



Board of Directors

- David Strahl, Chair (847) 248-8616
AT&T
- Paul Swanson, Vice Chair (847) 490-8839
Chicago Regional Council of Carpenters
- Jeff Butzen, Vice Chair Strategic Planning
- High School Dist. 211 (847) 755-6600
- Linda Scheck, Secretary (847) 781-2664
Village of Hoffman Estates
- Kathy Musial, Treasurer (847) 358-1170
BIK & Co., LLP
- Tony LaFrenere, Past President (847) 781-3634
Hoffman Estates Park District
- Jim Norris (847) 882-9100
Village of Hoffman Estates
- Misty Redman (847) 286-1535
Sears Holdings Corp.
- Linda Gump, (847) 884-3754
St. Alexius Medical Center
- Dr. Robert Steinberg (847) 885-8806
Active Foot & Ankle Center
- Karen Mills (847) 885-1157
Barrington Square Improvement Assn
- Ginny Roncoli (847) 885-3366
Harris Bank
- Mayor Bill McLeod (847) 882-9100
Village of Hoffman Estates
- Wanda Piccolo (847) 490-1443
B&F Technical Code Services, Inc.
- Jim Cook (847) 427-4380
Daily Herald
- John Haniotes (847) 842-9981
Hoffman Estates Community Bank
- John Moser
The Stonegate Conf. & Banquet Ctr. (847) 884-7000
- George Moser, Dir. Emeritus (847) 882-1000
Charter National Bank and Trust
- Allen Gabe, Legal Counsel (847) 241-5000
Law Offices of Allen S. Gabe
- Cheri Sisson, President (847) 781-9100
Hoffman Estates Chamber of Commerce

Opportunity Knocking: Calendar of Upcoming Chamber Events

DECEMBER 2008

DATE	EVENT	TIME
Tues., Dec. 2	AM Business Connection Committee	10:00 A.M.
Wed., Dec. 3	Holiday Luncheon at LaStrada	11:30 A.M.
Mon., Dec. 8	Membership Committee	8:00 A.M.
Thurs., Dec. 11	The Exchange	11:30 A.M.
Wed., Dec. 17	Business After Hours/Sharon Florist & Gifts	5:00P.M.
Thurs., Dec. 18	Chit N Chat/Millrose	11:30 A.M.
Fri., Dec. 19	Government Relations Committee	12:00 noon
Mon., Dec. 22	Board of Directors	12:00 noon
Tues., Dec. 23	AM Business Connection/Macaroni Grill	7:30 A.M.
Wed., Dec. 24	Chamber office closed	
Thurs., Dec. 25	Christmas Day/Chamber office closed	
Wed., Dec.31	New Year's Eve/Chamber office closed	

JANUARY 2009

DATE	EVENT	TIME
Thurs., Jan. 1	Happy New Year! -- Chamber office closed	
Tues., Jan. 6	AM Business Connection Committee	10:00 A.M.
Mon., Jan. 12	Membership Committee	8:00 A.M.
Fri., Jan. 16	Government Relations Committee	12:00 noon
Mon., Jan. 19	Martin Luther King Day -- Chamber office closed	
Tues., Jan. 20	AM Business Connection/Village Park of HE	7:30 A.M.
Thurs., Jan. 22	The Exchange	7:30 A.M.
Thurs., Jan. 22	Meet & Greet	8:00 A.M.

Now is the time to plan for 2009! Please contact the Chamber office if you would like to host AM Business Connection, Chit & Chat, or a Business After Hours. Don't miss out on these great opportunities to highlight your business.

Vol. 19 No 12

December 2008



2200 W. Higgins Road, Suite 201
Hoffman Estates, Illinois 60169
847-781-9100 FAX: 847-781-9172

Hours: Monday-Thursday -- 9:00 AM-4:30 PM
Friday - 9:00 AM-1:00 PM

Website: <http://www.hechamber.com>
E-mail: info@hechamber.com
Cheri Sisson, President

This newsletter has been provided as a service to the Chamber by:

The Write Stuff/Kaye Lowman Boorum..(847) 382-1467
Copywriting, layout, camera ready art production

Alphagraphics/Kathy Cifuentes..(847) 490-3660
Printing

Friendship Village/Bonnie Falcone.. (847) 884-5433
Compilation

Mitcor Business Support Services.. . (847) 490-1504
Mailing

**PRESORTED
STANDARD
U.S. POSTAGE PAID
PERMIT NO. 602
HOFFMAN
ESTATES, IL
60169**

Our Mission Statement: "To effectively promote and advocate for the interests of the Hoffman Estates area business community."

The Hoffman Estates Chamber of Commerce (HECC), through its newsletters and other media outlets, is a distributor of content, advertising, promotions and information supplied by its members and/or third parties. Accordingly, HECC has no editorial control over such content and any opinions, statements, advice, service offers or other information or content expressed or made available by HECC through any of its outlets, are those of the respective member or third party and not of HECC or any of its officers, directors, executives or employees and are not endorsed or supported by HECC. HECC does not guarantee the accuracy, completeness or usefulness of any content supplied or communicated, or the merchantability or fitness for any particular purpose. HECC and its officers, directors, executives and employees neither endorses nor is responsible for the accuracy or reliability of any opinion, statement, promotion, advice or advertisement made or presented.



HOFFMAN ESTATES
CHAMBER
OF COMMERCE
AND INDUSTRY

LARGE ENOUGH TO SERVE YOU
SMALL ENOUGH TO CARE

N E W S L E T T E R

December 2008

MEEET YOUR BOARD OF DIRECTORS FOR 2009



Left to right, standing: Linda Scheck, Village of Hoffman Estates; Kathy Musial, BIK & Co., LLP; Ginny Roncoli, Harris Bank; Misty Redman, Sears Holding Corp; Mike Hanson, Alliance for Affordable Health Insurance; Mayor Bill McLeod, Village of Hoffman Estates; Jim Cook, Daily Herald; Dr. Robert Steinberg, Active Foot and Ankle Center; John Moser, The Stonegate Conference and Banquet Center; Wanda Piccolo, B&F Technical Code Services, Inc.; Allen Gabe, Legal Council to the Board, Gabe-Calzaretta, LLC; Linda Gump, St. Alexius Medical Center; John Haniotes, Hoffman Estates Community Bank; (seated) Cheri Sisson, President, Hoffman Estates Chamber of Commerce; Dave Strahl, AT&T; Karen Mills, Barrington Square Improvement Association; and Tony LaFrenere, Hoffman Estates Park District.

The 2009 Hoffman Estates Chamber of Commerce slate of officers include: Chair, Tony LaFrenere; Vice Chair, Karen Mills; Vice Chair Strategic, Planning Jeff Butzen; Treasurer, Wanda Piccolo; Secretary, Linda Scheck; Past Chair, Dave Strahl.



MEMBER NEWS

BT&D Visual Graphics, (847) 428-5990, recently moved into a new location on Route 72, 8 miles west of their previous location. Effective November 1, the company's name changed to **BT&D Big Graphics**. The new name is more in line with the products and services the company offers.

Sears Centre, (847) 649-2270, announces that the Saltimbanco™ Arena Tour will have a limited engagement from January 21 to February 1, 2009. During its 14-year tour under the big top, the show visited 75 cities on five continents, for a total of more than 4,000 performances before a combined audience of 10 million people. Saltimbanco belongs to the style of Cirque du Soleil that borrows from theatre, dance and music and with spectacular costumes, lighting and make-up. The current cast of 49 artists hails from Canada and 20 other countries. Full of color, amusement and amazement, Saltimbanco is a fun show for the whole family to enjoy! Tickets are available at www.cirquedusoleil.com, or by calling 1-888-732-7784.

Sears Centre also announced that it has entered into a new partnership with Ticketmaster. This new partnership with Ticketmaster gives the Sears Centre Arena unsurpassed and innovative ticketing and event marketing capabilities to help ensure the ultimate fan experience.

Multiform Fitness, (847) 358-8700, will celebrate its 1st Anniversary on December 15th from 5:00-8:00 PM. The celebration will include live music, prizes, red wine, dark chocolate (both are anti-oxidants!) and other goodies. Stop by to chat with members, ask questions, and see the facility.

The Hoffman Estates Police Benevolent Fund, (847) 781-2846, will be holding its 8th annual "Shop with a Cop" on December 13. The cops will take underprivileged children from Hoffman Estates to the Target on Sutton Road for a shopping spree to purchase holiday gifts for their families. Your donations help to make their worthwhile event possible. Checks or money orders may be sent to HEPBF, P.O. Box 95611, Hoffman Estates, IL 60169-0611.



Charter Bank and Trust Opens Fourth Location

Charter Bank and Trust on 2069 Barrington Road, celebrated the opening of its newest location with a ribbon cutting on November 5, 2008. Pictured above are George Moser Doug Altenberger, and Mayor Bill McLeod. Mayor McLeod presents bank owner George Moser with a Key to the Village in photo to the right.



(Left photo) **Traxelx**, located at 2061 Barrington Road, also celebrated a ribbon cutting on November 5, 2008. Traxelx specializes in creating life experiences. Their travel professionals are here to orchestrate your next dream getaway! Pictured at right are Greg and Ursula Pearson, Mayor McLeod, Chamber Board members and Village Trustees.



Mayor McLeod presents Traxelx owner Ursula Pearson with a Key to the Village.

WE'D LIKE YOU TO MEET . . .

Each issue of the Chamber newsletter includes an interview with two Chamber members whose names were selected at random from among those attending the previous month's Business After Hours. It's our way of helping our members become more acquainted and of saying "Thanks for being a part of the Hoffman Estates Chamber of Commerce." If you would like to be featured, please call the Chamber office.



Name: Dr. Craig S. Bernacki, Bernacki Chiropractic

Phone number: (847) 519-1090

How long in business: 26 years

Born in: Chicago, IL

Educational background: National University of Health, D.C. degree

I'd like you to know: "hands on chiropractic" treatment of headaches, neck pain and back pain. Most insurances accepted.

Interesting facts: Chiropractic treats spinal related disorders without the use of drugs or surgery. We utilize hydrotherapy massage tables before the chiropractic adjustment.

The best business advice I ever heard: Move next to McDonald's -- and I did!.

The best business advice I could give: Don't reinvent the wheel, just make it better.

My first job: Paper route when I was 10 years old.

The way I plan to participate in the Chamber is: Network.

My idea of a great meal: Lasagna and/or filet.

Nobody knows I: Want to be mayor of Hoffman Estates.

The best advice my mother ever gave me: Tell the truth.

The last good movie I saw: *Marty Python and the Holy Grail*

I have always wanted to: Play golf at the Masters.

To me, a really good day is: Helping patients, playing nine holes, and have dinner with my entire family.

If I won the lottery, I would: Give 50% to my friends, then buy a new car and go to La Strada.

My goal in life is: Help others any way I can.

If I've learned one thing in life, it's: Don't burn your bridges.

The best time of my life: In high school playing on the golf team.

My most prized childhood possession: Gumby and Porky.

If I could drive any vehicle, it would be: A Prius. Can't get one -- everyone else wants them, too!

Three words that describe me: Helpful, compassionate, crazy

Name: Sadia Chaudrie, President of Marketing and Sales, Sharon Florist & Gifts

Phone number: (847) 991-8571

How long in business: 30+ years

Born in: McHenry, IL

Educational background: Illinois Institute of Art-Schaumburg, Graphic Design.

I'd like you to know: Our company offers fresh and silk floral designs for any occasion with delivery to any destination nationally. Gourmet customized gift baskets. Mylar and latex balloons. We specialize in Major events, weddings, funerals and floral sculptures.

Interesting facts: All of our arrangements are custom designed by fine artists and professional designers with multi-faceted backgrounds. Our talented artists have years of experience and extensive portfolios.

The best business advice I ever heard: Professionalism, talent, and passion transform ideas and dreams into reality.

The best business advice I could give: Listen to the customer's needs, wants, and desires. Step into their world and with your expertise create their vision.

The way I plan to participate in the Chamber is: Volunteering for the fashion show committee and actively participate in Chamber events.

My idea of a great meal is: Exotic food and good quality company.

My prized childhood possession: My first journal I purchased at The Art Institute at age 9.

My first job: Teacher's assistant when I was 17 years old.

The last good movie I saw was: *Amélie*

Nobody knows I: Have traveled the world and I respect and enjoy other cultures.

I have always wanted to: Skydive.

The best time of my life: SCUBA diving in St. Barths, New Year's Eve in Paris, seeing the Acropolis in Athens.

My goal in life is: To create beauty in the world.

If I could drive any vehicle, it would be: A vehicle that is environmentally friendly, practical, yet distinguished.

If I won the lottery I would: Take care of my financial goals and give back to the community through numerous charities.

If I've learned one thing in life, it's: S.M.A.R.T (Specific, Measurable, Action oriented, Realistic, Time bound) Goals.

Three words that describe me: Visionary, Passionate, Artistic



photo by Jet Photo Lab





CHAMBER NEWS YOU CAN USE!

Shop with a Chamber member and earn \$100: The Chamber is now offering a \$100 American Express gift card for shopping or using the services of a fellow Chamber member. Save your receipts and when your receipts total \$500, bring them, fax them, or mail them to the Chamber office. We will then enter you in a quarterly drawing. Each quarter one lucky person will win \$100.00.

Please check the Chamber website, www.hechamber.com for a list of Chamber members. Call the office, (847) 781-91200, with any questions.

Got news? Let us know what's happening in your company. Are you celebrating an anniversary, adding new staff or services, expanding, moving to a new location, or celebrating a record-setting year? We'll help you spread the word! Send your news to the Chamber office via fax (847-781-9172) or email us at info@hechamber.com and we'll publish it in our Member News column.

A picture is worth 1,000 words: Check out all the great photos on the Chamber website. There are photos from major Chamber events such as Business Under the Big Top and Fashion Show, as well as ribbon cuttings, Business After Hours and various programs. Do you see anyone you know?

Compliment? Concern? You are invited to fax or mail your comments to the Chamber office: attention Chairman Dave Strahl and/or Vice Chair Paul Swanson of the Board of Directors.

The mailing address is 2200 W. Higgins Road, Suite 201, Hoffman Estates, IL 60169; fax (847) 781-9172.

SPONSOR AN EVENT, ENJOY THE BENEFITS FOR YOUR COMPANY!

It's not too early to start thinking about sponsoring one of our major events for 2009. The sooner you sign up for a sponsorship, the more exposure your business will receive.

Sponsorship packages can be customized to include membership fees, participation in the Golf Outing, Fishing Derby, Fall Expo and Fashion Show. These packages can be designed to fit your interests and your budgets.

The advantages of sponsorship packages include earlier and more advertising for your company, lock-in on non-competing sponsorships, and a savings when bundling your events.

Even sponsorship is good for you and the Chamber! Check it out and see what we can do for you!

Call the Chamber office at (847) 781-9100 for details.

HOFFMAN ESTATES TO HOST ITS OWN TATTOO BEGINNING IN 2009

The Village of Hoffman Estates announces it will be hosting its very own Tattoo, starting in 2009. Tattoo, not body art, but the ultimate musical entertainment that is the mainstay of festival entertainment in Europe, will claim its new home at the Sears Centre Arena starting in April, 2009.

"This is one of the most unique and entertaining attractions available and we are proud to have the Heartland International Tattoo as one of the major events in celebrating Hoffman Estates 50th Anniversary", says William D. Mcleod, Mayor of Hoffman Estates.

The 2009 Heartland International Tattoo Music & Dance Festival, one of the premier indoor musical and pageantry events in the Midwestern United States, is excited to announce that tickets will go on sale on Saturday, November 15, 2008 at the Sears Centre Arena Box Office, online at Ticketmaster.com or by calling (312) 559-1212.

"Given its diversity of acts and a cast of more than 400 performers, this show makes a great family outing," said Heartland International Tattoo Executive Producer, Michael Th. Embrey. "There's something in this show for anyone from eight to eighty."

Featuring an international cast of military and civilian performers including bagpipe bands, brass bands, drum and bugle corps, international dance ensembles and precision musical and pageantry related acts, the Heartland International Tattoo is the foundation for a larger series of events that will kick off the spring tourism and festival season in the greater Chicago area.

The state of the art Sears Centre Arena will play host to the

Heartland International Tattoo and surrounding events beginning in 2009, the first of a five-year commitment to the Sears Centre Arena and the Village of Hoffman Estates. The 2009 show will be Saturday, April 18 at 7:00 PM.

Having successfully prototyped the event model at the Northern Illinois University Convocation Center in DeKalb in 2006, the move to be closer to the heart of the Chicago suburban population was the next step in the evolution of the event.

"Access to a larger audience, not to mention additional lodging, restaurants and attractions made the Sears Centre Arena and Hoffman Estates the ultimate destination, especially for tour groups traveling to the Chicago area," added Embrey. "The growth of Tourism from events like the Heartland Tattoo is important for our Village," adds Linda Scheck, Coordinator of Tourism for Hoffman Estates.

Individual tickets for the Heartland International Tattoo will go on sale Saturday November 15, 2008 at the Sears Centre Arena Box Office, online at Ticketmaster.com or by calling (312) 559-1212. Prices are \$45, \$35 and \$25. Tickets for groups of 20 or more are available by calling Broadway To You at (815) 756-1263.

Chamber members interested in getting involved with the Tattoo are invited to call the Chamber office. We are planning on doing greeter bags for the more than 500 attendees who will be staying in our area hotels and we would love to get your information out to our guests. In addition, if you would be interested in putting a float in the parade on April 18, please contact Linda Scheck at the Village Hall, (847) 882-9100.



From Here to There and In Between

Whether you're moving a letter, an office, or yourself, these Chamber members can provide the help you need.



Travel Agencies

Passport Health	(847) 816-3434
Sea, Air & Land Travel	(847) 991-2500
Travelex International, Inc.	(847) 882-0400

Delivery/Messenger Services

Run Messenger Run	(847) 951-6435
-------------------	----------------

Limousine/Transportation Services

All-Star Cab Dispatch, Inc.	(847) 658-1555
303 Taxi	(847) 368-8933
American Taxi Dispatch, Inc.	(847) 253-4411
Chicagoland Transportation Solutions	(847) 781-8811



Trucking/Excavation

Plote Construction, Inc.	(847) 695-9300
--------------------------	----------------

Auto Dealers



Infinity of Hoffman Estates	(224) 653-2901
Land Rover Hoffman Estates	(847) 252-7800
Mercedes Benz of Hoffman Estates	(847) 885-7000
Muller's Woodfield Acura	(847) 519-9550
Woodfield Nissan	(847) 310-1900



Auto Repairs/Supplies/Services

Higgins Automotive	(847) 519-0970
Hoffman Estates BP Amoco	(847) 843-0399
Infinity of Hoffman Estates	(224) 653-2901
Novus Windshield Repair	(847) 885-9378
Tyre Works	(847) 798-8191

Storage/Warehousing

Lock Up Self Storage	(847) 843-0800
----------------------	----------------

AT&T Opens in Prairie Stone Shopping Center

Clearchoice Mobility, an AT&T authorized agent, celebrated the opening of its 8th location with a ribbon cutting on November 10. The store is located in the Prairie Stone Crossing Shopping Center at Route 59 and Route 72.

The full service store offers a complete line of the latest wireless handsets including smartphones like the new Blackberry Bold, as well as the latest cell phone accessories, Bluetooth headsets and stylish carrying cases.

In addition, customers can order wire products like home phone service, high speed Internet and the latest advanced TV -- AT&T Uverse! The state-of-the-art showroom has a Uverse TV demonstration and an experienced staff to help answer questions.

Pictured with Mayor Bill McLeod and Village officials are Tom and Chris Giuliano, owners; Pam Giuliano, General Manager; Joe Barile, Store Manager; Paul Baio, Small Business Rep; Jack Pudzis, Retail Sales Consultant; Gary Geihlsler, Retail Sales Consultant; Joe Napeintek, Retail Director; and Kevin Kusiak, Retail Manager.



Clip & save

Clip & save



CHECK OUT THESE NEW CHAMBER REFERRAL CARDS! PICK SOME UP AND PASS THEM OUT!

Everyone wants to know they're appreciated. So let fellow Chamber members know when you patronize their establishment by leaving the following business card. Pick up a handful at the Chamber office, 2200 W. Higgins Road, Suite 201, or when you attend any Chamber function.



www.hechamber.com (847) 781-9100

I am patronizing your establishment because you are a member of the Hoffman Estates Chamber of Commerce

Members helping members achieve success



People Helping People

Need a permit, a professor, or a professional to care for your child? Check with these Chamber members!



Government

Barrington Township	(847) 381-5632
State Representative Suzie Bassi	(847) 776-1880
Hoffman Estates Park District	(847) 885-7500
IDES/Worknet NCC	(847) 437-0214
Palatine Township	(847) 358-6700
State Representative Fred Crespo	(847) 372-3340
Township of Schaumburg	(847) 884-0030
Village of Hoffman Estates	(847) 882-9100

Beauty Salons/Consultants/Products

Empire Beauty School	(630) 830-6560
ESO Salon	(847) 839-1338
Goess 4 Health & Beauty	(847) 409-1267
Mary Kay Cosmetics/Chrissy Tighe	(847) 882-4497
Mary Kay, Inc.	(630) 924-2881


Massage Therapy

Integrity Physical Therapy	(847) 645-9568
Massage Envoy	(847) 645-1700

Libraries

Palatine Public Library 	(847) 358-5881
Schaumburg Township District Library	(847) 985-4000


Education

Advance Preschool, Inc.	(847) 885-4983
B & F Technical Code Services, Inc.	(847) 490-1443
Building & Fire Code Academy, Inc.	(847) 884-4969
Chicago Regional Council of Carpenters	(847) 344-3729
Colorado Technical University-Online	(847) 586-8813
Comm. Consolidated School Dist. 15	(847) 963-3000
Dancing Feet, Inc.	(847) 991-3117
District 15 Educational Foundation	(847) 963-3238
Elgin Community College	(847) 697-1000
Frank C. Whiteley School	(847) 963-7200
Harper College	(847) 925-6701
High School District 211	(847) 755-6600
NIU Outreach	(847) 753-8980
Roosevelt University	(847) 619-7300
School District 54 	(847) 357-5000
School District U-46	(847) 888-5000
The Illinois Institute of Art-Schamburg	(847) 619-3450
Thomas Jefferson School	(847) 963-5400

Barbershop

Sportclips	(847) 322-1939
------------	----------------

Childcare

Advance Preschool, Inc. 	(847) 885-4983
Alfred Campanelli YMCA	(847) 891-9622
Precious Angels Childcare	(847) 884-6228

Clip & save



Clip & save





HAPPY ANNIVERSARY!!!!

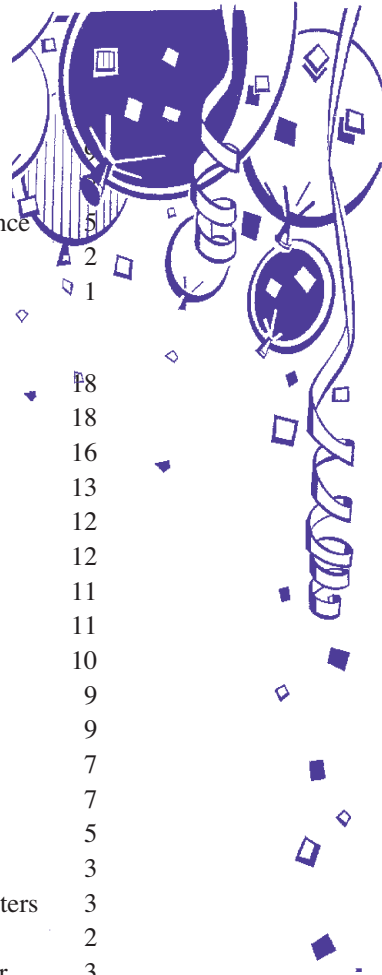
Please join us in recognizing the following organizations and individuals who are celebrating the anniversary of their membership in the Chamber during December and January.

December Anniversaries

- George Kotsakis, DMD, Ltd.
- Novus Windshield Repair
- Land Rover of Hoffman Estates
- Alliance for Affordable Health Insurance
- Caribou Coffee Co.
- Hoffman Estates Animal Hospital

January Anniversaries

- Law Offices of Allen S. Gabe 18
- Parkway Bank & Trust Co. 18
- Wyatt Austin Jewelers 16
- Alphagraphics 13
- A and A Paving 12
- First Priority Funding 12
- Bicycle & Choo Choo Connection 11
- Chicago Tribune 11
- Advance Preschool Inc. 10
- Care Property Management, Inc. 9
- DataTel Inc. 9
- Developwebsites 7
- Prairie Stone TMA 7
- Bending Design, Inc. 5
- Adams Roofing Professionals 3
- Hoffman Estates Professional Firefighters 3
- Jersey's Pizza & Grill 2
- Tend 2 Corp.- the Green Living Center 3
- Arbor Counseling Center 2
- Comcast 2
- U.S. Cellular 2
- Caryn Amster 1
- Goes 4 Health & Beauty 1
- Harris Bank, Schaumburg 1



BRIGHT HOPE INTERNATIONAL

Serving the World's Poor through Hoffman Estates Headquarters Office

If you ever wondered what happens inside that white building with the blue "Bright Hope" sign in



Hoffman Estates on the corner of Hassell Road and Stonington Avenue, read on!

Bright Hope International is a global faith based organization that serves the poorest people in the world --- those living on less than one dollar a day -- in developing countries throughout Africa, Asia and Latin America.

Bright Hope's projects are designed to restore personal dignity and promote independence for people living in abject poverty. Bright Hope gives people the tools and opportunities they need to become self-sustaining and lift themselves out of poverty.

Bright Hope also supports the poor through the sale of beautiful handmade craft items such as jewelry, woodworking and soapstone carvings, hand-painted journals and other unique items created by 23 international artisan groups. These craft items are available through Bright Hope's Gift Shop at 2060 Stonington Avenue in Hoffman Estates, or through the online retail store at www.brighthope.com.

One of the most popular local events is Bright Hope's annual Run for Hungry Children, a 3K Walk and 5K Run that takes place each year in May in Hoffman Estates. Because corporate sponsors cover all expenses, 100% of the proceeds go toward Bright Hope's projects that care for orphans and vulnerable children in poor countries. This year, the event will take place simultaneously in three other sites as well: West Chicago, Springfield and Crystal Lake.

Everyone from marathon runners to single walkers to families with small children come out for this special event. This year's event, scheduled for Saturday, May 16th, will take place at Cabella's at 5225 Prairie Stone Parkway. Local groups and businesses can form teams to complete the walk or the run and raise support for children in immediate and desperate need. Over 500 people participated in last year's event. This year's goal is to have 1,000 participants raise \$150,000 for hungry children. This will call for participants, volunteers, vendors and corporate sponsors to help meet this goal.

For more information, contact Mike Wiersema at (224) 520-6100 or visit www.runforhungrychildren.org

STEP UP AND SIGN UP!

Have you signed up for a Chamber committee for 2009? Now is the time to get your name on the list. Join a committee and make a difference. The Chamber needs your talent and your support.

Not sure what would be a good fit? Just call the Chamber office and we can find a committee that will fit your interests. We have groups from Golf to Government Relations, Fishing to Fashion, and we are looking for you to come on board!

This is your Chamber. Let's make it all that it can be.





MAKE THE MOST OF YOUR MEMBERSHIP -- BE INVOLVED!

You may not have begun to make your resolutions for 2009 yet, but when you do -- recommit yourself to involvement with the Hoffman Estates Chamber of Commerce.

The Chamber is business people working on issues that affect business. The start of the New Year gives your business and employees the perfect opportunity to get involved in the Chamber's committees. Take time to learn about the various committees and programs that the Chamber has and sign up for one or more of them.

If you cannot work on a committee, then come to one or more of our three monthly networking events. These networking groups are hosted by our Chamber members. Call the Chamber office to find out how to be an event host. The networking groups are great opportunities to mix with our business people in a relaxed and causal setting. If you make a sale, secure a new customer, or make a few new contacts by attending, your dues investment will pay large dividends.

- Display your membership plaque and window sticker prominently.
- Patronize other Chamber businesses.
- Use the Chamber in your advertising -- it doesn't cost any more to say "Proud member of the Hoffman Estates Chamber of Commerce."
- Talk positively about the Chamber to your friends and associates. We know we have room for improvement. If you have concerns, let us know. If you have a compliment, tell everyone.
- Keep us informed. If you learn of a problem or opportunity, tell us. We can't do anything if we are unaware.
- Ask other business people if they are Chamber members. Anyone interested in community progress and economic development should be a member of the Chamber. Encourage them to join.
- At the very least, stay informed about the Chamber. Read the newsletter and the flyer inserts.
- And finally, **STAY WITH US!** We are a non-profit membership organization operating on the income derived from membership dues. If the only thing you can do in 2009 is renew your Chamber membership, do that. It keeps us working for you!

HARPER COLLEGE HAS SEARCH UNDERWAY FOR NEW PRESIDENT

The Harper College Board of Trustees has approved a request from President Dr. Robert L. Breuder to be released from his contract seven and a half months before his scheduled retirement date from Harper on June 30, 2009.

Since Dr. Breuder came to Harper in 1998, the College has experienced a 34% increase in enrollment, increased its unrestricted fund balanced to \$52 million, passed two major capital referendums, obtained a rare Aaa bond rating, increased the number of programs and degrees and rebuilt approximately one-third of the campus.

Dr. Breuder's early departure will not affect Harper's current search process for a new president, which has been underway since the beginning of the year. A presidential search advisory committee made up of College faculty, staff and community members is overseeing the process.

Since September, committee members, in conjunction with the College's consultant firm, Academic Search Inc., have been holding listening sessions with Harper faculty members, staff, students, donors and community leaders to gather input on qualities they would like to see in Harper's next president. The committee also received input online and has held two open forums to receive comments and feedback.

The timeline calls for the new president to be hired by July 1, 2009.

COMPACT FLUORESCENT LIGHT BULBS: WHY USE THEM?

Lighting accounts for close to 20% of the average home's electric bill. CFLs use up to 75 percent less energy than incandescent light bulbs, and last up to 10 times longer. If every home in America replaced just one incandescent light bulb with a CFL it would reduce greenhouse gas emissions (that contribute to global climate change) equal to that of 800,000 cars.

When **NOT** to Use CFLs:

- In vibrating fixtures (i.e. ceiling fans, garage door opener), as vibration can cause the CFL to fail.
- In recessed lights, as some fluorescent ballasts are unreliable in ambient temperatures much over 120°F (50°C). This can sometimes be a problem in enclosed or recessed ceiling fixtures if heat in the fixture builds up.
- With a dimmer switch, unless you buy a CFL specifically made to work with dimmers. Using a regular CFL with a dimming switch can shorten bulb life.
- In fixtures turned on/off frequently, as CFL bulbs work best if they are left on for over fifteen minutes each time they are turned on. Frequently switching them on and off will shorten the life of the bulb.

Disposal of burnt-out CFL bulbs: Illinois permits burnt-out and/or broken CFL bulbs to be placed in the regular garbage. The CFL bulb should be placed in two plastic bags before being set in the trash. CFLs should not be disposed of in an incinerator.

For more information on CFL bulbs and disposal/clean-up, and recycling, visit www.epa.gov/mercury or www.energystar.gov/cfls

THE SMALL STREET JOURNAL

How to Take Care of Your Lower Back

Prevention:

Most lower back injuries happen when bending forward and rotating. To prevent injury, you must employ proper lifting mechanics. Always lift with your legs, and keep your lower back tight, not rounded. When you have lifted the desired object to a standing position you may then rotate. You may want to invest in a lumbar support pad that you can use at home, the office, and in the car.

Flexibility:

To lessen the strain on your lower back, you need to stretch your lower back muscles, hip flexors, hamstrings, and glutes. Your hip flexors are on the front of your hips. Hamstrings are located on the back of your upper thighs. Glutes are commonly known as the buttocks.

To stretch your lower back without injury, lie down on the floor, or preferably a bed. Pull your legs in towards your chest; you should feel a gentle stretch in your lower back.

To stretch your hip flexors, start in a lunge position. Put the same side forearm on your thigh and relax the other arm at your side. Arch your back until you feel a stretch in the hip that has the leg extended behind you. Repeat on the other side.

To stretch your hamstrings simply sit down on the floor and put one leg out. Take your other leg and bend it so it forms a triangle with your foot against the inner thigh of the outstretched leg. Place the hand on the same side as the bent leg behind you to support your back. Slowly push forward with the hand that is behind you to gently stretch your hamstrings. Repeat on the other side.

Multiform Fitness offers a free, illustrated Daily Stretching Guide, which include the above stretches and more. Our members find quite a bit of low back pain relief from our stretching machines from Italy. These machines were designed by physical therapists to target the low back tightness. The machine holds you in the correct position, allowing you to relax into the stretch.

Strengthen:

Most of the pain you will experience from a lower back injury result from weak core muscles. I will describe the exercises that you should use in a specific order. Always check with your doctor before you start an exercise program. You could perform these exercises 3x's a day, working up to 50 repetitions at each session.

The Swimmer- Lie down on the floor or bed. Now lift your right hand and left leg off of the surface that you are lying on. Now lift your left hand and right leg. That is one repetition. After you can do 50 of these 3x a day, you can progress to the next exercise.

The Bird dog- Get down on your hands and knees. This should be performed on the floor, not a bed due to balance issues. Now extend your right hand and left leg simultaneously. After

returning your hands and feet, extend your left hand and right leg. That is one repetition. After you can complete 50 repetitions 3x a day you can progress to the next exercise.

Supermen- Lie face down on the floor. At the same time, lift your arms and legs off of the ground. That is one repetition. When you can complete the 50 repetitions 3x a day you can progress to training your entire core.

The exercise program at Multiform Fitness emphasizes strengthening the core muscles. It is a safe and effective program for preventing low back injury and pain.

Pain Reduction:

There are a variety of methods to reduce the pain felt during a lower back injury. You can use massage, ice, and heat, Alternate ice and heat for best results. Never ice or heat for more than 20 minutes at a time.

Massage creams that contain menthol, capsaicin and eucalyptus, such as Herbal Muscle Massage Gel from Arbonne, can reduce pain and inflammation. A Miracle Ball can be used as a form of self-massage. You simply put the ball under you while lying on the ground. Your body weight is used to create the pressure needed to relax the muscle. Far infrared treatments in a sauna-like setting are excellent for managing injuries. It increases blood flow and relaxes muscles. Increased blood flow will help heal injuries by bringing more nutrients to the desired area, reducing tension and pain. These items are available at Multiform Fitness.

Far Infrared Treatments are very effective in relieving pain in all of your muscles, including the lower back. The Far Infrared waves penetrate your skin to get the circulation moving. Greater blood flow helps to flush out accumulated lactic acid in your muscles.

Hydration:

The discs in your spine are really water filled shock absorbers. If you are dehydrated, your discs are dehydrated. That can cause additional pain.

Review:

If you are serious about managing your back pain, stretch and do your exercises 3x a day. Prevent further damage by using proper lifting mechanics. Use a lumbar support whenever you are sitting for an extended period of time. Use the pain reduction techniques as often as possible. Drink as much water as you can while eliminating coffee, sodas, alcohol and nicotine. These products will increase pain due to the toxic build up.

Jeff Nelson, Personal Trainer and Owner
Multiform Fitness, Huntington Shopping Plaza
847-358-8700

www.MultiformFitness.com



FASHION SHOW/SCHOLARSHIP



CHAMBER OF COMMERCE

Congratulations to our 2008 Scholarship Winners

Graduate Student
Julie Duffield
Sponsored by Lane Quest

College Student
Jennifer Grabowski
Sponsored by School District 15

High School Senior
Sophistic Maria Quintanov
Sponsored by The Village of Hoffman Estates



FRSHIP LUNCHEON 2008



Photos by Jenkins Custom Photography

