

The mission of the Chamber of Commerce is to promote progressive community and economic development to benefit Chamber members and the North Iowa region.

The Music Man on Broadway

River City is headed to the Big Apple! The Chamber, Visit Mason City, and The Music Man Square have partnered with The Group Travel Guy to provide a great trip to New York City to see *The Music Man* on Broadway starring Hugh Jackman and Sutton Foster!

This group trip will fly round-trip out of Mason City, July 12-15. Seating is limited to just 25 people, so those interested should book their space as soon as possible!

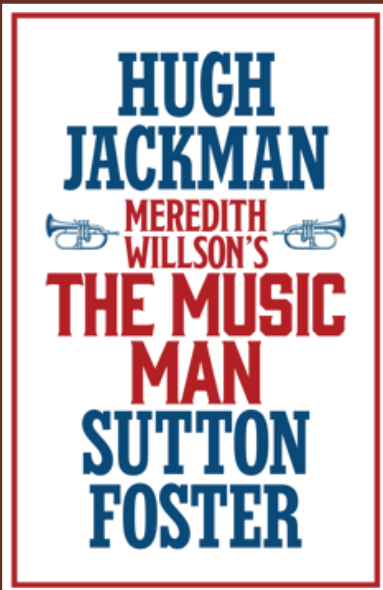
Trip highlights:

- Group tour of the Midtown Manhattan area, including Times Square, Rockefeller Center, Fifth Avenue, and much more.
- The Top of the Rock – the 70th floor observation deck above Rockefeller Center
- Group dinner at Carmine's famous Italian restaurant in Times Square
- Tour of Lower Manhattan including Chinatown, Little Italy, SoHo, and Greenwich Village
- National 9/11 Memorial
- Wall Street, The Bull, and more, including a walk on the Highline (urban park)
- Orchestra seating to *The Music Man* on Broadway!!
- Free day to explore New York City (with all-day Double Decker pass)

Inclusions:

- Three night's hotel accommodations at the Millennium Broadway (located in Times Square)
- Round-trip airfare
- All taxes, meal gratuities, guide and driver gratuities and hotel luggage handling
- Airport transfers
- Local guides and motor coach for touring
- Admission to Top of the Rock, Orchestra seating to *The Music Man*, and Dinner at Carmine's
- One-day All-Loops double decker touring for free day touring

Contact Allyson at the Chamber for more information (akrull@masoncityia.com).



**Group Travel to NYC
July 12-15, 2022**

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New Member

NELSON SEPTIC SERVICES, LLC
Lorie Nelson, Owner/Manager
2435 Union Ave
Garner, IA 50438
(641) 923-2145
nelson5@nelsonseptic.com
www.greenanopyportabletoilets.net

Nelson Septic Services is a family-owned and operated business that offers septic cleaning services as well as porta potty rentals for any event, large or small.



Be Our Guest

Tune in Friday mornings to the Chamber "Be Our Guest" program at 8:40AM on KRIB 1490 AM, courtesy of Alpha Media.

March 4 | **Brick & Tile LLC**
Leah Burnett

March 11 | **43 North Iowa**
John Derryberry

March 18 | **Nelson Septic Services**
Kim Nelson

March 25 | **One Vision**
Laura Korth

From the President

Sign Up NOW to See *The Music Man* on Broadway – July 12-15, 2022

The Chamber is working with our friends at The Music Man Square and Visit Mason City to provide a wonderful opportunity for North Iowa music lovers!

Members of the **North Iowa Band Festival** Committee have worked hard to convince Hugh Jackman, who is playing the role of Professor Harold Hill in this production, to visit the REAL River City, but so far we've struck out! We'll keep trying, and we'll also try to arrange for a special experience of SOME KIND at the performance we attend.



Robin Anderson
President & CEO

We love the itinerary—just the right mix of pre-arranged touring and free time. Our hotel, the 4-star Millennium Broadway is located right on Times Square and within easy walking distance to many attractions. Plus, our tour operator is providing a free All Loops Double Decker Bus Ticket so everyone can explore New York City on their own!

We're so fortunate to have United Airlines service at the Mason City Airport. Although it's a crazy time in the airline industry, our plan is to fly out of Mason City to take advantage of this convenient service and FREE parking!

Don't miss this chance for a very special trip. Meredith Willson wrote *The Music Man* as a valentine to his hometown, and it will be amazing to see it performed once again...where it all began!

Ag Breakfast – March 22



Dan Robison, Dean
Iowa State University
College of Agriculture &
Life Sciences

The Agribusiness Committee is gearing up for the 40th annual **Ag Breakfast**, which will begin at 8AM on Tuesday, March 22 at the Kevin Pope Farmstead, 16825 300th Street, in rural Mason City. The **Ag Breakfast** strives to bring farm and city together in celebration of National Ag Week.

Attendees will enjoy made-to-order omelets cooked by committee members and hear a keynote presentation by Dan Robison, Dean of the College of Agriculture and Life Sciences at Iowa State University. Robison will provide updates on the current state of agriculture in Iowa and initiatives at the university.

Tickets are available in books of ten for \$100 for Chamber members and \$120 for non-members. Individual tickets are priced at \$12 each and \$5 each for students. All tickets can be purchased online at masoncityia.com or by calling the Chamber office at 641.423.5724.

A portion of the proceeds from the **Ag Breakfast** fund a scholarship at NIACC for a student studying Agribusiness.

Thank you to the 2022 **Ag Breakfast** Sponsors:



CLEAR LAKE
BANK & TRUST^{CO.}



CEO Conversations - March 10

The next session of **CEO Conversations** is scheduled from 11:30AM to 1PM on Thursday, March 10 at the Commerce Center, led by Doug Morse. This educational series features well-recognized CEOs in a small group gathering where participants can glean sage advice to further their careers and is sponsored by First Citizens Bank.

Doug Morse has held numerous CEO leadership roles during his career, most recently as the CEO of Hansen Family Hospital in Iowa Falls. In previous roles, Morse served as the Senior Vice President of the hospital and clinic network for Mercy Medical Center - North Iowa and as Director of the Pappajohn Entrepreneurial Center. He also taught a multitude of business and entrepreneurship courses as a full-time faculty member at North Iowa Area Community College (NIACC). Along the way he received the Excellence in Teaching Award from NIACC and the Young Executive Achievement Award from the Iowa Hospital Association. Most recently, Morse launched a value investing stock market education and support service.

Morse earned a Bachelor's Degree in Business Management from Luther College, as well as MBA and MA (Hospital and Health Administration) graduate degrees from the University of Iowa.

Attendance is limited to 20 participants to encourage meaningful conversation. Registration is \$20 and includes a catered lunch from a Chamber member restaurant. Find more details or register online at masoncityia.com, or contact Noah at the Chamber (nharris@masoncityia.com | 641.423.5724).



Doug Morse
Healthcare Consultant /
Value Investor

Sponsored by:



College Connections

An important initiative of the Chamber is to help attract and retain workers to our region. One way to appeal to college students is to show them what the North Iowa region has to offer and connect them to peers and professionals. North Iowa is a great place to live and work and it needs to be shared.

The **College Connections** program provides a series of social and educational activities on a once-a-week schedule throughout the summer, June 2 - July 28, 2022. Topics include networking, personality styles, managing credit, evaluating cost of living, and more. In addition to the scheduled social activities, a list of popular area recreational activities is provided to participants to pursue at their leisure.

Businesses are encouraged to enroll summer interns in this program to help connect young workers to the community and to each other. Each \$100 sponsor of this program may register up to 5 interns in the program. If a business does not wish to be a sponsor, the cost per intern is \$25.



Membership Renewals

Congratulations to the Chamber members celebrating membership anniversaries in March!

Eighty Plus Years

Alliant Energy (88)

McKiness Excavating, Inc. (82)

Fifty Plus Years

Home Lumber & Builders, Inc. (55)

Forty Plus Years

Baker Floral (45)

Federal Fire Equipment (44)

Hertz Farm Management, Inc. (43)

Thirty Plus Years

Haines Insurance Group (35)

Salvation Army (32)

Twenty Plus Years

Hearing Associates, P.C. (28)

North Iowa Golf Center & Driving Range (28)

Ultrasound Studio 1 (27)

LeDoux Signs (24)

Manpower (23)

Fifteen Plus Years

Nagle Signs, Inc. (19)

Prairie Ridge (19)

TQ Technologies (19)

Town Square Publications (17)

Yunek Law Firm PLC (17)

North Iowa Corridor EDC (17)

Fertile Valley Gardens (16)

Determan Electric Co (16)

North Iowa Band Festival (16)

Country Inn & Suites - Worth County (15)

Aesthetic Touch Day Spa (15)

Ten Plus Years

EXIT Realty Mason City (14)

Grants, Etc. (13)

Flooring America (11)

Bliss Bridal & Formalwear (11)

Five Plus Years

Paint Me Gourmet (9)

Mystic Lanes (8)

Friends of the 457 (8)

Principal Financial - Brent Willis (8)

Membership Renewals (cont.)

Five Plus Years (cont.)

Cerro Gordo County Community Foundation (8)
Yellowbook (7)
Hart Brothers South, LLC (7)
Matt Dodge Agency (6)
D. Randall Construction, LLC (6)
Lake Time Boat Club (6)
Child Care Resource & Referral (5)
Interstate Batteries (5)
Caribou Coffee (5)

One Plus Years

Tech Nerds (4)
A1 Portables (2)
The Clausen House (1)
Iowa Eat3 (1)
MetroPCS (1)

Breaking Glass Recap

Chief Justice of the Iowa Supreme Court, Susan Christensen shared her leadership experiences to a full house at January's *Breaking Glass* session.

"Every time I was told 'no' and then I tried again, I knew between that last no and today, I am more qualified. Life has a way of testing us with disappointment before trusting us with sought-after responsibility."

Thank you to Chief Justice Susan Christensen for traveling to North Iowa to speak to the community!



Wellness Seminar - April 21

More than 75% of vape and e-cigarette users report they regularly vape at work. In the past decade, use of e-cigarettes and other nicotine devices has become increasingly common in and out of the workplace.

Penny McCaslin, Population Health Coordinator at CG Public Health, will lead the 2022 **Wellness Seminar: The News on Nicotine Addiction**. Penny will highlight a variety of topics related to tobacco prevention, including marketing and advertising by tobacco companies, and the dangers of tobacco use in the workplace.

This **Wellness Seminar** serves to educate and inform people of all backgrounds on the dangers of tobacco and vaping use, as well as increase awareness of the signs of nicotine use in the workplace.



Tickets to the seminar are \$10 for Chamber members, \$15 for non-members. Contact Noah (nharris@masoncityia.com | 641.423.5724) at the Chamber to register.

Sponsored by:



Penny McCaslin
CG Public Health

Breaking Glass Hosts University of Iowa President



Dr. Barbara J. Wilson
University of Iowa

It is an honor for the Chamber to host University of Iowa President Dr. Barbara Wilson for the next **Breaking Glass** session. The session will be held from 11:30AM to 1PM on Wednesday, April 27. This is a departure from the normal Thursday breakfast meeting to accommodate Dr. Wilson's travel schedule.

Dr. Barbara J. Wilson began her term as the 22nd President of the University of Iowa on July 15, 2021. She earned a bachelor's degree in journalism and MA and PhD in communication arts from the University of Wisconsin-Madison. Dr. Wilson has a distinguished career in academics, most recently serving as Executive Vice President for Academic Affairs for the University of Illinois at Champaign-Urbana.

This event will be Dr. Wilson's first visit to Mason City and she is eager to meet North Iowans and share her story of rising through the ranks to lead a Big Ten university.

This popular series offers a unique learning experience to assist participants in stretching their leadership potential and have a greater impact within their organizations. Past speakers include U.S. Senator Joni Ernst, Iowa Supreme Court Chief Justice Susan Christensen, Hollywood Actress Tanna Frederick, ISU President Dr. Wendy Wintersteen, and many more role models.

Tickets are \$10 each for employees of Chamber member businesses and \$20 for nonmembers. Register online at masoncityia.com or contact Noah Harris at the Chamber for more information (nharris@masoncityia.com).

Sponsored by:



2022 North Iowa Band Festival Entertainment Lineup Announced



83rd North Iowa Band Festival "Band Fest on Broadway"

Memorial Day Weekend: May 26-30, 2022
Downtown Mason City

ENTERTAINMENT LINEUP - 2022

Thursday, May 26

- 6PM John Adams Middle School Band (Plaza)
- 6:45PM Municipal Band (Plaza)
- 6-8PM Carnival open (Central Park)

Friday, May 27

- 4-7PM Stu Nevermann Run Packet pickup (Aquatic Center)
- 4PM MCHS Jazz Band (Main Stage)
- 5PM Carnival/Concessions/Marketplace open
- 5PM MCHS Orchestra (Plaza)
- 6PM Emma Butterworth (Main Stage)
- 7:30PM The Nada's (Main Stage)

Saturday, May 28

- 8AM Stu Nevermann Run (Aquatic Center)
- 10AM **83rd North Iowa Band Festival Parade**
& Marching Band Competition
- Noon Carnival/Concessions/Marketplace open
- 12:45PM Mohawk Danzers Performance (Main Stage)
- 1PM NIACC Extreme Makeover Announcement
- 1PM Awards Ceremony (Main Stage)
- 2-4PM Instrument Petting Zoo, Balloon Creations, and Spin Art (Central Park)
- 5:30PM Juni West (Main Stage)
- 7:30PM Betty and the Gents (Main Stage)

Sunday, May 29

- 9AM Outdoor Worship at Trinity Lutheran Church
- 11AM-5PM Marketplace open
- Noon-8PM Carnival/Concessions open (Wristband Day)

Monday, May 30

- Noon-6PM Carnival/Concessions open (Wristband Day)

Plans are progressing for the Saturday morning parade. All hand-outs (candy, flyers, trinkets) will be allowed for this year's parade. Placement in the parade is based upon receipt of the enclosed entry form (also available on nibandfest.com).

Enter the Parade

Showcase your business or group's pride and community participation by taking part in the *North Iowa Band Festival Parade*! Encourage involvement by offering prizes to employees who participate, having a party to decorate, or getting a group to walk in the parade. What a great way to build company morale and celebrate the community!



ENTRY FEES

Chamber Members
Commercial: \$75
Non-Profit: \$20

Non-Chamber Members
Commercial: \$300
Non-Profit: \$40

Clean-up fee for distributing candy, handouts, etc: \$25

AWARDS

Grand Marshal Award
Awarded to the entry with best use of the *North Iowa Band Festival* theme "Band Fest on Broadway" based on originality, public appeal, and craftsmanship/artistic quality.

Mr. Toot Award
Awarded to the entry with the best use of any theme based on originality, public appeal, craftsmanship, and artistic quality.

Fill out the enclosed registration form to enter in the parade. For more information, contact Noah Harris at 641.423.5724 or chamber@masoncityia.com.



SAVE THE DATE!

RAGBRAI RETURNS TO MASON CITY WEDNESDAY, JULY 27, 2022

Want to help us throw the biggest party of the year?
Look for the volunteer link on the RAGBRAI Mason City
Facebook page OR call Visit Mason City at
(641) 422-1663 for further information.



2022 INVESTMENT OPPORTUNITIES

Main Street Mason City's mission is to enhance, promote and preserve Downtown Mason City for the benefit of the entire community. Support from strong community partnerships is essential to the success of Main Street Mason City's efforts to continue our mission, maintain free community events, promote a vigorous business environment and preserve our unique architectural heritage.



Name:

Business:

Phone:

Email:

Select your desired sponsor level below. Then select the corresponding number of events you want to sponsor to the right.

☐

LEVEL 7 | \$5,000+

- Everything from the levels below
- Major sponsor of ALL Main St. Mason City events for 2022
- 6 tickets to St. Paddy's Day Bar Hop
- 6 tickets to Jingle Mingle Bar Crawl
- 2 tickets to the Haunted Historic Building Tour

☐

LEVEL 6 | \$4,000

- Everything from the levels below
- Select eight (8) events to the right to sponsor
- 6 drink tickets for each Friday Night Live

☐

LEVEL 5 | \$3,000

- Everything from the levels below
- Select six (6) events to the right to sponsor
- Logo on MSMC T-shirt
- Radio/Newspaper/Ad mentions

☐

LEVEL 4 | \$2,000

- Everything from the levels below
- Select four (4) events to the right to sponsor
- Logo on MSMC T-shirt
- Radio/Newspaper/Ad mentions

☐

LEVEL 3 | \$1,000

- Everything from the levels below
- Select two (2) events to the right to sponsor
- Banner up at the chosen events

☐

LEVEL 2 | \$500

- Everything from the levels below
- Select one (1) event to the right to sponsor
- Name listed on promo items for the chosen event

☐

FRIEND OF MAIN STREET | \$50+

- A general investment to Main Street Mason City
- Name listed in program for annual meeting, newsletter and shared on social media

☐

IN-KIND GOODS/SERVICES

I would like to provide in-kind goods/services to meet a sponsorship level. We will contact you with our needs!

☐

PROVIDE VOLUNTEERS/GOODS

Contact my business to provide volunteers, supplies, goods, services and/or prizes. **List the events below.***

☐

ANNUAL MEETING/B.A.H.

Thursday, February 24

☐

ST. PADDY'S DAY BAR HOP

Saturday, March 12

☐

MAIN STREET DISTRICT CLEAN-UP DAYS

- ☐ Spring 2022
- ☐ Fall 2022

☐

FRIDAY NIGHT LIVE

- ☐ Friday, June 17
- ☐ Friday, July 15
- ☐ Friday, August 19

☐

BREW TO BREW BIKE RIDE

Saturday, September 17

☐

MUTT STRUTT & SCULPTURE WALK

October 2022

☐

HAUNTED HISTORIC BUILDING TOUR

Friday, October 28

☐

RUN WITH RUDOLPH

Saturday, November 26

☐

HOME FOR THE HOLIDAYS

Saturday, November 26

☐

TREE LIGHTING

Saturday, November 26

☐

JINGLE MINGLE JAMMIE CRAWL

Saturday, December 10

☐

SKATE WITH SANTA

December 2022

☐

DONATE TO:

- ☐ PATRIOTIC HOLIDAY FLAG FUND
- ☐ DOWNTOWN CHRISTMAS LIGHT FUND

*List events you will provide volunteers, supplies, goods, services and/or prizes for.



Corridor

MARCH 2022



BOARD OF DIRECTORS

Officers:

Scott Smed, Chairman of the Board
Bergland + Cram

Marty Mensen, Vice Chair
Alliant Energy

Diane Fischels, Treasurer
MercyOne - North Iowa

Paul Stevenson, Secretary
Clear Lake Bank and Trust

Robert Klocke, Past Chairman
First Citizens Bank

Directors:

Chelsy Snyder Anderson
Dean Snyder Construction

Kent Brcka
Henkel Construction

Collin Davison
Laird Law Firm

Mark Ebeling
City of Clear Lake

Christy Marchand
CFO Systems, LLC

Emily Peters
Union Pacific Railroad

Chuck Schafer
North Iowa Cooperative

Ex-Officios:

Mayor Nelson Crabb
City of Clear Lake

Mayor Bill Schickel
City of Mason City

Supervisor Tim Latham
Cerro Gordo County

Dr. Steven Schulz
North Iowa Area Community College

Aaron Burnett
City of Mason City

Tom Meyer
Cerro Gordo County

Scott Flory
City of Clear Lake

2021 IN REVIEW

THE NORTH IOWA CORRIDOR IS DEDICATED TO SUPPORTING THE ECONOMIC AND COMMUNITY DEVELOPMENT of Cerro Gordo County, Mason City, and Clear Lake. This economic snapshot shows a glimpse into some of the key metrics we monitor. Unemployment has rebounded in North Iowa at a stronger rate than the state and national average. Project activity has continued throughout 2021 with strong investor interest in North Iowa. Mid-size markets like ours have been attracting investor interest as a stable location to do business; and the low population density, high quality of life, and low cost of living are attractive to the growing numbers of remote workers. 2021 also saw our communities recognized with a number of awards and honors.

CERRO GORDO POPULATION

42,066

\$53,963

MEDIAN
HOUSEHOLD
INCOME

UNEMPLOYMENT RATE

DECEMBER
2020

4.2%

Cerro Gordo

6.7%

National

DECEMBER
2021

3.0%

Cerro Gordo

3.9%

National

AWARDS & RECOGNITIONS

- Community Development Block Grants awarded to:
 - The Corner Drug, Clear Lake
 - Simply Nourished, Mason City
- Mason City re-designated as an Iowa Great Place
- Mason City named Cultural and Entertainment District by Iowa Department of Cultural Affairs
- Clear Lake Area Chamber of Commerce wins multiple 2021 Travel Iowa Awards
 - Outstanding Community: Clear Lake
 - Outstanding Niche Marketing Initiative: Be a Tourist in Your Own Backyard
 - Outstanding Lodging Property: Larch Pine Inn Bed & Breakfast
- Mason City Chamber of Commerce recognized by the Association of Chamber of Commerce Executives (ACCE) as National Chamber of the Year Finalist
 - Awarded Mid-American Chamber Executives Digital Publication of the Year

COST OF LIVING INDEX *

77.9

22.1% lower
than US average

* Estimates the relative price levels for consumer goods and services. When applied to wages and salaries, the result is a measure of relative purchasing power

2021 PROJECT HIGHLIGHTS

PROJECTS COMPLETED IN 2021

• NIACC Solar Array	\$6.6 million
• Bushel Boy	\$40 million
• Fairfield Inn Marriott Hotel	\$15 million
• Clear Lake School Wellness Center	\$18 million
• Greenlee Corrugated Solutions	\$1 million
• Principal Performing Arts Pavilion	\$3 million
• RAKA expansion	\$3 million

PROJECTS CURRENTLY IN PROGRESS

• Hyatt Place Hotel, Music Man Square & Conference Center	\$25 million
• MCHS Natatorium	\$24 million

PROJECTS BEGUN IN 2021

• Southbridge Mall Redevelopment	\$20million
• 173 Craft Distillery	\$1 million
• Sears Building Redevelopment	\$1 million



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PAPPAJOHN
ENTREPRENEURIAL
CENTER

The Entrepreneurial Edge

A NIACC John Pappajohn Entrepreneurial Center Publication

Matt Curtis of Wayne's Ski & Cycle Wins 2022 Neal Smith Award



The NIACC John Pappajohn Entrepreneurial Center and the North Iowa Area Small Business Development Center (SBDC) are proud to announce **Matt Curtis** of **Wayne's Ski & Cycle**, Mason City, as the winner of the 2022 Neal Smith Entrepreneur of the Year Award.

The Neal Smith Entrepreneur of the Year Award is presented by America's SBDC Iowa, and honors an Iowa entrepreneur who has been in business a minimum of three years and has been significantly assisted by an Iowa Small Business Development

Center. The award was established with a dual purpose—to honor long-time Iowa Congressman Neal Smith for his years of service to Iowa's small businesses, and to recognize Iowa's entrepreneurs, who are the driving force behind Iowa's economic growth.

Brook Boehmler, Regional Director of the North Iowa Area SBDC, nominated Curtis for the Neal Smith Award, stating, "Matt has worked to keep Wayne's Ski & Cycle nimble and relevant. This has included exploring new business niches, establishing a culture of employee buy-in, and moving the business location back to downtown Mason City. Matt is also notable for his support of his fellow entrepreneurs through the Pappajohn Center's entrepreneurial programming and mentorship. Matt's ability to identify and meet the evolving needs of his customers has made Wayne's Ski & Cycle a community mainstay."

Matt Curtis purchased Wayne's Ski & Cycle in 2004. Matt had never thought he'd be an entrepreneur, but when the previous owner approached him about buying the business, Matt realized what a great fit it was. "I followed the dream that I didn't even know I had," he said. "If there's one thing I've learned, it's that you have to take a chance."

The Neal Smith Entrepreneur of the Year Award and the Deb Dalziel Woman Entrepreneurial Award will be presented at a ceremony on March 3, 2022, at 7:30 AM in the Legislative Dining Room of the Iowa State Capitol.

PAPPAJOHN CENTER STAFF

Candace Karsjens, Director

Brook Boehmler, SBDC Director

Kelley O'Rourke, School Partnership Entrepreneurial Coordinator

Joyce Martin, Marketing & Communication Coordinator

Anthony Riesen, Innovation Workspace Coordinator

Mary Spitz, Administrative Assistant



www.pappajohncenter.com
500 College Drive, Ste 120
Mason City, IA 50401

Premier Members

Thank you to the Premier Members who have gone above and beyond in their support of the Chamber programs, events, and the *North Iowa Band Festival*. These members have made commitments to Investor Packages or supported the many events, sponsorships, and marketing opportunities of the Chamber.

GOLD \$6,000+

Cargill Protein
Clear Lake Bank & Trust Co.
CURRIES
First Citizens Bank
Holiday Inn Express and Suites -
Mason City
Jane Fischer and Associates LLC
MercyOne North Iowa Medical
Center
POET Biorefining - Hanlontown

SILVER \$3,000-\$5,999

Bergland + Cram Architects
Century 21 Preferred
First Security Bank & Trust
REG Mason City, LLC

BRONZE \$1,000-\$2,999

98.7 Kiss Country / 103.7 The Fox/
KIOW 107.3 / KCHA 95.9
Country Meadow Place
Farmers State Bank
Henkel Construction Co.
NSB Bank
Sukup Manufacturing Co.
Thrivent - Todd Leet



Mason City Shines in Cost of Living Data

Mason City ranks favorably among Iowa communities in the most recent Cost of Living Index Report, which averaged data submitted in 2021. Each quarter, chamber staff members collect data to assist the Council for Community and Economic Research (C2ER) in producing the quarterly index. Raw data from 267 metropolitan and micropolitan areas across the United States is analyzed to compare the cost of living in various geographic locations. The index is based on six components—housing, utilities, groceries, transportation, health care, and miscellaneous goods and services.

For the past year, Mason City has an average index of 87.9. By comparison, Manhattan in New York City—the most expensive place to live—has an index of 255.0. The least expensive locale in the study is Kalamazoo, MI with an index of 75.7.

The table below illustrates the most recent data for some of the Iowa Micro-Urban communities. (100.0 represents the mean; a low percentage means the cost of living is less than the average). The cost of living in Mason City compares very favorably to our peer Iowa communities.

City & Composite Score	Groceries	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
Mason City 87.9	92.8	71.7	107.0	90.4	92.5	102.1
Ames 95.9	99.8	94.6	91.9	106.2	99.1	93.3
Burlington 84.7	95.9	62.4	108.6	90.3	92.5	90.7
Dubuque 89.3	96.5	71.3	98.6	100.1	106.7	95.4

Chamber Bowl Results

Chamber Bowl had another successful year, with more than 30 teams competing over the three-night run. The evenings were filled with friendly competition, team-building, and some great door prizes. Three bowlers walked away with perfect scores!

Congratulations to Mystic Lanes for winning the tournament! Sukup Manufacturing and Midwest Construction & Supply came in close behind at second and third place, respectively. A complete leaderboard detailing each team's place is listed on the Chamber's website.



2nd Place Overall:
Sukup Manufacturing



3rd Place Overall:
Midwest Construction
& Supply



High Series: Mystic Lanes

Ribbon Cutting

NEW MEMBER

The Window Source of Mason City
1521 15th St SW



Golf Outing Registration Open

Dust off those golf clubs - the Chamber's most popular summer event, the **Chamber Golf Outing**, is scheduled for Thursday, June 16 at the Mason City Country Club. In the event of rain, an alternate date has been scheduled for the following Thursday, June 23. Lunch, dinner, and green fees are included with registration, which is taken on a first-come, first-served basis. Registration for the **Golf Outing** is now open.

Not a golfer? Sponsor a hole on the course! Participants vote for the best hole sponsor, and the winner will be awarded a complimentary team at next year's outing. Hole Sponsorships are available for \$350.

Team registration and hole sponsorships are available at www.masoncityia.com, or by contacting Noah at nharris@masoncityia.com



Tournament Sponsor:



Chamber Hosts National Civics Bee



The Chamber of Commerce is proud to be one of just six pilot communities launching the U.S. Chamber Foundation National Civics Bee. The National Civics Bee is a new annual competition that encourages young Americans to engage in civics and contribute to their communities. Participating middle school students will flex their civics knowledge for a chance to win recognition and cash prizes – including a \$1,000 cash award.

Middle School students in North Iowa have through March 14 to submit qualifying essays. A panel of judges will score the essays and choose the top ten students to compete in a live event on Tuesday, April 12 in the FEMA Room at the Mason City High School. Stay tuned for more details!

Wellness

Guest
Column
by
CG Public
Health



Kelli Gerdes
CG Public Health

Obesity is a common, serious, and costly chronic disease. Having obesity puts people at risk for many other serious chronic diseases and increases the risk of severe illness from COVID-19. Individuals can help protect themselves and their families during this pandemic by promoting good health and wellness through:

- **Eating a healthy diet:** plenty of fruits and vegetables, lean protein, and whole grains within the appropriate amount of calories for your body.
- **Being active:** Physical activity helps you feel better, sleep better and reduce anxiety. Emerging research suggests it also helps boost immune function.
- **Getting enough sleep:** Insufficient sleep is linked to depression and other chronic diseases that increase the risk of severe illness from COVID-19 such as heart disease, type 2 diabetes, and obesity.
- **Coping with stress:** Stress can cause changes in sleep and eating patterns, increase use of tobacco or alcohol, and worsen chronic health conditions. Learn to cope with stressors and be open to communication regarding your feelings and challenges.

Source:

Centers for Disease Control & Prevention



Chamber Leadership

Executive Committee

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Jane Fischer & Associates, LLC
Evan Raulie, Chair Elect
Smithfield
Andy Meyer, Past Chairperson
Bergland+Cram Architects
Danielle Pace, Treasurer
Clear Lake Bank & Trust Co.
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Division Vice President
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Bill Phillips, Government Affairs
Division Vice President
Henkel Construction Company
Jessica Tierney, Workforce & Leadership
Division Vice President
Tierney Properties
Todd Leet, Community & Membership
Division Vice President
Thrivent - Todd Leet

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Fouad Daoud, *WHKS Engineers, Surveyors,
and Planners*
Michael Davis, *IOOF Home & Community
Therapy Center*
Chris Jessen, *Heartland Asphalt, Inc.*
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Matt Koch, *Sukup Manufacturing*
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Tiffany Nonnweiler, *First Citizens Bank*
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Katie Wold, *Three on the Tree*
Dan Young, *Young Construction of North Iowa*
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Upcoming Events

MARK YOUR CALENDAR

Professional Development

Thursday
March 10

CEO Conversations with Doug Morse | 11:30AM-1PM
Board Room, Commerce Center | 9 N Federal Ave

Networking Events

Tuesday
March 22

Ag Breakfast | 8-10AM
Kevin Pope Farmstead | 16825 300th Street, Mason City

Get Involved/Committee Meetings

Tuesday
March 1

Ambassador Meeting | Noon-1PM
Perkins Restaurant | 2201 4th St SW

Wednesday
March 2

Agribusiness Committee Meeting | 8-9AM
Third Floor Event Room, Commerce Center | 9 N Federal Ave

Friday
March 11

Band Festival Committee Meeting | Noon-1PM
Band Festival Room, Commerce Center | 9 N Federal Ave

Tuesday
March 15

Wellness Committee Meeting | 3-4PM
Farrer Room, Commerce Center | 9 N Federal Ave

Wednesday
March 23

Board Meeting | Noon-1PM
Board Room, Commerce Center | 9 N Federal Ave

April 2022

April 21 | Wellness Seminar

April 27 | Breaking Glass with University of Iowa President Dr. Barbara J. Wilson