

# Wednesdays with Warrenton Area Chamber of Commerce

February 24, 2021

## UPCOMING CHAMBER EVENTS

Tuesday, March 2nd	Noon	Golf Tournament Committee—Blue Anchor
Wednesday, March 3rd	Noon	Board Meeting—Warren County R-III Conference Room
Tuesday, March 9th	11:45 am	General Membership Meeting—Blue Anchor

*"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..."*

*~Dr. Suess, Oh the Places You'll Go*

## WELCOME NEW MEMBERS

### All Service Insurance Agency

Rachael Fredrick

(636) 377-4155

1000 Warrenton Shoppes, Ste. 32

### MeWe Houses, Inc.

Susan Grateke

(636) 295-7894

[www.facebook.com/mewehousesinc](http://www.facebook.com/mewehousesinc)



The ribbon cutting at Olive's Bakery was a great success. Thank you to all who came out to support one of our newest members! Olive's Bakery is located at 902 W. Hwy M in Truesdale.

## MARCH 9th GENERAL MEMBERSHIP MEETING

Join us at the Blue Anchor Coffee & Bistro or via Zoom for our March 9th General Membership Meeting. We will be welcoming our local government officials and hearing the state of our cities and county. Lunch is \$10.00.

To join via Zoom:

<https://us02web.zoom.us/j/83465110274?pwd=cjR1Ynk5cEtJMi9waFpCbW1zYmU0QT09>

Meeting ID: 834 6511 0274

Passcode: 184801

One tap mobile

+13126266799,,83465110274#,,,,\*184801# US (Chicago)

## WARRENTON AREA CHAMBER MISSION STATEMENT

"To enhance the business climate and quality of life for the Warrenton area through programs that facilitate and stimulate economic and professional growth."

## BUSINESS SPOTLIGHT OF THE MONTH Shelter Insurance—Sarah Thoroughman



Sarah started working with Shelter Insurance Companies in 2014, receiving her Property and Casualty License the same year; she joined Kelly Hill's Shelter Insurance Agency located in Wright City in 2017, also earning her Life Insurance License at that time. In 2021 Sarah transitioned into a more dedicated sales position within the agency, with the goal of becoming more involved in the communities in which she works. Kelly and Sarah believe it is their job to help you find the types of insurance coverage you need to protect what matters to you most. They look forward to educating as many as they can on the importance of insurance and providing the right coverage at the right price, while also upholding the outstanding service you should expect. Call 636-745-2514 and Sarah would be happy to help!

## FRIENDS OF THE CHAMBER

**CertainTeed**  
www.certainteed.com

**Legacy Drugstores**  
www.legacydrug.com

**Ratholland Towing & Automotive Services**  
www.rathollandtowingandauto.com

**Farmers Insurance - Nick Skibinski**  
www.agents.farmers.com/mo/warrenton/nick-skibinski

**Amy Lombardo Insurance - Amy Lombardo**  
www.myuhcagent.com/Amy.lombardo

**Warrenton Office Furniture - Patsy Barteau**  
www.warrentonofficefurniture.com

**Town & County Garage, Inc.**  
www.townandcountygarage.com

### Warrenton Area Chamber of Commerce

#### 2021 Community Guide/Directory Advertisement Order Form

Business Name: \_\_\_\_\_  
 Contact Person: \_\_\_\_\_  
 Contact Person e-mail: \_\_\_\_\_  
 Daytime Phone Number: \_\_\_\_\_

- \$850 Outside Back Cover - 5" x 8" (Previous advertiser has first right of refusal)
- \$600 Inside Front Cover - 5" x 8" (Previous advertiser has first right of refusal)
- \$600 Inside Back Cover - 5" x 8" (Previous advertiser has first right of refusal)
- \$500 Full Page - 5" x 8" (possible choice of placement in Community Guide)
- \$250 Half Page - 5" x 4"
- \$125 Quarter Page - 2 1/2" x 4" or 5" x 1 3/4"

Orders must be submitted with payment and art work – business cards will be accepted for ads larger than 1/4 page, however, we reserve the right to adjust the design to accommodate directory needs.

2,000 brochures will be printed and available at banks, realtors, title companies, city offices, Chamber members, and distributed throughout the community. Only 2020/2021 Chamber members will have the opportunity to advertise in this directory.

**Ads sold on first come basis – ads are four color**

Please mail this order form to Warrenton Area Chamber of Commerce, P.O. Box 333, Warrenton, MO 63383 or e-mail ([warrentoncoc@socket.net](mailto:warrentoncoc@socket.net)) with ad attachment in pdf or jpeg format. Ads must be submitted by February 12, 2021.

Please make check payable to: Warrenton Area Chamber of Commerce, P.O. Box 333, Warrenton, MO 63383  
 (Please note address change)

Credit Card  Check



Credit Card # \_\_\_\_\_  
 Expiration Date: \_\_\_\_/\_\_\_\_ Zip Code: \_\_\_\_\_ 3-Digit Security Code: \_\_\_\_\_  
 Name on Credit Card: \_\_\_\_\_  
 Signature: \_\_\_\_\_

### DIRECTORY AND COMMUNITY GUIDE

# THE BENEFITS OF POSITIVE EMOTIONS AT WORK

Science has long documented the toll that negative emotions such as anxiety, fear and sadness have on our minds and bodies. Recent evidence, however, highlights the previously under appreciated benefits of positive emotions, emotions such as contentment, joy, awe and gratitude.

A surge of studies in the past fifteen years have examined the correlations and consequences of the experience of positive emotions. Although researchers are still working on understanding the precise pathways that link positive emotions to these important outcomes, what is clear is that when people frequently feel positive emotions they are better off at home and at work.

As a result, corporate wellness programs that enhance positivity in the workplace are becoming powerful tools to produce desired positive outcomes that improve overall employee well-being and productivity.

## **Positive Emotions Are Correlated with Better Health and Stress Management**

Recent research includes studies that measure positive emotions occurring spontaneously in the course of daily life as well as studies that induce positive emotions in the laboratory. In the latter, positive emotions can be effectively elicited in a variety of ways, for example by showing people brief film clips that target a specific emotion, such as joy.

Overall, these studies have documented valuable outcomes associated with experiencing positive emotions that range from improved physical health to lower job turnover. One of the most powerful findings in this research is that positive emotions are associated with higher quality physical health and longer life spans.

One way that positive emotions benefit the body is by undoing the damage of negative emotions and stress. That is, positive emotions are associated with faster recovery from stressful events, as happy people seem to bounce back more quickly from a variety of stressors compared to unhappy people.

Positive emotions can be an important tool in the defense against the cumulative effects of stress. In addition, research also shows that positive emotion may have a direct effect on health through other pathways.

For example, some studies have shown that positive emotions are correlated with more effective immune system functioning which likely influences our ability to fight off diseases, which can lead to reduced employee absenteeism and sick days. Regardless of exactly why or how positive emotions lead to better health, the association between happiness and health is strong and well documented.

## **Positive Emotions Enhance Interpersonal Relationships and Creativity**

Positive emotions also are closely tied to better interpersonal relationships. Of course, good relationships are a source of many positive emotional experiences, but many studies have also shown that positive emotions improve social interactions.

We know that happy people are more approachable, are liked more and get along better with others than unhappy people. And studies have clearly shown that employees' emotional experiences have an impact on interactions with clients, customers and co-workers.

There also is solid evidence that positive emotions influence important work-related processes, like creativity. In laboratory studies, people made to briefly experience positive emotions (such as through watching brief film clips) were able to solve problems more creatively and see the big picture more easily using well-validated cognitive tasks.

Direct evidence on creativity in the workplace comes from Theresa Amabile and her colleagues' now classic research on positive emotions and creativity on the job. They have found strong links between positive emotions experienced during the workday and creativity on the job.

Most importantly, their research suggests that positive emotions precede creative thoughts on the job with incubation effects of up to two days (in addition, being creative leads people to later feel more positive emotion). Thus, another likely benefit of positive emotions is increased creativity and innovation in job performance.

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# THE BENEFITS OF POSITIVE EMOTIONS AT WORK (continued)

## **Positive Emotions Lead to Greater Job Satisfaction**

Finally, positive emotions are an important predictor of how people feel and think about their jobs and their companies, according to research from Carl Thoresen et al. These researchers systematically reviewed over 200 studies that measured employees' emotional experiences and their attitudes and motivations toward their jobs and their employers.

In total, the studies that were part of the review included data from over 62,000 workers from a wide variety of occupations. The authors of the review found consistent and strong evidence that employees who reported experiencing emotions that are more positive had higher job satisfaction and greater commitment to their organizations.

In addition, they also reported less 'burnout' and fewer intentions to leave their current jobs. Not surprisingly, negative emotions predicted the reverse pattern of findings. And although positive and negative emotions are moderately correlated with one another (for example, people who feel a lot of positive emotions tend to also report feeling somewhat less negative emotions-and vice versa), the effects of positive emotions on job satisfaction are independent of the effects of negative emotions.

This is significant because the research on positive emotions ironically does not paint a Pollyanna picture of emotional life that excludes negative emotions or ignores the inevitable daily hassles of work and home life.

In contrast, negative emotions are critical to navigating the world and reacting to threats. What the research on positive emotions does tell us is that positive emotions are important in their own right and cultivating them has both direct benefits (e.g., increased creativity) and indirect benefits (e.g., helping people recover from stress).

## **Company Wellness Programs Can Increase Positive Emotions at the Workplace**

There is a lot of potential for harnessing the benefits of experiencing positive emotions for the workforce. However, a critical question is whether a company can intervene with programs or practices that increase positive emotions in its workforce. A recent review by Christina Meyers and her colleagues in the Netherlands that focused on studies of interventions specifically aimed at increasing positive experiences among employees at organizations gives reason for optimism.

Their research found that these interventions were consistently associated with increased employee well-being and performance, and less stress and burnout. Furthermore, new tools and technologies are becoming available to employers to elevate employee moods.

For example, new web-based platforms enable employers to provide mood-enhancing structured breaks where employees can watch videos and images tailored to their preferences. Managers can encourage employees to think about what they are grateful for and what brings them joy.

Employees also can benefit from restorative breaks, such as going on walks, socializing and other activities that are recharging and non-demanding. There is solid evidence that programs aimed at increasing positive emotional experiences for employees are successful.

Finding a cost effective way to implement such programs on a large scale to roll them out to groups of employees can be a challenge. However, technology can be effectively harnessed in the service of delivering programs aimed at increasing positive sentiment.

In fact, many of the studies reviewed in this article used technology to elicit positive emotions in subjects, such as through brief exposures to positive media like film clips, photographs and stories. Of course, companies would want to be sure that the programs or interventions executed were tailored to their needs.

Programs built on the foundation of the science of emotion and geared to the specific preferences of the employee are likely to offer the most return on investment.

~Shelly Gable

## EVENT DATES (see flyers)

February 19 - March 26

Fish Fry - Holy Rosary School



**Warrenton Pool Park  
Aquatic Center Hours**  
Starting February 8, 2021  
751 Warrior Avenue, 63383 • 636-456-2288

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6:00am-Noon Members Only Exercise River Walk Lap Swim 1 Hour Limit	CLOSED				
12:15 - 1:30 Rec Swim	CLOSED	CLOSED	CLOSED	CLOSED	12:00 - 1:30 Rec Swim
1:45 - 3:00 Rec Swim	CLOSED	CLOSED	CLOSED	CLOSED	1:45 - 3:15 Rec Swim
3:15 - 4:30 Rec Swim	4:00 - 5:30 Rec Swim	CLOSED	4:00 - 5:30 Rec Swim	4:00 - 5:30 Rec Swim	3:30 - 5:00 Rec Swim
4:45 - 6:00 Rec Swim	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Pool closes at 6:00pm	Pool closes at 5:30pm	Pool closes at Noon	Pool closes at 5:30pm	Pool closes at 5:30pm	Pool closes at 5:00pm

### Guidelines

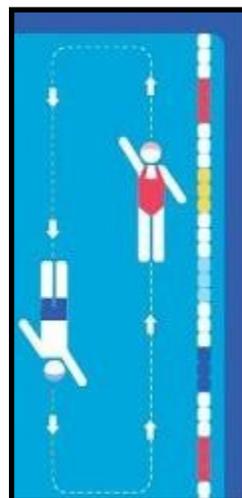
We are currently following state COVID guidelines to the best of our ability. We appreciate your patience as guidelines are continually changing.

- Morning Exercise time is open to Annual Members Only. Lap lanes must be reserved in advance online.
- Rec Swim is open to anyone with reservations. Reservations must be made 24 hours in advance online.
- Pool capacity is limited to 20 guests.
- ANYONE entering the facility will be required to wear a face mask when not in the water.
- We will administer temperature checks for everyone entering the aquatic area. Members with a 100.3 degree temperature or higher will not be allowed in the facility.
- Please arrive wearing your swimsuit and mask if possible due to limited changing area.
- Showers are not open.
- The facility attendant will disinfect the pool area and restrooms throughout the day.
- The toddler area and slide are closed until further notice.
- Deck furniture is positioned for social distancing and cannot be moved. They will be sanitized at the end of each shift.

Although social distancing can be difficult, we will try our best to enforce this at all times.

Go to the City website for more information or to make reservations.

[www.warrenton-mo.org](http://www.warrenton-mo.org)



# LAP LANE RESERVATIONS

New Year resolutions create a high demand for lap lane exercise. To best meet the needs of our patrons, we are introducing Lap Lane Reservations.

Lanes are available on a first come first serve basis. Reservations can only be made one day in advance. Before your desired exercise day, simply go online to make a reservation for an available time slot. You can also call ahead on the desired day to check for availabilities.

[www.warrenton-mo.org](http://www.warrenton-mo.org)  
636-456-2288

\*Exercise pool hours 6am-Noon are reserved for members only. During Rec Swim hours lanes are open for reservations to members, City residents, & their guests.



## 2021 March Schedule

Monday through Friday	8:00-8:45am	Jeanette
	\$69 members, \$138 residents, \$207 non-residents	
Monday & Tuesday	5:45-6:30pm	Sherry
Monday & Wednesday	8:00-8:45am	Jeanette
Monday & Wednesday	9:00-9:45pm	Sherry
	\$30 members, \$60 residents, \$90 non-residents	
Tuesday & Thursday	8:00-8:45am	Jeanette
Tuesday & Friday	10:00-10:45am	Linda
	\$27 members, \$54 residents, \$81 non-residents	
Friday	8:00-8:45am	Jeanette
	\$12 members, \$24 residents, \$36 non-residents	

Register at the Aquatic Center • 751 Warrior Avenue

# HOLY ROSARY SCHOOL FISH FRY

FUNDRAISER

Beginning: February 19, 2021

Last Fish Fry: March 26, 2021

Every Friday During Lent  
(except Good Friday)

Serving Dinner: 4:00 pm - 7:00 pm



DRIVE THRU ONLY

**NEW**  
TRY OUR FRIED FISH  
SANDWICH  
**\$5.00**

**MENU**  
**\$10.00**

- Hand Battered Fried Fish
- Fried Shrimp
- Hush Puppies

CHECK OUT THE 2 DRIVE THRU LOCATIONS ON SITE

→ → → Thank you for supporting Holy Rosary School! ← ← ←

For more information call the school office: 636-456-3095 Ext. 2  
Holy Rosary School - 716 E. Boonville Road - Warrenton, OR 97146  
(2/10 of a mile east of Highway 47)

## Warrenton Aquatic Center RECREATIONAL SWIM TIME SLOTS OPEN TO ALL!

Being a member or City resident not required.

Visit the City website to reserve a time slot and review the guidelines. Pool capacity is limited to 20 guests. Reservations must be made at least 24 hours in advance. The pool will close early if there are no reservations.



[WWW.WARRENTON-MO.ORG](http://WWW.WARRENTON-MO.ORG)

751 Warrior Avenue, 63383

636-456-2288