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**Bits & Pieces**  
• AROUND OUR TOWNSHIP •  
JANUARY 2019



## REPUTATION MANAGEMENT

Bedford Business Association  
**General Meeting Luncheon**  
**THURSDAY, JANUARY 10, 2019**

*Guest Speaker: Mr. Mark Elliot*  
from Eastman & Smith, Ltd.

*Topic: Reputation Management –*  
*Learn How to Control Your Reputation On Line*

*Location: Forest View Recreation Bar & Grill*  
2345 W. Dean Rd. • Temperance

*Time: 11:45 a.m. - 1 p.m.*

*Cost: \$10 per person*

***Make your reservation! Contact the BBA Office at  
(734) 850-2200 or email info@bba.org***



# BEDFORD BUSINESS ASSOCIATION

## 2018-2019 MEMBERSHIP LIST *(As of 12/21/18)*



Above & Beyond Service & Repair  
Advanced Accounting  
Tax & Financial Services, LLC  
Advanced Eye Care, Inc.  
Advantage Chiropractic  
Affordable Construction Company  
AJ's Doolittles  
Alexis Sewer Cleaning  
All American Karate  
Ally-N-Cals Pet Salon  
Andrew Gill Insurance Associates  
(AGIA)  
Anytime Fitness, LLC  
ARCA – Toledo Speedway  
Judge Frank Arnold  
Around Your House, LLC  
ASSE International Student Exchange  
Assembly of Christians  
Athletico Physical Therapy  
Backyard Renovations  
Bankowski Builders  
Barbarian Cheese Steak Co.  
Barron Insurance  
& Financial Services Agency  
Barry Bagels Lambertville  
Bedford Branch Library  
Bedford Child Development Center  
Bedford Community Foundation  
Bedford Consulting, PLLC  
Bedford Dial-A-Ride  
Bedford Fence Company  
Bedford Goodfellows Club  
Bedford High School Alumni Assoc.  
Bedford Hills Golf Club, Inc.  
Bedford Homes Real Estate  
Bedford Now  
Bedford Press, Inc.  
Bedford Public Schools  
Bedford Public Schools  
Community Education  
Bedford Senior Community Center  
Bedford Township Hall  
Bedford Township Lions Club  
Bedford Township Veterans  
Bedford Veterinary Clinic, LLC  
Bedford Wellness Pharmacy  
Bedford's Best Baseball – 3B Baseball  
Brad's Septic & Sewer Service, LLC  
Braunlich, Lievens & Braunlich, PLC  
Burger King  
Carter Carpet & Vinyl, Inc.  
Chart Advisors  
Christ the King Lutheran Church  
Christian Care Connection, LLC  
Ciolino Fruit & Vegetable Market  
Clean It Up! Property Services  
Collins Accounting & Tax Service  
Compelled Church  
Crary Drug  
Cruise Planners –  
TC & Jamie Clements  
DaCapo Coffee  
Danberry Realtors  
Darlene Stammer's Piano Studios  
Davis Cleaning Services

Davis Tent & Table  
Debra Reiner, DDS  
Directions Credit Union  
Doctor Computer  
Duke Farm, LLC  
E.R. Zeiler Excavating, Inc.  
Education Plus Credit Union  
Edward Jones – David Abalos  
Edward Jones – Nicholas Abalos  
Edward Jones – Troy Forgette  
Engraved Image  
Equis Financial  
Equity Resources, Inc.  
Executive Title Agency  
Family Chiropractic & Wellness Clinic  
Family Medical Center  
Farm Bureau Insurance –  
Jessica Thompson Agency  
Fifth Third Bank  
Fischer Tool & Die Corporation  
Flick's Package Liquor, Inc.  
Foot & Ankle Specialists  
Forest View Recreation Bar & Grill  
Francis Auto Detailing  
Francis Family YMCA  
Francis Findings Estate Sales  
G.B. Warnke & Associates, Inc.  
Gerweck Real Estate  
Giant Oak Golf Club  
Goodwill Store  
Graphic Signs  
H&S Sports Plus  
H.E.L.P. Printers, Inc.  
HLS Orthodontics – Lambertville  
Habitat for Humanity of Monroe  
County/Habitat Restore  
Heartland Rehabilitation Services  
(HCR Manor)  
Heidtman Steel  
Hickory Ridge of Temperance  
HIS Store Cigars & More  
Holt Roofing Company, Inc.  
Home Consulting Services  
Hospice of Northwest Ohio  
Howard's Meats  
Hudson Studio  
Hunters Run  
Huntington Bank – Lambertville  
Indian Creek Zoo  
Informed Solutions Realty  
Insideout Inspections Plus, LLC  
Inverness Community  
Iott Insurance Agency, Inc.  
It's a Lifestyle Nutrition  
Jets Pizza  
JHoward Electric, Inc.  
Kara's Critter Care, LLC  
KL Katering, LLC  
K of C Council 8902  
Key Bank  
Kimberly Dick – Key Realty  
Lake Erie Transportation (LET)  
Lambertville "Do It Best" Hardware  
Lambertville IOOF Lodge #467/  
Eva Rebekah Lodge #299

Lambertville Mini-Storage  
Lambertville Veterinary Clinic  
LaScala IT Solutions, Inc.  
Lennex Realty Company, LLC  
Le-Vel Thrive/Bernia & Centers  
Lewis Avenue Auto Repair  
Luther Haus  
Maple Grove Golf Course  
Marco's Pizza – Lambertville  
Mason Jar Tap & Grill  
Masserant's Feed & Grain  
Michael W. Pawlak Funeral Home  
Miss Lori's Dance Express  
Mominee Builders  
Monroe Bank & Trust – Lambertville  
Monroe Bank & Trust – Temperance  
Monroe Community Mental Health  
Authority  
Monroe County Chamber of  
Commerce  
Monroe County Community College  
– Whitman Center  
Monroe County Community  
Credit Union  
Monroe County Democratic Party  
Monroe County ISD  
Monroe County Prosecutor  
Monroe County Republican Party  
Monroe News  
Moongate – Luxury Adult Living  
Morrrows Elite Carpet Cleaning  
MSN Healthcare  
MTS Seating  
New Life Chiropractic Center  
Nutri-Health  
Ohioans Home Healthcare, Inc.  
OJ's Professional Painting  
Olde Schoolhouse Commons, LLC  
Paul Pirrone for Supervisor  
Pavlika, Inc.  
Paws & Claws Animal Hospital, PLLC  
Pienta, PLC  
Pinnacle Eye Group  
Precious Hearing, Inc.  
ProMedica Family Physicians –  
Bedford Medical Arts  
Quality Systems Compliance  
Quimby's Food & Spirits  
Rawlings Heating & Cooling  
Real Estate 4U  
Real Estate Solutions of MI, LLC  
Red Star Diner  
St. Luke's Lutheran Church  
St. Paul's Evangelical Lutheran  
Church  
Schlegel Services  
Shelton Park Church of God  
Shinkle's Flower Shop & Greenhouse  
Sidelines Italian Grille  
Sidelines Sports Eatery & Pub  
Space Matters Interior Design, LLC  
State Farm – Thomas Donovan  
Insurance Agency, LLC  
State Farm Insurance – Neal Hopkins  
State Farm Insurance – Ashley Smith

State Representative Jason Sheppard  
Stevens Disposal & Recycling Service  
Subway – Lambertville  
Summerlyn Builders, LLC  
Sunrise Windows, LTD  
Tanlines – Lambertville  
Taulbee Electric, LLC  
Team H2O Spray  
Roof & Exterior Cleaning  
Technically Wright  
Temperance Animal Hospital  
Temperance Body Shop  
Temperance Fuel Stop, Inc. (Sunoco)  
Terrarium Hair Spa  
The Blade  
The Mulch King, LLC  
The Retreat, LLC  
Thrive by Le-Vel/Storchine  
Tim Hortons  
T-J Roofing & Sheet Metal, LLC  
Todd's Tree and Crane Service, LLC  
Tomahawk Archers  
Tony's Country Store  
Townsend Carpeting  
United Way of Monroe County  
Urbanski's Bedford Funeral Chapel  
Vandergrift Company  
Vibrant Life Senior Living  
Walberg for Congress  
Walgreens  
Welles Bowen Gio Realty, Inc.  
Whitney's Collision of Temperance  
Wiens & Roth Real Estate  
WMLZ-LP  
Women of Bedford United  
Yard Repair Man  
Zaums & Bialecki, PLC  
Dale W. Zorn, State Senator  
ASSOCIATE MEMBERS  
ACR Business Systems, Inc.  
Costco Wholesale  
Cross Heating & Cooling, INC  
Go M.A.D. Fitness  
Monroe Family YMCA  
Office Image, Inc.  
Salvation Army of Monroe County  
Town Money Saver  
Valpak NW Ohio  
HONORARY MEMBERS  
Norb Abel  
Pearl Albert-Green †  
Arlene Bates Toyne †  
Laura Collins  
Karen Daggett  
Rollie Eisenmann †  
Linda Flick  
Beverly Hammerstrom  
Ron Hurley  
William Mannor  
Meg Smith  
Edwina Talley-Fritsch  
Carl VanWert  
Pat Vozobule †  
Judge Michael A. Wierpert  
Walt Wilburn

# **Bedford Township Veterans Center seeking 5,000 Shining Stars**

Men and women that have served in the military have sacrificed so that we can continue to enjoy our freedoms. There is a great need to support our Veterans not only around the country but right in the Bedford community.

Bedford Township Veterans Center founder and director, Tim FitzGerald made a vow when he joined the military to "never leave a fallen soldier behind." He is making good on that vow with the opening of the Veterans Center last March and through the projects and work that the Center is doing to come to the aid of local veterans to meet their needs.

"No one gets paid a salary, it's all volunteer," said Joyce Harvey administrative assistant and secretary of the board. The Center receives no government funding or tax dollars, it operates solely on the generosity of the community through donations and those participating in fundraisers.

"Having something steady coming in, we could grow and offer more services to the veterans," Harvey said. "We're starting to branch out into Monroe County, a good solid base will help out."

To establish this base, the Center is seeking 5,000 Shining Stars that would commit to donating \$10 or more per month. There are several options of how donors could do this. "They can commit monthly for a year and re-evaluate and renew or they can give all of the money upfront," Harvey said. Monthly donations can be set up to come out of your bank account on a monthly date of your choice. A once-a-year upfront donation can be mailed or dropped off at the Bedford Township Veterans Center, located at 760 W. Temperance Rd., Temperance. A donation can also be made through the Center's website ([bedfordtwpvets.com](http://bedfordtwpvets.com)) by clicking on the "donate" tab.

"The best way if you want money debited from your account is to fill out a confidential form at the Center," Harvey said. The Bedford Township Veterans Center is a 501(c)(3) non-profit, so donations are tax deductible.

Harvey said that the funds received through the 5,000 Shining Stars program is earmarked for general Veterans' expenses.

The Center is getting a lot of usage by local Veterans. "We have over 375 in our database since the opening," Harvey said. "We have a number of the younger

Vets coming to us that served in Iraq and Afghanistan as well as Vietnam Veterans and even a few Korean and WWII."

There are a number of important ways that the Center is helping local Veterans. One way is food assistance. "We have a fully stocked pantry that's open seven days a week. We give out food boxes for 26 families at the end of the month. They include milk, eggs, meat and fresh vegetables when available," Harvey said.

The Center can also help Veterans with transportation by getting them into a vehicle. "People donate vehicles and we send them out to make sure they are up and running and make repairs if needed. We match Veterans with vehicles when needed," she said.

In a few weeks Harvey said the Center will be launching their new addiction program for veterans, "Victory Over Life's Addictions" that will address all types of addictions. The program is planned for Saturdays.

The Center can also assist Veterans with medical and dental appointments as well as with medical equipment. People donate medical equipment such as walkers, canes and wheel chairs to the Center. Veterans with a need can receive the equipment that will help them with their mobility.

A service dog can also be of assistance to certain veterans. "We are working with a service dog program to provide service dogs to Veterans. We hope to get that up and running soon," Harvey said.

Veterans that need assistance with learning what benefits they qualify for and how to apply for those benefits are linked up with a veteran's service officer (VSO) from Vets, Inc., who can help them with their claims. A VSO also comes down to the Center from Detroit who is well versed in VA matters. The veterans meet with them at the Center by appointment.

The Center is also beginning to work with the Associated General Contractors of America for the "Helmets to Hardhats" program. Veterans can have an opportunity to work with the trades that will be a pathway to a career in construction and other trades. "We're excited about that program," Harvey said.

The Center also works with the Lions Den with clothing needs. The Center doesn't have the storage room so people are encouraged to donate to the Lions Den. "Veterans can get a \$20 voucher

from the Center and get \$20 worth of clothing," she said.

In addition to services provided, socializing with other fellow Veterans is very important. "They stop in and have a cup of coffee and chat," Harvey said. The Center also schedules events for the Veterans. "On Veteran's Day we grilled out, there were free hot dogs and hamburgers and pop. The Center was full that day," Harvey said.

As you can see there is a lot going on at the Center in the short time it has been open – all things that your recurring donation will go toward to help support our great Veterans who served our country when called upon. "The community has been so gracious to us," Harvey said.

For questions or more information, call the Bedford Township Veterans Center at (734) 224-7032, visit their website at [bedfordtwpvets.com](http://bedfordtwpvets.com) or follow them on Facebook.

## **10 things that should be thrown away right now!**

Some things are wasteful to keep. They waste space and your energy.

Here are 10:

1. *Old medications.* A year after the expiration date, just pitch it.
2. *Scratched non-stick cookware.* You hate it anyway. No one else wants it.
3. *Old sneakers.* When they get old, they break down. No one else can use them.
4. *Old plastic containers.* Discolored. No lids. You hate them. Pitch them.
5. *Liquor.* It's junk after it has been opened and sitting in your cabinet for a year.
6. *Old cosmetics.* Not even you use that broken up stuff. Pitch it.
7. *Creams and lotions.* If they are more than a year old, they are trash.
8. *Old cleaning tools.* When the tool looks worse than the thing it is supposed to clean, get rid of it.
9. *Random socks.* If you want to, do a massive sock match. But otherwise, in the trash.
10. *Paperbacks.* This can be hard for book lovers, but remember even the library throws away books. Old, dusty paperbacks do little besides take up space. Recycle them if you want. Or try to give them away. But get rid of them.



# 12th Annual Military Appreciation Drive

## **FREE Tax Preparation for Active Military Troops**

Collins Accounting & Tax Service will be preparing **FREE** income tax returns for the 2018 income tax filing year for all active duty military. That includes all branches of service, including Army, Navy, Marines, Air Force, Coast Guard and all active national guards, and reservists. (A small processing fee may apply). This is the 12th year we have been preparing tax returns for active military troops.

This event will run until April 15, 2019.

This is a way in which we can give back and say thanks to the men and women who so bravely volunteered to serve and defend our country and our freedoms.

If you know someone who can use this service please tell them to contact Collins Accounting & Tax Service. We have prepared tax returns for troops all over the world.

The troops can email through a secure site, fax or mail their information to us and we will prepare their taxes.

We, as a company, feel that we have a voice and that using our voice in this manner will help in a small way for those who have and will do their part to ensure our safety and freedom.

Please contact us today! We are located in Lambertville at 3352 Dean Road, or call us at (734) 854-2926, visit our website at [www.collinstaxpros.com](http://www.collinstaxpros.com) or email us at [Collins@1040.com](mailto:Collins@1040.com).

## ***Donate blood in January***

Just 10 percent of the eligible blood donors actually donate blood.

The most common reason? They just didn't think about doing it. That's why January has been named National Blood Donor Month since 1970.

Every day, hospitals and clinics around the country need about 36,000 units of blood and 7,000 units of platelets to help save lives. As an example, a single victim of a car accident could require as many as 100 pints of blood throughout their treatment and recovery process.

It is crucial to increase awareness around these donations, especially among those with Type O blood which

can be transfused into any other blood type and is only represented in seven percent of the total population. AB positive individuals, meanwhile, are universal donors of plasma and make up only three percent of the population.

The blood drawing process is entirely safe and the donation itself usually takes less than 15 minutes. Even first-timers can likely register, go through their medical history and a mini-physical, and complete the gift in under an hour and a half. Because donated blood typically has to be used

within 42 days, regular contributions are crucial throughout the year.



Show  
Love,  
Give  
Blood

## ***Notes from Maria's Desk***

- **TRADE FAIR** – Trade Fair booths are still available! Booth deadline for returning Trade Fair Participants is Wednesday, January 16.

There is no theme for the Trade Fair this year. We want the businesses to show their best selves! So get creative!

Volunteers are needed for Trade Fair Set-up on Friday, March 8, from 11:45 a.m.-4 p.m. Lunch will be served. Please contact the BBA office to volunteer!

Participants will be able to set-up their booths beginning at 4 p.m. until 9 p.m.

- **BBA SCHOLARSHIP APPLICATIONS** will be available in early January. Go to [BBA.org](http://BBA.org) for scholarship applications or contact the BBA office.

## ***ATTENTION BBA MEMBERS!***

### ***Looking to promote your business? How about a FREE way to promote it?***

Well then, just write up something about your business and submit it for our newsletter! You can write a spotlight of your business (include pictures) or if you have something special, like an open house or an event that pertains to your company, send it in. Let other members know what you have to offer. We are always looking for useful information about our members and the services they provide. Remember, Bits & Pieces not only goes to all our members but is also on our website where anyone can review it for years to come. What a great way to promote your business for FREE!

And don't forget that you can put your business card for \$20 or flyers for just \$45. All you need to do is send us a pdf, and we will include it in the BBA newsletter. We can set your business card ad if you give us the copy.

If you and your committee are working on something, take a picture, send it in and let the other members know what you are working on.

Take a little bit of time and write something up today. The deadline is the 15th of every month. Send your information and pictures to: [info@bba.org](mailto:info@bba.org). If you have any questions, please call Maria at (734) 850-2200.



## EDWARD JONES: FINANCIAL FOCUS

### *Roth vs. Traditional 401(k): Which is Right for You?*

For many years, employees of companies that offered 401(k) plans only faced a couple of key decisions – how much to contribute and how to allocate their dollars among the various investment options in their plan. But in recent years, a third choice has emerged: the traditional versus Roth 401(k). Which is right for you?

To begin with, you need to understand the key difference between the two types of 401(k) plans. When you invest in a traditional 401(k), you put in pre-tax dollars, so the more you contribute, the lower your taxable income. Your contributions and earnings grow tax-deferred until you begin taking withdrawals, which will be taxed at your ordinary tax rate. With a Roth 401(k), the situation is essentially reversed. You contribute after-tax dollars, so you won't lower your taxable income, but withdrawals of contributions and earnings are tax-free at age 59-1/2, as long as you've held the account at least five years.

So, now that you've got the basics of the two types of 401(k) plans, which should you choose? There's no one right

answer for everyone. You essentially need to ask yourself these questions: When do you want to pay taxes? And what will your tax rate be in the future?

If you're just starting out in your career, and you're in a relatively low income tax bracket, but you think you might be in a higher one when you retire, you might want to consider the Roth 401(k). You'll be paying taxes now on the money you earn and contribute to your Roth account, but you'll avoid being taxed at the higher rate when you start taking withdrawals. Conversely, if you think your tax rate will be lower when you retire, you might be more inclined to go with the traditional 401(k), which allows you to avoid paying taxes on your contributions now, when your tax rate is high.

Of course, you can see the obvious problem with these choices – specifically, how can you know with any certainty if your tax bracket will be lower or higher when you retire? Many people automatically assume that once they stop working, their tax liabilities will drop, but that's not always the case. Given their

sources of retirement income from investment accounts and Social Security, many people see no drop in their tax bracket once they retire.

Since you can't see into the future, your best move might be to split the difference, so to speak. Although not all businesses offer the Roth 401(k) option, many of those that do will allow employees to divide their contributions between the Roth and traditional accounts. If you chose this route, you could enjoy the benefits of both, but you still can't exceed the total annual 401(k) contribution limit, which for 2019 is \$19,000, or \$25,000 if you're 50 or older.

You may want to consult with your tax advisor before making any decisions about a Roth or traditional 401(k) – or Roth and traditional 401(k) – but in the final analysis, these are positive choices to make, because a 401(k), in whatever form, is a great way to save for retirement. Try to take full advantage of it.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*

## **GREAT NEW OPPORTUNITY TO MARKET YOUR BUSINESS!**

**Consider sponsoring a  
BBA GENERAL MEETING LUNCH OR DINNER!**

**Contact Maria Esposito at the BBA Office,  
(734) 850-2200, for details on how you can participate!**

*Happy New Year 2019*

# Flick's recognized for 65 years in business



Linda Flick (center) and employees Nate Adams (l) and Kathy Gardull (r) with the plaque recently presented to Flick's Package Liquor by Floral City Beverage of Monroe. The Budweiser Clydesdale plaque was presented to Flick's in recognition of 65 years in business.

Flick's was founded in 1953 by Linda's parents, Robert and Vera Flick, who purchased an existing store in Lambertville on Summerfield Rd. between Secor and Sterns roads. It was a convenience store before they became common. Customers could purchase everything from a loaf of bread to fresh vegetables and meat to alcoholic beverages. Additionally, Flick's had two gas pumps at the front of the store.

In 1979 Robert changed locations for his store to its present day site at 3320 Sterns Rd. The modern and much larger store enabled Robert to better serve his customers. Catering to the requests of

customers, the store has evolved over the years to become Flick's Package Liquor with the sale of liquor, beer and wine as the main focus.

In keeping with the tradition of the way her father ran the business, Linda puts the customer first and tries to stock interesting and hard-to-find items along with the new trends like the growler station that is the latest addition to the store. Flick's customers enjoy getting beer directly from the keg to take home.

Additionally, Linda has made a special effort to support locally made products from Bedford, Monroe County and other areas around Michigan. The store has a large selection of alcoholic beverages from distilleries, breweries, wineries as well as a few food items.

Hours are Monday through Thursday, 9 a.m. to 10 p.m.; Friday and Saturday, 9 a.m. to 11 p.m.; and Sunday, 10 a.m. to 7 p.m. For questions, call (734) 854-2000.

## Michigan Minimum Wage for 2019

The new year is ushering in plenty of new resolutions for people, but 2019 is also bringing in a new minimum wage for thousands of workers in Michigan.

Gov. Rick Snyder signed legislation into law kick starting a plan to move Michigan's minimum wage up to \$12.05 by 2030. Starting this year, minimum wage employees will earn \$9.45 an hour and see an increase until that wage hits the \$12.05 threshold.

The minimum wage in Michigan will remain at \$9.25 on January 1, 2019. The new minimum wage will go into effect on March 29, 2019 to \$9.45 per hour.

For those tipped employees however, their raises will go up slightly, but not the 20-cent bump other workers get. Michigan's current tipped wage is \$3.52 with employees relying on tips to make up the difference. In 2019, that wage will bump 8 cents with the pay schedule staying consistent at 38 percent of the minimum wage.

- Increases the minimum wage to \$9.45 in 2019 and then increases it again each year, reaching \$12.05 by 2030;
- Maintains a tipped-employee wage rate of 38 percent of the full minimum wage rate; and
- Provides an increase to \$4.58 per hour for tipped employees by 2030.

## Ohio Minimum Wage Increased to \$8.55

Ohio's minimum wage was increased on Jan. 1, 2019 to \$8.55 per hour for non-tipped employees and \$4.30 per hour for tipped employees.

The minimum wage applies to employees of businesses with annual gross receipts of more than \$314,000 per year.

The 2018 Ohio minimum wage was \$8.30 per hour for non-tipped employees and \$4.15 for tipped employees. The 2018 Ohio minimum wage applied to employees of businesses with annual gross receipts of more than \$305,000 per year.

A Constitutional Amendment by Ohio voters in 2006 states that Ohio's minimum wage shall increase on Jan. 1 of each year by the rate of inflation. The state minimum wage is tied to the Consumer Price Index (CPI-W) for urban wage earners and clerical workers for the 12-month period prior to September. This CPI-W index increased by 2.9 percent over the twelve-month period from Sept. 1, 2017, to Aug. 31, 2018.



# Where in the world is TC Clements?



By TC Clements  
Cruise Planners –  
TC & Jamie Clements

Happy New Year! The first of the year brings many changes and opportunities to most of our lives. Resolutions, new goals, business plans, getting in shape, etc. Additionally, January marks the beginning of what is known in the travel industry as WAVE season. Between January and April, most suppliers in the travel industry offer some of their best deals of the year! Cruises are reduced, all inclusive resorts have promotions ... even Mickey Mouse has been known to sweeten the pot for guests returning to his Magical Kingdom!

If you have any designs on traveling the rest of the year or for early 2020, **NOW** would be the time to contact TC

or Jamie to take advantage of pricing! But wait ... THERE's MORE!!!

One of the things that makes us very different from other travel agents is that we are digitally connected to many vendors so that deposited vacations are monitored for any price decreases. If the price drops, we are notified electronically, and we can save you that money!

So to recap, incredible promotions, monitored bookings so that additional savings can be yours and agents that traveled a significant portion of the world to be able to offer you the best advice and recommendations possible can be yours for **FREE!** That's right, we do all of that at **NO COST TO YOU!**

We would love to work with you to help your traveling dollar go farther and to be sure your vacation is as amazing as possible.

Have a wonderful 2019!

## Free Diabetes Prevention Program for Seniors

The Monroe Family YMCA – recognizing the need for preventative healthcare intervention for the epidemic of type 2 diabetes – is proud to announce a **FREE** Diabetes Prevention Program for seniors.

Beginning in January 2019, the program will be offered on Tuesdays, from 1-2 p.m., at the Bedford Senior Center, 1653 Samaria Rd., Temperance. Participants strategize real world lifestyle changes in a classroom setting to decrease dietary fat intake and increase physical activity. Class size is limited to 10 participants. Program qualifications include:

- Monroe county senior, age 60+
- A diagnosis of prediabetes or elevated blood glucose
- BMI 25+

For more information, contact Suzy Hurley at (734) 241-2606, ext. 223, or at [shurley@ymcaofmonroe.org](mailto:shurley@ymcaofmonroe.org).



Martin Luther King Day  
January 21

## Sit-stand desks: Studies find some benefits, but drawbacks, too

Work is increasingly stationary: 10 hours at a desk, for example, where people write, code, and communicate.

The new trend is to move this computer work up into a standing position with sit-stand desks.

The latest research from the University Hospitals of Leicester, England, found that, after one year, height-adjustable work stations prompted workers to sit 82 minutes less per day than those without such desks. When the workers were later interviewed, they said they had less anxiety, improved job performance, and work engagement.

Using a standing desk isn't for everyone, however, and there are best practices that increase satisfaction.

**1. Stand regularly, but not all the time.**

The idea of an adjustable desk is that you change position from sitting to standing, not that you stand all the time.

Quoted in *U.S. News*, Alan Hedge, professor of design and environment analysis at Cornell University, points out that standing all day introduces new problems. Back problems can increase over time as your spine compresses. Varicose vein and cardiovascular problems increase since the body has to work against gravity.

A 2017 study in the *American Journal of Epidemiology* confirmed this, pointing out that more than 7,000 people in standing-only professions had double the risk of heart disease over a 12-year period.

The best combination, according to Hedge, is 20 minutes sitting, eight standing, and two moving.

**2. Movement while sitting or standing is helpful.**

While standing, use a foot rest to switch weight between feet. In a chair, try reclining to a 135-degree angle or try

stretches. Even small movements help. But treadmill desks probably don't help with tasks that involve typing or learning, according to a 2015 study by Brigham Young University.

**3. Sit for longer periods of concentration.**

Hedge says brains perform highly concentrated tasks better when the body is seated. While in a state of concentration, don't suddenly stand to work. This can cause a disruption of thought that lasts about 20 to 25 minutes.

**4. You could just try standing up sometimes.**

If you are talking on the phone or if someone approaches your desk, you could use it as a signal to stand and stretch.

If you do have a sit-stand desk, you could use the standing position for work that doesn't require intense concentration.



# Celebrate the new year with one-day projects

Maybe instead of making a long-term new year's resolution ("I will save money all year!"), you could try doing one satisfying thing.

- **Clean up your computer**

Start with photos. You probably have a lot of them from the last year and this is a great way to reminisce while usefully deleting the junk. You can rename photos to make them searchable. If you are feeling organized, make some coherent groups for them.

Programs and downloads are next. Chances are last year you added a dozen or so junk apps and downloaded the same pdf three times. Clean out those downloads and programs. Uninstall properly.

Email. You have a ton of stuff you will never look at.

Old computers. Shouldn't you do something with them besides just storing them? Remove the hard drive first and then recycle.

- **Get organized**

On a lot of people's resolution list,

getting organized can streamline your life. Maybe instead of saying you'll organize everything, you could pick a project you can do in one day.

The closet, and all those clothes that don't fit. If you do lose weight, you won't want to wear them anyway.

File cabinets and all those files you can't find. Buy a labeler and simplify.

Kitchen, seriously how many crockpots and coffee cups do you need?

Garage, can you ever find a tool?

Ruthlessly winnow down possessions: Throw away, recycle, donate.

Need something simpler?

- **Donate blood**

There is a month for that and it's January. Go to [redcross.org/blood](http://redcross.org/blood) for information.

- **Moderate your tone on Twitter**

Just for one day in honor of the United Nations International Year of Moderation. On social media, spend one day promoting dialogue by extending mutual respect and understanding. Absolutely no sarcasm.

## Cleaning for life: Don't put off the project

The gentle lady with a smidge of dementia still lived in her big home, complete with a lavish bookcase holding thousands of volumes. And a kitchen with all those serving platters and china. And four bedrooms stuffed with memories.

She was feeling weak and confused. "I would like to downsize," she said. "But what do I do with all of this?"

The Swedes have a solution for this and it starts long before a person starts feeling too weak to start such a project. They call it, somewhat unpleasantly, "death cleaning." But the project is really about preparing to live simply.

The idea is to live in a house, cleared of clutter, where everything has a place.

Author Margareta Magnusson, in her book *How to Free Yourself and your Family from a Lifetime of Clutter*, points out that this makes it easier for those left behind, but it also makes daily living easier.

Magnusson divides the cleaning into categories of rooms and things, like clothing and books.

She advises to start with a category with many things in it, but very little sentimental attachment. If you no longer give large family dinners, start in the kitchen where there are likely to be tons of serving dishes and tableware, fancy and not. Ask a newly married grandchild or niece, if they would like some of these items. In fact, invite your young relatives to take things you sort out.

Make a special effort to sort out photos, scrapbooks or memorabilia that other relatives will want and offer it to them.

Sort out things you don't wish to leave to family, too.

One unique idea: Create a Throw Away box. Fill this box with things no one but you appreciates – a letter from a late friend about her summer vacation. Your family doesn't know this person anyway. When you are gone, they can look through it or throw it away without the slightest bit of guilt. In the meantime, you can still enjoy it and leave no doubt to your relatives whether you think the items should be kept.

## How to face the flu and common cold

Precisely what is the dreaded "Flu?"

It's an acute respiratory illness caused by influenza viruses A or B. While most people who get the flu recover in a week or two, others can develop severe and potentially life-threatening complications. According to the Mayo Clinic, those most threatened are children under five and adults older than 65, nursing home and long-term care residents, pregnant women up to two weeks postpartum, and others with weakened immune systems. So too are people with chronic illnesses or who are extremely obese.

If the flu strikes, stay home. You're sick and highly contagious. Embrace your downtime and heal your body with it. Curl up on the couch, read, watch TV, and nod off to sleep anytime. Get between seven and nine hours of sleep every night – your body is fighting a virus.

Drink plenty of fluids for both the flu or a cold. Fluids hydrate your respiratory system and convert thick mucus into a liquid you can spit out. An expectorant will thin the mucus, too. For congestion, the Mayo Clinic recommends over-the-counter decongestant tablets like Sudafed and nasal sprays. Studies suggest they narrow blood vessels in the lining of the nose and help reduce swelling.

Remember that protein is essential to maintaining body strength. Among your best sources for it are lean meat, poultry, fish, legumes, dairy, eggs, nuts, and seeds.

For your cold, recent studies suggest that chicken soup may indeed degrade its symptoms. Nobody really knows why, but the evidence implies this time-honored remedy helps subdue inflammation. According to the American College of Chest Physicians, chicken soup appears to slow the movement of neutrophils, the white blood cells that harbor acute infection. Tests indicate the veg-etables and chicken pieces combine to produce "inhibitory activity."

If you try zinc for a cold, be sure to follow dosage instructions carefully: Harvard Medical School recommends 15-25 mg per day.





The 2018 Annual BBA Food Drive on Dec. 8th was a little different this year. In an attempt to compensate for the loss of food collection at Kroger's this year, the BBA Food Drive Committee made a change. This year the collection locations were at Food Town in Temperance and at the BBA office. The BBA office location greeted everyone who donated canned goods with a visit from Santa and a couple of his elves. They also had a petting zoo on site from Duke Farms and hot chocolate and Tim Bits were served, donated by Tim Hortons-Lambertville. It was a fun event and a lot of non-perishable food items were donated by the community. All the food was given to Goodfellows to help them in putting together holiday food baskets for local families in need. A big thank you to everyone who participated!











36th Annual  
2019

# Trade Fair

*Buy Bedford Always*

MARCH 9<sup>th</sup> & 10<sup>th</sup>

*Saturday ~ 10 a.m.-5 p.m.*

*Sunday ~ 12 p.m.-5 p.m.*

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- ◆ Special Offers from Businesses
- ◆ Food & Beverages





**36<sup>th</sup> ANNUAL**  
**BBA TRADE FAIR APPLICATION**  
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SATURDAY, MARCH 9, 2019 • 10 AM TO 5 PM  
SUNDAY, MARCH 10, 2019 • 12 PM TO 5 PM (**New Time**)

Business Name: \_\_\_\_\_

Business Address: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Business Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Facebook: \_\_\_\_\_

Email: \_\_\_\_\_ Website: \_\_\_\_\_

- THE BUSINESS MUST BE LOCATED IN BEDFORD TOWNSHIP! -

-CAFETERIA FOOD BOOTHS LIMITED TO ONE (1) SPACE -

**Booth price includes back drop, chairs, and one table per booth space**

Number of Chairs \_\_\_\_\_

6 ft. Table ☐ 8 ft. Table ☐ No Table ☐

**BBA Member Pricing:**

Gym #1 and Hallway Space(s): \$275.00 ea. \$ \_\_\_\_\_

Food Booth Cafeteria Space(s): \$275.00 ea. \$ \_\_\_\_\_

Gym #2 Space(s): \$295.00 ea. \$ \_\_\_\_\_

Additional Tables: \$25.00 ea. \$ \_\_\_\_\_

**Non-Member Pricing:**

\$475.00 ea. \$ \_\_\_\_\_

\$475.00 ea. \$ \_\_\_\_\_

\$495.00 ea. \$ \_\_\_\_\_

**Advertising Add On's:**

Mascot Fee: \$100.00 ea. \$ \_\_\_\_\_

Banner in Old Gym Entrances: \$100.00 per \$ \_\_\_\_\_ (Limited Availability)

Main Stage Banner (Hung Sat. & Sun.): \$200.00 \$ \_\_\_\_\_ (Limited Availability)

**TOTAL DUE:** \$ \_\_\_\_\_

**Applications must be received with payment, for all BBA Members who would like the same booth as last year,**

**on or before Wednesday, January 16, 2019!**

**(Even if you plan on switching or adding booths, please see the Exhibitors Information page for more details)**

The approximate booth size is: Gym #1 and Main Hallway – 10' wide x 6' deep

Gym #2 and Cafeteria – 10' wide x 8' deep

ONE 110V ELECTRICAL OUTLET FURNISHED IF NEEDED: ☐ YES ☐ NO

(You must supply your own 50 foot extension cords for inside booth)

WIFI AVAILABLE

***Applications are not complete without payment.***

***My Trade Fair staff and I have read all Trade Fair rules, frequently asked questions, and exhibitor information and we agree to abide by them. An electronic application and all Trade Fair documents are available at bba.org***

Signature: \_\_\_\_\_ BOOTH SPACE(S) WHEN ASSIGNED: \_\_\_\_\_

**Phone:** (734) 850-2200 • **Fax:** (734) 850-2201 • **Email:** info@bba.org • **Website:** bba.org

# BBA Calendar of Events

Thurs., January 10 .....	January General Meeting Lunch – Location TBD <i>Sponsor Needed</i>
Fri., January 11 .....	Bedford Business Summit 11:30 am - 1 pm at Bedford Library
Thurs., February 7 .....	February General Meeting Lunch – Location TBD <i>Sponsor Needed</i>
Fri., March 8 .....	Trade Fair Set-up at Bedford High School Volunteers needed – 11:45 am - 9 pm
Sat. & Sun., March 9 & 10 .....	BBA Annual Trade Fair at Bedford High School Hours: Sat., 10 am - 5 pm; Sun., 12-5 pm
April 11, 2019.....	April General Meeting Lunch – Location TBD <i>Sponsor Needed</i>
May 9, 2019....	May General Meeting/Scholarship Awards Dinner – Location TBD <i>Sponsor Needed</i>
June 6, 2019 .....	June General Meeting/Picnic – Location TBD

## Wait a minute! Gossip is normal?

Throughout early childhood and beyond, we're told not to talk about anyone behind their back.

That's gossip and gossip is bad. But, is all gossip bad?

According to some experts, including those at the Harvard Business Review, gossip is an integral part of life itself, not just the office culture.

"We learn who we are through what people say to us and about us," says Kathleen Reardon, Professor of Management at the University of Southern California. "We want to connect to people."

"Research shows that everyone participates in all kinds of gossip – positive, neutral, and negative," says Joe LaBianca, Associate Professor of Management at the University of Kentucky. Idle talk also provides information that can be useful to your career and work.

Linda Hill agrees. "Gossip happens all the time, so you're going to hear it," says the Professor of Business Administration at Harvard Business School. Listening to

office banter is a relevant way of hearing what is transpiring within the company. Informal exchanges of information can be just as useful as formal ones.

Because some gossip is negative, it is crucial to differentiate between the harmful and useful.

Negative judgements about someone's family or personal life cross the line. To say John is going on vacation is probably not a secret. But to imply that John is wasting money on another expensive vacation – that's the worst kind of gossip. That sort of gossip reflects badly, not just on John, but the gossip as well.

Similarly, gossip about company personnel matters or other confidential information puts the company and the gossip at risk.

Talking about shared interests and people is natural, but temper your comments with prudence and charity. Remember the person receiving that information is going to use it to evaluate your character.

## WHAT DO PEOPLE RESOLVE TO CHANGE IN JANUARY?

37% EAT HEALTHIER

37% GET MORE EXERCISE

24% TAKE BETTER CARE OF THEMSELVES

18% READ MORE

15% MAKE NEW FRIENDS

SOURCE: STATISTICA 2017 AND YOUNGOV

## Bedford Business Association

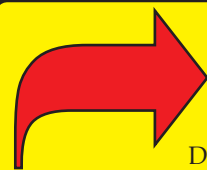
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### PURPOSE

The purpose of this Association shall be to bring together business and professional people of good will, who are interested in the promotion, improvement and advancement of the business climate of Bedford Township.





## PROMOTE YOUR BUSINESS!

This newsletter is the perfect way to promote you and your business! Please feel free to submit a column or information about your business, yourself, or an upcoming event ... and best of all, it's **FREE!**

To submit information for publication in *Bits & Pieces*, please email to: [info@bba.org](mailto:info@bba.org)

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