

August 2008



Edwardsville | Glen Carbon Chamber of Commerce

It's everyone's business.

Common Ground



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Gary Niebur
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TheAlliance of Edwardsville/Glen Carbon

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Mission Statement

Through commitment and involvement of its Members, the Edwardsville | Glen Carbon Chamber of Commerce provides leadership for the benefit of the business community by:

- Promoting economic opportunities
- Advocating the interests of business
- Providing members with education and resources
- Encouraging mutual support

On the cover

EdGlen City Golf Championship



The first ever EdGlen City Golf Championship will be held at Oak Brook Golf Club and Fox Creek Golf Club on August 16th and 17th, 2008. The 36-hole amateur stroke event will play the first day at Fox Creek and the final day at Oak Brook.

Anyone with an Edwardsville or Glen Carbon mailing address is invited to play. Also, members from the two courses, even if not residents, are invited. On both days, tee times will begin at 1:00 p.m. and conclude at 3:00 p.m.

Due to course and time restrictions, only 104 golfers will be accommodated. Players will be entered on a first-come first-served basis. This flighted event will give everyone a chance to compete, but only one player will be named the 1st EdGlen City Golf Champion.

Turn to page 13 to find out more about the EdGlen City Golf Championship.

Newsletter Notes

Articles for the Chamber of Commerce newsletter must be submitted by the second Monday of the preceding month for placement in the next month's issue.

Monthly distribution: 1,000 issues.

Send comments or questions about Common Ground to jwojcieszak@edglenchamber.com

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2008 Advertising Rates:

	Monthly Rate	Color Charge
1/8 Page	\$32	\$7
1/4 Page	\$65	\$10
1/2 Page	\$110	\$15
Full Page	\$210	\$20
Back Page	\$310	Included

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Common Ground

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Anderson Hospital
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TheBANK of Edwardsville

Bronze Level

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Red Robin Gourmet Burgers
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Premier Level

'62 Sports Group
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Angel's Food & Ice Cream
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Bella Milano Restaurant
Belleville News Democrat
Best Western Camelot
Brickman Orthodontics
Byron Gerber Petri & Kalb, LLC
Bull and Bear Grill & Bar
Bully's Smokehouse
Chicago Title Insurance
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Crawford, Murphy, & Tilly, Inc.
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Eberhart Sign & Lighting Co.
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Edwardsville Pet Hospital
Elmwood Nursing and Rehab
Excelogy Consulting Group
Extra Help, Inc.
FCB Edwardsville Bank
Fitness Designs
First American Title
First Bank
First Mid-Illinois Bank & Trust

First National Bank - Maryville
Fitness 4 Life Physical Therapy
Gateway Center
Gateway Grizzlies
Glik's Department Store
Hampton Inn & Suites
Hawthorne Animal Hospital
Henderson Associates Architects, Inc.
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Juneau Associates, Inc., PC.
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Kitchenland
Kurt's Carstar Collision Center
Lee's Services
Louer Facility Planning
Madison Mutual Insurance Co.
Market Basket
Maryville Women's Center & Med Spa
Mastroianni Orthodontics
Medical Billing Solutions, Inc.
Metro Limousine
Minuteman Press
Morning Glory Homecare
Mt. Everest Air
Neruda
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Today's Advantage
Traveling Tails Inn
University Nursing & Rehabilitation Center
US Bank
Valley View Cemetery, Mausoleum & Funeral Home
Verizon Wireless
Wells Fargo Home Mortgage
Wenzel & Associates
West & Company, L.L.C.
Wise Choice Coffees

events

8/7 Thursday 5 - 7 pm

Business After Hours
Anderson Hospital
Physicians Office Building II
6812 State Route 162
Maryville, Illinois 62062

8/8 Friday noon

networking@noon
Hosted by Alzheimer's
Association
at Bella Milano
1063 S. State Route 157
Edwardsville, Illinois 62025

8/21 Thursday 5 - 7 pm

Business After Hours
Scott Credit Union
1067 S. State Route 157
Edwardsville, Illinois 62025

8/22 Friday noon

networking@noon
Hosted by Faller Photography
Group
at Bella Milano
1063 S. State Route 157
Edwardsville, Illinois 62025

8/26 Tuesday 4 pm

Ribbon Cutting
Cartridge World
2216 Troy Road
Edwardsville, Illinois 62025

8/28 Thursday 4 pm

Ribbon Cutting & Open House
Associated Physician Group
1181 S. State Rte. 157
Edwardsville, Illinois 62025

8/29 Friday noon

New Members' Reception
Chamber Office
200 University Park Dr., Suite 260
Edwardsville, Illinois 62025

save the date

9/1 Monday

Labor Day
Chamber Office Closed

9/4 Thursday 5 - 7 pm

Business After Hours
Business Professional Women
and Neruda
4 Club Center Ct., Ste. A
Edwardsville, Illinois 62025

9/5 Friday

SIUE Welcome Back Block Party

9/8 - 9/12

Chamber of Commerce Week

9/8 Monday

Meet & Greet Your
Elected Officials

9/12 Friday

Chamber Golf Challenge

9/18 Thursday 5 - 7 pm

Business After Hours
Mastroianni Orthodontics
2220 State Route 157 Suite 125
Glen Carbon, Illinois 62034

9/19 Friday 8 am

Professional Education Series
Dale Carnegie Training -
Understanding Your
Customers' Needs
N.O. Nelson Campus of Lewis
and Clark Community College
600 Troy Road
Edwardsville, Illinois 62025

9/19 Friday 8 am

Ribbon Cutting and
Grand Re-Opening
Wal-Mart
400 Junction Drive
Glen Carbon, Illinois 62034

9/22 Monday 10 am

Ground Breaking Ceremony
Hospice of Southern Illinois
Edwardsville, Illinois 62025

9/26 Friday 8:30 am

New Members' Reception
Chamber Office
200 University Park Dr., Suite 260
Edwardsville, Illinois 62025

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Call for Board Nominations

By Jeanne Wojcieszak

The Board of Directors will now begin accepting nominations for Board Members and Executive Board Members.

Consider giving your time and talents to the Chamber by serving on the Board of Directors. This is a great opportunity to become more involved in the Chamber and to serve not only your fellow members but the community as well.

As outlined in the Bylaws, the Nomination Process begins with the President appointing a nominating committee that will consist of five members - two of whom shall be past presidents, the president, the 1st Vice President, and one of whom shall be chosen from the general membership. This will take place at the August Board Meeting.

To nominate yourself or someone else for the Board of Directors, simply fill out the Board of Directors Application and return it to the office. The Nominating Committee will consider recommendations for open board positions through September 5th.

The Nominating Committee will then announce to the membership its nominees on September 22nd with an e-mail blast and direct mailing. The Committee will also provide notice that additional nominations may be made by any member or members in good standing upon presentation of a petition for nomination signed by at least ten active members in good standing. Such petitions for nomination must be returned to the Chamber office by the October 6th.

If no petitions are received, the nominated members shall be considered elected by the membership. If more nominations are received by petitions, there will be an election by ballot sent to the members by mail by October 13th. Ballots must be returned on or before October 27th.

The new Board Members will receive notice of their election on November 1st. Their term will then begin in January 2009

For more information, visit the website at www.edglenchamber.com.

business after hours schedule

The purpose of a networking mixer is to meet new people, make new contacts, promote your business, and to talk with other business people facing the same challenges you do. All are welcomed and invited to attend. Hors d'oeuvres and beverages will be provided. A business card raffle and 50/50 drawing will occur at approximately 6:00 pm. Entry fee is \$5. This is an excellent way to network outside of your normal routine.

8/7 Thursday 5 - 7 pm

Anderson Hospital
Physicians Office Building II
6812 State Rout 162
Maryville, Illinois 62062

8/21 Thursday 5 - 7 pm

Scott Credit Union
1067 S. State Route 157
Edwardsville, Illinois 62025

networking@noon schedule

Can't make a Business After Hours? Networking@noon is a great way to meet other business people in a smaller group setting without taking time away from your busy day. This fun, fast-paced, members-only "speed networking" event is designed to get you in, fed, connected, and on your way in 60 minutes or less.

8/8 Friday noon

Hosted by Alzheimer's Association
at Bella Milano
1063 S. State Rte. 157
Edwardsville, Illinois 62025

8/22 Friday noon

Hosted by Faller Photography Group
at Bella Milano
1063 S. State Rte. 157
Edwardsville, Illinois 62025

Edwardsville/Glen Carbon Chamber of Commerce

2009 Board of Directors Application

For consideration by the nominating committee for a Board of Directors position or to nominate someone else, please fill out the following application form and return to the Chamber office. The nominating committee will consider recommendations for open board positions through **September 5th**.

Name _____

Company _____

Address _____

Phone _____ Email _____

What qualities do you feel you would bring to the Board?

Why do you want to be on the Board?

Signature _____

Please sign and forward to:
Edwardsville/Glen Carbon Chamber of Commerce
200 University Park Dr., Suite 260
Edwardsville, IL 62025

Or fax to 618-656-7611

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Meet Your Board Member:

Mark Richardson!

"Meet Your Board Member" continues with Mark Richardson!

Mark has worked independently since June 2000 as an Investment Advisor at MML Investors Services, Inc. Originally from Olney, Illinois he attended Eastern Illinois University where he received his Bachelor of Arts degree in business and public relations. He was then recruited and trained by Northwestern Mutual in Saint Louis. As a Cardinal Baseball fan and a golf and basketball enthusiast, he shows his Saint Louis and Ed-Glen pride through his hobbies and his volunteering. Mark is active with the Chamber's Ambassadors (and now the Board of Directors), the Big Dog Golf Tournament for the Humane Society, St. John Newman golf fundraiser, and the Eastern Illinois University Alumni Association of Saint Louis.



Mark finds his favorite type of client to be a business owner and entrepreneur who is in their 40s who has a family with two kids. He finds this type of client the best for him due to the complexity of personal, retirement, business, and family planning required. How soon will the kids go to college? Is it time to expand or open a second business? Is the spouse or children planning to take over the business when the founder retires?

During his nine years of experience, Mark is most proud of one particular father and son client who own their own business. Mark worked with them actively to develop business succession and personal planning. The clients were referred to Mark with no previous planning. Since then, their business has grown 100% for the past several years.

Mark became a member of the Ed-Glen Chamber in 2001 as an individual member with the goal to meet people in the growing area. He found networking with the business community to be the most important reason to join. His new goals for the Board of Directors are to keep the Chamber active and to apply his Ambassador experience to keep the Chamber growing and successful.

Chamber to Participate in SIUE Block Party

Volunteers Needed

The Chamber will once again be participating in the SIUE Welcome Back Block Party. The Block Party will be held Friday, September 5th on the 100 Block of Main Street and 2nd Street. The Block Party is sponsored by SIUE Campus Activities Board and welcomes students not only back to campus but back to the local business community.

The Chamber will again be providing and staffing a beverage tent for the celebration. Volunteers are needed to check IDs and sell beverages. Proceeds benefit the Chamber's Scholarship Fund.

For more information on volunteering for the SIUE Block Party, please visit our website, www.edglenchamber.com, or call the office at 656-7600.

The Newly Connected

MG Property Preservation Inc.

Bring properties back to market after foreclosures
634 E US Hwy 40
Troy, Illinois 62294
(618) 667-7777

St. Clair Square

Debbie Loafman
Shopping Mall
134 St. Clair Square
Fairview Heights, Illinois 62208
(618) 632-7567
www.stclairsquare.com

SIUE Credit Union

1566 Lewis Road
Edwardsville, IL 62026
Phone 618-650-3760
www.siuecu.org



"Investing in each other."

"Serving the SIUE & Edwardsville School District Community Since 1959"

Sponsorships Available for 2008 Chamber Golf Challenge

The 2008 Chamber Golf Challenge will be held Friday, September 12th and Sunset Hills Country Club in Edwardsville. Become a sponsor of the Chamber Golf Challenge and have your business promoted to over 144 golfers including Chamber members and area business and community leaders.

Title Sponsor - \$5,000 (Exclusive Event Sponsor)

- Welcome message at dinner
- 2 teams (4 players/team plus carts)
- Separate corporate logo display
- Tables available to advertise your business, pass out gifts, and interact with players
- 2 Hole Sponsorships
- Full-page color ad in Tournament program
- Certificate for full-page color ad in Chamber newsletter

Chairman's Circle - \$2,500

- 2 teams (4 players/team plus carts)
- Company logo on all tables in dining room
- Tables available to advertise your business, pass out gifts, and interact with players
- 1 Hole Sponsorship
- 1/2-page color ad in Tournament program
- Certificate for 1/2-page color ad in Chamber newsletter

President's Circle - \$1,500

- 1 team (4 players/team plus carts)
- Tables available to advertise your business, pass out gifts, and interact with players
- 1 Hole Sponsorship
- 1/4-page color ad in Tournament program
- Certificate for 1/4-page color ad in Chamber newsletter

Golf Cart - \$600 (Limited to four businesses)

- Company logo on front of all cart signs
- 1/8-page black and white ad in Tournament Program
- Sign at registration area before and during outing
- Certificate for 1/8-page color ad in Chamber newsletter

Score Card - \$600 (Limited to two businesses - Front Nine or Back Nine)

- Company logo on front of all score cards
- 1/8-page black and white ad in Tournament Program
- Sign at registration area before and during outing
- Certificate for 1/8-page color ad in Chamber newsletter

Lunch and Beverage Sponsor - \$600 (Limited to two businesses)

- Sign in Grill area before and during Tournament
- Signs on Beverage Carts and Beverage Centers throughout the course
- Tables available to advertise your business, pass out gifts, and interact with the participants

Putting Green Sponsor - \$500 (Exclusive)

- Sole sponsor in the Putting Green area before and during the Tournament
- Place your sign and use this opportunity to pass out golf balls, other gifts, or just visit with the golfers while they warm up or participate in the putting contest during the Tournament
- Honor of delivering the prize for low score on the putting contest

Driving Range Sponsor - \$400 (Limited to two businesses)

- Sole Sponsor sign in the Driving Range area before and during the Tournament
- Tables available to advertise your business, pass out gifts, and interact with the participants

Director's Circle - \$300

- 1 Hole Sponsorship
- Tables available to advertise your business, pass out gifts, and interact with the participants
- 1/8-page black and white ad in Tournament program
- Certificate for 1/4-page color ad in Chamber newsletter

Tee Sponsor - \$150

- Shared sponsorship of a hole (tee and green) with other local non-compete businesses
- Sponsor sign provided by Chamber; Sponsor can add additional signs
- Tables available to advertise your business, pass out gifts, and interact with the participants

All Sponsorships Include:

- Logo on one shared 8ft banner at event
- Logo/listing in all Tournament publications - programs, website, dinner program, and Chamber newsletter
- Acknowledgment during awards ceremony

Foursome and Individual tickets are also available.

Foursome - \$620 Individuals - \$155

- 18 holes plus cart
- All Par 3 games included!
- Lunch at the Grill before start of play
- Beverages on the course
- Reception with awards ceremony following

For more information, call the Chamber office at 656-7600.

Ambassadors

Meet Your Ambassadors:

Ryan Matthews

By Natalie Head, Anderson Hospital



Ryan became a member of the Chamber in 2006. "I joined to meet and network with other professionals while allowing me to have an active voice and involvement in the community," said Ryan. "I also wanted to bring more visibility to Hortica's products and services." Ryan has been with Hortica Insurance & Employee Benefits for 5 years, and is currently a Commercial Account Executive.

"As a Chamber Ambassador, I like to encourage all members to take full advantage of their membership. It's rewarding to see how the membership promotes mutual support and I enjoy being a part of that process."

Ryan said his favorite part about being a Chamber Ambassador is the opportunity to meet so many different people and participating in Chamber-sponsored events. "The community in which I live and work means a lot to me and it's truly gratifying to have the opportunity to give back," said Ryan.

Ryan is active in many other organizations in our community. He is a Board Member for the Edwardsville Children's Museum, an active member of the Land of Goshen Rotary Club, an active member of the PIAI Young Agents Committee, a Steering Committee member for the Edwardsville/Glen Carbon Relay for Life, and a Wish Granter for the Make-A-Wish Foundation of Illinois.

Ryan's Advice:

Get involved and support fellow members! The Chamber has so many resources available to help aid in your success; take advantage of the Business After Hours, networking@noon lunches or one of the numerous other functions available to you on a monthly basis. Also, utilize your Ambassadors if you have questions about becoming more involved. It's what we're here for!

Ambassadors

Nancy Baahlmann

Beverly Farm Foundation

Danelle Brown

The Tech Spot

Ashleigh Deatherage

Scott Credit Union

Melissa DeLassus

Southern Illinois Chiropractic Center

Ed Faller

Faller Photography Group

Natalie A. Head

Anderson Hospital

Gary Hoggatt

National Bank

Justin Huneke

TheBANK Of Edwardsville

Debbie Jung

Community Title & Escrow

Dana Klassen

C.A.F.E. Community Association for
Financial Education

Bonnie Kotsybar

Chocolates n'Amour

Sue Mancuso

Suburban Journals

Ryan Matthews

Hortica Insurance & Employee
Benefits

Chad Opel

Merrill Lynch

Pamela Perlmutter

Girl Scouts of River Bluff Council

Sara Sanderson

Liberty Mutual

Lola Shashack

Eden Village

Donna Sheard

Avon on Main

Dr. Matt Uchtman

Infinite Wellness Chiropractic, Ltd.

Crystal Anderson Wenzel

Individual Member



ROYAL
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ROYAL SOLUTIONS, LLC.
IT Services for Small Business
866.394.0334
http://www.royalsolutions.net
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Edwardsville/Glen Carbon Selected for Pilot Community Profile Video

Publisher of Chamber's Community Profile Book and Community Map selects Edwardsville and Glen Carbon for Pilot Program

Edwardsville and Glen Carbon have been selected by Community Link, the publisher of the Chamber's Community Profile Book and Community Map, to be featured in a new community profile video.

Edwardsville and Glen Carbon were selected from all the cities in the U.S. to be featured in video that will be launched at the National Association of Chamber of Commerce Executive Directors in August 2008 in Pittsburgh.

The video production was completed the first week in July and included a two-minute commercial on Edwardsville and Glen Carbon shopping, dining, and attractions; a one-minute commercials for SIUE and Hortica Employee Benefits and Insurance; and thirty-second commercials on the Edwardsville Arts Center, Miner's Square, Edwardsville YMCA, and Madison County Transit.

Community Link will continue to feature the Edwardsville/Glen Carbon video for the next two years at various Chamber of Commerce State Association Conference and on their website. The Ed/Glen Chamber and its members will also have limited access of the video for website use.

Take Our Survey on Chamber Communications!

The 2008 Membership Survey has been redesigned from one long comprehensive survey to four short specific surveys.

This first survey pertains to Chamber Communications – newsletter, website, Weekly Reminders email, and direct mail. It has 10 questions and should take 5-7 minutes to complete.

Once you complete the survey, you will receive a coupon for \$5 off a \$25 purchase at Bella Milano.

Check your Friday Reminders or the website, www.edglenchamber.com, for a link to the online survey.

Theme Announced for 2008 Halloween Parade

The Edwardsville/Glen Carbon Chamber of Commerce has been carrying on the long community tradition of the Annual Halloween Parade for more than 90 years.

In 2006, the theme "Children's Movie's" led to pirate ships from Pirates of the Caribbean", Who's from "How the Grinch Stole Christmas", and other movie scenes parading down the streets of Edwardsville. Last year, crowds welcomed lions, tigers, and bears as the theme "At the Zoo" was portrayed in many entries.

The theme for the 2008 Annual Halloween Parade will be "It's A Small World" in honor of the 2008 Summer Olympics in Beijing. Start thinking of other countries, other cultures, and even other worlds and begin working on your float.

Registration will begin September 1st. Download the application at www.edglenchamber.com.

Chamber Participates in SIUE's Springboard to Success

Welcomes over 2,000 parents of freshmen to the community

The Chamber wrapped up its participation in SIUE's Springboard to Success Program, their freshmen and family orientation.

Carol Foreman, Executive Director, gave a 30 minute presentation of the communities' amenities including lodging, shopping, dining, and attractions. These presentations were twice a week for six weeks, averaging over 100 parents per session.

The Chamber distributed the Community Profile Book as well as maps of the community highlighting Chamber businesses and restaurants at each session.

The Chamber is happy to be a part of this program, welcoming the students and their families to the community.

Mayor Niebur Meets with Chamber's Government Affairs Committee

Discusses Edwardsville's Sign Ordinance

Mayor Gary Niebur met with the Chamber's Government Affairs Committee at their regular monthly meeting on July 16, 2008. Mayor Niebur presented an update on the city's Sign Ordinance, whose grace period for existing business' compliance sunsets May of 2009.

According to Mayor Niebur, the sign ordinance pertains to new signs erected after the ordinance was passed and existing signs that were erected before the ordinance was passed, and includes store front or building mounted signs as well as free-standing signs. Originally, existing signs were to be modified to be in compliance with the ordinance by May of 2007, but a two year extension was passed, giving the businesses until 2009 to bring their signage into compliance with the ordinance.

Of the 400 signs in Edwardsville that are subject to the sign ordinance, 191 signs are not in compliance and fall into the following categories:

- Multiple free standing signs – 10
- Closed businesses – 6
- Exceed Allowed Size – 3
- Exceed Height Limit – 24
- Do not have street address numbers – 82
- Supports are not incased – 66

John Dorsey, Chair of the Government Affairs Committee, thanked the Mayor for attending and explaining the ordinance. "We want to keep our membership informed of issues like this and give them the opportunity to be a part of city government. This is another example of how the Government Affairs Committee is involved in a dialogue with city government to the benefit of the business community."

For more information on the sign ordinance, visit the City of Edwardsville's website at www.cityofedwardsville.com and click on Ordinances. Is your business in compliance? Call the City Clerk's office at 692-7500 to find out.

Sluggish National Economy Starting to Catch Up to Illinois

Courtesy Economic Development Council, Illinois Chamber of Commerce

Illinois lost around 6,100 jobs in June pushing unemployment to 6.8 percent; the highest level since 1993. This month's unemployment rate is 0.4 points higher from May. The number of unemployed increased for the second month in a row, rising by 26,900 to 463,900 unemployed individuals. Sectors hit the hardest include financial activities including the insurance and real estate sector, manufacturing trade and transportation area. Financial activities dropped 2,900 workers; manufacturing lost 2,200 and trade and transportation sector lost 1,700 workers. For several months at the end of 2007 and through the first part of 2008 Illinois was able to fight off some of the national trends and continued to be stable on the jobs front. Now, some of these national trends have caught up with the Illinois economy. IDES Director James Sledge made the point that Illinois needs a capital plan now more than ever to help create hundreds of thousands of jobs and give our economy a much-needed boost.

Nationally, the number of newly laid off people filing claims for unemployment benefits raised past 400,000. The Labor Department reported that those filing for benefits rose by 34,000 to 406,000. Employers cut payrolls by 62,000 in June, the sixth straight month of nationwide job losses. The unemployment rate holds steady at 5.5 percent. In May, the jobless rate spike to 5.5 percent, the biggest over-the-month increase in two decades and left the rate at its highest since October 2004. So far this year, the economy has lost a total of 438,000 jobs, an average of 73,000 per month. The number of unemployed people in June was 8.5 million, up from 7 million a year ago.

For more information, visit www.ilchamber.org

Dale Carnegie Training Begins September 19th

The 2008 Professional Education Series: Successful Selling and Customer Service returns on Friday, September 19th with the first of three workshops presented by Dale Carnegie Training St. Louis

Back by popular demand, Dale Carnegie Training St. Louis will present a series of three workshops featuring highlights from their popular eight-week Sales Advantage course. Program and Breakfast Sponsorships for the series are also available.

Participants in these workshops will examine strategic answers to today's make-or-break selling issues -- how to win appointments, communicate pro-actively, resolve objections, gain more referrals and close more sales. At the end of the three-workshop series, you'll take away a better understanding of the sales process and ways to win repeat sales and long-term customers.

"I attended three Dale Carnegie workshops in the 2007 Professional Educational Series and found the workshops to be exceptional," said Susan Bailey, Vice President of National Bank. "The material is so useful in today's business environment and the presenters are excellent."

"I would highly recommend these workshops to everyone to improve both personal and business skill sets."

The Dale Carnegie Training Sales workshops are be \$49 each for members and \$69 each for non-members. Dale Carnegie Series passes are also available to members for \$139 and non-members for \$189, enrolling you in all three workshops at a discount.

The first workshop, Understanding Your Customers' Needs, will be Friday September 19th. The second workshop, Presenting a Winning Solution, will be Friday, October 17th. The final workshop of the series will be Overcoming Objections & Gaining Commitment on Friday, November 14th.

All workshops will be held in the Leclair Room at Lewis and Clark's N.O. Nelson Campus in Edwardsville. Networking and breakfast start at 8:00 a.m., with the program beginning promptly at 8:30 a.m., ending at 11:00 a.m. For more information, visit our website at www.edglenchamber.com.

Your hometown station for the St. Louis Rams



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spotlight

National Bank

By Susan Bailey, Vice-President - Commercial Lending



National Bank serves South Central Illinois with branches in nine communities. Our banking philosophy is simple; we reinvest your dollars back into the communities where you live. Your deposits allow your neighbors to build their homes, area farmers to buy their seed, and local businesses to sell their products and services.

National Bank is locally owned by Country Bancorp, Inc. We believe our local ownership provides valuable insight into the needs of our communities. We are small enough to know our customers by their names but large enough to provide the service and technology that will accommodate your financial needs.

Our banking roots go back over 130 years. Over the years, we have shortened our name and expanded our footprint, but we still retain the same values and commitment that has sustained our bank over a century.

We participate in the local Chambers and so many community charities and functions. The Edwardsville community is important to National Bank and we will continue that community and charity support. Edwardsville has been a great location for us. We look forward to continued growth and success. The community is growing and people are so friendly and easy to work with.

National Bank has benefited greatly from the networking, programs, and support of the Chamber. The Dale Carnegie series last year was awesome! The programs were great and the prices were a great value.

Find out more about our bank and how we can serve you by visiting www.national-bank.com.



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spotlight

EdGlen City Golf Championship

By Mike Suhre, PGA Professional, Oak Brook Golf Club

The idea for the EdGlen City Golf Championship began in my backyard when a local golfer asked me why we do not have a city championship. From that day forward, I have been working on making the EdGlen City Golf Championship a must-play for residents.

The first ever EdGlen City Golf Championship will on August 16th and 17th, 2008 at Oak Brook Golf Club and Fox Creek Golf Club. The \$100.00 entry fee will include cart, greens fees, range balls, flighted prize purse, and a tee prize for all contestants. The format will be the same as the Wilbur Suhre Memorial run at Oak Brook. From running the Suhre, I have found that flighting the event gives everyone a chance to play. Each flight will have an equal purse with the winner of Championship Flight receiving "The Cassens' Trophy".

I wanted to involve Cassens in the event because they have given so much to this community over the years. From giving ground to build schools to sponsoring hole-in-one insurance at local tournaments, Edwardsville and Glen Carbon would be at a loss without Cassens.

Whether you are a scratch golfer or a once a week novice, this tournament will provide you with competition and camaraderie. I promise to provide you with a professional staff and event, giving you a wonderful opportunity to become the first ever EdGlen City Golf Champion.

For more information, feel free to call me at Oak Brook at 618-656-5600. I hope to see you in August.

"Why should anyone care about economics? It's a useful tool to help you think about life's trade-offs and the choices we make every day."

SIUE

faculty

Rik Hafer, Ph.D.
Distinguished Research Professor
Department of Economics and Finance
SIUE School of Business

Professor Hafer is analytical, inquisitive and creative – all at the same time. He believes students need a certain level of curiosity and the ability to see connections between economics and the world around them. With more than 80 articles published in prominent scholarly journals, Hafer is a noted expert in economics.

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Business After Hours



Hampton Inn & Suites, July 10



Hampton Inn & Suites, July 10



Lexow Financial Group, July 24



Lexow Financial Group, July 24

Ribbon Cuttings



The Tech Spot, June 5



Reliance Bank, July 16



Avon on Main, July 17

Your Business

Associated Physicians Moving to Highway 157 in Edwardsville

Associated Physicians Group (APG) located at 4219 S. State Route 159 in Glen Carbon for the last seven years is excited to announce they will be moving into a larger facility on August 11th. The new office is located at 1181 S. State Route 157 in Edwardsville next to Shenanigan's Restaurant. APG utilizes a rare comprehensive approach for the treatment of back, joint and muscle pain. Their multi-faceted treatment approach combines medical, physical therapy and chiropractic services under one roof. Future treatment options will include interventional pain management services.

The state-of-the art facility also gives APG the ability to provide new services to the community. APG will now be able to provide all components of their nationally-acclaimed Osteoarthritis knee pain program, including initial medical evaluations, unique physical therapy treatments, and live-motion x-ray guided injections, at one convenient location. This gives patients in the Glen Carbon/Edwardsville area access to this highly effective alternative to knee surgery without spending unnecessary money due to the high cost of gas. APG's highly successful Osteoarthritis knee pain program has already helped thousands of local residents improve their quality of life by significantly reducing, if not eliminating, knee pain without costly medications or major surgery.

The new location will also have Med-X rehabilitation equipment, which is specially designed to provide safe and effective rehabilitation of neck and back pain. Many patients, who have had little success with other therapeutic methods, have found great success with Med-X. There are only a handful of facilities in the state that provide this equipment, and APG has Med-X at all four convenient locations.

Associated Physicians Group also provides:

- Drug and Alcohol Testing
- Occupational Medicine
- School and Sports Physicals

For more information, visit www.AssociatedPhysicians.com or call 288-4100. The public is also invited to attend their grand opening / ribbon cutting on August 28th from 4:00pm to 7pm. Refreshments will be provided and the staff will be available to give tours and answer questions.

Engineering Firm Wins Award for McKinley Bridge Project

IDOT awards Crawford, Murphy & Tilly its highest award for engineering service

Crawford, Murphy & Tilly, Inc. (CMT) was recently selected to receive the Illinois Department of Transportation's (IDOT) Harry R. Hanley Award for its work on the McKinley Bridge Reconstruction and Rehabilitation project located in Venice, IL. The Hanley Award is the highest honor that IDOT bestows on its engineering consultants and it is given annually to the firm that best exhibits project excellence in the areas of timeliness, constructability, performance, aesthetics, and innovation.

CMT led the project from its Edwardsville, IL office with support from staff in its St. Louis office. The firm provided construction-phase services for the bridge, which spans the Mississippi River. The bridge, which was originally built in 1910, was closed to traffic in 2001 due to structural concerns. Its reopening in November of 2007 has eased congestion on other bridges in the area. The addition of a new deck on the bridge to accommodate a bike path has connected St. Louis' Riverfront Trail to Metro East's Confluence Trail.

Eric Harm - IDOT Assistant Chief Engineer, Deputy Director - presented the award and had this to say about the Springfield-based firm:

"CMT's professionalism and work ethic in carrying out the requirements for this project were impressive. CMT was dedicated to ensuring that a high-quality project was constructed. Their overall knowledge of road and bridge construction was outstanding. Their efforts were paramount to the final result - a project completed on time and within the allocated budget."

The award comes on the heels of the successful completion of the South Tollway Extension for the Illinois Tollway. CMT was the lead designer for the largest section of the extension, including the I-355/I-55 interchange. Roads & Bridges magazines named it the top road project in the country while it was still under construction in 2006.

CMT will continue its work on high-profile transportation projects as it begins design preparation for the I-70 Interchange in conjunction with the new, \$640 million Mississippi River Bridge in St. Louis. The firm was selected in May by the Missouri Department of Transportation (MoDOT) as the lead designer for the Missouri-side approach to the bridge. CMT has a regional office in St. Louis and has won several MoDOT awards for its work with the agency.

Dr. Nowak Joins Hospice of Southern Illinois

Lynne E. Nowak, M.D. joined Hospice of Southern Illinois, Inc., as full-time Medical Director in June. All hospice programs must have oversight from a medical director, but hiring Dr. Nowak has made Hospice of Southern Illinois the only program in southwestern Illinois to have a medical director on its staff as a full-time position. Recruited by our present part-time Medical Director, Leopoldo Pardo, III, M.D., Dr. Nowak brings with her an appreciation of the rich history of Hospice of Southern Illinois.

Belleville native, Dr. Nowak completed her undergraduate education at the University of Notre Dame and then obtained her medical degree at the University of Illinois, Chicago, College of Medicine. Dr. Nowak received her residency training at the Mayo Clinic in Rochester, Minnesota. She is board certified in Internal Medicine.

Dr. Nowak will have administrative responsibilities, but she will also be active in clinical care by regularly visiting patients and families, educating the community and our staff, while working with other area physicians to promote better understanding of the hospice philosophy.

104 Area Golfers Attend Swing Fore Hope Tournament in Edwardsville



The Gilliland Financial Group, of the Northwestern Mutual Financial Network, sponsored the Swing Fore Hope Golf Tournament held June 30 at Sunset Hills Country Club in Edwardsville. Profits from the event benefited the Siteman Cancer Center in St. Louis. 104 golfers participated in the tournament. Shown at the event are members of the golf committee including (from left) front row: Donnie Eddy, Julie Gilliland, Brett Gilliland, and Randy Uebinger. In back: Jason Baldus, Gail Petras, Kate Sollberger, Robin Jaeggi, Sean Rose, Janice Bellm, Gayla Reynolds, and Stevi Johnson.

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Your Business

Local Pediatrician Adds New Physicians and New Location

Heartland Pediatrics is proud to announce the addition of a new pediatrician, Liling Lai, M.D., to the experienced practice. Heartland Pediatrics now boasts three highly-trained, board certified physicians, Dr. Lai, Kristin Stahl, M.D. and Gretchen Sander, M.D., who are accepting new patients in both Granite City and Edwardsville.

Dr. Lai earned her medical degree from Universidad Federal do Ceara in Brazil and completed her residency at the Medical College of Georgia. She has been in practice since 2002 after working as Assistant Professor of Clinical Pediatrics for almost 10 years.

Heartland Pediatrics has two convenient locations open Monday through Friday from 9 am – 4:30 pm. The Granite City office is located in the Medical Office Building at Gateway Regional Medical Center at 2044 Madison Avenue, suite G7 in Granite City. The Edwardsville location is at the Edwardsville Health Center complex at 1123 University Drive. For more information, call 451-6685.

Leonard Joins Central Illinois Community Blood Center

Central Illinois Community Blood Center announces the addition of Joe Leonard as the new Donor Relations Manager for the St. Clair County region. Joe is a graduate of Eastern Illinois University and brings with him over 16 years of sales account management and customer service experience.



"We are pleased to have Joe join our team. His depth of experience and energy is a welcomed addition and we look forward to him getting involved in the community and being a strong representative for the Central Illinois Community Blood Center" says Director of Public Relations Mira Williams. All Central Illinois Community Blood Center employees work together to make blood donation a positive experience. The CICBC's goal is to keep blood on the shelf when and where it is needed for patients in local hospitals. For questions or for further information, call 618-659-0542.

Supreme Court Rules on Age Discrimination

By Marc Voegelé, Express Employment Professionals

A recent decision handed down by the Supreme Court asserts that companies must show that criteria for company layoffs must not

involve age as older workers are disproportionately affected by employment decisions. The court held 7-1 that employers are responsible for proving that layoff decisions are based on factors other than age, and employers will not be able to simply list these factors. They must be able to convince a jury that age was not the motivating factor for the employee's departure. Legal experts note that employers now bear the burden of proof because they are the ones who know the terms of the layoff decisions.

Workforce Management - June 19, 2008

If you would like to explore options to your current office or industrial staffing, please feel free to contact Express Employment Professionals in Glen Carbon at 288-8011.



Troy Banking Center

Jessie Parker, Dave Gansner & Lisa Zabawa

Maryville Banking Center

John Dorsey, Roxanne Lowery & Dione Rabida

DIGITAL DEPOSIT

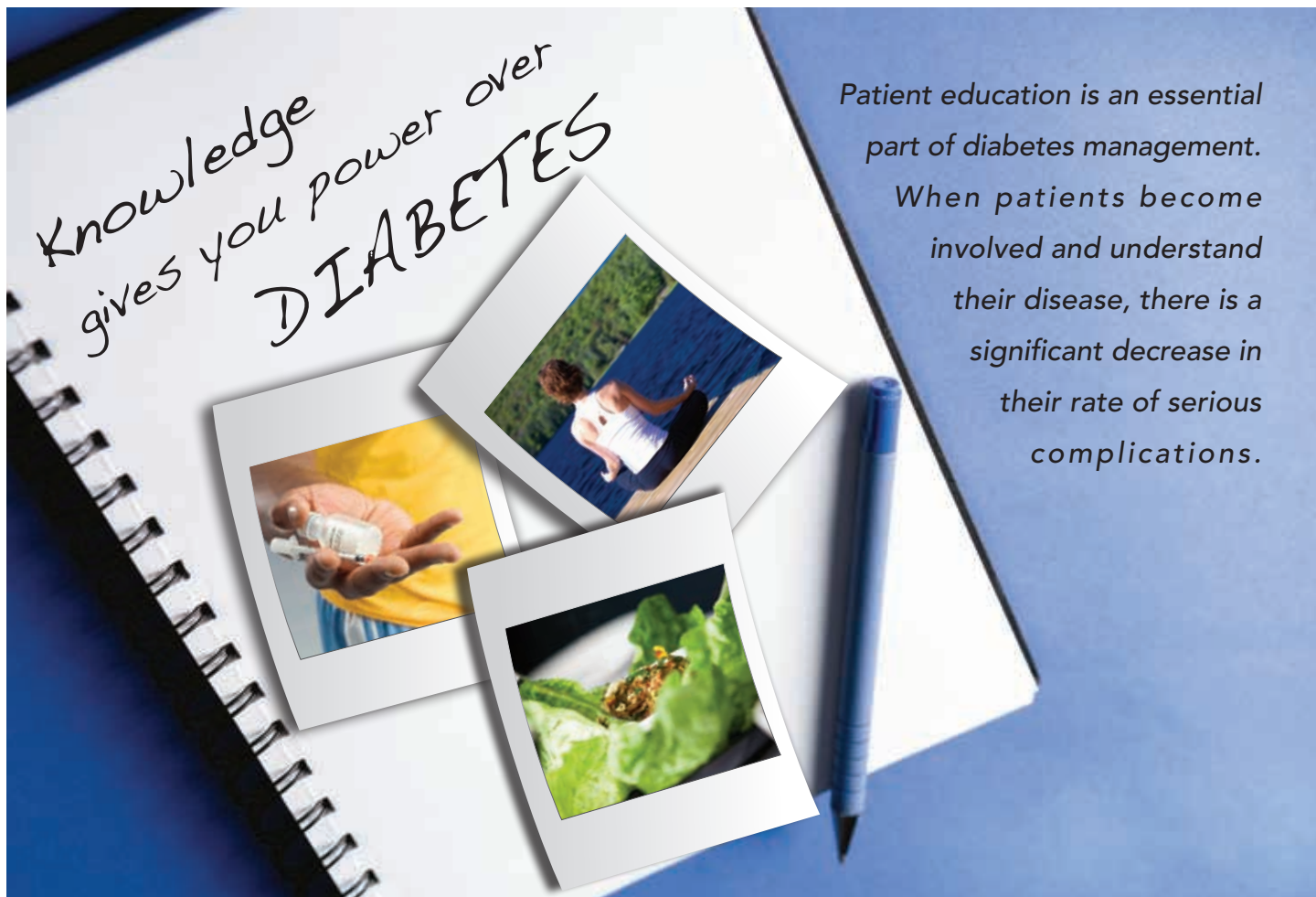
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Patient education is an essential part of diabetes management. When patients become involved and understand their disease, there is a significant decrease in their rate of serious complications.

Christian Hospital's Diabetes Institute

offers the following Diabetes Self-Management Classes to learn the basics of managing this disease:

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- Avoiding complications
- The importance of physical activity
- Stress management
- Nutrition and meal planning

Taught by certified diabetes educators, classes are offered in a variety of options to accommodate participants' schedules — day or evening.

Christian Hospital Diabetes Institute location

8 Sunset Hills Professional Centre

Edwardsville, Illinois 62025

Phone: 618-659-8592 or toll free 866-404-4048

Fax: 618-659-8687

For more information about free screenings, physician referral, or general information about Christian Hospital, call: 314-747-WELL (9355) or toll free 877-747-WELL.

CHRISTIAN HOSPITAL DIABETES INSTITUTE
THE DIABETES BUSTERSSM **BJC HealthCare**

Your Business

Connect with Students at the 11th Annual Merchants' Fair at SIUE



The SIUE 2008 Cougar Welcome Planning Committee is pleased to announce the 11th Annual Merchants' Fair to be held Wednesday, August 27, 2008 from 10:00 a.m. – 3:00 p.m. Goshen Lounge, Morris University Center at Southern Illinois University Edwardsville.

The Merchants' Fair, in part, is designed to increase student, faculty, and staff awareness of area businesses, services, and activities and to facilitate interaction between students, faculty, staff, and the local business community. More than 800 participants are expected during the course of the event.

A Fair tradition, the annual Ice Cream Social hosted by Mayor Gary Niebur and SIUE Chancellor Vaughn Vandegriff, will be held at noon. Complimentary 6 oz. ice cream cups will again be provided to add to the success of the event!

Since this is an excellent way to promote your business and interact with the SIUE community, area businesses are invited to participate. Advance registration is required. For information regarding fees and registration, please contact Cheryl Y. Heard via e-mail at cheard@siue.edu or by phone at 618.650.2686.

Giannoulas Promotes Financial Literacy for Women

Hosts "Smart Women Smart Money" conference in Metro East, Looking for Exhibitors

Illinois State Treasurer Alexi Giannoulas will host a free financial literacy conference for women in the Metro East area on Thursday, September 18 at the Four Points by Sheraton Fairview Heights, 319 Fountains Parkway.

Treasurer Giannoulas will be the keynote speaker and Dara Duguay, director for the Citigroup Office of Financial Education, will give plenary remarks. Presenters will discuss ways to manage your debt, understand your credit, and save and invest in a bear market. Exhibitors from women's organizations and woman-owned businesses will also be featured.

Check-in for the free event will begin at 8 a.m. and the Smart Women Smart Money conference will follow from 8:45 a.m. to 1 p.m. Lunch will be provided.

The purpose of SWSM is to empower women to take control of their finances. SWSM does this by providing speakers, most of whom are women, who can provide practical advice and real-life examples of how women can budget, save and invest wisely.

Registration forms can be found online at www.treasurer.il.gov under the Smart Women Smart Money link. Pre-registration is required. For more information, contact Barbara Chalko at (312) 814-4338 or at bchalko@treasurer.state.il.us.

TIME: 8:00 a.m. to 1 p.m.
DATE: Thursday, September 18
PLACE: Four Points by Sheraton Fairview Heights
319 Fountains Parkway
Fairview Heights

Women-owned businesses and women's organizations welcome to exhibit at the conference. The event includes an exhibit area where women-owned businesses, organizations that serve women and children, and other entities can showcase their products and services.

To showcase your business, call (312) 814-1700 or register as an exhibitor online at www.treasurer.il.gov.

Tips for Recruiting in a Recession

Hire or Fire to Weather Tough Times?

By Marc Voegele, Express Employment Professionals

It's the question at the top of every business owner's mind: How can I make sure my business survives if the economy weakens? Experts say that for companies seeking to thrive during economic hard times, it's important to cut back, but not everywhere. And, when it comes to an organization's most valuable asset – its workforce – employers face difficult realities about balancing the need for human capital and the pressures of the bottom line. A recent article on Workforce.com phrased the dilemma well: "Are people an investment to be managed or expenses to be reduced?"

History shows us that organizations that prioritize for and invest in human capital not only have a better chance of weathering a recession but also often come out ahead. In fact, experts also say that in an effort to beat the looming recruiting crunch, depending on your industry, now just may be the time for your organization to staff up as the labor pool opens. So, whether your organization is seeking to ramp up your staff or maintain a consistent level of employees, here are some tips for recruiting during a recession.

Look across age brackets. There's a lot of talk about Millennials entering the workforce, and college campuses are a great place to recruit new hires. But, a largely untapped resource is mature workers. Many have dipped their toes into retirement and now want or need to return to work. Others may simply be looking for a career change. Experts suggest considering experienced mature workers looking for a career change for entry-level positions.

Don't penalize the pink slip. In a steady economy, taking into consideration certain factors such as an applicant being fired or out of work can be a good way to determine if they would be a good candidate to consider. But this isn't necessarily the case during a recession. Many employers, in efforts to salvage the bottom line, indiscriminately fire qualified, experienced employees or even full departments, at no fault of the workers in question. So carefully consider all qualified applicants instead of automatically disqualifying some due to a gap on their résumés.

Recruit from within. When faced with the realities of the bottom line, many organizations will be forced to cut staff – somewhere. But other parts of the company may see a continual or even increased need for staff. That's why recruiting from within your organization can be a great way to not only sustain company culture, but to cut down on training time and have individuals who can quickly get up-to-speed as well. Another idea is to seek internal referrals from current employees to widen your pool of candidates.

Try non-traditional approaches. Many organizations are saving time and money by using resources such as virtual career fairs, job boards, and social networking sites such as MySpace.com or Facebook.com. These can yield a high number of great candidates, but be aware that they can also be time-intensive to use. Weigh the costs and benefits of this approach against your traditional recruiting techniques.

Use a staffing company to your advantage. In economic hard times, more companies turn to a staffing company to hire temporary or permanent employees. That's because employers realize that to maximize profits, sometimes it's best to hire another organization to focus on recruiting and interviewing so that all hands can be on deck internally to focus on ramping up sales, customer service, and operations. And increasing the number of temporary positions within your organization can help the bottom line as you adapt staff levels according to workflow, season, or demand.

Though times may be tough, they could also be a defining moment in your organization's history, culture, and economic success. Organizations differ in all but one thing: they all depend on their people to reach success. The mark of a world-class organization is that it always recognizes and values its most precious asset – its employees.



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Contact:
David J. Gerber
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Your Business

Win Cash for Your Innovative Business Idea!

Innovate Illinois is a highly selective entrepreneurial competition where innovative companies have the opportunity to compete for a \$40,000 cash prize from the Illinois Department of Commerce and Economic Opportunity (DCEO). The cash prize is designed to encourage and reward companies for implementing or planning innovative products, services, or processes that have or will have a lasting economic effect on Illinois.

<http://www.innovateillinois.org> Any companies interested in applying should do so through the website. Deadline to apply is August 15, 2008.

Interested companies apply to the program to represent one of the State's 18 Entrepreneurship Centers (EC). Each EC will select two companies for the competition, one in each of the two tracks: early and later stage.

Early Stage: A company with an idea for an innovative product, service, or process that will have a lasting economic impact on the state of Illinois

Later Stage: A company that recently implemented an innovative product, service, or process that is having a lasting economic impact on the state of Illinois.

Note: Companies applying for Innovate Illinois must have generated less than \$5 million in revenue during their last fiscal year.

For the purposes of the Innovate Illinois program, innovation is defined as a novel product, service or internal process that solves a market problem or internal inefficiency. In addition, successful innovations must have the potential to foster economic growth through revenue generation and/or job creation.

All applicants must complete an application to be considered for this highly selective program. A total of 36 companies (2 from each EC) will be selected to proceed to a state-level semi-final competition. As a result of the semi-final competition, 12 companies (6 in each track) will proceed to a state-level final competition. As a result of the final competition, 1 winner and 1 runner-up will be selected from each track. Eventual winners of Innovate Illinois 2008 will be expected to participate in 2009's program to help recruit companies for next year. Also, all winners will need to periodically provide information regarding company growth after completion of Innovate Illinois.

For more information, call 618-650-2166.

**2008 EdGlen
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Hosted by
Oak Brook GC & Fox Creek GC
August 16th & 17th, 2008
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Day 2- Oak Brook GC
\$100.00 entry includes Flighted Purse
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for both days!
Must be a resident of Edwardsville or Glen Carbon
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be a member of Fox Creek GC or Oak Brook GC
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Save the Date!

Ed/Glen Chamber Golf Challenge

Friday, September 12th, 2008
Sunset Hills Country Club
 Edwardsville, IL

Watch for more information
 visit www.edglenchamber.com

Mastroianni Orthodontics Holds Open House

Mastroianni Orthodontics held an open house on June 11th to showcase their amazing new office at 2220 Rt. 157, Suite 125 in Glen Carbon.

Over 75 dentist, staff, and business professionals from around the community attended the event, which was catered by Bella Milano and Crushed Grapes.



2nd Annual Juvenile Diabetes Fundraiser



Friday, September 5th, 2008
4:00pm - ??
Crushed Grapes
1500 Troy Road, Edwardsville
659-3530

**Cost: \$10/person - Wine Tasting,
 Beer, Soda, Food, Raffle & Fun!!!**

***All proceeds go to
 Juvenile Diabetes Research Foundation's
 "Walk To Cure Diabetes"**

Parker's Story

Parker was diagnosed with Juvenile Diabetes in January of 2007 at the age of 7. Now 9, Parker gives himself at least 5 shots a day, and checks his sugar level about 10 times a day.

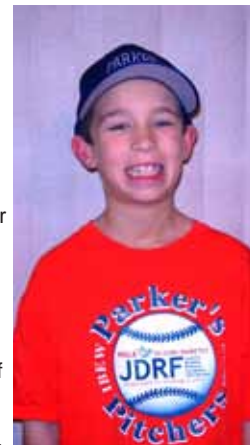
Parker is very athletic and plays in at least 2 sports all year round. Right now he is plays for the Smithton baseball team and a select team, The Red Wigglers. In August, he will add soccer to his busy schedule.

He is a straight A student going into the fourth grade at Smithton School. He is an sports fanatic. We wake up to ESPN & go to bed with ESPN on the television. He knows all players of all sports and all stats on sports.

Living with Diabetes is very hard; it is a constant job for all of us. Everything we do, eat, etc., revolves around Diabetes. But Parker is a trooper, and never complains.

We became involved with JDRF (Juvenile Diabetes Research Foundation) almost as soon as Parker was diagnosed. Their large fundraiser, Walk For A Cure, is every year in September. Last year was our first walk and Parker received an award for 5th place for raising over \$5000. The money Parker raised was from the event at Crushed Grapes as well as friends, family, and bake sales.

Please attend the event on Friday, September 5th at Crushed Grapes and help raise awarress and money for Juvenile Diabetes.



Your Community

Glen Carbon Library Receives Grant to "Bring in the Arts"

Recently the Glen Carbon Centennial Library received a \$100,000 LSTA (Library Services & Technology Act) grant to "Bring in the Arts." Partnered with the Edwardsville Children's Museum and the Edwardsville Arts Center, the mission of this grant was to help children learn more about the arts.



One of the most exciting features of the grant was three kiosks targeted for 5-9 year olds which were developed to represent the umbrella title of "Bring in the Arts." Each mobile kiosk represents a different subject. These include: Storytelling and Theatre, Music and Dance, and Arts and Crafts.



The kiosks have three components: Interactive Touch-Screen Displays; Cabinetry for hands-on items, and shelving for titles related to the subject.

Stop by the library; bring the kids and checkout these wonderful new hands-on learning tools!

In the true library spirit of lending and sharing, the Glen Carbon Centennial Library is now willing to loan these wonderful kiosks out to area libraries, schools, day-cares and pre-schools. You can view the kiosks on the Glen Carbon Centennial Library www.glencarbonlibrary.org.

The kiosks will be available for loan starting on September 1st. An online calendar and request form to borrow the kiosks, coming soon. Until then, to schedule the kiosk(s), contact Anne Hughes, Library Director, at anneh@lcls.org or 618.288.1212. This grant was funded by the Illinois State Library, Division of the Office of Secretary of State, using Federal LSTA funding.



Crushed Grapes to Hold Event for Juvenile Diabetes

On Friday, September 5th, join Crushed Grapes at 4pm at its 2nd Annual Juvenile Diabetes Fundraiser to raise money for the Metro St. Louis/Greater Missouri Chapter of the Juvenile Diabetes Research Foundation.

Enjoy wine from Charles Krug and I.A. Distributing, including French, Californian, and Italian wines, beer and appetizers and help raise money for the 2008 Walk to Cure Diabetes, which will take place September 28th in Forest Park.

"Arlene and I became active in the Juvenile Diabetes Research Foundation after my oldest grandson was diagnosed with Type 1 Juvenile Diabetes in January 2007," said Len Scaturro, owner of Crushed Grapes.

"We will donate 100% of the proceeds from this event along with 10% of store sales to the Juvenile Diabetes Research Foundation. Last year's event raised more than \$3,000. We hope to do even better this time."

The cost is \$10 per person and is tax deductible. All money raised by the Juvenile Diabetes Research Foundation stays in the local area to support diabetes research and research-related education. For more information on the 2nd Annual Juvenile Diabetes Fundraiser, contact Crushed Grapes at 659-3530.

Save the Date for ARTEAST

Discover the artists who live & work in Madison County, Illinois during ARTEAST, a studio and exhibits tour. Free and open to the public, ARTEAST is an event that takes visitors through the neighborhoods, historic city centers and beautiful countryside of Madison County to see the work of over 150 local artists who participate by opening their studios or hosting exhibits through 40 unique sites.

ARTEAST provides opportunities to meet the artists and get a glimpse into their workspace, inspiration & techniques. During ARTEAST you might decide to studio hop, stroll downtown or embark on a mission to uncover that "must find" piece. Each year ARTEAST showcases new artists and new venues.

Saturday & Sunday, October 18 & 19th, 2008

10 AM – 5 PM both days

Download a map from the website: www.arteasttour.com.



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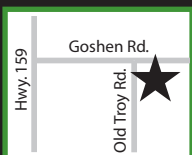
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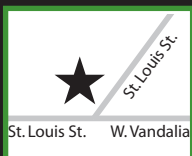
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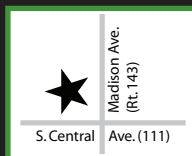
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Your Community

An Edwardsville Green Thumb Award Goes To The Gardens At SIUE

Most students, faculty and staff at Southern Illinois University Edwardsville already appreciate the splendor of The Gardens at SIUE, the 35-acre multifaceted botanical garden that acts as a "natural laboratory" for science students.

But now The Gardens is earning more widespread attention from city leaders in Edwardsville as the newest recipient of the city's Green Thumb Award, a designation that rewards designers for "the great potential The Gardens has to be a destination and community resource."

The Green Thumb Award honors The Gardens for its civic contributions, which has included an educational Arbor Day event, a plastic pot recycling program and plant identification.

Conley said that winning the Green Thumb Award not only validates the work that has been done but also adds a cachet similar to that of the Missouri Botanical Garden's recognition. "It lets us know that we're on the right path for our project," he said. "We're still trying to get the word out to the community about our vision."

"We really appreciate that they looked past the fact that we're a work-in-progress, like gardening always is."

As one of only three designated Signature Gardens recognized by the Missouri Botanical Garden, The Gardens at SIUE is composed of woodlands, grasslands, walking paths and landscape sculpture.

The "reinvigorated" gardens provide educational opportunities for students as well as area residents of all ages. Volunteers help out as tour guides, plant taggers and weeders, while University students are busy helping provide "green" construction plans for the Visitors Center and parking lot, among others.

That sort of academic involvement will continue to grow as The Gardens evolves, as well, Conley said. For example, students from the civil engineering program recently studied environmentally sustainable construction practices, looking into paving materials that would make the best of rain run-off.

The Gardens at SIUE is open year-round from dusk to dawn. Visit www.siu.edu/gardens for a map and more information.

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Eggs & Issues: Vision 20-20

By Erika Kennett, Executive Director

Southwestern Illinois is creating a new regional vision; you and your business play a significant role in sharpening the focus.

Patrick McKeenan, executive director of The Leadership Council of Southwestern Illinois, will discuss Vision 20-20 and its role in shaping the future of Metro East at the Alliance's Eggs & Issues breakfast series on August 12.

Vision 20-20 is engaging key stakeholders from throughout the Metro East to define our region's long-term civic economic development strategy and the resulting investment agenda. Initial partners collaborating with the Leadership Council on this initiative include Madison and St. Clair counties, the region's workforce investment boards, Lewis & Clark Community College, Southern Illinois University Edwardsville, Southwestern Illinois College and the Illinois Department of Commerce and Economic Opportunity.

Vision 20-20 also involves organized labor, major employers and developers, Scott Air Force Base leaders, elected officials from the other five Metro East counties, city leaders and staff, chambers of commerce and other state agencies and regional groups who can play a role in reaffirming our core values, creating a shared vision and establishing a series of "high impact" priorities for our region.

Join us on August 12 to learn your role as part of Vision 20-20. A Breakfast will be served 7:30 with the presentation beginning at 8:00. Cost for Alliance investors is \$10 and \$15 for non-investors. For more information, contact us at 618.656.7601 or visit www.edglenalliance.com.

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There Is Hope For Knee Pain Without Surgery

nap, crackle and pop from cute little cartoon guys promoting a popular breakfast cereal might be melodic, but when it's coming from your knee, it's not nearly so sweet sounding. The "Rice Krispee" disease is what local doctor Fred Ginsberg calls the most common joint disease in America – osteoarthritis.

In fact, a staggering 40 million Americans have some form of arthritis, while 20 million people suffer from osteoarthritis. Interestingly, three out of five people who are affected are under the age of 50! It happens to athletes, people who have had knee injuries and people whose careers depend on the use of their knees like carpet layers, contractors, landscapers, etc.

Osteoarthritis is a disease of the cartilage where it breaks down so much that the ends of the bone rub together. This happens simultaneously when the ever-important fluid in the knee thins out like going from molasses to iced tea. Dr. Ginsberg compares the joint to the metal parts in an automobile engine which must be lubricated to keep metal from grinding on metal. The motor oil must have a certain thickness or viscosity to be effective.

The synovial joint fluid in the knee is comparable to the motor oil, but the knee also has cushions of cartilage which are lubricated and nourished by the synovial fluid. As the body ages, it produces less synovial fluid causing the cartilage to thin and break down until there is little or no cushion left between the ends of the thigh bone and the shin bone where they meet in the knee joint. Symptoms include morning stiffness, pain on going up or down stairs, cracking and popping, redness and swelling.

Diagnosis of osteoarthritis is fairly straightforward. Ninety-five percent of the time, in fact, there is no need for any fancy tests or ultrasounds. Occasionally, a blood test or an MRI may be necessary. Medications for pain will likely be recommended such as Tylenol, Motrin, etc.

If these over-the-counter medications don't do the trick for

a patient to lead a pain-free life, Dr. Ginsberg will prescribe Joint Fluid Therapy which is the management of knee pain following failure of conservative, non-pharmacologic management and simple analgesia.

Joint Fluid Therapy uses Supartz – sodium hyaluronate – which is made from rooster combs. The Supartz is injected into the knee joint in a series of five injections given once a week for five weeks. During these five weeks, patients will go to physical therapy twice a week as well.

Supartz injections are not painful. Both knees can be injected in less than 15 minutes and the corresponding physical therapy visit lasts about 30 minutes.

Randy Johnson, future Hall of Fame major league baseball pitcher, is one patient who has undergone Joint Fluid Therapy: "With Supartz, I have been able to delay knee replacement surgery and maintain my active lifestyle without discomfort."

While Dr. Ginsberg stresses that Joint Fluid Therapy is not an alternative to knee replacement, the results have been overwhelmingly successful.

For more information, you may call the office of Fred Ginsberg, M.D., at Gateway Regional Medical Center, (618) 798-3350. Dr. Ginsberg, board certified anesthesiologist, has been treating knee pain caused by arthritis since 2002 and has since helped hundreds of people in the Metro-East area. Ginsberg earned his degree from New York Medical College and completed his residency at SUNY University Hospital of Stony Brook, NY. Ginsberg is a Fellow of the American College of Physicians and Surgeons (FACPS).

