

Calendar of Events

May 2008

- 1— Legislative Committee—9:00 am at the Chamber
- 4— **Loyalty Day Parade**
- 8—Marketing Committee— 8:30 am at the Chamber
- 8— Hometown Days Meeting—7:00 pm at the Chamber
- 9— **Ribbon Cutting** — Brandon Valley Veterinary Clinic—Noon at 1000 E. Redwood Blvd.
- 9-11— **Citywide Rummage Sale**
- 14—Chamber Board Meeting— 11:30 am at the Chamber
- 15—Member Services Committee— 8:00 am at the Chamber
- 15—**Chamber Mixer**—5-6:30 pm Location TBA, \$2 contribution at the door
- 21— Sports & Recreation Committee— Noon at Pizza Ranch
- 28—Tourism Committee— 9:00 am at the Chamber

June 2008

- 5— Legislative Committee—9:00 am at the Chamber
- 11—Chamber Board Meeting— 11:30 am at the Chamber
- 12—Marketing Committee— 8:30 am at the Chamber
- 18— Sports & Recreation Committee— Noon at Pizza Ranch
- 19—Member Services Committee— 8:00 am at the Chamber
- 20—**Chamber Golf Outing & Wine Tasting**: Noon shotgun start at Brandon Municipal Golf Course. \$300 per 4 person team. Pre-registration preferred.
- 25—Tourism Committee— 9:00 am at the Chamber
- 28—**McHardy Park Arts & Crafts Festival**: 9:00 am—3:00 pm at McHardy Park in Brandon.

Don't get the weekly email updates? Sign up today or you miss out! Email brancofc@alliancecom.net

Horizon is an official publication of the
 Brandon Valley Area Chamber of Commerce
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April 2008

Brooks, Jones chosen to serve on Brandon's City Council

Just more than 12 percent of Brandon voters elected two challengers in the April 8 city council race.

Blaine Jones is the new councilman from Ward I and Roger Brooks will take over the position for Ward 3. They will officially take office at the city council meeting on May 5.

Brooks is a 29-year Brandon resident and served in the South Dakota House of Representatives from 1993-2000. He served in

the Navy during the Vietnam War and is looking forward to getting to work on the Council. Jones is a facility services manager for Avera Behavioral Health and has lived in Brandon for 39 years. He and his wife, Gail, have four children. He has experience as a member of the Brandon Police Department and the Brandon Volunteer Fire Department.

Brandon, two from each of the three wards. Meetings are held the first and third Mondays of each month beginning at 6 pm with public hearings being heard at 7 pm at each meeting.

If you are curious about what the "happenings" are in Brandon, I strongly encourage you to attend these meetings.

There are six City Council members in

Loyalty Day Parade



As Brandon residents, we know spring has finally arrived when we attend the Annual Loyalty Day Parade. This year's parade will be on Sunday, May 4th at 2:00 pm so plan on grabbing a "goodie bag" and joining in Brandon's traditional celebration.

Save the Date:

Mark your calendars and plan on attending the **McHardy Park Arts & Crafts Festival**.

This year, the event will be held **Saturday, June 28** — so save that date!



Thank you to Todd Headrick, HJN Team Real Estate for the printing of the Horizon Newsletter.

Business Fast Fact:
 According to research, the most productive workday is Tuesday and the least productive is Friday.

Upcoming Wine and Golf Outing

Don't miss the Golf Outing and Wine Tasting on Friday, June 20! This provides a fun opportunity to get to know a variety of Chamber Members, work on a tan, and show off your skills at golf.

The tournament is a four person scramble and begins at noon. At every other hole on the course, you will have the opportunity to taste a different type of wine. Then see how your game improves toward the end!

Prizes are awarded for top golfers and a variety of other competitions. This year's event is sponsored by Home Federal Bank and Brandon Spirits. For more detailed information and to sign up your team, fill out and submit the inserted flyer from this month's Horizon.



Buy Brandon
 Build a Better Community

What's Inside....
 ~ Dakota Floors Mixer Recap ~ 2009 Legislative Schedule ~ Hometown Days ~
 ~ Did you know? ~ Control your Tension Headaches ~ Calendar of Events ~

Dakota Floors hosts successful Mixer

Fried shrimp, fried cod, cheese balls, and french fries with a glass of wine to wash it all down...enough to make your mouth water! It was for the 22 lucky Chamber Member attendees at the Dakota Floors Mixer on Thursday, March 20th.

This Chamber Mixer provided the opportunity for members to learn about what's new at Dakota Floors. Along with their original hardwood floors, Dakota Floors now offer carpets. If you missed the Mixer, stop into their showroom.

If you would like to host an upcoming Chamber Mixer at your business, call the Chamber office at 582-7400. It's a great way to show off your business' latest offerings!



Legislative update: 2009 Schedule Set

Next year's South Dakota Legislature will convene Jan. 13 and run until March 30. The session is 40 legislative days and is comprised of several four-day weeks. This allows Senators and Representatives the opportunity to return home to meet with constituents and tend to their personal lives on the weekends. All South Dakota legislators are up for re-election before next year's session, so be prepared to get involved and be informed about upcoming events for District 10 legislators!

Hometown Days is revving up!

Brandon South Dakota is a GREAT place to call home! We want to invite our neighbors to join us in celebrating on August 2nd and 3rd with some fun festivities in our town. There will be a softball tournament in Aspen Park during the entire weekend as well as a Karaoke Contest at McHardy Park all day Saturday and a Vintage Tractor Pull on Sunday.

If you would like to be a sponsor for the event, please fill out the enclosed form or call John Small at 582-6626. For more information or to download the sponsorship application form, visit www.brandonhometowndays.com.

Hometown Days
The first weekend of August
in Brandon South Dakota
August 2nd & 3rd 2008

Saturday, August 2nd McHardy Park - Brandon

8 am - 6:30 pm Karaoke Challenge
7 pm- 8 pm Karaoke FINALS

We will also have food vendors and kids games to make this an event that will be fun for the whole family!

Sunday, August 3rd Vintage Power Tractor Show & Vintage Tractor Pull

This event will be held just outside of Brandon, there will be several signs showing you how to get to the location.

Welcome to the Family!

Welcome to our newest members:

Brad Gullickson, Hegg Commercial Real Estate

Great Spot Company

Oakland Irrigation

TransWorld Systems

Have you received your 2008 Chamber Member Window Sticker?

We hope you will display it proudly!

If you have not received your 2008 Window Sticker, contact the Chamber office at 582-7400.

**Join us:
Wednesday, April 23rd
from 11:30—1:00 pm for
our New Member Luncheon**

Did you know?

Did you know that one of the benefits of your Chamber membership is your ability to place inserts in the Horizon?

The Horizon goes out monthly to over 250 individuals and businesses.

There are only 3 inserts available for each month. They are decided on a first come, first serve basis. Nothing is confirmed until payment is received.

The cost of putting an insert in is \$30 per month. The insert must be 8 1/2" x 11" and may only contain information about Chamber members. You may use any color paper you wish and it may be one or two sided.

You are responsible for providing the appropriate number of copies of the insert to the Chamber office no later than the 15th of the month in which they are to be mailed.

Contents are the responsibility of the advertiser. Inserts are subject to approval by the Director. If you would like to reserve an insert space for upcoming Horizons, contact the Chamber Office.

Control Your Tension Headaches

What is a tension headache?

"Tension headaches" are related to chronic contraction of the muscles of the head and neck. They are often initially characterized by pain in the back of your head and/or neck. The pain may also shift to the area around the eyes. Tension headaches can mimic a "sinus" headache.



Muscle dysfunction and joint dysfunction are often very closely related. Because of this, gentle treatment of the muscles of the upper back and neck often will help improve the joint movement. Imbalance of muscle strength can often keep the muscles sore causing excessive pressure on their attachments to your skull and neck. Poor breathing patterns and forward head posture will reinforce the pain pattern.

Tension headaches are more prevalent in those with a family history of headaches, occur more often in females and often have an age of onset between 20 and 40 years of age. The pain is often described as "aching, tight, and/or squeezing". Your head may feel "heavy". They may last from hours to days and may occur many times during the month. Occasionally, the headaches are accompanied by a feeling of nausea or being sick to your stomach. Night tension headaches are very rare, but may include neck or shoulder soreness or pain.

Stretch & Strengthen

Chronic postures that lead to headaches also lead to tightness of the muscle of the chest and front of your neck, and weakness in your back. Spend two minutes two times every day stretching and strengthening. Try this exercise:

Supine Upper Back Stretch (with elbows into floor)

1. Position yourself lying on your back on a flat surface.
2. Tighten your abdominal muscles and flatten your low back to the floor.
3. Position your elbows at 90 degrees with hands behind your head.
4. Squeeze your shoulder blades together and down.
5. Press your arms and elbows against the floor.

Avoid triggers

The most frequently noted triggers of tension headaches are stress and exhaustion. It is important to get enough sleep. To help with this, we suggest avoiding irregular sleeping habits and excessive caffeine intake. For a healthier lifestyle, eat a balanced diet, don't miss meals, and exercise regularly.

Mom was right!

Poor posture contributes to weakness that can start a headache. How do you sit? Does your favorite chair give you support in your lower back? Many people with headaches slouch and lean forward instead of adjusting their chair at work. Start practicing these ideas now:

- Adjust your chair at work. Your monitor and keyboard should be directly in front of you. The keyboard should be level with your elbows. Your elbows should be at no more than a 90 degree angle and your shoulders should be relaxed.
- Do not lean over your work. Utilize the backrest of your chair with an adequate lumbar support. Your hips and knees should be at a 90 degree angle with 2-3 inches between the back of your knee and the seat.
- Consider a headset if you spend extended time on the phone.

Ice or Heat?

Many people with headaches have swollen muscles. Most will benefit by the use of an ice pack placed on the upper neck and base of the skull for 15-20 minutes after work and one other time during the day. Do not use ice before stretching. If ice does not work or makes your headache worse, try heat. Sometimes keeping a log of your headaches is helpful. Record the date/time of the onset of the headache, where the symptoms begin, and the cause of the onset. Show this log to your health care professional to assist in evaluating your symptoms.

Static Postures

Try to avoid static postures. For instance, at work, try to take exercise breaks every 30 minutes. Perform 3-5 repetitions of each of the following exercises while sitting on a chair:

- Squeeze your shoulder blades together.
- Roll your shoulders back and then forward.
- Sit tall and pull your stomach up and in.
- Twist your shoulders to the left, then repeat to the right.

Also, remember to change tasks and/or positions hourly and close your eyes occasionally or focus on a distant object to avoid eye strain. If your problems persist after attempting any of these exercises, a more personalized program may be appropriate. Please discuss this with your physician.



"The most frequently noted triggers of tension headaches are stress and exhaustion."

Wishing you a healthy, pain free workday from Michelle Albrecht, PT at Prairie Rehabilitation Services.