiness is soon shattered when the Nazis invade Austria. The Sound of Music opened at the Lunt-Fontanne Theatre on November 16, 1959 and would eventually become the second longest running Broadway musical of the Fifties. The original production featured Mary Martin and Theodore Bikel. The 1965 film version co-starred Julie Andrews and Christopher Plummer.

Purchase a ticket by calling the box office between the hours of 5:00 p.m. to 7:00 p.m. Monday through Fri day at (850) 875-9444. For more information, visit www.gmtonline.com.

April 29

1:00 p.m. to 4:00 p.m.

Tallahassee Community College - Center for Workforce Development
Building 38, Room 105
444 Appleyard Drive, Tallahassee

Construction and Demolition Debris (C&D) Recycling Workshop

The Florida Department of Environmental Protection (FDEP), in association with the Southern Waste Information eXchange, Inc. (SWIX), Tallahassee Community College and the Tallahassee Builder's Association, is sponsoring a free half-day workshop on this important topic.

This workshop is free and is designed for contractors, members of the Tallahassee Builder's Association, local and state government officials, and other interested parties. The workshop will cover what construction and demolition (C&D) debris is, its composition, how much of it there is, how it is handled and managed in Florida, what a local C&D recycler does with this material, how much of this waste stream can be recycled and reused, how recycling C&D helps to protect the environment, and how builders/contractors can potentially benefit economically by utilizing C&D materials in their projects.

To register, call Heather Bellamy at (800) 441-7949 or email heather@swix.ws.

WORKFORCE *plus* Makes Plans for \$2.2 Million in Stimulus Funds

Employment and Job Training Priority

WORKFORCE *plus* announces the receipt of \$2.2 million in stimulus dollars through President Obama's American Recovery & Reinvestment Act. These funds will be used to promote employment and training services in our local area. Shared focus includes the creation of new jobs and support of existing jobs.

Since officially entering a recession in December 2007, Florida has lost the second largest amount of jobs, only behind California. Locally, over 13,000 positions have been eliminated. Currently, Florida's unemployment rate stands at 9.4%, while locally we have a regional rate of 6.9%.

The priorities of **WORKFORCE *plus***, to ensure the most effective use of stimulus dollars include working together with local businesses and key stakeholders to successfully help Florida recover, encourage other partners receiving stimulus dollars to leverage our shared resources by investing locally, and that there be a commitment to hiring locally and using the workforce system as a tool for providing accountability and transparency in the process.

“**WORKFORCE plus** is pleased to be a part of a statewide system designed to expedite the recovery of our state by expanding the level of resources to those who have been dislocated,” says Kimberly A. Moore, Chief Executive Officer. “Additionally, we are encouraged with the added support that will be afforded local businesses that are creating jobs or in need of additional training support for their existing workforce.”

WORKFORCE plus and the Board of Directors are working closely with the local Chambers of Commerce, Economic Development Councils, School Boards and other community partners to address the needs of both the business community as well as job seekers in our area. Outreach is being conducted by all partners to define the needs of each targeted audience and how best to utilize the stimulus funds. **WORKFORCE plus** has also created the Economic Stimulus Advisory Council. This Advisory Council will be responsible for organizing and advising **WORKFORCE plus** on appropriate advances that are to take place under the stimulus initiative. If you are interested in serving on the Advisory Council, please contact (850) 617-4602.

A key component of the American Recovery & Reinvestment Act includes an extensive Summer Youth program for 16-24 year olds. **WORKFORCE plus** is seeking employers with the capacity to serve as work experience host sites for multiple youth. The purpose of work experience is to provide the youth participant with the opportunities for career exploration and skill development. Work experience sites may be in the private sector, for-profit sector, non-profit sector or public sector. **WORKFORCE plus** will be funding the work experience activity for up to an eight week period at \$7.25 per hour. Any business interested in signing up is encouraged to contact **WORKFORCE plus** at (850) 617-4607 or send an email to wfp@wfplus.org.

WORKFORCE plus expects to release additional information regarding local stimulus initiatives over the next month.

Florida Business Survey

State Representative Dave Murzin has asked that any individuals connected with a business in the State of Florida to please provide him with input for his committees work in Tallahassee.

As Chair of the Florida House's Economic Development and Community Affairs Policy Council, he has been given the honor of helping lead our state's economic recovery. The Council recognizes that government many times gets in businesses' way and prevents them from creating new jobs and activity. As a member of the business community, he hopes you will assist him in obtaining a better understanding of these impediments and other issues that are important to you.

Since 2002, he has used pre-session surveys to solicit the thoughts and opinions of constituents on a variety of topics. This year, he has also compiled a short survey with business-specific questions. Please take the survey at: www.flhouse.us/business. Representative Murzin asks that you forward this to any business in Florida in order that they may have an opportunity to voice their opinions as well to assist him in gaining a better picture of our region's business climate.

Questions about the survey should be directed to: Dave Murzin, Florida House of Representatives, District 2, 204 House Office Building, 402 South Monroe Street, Tallahassee,

Florida 32399-1300 or by calling (850) 488-8278.

Big Bend Hospice and Quincy Music Theatre Present *The Sound of Music*

The Big Bend Hospice Gadsden County Advisory Council and Quincy Music Theatre are partnering to present one of the most adored musicals of our time, *The Sound of Music*, on April 23. The presentation is a memorial benefit for Dr. Jessie Furlow, beloved physician, and former Big Bend Hospice Associate Medical Director, who dedicated her healing skills to her patients in Gadsden County.

The evening will begin at 6:30 p.m. with a reception and silent auction at the Quincy Garden Center followed at 7:30 p.m. by a live auction from the Leaf Theater stage. Up for live auction will be a half day quail shoot and catered dinner for twenty-five by Susan Hinson. The preview performance will begin at 8:00 p.m. and tickets are only \$20. Proceeds will benefit Big Bend Hospice patient care in Gadsden County. Tickets are available at Buy Rite Drugs in Havana, Massey Drugs in Quincy, Mirror Antique Center in Havana and Focus Credit Union in Chattahoochee and Quincy.

Please contact Travia Cohen, Community Resource Coordinator, for more information at (850) 556-1786 or travia@bigbendhospice.org.

Bell & Bates Celebrates Spring

Bell & Bates invites you to celebrate spring with them by stopping by to browse their weekly supply of plants. They are also having a close-out sale on Crocs for \$19.95.

If you have a request for a specific variety of plants for your special spring bed, please be sure to give Cliff Edge a call at (850) 627-6115.

Manage Change and Improve Your Performance

Dr. D.M. Gabrielle specializes in human performance technology and instructional systems design. She is the chief executive officer of Gabrielle Consulting, Inc. where her niche is using motivational strategies to improve performance. As the former associate director of the Center for Teaching Excellence at the United States Military Academy, an accomplished author, Leadership Tallahassee graduate, and an in-demand speaker, Dr. Gabrielle brings extensive knowledge and experience in business performance. Join her on the journey to performance improvement of your organization in these extraordinary times.



Managing Change

May 6

11:00am – 1:30pm

How do you make effective decisions when policies and roles change? The work environment is constantly changing. Budget reductions, layoffs, reassignments, and shifts in priorities and policies are just a few of these changes. Change can create chaos and confusion, but when people learn to recognize and address the internal transitions associated with change, they are better able to manage their responses. This course will help participants learn to embrace

change, enhance productivity, and experience less frustration and stress in the face of adversity.

Improving Performance through higher EI

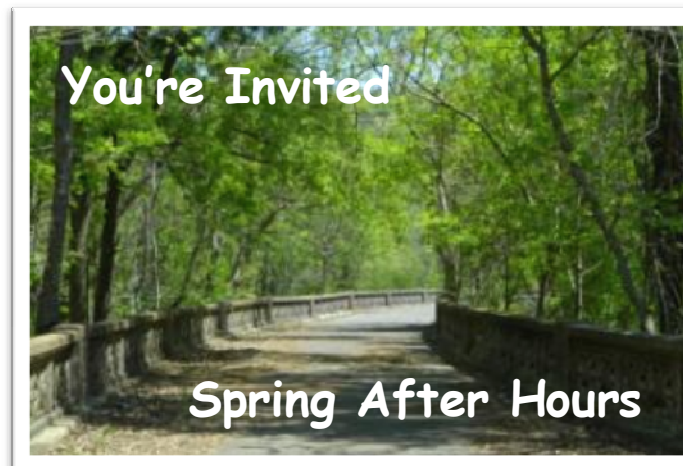
May 21

11:00am – 1:30pm

Emotional Intelligence (EI) is being increasingly recognized as the most important factor in career success, life satisfaction, and job performance. EI compliments cognitive intelligence (IQ) and helps us manage our lives better as well as the way we relate to other people. It enables us to better manage emotions of others and ourselves. It also helps us to determine what motivates ourselves and others. This course will provide an excellent foundation for participants to boost performance at all levels. Participants will take an EI assessment to determine areas of strength and areas needing improvement.

Business Outcomes: Improved productivity, fewer turf wars, increased morale, increased effective communication, increased motivation.

Register today because Dr. Gabrielle frequently has standing-room only for her presentations. Contact the Gadsden County Chamber of Commerce at michelleburdick@tds.net or (850) 627-9231 for additional information and to register. Dr. Gabrielle's bio is also available upon request.



**May 7, 2009
5:30 PM – 7:30 PM**

**River Landing Park
Chattahoochee**

**RSVP requested by April 30
michelleburdick@tds.net
(850) 627-9231**

The **Gadsden County Chamber of Commerce** and **Focus Credit Union** invite Chamber members and strategic partners as well as area business owners and managers to join us for our Spring After Hours social networking event. This event will emphasize the businesses located in Chattahoochee and the surrounding area. Sponsorships are available. Additional details are available at www.gadsdenfla.com. Select Events/Members Only.