

# March 2024 NEWSLETTER

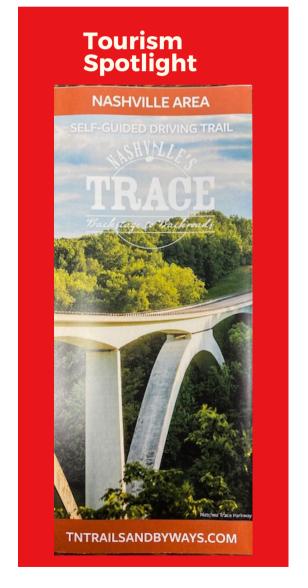
#### 2024 Board of Directors and Staff:

Bryan Nichols-Chairperson, Tracie Wilburn- Vice Chairperson, Logan Tuck- Treasurer, James Harrison- Events Chairperson, Allie Dixon, Fellisha Adams, Laura Merlo, Billy Snyder, Craig Harris, Mayor Steve Jones, Mayor Jerry Wilmore, Mayor Kenneth Hollis, Jennifer Hardman- Executive Director, Brenda Hiett- Assistant Director

### **Chamber Chat**

Member dues invoices have been sent out. We look forward to another great year of service!

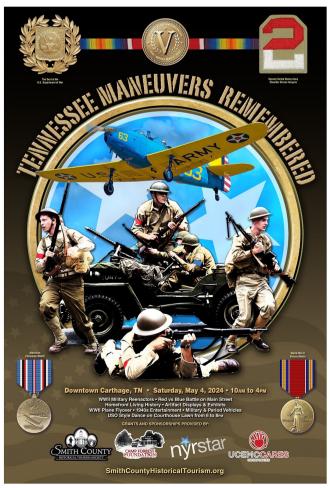
685 Highway 52 Bypass West
Lafayette, TN 37083
Phone (615) 666-5885
Fax (615) 666-6969
Email mchamber@nctc.com
www.maconcountychamber.org



Stop by the Welcome Center to pick up a brochure!

# **Upcoming Events**





## ARTIFICIAL INTELLIGENCE How it can be used in the workplace

and everyday lives.

Join us for our luncheon on March 26, 2024 from 12:00pm-1:00pm at The Barn on Church Street to learn more!

Lunch is \$10.00 a plate to consist of fried chicken, mashed potatoes with gravy, green beans. a roll. a drink and dessert.









### THE HIGHWAY

YARD SALE MAY 17-19, 2024



Starting along Highway 52 going through Orlinda, Portland, Westmoreland, Lafayette, Red Boiling Springs, & Celina Tennessee. For more information, call Macon County Chamber of Commerce (615)666-5885 Portland Chamber of Commerce (615)325-9032 Westmoreland Chamber of Commerce (615)644-1531 Celina Chamber of Commerce (931)243-3338 Orlinda City Hall (615)654-3366













# RED BOILING SPRINGS MUSIC FESTIVAL AND MARKETPLACE

**Music - Food - Vendors** 







# **9-6pm**

\$5 a person 6 and under free Bring a chair & stay all day





Folk Medicine Festival
Organizational Meeting, Monday,
August 26, 2024, at 7:00 pm at the
Step Back in Time Shop 252 Main
Street in RBS. All those who have
an interest in the Folk Medicine
Festival are encouraged to attend.
Text 615-388-3046 for more
information.

Vision 2020 Inc Meeting, Tuesday, August 27, 2024, at the Armour's Hotel 321 East Main in RBS. Dinner will be served at 6:00 pm, call ahead to place your order. (615-699-2180) Meeting will begin at 7:00 pm. This is an open meeting, everyone is invited to attend. Vision 2020 Inc is a non-profit organization, whose focus is to preserve our history and to create an environment for quality living.

AMERICAN PICKERS ARE LOOKING FOR LARGE, RARE

COLLECTIONS & THINGS THEY'VE NEVER SEEN BEFORE.

TELL US THE INTERESTING STORY BEHIND YOUR STUFF!

HISTORY

**©** cineflix

TO BE CONSIDERED, PLEASE CONTACT US AT

or leave a voicemail at (646) 493-2184 or on facebook: @GotAPick

WHERE YOUR COLLECTION IS LOCATED

PLEASE LET US KNOW:
- YOUR NAME, TOWN & STATE
- PHONE NUMBER





HOW IT WORKS: Participants will be chosen through a lottery system to ensure that everyone has a fair chance at this once-in-a-lifetime experience. You must register by completing the entry form no later than March 15th. You must be 18 or older to register, and one registration form must be completed per person. Following the close of the lottery, we will announce the fortunate winners and establish a waiting list in the event of a cancellation. Please fill out the registration form here: Leonard Cave Spelunking Lottery Entry Form





## Lunch and Learn April 3, 2024

# BE THE BEACON OF HOPE

"Getting past the stigma of using justice involved candidates and the impact this can have on the individual seeking a second chance."



COST: \$10.00 includes lunch

Volunteer State Community College 1480 Nashville Pike 12:00-2:00 pm Caudill Hall Room 109



3 April 2024

● 615-230-3358 Cheryl.bell@volstate.edu https://workforce.volstate.edu



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gister with QR code or link provided



Gallatin Campus Building 300, Room 102

\$50.00 kfast items will be prov

others. In this workshop you'll gain a deeper understanding of vour behavioral tendencies and how they affect communication and understanding in the workplace.



VOL STATE Caudill Hall, Room 102

Vol State, Gallatin



training your employees? If so, Workforce Connections works with local companies to fund up to \$25,000 of eligible training.

Complete pre-application online at https://www.tn.gov/workforce/employers/ training-redirect/grants-for-training.html

OR Scan the QR code

**Business Services Team** will be in contact to

assist you in the registration process

FOR QUESTIONS OR ASSISTANCE,

MACON

**Cardiac Services** 

Take Control of Your Heart Health!

THERE'S GOOD NEWS IN THE FIGHT AGAINST HEART DISEASE! Macon Community Hospital proudly offers a comprehensive range of advanced cardiac care capability including a 247. Emergency, Room in the event of a heart attack co

related to a full range of cardiovascular conditions. TALK TO ONE O'OUR PRIMARY CARE PROVIDERS about available screenings designed to help evaluate and monitor Blood pressure, cholesterol, blood sugar levels, and overall heart health. We can also help you with scheduling cardiac, pulmorary or respiratory therapy, trollow-up screenings and much more. FORTUNATEL, 80% OF LHEATD ISSAGES IS PREVENTABLE, and wew got the technology and expertises to provide your family with the peace of mind that comes from having extraordinary cardiac care available right here, close to home.

information please con 615-666-2147

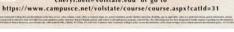
HOSPITAL

COMMUNITY













### Colorectal Screenings

Should You Be Tested Now?

FOR DECADES THE AMERICAN CANCER SOCIETY RECOMMENDED that adults at average risk for colorectal cancer start having colonoscopies at age 50. RECENTLY, HOWEVER, THAT RECOMMENDATION HAS CHANGED! The current guidelines say that colorectal cancer screenings should begin at age 45.

WHY THE CHANGE? In the last 15 years studies have shown that colorectal cancer cases are on the rise among young and middle-aged adults if you are 45 years of age check with your insurance company to see if they will help to yay for your colonoscopy, especially if you have a higher risk of colorectal cancer due to family history or other health factors.

THE BOTTOM LINE? A screening for colorectal cancer could save your life! So, if it's time to take a look, Macon Community Hospital is here to help!

615-666-2147

We are in need of individuals in your profession to share "the good news" about your career with 8<sup>th</sup> graders.

We would like to invite you to participate in an exciting event planned for over 2,300 Summer County eighth graders who will be attending a Career Exploration Fair at Volunteer State Community College on March 1, 2024, 8:30 am to 2:00 pm.

Over 2,300 8th-grade students from Summer County will be attending the Summer County 8th Grade Career Exploration Fair hosted by Volunteer State Community College. Industry Representatives will share their future career opportunities with students through a live, campus event

The Career Exploration Fair provides an avenue for eighth graders preparing to enter local high schools and to inform them of expanded opportunities in high school, such as career and technical education (CTE) and the all enrollment classes. This fair helps raise envarances and excitement that shows incoming freelamen the relevance of their rundes and the opportunities their futures held.

he students experiencing the Career Exploration Fair are prepared to visit the fair through an apploratory classroom curriculum that allows them to learn about professionalism and evaluate their ersonality, strengths, interests, and potential careers.

We are seeking career and industry representatives who can commit to a full-day event. Students will arrive in groups prepared to speak to you, college advisors, and college instructors in 25-minute shifts. Lunch is provided during a mid-day break. The day is fist-passed and fun!



After meeting with career and college representatives, students attending the event representatives, students attenuing the countries are better equipped to answer these questions

What are my goals?
What are my career aspirations?
What steps do I need to begin now to reach my

e is no fee to attend this event. For additional information and to register, please visit

https://www.volstate.edu/dual-enrollment/career-exploration-fair
For additional information, please contact us at:
Office of K12 Partnerships - dualenrollment@volstate.edu - 615-230-3742

1973-2016. Volunteer State Consumity College done not discriminate or the basis of most, order, religion, cread, other or sational origin, sex, sexual relectation, pender identity expression, deability, age (as applicable), datas as a protested votawa, genetic information, and say other entegory protected by federal or state sivil rights laws and regulations and by we or Engents policies with respect to all employment, programs, and netholine. The following pressus has been designated to handle impairle respecting non-polition: Whe Frenchmet of Henra on Recursors, annipolitionance As. (489 Yeals) 1876. Gelleles, TSS 27966, 615-220-2392. Velocities Gran Community Colle-nations can be Found in Higgs-Form's collection schools desirable desirable desirable and the Association and the Found Higgs-Form's collection from Community Collections and Collection (1998).

Find Your P's

Find Your P's Successful people understand their Passion, have a well-defined Purpose, and use their Potential and Personal Mission to accomplish their goals and make a differ-ence in the world.

In this interactive session, you will receive instruction and tools that will enable you to discover and walk away with: Your true Passion • Your Purpose in life • A Personal Mission Statement

Everyday tasks to drive your Potential • Steps to overcome obstacles How to overcome fear, frustration and overwhelm

This event will change your life!

wever, there is limited availability based on a first come, first served basis. Now is decision time for you. It's time to take control of your life, your dreams, and your potential to make your own difference in the world.

4 1-Hour Sessions • Monday Nights • March 4, 11, 18, 25 - 2024 6:00-7:00 pm CST on Zoom

Setting and Achieving Powerful Goals — The Workshop In this interactive work-shop, you will walk away with the 7 steps necessary to set and achieve powerful goals. You will also learn the secret ingredient that successful goal setters use to achieve any

Monday Night, April 1, 2024 6:00-7:00 pm CST on Zoom

Find Your P's Only Individual = \$99 Early Bird = \$79 (Register by 2-15-2024) Goal Setting Workshop Only Individual = \$59

Early Bird = \$39 (Register by 2-15-2024) Individual = \$129 Early Bird = \$109

(Register by 2-15-2024)



Stephen Shaner

Changing Lives One Attitude at a Time



#### COOKING FOR MENTAL HEALTH



NATURAL REMEDIES INCLUDED!

High stress level? Feeling low, anxious, depressed? Join us for this FREE community cooking and natural remedies seminar to find out how to de-stress naturally and how diet and lifestyle can boost your mental health.



· Delicious Plant-Based Recipes

Sunday, March 10, 2024 Start From 1:30pm - 3pm Located here

Macon County Chamber

Community Room 685 Highway 52 Bypass West Lafayette, TN 37083







that Boost Brain Health

· Handout of Recipes

• Food Samples

· Giveaways

Register at : 615-666-6931

