

Business news

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Business

The Hour

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IN BRIEF**PR group sets****meeting for July 12**

GREENWICH — The Fairfield County Public Relations Association will hold a meeting featuring Stuart Sanders, chairman and founder of the Sanders Consulting Group, from 8 a.m. to noon on Thursday, July 12, at the Hyatt Regency Greenwich Hotel.

Sanders is known for his skills in generating new business and developing business skills. For more information, visit www.sandersconsulting.org.

The cost for the event is \$40 for FCPRA members and members of Fairchester Communications Council organizations and \$45 for nonmembers and walk-ins. Continental breakfast is included.

Reserve a spot by visiting www.fcpra.org or by e-mailing edbloch@optonline.net or by calling (203) 227-4920. Reservation deadline is noon, Tuesday, July 10. Cancellations accepted until noon, Wednesday, July 11. No-shows who have not cancelled their reservations by that time will be sent an invoice for payment.

HR group sets**networking event**

NORWALK — The Southern Connecticut Chapter of the Society for Human Resource Management will hold a Summer Networking Bash from 5:30 to 8 p.m. on Tuesday, July 10, at Stepping Stones Museum for Children in Mathews Park in Norwalk.

Dress is casual. The event will be part of the Back to School Supply Drive, so attendees are asked to bring some of the following items to be donated to needy school children: pens, filing folders, crayons-markers, index cards, paper clips (large and small) pocket folders, one-subject notebooks, tape, dictionaries.

Cost is \$20 for chapter members, \$35 for nonmembers and \$10 for students. There will be a \$5 surcharge. Registration may be done online at www.socshrm.org. For more information call (203) 322-8730 or e-mail DBUSSEY714@aol.com.

Main & Wall**Festival set for July**

NORWALK — The Main & Wall Street Festival '07 will be held from 5 to 9 p.m. on Thursday, July 19, on Main Street (from Hoyt Street down to Wall Street). The festival will celebrate the future revitalization of this area of Norwalk.

A variety of businesses, crafts, entertainers and developers are participating, but according to festival organizers, there is room for more. Contributions start at \$150 and a table will be provided if needed.

The Hour is the official media sponsor of the event. Contact Danna DiElsi, festival organizer, at The Silk Touch at (203) 855-1916 or e-mail DDielsi@aol.com.

Chamber sets**summer social**

NORWALK — The Greater Norwalk Chamber of Commerce will hold the Greater Norwalk Summer Social from 5 to 7:30 p.m. on Wednesday, July 18, at Dolce Norwalk, 32 Weed Ave. Cost is \$40 and includes one drink. The event is held on conjunction with the chambers of commerce from Westport, Wilton, Darien and New Canaan.

This is a members-only, business-after-hours event with networking opportunities with members of several chambers. Reservations are required and attendance is limited.

For more information or to reserve a spot call (203) 866-2521 or e-mail info@norwalkchamberofcommerce.com.

Seniors learn relief techniques

Staff Report

NORWALK — Can relief for pain and stress be at the tip of your fingers?

Members of the Norwalk Senior Center had a chance to find out for themselves last week as Dr. Brian Yomtov taught them simple self-help pressure points, stretching, movement, posture and breathing techniques to fight physical and emotional stress, pain and fatigue.

Yomtov led a discussion about what health is and what one can do to help themselves. Seniors in attendance also learned self-help acupressure points, breaking exercises, techniques on improving their posture and the important of

exercise and stretching.

Yomtov also shared simple techniques and exercises that will improve health and well-being, such as: stretching to relieve tension while seated and maintaining proper hydration by drinking plenty of water.

"It is always a wonderful experience to share information and educate senior citizens about health and wellness," Yomtov said. "If one person feels better and has learned something from my presentation then it was time well spent."

Debbie Cole, program director at the Norwalk Senior Center, was happy to have Yomtov talk to seniors about health.

"We are dedicated to keeping

our members active and fit," Cole said. "We work collaboratively with organizations and service providers to enrich and improve the quality of life for mature individuals and their communities. We would like to thank Dr. Yomtov for volunteering to share his time and knowledge with our members. They loved it."

Yomtov is a board certified chiropractic physician, clinical acupuncturist and applied kinesiologist. His practice, Advanced Chiropractic & Wellness, LLC, has offices in Norwalk and Stamford. To reach Yomtov, call (203) 316-8477.

On the Web

www.drbrinyomtov.com



Contributed photo by HELEN KOVEN

Dr. Brian Yomtov, of Advanced Chiropractic & Wellness, leads a group of Norwalk Senior Center members in an exercise to improve their posture and strengthen their muscles at a recent workshop he conducted entitled "Relief for Pain and Stress is at Your Fingertips."



Hour photos/ERIK TRAUTMANN

Tony Ancona, owner of Fat Cat Pie in Norwalk, on Friday talks to students enrolled in a program at Norwalk Community College about the ins and outs of starting and maintaining a business. Below, Ancona shows the students the outside of the building on Wall Street.

A 'real' lesson in business

Staff Report

NORWALK — About 16 students with the College Pathway Initiative, a program of Norwalk Community College, received a "business reality" lesson on Friday afternoon from Tony Ancona, owner of Fat Cat Pie on Wall Street.

The program is a week-long, 15-hour course in career research and self-assessment. It is taught by NCC psychology professor Dr. Terry Brown. The students are from Briggs High School in Norwalk and Stamford schools Wright Tech and AITE Magnet High School.

The students complete courses at Norwalk Community College during the summer and after school for the final two years of high school. They build academic skills by participating in community projects and exploring careers, and enter NCC a semester ahead of their peers.

Ancona on Friday talked about what it is like to start and sustain a business. Ancona, along with his business partners, also owns Fat Cat Joe and Fountainhead Wines and Distillations in Norwalk.



"I've titled the talk, 'Tony, What the Heck does a Pizza Guy Know?'" Ancona said. "It was a reality class. I talk about the things they don't talk about in school about opening a small business, like deal-

ing with banks. Real-world stuff. It's my second year doing it and I love it. The kids ask the best questions."

For more information about the program, call Gail Howard at (203) 857-7281.

Down-to-earth talk about stocks and bonds

Q: I don't understand the differences between stocks and bonds, despite buying and owning some myself. Can you please explain?

A: Investing should be a proactive process based on your needs and goals. Only after assessing your needs and goals should you select the investments that will help you forge your way up the mountain.

Investments are often chosen out of habit, convenience or inertia. A surprising number of investors buy investments without really understanding what they're getting into.

Imagine a simple world in which you have just two investment options: lending invest-

ments and ownership investments. A lending investment, as the name suggests, is an investment where you are lending your money, typically to an organization. For example, when you place your money in a bank account, such as a savings account, what you effectively are doing is lending your money to a bank for an agreed-upon interest rate.

Bonds, which are IOUs issued by companies, are another common lending investment. If you purchase, say, a five-year bond issued by IBM at 6 percent, you are, in essence, lending your money to IBM for five years in exchange for 6 percent interest per year.

If things go according to plan, you'll get your 6 percent

interest annually and your principal (original investment) back when the bond matures in five years. If the company that issues the bond experiences a booming business, you don't share in the upside. You'll simply get your interest and principal back as promised.

With ownership investments, by contrast, you own a piece of an asset that has the ability to produce profits or earnings. Stocks, which are shares of ownership in a company, and real estate are ownership investments.

In a capitalistic economy, individual investors build wealth through being owners, not lenders. For example, if IBM triples in size and profits over the next five years, as one

of its bondholders, you won't share in the growth. As a stockholder, however, you should benefit from a stock price driven higher by greater profits.

Investors in ownership assets have earned far superior returns through the years than lending investors. In the past century, U.S. stock market investors have earned an average of 10 percent per year, whereas bond investors have earned about 5 percent per year.

Earning an extra 5 percent per year might not sound like a lot, but over the course of 25 years, \$10,000 invested at 10 percent per year return grows to more than \$108,347 in stocks, whereas the same money invested at a 5 percent per year

Consumer spending on the rise

Associated Press

WASHINGTON — Consumers boosted their spending in May as their incomes grew solidly, an encouraging sign that high gasoline prices haven't killed people's appetite to buy. Inflation moderated.

It was the second month in a row that consumer spending went up 0.5 percent, the Commerce Department reported on Friday.

Incomes, the fuel for future spending, rebounded in May, growing 0.4 percent. That was an improvement from the 0.2 percent drop reported for April.

In other economic news, construction spending rose 0.9 percent in May, the biggest gain in nearly 1 1/2 years, the department said in a second report. Brisk spending on big government projects, such as hospitals and other health care facilities, and by private builders on commercial construction, such as office buildings, eclipsed continued weakness in the housing sector.

Construction spending was stronger than the 0.2 percent gain economists were calling for. The levels of spending by the government for public projects climbed to \$284.5 billion in May and spending by private builders for nonresidential construction grew to \$343.1 billion — both were all-time highs.

The latest snapshot of consumer behavior, however, was a bit weaker than economists were expecting. They were forecasting consumer spending to rise 0.7 percent and for incomes to grow 0.6 percent in May. The spending and income figures aren't adjusted for inflation.

On Wall Street, investor worries about risky mortgages and rising oil prices pulled stocks lower. The Dow Jones industrials ended the day down 13.66 points at 13,408.62.

Consumer spending plays a major role in shaping overall

See **CONSUMER, B2**

INVESTOR'S GUIDE**ERIC TYSON**

grows to just \$33,863 in bonds. Please remember that historic returns are just that — historic. If you buy stocks now, there's no guarantee that you will make an average of 10 percent per year.

Financial expert Eric Tyson is a Fairfield County resident. Write to Eric Tyson, author of "Mind Over Money" (CDS Books), "Investing for Dummies" and "Personal Finance for Dummies" (Wiley), via e-mail: [eric\(at\)eric Tyson.com](mailto:eric(at)eric Tyson.com). (c) 2006 Eric Tyson. Distributed by King Features Syndicate Inc.