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O'FALLON-SHILOH CHAMBER OF COMMERCE

CHAMBER TRACKS

M O N T H L Y N E W S L E T T E R



Make Mornings Awesome

You stumble through a morning fog. You're drowsy, even after two cups of coffee. You stare at the computer screen feeling overwhelmed and unfocused. By the end of the day, you wonder why you haven't been more productive.

Sound familiar? Read more on page [Page 11](#)

St. Clair County CARES Funding available, plus more information on reopening and Phase 3 of RestoreIllinois

[Page 9](#)

Join us for a virtual Member Luncheon and Business Over Breakfast this month!

Plus - Interested in speaking at BOB? We want to hear from you!

All the details on [Page 7](#)

WELCOME

NEW MEMBERS

Reachthemeeek Marketing, LLC
Mieka Taylor
Belleville, IL 62221
618-980-9642
rtmmkty@gmail.com
www.reachthemeeekmarketingllc.com

MEMBER RENEWALS

THANK YOU

Real Time Pain Relief
The Record
IL SBDC for the Metro East at SIUE

Back to Business video series

Have you seen our interview series called "Back to Business?" Every Friday we feature a different local business and post it on our Chamber Facebook page. So far, we have featured interviews with 1818 Chophouse O'Fallon, Salvatore Cincotta Photography, Cambridge Capital Management and Creative Landscapes.

Visit and "like" our [Facebook page](#) for upcoming videos, including our newest video - Justin Randall from the City of O'Fallon interviewing Scott Kaiser of Gia's Pizza.

You can also view the Back to Business series on our [YouTube Channel](#)



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

Getting your name out
Newsletter Sponsor - \$100
Featured Business Ad - \$75
Full Page Ad - \$50 | 1/2 Page Ad - \$35
1/4 Page Ad - \$25
[Click for more details](#)

Follow us on Social Media!



MEMBERS HELPING MEMBERS

Rock Steady Boxing needs your help!

From Deb Belsheim, Rock Steady Boxing:

Each of us has been touched by COVID-19. Just as September 11, 2001 warranted a new normalcy and the events of that fateful day brought our country and our communities together, now is the time to open our hearts and share what we have with others who don't. Humility goes a long way ... Consider this: You wake up after a fitful night and slowly get out of bed but have to hold onto the dresser or night stand because you might fall. You cannot wear a shirt with buttons because you have trouble with that. You can't wear tennis shoes with laces because you cannot tie your shoes any more. You make breakfast but cannot have cereal because your hand isn't steady enough to hold a spoon. Your food doesn't taste like it used to because you have no sense of smell. You don't go to restaurants because you are too embarrassed by your tremors or there is very little on the menu you can eat because you can't cut up your food. You have to wait for your son or daughter to pick you up because you don't drive any more. And today is the best you will feel because this disease called Parkinson's is degenerative. You won't die of Parkinson's disease but you will die with Parkinson's disease. In September 2016, I started Rock Steady Boxing O'Fallon for men and women who have Parkinson's disease. We have grown from one boxer to more than 35 boxers. Here's why: OUR PROGRAM WORKS. We spend an hour 3X a week doing exercises to help minimize the progression of the symptoms of PD. And it's not just the exercise that is crucial to our Parkinson's prescription for a better quality of life, it's the camaraderie and the socialization that occurs among this very special group. We encourage one another, we educate one another, we strengthen each other's resolve to be more independent and we are giving our boxers and their families HOPE!

Tuesday was our last day at 629 West Highway 50. We closed our studio because of the uncertainty of when we can meet again and because our expenses were too great to continue under the present scenario. We are a not-for-profit, all-volunteer entity. We are reaching out to you – OUR O'FALLON COMMUNITY – for help. Please offer ideas and suggestions. We need a new home. Help us continue our ministry. It's too important. We fight back. "We are ROCK STEADY."

Let us know if you have some ideas on how to help Rock Steady.

A Special Message from the Founders of the Caritas Family Solutions Fontebella Maternity Home



By now, you may have seen communications from our Caritas Team that, due to the current health crisis, we are facing a projected funding shortfall for our Fontebella Maternity Home of over \$65,000 by the end of June. The Shelter in Place order has led to us having to cancel many events that would have helped us meet this need. We reach out today to ask you to consider joining us in giving a monetary gift to Fontebella.

Your gift today will help us continue to provide a place of refuge for these mothers as they prepare to bring their babies into the world. It also helps provide a supportive and encouraging environment to help them navigate the early days of motherhood while preparing for a successful and independent future.

On behalf of all of the Caritas family, we thank you!

Sincerely,

Bob and Susan Hoff
Founders of Fontebella Maternity Home
Current Caritas Family Solutions Board Member



YOUR CHAMBER OF COMMERCE STAFF

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

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

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

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

TOGETHER FOUNDATION AWARDS AN ADDITIONAL \$15,000 IN COLLEGE SCHOLARSHIPS FOR THE 20-21 SCHOOL YEAR



10 Seniors from the Greater St. Louis Area Receive Scholarships through the

Vince Jacknewitz Scholarship Program

Saint Louis, MO. June 1, 2020 – The Together Foundation, with the support of Together Credit Union, has awarded \$15,000 college scholarships to graduating seniors from the Greater St. Louis area through the Vince Jacknewitz Scholarship Program. This announcement is in addition to a May 21st release, which named the recipients of the inaugural Together Foundation Community Scholarship Program.

“Each of our scholarship recipients represent a committed student who has gone above and beyond during their time in high school, and we are proud to support them as they set off on their collegiate journeys.” said Pier Alsop, Chief Community Engagement & Social Responsibility Officer.

The following ten recipients will each receive a \$1,500 college scholarship for the upcoming 2020-2021 school year:

- Alison Stanford, Oakville Senior High School, Webster University
- Cameron Cozort, Hillsboro High School, Southeast Missouri State University
- Emily Stasiak, Seckman Senior High School, Indiana University Bloomington
- Eric Sheahan, Lindbergh High School, University of Alabama
- Grace Anderson, Nerinx Hall High School, University of Arkansas
- Ivy Fitzsimmons, Metro Academic and Classical High School, Warren Wilson College
- Lane Sedlacek, Triad High School,

University of Washington

- Lexi Hamburg, Rockwood Summit High School, Arkansas State University
- Margaret MacArthur, Affton High School, Southeast Missouri State University
- Tanner Placke, St. John Vianney High School, Maryville University

“I am greatly honored and humbled to receive this scholarship. It will be a huge help with tuition and room and board at Arkansas State this fall, as I pursue my study of Radiology,” said Lexi Hamburg. “Thank you so very much!”

Since 1994, the credit union and its foundation have awarded more than 150 scholarships to college-bound seniors. The scholarship program was renamed in 2001 in honor of the late Vince Jacknewitz, who served on the Board of Directors for Together Credit Union, formerly Anheuser-Busch Employees’ Credit Union, from 1984-2001, and as Board Chair from 1995-1996. To date, more than \$200,000 in scholarship dollars have been awarded.

Vince Jacknewitz Scholarship recipients are members of the credit union’s Young Adult Financial Group, a criteria for eligibility, and were selected by a committee of judges. As part of the application process, applicants submitted an information packet, which included a record of academic achievements, letters of recommendation, a list of scholastic and community activities, and a written or video essay.

For more information regarding the Vince Jacknewitz Scholarship Program, please contact Sheila Sova, Community Engagement Associate, by emailing SSova@TogetherCU.org. For more information regarding this release, please contact Julie Linder, Public Relations & Events Strategist, by calling (573) 268-0639.



GCS EMPLOYEES DONATE \$1,100 TO GATEWAY REGIONAL MEDICAL CENTER

Granite City, IL - GCS Credit Union employees joined together to raise \$1,100 in the month of May to benefit Gateway Regional Medical Center.

At GCS Credit Union we focus on giving back to our community and caring for our members. We wanted to say THANK YOU to all essential workers who are providing services that people rely on every day. These individuals have given 110% during the COVID 19 pandemic and deserve to be recognized.

During the month of May, GCS employees made a monetary donation to Gateway Regional Medical Center. This donation helped supply the employee candy cart at Gateway. In addition to our staff donations, GCS provided 20 care packages to local police officers, firefighters and post offices. GCS has also donated bandanas to the hospital staff at our local Memorial Hospital.

There are many times where these essential employees will miss a meal because of their job requirements. Our mission during the COVID 19 pandemic is to lift up our community and help these individuals get through their toughest days. To find out more about GCS Credit Union, visit myGCScu.com.

Holland Construction Rebuilding Portion of Swansea School Demolished Due to Mine Subsidence



Holland Construction Services is working to help the Wolf Branch School District open their middle school building by the fall of 2021 after mine subsidence caused the district to close the building three years ago. The middle school, located at 410 Huntwood Road in Swansea, closed in 2017 after significant settlement caused by the collapse of an abandoned underground coal mine was discovered. The collapse resulted in cracking and buckling of floors and walls inside the building, forcing the school's closure.

Swansea-based Holland Construction has started work on the \$16 million replacement section and interior rehabilitation of the Wolf Branch Middle School. The cost will include construction of a new 44,000 square foot addition, as well as renovations to 18,000 square feet of the original part of the structure that remains.

Project Manager, Brian Dayton, said Holland has extensive experience in school construction projects with unique challenges such as this one. His team has spent the last several months working with the design team on the project and the school district to ensure plans move forward smoothly.

"We try to take a proactive approach to projects like this and early collaboration with the design team and the school district is an essential part of that," said Dayton. "Our approach is to iron out any potential issues upfront before they come up in the field and that helps save our clients' money and gives a more cohesive plan for the project. Our goal is to make this addition/renovation something students and faculty are excited to move into, and something the entire Swansea community can be proud of."

Renovations will happen on the east side of the remaining building and will include new administrative offices, along with band and choir rooms. The new addition will feature a gym and

locker rooms, a multipurpose room that will house the cafeteria and kitchen, a stage, and a media center/library. The new section will include poured, tilt-up concrete walls for the large volume spaces and load-bearing masonry construction for the locker rooms and kitchen area. When complete, the locker rooms will also function as a hardened storm shelter.

"Our board went through an extensive search before selecting Holland for this project and we chose them based on their reputation and experience building schools such as ours," Superintendent Scott Harres said. "It's exciting to see things move forward and we feel very confident in Holland's ability to make this building safe again for our students and staff. The silver lining in all of this is that, with Holland's help, we were able to really think about the needs of our teachers and students and include some modern and functional design features, such as the storm shelter, that will make this a very nice addition when complete."

Harres said the Illinois Department of Natural Resources has completed mine remediation at the site and determined it to be safe for rebuilding. The IDNR will continue monitoring the site as needed in the future.

About Holland
Holland Construction Services is a full-service construction management, general contracting, and design/build firm based in Swansea, Ill., guided by the principle of providing clients the best possible building experience on every project. Holland has been providing quality construction services throughout Illinois and Missouri since 1986, when it was founded by company CEO Bruce Holland.

Holland offers pre-construction, construction and building information modeling services to multi-family, commercial, healthcare, education, recreation, municipal, and industrial clients. The St. Louis Business Journal ranks Holland as a "Best Places to Work" and one of the top 15 contractors in the St. Louis area. For more information, visit Holland's website at www.hollandcs.com.

HSHS ST. ELIZABETH'S HOSPITAL TO HOST BLOOD DRIVE ON JUNE 9



O'Fallon, IL - Giving blood is critical

to ensure an adequate supply to meet patient needs during this Coronavirus (COVID-19) Pandemic and the normal utilization needs of hospitals, in general. HSHS St. Elizabeth's Hospital, in conjunction with Mississippi Valley Regional Blood Center (MVRBC), is hosting a blood drive on Tuesday, June 9 from 11:30 a.m. - 3:30 p.m. in MVRBC's mobile donor bus which will be parked in the hospital's parking lot at 1 St. Elizabeth's Blvd., O'Fallon, IL. All donors MUST make an appointment, no walk-ins. To schedule a donation time, call MVRBC at 866-GIVE-BLD (866-448-3253) or log on to www.bloodcenterimpact.org and use Sponsor Code: 10155. All donors will also be required to wear a mask and present a photo ID.

"In response to the COVID-19 Pandemic, we're taking extra precautions to keep our donors safe and healthy," said Denise Mosley, donor relations consultant for MVRBC. "If you aren't feeling well, have recently been tested for COVID-19, or have been in contact with someone being tested for COVID-19, we ask that you kindly reschedule your appointment for a later date. To reschedule, please call 800-747-5401 or text 999-777 to find out when you will be eligible to give again."

A blood donor can give every eight weeks, or up to six times a year. All person's age 17 and up (or 16 with a signed parental permission form) who weigh at least 110 lbs. and are in general good health meet the basic eligibility requirements for blood donation. A full list of donor eligibility guidelines may be found at <http://www.bloodcenter.org/donate-blood/donating-blood/donor-eligibility.aspx>.

Bring your own coffee!

Speakers: TBA

Want to speak at our upcoming BOB? Email Debbie!
Director@ofallonchamber.com

You must register to attend!

Register in advance for this meeting:
<https://us02web.zoom.us/meeting/register/tZAvCOyhqjwiHdKxUKWq10xlebFKWp54YjFc>

After registering, you will receive a confirmation email containing information about joining the meeting.

JOIN US FOR A VIRTUAL

BUSINESS OVER BREAKFAST

June 26, 2020 | 9:00 a.m.

Our next virtual Business Over Breakfast is June 26 - we are looking for speakers! Want to talk about your business? Email Debbie for more info.

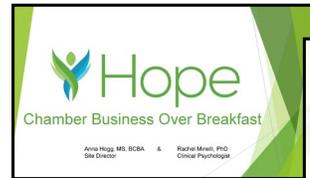
RSVP in advance to attend:



Want to talk about your business at an upcoming BOB? [Email Debbie](#) for more info.



Looking for presentations from our last BOB? Click on each image for the full PDF:



RSVP in advance:



Once you register, you will receive an email with instructions on how to attend.



Join us for a virtual Member Luncheon!
June 17, 2020 | 1:00 p.m.

PUPPY SCAMS AND THE PANDEMIC PLUS MORE FROM THE BBB

Join us as Rebecca Phoenix, Investigations, Media & Research Manager, Better Business Bureau, talks to us about the latest COVID scams.

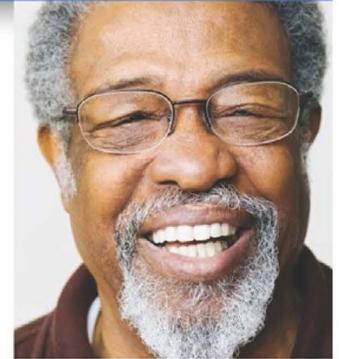
You must Register in advance to attend this event.

https://us02web.zoom.us/meeting/register/tZosd-yhrzssEthY83-P5Niz7onQSHcO_ogz

After registering, you will receive a confirmation email containing information about joining the meeting.

Rebecca Phoenix
BETTER BUSINESS BUREAU

YOU CAN COUNT ON US



**Our community is a safe home for
your loved one.**

Our residents' safety is our NUMBER 1 PRIORITY.

Services provided:

Freshly prepared meals are being delivered individually with a smile

Frequent monitoring of temperatures

Our Community is staffed 24 hours to provide support and peace of mind.

Hallway activities to encourage interaction at a safe distance

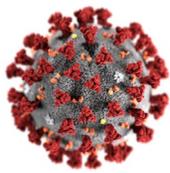
Aid in communication with family members through apps, like Facebook, FaceTime, Skype, Zoom, Teams, and other creative means.

844 Cambridge Blvd., O'Fallon IL

618-624-9900

cambridgehouse-slf.com





COVID-19 INFO AND RESOURCES



St. Clair County has identified relief funds to support small businesses hardest hit by the COVID-19 pandemic, specifically local businesses with a commercial location in the County. Funds are anticipated to be available late June or early July as part of the Coronavirus Aid Relief, and Economic Security (CARES) Act federal stimulus package.

Click on the image for details and for the application.

This money will go fast so if you're applying, do it quickly.

ATTENTION
Small Business Owners
CARES Act Funding Availability

St. Clair County has identified relief funds to support small businesses hardest hit by the COVID-19 pandemic, specifically local businesses with a commercial location in the County. Funds are anticipated to be available late June or early July as part of the Coronavirus Aid Relief, and Economic Security (CARES) Act federal stimulus package

St. Clair County is providing financial support to qualified small businesses (businesses with 25 full time equivalent or fewer employees) that are negatively impacted by the COVID-19 pandemic due to orders to close or limit operations. This program provides a maximum amount of \$15,000 (amounts will vary depending on number of employees), 0%, forgivable loans are being offered to help offset/recover from the significant, temporary loss of revenue to these qualified businesses during this pandemic, and to assist businesses in retaining and paying employees.

Applications may be requested by email or phone at Christina.Anderson@co.st-clair.il.us ; 618-825-3218 or Lisa.Ludwig@co.st-clair.il.us ; 618-825-3211 or may be available for download at <http://www.co.st-clair.il.us/departments/grants/development/Pages/default.aspx>.

Applications are now open for submission until June 19, 2020 at 4:30 PM (CDT), with funds expected to be available in late June/July 2020.

Depending on demand a lottery drawing may be held for all applications submitted June 22, 2020 @ the St. Clair County Intergovernmental Grants Department, 19 Public Square, Belleville, IL 62221. All applicants will be contacted regarding funding selection.

No applications will be considered if received after the above referenced submission date. U.S. Postal service or E-mail submissions are highly preferred at this time due to the effects of COVID-19, though alternative options are available. All applications, regardless of submission type, must be received by the deadline to be considered. Incomplete applications will not be considered. St. Clair County reserves the right to reject any application submitted.

Required Posting for Businesses

COVID-19
Workplace Health and Safety Guidance for Employers and Staff of Businesses
April 20, 2020

Essential Social Distancing:
Pursuant to Executive Order 2020-32 (Stay at Home Order), your employer must comply to the greatest extent feasible, with social distancing requirements. This means that your employer should:

- Make sure that you or others are at least 6 feet of physical separation between yourself and others around you, including your co-workers and customers.
- Make sure you are wearing a face mask.
- Make sure you are wearing a face mask.
- Provide face coverings to employees, especially when it is not possible to maintain at least 6 feet of space between you and another person.
- Provide handwashing stations with soap, clean water, and single use paper towels and encourage frequent handwashing for 20 seconds or longer.
- Provide hand sanitizer (with at least 60% alcohol) & wetting products for employees and customers.
- Regularly clean high touch surfaces including door knobs, light switches, shared equipment, table handles, etc. floors, and desk to desk areas.

Do Not Work if You Are Sick
You should not report to work if you are experiencing symptoms of Coronavirus Disease (COVID-19), including fever (100.4° or above), cough, shortness of breath, sore throat, chest tightness, extreme fatigue, loss of sense of taste or smell, diarrhea, muscle aches, or headache.

If you are experiencing any of these symptoms, stay home and call your doctor.

What You Can Do to Help Lower Concern About Social Distancing in Your Workplace
If you have concerns that your employer is not following the safe social distancing or that it is not maintaining a safe and sanitary work environment to minimize the risk of spread of COVID-19, please contact the Workplace Rights Bureau of the Illinois Attorney General's Office at 844-760-0200 or ag@illinois.gov.

If you believe that two or more employees at your workplace have COVID-19, please notify your local public health department. A list of local health departments can be found here: <https://www.illinois.gov/health/health-departments>.

Pursuant to Section 2302 of the Whistleblower Protection Act, 740 ILCS 174, businesses are prohibited from retaliating against an employee for disclosing information when the employee has reasonable cause to believe that the information discloses a violation of a state or federal law, rule, or regulation.

For more information about COVID-19, including ways to protect yourself and others, visit the Illinois Department of Public Health's COVID-19 website: <https://www.idph.state.il.us/covid-19>

Pursuant to Section 1-5 of the Governor's Executive Order 2020-32 "All businesses that have employees physically reporting to a work-site must post the guidance from the Illinois Department of Public Health (IDPH) and Office of the Illinois Attorney General regarding workplace safety during the COVID-19 emergency."

Download a customizable flyer for your workplace to show your clients and customers the steps you have taken to accommodate COVID-19 safety precautions.

YOUR HEALTH IS OUR #1 PRIORITY

Here are the actions we are taking

If you have any questions, you can reach us at

PPP Loan Forgiveness: A Step-By-Step Video Explanation

The U.S. Chamber released a new video which provides a step-by-step explanation of the Payment Protection Program (PPP) loan forgiveness process. In the video, U.S. Chamber executive vice president and chief policy officer Neil Bradley walks you through the essential steps of the loan forgiveness process, including calculations and repayment terms. We hope that the guidance shared in this video serves as a helpful resource for you and your members.

U.S. CHAMBER OF COMMERCE

NAVIGATING THE
PPP LOAN FORGIVENESS PROCESS

Neil Bradley
Executive Vice President and Chief Policy Officer
U.S. Chamber of Commerce

THANK YOU TO OUR PRESENTING PARTNER

Ameren IL Resources and Assistance



As part of the company's COVID-19 Economic Hardship Recovery Program, Ameren Illinois informed is accepting applications from small businesses that are having difficulty paying their energy bills. Now through June 30, qualifying customers can apply for a one-time grant, up to \$500, to be applied to their Ameren Illinois electric account.

Grants will be awarded on a first-come, first-served basis until funds are depleted, or at the company's discretion. Here is the general criteria:

- Small Business:
- 50 or less full-time employees
- Independently owned and operated
- Principal office is in Illinois
- Active Ameren Illinois electric customer
- Experiencing hardship due to COVID-19 pandemic

Here is a link to the Ameren Illinois [payment assistance page](#) where you can access the business hardship application. Please encourage member businesses of your organization to explore this opportunity.

Ameren Illinois also announced several new energy efficiency offerings to help small businesses and non-profits to reduce their energy usage and save money. Eligible customers can receive a free lighting assessment, free smart thermostat, and a free energy analysis tool. Call 866.800.0747 or visit AmerenIllinoisSavings.com/Recovery.

Federal Reserve is offering a Main Street Lending Program

The program is designed to help credit flow to medium-sized and small businesses that were in good financial condition, but now need loans to help until they have recovered from, or adapted to, the impacts of the pandemic.

Loans originated under the program have several features that will help businesses facing challenges. The program offers 4-year loans, with floating rates, and principal and interest payments deferred during the first year to assist businesses facing temporary cash flow interruptions.

The loans range in size from \$500,000 to \$200 million – a wide range that may support a broad set of employers. Here's a recorded webinar link and slides you can share with your members. There will be a question and answer session June 3.

FEDERAL RESERVE SYSTEM

Main Street Lending Program

May 26, 2020

Business loans to help eligible medium-sized and small companies through the COVID-19 pandemic

What it is
 The program is designed to help credit flow to medium-sized and small businesses that were in good financial condition, but now need loans to help until they have recovered from, or adapted to, the impacts of the pandemic.

Loans originated under the program have several features that will help businesses facing challenges. The program offers 4-year loans, with floating rates, and principal and interest payments deferred during the first year to assist businesses facing temporary cash flow interruptions.

The loans range in size from \$500,000 to \$200 million – a wide range that may support a broad set of employers.

What it isn't
 Main Street loans are not grants and cannot be forgiven. The loans are underwritten and approved by eligible lenders.

How it works
 Interested businesses will work with an eligible lender to determine if they meet the program requirements, which are available online, as well as the lender's own underwriting standards. The lender will determine whether a business is approved for a loan.

The Fed will participate in the lending by purchasing an 85 percent or 95 percent interest in the loan, depending on the facility. To assist a broad range of borrowers, the program will offer three different loan types, each with somewhat different characteristics.

	New Loan Facility	Priority Loan Facility	Expanded Loan Facility
Loan Term	4 years		
Principal Payments, Year 1	None (principal and interest deferred one year)		
Interest Rate	Adjustable rate of LIBOR (1 or 3 mo.) plus 300 basis points.		
Loan Size	\$500,000 to \$25 million	\$500,000 to \$25 million	\$10 million to \$200 million
Maximum Combined Debt to Adjusted 2019 EBITDA	4 times	6 times	6 times
Principal Payments, Years 2 to 4	33.3%, 33.3%, 33.3%	15%, 15%, 70%	15%, 15%, 70%
Lender Stake	5%	15%	5%
Fed Stake	95%	85%	95%
Prepayment Allowed	Yes, without penalty		
Business Size Limits	15,000 employees or fewer, or 2019 revenues of \$5 billion or less		
Fees	Origination and transaction fees may apply		

bostonfed.org/mslp

BUSINESS TRACK



Make Mornings Awesome

Adapted from the article: [The Simple Habits That Make You Feel Invincible](https://affordanything.com/success-habits)
<https://affordanything.com/success-habits>, written By Paula Pant

How many days have you felt like this? You toss and turn all night. Wake up groggy. Curse at the alarm.

You stumble through a morning fog. You're drowsy, even after two cups of coffee. You stare at the computer screen feeling overwhelmed and unfocused. You get sucked into Email Hell. You spend the rest of the day bouncing between interruptions and distractions.

You finish the day knowing you've accomplished nothing.

You're frustrated. You want to accomplish so much. Launch a business. Travel. You have a vision for your life. But days, weeks, months tick by without progress. You've chastised yourself to "work harder." You've given yourself pep talks. And yet ... yet ... you can't break the cycle.

Sound familiar? Let's fix it.

First, let's identify a few common problems:

You're sleep-deprived. You're not exercising. You eat junk.

Your mornings suck. Afternoons are worse. You bounce from task-to-task. By evening you're exhausted, but you're not sure how you spent your day. *"Okay, okay, stop making me feel bad. What's the solution?"* You hold the answer.

You've developed habits — hundreds of habits, which you repeat daily. You brush your teeth, tie your shoelaces and wear clean underwear out of sheer habit. You don't give yourself pep talks.

If you want to move closer to your goals, forget motivation. Forget willpower. Focus on building strong habits. Here are 6 ways that I energize my morning:

#1: Drink a Pint of Water

Your body dehydrates while you sleep. (Do you pee yellow in the morning?) As a result, you're less focused in the morning.

I drink a pint of water (16 oz.) the moment I wake up. I'll squeeze a lemon into the water (this helps) for an extra kick.

I turned this into a habit by associating it with an existing habit. You could do the same. Find a trigger; an action you perform every morning. Here are a few choices:

- Before you brush your teeth
- Before your morning coffee
- Before you wear shoes

Immediately follow one habit with the other. Your mind will bundle these together as the same action.

#2: Eat Protein

Eat protein and complex carbs when you wake up, even if you're not hungry. My favorite is two eggs, hard-boiled or over easy, with a small bowl of lentils or beans.

How do you start this habit? If you eat breakfast, the action is ingrained. Change only the food (if needed); don't change the routine.

If you don't eat breakfast yet, find a trigger. Do you brew coffee? This is your 'anchor.' Drop your new habit into this spot. Start with food that requires almost-no prep or cleanup. The easier, the better.

#5: Maintain the Chain

Tie these habits together, so every action leads to the next. For example:

Use toilet > brush teeth > drink water > meditate > stretch > exercise > shower > dress > brew coffee while making breakfast.

This is a chain. Every action triggers the next one. If you maintain the chain for 3-4 weeks, these actions convert into habits. Your job is to protect the chain.

Which leads to the next tip ...

#3: Exercise for Two Minutes

I spent years telling myself I "didn't have time" to exercise in the morning. Then I discovered this routine:

Stretch for one minute. I mean this literally. Set the timer on your phone for 60 seconds. When the timer finishes, try jumping jacks, burpees, or planking for one minute. Total time commitment: two minutes.

What's the point? You'll feel better (even after two minutes). More importantly, you're building a habit. Two minutes can later extend to four minutes, which becomes eight. Nice job.

#4: Focus on Marginal Gains

Add other steps into this morning chain, such as journaling, reading, or practicing a foreign language. Just start small.

If you launch with an ambitious 20-minute goal, you'll quit at the first inconvenience — before habit-formation. Instead, create marginal gains. If you don't meditate yet, start with one to two minutes. You can't scale unless you've cemented the habit first.

#6: Build a Playlist

Listen to the same playlist every morning. You'll start associating sounds with actions.

You brush your teeth when the music starts. You drink water at the chorus. You start stretching at this particular verse.

Your morning playlist turns into a series of triggers. When you hear this sound, you take this action.

As a bonus, the music sets the pace. You won't need to check the clock.

Time is Your Most Limited Asset

As I've mentioned in other articles, time is your most valuable asset. You can't earn more; you can only spend wisely. Developing strong habits can save hours — or days — of otherwise squandered time.

You can wake up well-rested and hydrated. Enjoy your morning. Dive into work with enthusiasm. Maintain focus. Smile more. And fall asleep knowing you're one step closer to a better life.

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Kevin Botterbush
Botterbush & Associates



RASI Office
*1124 Hartman Ln. Ste. 120
Shiloh, IL 62221*



Registration Deadlines	Cost
Until One Week Before	\$565
One Week Before	\$575
Day of Class	\$600



75 Hour Course
Classroom or Online Setting
depending on IDFPR guidance



Saturdays June 6th - August 22nd
No class on July 4th



Check-in: 8:30 am
Class: 9:00 am - 4:30 pm

REGISTRATION

✉ Education@myRASI.com 🌐 www.myRASI.com ☎ (618) 277-1980 📍 1124 Hartman Ln., Ste. 120, Shiloh, IL 62221

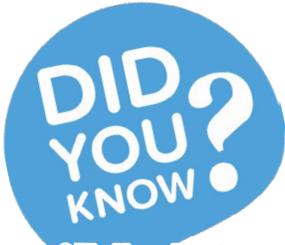
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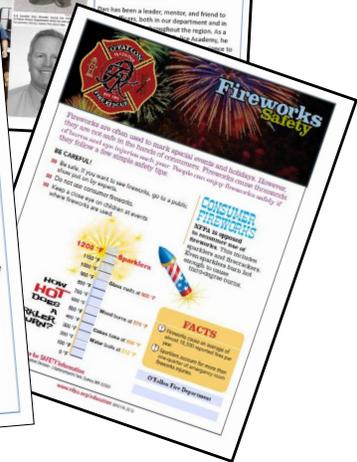
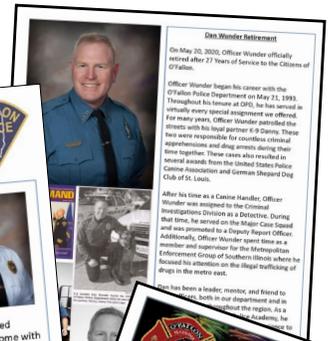
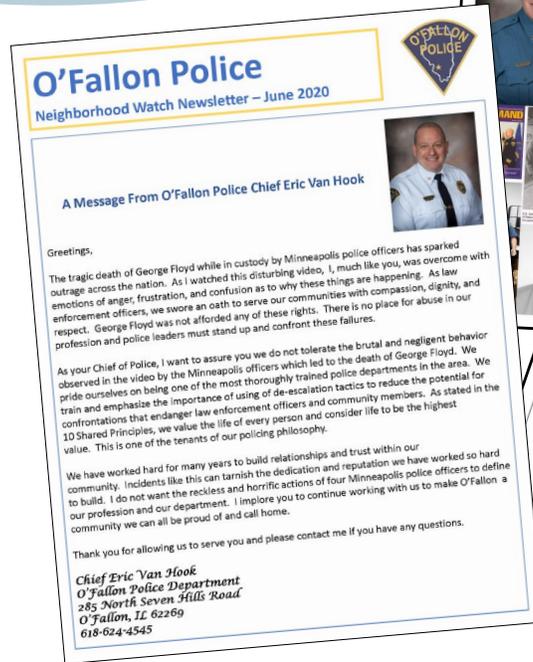
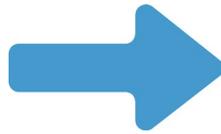
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The O'Fallon Police Department puts out a monthly newsletter with great community information.

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



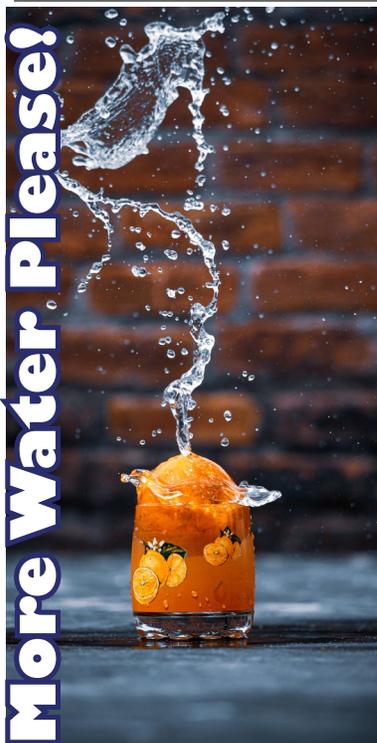
Working Together

to Keep Our Community Safe

As we work together to reduce the spread of COVID-19, we are all facing new challenges with work, school, and our social lives, while trying to stay healthy both physically and mentally. The Memorial Network is always here to meet your healthcare needs. We are all doing our part to look out for one another and strengthen our community during trying times. [Stay safe!](#)

mymemorialnetwork.com

HEALTH & WELLNESS



During the summer months it can be difficult to keep hydrated. Most Americans do not drink the recommended amount of water each day. The amount of water one should drink varies from person to person. A good "Rule of Thumb" for how much water we should drink is: Take your body weight and divide it by 2. This is the minimum number of ounces of water you should drink in a day. If you are sick, working outside in extreme temperatures, working at high altitudes, exercising or over exerting yourself that required amount will increase.

I know that it seems like a lot of water to drink and you will feel like you are sloshing when you walk. It does take some time to train your body to be able to drink this amount of water each day, but your body will love you for it. Your body is composed mostly of water and water is important for digestion, absorption of nutrients, circulation, the creation of saliva, and maintenance of body temperature, wash out toxins, and keep us from over eating just to name a few.

So how can we drink more water? Try a few of these tricks:

1. Have a glass of water as soon as you get up in the morning.
2. Replace some of your coffee, tea or soda breaks with water.
3. Carry a water bottle in your car and drink at stoplights.
4. Have a water bottle at your desk and sip water frequently throughout the day.

Cannot stand the lack of taste of water? You can flavor your water many kinds of fruit or herbs. Be careful not to purchase the sugary drinks from the store or vending machine. We are looking for pure water without colors, preservatives, sugar or saccharine. Think about adding your own natural flavors at home such as:

- Fruit: Whatever kind you like except bananas. Citrus fruit and berries are very popular. I also like pineapple, mango or melon.
- Vegetables: Cucumber is excellent with fresh strawberries. The cucumber adds a fresh clean flavor to the water.
- Herbs: Some people like to add peppermint, spearmint or rosemary to their water. With or without fruit herbs can be a nice change of pace.

Experiment with different combinations and flavors. You are sure to find something you will enjoy.

Here comes the Sun!

Everyone looks forward to the warmer weather and activities to enjoy outside. Remember to protect yourself from too much sun exposure which can lead to skin cancer. Helpful tips:

- Avoid going out in the sun between the hours of 10am to 2pm when the rays are strongest.
- Wear sunscreen. Don't forget the tops of your ears and tops of your feet.
- Wear a hat or carry an umbrella to shade yourself.
- Check yourself for any unusual moles or skin blemishes. If you have any doubts, see your physician.

This month's Health and Wellness article and tip provided by:



Shelly A. Severns, DC
Severns Family Chiropractic
(618) 624-3600

Dr. Shelly Severns is the Chiropractic physician for Severns Family Chiropractic located at 635 West Highway 50, near Walgreen's, in O'Fallon. Severns Family Chiropractic offers adjustments on adults, infants and children, as well as women during pregnancy. Dr. Severns can help you with more than just headache, neck or back pain. She also addresses the pain associated with TMJ and plantar fasciitis to name a few. The office offers a variety of physical therapies including massage, e-stim, flexion/distraction, as well as Auriculotherapy for smoking cessation, diet and nutrition counseling along with whole food nutritional supplements.

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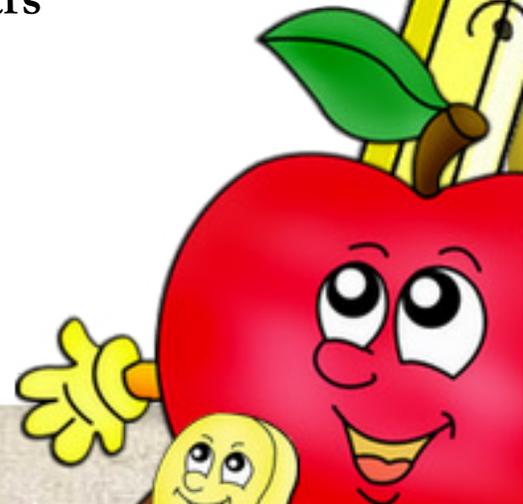
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MONTHLY CALENDAR

JUNE 2020

Most June events have been cancelled. Most committee meetings will be held virtually. We will host a virtual Member Luncheon on June 17 and virtual BOB on June 26th. Please check our [online calendar](#) to confirm, and watch E-news for updates on virtual events.

				Thursday	Friday	Saturday
			3	4	5	6
				11	12	13
	15	16	<u>Member Luncheon</u>	17	18	19
21	22	23	24	25	<u>Business Over Breakfast</u>	26
28	29	30				

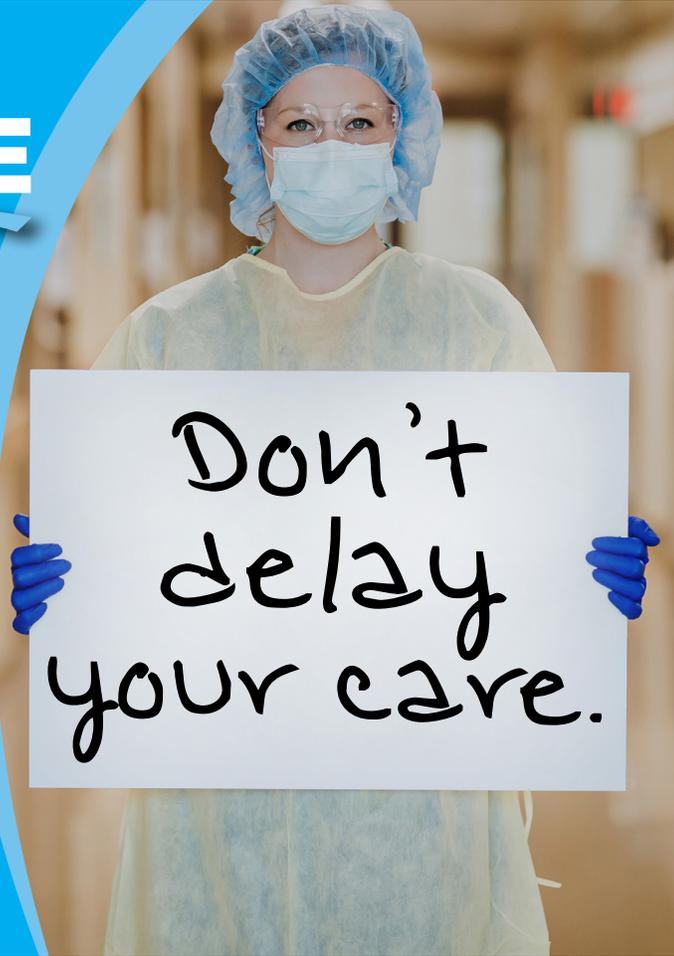
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