



**Don't let minor issues
turn into a major setback.**

*Learn about Wellness
from the Wellness experts*

**LAKESHORE
CHIROPRACTIC**



Geist Crossing II
9745 Fall Creek Rd.
(79th & Fall Creek)
317-842-5100

Nate A. Blume, D.C.

www.adjust2wellness.com

**MARK YOUR CALENDAR
Upcoming October Events**

Thursday, October 2
7:30 a.m. - 8:30 a.m.
Breakfast Before Hours
Kendall Inn
RSVP to Kyla at 541-9876

Thursday, October 16
5:00 p.m. - 7:00 p.m.
Business After Hours
Benjamin Harrison YMCA
RSVP to Kyla at 541-9876

Friday, October 17
11:00 a.m. - 8:00 p.m.
Indianapolis Marathon Packet
Pickup/Registration-NEW LOCATION
Benjamin Harrison YMCA
5736 Lee Road



SEPTEMBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 LABOR DAY	2 6:00 p.m. Common Council Meeting Lawrence Government Center	3 11:30 a.m. GLCC Annual Luncheon Garrison	4	5	6 8:00 a.m. - Noon Binford Farmers Market Northwest corner of 62nd & Binford Every Saturday thru October
7	8	9	10	11 4:00 p.m.-8:00 p.m. Millersville Masonic Lodge Fish Fry 4:30 p.m. - 5:30 p.m. Board of Public Works and Safety Meeting 9001 East 59th St	12 8:00 a.m. Association of US Army Golf Outing Winding Ridge 4:00 p.m.-8:00 p.m. Millersville Masonic Lodge Fish Fry	13 4:00 p.m.-8:00 p.m. Millersville Masonic Lodge Fish Fry 10:00 a.m.-2:00 p.m. Lakeshore Chiropractic Grand Opening
14	15	16 7:30 a.m. Chamber Board of Directors Meeting 11:00 a.m.-4:00 p.m. Ivy Tech Blood Drive Lawrence Campus	17 7:30 a.m. - 9:30 a.m. GLCC & Ivy Tech Seminar Series Ivy Tech Lawrence 6:00 p.m. Common Council Meeting Lawrence Government Center	18 2:30 p.m.-6:30 p.m. Holy Cross Lutheran Farmers Market 5:00 - 7:00 p.m. Business After Hours The Financial Center Federal Credit Union 11715 Fox Road	19	20 8:00 a.m. - Noon Binford Farmers Market Northwest corner of 62nd & Binford
21	22	23 7:00 p.m. Board of Zoning Appeals Lawrence Gov't Center	24	25 2:30 p.m.-6:30 p.m. Holy Cross Lutheran Farmers Market 4:30 p.m. - 5:30 p.m. Board of Public Works and Safety Meeting 9001 East 59th St	26	27 8:00 a.m. - Noon Binford Farmers Market Northwest corner of 62nd & Binford BRAG-athon 8:00 a.m. - 10:00 a.m.
28 11:00 a.m.-4:00 p.m. Lawrence Community Day & Chili Cook-Off Lawrence Park	29	30 3:30 p.m. - 6:30 p.m. Sports of All Sorts Chamber Health & Wellness Fair 5:00 p.m. - 7:00 p.m. Open House Indianapolis Endoscopy 8315 E. 56th Street				

For complete event details, log onto www.LawrenceChamberOfCommerce.org

New Members

Laura Borders
SPICE Challenge Program
 5660 Caito Drive, Ste. #121
 Indianapolis, IN 46226
 (317) 545-7664

laura@spicechallenge.com
www.spicechallenge.com

Profile: The SPICE program focuses on team building and leadership development through the facilitation of experimental activities. Teams are presented with a very unique integration of adventure learning activities, cutting-edge teamwork and leadership concepts, and a powerful action-reflection process. Programs can be offered on location or at a challenge course located behind Craig Middle School.

Patrick Cowder
GoldStar Athletics
 6801 Hilldale Ct.
 Indianapolis, IN 46250
 (317) 849-4653

justcheer4me@aol.com
www.goldstarathletics.com

Profile: Goldstar Athletics LLC was formed in 2008 to help provide a place for cheerleaders, dancers and gymnasts who wished to compete competitively, known as the Hollywood All Stars. Goldstar is a school of learning where we try to teach life values in our classes, and on our all star teams through positive praise and motivation in a strong structured environment. We will achieve each goal as a family and demonstrate the positive attributes; athleticism, respect, pride and dedication. This is the heartbeat of the Goldstar Athletics LLC and Hollywood Allstar Family.

Susan Miller-Wendel
Aldi Foods
 10325 Pendleton Pike
 Indianapolis, IN 46236
 (317) 823-2591

cardinaltennis@hotmail.com
www.shopaldismart.com

Profile: ALDI is a leader in the international grocery retailing industry, serving Europe, the USA and Australia. Streamlined processes, a private-label brand strategy, a selective and reliable product assortment and double-guarantee philosophy have made it virtually impossible for competitors to match the widespread appeal of ALDI. With more than 850 stores in the US, consumers of every persuasion are enjoying up to 50% savings on 90% of their weekly shopping needs – Incredible Value Every Day.

In an emergency... Every second counts!!!

The Lawrence Police Dept., Urge citizens to CLEARLY post their address:

- Consider the viewpoint of the driver of an emergency response vehicle driving down your street.
- Make sure such a driver is able to read your numbers- perhaps in the dark, in the wintertime, all while approaching quickly.

WHAT CAN YOU DO? A Few Simple Steps:

- A minimum number height of 6" (inches) is desired- make them large enough to be seen easily from the road/street.
- While numbers may already be posted on a building, they may not be visible from the road/street. Post them closer to the road, near the driveway entrance, high enough so they won't be covered with snow.
- Post your numbers as many times as necessary so your address is visible from ALL directions traffic may approach.

- If the driveway serves more than one building, post ALL numbers at the driveway entrance, and also post the numbers on the buildings.
- Keep snow and ice cleared away from your numbers.
- Trim bushes and trees to keep numbers visible.
- Illuminate your numbers when it is dark outside- use reflective painted numbers, or use a porch light, a nearby street lights a direct spotlight or purchase electrically illuminated numbers.
- Be sure to remove hanging flower baskets, wood piles, tarps, flags, wind socks, parked vehicles, etc. out from in front of your numbers.
- If you remove numbers due to construction or painting, temporarily post your numbers elsewhere making sure they're still visible from the street.
- If you have any questions or concerns please feel free to contact Sergeant Tom Ashcraft, Lawrence Police Department Crime watch by phone 317-549-9580 or email Tashcraft@cityoflawrence.org



Shinn
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A proud member of the Lawrence Chamber of Commerce.



Lawrence Community Day & Chili Cook-Off!

September 28, 2008

What a better way to kick off Autumn than to gather in one of your Lawrence Parks? Bring your favorite Chili Recipe and you could win a \$1,000 gas card for your submission! Visit www.mylawrence.com for details on the Chili Cook-Off.

Highlights:

- > Radio Disney games and music
- > Local Vendors
- > Dunk Tank
- > Car Smash
- > FRESH AIR!!!

A Community partnership with the City of Lawrence and Burd Ford

Go to Lawrence Community Park at 5301 N Franklin Road and meet (or re-meet) your neighbors. Learn about the businesses in the area that are here for you to enjoy!

Call for details: 317/545.PARK

Time: 11 a.m. — 4 p.m.

Date: 9/28/2008

lawrenceparks & recreation