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December 2017

Feature: Salt and Pepper Savory Grill and Pub

Pictured: Mike Karas

Cover photo by deVries Photography





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PUBLICATION TEAM

PUBLISHER: Patrick Avery

CONTENT COORDINATOR: Chelsea Scott

DESIGNER: Donna Johnson

COVER PHOTOGRAPHY: deVries Photography

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Chelsea Scott, Content Coordinator, Connect: chall@bestversionmedia.com

Caroline Monahan, Marketing & Communications Manager, West Coast Chamber: caroline@westcoastchamber.org

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Letter from Jane Clark

President, Michigan West Coast Chamber of Commerce



Just last week, Small Business Saturday kicked of the off the "most wonderful time of the year," and we at the Chamber get excited about helping our small businesses promote themselves and start their holiday seasons with a bang. But we know, like you do, that small business doesn't just "happen" one day of the year. Our community is filled with thriving small businesses that work day in and day out all year long. These owners are our neighbors, family and friends, and make the West Coast the place that we love to call home.

I invite you to make our community your destination for shopping. Shop small this holiday season, but also support our small firms, retailers, restaurants and other independent businesses throughout the year. Many of them participate in the West Coast Cash program, which offers the gift of choice for the people on your list, and all of them make up the unique fabric of our community.

Best Regards, Jane Clark

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Feature:

Salt and Pepper Savory Grill and Pub

By Chelsea Scott



Mike Karas, owner of Salt and Pepper Savory Grill and Pub. Photo credit: deVries Photography

ike Karas wasn't new to the hospitality/ restaurant business when he opened Salt and Pepper Savory Grill and Pub on Labor Day weekend in 2010. In fact, it's all he's ever known. "I got a job in a hotel as a bouncer and worked my way up in lieu of going to school," he said. "I guess you could say the industry kind of chose me." Mike and his wife Stephanie were co-owners of another great local restaurant until 2009. "After selling out to our former business partner, we took some time to decide what we wanted to do and where we wanted to do it," Mike explained. "We wanted a casual place where guests are comfortable and food is the focus." They had the vision but they needed a name. "Stephanie came up with Salt and Pepper after a long-running joke about my hair graying prematurely," Mike said with a grin.

Mike designed the restaurant layout and Stephanie took care of the décor. Diners are immediately relaxed as they enter the upscale yet casual eatery, complete with Holland-inspired design elements and cozy touches like soft lighting, dark wood booths and comfortable seating. Mike said the goal of Salt and Pepper is to, "provide genuine hospitality and make people smile. Restaurants and pubs should be places where people come to eat, but also leave the world behind for a while." The restaurant name may have been inspired by a good-natured joke, but they take their food and service seriously.

"My inspiration is in making people happy with food and beverage. It's a Greek thing I think," he said, referring to his heritage.

His passion for the business is apparent, and Mike knows that success doesn't follow far behind hard work and a good attitude. Salt and Pepper's mission statement was adopted from Bob Dezotell, the mentor to Mike and his former business partner. Bob was all about the guest. "It's pretty simple: To insure 100% guest satisfaction and achieve our financial goals," he said. "You can't have one without the other. You have to have the first part (guest satisfaction) before you can expect the second part (financial goals)." The restaurant is known for serving familiar food, done at a slightly higher level with great ingredients and a unique twist. Appetizers are inventive, like the Idaho Nachos that feature waffle fries instead of chips and the Grilled Avocado stuffed with roasted corn salsa and jalapeño-cilantro lime vinaigrette. House made

corned beef is the star of the Corned Beef Reuben, but we also recommend trying the Chicken Gyro, Naughty Prime Rib Dip or the Celebracion Salad, a menu staple. All pubs have burgers, but Salt and Pepper turns up the volume with The Boss, a juicy steak burger smothered in a three mushroom and onion blend, swiss cheese and whole grain mustard sauce. They also offer a classic cheeseburger and even a vegan burger. Diners in the mood for something more substantial should try the Waukazoo Ribeye, a long-standing Salt and Pepper dish. 14 ounces of certified angus ribeye is topped with Gorgonzola blue cheese and served alongside beer-battered onion rings and choice of potato or fresh steamed vegetables. Other favorite entrees include Balsamic Chicken, Teriyaki Glazed Salmon and Mango Chipotle Baby Back Ribs. Finish your meal with their famous Key Lime Pie or Flourless Chocolate Cake.

In addition to the delicious food and lively bar, Mike said there is always something fun happening at his pub. "We have live entertainment every other Tuesday and every other Wednesday," he said. We have a wine club and there is a quarterly tasting with an opportunity to buy wine at a steep discount. We have wine dinners during the winter months and every March we do our annual Greek dinner."

Salt and Pepper is proud to be involved in the community, through events like their annual charity golf outing. 2017 marks Mike and Stephanie's 25th year participating in Hospice of Holland's main fundraiser. "We also support organizations like the Holland Zeeland Foundation, Culinary Cabaret, Kids' Food Basket, various church and school fundraisers and more," said Mike. "This is a very giving community with a lot of people and resources to help. We use our restaurant as a vehicle to help others as much as we can which has always been very rewarding to us."

Mike said the restaurant business is a demanding one, but over time he and Stephanie have learned how to balance work, family and play. The benefits far outweigh the challenges. "We have made many friends through our business," Mike shared. "We enjoy doing what we are

passionate about while maintaining decision making autonomy." A people person through and through, Mike's favorite part of day-to-day operations are the people. "I like the interaction with guests and staff members and watching their families grow right in front of our eyes," he said. "Kids that were 16 when we hired them are now getting married and having kids of their own. Seeing people that had their first dates at our restaurant are coming back for their kids' rehearsal dinners."

The Karas family have been West Coast Chamber members for eight years as Salt and Pepper but also for 12 years when they were co-owners of their previous restaurant. Mike remembered, "We accepted Holland dollars back when we had to turn them in once a month. Then they became certifichecks, now the electronic version. We redeem many of these and we know it has brought in many new and repeat guests." Mike and his staff have attended numerous seminars presented by the Chamber. "Our two favorites were the Zingerman's founding partner Ari Weinzweig talk and the constant contact email marketing training."

Mike said he and Stephanie look forward to what's in store at Salt and Pepper. "We plan to continue to evolve the menu, décor and service to stay relevant in an ever changing and competitive restaurant environment," he said. "The people we work with and the guests we get to work for make it rewarding."

Salt and Pepper Savory Grill and Pub is located at 11539 E. Lakewood Blvd. between Holland and Zeeland. Find them online at www.saltandpepperpub.com.



Far Better Health Care Value Is Coming

Content provided by Brian Klepper and Jeff Bilot

ne of health care's most corrosive myths is that nothing can be done about exorbitant cost. Health care policy has become a tug-of-war between ideologues and special interests. Neither appears interested in addressing the overtreatment and egregious pricing that drives the cost crisis.

With influence bought by the health care lobby, the health care marketplace is now largely controlled by large corporations--insurance companies, hospital systems, drug and device companies—that have devised mechanisms to make health care cost as much as possible, producing good-to-mediocre health outcomes at double the price paid in other industrialized countries. From this perspective, Americans now receive the lowest health care value in the world. Health care's unrelenting, breathtaking cost has become the biggest threat to our national economic stability.

But much can be done to more effectively manage care and cost, especially in the market. Decades of fee-for-service reimbursement, paying for services independent of results, have so bloated nearly every part of our system that health care's excesses are bubbles waiting to burst. There's good reason to believe that



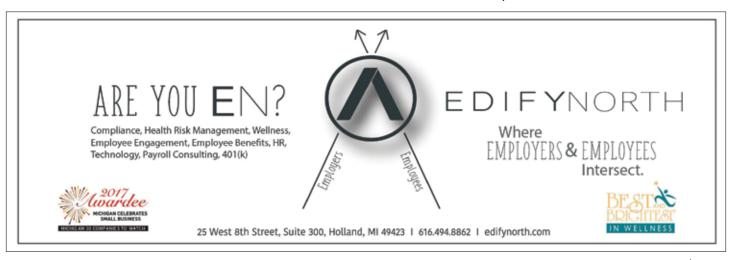
this is about to happen.

In many high cost niches of health care, there are innovative, evidence-driven companies that, have rethought health care problems and developed entirely different solutions than conventional care. These firms deliver far better health outcomes at dramatically lower cost.

Consider, for example, a Floridabased musculoskeletal (MSK) management firm, that now has Fortune 500 clients. Its processes allow its clinicians to intervene on 80 percent of MSK cases. After 100,000 patient encounters, the data clearly show better pain reduction, range of motion and Activities of Daily Living, in half the recovery time and half the cost of conventional orthopedics. They're so confident about their capabilities that they'll financially guarantee a 25% reduction in MSK costs. MSK disorders represent 20-25 percent of group health costs and 60 percent

of occupational health costs, so a company that moves to this approach will see its total health care spend drop by 5-13 percent, an enormous sum.

We have found similar impacts available in management of cardiometabolic conditions, cancer, dialysis, imaging, drugs, claims reviews, and many other areas.





Not surprisingly, most insurance companies haven't been receptive to these approaches. In general terms, health plans make a percentage of total health care spend, thus creating an incentive for costs to be higher, not to actually control costs. Mechanisms that disrupt the status quo and drive down cost aren't necessarily in their interests.

These programs are becoming readily available around the country. Larger employers—those with 100 or more employees can choose programs that are most likely to fit their businesses, and watch their costs plummet. Soon, new health plans will emerge, bringing together these management "modules" under a single umbrella, and offering health plans with better results at lower cost.

This is coming. As it does, everything in American health care will begin to improve.

Brian Klepper, PhD is a health care analyst based in Florida. Jeff Bilot is National Health Care Practice Leader at Edify North, a Holland-based health benefits consulting practice.

Edify North, founded in 2009 and based in Holland, Michigan, is an employee benefits consulting firm that focuses on the intersection between employers and employees. The organization is dedicated to improving the health, both physical and organizational, of its clients through providing clear and robust health plan designs and including programs that engage and reward members who actively manage their health. Drawing from nearly 30 years of benefits experience, Edify North builds employee benefits, manages client packages, and educates employees on their insurance, ultimately elevating clients to some of Michigan's Healthiest Employers. Edify North is proud to be recognized as one of the Best and Brightest in Wellness Winners for 2016 and 2017 as well as one of Michigan's Companies to Watch in 2016.

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Hospice Brings a Season of Hope

By Denise Stancill, Director of Business Development, Hospice of Holland, Inc.

hen people learn I work for a Hospice provider, their initial response is often a short pause followed by the question, "Isn't it hard to work there?" This type of response isn't uncommon and is heard by many who elect hospice as a profession. The level of complexity surrounding end of life, combined with the stigma associated with the word itself, make the mere idea of it all sound very overwhelming. By design, hospice brings compassionate care, dignity, and hope, to people who are very ill. Therefore, it brings many positives to what ordinarily is a very difficult time. These positives are what help ease the challenges associated with this specialty.

Since many people do associate hospice with giving up hope, conveying the positive side of hospice can be challenging. The truth is hope can take many forms, especially for those facing end-of-life issues. They may have hope for time with loved ones, hope for pain-free days and nights, and hope for dignity. By using the services of a hospice provider these hopes can become a reality.

Hospice as a medical specialty brings hope to those who are terminally ill and their loved ones. Circumstances surrounding one's disease progression or prognosis may be unchangeable but hope—a feeling of what is wanted can be had—is achievable.



How does hospice bring hope to a hospice patient?

- Hospice gives assurance that there are options available to relieve pain and discomfort. Hospice caregivers ensure the hope for pain free days and nights remain possible and patients are kept as comfortable as they want to be.
- Hospice provides a comforting presence any time of the day or night. 24-hour support from the hospice team gives those who fear death hope from having to face it alone.
- Hospice treats the whole family not just the patient. Social workers and

bereavement counselors give patients hope for the ability to come to terms with their mortality and help family members learn how to find hope while experiencing grief and loss.

- Hospice delivers care with dignity and compassion. Hospice respects the end-of-life wishes of each individual served, and helps patients who fear loss of control find hope in the ability to participate in their own decision making as long as possible.
- Hospice cares for the dying but focuses on living each day to its fullest. Hospice caregivers strive to help each patient experience quality of life, however that is defined.

An early referral to hospice helps bring comfort and relief to both patients and their family members. It also minimizes the potential for some to say, after the fact, "I should have called hospice sooner."

For more information about Hospice of Holland programs and services, to make a referral, or for answers to your questions about hospice care, please call 616.396.2972. View www. hollandhospice.org and hear from others why care from Hospice of Holland made a difference for their loved one.



hospice of holland

hollandhospice.org understandhospice.org

When the time comes I know my options.

Knowing your options for end-of-life care can help your family or caregiver fulfill your wishes. Take the time now to Understand Hospice, so that you and your family may live each day to its fullest.

Understand Hospice is a service of Hospice of Holland, whose mission is to provide end-of-life care to patients facing terminal illness and their caregivers. Contact us today at 616-396-2972 to learn how hospice can help.

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Holland Film Group Sets Premiere Showings of Holland Documentary

By Ben Beversluis



The Holland Symphony's music is featured in the documentary. Photo credit: Frank Krywicki

The new documentary film about Holland, *Wilderness* to *World Class*, is in final editing stages, and three premiere showings, open to the public at no charge, have been scheduled for Dec. 12 and 13.

"This is the first-ever production of this kind and this scale about Holland," Executive Producer Howard Veneklasen said, "and we are excited to show it to our community."

The feature-length documentary has been in production for 15 months. The film explores the themes that shape Holland as the dynamic community that it is today. Some 30 people, a cross section of the community, were interviewed to tell the story.

The film will be a resource for students, businesses, tourists, government and the community at large. It will be shown in a new mini-theater at the Holland Museum and in special showings at events such as

Tulip Time. It will be available for schools, community groups and businesses interested in sharing the story of Holland.

After an invitation-only premiere showing for donors, free public showings will be held at 7pm. on December 12 and 4pm and 7pm on December 13 at the Knickerbocker Theater, 86 E. Eighth St. in Holland.

To see a trailer and learn more about the project, go to hollandfilmgroup.com.

About the Holland Film Group

The 11-member Holland Film Group includes journalists, historians, documentarians, educators and business people. It is working in cooperation with the Holland Museum and the Community Foundation of the Holland/Zeeland Area. The project has also gained more than \$120,000 of support from businesses, community organizations, government and individuals.

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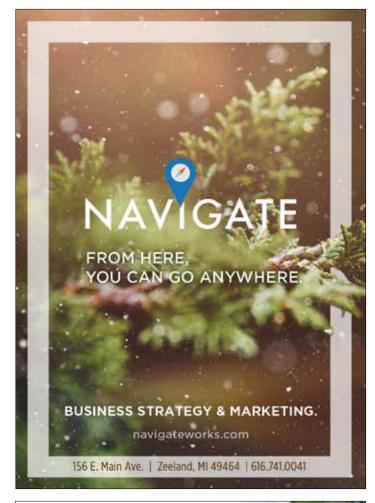


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The Power of the Plant: Holland Energy Park



olland Board of Public Works (HBPW) has a strong history of positive impact on our community, including decorating Centennial Park with LED lights every year for the holiday season, and the most recent contribution to our community just came online. HBPW celebrated the grand opening of Holland Energy Park in October. The grand opening marked the next phase in the journey to sustainable, long-term energy use for Holland. Situated at the eastern gateway of the town, Holland Energy Park illustrates the benefits of bringing vital technological infrastructure right into society: with its CHP technology, snowmelt system and visitor center, the new power plant does much more than just keep the lights on.

In 2011, Holland conceived an innovative Community Energy Plan to act as a guideline for securing a reliable and independent power supply far into the future. Consequently, when planning for a new power station, HBPW, a community-owned power supplier, took into account environmental, health and social implications. As an addition to the gateway into the city, the Holland Energy Park does much to improve the quality of citizens' lives. Less emissions, more recreational walking trails and a snowmelt system all have a positive impact on business and everyday life.

The \$240-million Holland Energy Park features:

- A modern building design that creates an eastern gateway to the City of Holland.
- A 50% reduction in carbon emissions and the virtual elimination of solid particle pollutants.
- Double the fuel efficiency of Holland's past power generation.
- Walking trails around the plant with plans to connect Windmill Island Gardens to the Macatawa Greenway trail system.
- An expansion of Holland's innovative snowmelt system.
- The latest combined-cycle natural gas generating technology, producing up to 145 Megawatts of power to meet the needs of a growing community.
- An interactive Visitor Center featuring 3780 square-feet of exhibit space.

The Visitor Center gives community members the opportunity to experience the state of the art facility up close. A product of collaboration with our educational community, the 351-foot-long exhibit space features interactive



activities, a view into the plant and into the plant's control room. HBPW accepts group visit inquiries online, and plans to offer self-guided tours beginning this winter.

"The Holland Energy Park Visitor Center offers students, residents and visitors alike an opportunity to engage and learn from Holland's energy history," said Dave Koster, general manager, Holland Board of Public Works. "The Visitor Center is a world-class facility and we are honored to share it with our community."



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Wednesday, December 6, 2017 Ready for School Annual Breakfast 2017

@The Haworth Inn and Conference Center, 225 College Avenue, Holland

You are warmly invited to the Annual Breakfast with special guest speaker Rick Ridgeway, Vice President of Public Engagement at Patagonia. Rick Ridgeway represents and promotes Patagonia's core company values to build the best product and use business to inspire and implement solutions. During his tenure, he has developed environmental and sustainability initiatives, including the Footprint Chronicles and Worn Wear. Rick is a sought-after speaker about the role business must play in order to drive success and remake our future.

Time: 7:30-9am Cost: Free, but please register at www.

readyforschool.org.

Wednesday, December 6, 2017 **EOS Users Group Meeting**@EBW Electronics, Inc., 13110 Ransom St, Holland

The West Coast Chamber Traction EOS Users Group is for West Coast Chamber members who follow the Traction Entrepreneurial Operating System (EOS) popularized by Gino Wickman's book, Traction: Get a Grip on Your Business. We hold quarterly gatherings to connect, ask questions, and share insights.

Time: 1-1:30pm

Cost: Free for Chamber members. You must be following EOS in order to attend.

Thursday, December 7, 2017 Ambassador Team Holiday Celebration

@Hope Network, 11172 Adams St, Holland This event is held to celebrate the efforts of our Ambassadors. These dedicated business representatives volunteer their time to serve as liaisons to the Chamber. They have grown their business and contact network through the Chamber and have an ongoing commitment to helping others do the same.

Time: 12-1pm

Cost: Free. Open only for current Ambassadors

for the 2017-2018 year.



Tuesday. December 12, 2017 Wake Up West Coast (formerly EBB)

@Haworth Inn & Conference Center (225 College Ave, Holland)

Please join us as we hear from Travis Williams of the Outdoor Discovery Center, as he shares why being sustainable is not enough to make our community the best place to work, live, play and learn. To grow, attract talent and retain families in West Michigan, we must become more nature-rich. Sponsored by Zeeland Lumber.

Time: 7:30-8:30am

Cost: \$20 per Chamber member (\$25 if registered after December 10) / \$35 per non-member

Wednesday, December 13, 2017 **Leadership Holiday Get Together**@Brew Merchant, 442 Washington Ave,

Holland

All West Coast Leadership alumni and this year's class members are invited to this fun holiday event! Enjoy appetizers and a cash bar while you catch up with old friends and make new connections!

Time: 4:30-6pm

Cost: Free, but registration is appreciated.



Monday, December 18, 2017 Breakfast with Bill Huizenga

@Evergreen Commons, 480 State St, Holland The West Coast Chamber invites you to our legislative breakfast featuring U.S. Congressman Bill Huizenga. He will update us on what is going on in Washington, D.C., reveal his plans for the upcoming year, and answer questions from participants.

Time: 7:30-9am

Cost: Chamber members: \$35 (\$40 if registered after December 14) / non-members: \$50

For a full listing of events, visit www.westcoastchamber.org/events.



Unwind with Boutique Wine, and Keep Shopping Local



ew to the West Coast Cash program this fall is Great Legs Winery Brewery Distillery, a boutique winery, microbrewery and distillery serving West Michigan. Owners Jim and Joanne Granzotto started Great Legs based on a passionate mission to create an environment that's friendly, educational, fun and emotionally engaging, all within the backdrop of an atmosphere of Italy.

"It was a five-year process of designing our ideas, researching space specifically in Holland, as we wanted to be located in the citywide area in which we live", said Joanne.

Inside, the feel of Italy is unmistakable, with one main room and two smaller spaces for more intimate gatherings. The artwork shown throughout the building showcases a new West Michigan artist each month, and their event calendar includes events such as paint classes on Tuesdays, musician shows, and belly dancing shows. The space is a popular rental venue, and can be reserved by emailing the owners.

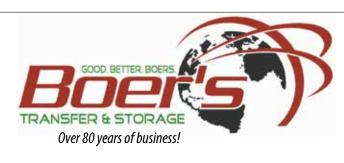
In Pure Michigan style, all of their products are made on-site, and their goal is focused on using all Michigan products—water from Lake Michigan, sugar, grapes, hops, grains from Michigan. They serve only their own wines, beer, grappa and limoncello, made in-house. Grappa and limoncello are resting now, and bottles will be ready for Christmas gift-giving!

Participating in the West Coast Cash program and keeping shopping local is a natural outreach for this couple who strongly believe in supporting local growers, suppliers and the local business community. Joanne says, "We find engaging with the Chamber builds relationships through one to one connections made there and it drives an awareness of the unique offerings we provide the Holland community, that is a love for our products and a love for art."

For more information, contact jo@ greatlakeswinery.com.





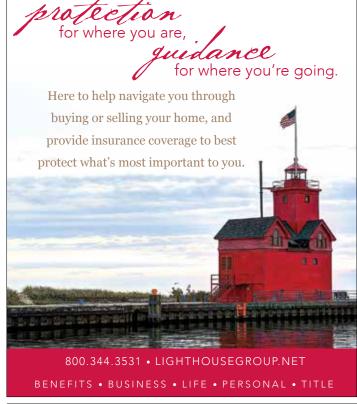


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www.encompassmi.com

Each of The Encompass staff members and agents are dedicated to teamwork, self-improvement, positive attitudes and most importantly, a passion and a drive to surpass the expectations of every client who does business with them. Their main objective is to provide you as a seller the most amount of money in the least amount of time and with the fewest hassles. Their unmatched expertise, phenomenal service and aggressive marketing allow them to achieve that goal time and time again with their clients.

Fusion IT, LLC Shelly Johnson

616-828-5360 info@fusion-it.net www.fusion-it.net

Fusion IT, a world-class managed service IT provider, is dedicated to being a leading information and media technology enterprise offering value-added IT solutions for business to enhance the core potential and success of small to medium-sized business clients throughout the communities we serve. We'll also help with your wireless infrastructure such as a WLAN (wireless local area network) and Wi-Fi.

Graphix Gurus Adam Thompson

616-613-6910 adam@graphixgurus.com www.graphixgurus.com

Grahix Gurus was founded by head Guru, Adam Thompson out of his passion for creating art centered on what serves his customers and clients. Adam and Graphix Gurus have quickly become the area leader in vehicle wraps and emergency vehicle wraps. You can see his artwork on ambulances all over Michigan and the United States. Partnerships with great West Michigan companies like Emergency Vehicles Plus of Holland has allowed Graphix Gurus to set a new standard for vehicle wraps.

LAR Counseling Services Lupita Reyes

616-886-8045

Larcounselingservices@gmail.com After 20 + years in the non-profit sector, Lu Reyes has opened her own private practice. She will be providing individual and family counselling by appointment only. Her office is located in the Administration offices of St. Francis de Sales Catholic Church, which is located at 195 W. 13th St. in Holland, MI.

Michigan Insurance and Financial Services Chelsea Fox

SheSellsInsurance@gmail.com

989-424-1099

www.SheSellsInsurance.com Michigan Insurance and Financial Services is an Independent Insurance Agency that services over 3,000 households and businesses in Michigan, Illinois, and Ohio. Their agency focuses on strong relationships with their customers as well as the insurance companies they represent. They strive to provide outstanding customer service with a team of knowledgeable sales professionals. Michigan Insurance and Financial Services represents multiple insurance carriers for both personal and commercial lines - allowing them

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jeffrey.devoursney@sandler.com www.devoursney.sandler.com Sandler Training provides professional development and training for sales and management professionals. They help successful clients optimize their sales initiatives. Don't settle for less than the best results any longer. Sandler Traing delivers proven processes and methodology.





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downtown small business that is truly excited for the holidays is Salon Cheveux, located at 226 South River in Holland. When the Chamber reached out to businesses to help promote Small Business Saturday, the team at Salon Cheveux got right to work making an energetic video for social media. It's this enthusiasm that welcomes every client who walks through the door.

Salon Cheveux is a trendy, cutting edge salon and spa, located right in the heart of downtown Holland. Always striving to exceed expectations, they create memorable guest experiences with talented and unique professionals in a relaxing atmosphere. They believe in being community focused, and support Locks of Love, World Vision and other community organizations that build a sense of self confidence in young children. The salon also participates in the West Coast Cash program, which keeps shopping local, and supports all small businesses in our area.

While you are out shopping local, stop by Salon Cheveux to take advantage of promotions such as half off manicures and pedicures, as well as a free gift with purchase. Following them on Facebook and Instagram will also keep you up to date on specials and events.

Find Salon Cheveux online at www.saloncheveuxhsb.com.



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Are You Ready for Breakfast with Ready for School?





Ready for School's Annual Breakfast is an inspirational copportunity to report on ongoing work to advance the kindergarten readiness of children and families in our communities. Ready for School (RFS) prepares children zero to five of age years for success in kindergarten by equipping parents and families through integrated support of the Holland/Zeeland communities, and expanding opportunities for early learning. This early childhood investment aims to be one solution for short and long term corporate needs including talent attraction and retention.

READY A

One piece of the RFS network is educating parents about the benefits of sending their children to preschool. A 2010 RFS study showed 55 percent of children in its target communities were prepared for kindergarten. Since then, the number has increased to 63 percent, bringing the organization closer to meeting its goal of having 75 percent of children ready for kindergarten. The area's poverty rate has hindered efforts toward that goal, with 67 percent of parents surveyed indicating preschool costs as a major barrier. To combat that issue, a tuition assistance program is available to reduce and, in qualifying cases, allow children to attend preschool for free.

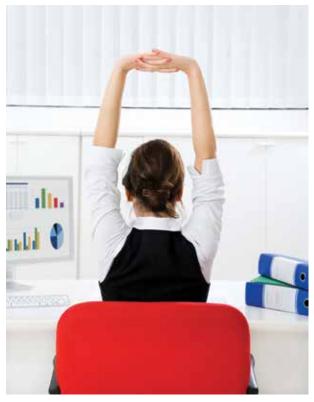
In 2008, the RFS community set a goal to "climb the mountain" to improve kindergarten readiness, and it is in that spirit that they welcome Rick Ridgeway, Patagonia's VP of Public Engagement as the breakfast's keynote speaker. A noted mountaineer, Rick was among the first Americans to summit K2. During his tenure at Patagonia he has developed environmental and sustainability initiatives, and was founding chairman of the Sustainable Apparel Coalition.

Join RFS as they share their bold 2020 vision, and their model for sustainable community impact through early education. The event will be held at the Haworth Inn and Conference Center from 7:30-9am on December 6.

Register online at www.readyforschool.org.

IT'S SMART TO STAND

By EMMA RIEHL



Our bodies aren't designed, so to speak, to be inactive for extended periods of time.

¹"Too Much Sitting: The Population-Health Science of Sedentary Behavior." Exerc Sport Sci Rev. 2010 Jul; 38(3): 105–113. These days, you might feel like every activity is associated with health risks and warnings. Thought it may seem discouraging, these warnings are actually very helpful and are often backed by some serious science. New research helps us learn new preventative measures for ensuring our long-term health.

A recent study outlines the health risks associated with prolonged sitting. Our bodies aren't designed, so to speak, to be inactive for extended periods of time. When we sit and watch television, work at a desk, or drive a vehicle, our bodies dramatically decrease the breakdown of sugars and fats, resulting in a shocking 125 percent increase in the risk of cardiovascular disease or heart attack1. As if that's not discouraging enough, it seems that merely adding a couple hours of gym time to your week doesn't really help. What does help, though, is breaking up your periods of inactivity by walking or standing while you work.

Here's how to banish inactivity in the workplace, improve your overall wellness, and increase your energy levels:

- 1. Stand while you work. Standing desks are all the rage, and you can install them in a cinch. Research proves that the muscles activated by simply standing dramatically increase your body's metabolism of sugars and fats.
- Walk at work. Instead of having regular meetings with your coworkers in the conference room, take a walk outside or through your departments.
- 3. Take small walk breaks. Every hour or so, get up and walk around a bit. Take a lap around your office floor, or walk outside for some fresh air.
- 4. Actively watch television. If you just can't go without your favorite shows or the nightly news, try viewing them while exercising on a treadmill or elliptical for 30 minutes.
- 5. Be aware of your activity levels and try to stand, not sit, as often as you can. You'll love the increased metabolism, energy, and the overall improvement of your health.







Happenings at the Chamber



David Carrier Ribbon Cutting.



The staff unveils Wake Up West Coast.



Halloween Trick or Treating fun at the Chamber.



Duca Ribbon Cutting.







Griffs Icehouse Ribbon Cutting.



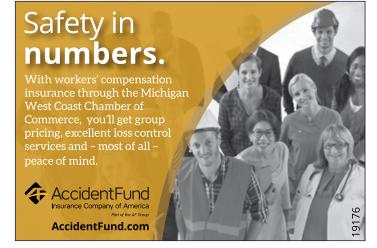
Networking @ Lunch at New Holland Brewery.



Athena Award winner, Kelly Springer, COO of Metal Flow and Chamber Board Member.



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