OCTOBER 2020

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WASHINGTON COUNTY CHAMBER OF COMMERCE

BRENHAM, TEXAS



A Day of Giving Powered by

Community Foundation of the Brazos Valley



Brazos Valley Gives.org

Chamber to serve as donation hub for Brazos Valley Gives

Early Giving Now Underway

Twenty Washington County nonprofit organizations are participating in the 2nd Annual Brazos Valley Gives. Residents are encouraged to put "Community FIRST by giving where you live."

Brazos Valley Gives will be held on Tuesday, Oct. 27. Given the needs within the nonprofit community, early giving began on Oct. 1. Participating organizations include nonprofits from Brazos, Burleson, Grimes, Madison, Robertson and Washington Counties.

Participating Washington non-profits are:

- -Adult and Teen Challenge of Texas-BVMC
- Blinn College Foundation
- Boys & Girls Club of Washington County
 - Brenham Children's Chorus
 - Brenham Heritage Museum
 - Brenham ISD Education Foundation
 - Brenham Pet Adoption Center
 - Burton Educational Foundation
 - Camp For All
 - CASA for Kids of South Central Texas
 - Citadel Christian School
 - Faith Mission and Help Center, Inc.
 - First Baptist Church School Brenham

- Here I Am Orphan Ministries
- HOPE Gathering, Inc.
- Miracle Farm
- New Beginnings Life Ministries
- Unity Theatre
- Washington County Healthy Living Association
- Washington on the Brazos Historical Foundation

A complete list can be found online at BrazosValleyGives.org. If you do not feel comfortable donating online, the Washington County Chamber will serve as a hub to collect money on each nonprofit's behalf.

"CONNECT AFTER 5'

WASHINGTON COUNTY CHAMBER NETWORKING EVENT

Tres Chic

201 East Main St., Brenham Thursday, Oct. 29 from 5-7 p.m.

Unwind after work and expand your network! Meet other Chamber members and generate new business contacts. Enjoy food and drinks, learn what's new in the community, and exchange business cards and brochures. Free for Chamber members and employees!

Members can post free 'Hot Deals' to boost sales

The Washington County Chamber promotes a "Buy Local" campaign year-round and the holiday season is the perfect time to reinforce awareness. To boost interest prior to the Black Friday sales

peak, the Chamber is assisting members to step up promotions in October and November. Statistics indicate that most holiday shopping decisions are made by Thanksgiv-

ing weekend. The Chamber will be encouraging area shoppers to search the "Hot Deals" section of Brenham-Texas.com for ideas and inspiration. Members can now list retail "Hot Deals" online and they will be promoted on social media and in eblasts. The Hot Deals will also be published as coupons in upcoming ChamberWorks newsletters in November and December. This opportunity is no additional cost to

Chamber members.

While we know shoppers won't swear off shopping online or at a chain store, the Chamber promotes looking for ways to integrate the value of supporting neighbors' and

friends' businesses in purchasing decisions. If local residents shift even one or two purchases to independent, community-based businesses this season, it will create a dra-

matic, positive impact on our local economy.

Non-profit organizations in Washington County depend largely on the contributions of local independent businesses who, in turn, depend on our patronage. If we value local business support for our children's teams, schools, bands or our favorite charities, we must recognize they can't do it without us!

The long-term relationships fostered by local businesses also cement commitment to schools, churches and civic clubs that aid not just our economic prosperity, but our community cohesion and trust.

To all who are reading this article: please do vourself and vour community a favor this year by shifting a bit more spending to local merchants, service providers, artisans and others. Along with helping your neighbors and community, you may just find that "going local" turns holiday shopping into a far more relaxing and enjoyable experience. One that rewards both you and your community.

To Chamber members: please take the time to post your Hot Deals before the end of October. If you need any personal assistance with the process, the Chamber staff are ready to help! Call the Washington County Chamber at 979-836-3695 or send an email to Shae Janner at shae@brenhamtexas.com.

Ribbon Cutting



Expansion of Service

Here or There Massage

Owners: Ryan and Charlotte Chavez 212-2 E Main St, Brenham

Working for YOU.

As a Chamber member, your promotional information is seen by thousands of people every month.

WALK-INS

Chamber of Commerce Sept. 2020 — 302

WEBSITE

www.BrenhamTexas.com

Unique Visitors

Total Pages

Sept. 2020 — 4,539

Sept. 2020 — 9,973

Washington County

BrenhamTexas.com

New Chamber Members

BURTON EDUCATIONAL FOUNDATION

Contact: Jane Hinze, President

P O Box 506

Burton, Texas 77835 Phone: 979-451-9138 jane_hinze@hotmail.com

www.burtonedfoundation.org Education

TECL 22459

FAITH ACADEMY OF BELLVILLE

Contact: Dee Ann Poorman, Fundraising Director 12177 HWY 36

Bellville, Texas 77418 Phone: 979-865-1811

dpoorman@faithacademybellville.org www.faithacademybellville.org

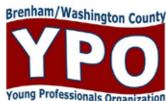
Education





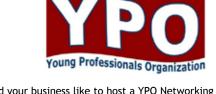
Ray L Weiss, CLU®, FIC, CLTC® **Financial Consultant** Five Star Financial Group ray.weiss@thrivent.com connect.thrivent.com/ray-weiss Thrivent Pinnacle Leaders Group 0 979-836-0693

203 S Jackson St



Would your business like to host a YPO Networking Happy Hour?

Email WashCoYPO@gmail.com to find out details.



WILLIAM "BOO" CHRISTENSEN **BROKER ASSOCIATE** 112 WEST MAIN STREET

BRENHAM, TEXAS 77833 boo@realtorboo.com

WWW.HODDERE.COM

www.infintechllc.com

979-836-8532 OFFICE 979-277-8426 CELL

GROUP BUYING POWER

Wende Ragonis President

Jane Hinze Member Services Manager Shae Janner Business Programs Manager Dawn Konieczny ... Communications Coordinator

Sarah Bryant Financial Coordinator

314 S. Austin St. | Brenham, TX 77833

979-836-3695 | www.brenhamtexas.com

Chamber members can now get major savings on credit card payment processing. Learn about our new member benefit program.



Contact Will Watson at (979) 345-2988 • will.watson@infintechllc.com



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www.bjelectricinc.com



September Members of the Month

Moorman Tate, LLP

207 E. Main St., Brenham 979-836-5664 MoormanTate.com

How long have you been in business?

— Since 1954.

What services do you offer?

— Legal services in nearly all areas of civil law practice. We strive to provide the same level of sophisticated legal work as large, big city law firms, combined with small town friendliness, compassion and a concern for our clients.

Tell us something unique about your business.

— Our firm has served as many as four generations of families since the firm was started by George Moorman in 1954. We have two attorneys who are Board Certified in Estate Planning and Probate Law by the Texas Board of Legal Specialization and two who are Fellows of the American College of Trust and Estate Counsel. We have received a Tier 1 rating by U.S. News - Best Law Firms in the areas of Trust and Estates Law, Litigation-Trust & Estates and ElderLaw. Many of our firm's lawyers have been individually honored with rankings as U.S. News "Best Lawyers" or Texas Monthly "Super Lawyers" and have served on various committees for the State Bar of Texas.

What do you love about Washington County?

— The people, the place, and the culture. I grew

up here and, when I graduated from Brenham High School, I never thought I would ever come back home. I did in 1976 and have never regretted it.

The Canyon Chick

220 East Alamo St., Downtown Brenham 979-353-5541 TheCanyonChick.com

How long have you been in business?

— Since 2017.

What services do you offer?

— We are a women's retail boutique with clothing, jewelry, accessories, shoes, home goods and much more, all at reasonable prices! And we can't forget about our new website, www.thecanyonchick.com, where all of our products can be purchased and still give our chicks The Canyon Chick shopping experience.

Tell us something unique about your business.

— We provide a style that is known as southern vintage charm mixed with western hippie boho chic. Although selling products is an important goal, spreading the love of Jesus and creating a happy shopping experience for all of our chicks is our #1 priority!

What do you love about Washington County?

— We love being in a county where southern hospitality and small town pride thrive! The support shown for our small town boutique is a tremendous blessing.

We Manage Properties

2638 Hwy. 36 S., Brenham 979-421-6468 BrenhamRent.com

How long have you been in business?

-9 years.

What services do you offer?

— Property management and leasing.

Tell us something unique about your business.

— We are the largest locally owned full-service property management company in the area.

What do you love about Washington County?

— The sense of community.

Century 21 Holton Realty

2638 Hwy. 36 S., Brenham 979-277-9944 HoltonRealty.c21.com

How long have you been in business?

— 16 years.

What services do you offer?

— Real estate sales.

Tell us something unique about your business.

 We service all real estate needs from residential, commercial to farm/ranch.

What do you love about Washington County?

— The sense of community.

Promote Your Business as a Breakfast Sponsor

"Wake Up, Washington County!" These networking events are held quarterly at various locations. You will meet other members and learn about their businesses as well as have the opportunity to inform others about your products and services. You will also hear updates from the Chamber about what is going on in the community.

For Chamber members, there is no

admission to attend. Two sponsors are sought for each event and it provides a huge amount of exposure and publicity. There is a site sponsorship and a food sponsorship, both \$200.

This event is a great way to promote your business. Your business name will be included on the invitations that all Chamber members receive, and you will be given recogni-

tion and additional time to talk about your business at the breakfast event.

Contact Jane Hinze at the Chamber for more info: jane@brenhamtex-as.com or 979-836-3695.

Thank you to our Chairman's Circle members ...



















Thank you to our Presidential Level members ...





























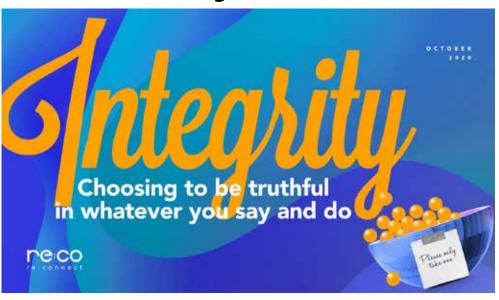






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Would you like to be a P.E.A.C.E. Partner?



This month we are focusing on INTEG-RITY: choosing to be truthful in whatever you say and do.

This one can be tough to talk about, because it can require a close examination of who we are. Being honest with what we say and do means that we take responsibility when we mess up, that we don't blame others for our faults, and that we show integrity wherever we are. It can be easy to do those things in public situations and then slip up

when we think no one's looking.

Here are some ways to practice integrity this month:

- Come clean when you have made a hasty or misguided decision. You do not blame others. You apologize and move on.
- You bring mistakes on your part to light and then work hard to correct them.
- You kindly, but honestly, tell people what they need to hear in order to grow and improve their practice.

A Partner for P.E.A.C.E. (Public Education Ambassador for Community Engagement) is encouraged to share the monthly value and promote that value within the company so that possible employees and customers will see that you also support public education. It is in hopes that the adults who see these values at their workplace will share with the children in their lives who are also seeing this at school. These Core Essential Values are taught at both Brenham and Burton ISDs.

The investment is only \$50 and you and your employees can make a big impact on the future of our local workforce.

Thank you to these dedicated Partners for P.E.A.C.E. who continue to make this program a success in Washington County. They help reinforce the Core Essential Values students are learning in local public schools at their businesses and through their employee interactions:

- Ant Street Inn
- Blue Bell Creameries
- Bluebonnet Electric Cooperative
 - Brenham National Bank
 - City of Brenham
 - Creatively Yours
 - Germania Insurance
- Glasco & Company Landscaping
- Mandy Allen at Better Homes and Garden Real Estate Hometown
 - Thielemann Construction Co., L.P.
 - Stegent-Thielemann Plumbing
 - Unity Theatre

We would love to have more!



TxDOT Engineer speaks to members

TxDOT District Engineer Lance Simmons gave a small group of Chamber Members and update on projects around the county on September 30 at the Washington County Fairgrounds Event Center.



For members in the **Senior Services** industry to discuss the needs in the community.

Tuesday, October 20 at 9 a.m.

Washington County Chamber of Commerce 314 S. Austin St., Brenham

LIMITED SEATING.

RSVP by emailing Shae Janner, at shae@brenhamtexas.com

Get Noticed...

The *ChamberWorks* newsletter is published inside *The Banner-Press* on the second Thursday of the month. Chamber members have the opportunity to advertise in this newsletter. Rates start at only \$25 per month.

Another great way to promote your organization is through targeted emails. The Chamber will forward your "e-message" to all members, as long as it meets certain criteria.

Communication and Team Building

September marked the first session for the Leadership Washington County class of 2020. Understanding and implementing different leadership and communication styles was the focus of the session. Kurt Podeszwa from Camp For All led the day-long workshop at their amazing facility near Burton.

The session was full of activities to focus on team-building skills and communication. The class was led through several exercises which helped each participant recognize their strengths and weaknesses in order to focus on growth. Throughout the day class members were reminded that leadership is proactive and effective leaders sometimes emerge due to their placement within an organization, not necessarily due to their position.

The day concluded with a walking tour of the camp grounds. A world unto itself, Camp For All was designed with a "can do" attitude. At Camp For All, children and adults with special needs and challenging illnesses have the opportunity to experience horseback riding, canoeing, fishing, archery, water activities, team sports, arts and crafts, nature programs, and much more at their own level. Currently, Camp For All is offering a new kind of camp this fall. Camp For Y'All is a family-style camping experiences. Find out more at CampForAll.org.

Leadership Washington County is a program of the Washington County Chamber aimed at educating and motivating current and future leaders.



Kurt Podeszwa leads the group through one of the teambuilding activities of the day.



Teams work together to try and accumulate the most items in their hoop.



Throughout the day the class had to pair up with someone new to develop a greeting or "hand-



Another goal was achieved as they built a bridge across the Star Place facility on campus



After team building activities and lunch, Kurt The afternoon concluded with a tour of the gave a presentation on Leadership.



grounds.

Washington County Blue Blazers

The Blue Blazers is a club with 15-20 members and more than 40 years of tradition. They support the mission of the Washington County Chamber. The volunteers in the club act as official greeters and hosts of our community. Their activities include monthly meetings, greeting at Chamber functions, recruiting new Chamber members, and conducting ribbon cuttings and grand openings.

Kyler Crenshaw

Capital Farm Credit

Darlene Denman Brenham ISD

Joyce Dickschat Brenham National Bank

Shelby Dollar Bank of Brenham

Eddie Harrison Retired-Brenham Municipal Judge **Melinda Fay** Cruise Planners

Dr. Tina Henderson Ash and Ash Consulting

> **Mandy Henke** Kruse Village

Tammy Jaster City of Brenham-Blue Bell Aquatic Center

> Kristie Marth Brenham Iron Works

Rachel Nordt Edward Jones

Linda Pipes Retired-School Teacher

Carl Prihoda Citizens State Bank

Kathy Randermann KTTX 106.1/KWHI 1280

Debra Wenckens Whatever Pops Up.

Christy Schlottmann

Christy Schlottmann Farmers Agency

Brandi Trujillo

Express Employment Professionals

Stephanie Wehring Boys & Girls Club of Washington County

Matt Wellmann

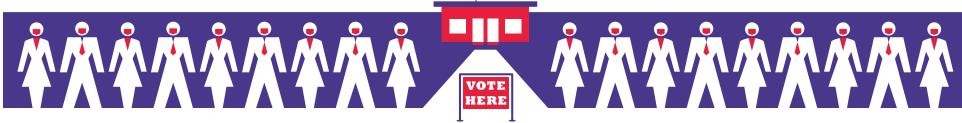
Wellmann Insurance

Kristie Wensel

Brenham State Supported Living Center

Electing the President of the United States $\star\star\star$





The Constitution requires a candidate for the presidency to be:

So how does one become President of the United States? The following steps outline the general process for presidential elections



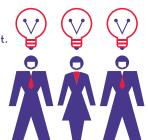




- · At least 35 years old
- · A natural born citizen of the United States
- · A resident of the United States for 14 years

Step 1: Primaries and Caucuses

There are many people who would like to become President. Each of these people have their own ideas about how our government should work. Some of these people can belong to the same political party. That's where primaries and caucuses come in. In these elections, party members get to vote for the candidate that will represent their party in the upcoming general election.



Step 2: National Conventions

At the end of the primaries and caucuses, each party holds a national convention to finalize the selection of one Presidential nominee. During this time, each Presidential candidate chooses a running-mate (or Vice-Presidential candidate).



Step 3: The General (or Popular) Election

When each party is represented by one candidate, the general election process begins. Candidates campaign throughout the country in an attempt to win the support of voters. In November, the people vote for one candidate.



When a person casts a vote in the general election, they are not voting directly for an individual Presidential candidate. Instead, voters in each state actually cast their vote for a group of people, known as electors. These electors are part of the Electoral College and are supposed to vote for their state's preferred candidate.

Step 4: The Electoral College

In the Electoral College system, each state gets a certain number of electors, based on each state's total number of representation in Congress. Each elector gets one electoral vote.

For example, a large state like California gets 55 electoral votes, while Rhode Island gets only four. All together, there are 538 electoral votes.



In December (following the general election), the electors cast their votes.

When the votes are counted on January 6th, the Presidential candidate that gets more than half (270) wins the election.

The President-elect and Vice President-elect take the oath of office and are inaugurated two weeks later, on January 20th.







Early Voting Only

Washington County Courthouse Annex 100 S. Park St., Downtown Brenham

October 13 - 16 October 24 8 a.m. - 5 p.m. 9 a.m. - 3 p.m.

October 17 October 25 9 a.m. - 3 p.m. noon - 3 p.m.

October 18 October 26 - 30 noon - 3 p.m. 8 a.m. - 5 p.m.

October 19 - 23 8 a.m. - 7 p.m.

101 104. 117 & 121 109 115 203 205 202 & 208 307 & 316 311 312 320 406, 418 & 419 410 413

Precinct #

November 3 Polling Locations

Friedens Church of Washington Activity Center Washington County Event Center St. Matthew Lutheran Church (Sandy Hill) Silver Wings Chappell Hill Volunteer Fire Dept. VFW Hall Salem Lutheran Church American Legion Hall St. Peter's Lutheran Church St. John Lutheran Church - Prairie Hill Berlin-Millcreek-Zionsville Fire Dept. Blinn College Student Center Community Hall - Burton (American Legion Hall) Emmanuel Lutheran Church Pleasant Grove United Methodist Church

Name of Polling Location

Address 20322 FM 1155, Washington

1305 E. Blue Bell Road, Brenham 8819 FM 2621, Brenham 4100 Hwy. 105 East, Brenham 5295 Main St., Chappell Hill 1200 E. Tom Green St. Brenham 1500 Salem Rd., Brenham 903 N. Park St., Brenham 8201 Old Gay Hill Rd., Brenham 6605 Old Independence Rd., Brenham 101 Lillie Lange Rd., Brenham 1007 Walter Schwartz Way, Brenham 13100 W. Washington St., Burton 6700 Wickel Rd., Brenham 4950 FM 332, Brenham

www.co.washington.tx.us/page/washington.Elections

What's Happening in October

Oct 16, 17, 23, 24,30, 31

Live Music at The Kenney Store

Live music by varying artists every Friday & Saturday night. Come early for dinner. 811 S. Loop 497, Kenney (TheKenney Store.com).

Oct 10, 11

19th Century Medicine Demonstration at Barrington Plantation

Before becoming president, Anson Jones made his fortune as a doctor. At a time when medicine was more art than science, what would a visit to the doctor be like? Come take a peek behind the curtain with us at Barrington as we uncover the tricks and tools of the trade. 10am-4pm, Barrington Plantation State Historic Site at Washington on the Brazos, 23400 Park Road 12, Washington. (WhereTexas BecameTexas.org).

Oct 10, 16, 17, 24

Hot Nights, Cool Tunes in Downtown Brenham

Bring your lawn chair to the Courthouse square and enjoy some great live music with the community. Also, enjoy the Classic Car Cruise-In as well as food and beverage vendors. This event is free to the public and begins at 7pm (Downtown Brenham.com).

Wine & Wags at Pleasant Hill Winery

Join us for YAPPY Hour specials. Donations of dog and cat treats or puppy and kitty food will be accepted for the Brenham Animal Shelter and Pet Adoption Center. Make sure your pups are up to date on all shots. 12-4pm, Pleasant Hill Winery, 1441 Salem Rd. (PleasantHillWinery.com).

Oct 11

Sunday Sew-Days

October sewing project: Stuffed Pumpin. Students may participate in all of the workshops or may "pick and choose!" All materials are provided and included in the cost of the class. Students are encouraged to bring their own sewing machine; class sewing machines available upon request.

Classes open to students ages 9 and up! Beginners welcome. 2:30-4:30 pm. Find out more information online. (SewFun-Sewing.weebly.com).

Oct 16-18

Texas Arts and Music Festival

The Annual Texas Arts & Music Festival is full of live music, art, food and drinks. Downtown Brenham will be buzzing with this festival. Admission is free, parking is free, and plenty of entertainment is free! The fun starts Friday night and ends Sunday afternoon (TexasArtsandMusic Festival.com). Follow the festival on Facebook for more info and updates.

Oct 17

Washington on the Brazos **Farmers Market**

Enjoy the cool weather and shop under the live oaks for all the great goodies from our local farmers. Baked goods, honey, produce and pork and beef and much more. 10am-2pm, 23400 Park Road 12, Washington (WhereTexasBecameTexas. org).

Living History Saturday

Travel back in time to where a nation was born in 1836. On the third Saturday of each month, staff and volunteers dress in period clothing to bring to life the people and events of Old Washington for a unique opportunity for the entire family to discover various aspects of life during the Republic of Texas. 10am-3pm. Contact Adam Arnold at (936) 878-2214, ext. 228 or adam.arnold@tpwd.texas.gov (WhereTexasBecameTexas.org).

Oct 23-31

LaBahia Antique Show

Dealers across the country will provide antiques, collectibles, vintage, and re-purposed items in historic 1903 LaBahia Hall, Hwy. 290W/Tx 237, Burton. Country cooking all day. Visit the website for more information (LaBahiaAntiques.com).

Celebrating Freedom

The Brenham Heritage Museum is honored to display the Folk art of Lloyd Mays. Mays is a self-taught artist and poet from Washington County. The exhibit includes soul-stirring images from Mays' upbringing in Hog Branch. The exhibit will be open to the public Saturdays from 10am-4pm and Wednesday through Friday by appointment. Brenham Heritage Museum Bus Depot, 313 E. Alamo (Brenham HeritageMuseum.org).

Oct 24

Brenham Trade Days | Fall Market

Shop local at Brenham Trade Days for our Fall Market at the Washington County Fairgrounds in Brenham from 11am-4pm. Free admission and parking. Family and pet friendly. (TexasTradeDays.com).

Oct 24

Plough to Plate a 1850 Dinner Experience

On the grounds of Barrington Plantation, a historically inspired 1850's meal. Feast on Bacon wrapped pork tenderloin, caramelized carrots, rustic potatoes, orchard harvest salad, homemade bread and fruit pies for dessert. Cocktails, period entertainment and live music by Amanda's A Man's A Man Band. \$130.00 a plate and space is limited!! Tickets available for purchase at WhereTexasBecameTexas.org. Covid-19 prevention procedures outlined by the governor's office will be observed.

Oct 27

2020 Brazos Valley Gives

Brazos Valley Gives is 18-hours of on-line giving that brings the region together on one day and as "one community" to raise critical funding and awareness for nonprofit organizations throughout the Brazos Valley (BrazosValleyGives.org).

Oct 29

Connect After 5 - Tres Chic

Connect After 5 with fellow Chamber Members. Enjoy great networking, delicious food and refreshments. Bring plenty of business cards to share with other members. Free for Chamber members and employees. 5-7pm, Tres Chic Boutique, 201 E. Main St., Downtown Brenham.

Oct 29-Nov 8

"Mark Twain's - The Diaries of Adam and Eve" at Unity Theatre

Up first in Unity's Studio Series is a light-hearted look at first love and the first battle of the sexes. Visit the website for the schedule (UnityBrenham.org).

Brenham Boo Bash Drive Thru Truck-or-Treat

Boys & Girls Club of Washington County will have a FREE Family Fun Night. To learn more pre-register at cityofbrenham. online/boo-bash. For your safety and the safety of the staff and volunteers please remain in the vehicle at all times. 3:30-5:30pm, Boys & Girls Club, 1710 E. Tom Greet St., Brenham.

Oct 31

Burton Trick or Treat Trail

Trick or Treat in Downtown Burton, 5:30-7:30pm, free admission (BurtonTexas.

November Highlights

Brenham Better Together Community Picnic

Hot dogs, drinks, DJ music, fun, door prizes. Henderson Park., 804 Old N. Market St., Brenham, 4-6pm.

Nov 2

Citizens Police Academy Drive Thru Meal

Brenham Citizens Police Academy Alumni Association BBQ Chicken and Sausage Dinner, 4:30-6:30pm, Brenham Fireman's Training Center, 1101 Hwy. 290 W. Contact Sherri at 979-203-0020 or Annette at 979-277-8444.

Powerful Visibility on the Chamber Website!

People on our website have already made an important decision; they are looking for a business right here in our area.

Statistics indicate that people searching the internet are experienced, educated consumers who use the web to help make purchase decisions!

Are you reaching this targeted

Many members realize the benefit of their membership and the value of targeting the market already driven to the Chamber's Online Business Directory. It is about utilizing the web and the Chamber name to promote your business.

We have asked our Internet Marketing Consultant, Suzanne Johnson, to help you promote your business to these targeted, potential consumers using the Chamber's website.

Upgrade opportunities will be presented, including the ability to display your logo in our Online Business Directory, increase visibility to your own web link, and provide enhancements that give a professional first impression.

How to gain additional, exclusive exposure to the Chamber website traffic is something that will also be discussed.

Stand Out from the Crowd!!

- Enhance your Listing
- Logo, Photos/Video, Priority Placement in the Online Business Directory, expanded Character Business Description, with an additional 200 Character Description right in the Search Results
- Be Highlighted in your **Business Category**
- Display a custom banner

ad as one of our Limited Business Category Sponsors

- · Select Premiere Visibility on High Traffic Pages
- Choose to become a Complete Website Sponsor - with free banner ad design and re-design

Your FREE Listing on the Chamber's Online Business Directory includes:

- Business description
- Hours of operation
- Driving directions
- Personalized keywords
- Free online job postings • Free online promotions

ule your one-on-one consultation or if you'd like to get on the list to be contacted first, you

· Ability to register for Events

· Update the Chamber's database

The basic listings require

your attention to update your

business description, key word/

search terms, hours of opera-

tion and driving directions to enhance your searchability.

more details on how to sched-

Be watching your email for

without having to call or email

can email suzanne@chamberimc.com.

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October is Breast Cancer Awareness Month Breast self-exams and knowing your normal

By Baylor Scott & White Health

Throughout an individual's lifetime, many changes occur naturally to the breasts. Changes may happen during the menstruation cycle, pregnancy, when breastfeeding, and during or after menopause.

Sometimes, changes can be a sign something is wrong. Breast self-exams help identify what is normal, and when these changes may have occurred.

Know what's normal for you

A self-exam of breasts includes both touching them and looking at them. By doing so, about once each month, it will be easy to notice any changes that may occur in density, size, color and shape.

As discussed above, it's normal to experience some changes around certain times of your cycle.

Here are the specific changes you should watch for:

- Size or shape of breasts or nipples
- · Hard lumps, masses or knots in

CELEBRATE WITH US!

Baylor Scott & White and the Washington County Chamber of Commerce will be celebrating Paint the Town Pink on Thursday, Oct. 29.

Join us in celebrating by showing us your pink spirit! Decorate your business and encourage your teams to wear pink. We will stop by local businesses to take photos to share showing our support for breast cancer awareness.

To sign up to participate, email Jill.Wallace@BSWHealth. org by 5 pm on Oct. 26.

breasts

- · Hard knots in armpit area • Dimples, puckering or ridges
- · Sores, warmth or redness on breast
- Rashes on nipples
- · Bloody nipple discharge

Know your specific risk factors

"Breast health goes beyond just doing regular self-exams. You also need to know what the controllable risk factors are," said Dr. John McIntire, Radiology, Baylor Scott & White - The Brenham Clinic. "Things like obesity, or extra

weight, tobacco and alcohol consumption can all increase your risk for breast

Be sure to talk with your doctor to make decisions about your health that are right for you.

Know your unique family history

Early detection is key to treating breast cancer for many people, and knowing your family history can help you remain alert to the importance of bringing your concerns to your doctor in a timely manner.

"Know which family members have had breast cancer and if certain individuals may have had recommendations to be tested for a particular gene," said Dr. Jeffrey Stoltenberg, General Surgery, Baylor Scott & White Medical Center -Brenham. "This can help your doctor determine if you need early check-ups, genetic counseling or other tests."

Every person is different - and only you know your normal. If you have concerns, don't hesitate to contact your doctor.