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Upcoming Events:

Health & Wellness Show

FREE Admission & Parking

Wednesday, July 22nd
Indian River State College
2400 S.E. Salerno Rd.
Stuart

Open to Public
10 AM - 5 PM

Business After Hours
5:30 - 7:30 PM

Young Professionals of Martin County

Thursday, July 30th
 6:00 - 8:00 PM

Yacht & County Club
 3883 S.E. Fairway East
 Stuart



Excitement Builds for Chamber's First Annual Health & Wellness Show

The chamber is excited to announce that more than 40 exhibitors will participate in The Stuart/Martin County Chamber of Commerce's first-ever Health & Wellness Show.

The expo will be on Wednesday, July 22 from 10 a.m. to 5 p.m. at the Wolf Technology Center at Indian River State College.

The event is free, open to the public and will feature exhibits, demonstrations, guest speakers, prize drawings and more. Chamber members will be attending the show's Business After Hours from 5:30 to 7:30 p.m.

"This event provides our members an opportunity to display their products and services to hundreds of residents that ordinarily would not visit their place of business," says Stuart/Martin County Chamber President/CEO Joe Catrambone.

Vendors include health, wellness, fitness and green-living providers as well as purveyors of organic and healthy foods, products and lifestyles. Featured sponsors include Quit Doc Research & Education Foundation, Harmony Healing Arts Center and WellMed

Medical Management.

Dr. Barry Hummel, from the Quit Doc Research and Education Foundation, will present "Strange Candy: How Big Tobacco Preys On Our Youth." The presentation begins at 11 a.m. and reveals many of the

tobacco industry's deceptive marketing practices that target youth.

At 12:30 p.m. Dr. Bruce Hansbrough from Harmony Healing Arts Center will talk about the body's ability to heal itself from 21st century stress and how people can harness this power and enjoy a fuller life.

A WellMed Medical Management doctor will speak at 3 p.m. and they will provide free blood pressure checks and glucose screenings throughout the day.

Few vendor tables may still be available. Fees are \$150 for Chamber members and \$300 for non-members.

For more information, call Jayme Uteschill at 772-287-1088 Ext. 111 or e-mail jaymeu@goodnature.org.

Schedule of Events



11:00 AM
 "Strange Candy:
 How Big Tobacco
 Preys On Our Youth"



12:30 PM
 "The Body's Ability to
 Heal Itself from
 21st Century Stress"



3:00 PM
 A Medical Management
 Doctor Will Discuss
 Current Issues

FREE Blood Pressure Checks & Glucose Screenings All Day



Adam Marshall, John Sullivan, and board member Cathy McKenzie, AT&T Florida, sponsor of June's Legislative Wrap-Up luncheon with Chairman Michael Houston, Houston Cuzzo Group at The Yacht and Country Club.



Fishing is hot in the Sailfish Capital of the World, as Ed and Michelle King show off their prize catch with Capt. Bryan Kammel.



Chairman Houston presents Ambassador of the Month award to Cassie Waitkus, Scripps Direct/Treasure Coast Newspapers at June's Legislative Wrap-Up luncheon.

Presented by Stuart/Martin County Chamber of Commerce

HEALTH & WELLNESS SHOW

- Health, wellness, fitness and green living
- Natural, organic and alternative products, chiropractors, massage, education, nutrition, exercise and preventative health care
- Informative guest speakers
- Raffles, prizes, and give-aways!!!

FREE Admission & Parking

July 22, 2009, 10am-5pm
 Indian River State College, Salerno Rd., Stuart

More information at www.goodnature.org or 772.287.1088



Ken Ferguson
 Director of Business Services

Roller Coaster or Merry-Go-Round?

In these troublesome times, it's very difficult for business owners and/or managers, to know who to believe or who they can trust. Many feel they are on a roller coaster, with sales down, profits down, taxes going up, insurance costs up and layoffs up. Others feel like they are on a merry-go-round, going around in circles trying to drum up profitable business, jumping through hoops to keep up with government regulations. Even more hoops if they are looking for a lender that will even sit down and talk. At the same time, attempting to convince em-

ployees to try a little harder and explaining to them why some may have their hours cut or maybe even be without work for a while.

According to *Real Florida* website, unemployment in Florida is now at 10.2%, with St. Lucie County the highest county at 13.3% and Martin County at 10.3%.

Then you pick up *Business Week* and it reports a June survey of 179 companies revealing many are contemplating removing hiring bans and salary freezes. 37% of

them are removing the hiring bans and 25% more say they will do so within the year and 7 out of 12 are ending salary freezes.

Go back as far as you want to place the blame for this mess. Government got us into it, but I am not sure government can get us out of it until we elect candidates for any position that are fiscally responsible. It is pure and simple, you cannot spend more than you have.

An example of this was in the July 5th edition of *Parade*. Government credit card spending by employees increased from \$4.39 billion in 1999 to \$8.28 billion last year. That includes \$100 million spent on airline tickets that were purchased but never used. These same cards have been used to pay gambling debt,

sporting events, concerts, cruises, and even legalized brothels.

By the way, Congress created a new system to prevent this...10 years ago!!

CLOSING HUMOR:

Haven't done Steven Wright for a while. (1.) I must be having amnesia and déjà vu at the same time. I think I forgot this once before. (2.) Last week the candle factory burned down, everyone stood around and sang Happy Birthday. (3.) Do they give pilots crash courses in flight school? (4.) If it is zero degrees in Alaska today and it is supposed to be twice as cold tomorrow, How cold will it be? And (5.) There was a power outage at a department store and 20 customers were stranded on the escalators.

FOR INFORMATION ABOUT CHAMBER MEMBERS, READ E-COMPASS NEWS AT WWW.GOODNATURE.ORG
 FOR MEDIA RELEASE PLACEMENT IN E-COMPASS NEWS, EMAIL INFORMATION TO KFERGUSON@GOODNATURE.ORG
 FOR CHAMBER MEMBERSHIP INFORMATION, CALL 287-1088 ext 101

