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The O'Fallon YMCA has responded to the changing needs of our community for more than 20 years. With increasing demand for affordable, quality childcare in our area, the Y is stepping up to meet that growing need. As the leader in childcare services, the Y is uniquely positioned to provide the spaces and programming essential for ALL children in our community.





O'FALLON-SHILOH CHAMBER OF COMMERCE

CHAMBER TRACKS

MONTHLY NEWSLETTER



How to Remember Anything You Really Want to Remember, Backed by Science

Do you have trouble remembering things? Try this three-step process to help you remember anything you really want to remember.

[Page 13](#)

Looking for something fun to do? Check out our list of upcoming Community events throughout the area! Rides and Fireworks, Bacon, German festivities, Honoring our Military and more!

[Page 12](#)

Behind the Scenes at the O'Fallon-Shiloh Chamber of Commerce - see what we've been up to!

[Page 10](#)

WELCOME

NEW MEMBERS

Rankings.IO, LLC

Matt Martin

303 Fountains Parkway, suite 301A

Fairview Heights, IL 62208

618-924-7444

mattmartin@rankings.io

<https://rankings.io>

(marketing)

Acorn Health -Scott Air Force Base

Suzy Strock

1716 Corporate Crossing, Suite 3

OFallon, IL 62269

844-244-1818

sstrock@acornhealth.com

www.acornhealth.com

(Health and wellness)

Country Financial Insurance

Kailee Conner

310 E. Highway 50

O'Fallon IL 62269

618-628-0476

kailee.conner@countryfinancial.com

www.countryfinancial.com/kailee.conner

(Insurance)

Birch Market

Christie Maggi

227 West 1st St.

OFallon, IL 62269

314-972-3672

christiem@birchculinaryco.com

<http://BirchCulinaryCo.com>

(Food & Beverages)

O'Fallon-Shiloh Chamber of Commerce

P.O. Box 371

116 E. First Street

O'Fallon, IL 62269

www.OFallonChamber.com

Services: Maps: First one is free, each additional is \$1

Koviak Kreations, LLC

Diane Koviak

O'Fallon, IL 62269

618-604-1817

Dmatt03@yahoo.com

<https://www.etsy.com/shop/koviakkreations>

(Home Decor)

Dawn Cassil, Realtor

Dawn Cassil

O'Fallon, IL 62269

573-680-2601

dawncassil@remax.net

<http://www.dawncassil.remax.com>

(Real Estate)

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MEMBER RENEWALS

STAR INVESTORS

***Belleville News Democrat**
***Clinton Manor Living Center**
***Taylor Roofing**

ADT Security Services
American Red Cross
BarberMurphy Group, Inc.
Braddock Architectural Services, LLC
CMIT Solutions of Metro East St. Louis
E-Rate Funding Services, LLC
FGM Architects, Inc.
Gateway Elite Gymnastics
Henricksen Commercial Furniture and Design
Holiday Inn Express Shiloh
Hoyleton Youth and Family Services
Jerry Mouser
Kloss Furniture
Lakepointe Vision Center
Louer Facility Planning, Inc.
LF & Son Construction, LLC
Massage Envy
McKay NAPA Auto Parts
Metro East Dermatology
National Shrine of Our Lady of the Snows
O'Fallon Little Panthers
New American Funding
Professional Therapy Services, Inc.
Shiloh School District #85
Southwestern Illinois College
Tamarack Woods Apartments LLC
Tommy Z's for Hair, Inc.
Witter Insurance Planning and Management, LLC

YOUR CHAMBER OF COMMERCE STAFF

Debbie Arell-Martinez - [E-mail](#)
Executive Director

Doris Obernuefemann - [E-mail](#)
Assistant Director

Melissa Federhofer - [E-mail](#)
Communications Manager

Jessica Lotz - [E-mail](#)
Leadership & Development
Coordinator

Johnnie Hodges - [E-mail](#)
Membership Coordinator

Chamber Tracks is our monthly newsletter and comes out the first week of each month. The deadline for submitting your information for this publication is the 25th of the month preceding publication. We have gone "green" and post the newsletter electronically to the website. An e-mail goes out to all members advising them that the newsletter is available for viewing at [OFallonChamber.com/news.html](#).

Print copies are available in the Chamber office upon request.

MEMBER NEWS

LINCOLN SURGICAL ASSOCIATES WELCOMES MATTHEW R. SMITH, DO

Dr. Matthew R. Smith has joined Lincoln Surgical Associates as a hybrid general surgeon and foregut surgeon. As a foregut surgeon, Dr. Smith has specialized surgical training in esophageal and stomach diseases, specifically reflux disease. In addition, he will provide surgical treatment for gastric cancer. Dr. Smith will work at Memorial Hospital Belleville,



Memorial Hospital Shiloh, and St. Elizabeth's Hospital in O'Fallon. "Lincoln Surgical is very excited to add a surgeon who is fellowship trained in minimally invasive foregut surgery," said James Clanahan, MD, FACS, president of Lincoln Surgical. "Dr. Smith will bring new surgical techniques to the Metro East, so our patients won't have to go to St. Louis for these advanced surgical procedures, and Lincoln Surgical can continue to expand our range of high-quality surgical interventions."

Dr. Smith received his medical degree from A.T. Still University - Kirksville College of Osteopathic Medicine in Kirksville, Missouri. He completed a general surgery residency at Southern Illinois University School of Medicine in Springfield, Illinois. Dr. Smith also performed a fellowship in minimally invasive foregut surgery at Allegheny Health Network in Pittsburgh, Pennsylvania.

"I wanted a group where I felt like we were all fairly like-minded," Dr. Smith

said of joining Lincoln Surgical. "And this group seemed to really have a heart for service."

Learn more about Dr. Smith and Lincoln Surgical Associates at www.lincolnsurgical.com.

About Lincoln Surgical Associates



Lincoln Surgical Associates offers a multidisciplinary approach to meeting patients' surgical needs. Specializing in advanced minimally invasive surgery, Lincoln Surgical provides state-of-the-art treatment and expertise in all areas of general surgery including breast, endocrine, and colon and rectal treatment. Learn more at www.lincolnsurgical.com.



KASKASKIA ENGINEERING GROUP, LLC CELEBRATES 15 YEARS IN BUSINESS



The team of Kaskaskia Engineering Group, LLC (KEG) is proud to announce the celebration of its 15th year in business. Founded in 2006, the engineering and construction firm has grown from a 3-person operation in a small, shared office space in Belleville, Illinois to its impressive portfolio today of 9 offices in 4 states, 50 employees, and countless successful infrastructure projects throughout the Midwest.

"It's hard to believe it's been 15 years, but time flies when you're having fun," said Geri E. Boyer, PE, President and Founder of KEG. "I am so proud of our team at KEG and all we accomplish together. It truly takes a village."

KEG was founded by Geri E. Boyer, PE and Marsia Murphrey, PE. Both women had years of engineering experience and led successful careers in the industry, but still yearned for a

more inclusive and flexible workplace culture. As a working mom, Boyer saw an immediate need for more flexibility, understanding, and acceptance of the needs of working parents.

"We were really ahead of the game on a lot of what is expected of employers today. Flexibility, work/life balance, juggling parenting and working full-time - those have always been a top concern of mine as a business owner. At KEG, we have made strides from day one to be a great place to work for both our employees and their families," Boyer said. "We want our team to lead happy, fulfilling lives. Your job shouldn't inhibit you from being a good parent, spouse, friend, etc. It was always a goal of mine as an owner to be the kind of boss I wish I'd had as a working mom, and I feel like that's what has made us so successful over these 15 years. Treat others how you want to be treated, listen to your employees, address their needs before your own, and the rest will fall into place."

Boyer purchased Murphrey's share of the business in 2012 and is still the sole owner of the firm today. KEG formed KEG Build in 2010, expanding its operations to roadway construction services. In the following years, KEG continued growing - completing larger and more complex projects, adding different areas of expertise and services to its portfolio, and establishing a presence in Indiana, Missouri, and Minnesota. Boyer attributes the firm's growth to its employees and the important partnerships made throughout its 15 years in business.

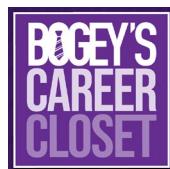
"We wouldn't be where we are without our team, clients, and partners. We have some really great people, both within KEG and our partner firms, that support our mission and do wonderful work in their communities," Boyer said. "Our clients and partners lift us up, make us better, and keep us motivated. We are so grateful for the many people who have supported us on this incredible

journey. It's been a blessing to do what we love and make many friendships along the way."

KEG is a 100% woman-owned professional engineering firm that provides exceptional, innovative, and comprehensive solutions for our clients that improve our environment and leads to economic vitality. KEG offices are located in Belleville, Glen Carbon, Peoria, Geneva and Champaign, Illinois, as well as Evansville, Indiana, St. Paul, Minnesota, and Ste. Genevieve, Missouri.



NEWLY-ESTABLISHED BOGEY'S CAREER CLOSET HELPS STUDENTS PREPARE FOR SUCCESS



McKendree University is proud to announce the recent opening of Bogey's Career Closet, a program established by the University's Career Services and the School

of Business that allows currently enrolled McKendree students to select business attire donated by faculty, staff, students, alumni and community residents. The name derives from the school's mascot, Bogey the Bearcat, and is slated to open Friday, Oct. 1.

The goal of Bogey's Career Closet is to help students prepare for success by providing them with business attire to use for networking events, career fairs, interviews and other professional events. These items are new or gently used, up to date and brought in laundered or dry cleaned for students in need to use.

"Research shows that it only takes a few seconds for someone to form an impression of an individual and decide if they could be a good fit for their organization, even before they have the opportunity to speak," said Jennifer Pickerell, director of Career Services. "It is for this reason that we opened Bogey's Career Closet – to provide students with the attire that they need to help them look and feel their best as they enter the next stage in their lives."

Bogey's Career Closet is open by appointment only from 8 a.m. to 5 p.m., Mondays through Thursdays. To schedule an appointment, students will need to email Career Services at careerservices@mckendree.edu and bring their student ID with them at their allotted time.

Additionally, Bogey's Career Closet operates through donations and will accept new or gently used items including suits for men and women, dress shirts and blouses, dress pants, contemporary suit jackets or blazers, skirts, closed-toed dress shoes, ties, belts, portfolios and other accessories. Members of the University or community can bring these items to the Career Services office in Clark Hall from 8 a.m. to 5 p.m., Mondays through Fridays.



EMERSON PARK COMMUNITY PROJECT GETS HELP FROM LOCAL REALTOR® ASSOCIATION



Members of the R E A L T O R ® Association of S o u t h w e s t e r n Illinois Leadership Learning Institute, Board of Directors, and Community Involvement Task Force joined forces with AARP and SSCTD to help Citizens for Modern Transit with a Transit Stop Transformation project at the Emerson Park Metro-Link Station in East St. Louis.

Citizens for Modern Transit, in partnership with the St. Clair County Transit District, AARP in St. Louis, and Metro Transit, recently came together to beautify the Emerson Park Metro-Link Station. The members of the REALTOR® Association of Southwestern Illinois worked with these groups on their "Placemaking Project." The National Association of REALTORS® donated \$4,500 to this transformation project while REALTOR® Association donated \$1,000. Not only did the local REALTOR® Association secure funds for this project, but numerous members of the Association also spent several

hours helping to put the final touches on the station, including landscaping and cleaning up the area.

"When the REALTOR® Association heard about the placemaking project, we were so excited to be able to help our community!" says Celeste Wheeler, President of the REALTOR® Association of Southwestern Illinois. "As an Association of REALTORS® and affiliate members, we not only work in this community, but we live here too. Being able to see our work and funding firsthand for years to come means a lot to our members. We appreciate all the hard work organizations like the Citizens for Modern Transit do to help people in our community."

The project transformed the concrete area between the bus bays and MetroLink entrance into an interactive, playful, engaging space that gives a nod to the history of music in East St. Louis and makes it part of the fabric of the community. In addition, a mural on the pedestrian overpass depicts the historic importance of



music in East St. Louis. To learn more about the Citizens for Modern Transit, please visit their website at <https://cmt-stl.org/>.

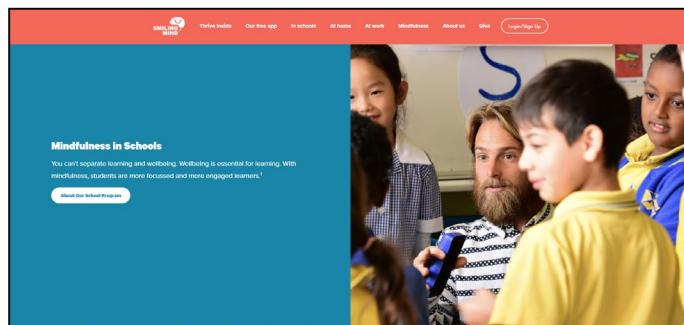
Find more Member News on our website:

OFallonChamber.com

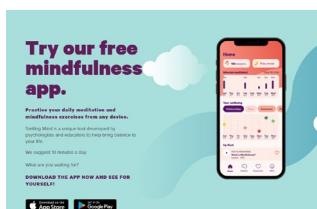
HEALTHCARE & WELLNESS

Every month, members of the Chamber's health and wellness committee share information everyone can use. This month's health tip is from Audrey Gonzalez, Counselors Associates Ltd.

The Smiling Mind app is one of my favorite mental health related apps out there. First of all, it's completely free! Smiling Mind is 100% not-for-profit, and focuses on improving mindfulness and meditation promotion on a daily basis.



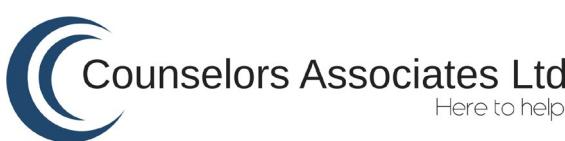
The Smiling Mind app walks you through the setup, asking the age of the participant, area of focus, and any specific places these issues tend to come up, such as school, the workplace, etc. Once you input all the information, the app tailors a program specifically for you!



My favorite feature of this app: when it comes to the littles, there are videos to help explain things like how deep breathing can help, so they are easier to understand. I use this app often in sessions with younger kids, and they end up asking for it each time because they actually



Audrey Gonzalez (She/Her) | Senior Director
Counselors Associates Ltd
gonzaleza@counselorsassociates.com
phone: 618-972-1568



enjoy it.

The Mama Bear Effect is a website that teaches parents how to talk to their children – of all ages – about body safety.

It provides statistics and concrete information for parents, to ensure they have all the information necessary to understand the importance of teaching body safety.

One of my favorite things about this website is that it discusses introducing body safety to kids as young as infants and toddlers. There are coloring pages, free downloads, and book recommendations focusing on parenting, prevention, and healing. This subject feels scary and taboo to many parents, so having a resource like this so readily available is invaluable!

What's Your motto?

O'Fallon-Shiloh Chamber of Commerce
www.OFallonChamber.com

“
THE WOODS ARE LOVELY,
DARK AND DEEP, BUT I HAVE
PROMISES TO KEEP, AND
MILES TO GO BEFORE I
SLEEP, AND MILES TO GO
BEFORE I SLEEP
- ROBERT FROST
”

STACEY LOVELAND
THE ESQUILINE

HEALTHCARE & WELLNESS COMMITTEE

How do you cope?

66

To get my mind off everything I tried to recreate flowers in paper. It makes my mind totally focus on something completely different than work, news or worries.



O'Fallon-Shiloh
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Healthcare & Wellness Committee



View more resources and information on our website: OfallonChamber.com/health-and-wellness-resources/

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memhosp.org

VFW Post 805 Veterans Day Parade is seeking participants for the November 11, 2021 event



The Sgt. Charles A. Fricke VFW Post 805 and the Post 805 Auxiliary will be hosting a Veteran's Day parade on Thursday, November 11, 2021. This

parade has been a landmark in the city of O'Fallon for over 40 years, and we would like you to be a part of this national observance with us!

Parade line up is at 12:30 p.m. at O'Fallon Park (on the corner of East 5th street and South Hilgard. The parade will step off at 2 p.m. and will conclude at the VFW post on West 1st Street. A free meal will be served by the VFW following the parade for those that participate.

Fill out the Registration form or contact:

Karen Ridge, VFW Post 805 Senior Vice
or

Marcia Crawford, VFW Post 805 Auxiliary Senior Vice.

Vetdayparade805@gmail.com | (618) 581-8402

VFW Sgt. Charles A. Fricke VFW Post 805 NO ONE DOES IT BETTER	
Please fill out the form and return it to: SGT CHARLES A. FRICKE VFW POST 805 215 W. 1ST STREET O'FALLON, IL 62269 ATTN: Veterans Day Parade Or email to: vetdayparade805@gmail.com	
ORGANIZATION	
TYPE OF PARADE ENTRY (Please check as appropriate)	
<input type="checkbox"/> Marching Unit <input type="checkbox"/> Musical Unit	
<input type="checkbox"/> Motor Vehicle <input type="checkbox"/> Other	
Number of Units Number of People in each Unit	
City _____ State _____ Zip Code _____	
Telephone _____	
Point of Contact _____	
Email address _____	
Please Sign _____ Title _____ Date _____	

DID YOU MISS AN EVENT OR MEETING?

Catch up on our website. Watch the recorded videos and view the presentations:

[August 4, 2021 | Healthcare & Wellness Committee Meeting](#)
Guest Speaker: Kieasha Ford, Counselors Associates, LTD Mental Health and the African American Woman

[August 12, 2021 | Military Affairs Committee Meeting](#)

Guest Speaker: Paulette Fryar, Million Mile Project 22 Days of Moving for Veteran and Military Suicide Prevention/Awareness.

[August 27, 2021 | Business Over Breakfast](#)

Guest Speakers: Kathleen Carter - Zoomy Transportation and Nick Waterman - Hearst Digital Marketing.

Visit our website to view all recent events at:

www.OFallonChamber.com/category/chamber-events/

BEHIND THE SCENES AT THE O'FALLON-SHILOH CHAMBER OF COMMERCE



The 618 Now Podcast has been in existence for 6 months! We can hardly believe it! Our hosts have so much fun putting the Podcast together that they didn't even realize it's been running this long!

You'd think a Podcast is fairly easy to host, right? **WRONG!**

Jessica Lotz spends 2-3 hours per Podcast researching material, writing a script, and getting the show notes together for the episode. She and Nick Miller spend about an hour recording the episode and then Nick spends

another hour editing it for your listening pleasure. We try to tag whoever we mention in the Podcast as well. Wow! A Podcast really does take some time to host!

We love sharing information about upcoming events as well as new businesses and developments. Sometimes....you just might find out the inside scoop on where our hosts find their favorite cheeseburgers!

You can download The 618 Now wherever you listen to PodcastS.

We think Jessica Lotz and Nick Miller do a great job hosting. Don't you agree?



Jessica Lotz (O'Fallon-Shiloh Chamber of Commerce), and Nick Miller (O'Fallon Weekly)

Our education committee has been soliciting new reusable water bottles for students as water fountains are still covered due to the pandemic. Students have access to bottle filling stations at our schools and are encouraged to bring bottles from home, but some are unable to bring them and some forget.

We've had a great response to our request for NEW reusable water bottles for our local children.

Many thanks to Memorial Hospital Belleville | Shiloh, Linda Miller, Southern IL Visiting Nurses Association, Markarian Orthodontics, Horner & Shifrin, Bridgid Riebold, and Amazing Smiles Orthodontics for the bottles that have already been delivered.

Gifts for Individuals and the Chamber have bottles on order so we'll be delivering them soon.

New reusable water bottles have been delivered to Districts 90, 103, and 85.

You haven't donated yet? That's okay – they can still use more! We still have certain schools yet to deliver to. Contact Debbie at director@ofallonchamber.com. Please remember water bottles should be new!

This was such a great idea from Dr. Carrie Hraby, Superintendent School District 90. We're so glad so many businesses want to get behind this idea and help out children who have forgotten their water bottles or maybe who could use a little help in providing one.



Photos (left to right)

Linda Miller, Markarian Orthodontics, Jeff Dossett, Carrie Jenkins – School District 90 Head Nurse , Renee LaBruyere



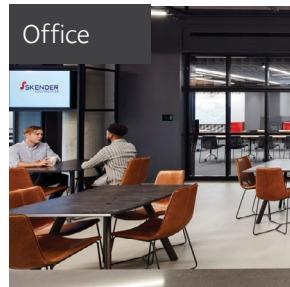
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- Installation Services
- Move Management
- Warehousing
- Inventory + Asset Management
- Standards Program
- Maintenance
- Refinishing + Refurbishing



Contact

Lisa Gaffney
Senior Account Executive
Based in O'Fallon, IL

l.gaffney@henricksen.com
217.299.7769

henricksen.com
henricksen.store

COMMUNITY EVENTS AND FUN IN SEPTEMBER

September is chock full of great community events to participate in, from the long-awaited Shiloh Homecoming to BaconFest and even a Regional Job Fair. We've got the details, so mark your calendars and get ready for some Fall Fun!

SHILOH HOMECOMING



WHEN: September 10 | 5:00 to 11:30 p.m.
WHERE: Shiloh Community Park | 1 Park Dr, Shiloh

WHAT: Rides, games, food, fireworks, music, vendor fair.

More details can be found here:
facebook.com/makeourcommunitytheplacetobe

9/11 REMEMBRANCE CEREMONY

WHEN: September 11 | 10:00 a.m.
WHERE: VFW Post 805 | 221 W. 1st Street, O'Fallon
WHAT: Memorial event to commemorate victims of the attack on America.

More details can be found here:
facebook.com/events/4256763801073140

BACONFEST



WHEN: September 11 | 10 a.m. to 5 p.m.
WHERE: West 1st Street, O'Fallon
WHAT: Crafts, Vendors, Music, Contests, and BACON!

More details can be found here:
facebook.com/vfwpost805baconfest

9/11 MEMORIAL CEREMONY



WHEN: September 11 | 5:00 p.m. to 6:00 p.m.
WHERE: 9/11 Monument - Shiloh Community Park
WHAT: Ceremony to honor the heroes that helped after the horrific attacks on our country on September 11, 2001.

More details can be found here: facebook.com/villageofshiloh

POW/MIA Recognition Ceremony



WHEN: September 18 | 10 a.m.
WHERE: VFW Post 805 221 West 1st Street, O'Fallon
WHAT: Ceremony to honor our nation's ex-POWs and those still listed as missing in action. Complimentary cookout at 11:00 a.m. for guests.

More details can be found here:
ofallonchamber.com/forms/POW_MIA_Invite_2021.pdf

JOBS PLUS '21 REGIONAL JOB FAIR



WHEN: September 22 | 9:00 a.m. to Noon
WHERE: Gateway Convention Center | #1 Gateway Drive, Collinsville
WHAT: Free registration for employers!

More details can be found here:
ofallonchamber.com/forms/jobsplus.pdf

MILITARY APPRECIATION DAY

WHEN: September 25 | 8:00 a.m. to 12:00 p.m.
WHERE: Vine Street Market at O'Fallon Station | 212 E 1st Street, O'Fallon
WHAT: Show your military I.D. and receive \$5 in Market Bucks to be used with any participating vendor that day.

More details can be found here:
ofallonchamber.com/forms/Milap_sept.jpg

ST CLARE OF ASSISI OKTOBERFEST

WHEN: September 25 | 4:00 to 11:00 p.m.
WHERE: Third and Cherry in downtown O'Fallon
WHAT: 5K run at 4:00 p.m., German Dinner from 5-8 p.m., music, food, beer/wine, raffles and online auction. No inflatables or adult/kid games this year.

More info can be found here: stclarechurch.org/ofest

BUSINESS TRACK ARTICLE

How to Remember Anything You Really Want to Remember, Backed by Science

BY Jeff Haden

https://getpocket.com/explore/item/how-to-remember-anything-you-really-want-to-remember-backed-by-science?utm_source=pocket-newtab



It's possible that success is at least partly about whom you know. But success is definitely about what you know, and what you actually do with the knowledge you gain.

So what can you do if you need remember something important?

Adam Grant took a deep dive into memory research to found a simple answer. (Adam is an organizational psychologist, best-selling author, host of the superb Podcast WorkLife, co-founder of Givitas, and nice enough to provide a blurb for my book.)

This is Adam's three-step process to remember anything you really want to remember.

1. Quiz yourself.

"Don't reread stuff, or highlight it, or do any of the things you probably did in college," Adam says. "What

you want to do is quiz yourself."

A number of studies show that self-testing is an extremely effective way to speed up the learning process.

Partly that's due to the additional context you naturally create. If you quiz yourself and answer incorrectly, not only are you more likely to remember the right answer after you look it up, but you'll also remember the fact you didn't remember. (Getting something wrong is a great way to remember it the next time, especially if you tend to be hard on yourself.)

So don't just reread or rehearse. Quiz yourself. If you're learning a presentation, quiz yourself on what comes after your intro. Quiz yourself by listing the four main points you want to make. Quiz yourself on sales estimates, or key initiatives, or results from competitive analysis.

"What that forces you to do," Adam says, "is practice retrieving the information, which makes it stickier and easier to find yourself."

Quizzing yourself will help you gain confidence in how much you know. And will help you more quickly learn the things you don't know -- at least not yet.

2. Summarize and share with someone else.

At times maybe those who can't do really do teach,

14 SCIENCE-BACKED MEMORY TIPS TO HELP YOU SUCCEED

WRITE IT DOWN
Write meeting notes with pen and paper. You will remember more than typing with laptop.

TURN WORDS INTO PICTURES
Our brains encode visual memories differently than words, making it easier and quicker to remember visuals. Associate words with pictures to help remember them.

REPEAT VERBALLY, REPEAT VERBALLY
Repeat a list aloud to tick your brain into remembering something. This helps combine brain functions to make the memory stronger.

RECALL JUST BEFORE YOU FORGET
We forget up to 80% of information in the first few days. Recall it the day after learning and frequently after that for the best retention.

SMELL YOUR MEMORIES
Associate smells to help trigger your brain's memory of that association. Your olfactory (smell function) is directly connected to the hippocampus (memory function) in your brain.

CONCENTRATE
Keep your attention on the goal at hand. You make three times as many mistakes when multitasking.

ASSOCIATE IDEAS
Remember things by attaching ideas to them. You are more likely to remember that Dave is a baker than if his last name is Baker.

LEARN HOW TO LEARN
You might be a visual, tactile, auditory, or kinesthetic learner. School tests scores have risen 50% when students are taught to their strengths.

USE A RHYME ALL THE TIME
Think of a rhyme to remember something. It acts as a shortcut to recalling information in your brain.

COMBINE YOUR SENSES
Use a combination of visual, auditory, kinesthetic, and tactile techniques when learning something to increase memory 10% compared to learning something with just one sense.

TAKE A BREAK
Take a ten minute break to help you retain 20% more information than if you didn't take a break according to psychologists at University of Edinburgh.

MAKE AN EMOTIONAL CONNECTION
Produce stronger memories by creating an emotional connection to the topic. You can remember up to twice as much information this way.

CHUNK INFORMATION
Most people can remember about seven chunks of information in their short term memory. One of the most common examples is a phone number.

USE FLASHCARDS
Use flashcards to work your active memory recall. They can strengthen memory by 50% according to a study from Washington University in St. Louis.

but research shows it's definitely true that those who teach learn faster and retain more. "Then," Adam says, "you have this memory of actually discussing it. And you bring it to life."

Even just thinking that you'll need to teach someone can make you learn more effectively. According to the researchers, "When teachers prepare to teach, they tend to seek out key points and organize information into a coherent structure. Our results suggest that students also turn to these types of effective learning strategies when they expect to teach."

The act of teaching also helps improve knowledge. Ask anyone who has trained someone else whether they also benefited from the experience.

They definitely did.

3. Connect what you just learned to experiences you previously had.

Associative learning is the process of relating something new to something you already know -- not in a Pavlov's dog kind of way, but by learning the relationship between seemingly unrelated things.

In simple terms, whenever you say, "Oh, that makes sense: This is basically like that," you're using associative learning.

Need to learn something new? Try to associate it, at least in part, with something you already know. Then you have to learn only the differences or nuances. And you'll be able to apply greater context -- which will help with memory storage and retrieval -- to the new information you learn.

All of which means you'll need to learn a lot less.

And science says that will result in your being able to learn more quickly -- and retain a lot more.

Thanks!

to all of our sponsors!



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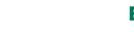
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Ribbon Cuttings

Ribbon Cutting | Café Biz 618 Shared Workspace 10850 Lincoln Trail, Ste 16, Fairview Heights, IL



Café Biz offers business professionals many options, such as drop-in workspace, dedicated desks, private offices, meeting rooms, and more. Community members can find its contemporary style facility, to be perfect for hosting showers, parties, networking events, and so much more!

Check out the Ribbon Cutting video and photos on our website: <https://ofallonchamber.com/ribbon-cutting-cafe-biz/> to learn more about them!

Ribbon Cutting | Redbird Pediatrics 793 Sunset Blvd, O'Fallon, IL



Redbird Pediatrics offers well visits for kids of all ages as well as same-day sick appointments and both doctors are accepting new patients. Drs. Johnston and Ponciroli have been practicing together in the area for over 15 years and were beyond excited for the opportunity to open their own practice in O'Fallon.

View all the images from the ribbon cutting on our website: <https://ofallonchamber.com/ribbon-cutting-redbird-pediatrics/>



Ribbon Cutting | Thrivent Financial - Lisa Vorce 784 Wall St Suite 100D, O'Fallon, IL

Lisa has been serving the O'Fallon, IL community and the surrounding area for over 14 years, offering financial and life planning services.

Check out the Ribbon Cutting video and photos on our website: <https://ofallonchamber.com/ribbon-cutting-thrivent-lisa-vorce/> to learn more about them!



Ribbon Cutting | Haven Chiropractic Care 102 Willow Dr, A, O'Fallon, IL

Haven Chiropractic Care specializes in maternity, infant and family chiropractic care. Dr. Randi Tyler is a Webster certified chiropractor.

Check out the Ribbon Cutting video and photos on our website: <https://ofallonchamber.com/ribbon-cutting-haven-chiropractic-care/> to learn more about them!



The O'Fallon Police Department puts out a monthly newsletter with great community information.

[Click to open the full newsletter.](#)

A collage of various images and text from the O'Fallon Police Department's monthly newsletter. It includes a header for the "O'Fallon Police Neighborhood Watch Newsletter – September 2021", a photo of a police academy graduation, a "Special Olympics Merchandise Sales" table, a "Night to Unite" event photo, and several other community-related photos and articles.

MONTHLY CALENDAR September 2021

NOTE: We hope to have all our committee meetings in person (except for health and wellness) beginning in September. We will follow current CDC guidelines so this may change. Please check our website calendar for the most up to date information.

- 1 [Ambassador Meeting](#)
11:30 a.m.
- 8 [Ribbon Cutting | Good Eats Deliveries](#)
11:30 a.m. | 116 East First Street, O'Fallon
- 9 [Restaurant Roulette](#)
11:30 a.m. | A Limited In-person Networking Event
- 9 [Military Affairs Committee Meeting](#)
3:30 p.m. | VFW Post 805 | 223 W. First Street, O'Fallon
- 14 [Annual Golf Tournament](#) *Chamber Office is closed*
Far Oaks Golf Course | 419 Old Collinsville Road Caseyville IL 62232
- 16 [Economic Development Committee Meeting](#)
7:30 a.m. | Shiloh Senior Center | 7 Park Dr, Shiloh
- 20 [Executive Board Meeting](#)
1:15 p.m. | Chamber Depot | 116 E. First Street, O'Fallon
- 21 [Education Committee Meeting](#)
1:00 p.m. | O'Fallon District 90 Offices | 118 East Washington, O'Fallon
- 21 [Business After Hours \(Tentative\)](#)
5:00 p.m. | Gifts for Individuals | 702 E. Hwy 50, O'Fallon
- 22 [Ribbon Cutting | Harter, Larson & Dodd & The Caring Group](#)
4:00 p.m. | 723 Insight Avenue, Ste 100, O'Fallon
- 23 [Board of Directors Meeting](#)
8:15 a.m. | O'Fallon City Hall, 255 S Lincoln Ave.
- 24 [Business Over Breakfast](#)
8:00 a.m. | Public Safety Building | 285 N. Seven Hills Rd, O'Fallon
- 29 [Lead-In Graduation](#)
Bella Milano
- 30 [Ribbon Cutting & Open House | Acorn Health](#)
5:00 p.m. | 1716 Corporate Crossing, Ste 3, O'Fallon
Ribbon cutting at 5 p.m., Open house from 5-8 pm.

Shiloh Homecoming is September 11, 2021

Volunteers are needed! If you are available for even just a couple of hours, contact Sue Quitmeyer at squitmeyer@shilohil.org



Baconfest is September 11th from 10 a.m. to 5 p.m.

Vendors are still needed! Contact Marcia Crawford at the VFW: vfwpost805baconfest@gmail.com to reserve your booth!



COMING TO THE HOSPITAL? KNOW WHERE TO GO:



PHYSICIANS OFFICE VISITS

For appointments at the O'Fallon Health Center, 3 St. Elizabeth's Blvd.

Enter at "HEALTH CENTER" sign

Screened in office

EMERGENCY CARE

Anyone in need of emergent health care

Support persons with an emergency patient

PRE-PROCEDURE COVID TESTING ONLY

For patients pre-scheduled to receive a COVID-19 test

Drive thru at Main entrance and follow signs

ENTRANCE CLOSED TO VISITORS & OUTPATIENTS

OUTPATIENT SERVICES & VISITORS

Walk-in and scheduled patients for lab, imaging or surgery procedures

ENTER at "OUTPATIENT" sign to be screened

Proceed to Registration

Hours: 8AM-8PM

ENTER at "OUTPATIENT" sign to be screened & arm-banded

ENTER HERE:



ENTER HERE:



ENTER HERE:



ENTER HERE:



MASKS ARE MANDATORY

PER CDC GUIDELINES

The Chamber's Leadership Institute (Lead In) program is an experiential leadership development program designed to attract and retain an educated population of young professionals and leaders by equipping them with skills necessary to propel them to the next level of leadership through interaction with community decision-makers.

This year's class will graduate on September 29. All of our Lead In classes are special, but this one is really unique because they were caught in the first few months by the COVID Pandemic, so they are graduating a year later than usual. They've still managed to gel as class.



GOV. PRITZKER ANNOUNCES \$250 MILLION BACK TO BUSINESS GRANT PROGRAM TO ACCELERATE SMALL BUSINESS RECOVERY ACROSS ILLINOIS

Attention Illinois Small Business Owners!
\$250 Million now available through State of Illinois
Back 2 Business (B2B) Grant Program

SSK – \$150K Grants Available

Supporting a Strong, Equitable Recovery for Illinois' Small Businesses

The Back to Business (B2B) grant program is a key component of Governor JB Pritzker's \$1.5 billion economic package designed to maximize the impact of American Rescue Plan Act funds provided to Illinois. It sets forth \$250 Million for businesses that have experienced losses due to the COVID-19 pandemic to support them in their recovery.

Here's What You Need to Know:

- \$5,000-\$150,000 grants to cover operational/staff/overhead costs
- Must have revenues of \$20 million or less in 2019 and a reduction in revenue in 2020 due to COVID-19.
- Priority given for these businesses applying:
 - Hardest hit industries – such as hotels, salons, fitness centers, restaurants, and more.
 - Disproportionately Impacted Areas (DIAs) – economically distressed communities which have been hardest hit by effects of COVID-19.
 - Businesses who have yet to qualify for state or federal assistance, including the Paycheck Protection Program (PPP), Restaurant Revitalization Fund (RRF), BIG, and more.
- Application is fast and easy!
 - New initiative designed to help small businesses cover the track and learn updates on their application status in real-time
 - B2B application portal at www.illinois.gov/dceo
 - What You Need:
 - A copy of your business's 2019 AND 2020 Federal tax returns
 - Two business bank statements – one from the period March through December 2020, and your most recent statement
 - Business Tax Identification Number (ITIN accepted)
 - Applications will be accepted starting August 18, 2021

Learn more about B2B. Apply Today! [Scan code!](#)

Need application assistance? Help is available in every region of the state and in multiple languages. Over 100 community navigators stand ready to assist with grants applications. Find a community navigator near you www.illinois.gov/dceo.

Follow us on Social Media

Illinois Department of Commerce & Economic Opportunity
© Prairie State

Governor JB Pritzker and the Illinois Department of Commerce and Economic Opportunity (DCEO) today announced the \$250 million Back to Business (B2B) grant program to support the continued recovery of small businesses across Illinois. The first in a series of economic recovery programs set to launch by the administration, B2B will offer small businesses access to funds that can help offset losses due to COVID-19, bring back workers, and take continued steps to rebuild amid the fallout from the pandemic. The program builds on last year's Business Interruption Grant program, which provided \$580 million to small businesses and childcare providers across the state.

Read more on our website:

www.OFallonChamber.com/back-to-business-recovery-grant/

UPCOMING EVENTS

What is restaurant roulette?

You sign up to join us for lunch on the appointed date/time.

We'll use our virtual roulette wheel to determine where you eat and who you eat with!

You're randomly assigned a restaurant (we'll let you know the day before where you're eating).

You'll find out who your lunch partners are (3 other chamber members) when you show up to eat!

This is a way to support local restaurants and get a chance to network!

September 9 11:30 a.m.

RSVP Today!

RESTAURANT ROULETTE

ARE YOU READY TO NETWORK?

HOW IT WORKS:

We will tell you the day before which restaurant you will be going to.

You'll find out who your lunch partners are when you show up!

The restaurant will have a table reserved for you.



The Happy Bakery
1st Street Lounge
McAlister's Deli
Shooter's Bar & BBQ

1818 Chophouse O'Fallon
Sybergs O'Fallon
The Weingarten
The Coffeehouse Company

Gia's Pizza
Bella Milano O'Fallon
La Casa Mexicana Restaurant
Peel Wood Fired Pizza & Brewery



JOIN US
IN PERSON!

O'FALLON PUBLIC SAFETY BUILDING
285 N SEVEN HILLS RD
O'FALLON, IL 62269

*ONLY BOTTLED WATER WILL BE PROVIDED
FEEL FREE TO BRING YOUR OWN COFFEE
TAKE A BREAKFAST SNACK BAG ON YOUR WAY BACK TO THE OFFICE

September 24, 2021 | 8:00 a.m. to 9:00 p.m.

*PLEASE BEAR WITH US AS WE TRANSITION BACK TO IN PERSON EVENTS

SPEAKERS:

JATYRA ARMSTEAD
GOOD EATS DELIVERIES

STEVEN WINZELER
SERRA HONDA

As we transition back to in-person events, we will follow all current CDC guidelines. Please be patient and understanding with us, and with your fellow members as we all navigate the "new normal."

RSVP Today!

SALUTE TO OUR STAR INVESTORS



YOU HAVE DREAMS
O'Fallon ILLINOIS
WE'LL HELP YOU BUILD THEM



TWO STAR INVESTORS



ONE STAR INVESTORS

1st National Bank of Waterloo
Associated Bank
Auffenberg Dealer Group
Bank of Belleville
Bank of O'Fallon
Belleville News Democrat
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Busey Bank
C&C Sports
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GCS Credit Union
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Marcus O'Fallon 15
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Mid America Oral Surgery Center
Morrison Plumbing, Heating and Air
Jennifer Mueller Memorial Foundation
Navy Federal Credit Union
O'Fallon Progress/Command Post
O'Fallon Shiloh Towing

OST Container
Parkway Lakeside Apartments
PNC Bank
Providence Bank
R&W Builders, Inc.
Regency Manor
Regions Bank
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Schaefer Auto Body Centers
Scott Credit Union
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The Lash Lounge Shiloh
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O'Fallon-Shiloh Chamber of Commerce
P.O. Box 371
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O'Fallon, IL 62269
www.OFallonChamber.com

Services: Maps: First one is free, each additional is \$1

**Our June news letter Sponsor is:
O'Fallon YMCA**

**A Look Back With Brian Keller
Celebrating the Chamber's 75th Anniversary**

In honor of our 75th Anniversary this year we are visiting the rich history of our area with Brian Keller, president of the O'Fallon Illinois Historical Society.

This month, we take you to an obscure little building you have probably driven by, but never noticed... a historic gem, hidden in plain sight. "Clang, Clang goes the trolley!"

Watch these videos on our website: OfallonChamber.com/75anniversary and Like us on [Facebook](#) for upcoming videos.

