



Wednesdays with Warrenton Area Chamber of Commerce



March 25, 2020

"When you stop being afraid, you feel good."

~ Excerpt from Who Moved My Cheese

COVID-19 BUSINESS RESOURCES

As we endure our 2nd week of "Social Distancing", many businesses routine has been either disrupted or come to a complete halt.

The Missouri State Chamber of Commerce has an excellent Resource Page for businesses to check out. Go to <https://mochamber.com/coronavirus/> for more information.

If you create a post of an update or information about your business on your Facebook page that you want the Chamber to share on our Facebook page, please contact us at warrentoncoc@socket.net.

Feel free to reach out to us! We are here to help!

LICENSE OFFICE CLOSED UNTIL FURTHER NOTICE

Wednesday, March 25, 2020: The Warrenton License Office is closed until further notice due to unavailability of staff. Please visit <https://dor.mo.gov/offloc/> for other office locations. We apologize for the inconvenience.

FRIENDS OF THE CHAMBER

CertainTeed
www.certainteed.com

Edward Jones,
Glenda Buxton
glenda.buxton@edwardjones.com

Schraer Heating &
Air Conditioning
www.schraer@usmo.com

Janet G. Bradshaw Financial Services
janet@janetbradshawfinancial.com

McRoberts Motors
www.mcrobertymotors.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



BUSINESS SPOTLIGHT OF THE MONTH Tri-County Agency

Celebrating 40 years in business, Tri-County Agency prides itself on providing complete insurance service to all of our clients. We offer a full range of commercial and personal insurance products and services, including property, casualty, bonds, life and health insurance. As your hometown independent insurance agency, you can count on our experienced staff of 8 licensed agents to help you find the right coverage at the best price and to deliver service after the sale. Come see us at either of our locations, give us a call at 636-456-4343, or find us online at www.Tri-CountyAgency.com.

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."

13 SECRETS TO PERFORMING WELL UNDER PRESSURE

Before you reach for a stress ball, try employing these tactics

Let's get this out of the way right now: Nobody performs well under pressure. A lot of us think we do, but we don't, or, at least, we don't perform as well as we could perform. We may feel more creative when we're under the gun, but it's a feeling, not a reality. It's true that you might be more productive, but the products you create are usually worse.

In their new book, "Performing Under Pressure: The Science of Doing Your Best When It Matters Most," Hendrie Weisinger and J.P. Pawliw-Fry deliver the sad truth: The difference between regular people and ultra-successful people is not that the latter group thrives under pressure. It's that they're better able to mitigate its negative effects. Or maybe that's good news, because, as they lay out in the book, handling pressure is a skill, and you can learn it. In the book, they offer 22 tactics for doing your best when the heat is on. We took a deep breath and picked out 13 of our favorites.

Think of high-pressure moments as a (fun) challenge, not a life-or-death threat.

Most people see "pressure situations" as threatening, and that makes them perform even less well. "Seeing pressure as a threat undermines your self-confidence; elicits fear of failure; impairs your short-term memory, attention, and judgment; and spurs impulsive behavior," Weisinger and Pawliw-Fry write. "It also saps your energy." In short, interpreting pressure as threat is generally very bad. Instead, try shifting your thoughts: Instead of seeing a danger situation, see a challenge.

"When you see the pressure as a challenge, you are stimulated to give the attention and energy needed to make your best effort," they write. To practice, build "challenge thinking" into your daily life: It's not just a project; it's an opportunity to see if you can make it your best project ever. Remind yourself that this is just one of many opportunities. Is this high-pressure situation a good opportunity? Sure. Is it the only opportunity you will ever have for the rest of your life? Probably not. "The fact is, it is realistic to think that additional opportunities will come your way," Weisinger and Pawliw-Fry write, who encourage you to consider how many people needed multiple chances to ultimately succeed.

Before an interview or a big meeting, give yourself a pep talk, they advise: "I will have other interviews" (or presentations or sales calls).

Focus on the task, not the outcome. This might be the easiest tactic of all, according to Weisinger and Pawliw-Fry: Instead of worrying about the outcome, worry about the task at hand. That means developing tunnel vision, they explain. When you keep your eye on the task at hand (and only the task at hand), all you can see is the concrete steps necessary to excel. For a student writing a paper, that means concentrating on doing stellar research — not obsessing about the ultimate grade, what will happen if you don't get it, and whether you should have majored in economics after all.

Let yourself plan for the worst. "What-if" scenarios can be your friend. By letting yourself play out the worst-case outcomes, Weisinger and Pawliw-Fry say, you're able to brace yourself for them. What if you're giving a presentation and you lose all your slides? What if you find out at the last minute you only have half the time you thought you did? What if, three minutes before you're supposed to begin, you spill coffee all over your shirt? The key here is that you're anticipating the unexpected. "It can protect you from a pressure surge by allowing you to prepare for and thus be less startled by the unexpected." Instead of panicking, you'll be able to (better) "maintain your composure and continue your task to the best of your ability."

Take control. In a pressure moment, there are factors you have control over and factors you don't. But when you focus on those "uncontrollables," you end up intensifying the pressure, increasing your anxiety, and ultimately undermining your confidence, write Weisinger and Pawliw-Fry. What you want to do is focus on the factors you can control. In the case of an interview, for example, don't let yourself think about who else might have applied for the job, ways the manager could be biased against you, or whether the interviewer will like your outfit. The only thing that matters? Preparing to show them you're right for the role.

Flash back to your past successes. "Remembering your past success ignites confidence," Weisinger and Pawliw-Fry write. "You did it before, and you can do it again." Once you're feeling good about yourself, you'll be better able to cut through anxiety and take care of business.

(to be continued on next page)

13 SECRETS TO PERFORMING WELL UNDER PRESSURE (continued from previous page)

Be positive before and during high-pressure moments. In what comes as a surprise to no one (but bears repeating anyway), cultivating a positive attitude goes a long way. "Belief in a successful outcome can prevent you from worry that can drain and distract your working memory," Weisinger and Pawliw-Fry explain. "Anxiety and fear are stripped from the equation, allowing you to act with confidence." This will work out. You will be great. You're going to succeed.

Get in touch with your senses. When you're under deadline and the world feels like it's crashing in, you're particularly prone to making careless errors — slips you never would have made if you'd felt on top of the situation. To depressurize the situation, Weisinger and Pawliw-Fry advise focusing on the here and now. Tune into your senses, they say. What do you see? What do you hear? How's your breathing?

Listen to music — or make some. "What makes this pressure solution so effective is that it reduces the culprit behind choking — increased anxiety," Weisinger and Pawliw-Fry explain. By listening to music, you're able to literally distract yourself from your anxiety. And conveniently, this trick is extremely easy to put into practice: The next time you're facing a high-pressure situation — a big presentation, for example — spend the few minutes before listening to your pump-up tunes right up until it's time to take the stage.

Create a pre-performance routine. The idea here is to create a (brief) routine that you go through in the minutes before you present or perform, Weisinger and Pawliw-Fry suggest. A "pre-routine" prevents you from becoming distracted (how can you panic when you're doing your push-ups?), keeps you focused, and puts you in the "zone" by signaling to your body it's time to perform. Here are their tips for creating yours:

- Keep it short
- Do it immediately before The Event
- Include a mental component (reviewing key points, anticipating the types of problems your about to face, etc.)
- Include a physical component (breathing, power posing, etc.)
- Include a visualization of yourself succeeding
- Finish with an "anchor word or phrase that signals you're ready for showtime"

Slow down. When you're in a high-pressure situation, it's natural to speed up your thinking. Don't do it! Moving too fast often leads you to act before you're ready. You don't think as clearly as you normally would, Weisinger and Pawliw-Fry observe. You jump to conclusions. You miss key information. The solution? Slow down. Give yourself a second to breathe and formulate a plan. You'll think more flexibly, creatively, and attentively, they promise, and your work will be all the better for it.

Yes, "stress balls" are an office cliché — but according to Weisinger and Pawliw-Fry there's a good reason for that: They work. One of the reasons you clam up in high-pressure situations is that there's a constant, unhelpful thought loop running through your head. "How am I doing?" you keep wondering, even though you're doing fine — or you would be, if you could shut your brain up. That's where the stress ball comes in. When you squeeze a ball with your left hand, you're able to activate the parts of your brain that control unconscious responses, while simultaneously suppressing the parts of your brain that oversees self-conscious thinking.

Share the pressure. Telling someone else about the pressure you're feeling has been proven to reduce anxiety and stress, Weisinger and Pawliw-Fry report. But there's another bonus: Sharing your feelings allows you to "examine them, challenge their reality, and view a pressure situation in a realistic manner." And it's likely the person you're sharing your feelings with will have some feedback, too — feedback you might never have gotten had you stewed solo. Keep this in mind: You may not be the only one feeling the heat. If you're under pressure about a work project, there's a good chance raising the issue will make everyone feel less alone.

~Rachel Sugar

Deerfield's on Main

636/377-4077 or 314/604-4139 cell



Winery, Craft Beer, Vintage Soda Pop
Flatbread Pizza, Sandwiches, Soups & Salads
Wood Fire Brick Oven

DEERFIELD'S VOICE TALENT SHOW

Visit Deerfield's On Main for registration forms
and official rules during normal business hours:
Thursday to Saturday 11am to 10pm
Sunday 10am to 3pm.

Registration Deadline: April 4

Contact Bob Truetken at bobtruetken@hotmail.com
for more information

227 E. Main Street, Warrenton, MO 63383

Deerfield's on Main

636/377-4077 or 314/604-4139 cell



Winery, Craft Beer, Vintage Soda Pop, Flatbread Pizza, Sandwiches, Soups & Salads, Wood Fire Brick Oven

DEERFIELD'S VOICE TALENT SHOW

Please fill this form out and send via email to bobtruetken@hotmail.com or mail it to Deerfield's On Main, 227 E. Boonselick Road, Warrenton, MO 63383. You can also drop it off during business hours: Thursday to Saturday 11am to 10pm or Sunday 10am to 3pm. You will be required to sign a release form which will be provided to you.

Registration must be submitted by April 4th.

PLEASE PRINT

NAME: _____ PHONE: _____

EMAIL: _____ DATE OF BIRTH*: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

*For verification purposes only

Registration Rules

1. This is for solo vocalists only.
2. A CAPPELLA ONLY at the open call auditions.
3. NO background checks. NO accompaniment. NO instruments at the open call auditions.
4. The only thing we want to hear is YOUR VOICE. To be clear, you cannot play any instrument at the Open Call Audition.
5. Please be advised that you must meet the eligibility requirements (which may be changed at any time by Deerfield's On Main and the judges at their sole discretion).
6. You must pre-register prior to the open call audition.
7. If you are under the age of 18, you must register in person at Deerfield's On Main. Be prepared to submit proof of age and accompanied by a parent or legal guardian.
 - a. You may be required to submit proof of age at the time of registration.
8. You will be notified by return email of your registration and the date and time for your audition.
9. If you require special accommodations due to a disability or other needs, please contact Bob Truetken at bobtruetken@hotmail.com.
10. Songs can be by any artist and from any genre (pop, rock, R&B, hip-hop, alternative, Latin, country, blues, indie).
11. Original music is allowed and encouraged.
12. Original music is allowed and encouraged.
13. You will be scored based on Overall Talent, Vocal, Stage Presence and Charisma. Additional points may be awarded for original music depending on the quality of the material.
14. Winner of the Deerfield's Voice Talent Show will receive \$200. The winner of the People's Choice Award will receive \$100.

227 E. Main Street, Warrenton, MO 63383

The City of Warrenton is taking precautions against the current spread of COVID19.

*Per Governor Parson's directive to limit social gatherings the following have
been closed or cancelled. The City will re-evaluate at the end of March*

Aquatic Center/Pool	Closed
City Ball Fields/Batting Cages	Closed
City Soccer Fields	Closed
City Park Bathrooms	Closed
Pavilion Rentals	Closed for March
Easter Egg Hunt	Cancelled
Local Government Week	Cancelled
Soccer Leagues	Postponed

MO Coronavirus 24 Hour Hotline 1-877-435-8411

www.cdc.gov/coronavirus/2019-nCoV/index.html



We appreciate your cooperation

Easter Egg Hunt

CANCELLED!!!

Easter Bunny wouldn't let it stop the fun! He has delivered the eggs to City Hall. Visit and pick some up to have a hunt with your kids.

Available at City Hall Lobby
8am - 5pm
200 West Booneslick Rd.





April 7
ELECTION

RESCHEDULED TO
JUNE 2



BARBERSHOP

JUST FOR GUYS

705 E. Veterans Memorial Pkwy
Warrenton, MO 63383

(636) 377-1837

www.thegspotbarbershop.com

Service Menu

Men's Haircut \$21
 Military/First Responder Haircut \$18
 Gentlemen's Haircut 65 & Older \$18
 Around the Edges (Maintenance) \$15
 Shampoo & Scalp Massage \$10
 Kid's Haircut 12 & Under \$15
 Beard Trim w/ Straight Razor \$15
 Goatee Trim w/ Straight Razor \$18
 Mustache Trim \$5
 Straight Razor Line Up \$15
 Traditional Shave \$25
 Traditional Head Shave \$25
 Waxing \$5 & up
 Color \$20 & up

At The G Spot, we are dedicated to providing the gold standard in Men's Grooming.



Saturday Night Pizzas and Board Games

5pm to 9pm

Dine-In or Carry Out

12" Cast Iron Beer Crust 3 topping Pizza \$15

Pizza toppings

Italian Sausage	Onion
Pepperoni	Green Peppers
Buffalo Chicken	Black Olives
Anchovies	Mushrooms
Mushrooms	Spinach

Specialty

Deluxe - Italian Sausage, Pepperoni, Onion, Green Peppers, Black Olives \$18

Shrimp Scampi - Alfredo sauce, garlic butter shrimp, spinach \$ 20

Margherita Pizza - tomato, basil and mozzarella \$15

Appetizers

Pretzel Balls with Bier Cheese \$7

Chili Cheese Dip and Chips \$7

Boozy Salad \$5

Call or Text Order to 636-244-8284

www.blancobrewpub.com



LADIES Night OUT

Clear your schedules Ladies. Deerfield's is introducing Ladies Night! Thursday nights at 5-7PM. Enjoy half price on selected wine by the glass, beer, and appetizers. Thursdays needed some excitement so here it is! Grab your BFF's and come celebrate life. Bring the BUNCO group, play and listen to some pickin' and grinnin' and let's have some fun.

Aquatic Center Membership Fees



**PAYMENT PLANS
NOW
AVAILABLE**

warrenton-mo.org

SIGN UP WHEN PURCHASING ONLINE OR AT THE AQUATIC CENTER



WARREN COUNTY
HEALTH
DEPARTMENT

Are you in need of resources?

Due to COVID-19 social distancing if you need assistance obtaining necessary resources, we can provide a list of contacts and phone numbers.

636-456-7474