

# CHAMBER NEWS

## A NOTE FROM THE DIRECTOR



by Michelle Wilson, Executive Director,  
Grandview Area Chamber

As I write this, the David Bowie song, Changes, keeps running through my mind. Cha, cha, cha, nevermind.

I say that because I am excited to tell everyone about the changes we're bringing to the community with the 2010 Grandview Avenue Farmers' Market. I can hardly believe it's almost time for the market to start up again.

For the past several years, the market has been located on Grandview Avenue between First and Second Avenues. This location has been good, but there have been many challenges along the way. Some of the merchants on the Avenue had a tough time sharing their already narrow and crowded sidewalk space. This made it difficult for the farmers to unload, load and manage their produce.

Parking always is at a premium along the Avenue, so taking up additional spaces with farmer's trucks wasn't ideal either. In 2009 our farmer's dwindled to a mere 7 weekly vendors. That's not a lot to choose from on a Saturday morning.

So, this year, beginning Saturday July 10, the Grandview Avenue Farmer's Market will be located in the parking lot of Panzera's Pizza at 1354 Grandview Avenue. This is exciting for a number of reasons; all of our farmers will be in one, off-the-street location, they are able to work from their trucks and have quick access to their produce/product, we are not taking up precious sidewalk or parking space in the Bank Block, but are just a few extra steps away from there, and



we can now expand the market to 12 vendors this year!

There will be fruits, vegetables, savory baked goods, soups, flowers, handmade soaps and more. Each week we will have a Chamber table offered to our members to promote their business and interact with the community. There will be guest vendors some weeks, so you just never know what you'll find in addition to the farm-fresh products always available.

A HUGE thank you to **Panzera's Pizza** for readily offering their lot and becoming the 2010 sponsor of the Grandview Avenue Farmers' Market. They have been just wonderful to work with and are happy to be a part of this community-wide program.

Another big change with the market this year is that we will offer home delivery! A small mixed basket of produce will cost \$10 and a large will be \$15. Produce will vary each week and deliveries will be made by the Grandview Gators Swim Team. The Grandview Senior Center also will be a delivery point.

I'm so proud of our community coming together to make the market bigger, better and stronger than ever.

***This year's market will run every Saturday from 10 a.m. to 1 p.m. from July 10 to October 9. This is two weeks later than we've gone in the past. We added weeks to include fall items like apples and pumpkins to the offerings.***

I hope you'll join me in my excitement and further, I hope you'll support the Grandview Avenue Farmer's Market.

**JUNE BREAKFAST**

.....

**Thursday, June 10, 2010**  
**7:30 am - 8:00 am**  
 Registration and Networking

**8:00 am - 9:00 am**  
 Speed Networking  
 Breakfast

**Location: Champps at  
 Lennox, 1827 Olentangy  
 River Road**

**Annual Speed Networking  
 Breakfast**

*Register and Pre-pay online at  
[www.grandviewchamber.org](http://www.grandviewchamber.org)  
 by Tuesday, June 8th. \$15 for GAC  
 Members, \$20 for non-members.*

<b>INSIDE THIS ISSUE</b>	Page 4 ..... Taking Care: COBRA & FLSA Update
Page 2 ..... Taking Care	Page 5 ..... Grandview Chamber Staff & Executive Board, Welcome New Members
Page 3 ..... Chamber News: May Schmoorza Palooza	Back Cover ..... Calendar of Events

# TAKING CARE

by The Grandview Chiropractic Center

## Why Should You Care About Pesticides?

The growing consensus among scientists is that small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long-term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

**SHOPPER'S GUIDE TO PESTICIDES**

DIRTY DOZEN <i>Buy These Organic</i>		CLEAN 15 <i>Lowest in Pesticides</i>	
WORST	1 Celery	BEST	1 Onions
	2 Peaches		2 Avocado
	3 Strawberries		3 Sweet Corn
	4 Apples		4 Pineapple
	5 Blueberries		5 Mangos
	6 Nectarines		6 Sweet Peas
	7 Bell Peppers		7 Asparagus
	8 Spinach		8 Kiwi
	9 Kale		9 Cabbage
	10 Cherries		10 Eggplant
	11 Potatoes		11 Cantaloupe
	12 Grapes (Imported)		12 Watermelon
			13 Grapefruit
			14 Sweet Potato
			15 Honeydew Melon

ENVIRONMENTAL WORKING GROUP  
www.foodnews.org

## What's the Difference?

EWG research has found that people who eat five fruits and vegetables a day from the Dirty Dozen list consume an average of 10 pesticides a day. Those who eat from the 15 least contaminated conventionally-grown fruits and vegetables ingest fewer than 2 pesticides daily. The Guide helps consumers make informed choices to lower their dietary pesticide load.

## Will Washing and Peeling Help?

The data used to create these lists is based on produce tested as it is typically eaten (meaning washed, rinsed or peeled, depending on the type of produce). Rinsing reduces but does not eliminate pesticides. Peeling helps, but valuable nutrients often go down the drain with the skin. The best approach: eat a varied diet, rinse all produce and buy organic when possible.

## How Was This Guide Developed?

EWG analysts have developed the Guide based on data from nearly 96,000 tests for pesticide residues in produce conducted between 2000 and 2008 and collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration. You can find a detailed description of the criteria EWG used to develop these rankings and the complete list of fruits and vegetables tested at our dedicated website, [www.foodnews.org](http://www.foodnews.org).

\* [Learn More at FoodNews.org](http://www.foodnews.org)

**GO**  
**FITNESS**  
TRAINING FOR REAL LIFE

On June 22nd from 6 - 7 p.m. in the Group X room, Coach Joe will be holding a free fitness seminar covering topics from nutrition, cardio and resistance training and what a fitness lifestyle is. Sign up at Members' Services. Space is limited.

## Save money on health benefits without pinching pennies

Your chamber membership brings big benefits to your small business. As a chamber member with 2-50 employees, you can get a discount on any health plan from Anthem Blue Cross and Blue Shield – including industry-leading HSAs, HRAs and HIAs.\*

While your competition is busy cutting corners, you get preventive care programs, prescription drug coverage and one-stop shopping for a complete benefits package.

Call (888) 506-1574, or get a free quote online at [www.chambersaver.com/cocc](http://www.chambersaver.com/cocc).

**Central Ohio**  
CHAMBERS OF COMMERCE

**Anthem**

MEDICAL | DENTAL | VISION | LIFE | DISABILITY | BEHAVIORAL

\*Discount only applies to Chamber members who do not already have Anthem insurance.  
Anthem Blue Cross and Blue Shield is the Trade Name of Community Insurance Company. An independent licensee of the Blue Cross and Blue Shield Association.  
© Anthem is a registered trademark. The Blue Cross and Blue Shield names and symbols are the registered marks of the Blue Cross and Blue Shield Association.

# CHAMBER NEWS

## MAY SCHMOOZA PALOOZA A BIG HIT!

Chamber members Rife's Autobody and Henry Designs partnered up to host the May 20th business after hours event at Rife's Autobody. They hosted many members, donated raffle prizes and served food provided by Dewey's Pizza and Buffalo Wild Wings. Prize winners were as follows:

- Jeff Mayer, Tuffy Auto Service: Clippers Tickets
- Kathy Durfee of National Cinemedia: Complimentary photography session courtesy of Stephanie Henry / Henry Design.
- Nancy Michalski of CPCS: Billboard photo of her pet(s) on an upcoming Rife's Autobody billboard. Pet photography provided by Stephanie Henry / Henry Design.
- Jason Moine of Innovative Financial Technologies: Complimentary Graphic Design Services provided by Henry Design.
- Jerry Schwan of Tom & Jerry's Auto Service: Auto detailing service courtesy of Rife's Autobody.



May 13 Luncheon at Loth Furniture Experts





by Joelle Khouzam, Attorney  
Carlile, Patchen & Murphy

## COBRA AND FLSA UPDATE

### COBRA UPDATE

As you may have heard, Congress again extended the COBRA continuation-coverage subsidy, this time to include employees involuntarily terminated up to May 31. The ability to elect subsidized continuation coverage enables terminated employees to buy coverage at 35% of the full premium for up to 15 months, subject to certain limitations. COBRA applies to employers with 20 or more employees, but most states have enacted provisions that require smaller employers to provide similar subsidies.

In cases of companies with less than 20 employees, the carrier (rather than the employer) pays the 65% subsidy; in both cases, though, the amount is recouped as a credit to the subsidy payor on its Form 941 return.

Finally, a word of caution: if you have recently reduced your workforce such that you now have less than 20 employees, you are not automatically relieved of your COBRA obligations - the Department of Labor's "20/50" rule determines how and when the number of employees is calculated. In addition, employers should not forget that their obligations to provide COBRA eligibility notices extend to the involuntarily terminated employee **and** covered dependents.

### FLSA UPDATE

Congress' recent passage of the Patient Protection and Affordable Care Act (one of the two health care reform pieces) included a little provision that modifies the Fair Labor Standards Act (FLSA), the granddaddy

of the wage-and-hour laws. The new provision requires employers to provide reasonable breastfeeding breaks to nursing mothers for up to one year following the birth. The breaks must be "in a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public". Although federal law does not specify that non-exempt employees be paid for these breaks, some states' provisions may require that at least part of the break time to express milk be on the clock. (Note: federal regulations suggest that short breaks of 5-20 minutes in duration are treated as "hours worked" for non-exempt employees; as such, employers will need to determine whether to pay non-exempt employees for any break time beyond this). Currently, 24 states already have laws requiring some form of break to allow nursing mother to express.

Employers with less than 50 employees may be exempted from this requirement if they can demonstrate that providing the breaks would create an undue hardship by subjecting the employer to significant difficulty or expense.

There is some confusion about what the effective date of this provision is and whether the Department of Labor will be issuing guidance; however, given the increase in wage-and-hour litigation around the country, employers are well-served to make sure break policies and employment manuals comply with the FLSA.

*\* For more information about either provision, please contact me. Joëlle Khouzam, 614.628.0811, jck@cpmlaw.com*

### HAPPY BIRTHDAY DEAN MARTINAND

#### TRATTORIA ROMA

Dean Martin would have been 93 this year and Trattoria Roma has reached its 20 year mark. On Monday, June 7th 2010 come celebrate a legend while enjoying a wonderful 3 course dinner for \$20. We will play all of your favorite music from Dean Martin, as well as test your knowledge with fun Rat Pack trivia, there will be a raffle for some fantastic prizes including a 3 liter bottle of wine and two seats to our October Halloween wine tasting among others. For details please call the restaurant or visit our website [www.trattoria-roma.com](http://www.trattoria-roma.com)

Reservations are suggested. We will have extended hours on Monday, June 7th 4-11pm.

Thank you for your continued support and for a wonderful 20 years. We look forward to many more.



Ribbon Cutting Ceremony at Aab India on  
April 29, 2010

**GRANDVIEW AREA  
CHAMBER OF COMMERCE**

**2010 Staff and Executive Board**

**STAFF:**

Michelle Wilson, *Executive Director*  
614.486.0196  
mwilson@grandviewchamber.org

**OFFICERS:**

Dr. Francis Wilamosky, *President*  
Grandview Chiropractic Center  
614.488.3000  
chirohealthdoc@yahoo.com

Jill Gerschutz, *Vice President*  
Credit Union of Ohio, 614.340.1713  
jgerschutz@cuofohio.org

Dina Baghdadi-Shultz, *Treasurer*  
Key Bank, 614.486.0040  
dina\_baghdadi-shultz@keybank.com

Kristen Smeltzer, *Secretary*  
Wells Fargo Advisors, 614.764.7531  
kristen.smeltzer@wfadvisors.com

**BOARD MEMBERS:**

Ron Cameron  
Safeguard Business Printing, 614.486.2752  
rcameron@gosafeguard.com

Joelle Khouzam, *Immediate Past President*  
Carlile Patchen & Murphy LLP, 614.228.6135  
jck@cpmlaw.com

Greg Kidwell, *Immediate Past Treasurer*  
Members First Credit Union, 614.462.6850  
gregk@members1stcu.org

Doug Mack  
Payex, 614.488.8472  
dmack@pay-ex.com

Pat Meyer  
Members First Credit Union, 614.462.6850  
patm@trymembersfirst.com

John Myers  
Myers Real Estate, 614.486.2933  
jmyers@myersproperties.com

Linda Newberry  
First City Bank, 614.487.1010  
lnewberry@myfirstcitybank.com

David Pritchard  
614.519.4819  
davepritchard@sbcglobal.net

**EX-OFFICIO MEMBERS:**

Patrik Bowman, *Director of Administration & Economic Development*, 614.481.6215  
pbowman@grandviewheights.org

Mayor Ray DeGraw  
City of Grandview Heights, 614.481.6214  
rdegrow@grandviewheights.org

Ed O'Reilly, *Superintendent*  
Grandview Heights City Schools, 614.481.3600  
eoreilly@grandviewschools.org

Kent Studebaker, *Mayor*  
Village of Marble Cliff, 614.488.6993

**WELCOME NEW MEMBERS**

**CareWorks USA**  
Jamie Coburn  
5555 Glendon Court  
Dublin, OH 43016  
614-312-9753  
www.careworks.com

**Commercial & Industrial Maintenance**  
Anthony Dunnagan  
5200 Fisher Road  
Columbus, OH 43228  
614-851-8570

**Gentile's, The Wine Seller**  
Roger Gentile  
1525 King Avenue  
Columbus, OH 43212  
614-486-3406  
www.gentiles.com

**Figlio/Vino Vino**  
Peter and Laurie Danis  
1369 Grandview Avenue  
Columbus, OH 43212  
614-481-8850  
www.figliopizza.com

**Dance Plus Ballroom**  
1255 Grandview Avenue  
Columbus, OH 43212  
614-486-0471  
www.dance-plus.com

**Phoenix Land Realty Co.**  
John Yeager  
1395 Grandview Ave.#1  
Columbus, OH 43212  
614-481-9656

**West Jefferson Animal Hospital**  
Cathy Stephenson  
121 E. Main St  
West Jefferson, OH 43162  
614-879-8250  
www.westjeffvet.net

**Mohr Wealth Management**  
Ron Mohr  
1243 Grandview Ave.  
Columbus, OH 43212  
614-488-3920  
www.mohrwealthmanagement.com

**Columbus Therapy Associates, LLC**  
Jennifer Doane  
1500 West Third Avenue Ste #315  
Columbus, OH 43212  
614-595-9037  
www.columbusta.com

**Woof N Suds Pet Wash & Groom**  
Rebecca Thompson  
1627 West First Ave  
Columbus, OH 43212  
614-481-9663  
www.woofnsuds.com

**CaJacob Design Group**  
Sally CaJacob  
1855 Suffolk Road  
Columbus, OH 43221  
614-485-0917  
www.interiordesign614.com

**Costco Wholesale**  
1500 Gemini Place  
Columbus, OH 43240  
614-987-1902  
www.costco.com

*The Grandview Area Chamber of Commerce gratefully acknowledges the sustaining sponsorship and continued support of the following businesses:*

**GOLD LEVEL**



**SILVER LEVEL**

MANLEY · DEAS · KOCHALSKI LLC  
ATTORNEYS AT LAW

THE QUICKPRINT CENTRE



ASH :: image LLC



Mark A. Schaefer Agency

**BRONZE LEVEL**



**ANTOLINO & ASSOCIATES**  
Helping you preserve, build and transfer wealth.



The **Arlington Bank**



## Calendar of Events

---

- June 8 Coffee & Coaching, Marshall's 7:30-9:00 a.m., Aaron Forbes, Sales & Service Advocate for Nationwide Insurance will talk to us about the new and unique initiatives he handles for Nationwide
- June 10 Speed Networking Breakfast (replaces monthly luncheon). Location, Champps at Lennox. 7:30-9:00 a.m. Get your elevator speech polished and ready for this fast-paced, business-focused setting. You'll sit across from other professionals to learn about what they do and promote what you do. In fine Columbus tradition, the cowbell will ring after one minute and it's time to do it all over again. It's a fun, fast-paced way to start your day. \$15 for GAC Members, \$20 for non-members. Register & Pre-pay online at [www.grandviewchamber.org](http://www.grandviewchamber.org).
- June 23 WE: Luncheon Event, WE Dig In!, Wyman Woods Shelter, 11:30-1:00, Local florist and landscaper will share hints and tips on making our homes beautiful inside and out. \$25 for GAC members/\$30 non-members. Proceeds benefit Tri-Village Mentor League.
- June 26-27 Tour de Grandview. Race Events <http://bit.ly/9HdbI>  
Saturday night Street Party 6-midnight, food, live music, kid's activities
- June 29 Coffee & Coaching, Marshall's 7:30-9:00 a.m., Gary Bast, Owner of Town & Village Insurance will enlighten the group about Mini-Medical plans. These plans offer small businesses another option when it comes to insurance benefits and can save individuals a lot of money



**Chamber Newsletter Committee:**  
**Alyssa Booms, Jill Gerschutz, Mary Pisciotta,**  
**Michelle Wilson and Barb Wise**  
**\* Newsletter printed by GBF Printing \***