



Greater Lawrence Chamber of Commerce

COMMUNITY CONNECTION

SEPTEMBER 2008

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Mission Statement

The mission of The Greater Lawrence Chamber of Commerce is to be a resource to businesses providing information, connections, advocacy, and opportunities.

Thank You

. . . Indian Lake Country Club for hosting the August Chamber After Hours and Council Member Meet & Greet.

. . . Kyla Hurst, for handling all the GLCC activities during the search for the next President.

Photo of the Month



Chairman of the GLCC, Dr. Nate Blume, Mayor Paul Ricketts, Mary Mahler, Social Security Assistant Regional Commissioner and Terry Belanger, Social Security Area Director dedicated the new building, Thursday, August 7, 2008.

The Greater Lawrence Chamber of Commerce is now able to accept VISA, MasterCard, American Express and Discover courtesy of Fifth Third Bank. Now, if you'd like to pay for meeting fees, memberships or advertising, all you have to do is use your card.

Materials Needed for Health & Wellness Fair Packets

The Lawrence Chamber of Commerce Opportunities Committee is preparing Chamber Packets for the Health & Wellness Fair. We will be including information about the Lawrence area and the benefits of being a member of the Lawrence Chamber. Since the Chamber acts as a conduit between our Members and the Community, we'd like to offer our Members an opportunity to include information/coupons/etc in the Chamber packet. Bring 100 copies of your material that you'd like for us to include in the Chamber packet before Friday, September 26. If you have any questions, contact Kyla at the Lawrence Chamber office 541-9876.

13th Annual Indianapolis Marathon and Half Marathon Registration on Record Pace

The Marathon is set for Saturday, October 18th and is on record pace. The event is currently 145% ahead of last year's event that finished with a record field of 4,637 participants. If you are not registered or have family and friends that are not registered tell them there's still time and to log onto www.IndianapolisMarathon.com. Also, we have a NEW LOCATION for the packet pickup. It will be held from 11:00 a.m. - 8:00 p.m. at the Benjamin Harrison YMCA located at 5736 Lee Road in the Fort! Stop by and enjoy the vendors and don't forget about the pasta dinner from 5:00 p.m. - 7:00 p.m. which will still be held at the Sterrett Center located at 8755 Otis Ave.

Here are some event highlights:

- The Indianapolis Marathon and Half Marathon Event was named Indianapolis Monthly Magazine's "2007 Best of Indianapolis -Charity Race".
- Great price the Marathon is only \$45 and the Half Marathon is only \$35 until August 31, 2008
- USATF Certified courses featuring computer timing and scoring.
- Boston Marathon Qualifier for both 2009 and 2010.
- Free post race fall festival cookout. Not your typical fruit and bagels, we also have hamburger, brats, cookies, bake beans and other fall specialties.

- continued on page eight



**2008
Board of Directors**

Chairman
Nate Blume, D.C.
*Lakeshore
Chiropractic*

John Bryant
Prime Time Liquors

Nancy DiLaura
*Ivy Tech
Community College*

**First
Vice-Chairman**
David Ring
Indiana Funeral Care

Tim McCoy
*Benjamin Harrison
YMCA*

**Second
Vice-Chairman**
Joe Heckman
*Community Health
Network*

Larry Marcum
Financial Center

Jim Masur
*Robert W. York &
Associates*

Treasurer
Sherilee McLain
Robert C. Teipen

Pat O'Brien
*American Family
Insurance*

Secretary
Karen Black
*Westminster Village
North*

Carletta Sullivan
McKenzie Center

Honorable
James Joven
*Lawrence Township
Small Claims Court*

Sandi Ballard-Groth
VC Design Studio

The Chairman's Word
by Dr. Nate Blume

The Next Step



On behalf of the Board of Directors of the Greater Lawrence Chamber of Commerce we would like to announce and congratulate our new President, Sandi Ballard-Groth. Sandi was the unanimous selection by the Selection Committee that was appointed to review resumes, check references, interview candidates and present their recommendation to the Board of Directors. After the Committee's presentation to the Board it was clear that Sandi stood out as the candidate most in line with the criteria we required for the next President of the GLCC.

Sandi's business experience was a key piece that made her a great fit for the President position. She has worked as a graphic designer for nearly 20 years, operating her own design firm, Visual Communication, for more than a decade. She has helped business and organizations create marketing and advertising campaigns that increase awareness and generate business. Sandi was also a managing partner (and player) of the Indiana Speed women's football team for the past six years.

Sandi has extremely strong ties to the community after serving the Greater Lawrence Chamber as a Board Member for nearly 2 years. She has been instrumental in the planning and organizing of the annual Golf Outing through her time as a board member and Sandi put together the inaugural Super Bowl that was held at Hindel Bowling Lanes last November and provided a great source of fun and networking for Chamber members. Sandi's biggest contribution has come in the way of the Lawrence Chamber web site and newsletter that she helped redesign over a year ago and has been helping assemble on a monthly basis ever since.

Sandi took office as President on Monday, August 18th and you can contact her via e-mail at Sandi@lawrencechamberofcommerce.org. On behalf of the Board of Directors we couldn't be more excited to have someone coming on board who has such a good working knowledge of the Chamber as well as relationships with key elected officials and council members and has already proven to be eager to help us continue to grow and increase our membership and ultimately the success of businesses in and around Lawrence.

Welcome Sandi!

Serving you, the members, and working towards an ever better business community in Lawrence,

Dr. Nate

COMMUNITY CONNECTION

Community Connection is a monthly publication of The Greater Lawrence Chamber of Commerce. Business-related articles & press releases may be submitted by all members & must be informational or educational. Due to limited space, publication is not guaranteed. We may edit your information for grammar or length.

The deadline for copy and camera-ready artwork for ads is the 10th of the previous month. Submit to Kyla at: kyla@LawrenceChamberOfCommerce.org.

CHAMBER ADDRESS:
9120 Otis Ave, Suite 100, Lawrence, IN 46216-2209
Phone: (317) 541-9876 Fax: (317) 541-9875

ADVERTISE WITH US!
Ad rates are affordable: 1/3 ad = \$50; Square = \$75; 1/2 page = \$125; Full page = \$250. Don't forget about advertising on the Chamber's website! Banner & square ads starting at \$200 per quarter!

In the *Community*

US Army Golf Outing

The Association of the United States Army is a 501 (c) (3) educational organization that supports America's Army – Active, National Guard, Reserve, Civilians, Retirees, and Families. AUSA represents every American Soldier by being the voice for all components of the Army, by fostering public support for the Army's role in national security, and by providing professional education and information programs. We operate through a network of over 125 chapters throughout the world.

The Indiana Chapter AUSA invites you to be a sponsor in our annual golf outing. The outing will be held on Friday, September 12, 2008 at Winding Ridge Golf Club at 56th Street and German Church Road near Fort Harrison. Tee time is 0800 hours (8 AM) with check-in opening at 0700 (7AM). The cost is \$200 per foursome / \$50 per individual and lunch is included for each player. Sponsorship opportunities include:

Title Sponsorship - \$1,000 – This would put your name and logo on all flyers, advertising, and electronic announcements and our program. You would receive credit as “The Indiana Chapter AUSA Golf Outing, sponsored by the ABC Company.

Refreshment Sponsorship - \$500 – Your name on the refreshment cart as well as the opportunity to have two people drive the cart, if desired. Recognition in our program is also included.

Lunch Sponsor - \$500 – Receive recognition in our program and during the lunch, and have your banner displayed in the dining room during lunch.

Special Events Sponsor – \$125 per event – choose one or all - These events include longest drive, closest to the pin, and longest putt made. This also includes recognition in our program and your sign at the appropriate location on the course.

Hole Sponsor - \$100 per hole – This sponsorship includes a sign with your name at your sponsored tee area as well as recognition in our program.

All sponsorships have the opportunity to include items for our golfer's gift bag (going to every entrant) or items to be given away during the lunch time drawings.

All sponsors are invited to enter teams or individuals in the outing.

For further information, please contact Mike Jarrell at 317-417-7462 or Doug Gibbens at 317-446-7669. Please direct all e-mails to doug.gibbens@us.army.mil

Member News

RELOCATIONS:

Effective Computer Solutions, LLC

has moved to:
9335 Castlegate Drive
Indianapolis, IN 46256
Phone: (317) 536-2739
Fax: (317) 536-2740
www.effectivecs.com

American Cancer Society has relocated to:
5635 W. 96th Street, Suite 100
Indianapolis, IN 46278
p: 317-344-7811
michelle.canak@cancer.org



Ms. Loretta Smith, Etiquette School of Indiana, as been chosen to be the etiquette consultant for the Circle City Classic Coronation 2008 participants. Ms. Smith will be conducting their Dining Etiquette sessions and a Dress for Success workshop at Nordstrom's.



Ms. Loretta Smith, Etiquette School of Indiana is also producing: Indy's BEST Bridal Show 2008 Sunday, October 26, 2008 from Noon- 4:00 p.m. at The Indianapolis Hilton - North located at 8181 N. Shadeland Ave.



The Ongoing Seminar Series between **Ivy Tech** and **The Greater Lawrence Chamber of Commerce** will hold another seminar Wednesday, September 17. The Improving Performance Seminar offers managers strategies for maximizing employee performance through personal assessment, setting a clear and collaborative vision, giving feedback and formally evaluating employees.



Mark your calendar to have a fun evening at Hillcrest County Club for **BRAG** and Hillcrest's joint fundraiser -- Oktoberfest -- on Saturday, October 11th, 6 to 10 pm. This fun event includes biergarten, wine tasting, gourmet German fare, Polka band, Monte Carlo casino, and silent auction items to fit all budgets. Proceeds will benefit Hillcrest and BRAG, both charitable organizations. Buy your \$25 ticket at the Binford Farmers Market, Movable Feast, Mailing Station, Northeast Fitness, or George's Neighborhood Grill. Cash bar and gambling chips extra.

Member News

The Binford Farmers Market continues in high gear in September, with corn, tomatoes, peaches, lettuces, Fall garden plants, apples, pork, lamb, organic beef and eggs, delicious baked goods, squashes, and herbs! In addition, there is always musical entertainment. C'mon and join our unique agri-cultural community event on the northwest corner of Binford and East 62nd Street every Saturday morning, 8 am to noon. Free parking and admission! For details on our quality vendors log onto www.BinfordFarmersMarket.com



BRAG-athalon on September 27th. Walk and bicycle through BRAG neighborhoods between 8 - 10 am. Enjoy our special health fair, tricycle races, bicycle safety, and always excellent produce, meats, and plants! Contact Karin Glass at karinglass@aol.com for more info and to register.



BRAG's regular September meeting will take place on Wednesday, September 10 at 7 pm. Location TBA. Check the BRAG website for details: www.Binford71.org



Paula Patrick, Immediate Past Chairman of the Greater Lawrence Chamber of Commerce and attorney with Craig, Kelley and Faultless is co-chairing the Stephen Ministry program at Holy Cross Lutheran Church! She was sent to Florida for an intense week of training to become a certified Stephen Leader and will be teaching classes this fall for people at their congregation who are interested in becoming Stephen Ministers. Congratulations to Paula for completing this intensive course of study and serving her church.

In the Community

Calling all Book-Lovers, Arts' Patrons, Writers and "Would-Be" Writers...

The City of Lawrence and Community Hospitals have partnered with WriteStuff Writers to create the first-of-its-kind celebration of reading and writing in Central Indiana: Indy Book Talk.

National best-selling author of women's fiction, Susan Crandall, who recently published *Pitch Black*, a romance mystery novel, will be here to give a short presentation about her book, as well as the writing process. Margo Hammond and Ellen Heitzel, authors of the soon-to-be-released fiction novel, *Book Babes – Between the Covers*, will also give presentations. Indiana's Poet Laureate, Norbert Krapf will be on hand to talk about his Pulitzer Prize nominated book, *Somewhere in Southern Indiana, The Country I Come From* and award-winning Indiana author, James Alexander Thom, will also give a presentation.

The day will open with the authors' presentations, followed by a special luncheon hosted by the Mayor of Lawrence, the Honorable Paul Ricketts. Authors Deborah Stephens (*This Is Not the Life I Ordered*) and Andy Murphy and Marcia Ellett (*The Catty, Catty Ways of Women in the Workplace*) will entertain the luncheon attendees with their humorous and insightful journeys in writing.

Workshops for Writers and Seminars for Book Club members will take place in the afternoon. Artists and vendors will display their wares in a Community Fair during the Book Talk event.

Two competitions also will be open to artists and writers: The Lawrence is an art competition for artists to create book covers. A short story competition will showcase writing talent. Writers are encouraged to enter their 500 word short story (Word Format) of an original work of fiction that has never been published. The competition is open to adults and youths (12-17 years of age).

Indy Book Talk will take place at Lawrence North High School on October 11, 2008 from 9 AM to 5 PM. General Admission (morning session and luncheon) is \$49.00 (Book Clubs registering 6 or more people receive a \$10 discount for each member). WriteStuff All Access Pass (morning and afternoon sessions) is \$99.

The proceeds of this new and unique event will benefit the Lawrence Township Community Education Department and its adult/student literacy programs.

To get more information or register, log onto www.IndyBookTalk.com or call 317-823-0392.

In the Community

Village Pantry set to reopen

The Village Pantry on Franklin Road will reopen, after renovations. You may not have noticed it yet, but the store and gas pumps are closed, an electrical fire created significant damage recently. District Manager, Kathy Smith, discussed the opportunity for a major renovation and possible expansion on the store. Kathy fully expects the business will stay open. Village Pantry is an anchor on Franklin road. Upgrading that store would be a boost to the neighborhood as well.

For more information about this, and other community development questions, contact Kelly Wood, Executive Director of the Lawrence Community Development Corporation by phone (317) 542-0146 or Kelly@lawrencecdc.org



Grand Opening Saturday, September 13th for Lakeshore Chiropractic

Lakeshore Chiropractic is proud to announce that they have become A Creating Wellness Center and will celebrate with a Grand Opening on Saturday, September 13th from 10am to 2pm at their 79th and Fall Creek location. Drs. Nate and Cole Blume have always focused on whole body wellness through education and action, but will now have a quantifiable, 3 dimensional approach to improving a person's wellness.

The public is invited to attend this free event and join Mayor Ricketts for the ribbon cutting at noon. There will be freshly prepared healthy snacks, live music, door prizes, and a farmers market. Attendees will also be able to experience all 3 dimensions of the Creating Wellness program. The program provides measurable results and gives the participant accountability for their changes by supplying weekly wellness coaching and a plan that is customized and adaptable according to their successes and challenges.

Along with the Creating Wellness Center, Lakeshore Chiropractic also offers comprehensive chiropractic wellness services by a certified wellness specialist. They also offer weekly wellness workshops that are also free to the public.



Get a piece of history!



The old Belzer building (which was the original Lawrence Central High School) has been demolished, making room for improvements to the middle school. Engraved bricks from the original building are available for \$25, with proceeds to benefit the Lawrence Township School Foundation & the Lawrence Township Alumni Council. You can download an order form at www.msdlf.org or call 423-8300 for more information.

Partners

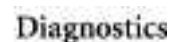
Premiere



Executive – \$3,000



Corporate Gold – \$1,500



Members News

Congratulations to **Sandi Ballard-Groth, formerly of VC Design Studio**, for being selected as a Finalist in the Technology Category in the Fifth Annual Indy's Best and Brightest Awards! The Best and Brightest initiative was created by Junior Achievement to recognize the up and coming professional talent and the next generation of leaders in our community. Finalists in each category are judged on professional accomplishments and leadership qualities in ten industry categories. The finalists will be recognized at a luncheon chaired by Carl Brizzi on September 25.



John Bryant's son, Richard has been promoted to the Joint Chiefs of Staff in Arlington, Virginia. Formerly Commanding Officer of the USS Miami, Richard's Change of Command ceremony was held on July 25 in Groton, Connecticut. Richard is a 1988 graduate of the U.S. Naval Academy where he earned a B.S. degree in Marine Engineering. He later earned Masters Degrees from George Washington University (Engineering Management) and the National War College (National Security Affairs.) Richard is the only son of John, who is a board member with the Greater Lawrence Chamber of Commerce and owner of Bryant Investments.



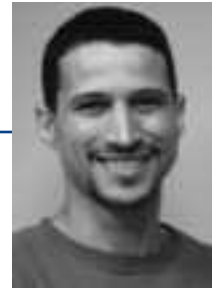
Holy Cross' Farmers' Market is in operation on Thursdays from 2:30 p.m. to 6:30 p.m. through September 25, 2008. It will be located in the parking lot west of the Church, located at 8115 Oaklandon Road. Produce and plants from local area vendors will be available.

If you have questions or know someone who may be interested in participating in the Market, contact The Church Office by email hclc@hclc.in.lcms.org or call Tom Brendle at 317-517-0484 or email Brendle38@aol.com.

Fitness In the *Community*

Pain in the Legs?

by Oko Hartleroad - CPT, CKI



Question:

I am a 42 year-old woman, and I have been getting a little pain in my right hip and leg after exercising (cardio and strength training) and now sometimes in the morning. What do you think would help?

Answer:

If you do lunges or lift weights often, you should have an idea of how many repetitions you need and why you are working a body part. For power you need speed, but power is the last phase of training. Start with stabilization, then strength. Use 12-20 repetitions... 2-4 sets. Build stamina. Training is to obtain functional movements. A variety of exercises will help to mimic life better than a lot of weight. When you are ready you can use more weight, but first think of your health. Also, don't forget to stretch your hips if you want more movement and more flexibility. Over the years we can't touch our fingers to our toes as easily as the years past. Sometimes we may feel uncomfortable in our legs while sitting, in the morning, or before going to sleep. There are many symptoms of pain that can affect your life like sciatica. Sciatica is when the sciatic nerve is pinched between two muscles that are connected from your lower spine to the top of your leg bone. The same muscles tighten after a game of basketball, running, even walking far. It is necessary to loosen them or the pain runs down your leg to your toes.

Allow me to demonstrate how everyone can benefit quickly from two easy exercises. If you have a fitness question you would like answered, please e-mail me at oko.hartleroad@gmail.com and look for the answers in the next "Community Connection".



Pull the crossed leg towards you



Pull the crossed leg towards you

MSDLT *Article*

Lawrence Township High School Students Have Many Accomplishments

by Dr. Duane Hodgin, Assistant Superintendent for Educational Support Services M.S.D. of Lawrence Township

The M.S.D. of Lawrence Township is proud of the many accomplishments our students consistently accomplish each year. During the 2007-08 school year some of the Lawrence Central's or Lawrence North's students' accomplishments included the following:

The 2008 LCHS and LNHS Senior classes were awarded a record of \$10 million in scholarships Academic All-Stars for Track & Field

- Girls State Hurdles Champion
- National Presidential Scholar
- Indiana Academic All-Star
- Four National Merit Scholars
- National Champion Robotics Team
- National Middle School Art Award Winner
- State Champion for High School Forensic League
- Individual State German Team Champion
- Individual State Spanish Team Champion
- Individual Boys & Girls State Spanish Competition Champions

Numerous students selected to attend prestigious colleges and universities throughout the state and country

- Academic All-Stars for Track & Field
- Boys State and National Shot Put Champion
- Individual State Wrestling Champion
- Individual Girls State Track Relay Champion
- LN Boys State Track Meet Runner-up
- Individual Girls State Pole Vault Champion
- Individual Girls State Gymnastic Champion
- Wind Ensemble State Champions
- Winter Guard State Champion

The Lawrence Township Schools are proud of the numerous honors and recognitions received by the 2008 graduating class. They have continued to uphold an outstanding tradition of excellence in the classroom as well as in athletic and performing arts activities.

Letter to the Chamber

Good morning Kyla!

I wanted to let you know that Ken and I are now living in Martinsville and I decided to sell the Club Z! franchise. I'm not sure if you have been contacted yet by the new owners, Steve and Carla Schilling. I'm sure you remember Steve from Management 2000? They will be keeping the same phone number: 317-826-2222 and have all of the files and client information in their possession.

Ken and I already miss you and Kris and the Chamber members and functions. We're not likely to renew our membership since we're so far away. I did recommend to the Schillings that membership would be very beneficial to their business success.

While our business relationships may be terminating, I hope our friendships continue. Please email, call, or drop in to see us anytime. My contact information should be below.

*Thank you for everything,
Cindy*

*Cindy Hanna Cornacchione
765.349.9616 home
765.349.9677 fax
317.833.4468 cell
chan31@sbcglobal.net*

STAR Financial Bank Ranks Among The Top In SBA Loans

In a recent report issued by the U.S. Small Business Administration Indiana District Office, STAR Financial Bank is among the leading SBA lenders in the state. STAR ranks as the sixth leading SBA lender in Indiana, based on the number of loans written.

For the same time period, STAR ranks second in northeast Indiana and sixth in central Indiana for the number of loans written. These rankings affirm STAR's longstanding commitment to fostering local businesses and helping our communities grow.

"STAR Financial Bank is proud to be ranked among the top SBA lenders in Indiana. These businesses play a major role in the economic health of our local community. Our bankers enjoy working with these companies to help them obtain the capital they need to expand their business," said John McCreary, President of STAR Financial Bank's Indianapolis region.

13th Annual Marathon.... continued from page one

- (As always, we will offer those who do not eat meat an alternative like a veggie sub or cheese pizza)
- (New) Course entertainment
 - Outstanding medals presented to all Full/Half/Relay Marathon finishers.
 - Plenty of free parking at race site for all race weekend activities.
 - Road Runners Club of America (RRCA) Indiana State Championship Races for both the Full Marathon and Half Marathon.
 - Beautiful courses and growing fields for the 5K, Marathon Relay, and Kids Marathon rounds out the event! We have an event for everyone!



This person no longer with you? Change your contact information by calling 541-9876!



Executive Sponsors



Premiere Sponsors