



TILLMAN'S CORNER AREA CHAMBER OF COMMERCE

"In Step with Progress"

Business Network Luncheon—Wednesday, September 2, 2009

This Month the Guest Speaker is Lou Principe.



"How You and Your Family Can Live A Longer Healthier Life!"

Seven years ago Lou Principe was given one year to live. By carefully selecting healthier foods, he lost over 100 pounds and regained his health. As a Professor of Epistemology, he researched his health situation and changed his eating habits avoiding open-heart surgery.

The study of epistemology is the knowledge of knowledge. "People don't know what they don't know."

Lou has been responsible for developing and delivering new curriculum at universities, Fortune 500 companies, and government agencies.

*Lunch will be catered by: Neighbors Seafood & Chicken
5830 Three Notch Rd, Mobile Phone 251-6611*

***Please call the Community Center 666-2488 to make a reservation.
The cost is \$7.00 per person payable at the door.***

Business After Hours and Silent Auction

Date: September 24, 2009

Time: 7-9 PM

Place: Tillman's Corner Community Center

Reserve a display table or come to support other chamber members and to participate in the Silent Auction.

Chamber of Commerce

5055 Carol Plantation Road

Mobile, AL 36619

Tel: (251) 666-2846/666-2488

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Email:

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Lois Rockhold, President

Dena Pigg, First Vice President

Kim Drinkard, 2nd Vice President

Ruth Robinson, Treasurer

Kay Price, Secretary

Doug Freeman, Sergeant-at-Arms

Johnny Antley, Parliamentarian

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July/ August 2009

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Bay Bank Cheryl Reid Walker

New Members

Larry Carpenter

Wingate by
Wyndham

Don Davis

Message from the President Lois Rockhold



I would like to say thanks to everyone for all of your cards, phone calls, flowers and prayers during the loss of my husband. And thanks to all of you, especially Dena Pigg, who stood in for me while I was out.

It was good to see the great turnout for the meeting with Congressman Bonner. We represented Tillman's Corner in a very positive manner.

It seems like school just ended and now has started back. Please keep our children safe and follow the traffic signals and speed limit. Our best wishes to all the students.

Our second annual Business After Hours is getting a good response. Plan to participate as a exhibitor or come for the networking fun and food or to bid on the wonderful items for sale at the Silent Auction. Enclosed is an application to become an exhibitor and sponsor.



Lois



Dena Pigg and Lois Rockhold with Alan Sealls at the August business luncheon. Mr. Sealls provided a very informative and fun presentation on Lightning and Hurricanes



What is H1N1 (Swine Flu)?

Novel H1N1 (referred to as "swine flu" early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the



World Health Organization (WHO) signaled that a pandemic of novel H1N1 flu was underway.

Prevention & Treatment

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against novel H1N1 virus. However, a novel H1N1 vaccine is currently in production and may be ready for the public in the fall. As always, a vaccine will be available to protect against seasonal influenza. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

Cover your nose and mouth with a tissue when you cough or sneeze.

use it. If you do not have tissue, cough and sneeze into your upper arm or sleeve.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

If you are sick with flu-like illness, the Centers for Disease Control and Prevention (CDC) recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick. Because viral excretion can persist after fever is gone, convalescent healthcare workers should remain at home for seven days from symptom onset or until the symptoms are gone, whichever is longer. Because viral excretion can persist after cessation of fever, convalescent healthcare workers should remain at home for seven days from symptom onset or until the resolution of symptoms, whichever is longer.

For more information, visit www.adph.org.

Note: Much of the information in this document is based on studies and past experience with seasonal (human) influenza. CDC believes the information applies to novel H1N1 (swine) viruses as well, but studies on this virus are ongoing to learn more about its characteristics. This document will be updated as new information becomes available.

The Mobile County Health Department will be giving flu shots to all adults on Tuesday ,
September 15 from 8:00 AM to 3:00PM at the Community Center. Cost \$
8.00



Reminders

- ü Board Meeting, Monday, August 31
5:30 PM Community Center
- ü Business Networking Luncheon
September 2 - 12:00 Noon
Community Center
- ü Business After Hours September 24
7-9 PM Community Center
- ü Networking Breakfast October 14
8:00 AM Wingate by Wyndham

Contact Information

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