

# WOMEN'S NETWORK

A DIVISION OF THE COLUMBIA CHAMBER OF COMMERCE

# News from Women's Network

## In this Issue

- Page 2 Letter from the President  
Help Wanted
- Page 3 Member Profile  
New Member List  
Milestones
- Page 4 Health Corner  
Scholarship Applications  
Due
- Page 5 Tech Corner  
Must Read
- Page 6 Calendar  
Announcements



ATHENA  
Banquet Sponsor



16<sup>TH</sup> ANNUAL



ATHENA  
Awards Sponsor



JES HOLDINGS, LLC

Women's Network is proud to present the 16th Annual ATHENA Awards on **Thursday, April 22** at the University Club.

Join us as we roll out the red carpet and honor the 2010 ATHENA Award and ATHENA Young Professional Award recipients. Cocktails start at 5 p.m., with program and dinner to begin at 6 p.m. Cost is \$28. Save \$3 by registering online at [www.ColumbiaMOChamber.com](http://www.ColumbiaMOChamber.com).

Mark your calendars for a very special event on April 19. Join us at the Columbia Chamber of Commerce for Meet-and-Greet at 4:30 p.m. Light refreshments will be provided and a ribbon cutting will be preformed. This is a free event honoring our amazing nominees!

Presenting Sponsor: **Joe Machens Automotive Group**

ATHENA Awards Sponsor: **JES Holdings, Inc.**

Gold Sponsors: **Buchroeder's Jewelers and Pure**

Silver Sponsors: **Delta Systems Group and RE/MAX Boone Realty - Mendenhall, Elizabeth**

Location Sponsor: **The University Club**

Video Production Sponsor: **KOMU 8**

Entertainment Sponsor: **One Way Production Company**

Flower Sponsor: **Ambrosia Custom Floral Design & Gift**

### Roses for Mentors:

Almost all of us have someone in our life that has helped us get to where we are professionally and personally. For only \$5, you can send a rose with a personal note a special friend or mentor. Roses will be delivered on Tuesday, April 20 as part of ATHENA week. Donation forms are available at [www.ColumbiaMOChamber.com](http://www.ColumbiaMOChamber.com). Please submit your form on or before April 9.

**Steering Officers**

Kelley Marchbanks  
President  
College of Veterinary Medicine

Jennifer Thoma  
President-Elect  
Boone County National Bank

Sherry Waddill  
Past-President  
Boone County National Bank

Chris Steuber  
Secretary  
Landmark Bank

Izzy Leatherman  
Treasurer  
Boone County National Bank

**Steering Committee**

*2007-2010 Term*

Virna Camacho  
Valorie Livingston  
Chris Steuber  
Michelle Schawo  
Jennifer Thoma

*2008-2011 Term*

Cara Christianson  
Kate Grant  
Izzy Leatherman  
Kelley Marchbanks  
Michelle Mountjoy

*2009-2012 Term*

Kerrie Bloss  
Heather Hargrove  
Melanie Karrick  
Kylene Richardson

**Committee Co-Chairs**

*Business Leaders Forum*  
Angela Holloway  
Amy McNulty

*Changing the Odds*  
Michelle Spry  
Barb King

*Membership Development*  
Shelly DeVore  
Elisha Koenig

*Marketing & Communications*  
Laura Harris  
Kate Stull

*Monthly Program*  
Stephanie Rosskopf  
Jessica Macy

*Special Events*  
Marissa Todd  
Amanda Burfield

*Budget and Finance*  
Izzy Leatherman  
Michelle Mountjoy

# Letter from Women's Network President

## Time for a Great Adventure



Those who know me well, know that I have always lived by the philosophy of never passing up an opportunity unless I have already experienced it and know I don't wish to do so again (or, of course, if it is illegal or dangerous). If you happen to live by the same philosophy that I do, consider applying for a leadership position though Women's Network as your next adventure!

Enclosed you will find the application form for those interested in taking a leadership role within Women's Network. Besides Liz, our fabulous director, the organization is completely volunteer driven. I hope that you have had a chance to get involved with one or more of our very active committees. Each committee is seeking new

leaders for the 2010/2011 program year. Although each committee is different, most simply require a passion for their purpose whether that is helping other women transition back into the workforce, getting the word out about all of our great events and programs, or helping organize those events – just to name a few.

We are also taking applications for Steering Committee members. This is a great opportunity to learn more about the organization as a whole and is a great place to continue your leadership in Women's Network and the Columbia Chamber of Commerce. I would encourage you to take a look at applying for a position in Women's Network. However, if you are unable to take a formal leadership role this year, I would like to invite you to find a committee where you can get involved. Each committee is always looking for new members.

I can assure you that taking a leadership role is not illegal or too terribly dangerous! It will, however, be a great adventure. Knowing how busy our members are, I would say I am not the only one who takes on each new opportunity! That being the case, I look forward to another amazing leadership team next year. If you have questions about any of the leadership roles, applying for a position or any of my crazy personal philosophies upon which I live my life; please don't hesitate to let me know.

Sincerely,

Kelley Rohlfling Marchbanks

## Help Wanted!



Are you a graphic designer or photographer? The Women's Network Marketing and Communications committee needs help producing the monthly newsletter, creating other publications and/or taking photos.

We also need writers to submit articles for the Must Read. So, if you're an avid book reader, this is your chance to share your favorites with Women's Network members.

If you're interested in pitching with your creative talents, please email [laura@bigfish-creative.com](mailto:laura@bigfish-creative.com).

## Member Profile

by *Connie McClellan, Winter-Dent & Company*

**Who:** Christine White

**Title:** Director, Lutheran Family and Children's Services



Before accepting the position of director of Lutheran Family and Children's Services in 2003, Christine White worked for the Division of Family Services for 12 years in the area of foster care and adoption. During that time, she completed her master's degree in social work from the University of Missouri and then became a licensed clinical social worker in 1997. In

her community, Christine has served on the board of the Central Missouri Dream Factory, as an advisor to Kappa Kappa Gamma and was most recently the president of the Downtown Optimist Club.

Christine loves her job at LFCS primarily because "no day is ever the same and each day comes with its own challenges and rewards." She said, "I work with an amazing group of professionals, and I realize how precious it is to have a truly committed, compassionate and accomplished group of women with whom to work." In her job, Christine has the privilege of working in the adoption field and assisting couples in making their dreams of parenting a reality.

Christine lives in Columbia with her two sons, Alex, 16 and Collin, 14, and is engaged to be married New Year's Eve 2010. She doesn't have a lot of free time, but is managing to train for a half marathon in April. She also loves reading and going to the movies.

## This Month's Member Milestones

*Share your news with fellow members*

- **Nancy Allison**, agent with Shelter Insurance Companies was named, 2009 East Missouri District 3 Agent of the Year.
- **Karen Cornell**, Boone County Bank, has been promoted to Assistant Vice President, Credit Administration
- **Stephanie Hill** welcomed a new baby boy, Cameron Maxwell.
- **Shatenita Horton**, Boone County National Bank, is now manager of the Village and Lake of the Woods branches.
- **Elizabeth Leatherman**, human resources officer with Boone County National Bank, has been named an officer.
- **Jennifer Thoma**, Boone County Bank, has been promoted to Assistant Vice President, Compliance Officer.

Email your submission (or one for a friend) to [laura@bigfish-creative.com](mailto:laura@bigfish-creative.com) by the fifth of every month.

**WELCOME, NEW MEMBERS!**

### Jennie Haley

Stoney Creek Inn & Conference Center  
2601 S Providence Rd | Columbia MO 65203-3560  
(573) 442-6400 | [jennie.haley@stoneycreekinn.com](mailto:jennie.haley@stoneycreekinn.com)

### Aimee Hartley

Hospice Compassus  
3050 I-70 Dr SE Ste 100 | Columbia, MO 65201-6673  
(573) 556-3547 | [aimee.fox@hospicecom.com](mailto:aimee.fox@hospicecom.com)

### Angie Huhman

Zimmer Radio Group  
3215 Lemone Industrial Blvd Ste 200 | Columbia MO 65201  
(573) 489-1984 | [ahuhman@zrgmail.com](mailto:ahuhman@zrgmail.com)

### Darla Klebba

Schriever's Office Equipment, Inc.  
215 Metro Dr • PO Box 145 | Jefferson City MO 65102-0145  
(800) 917-7412 | [darla@schrieversoffice.com](mailto:darla@schrieversoffice.com)

### Carla Leible

Zimmer Radio Group  
3215 Lemone Industrial Blvd Ste 200 | Columbia MO 65201  
(573) 875-1099 | [cleible@zrgmail.com](mailto:cleible@zrgmail.com)

### June Pitchford

Boone County  
801 E Walnut St | Columbia MO 65201-7732  
(573) 886-4278 | [jpitchford@boonecountymmo.org](mailto:jpitchford@boonecountymmo.org)

### Kate Smart

Columbia Woman - Smart Media, LLC  
2000 E Broadway | Columbia MO 65201-6009  
(573) 220-8377 | [columbiawoman@gmail.com](mailto:columbiawoman@gmail.com)

### Jessica Thompson, ROEP, PC

3700 I-70 Dr SE Ste 106 | Columbia MO 65201-6515  
(573) 256-7637 | [jthompson@roep.org](mailto:jthompson@roep.org)

### Lisa Trent

Empire Roller Rink, LLC  
1305 Business Loop 70 E | Columbia MO 65201-4609  
(573) 443-7375 | [lisa@empirerollerrink.com](mailto:lisa@empirerollerrink.com)

### Jon Trigg

Studio Home  
109 E Walnut St | Columbia MO 65203-4164  
(573) 445-4122 | [jon@studiohomeinteriors.com](mailto:jon@studiohomeinteriors.com)

### Lynn Wobig

Wobig Insurance Group  
111 E Broadway Ste 120 | Columbia MO 65203-4208  
(573) 874-1970 | [lynnwobig@allstate.com](mailto:lynnwobig@allstate.com)

### Bondi Wood

Wood Writing & Consulting  
1810 Santa Fe Pl | Columbia MO 65201-1935  
(573) 474-0226 | [bondiw@aol.com](mailto:bondiw@aol.com)

## DON'T FORGET

*Member profiles are selected at random at Women's Network monthly luncheons. Make sure you drop off your card at the registration table for a chance to be featured.*

## Cholesterol 101

The word “cholesterol” seems to be a normal part of our vocabulary because so many people have too much of it. And if we don’t have too much coursing through our veins, we know of a few not-so-heart-healthy foods to remedy that.

You might be asking yourself, “Why do I care? That pill I take every night keeps things under control according to my doctor.” But, did you know:

- Roughly two-thirds of the cholesterol in your body is made by your body?
- Some cholesterol you actually want more of?
- Even if you have high cholesterol genetically, there are things you can do to help?

### Lesson 1: What is cholesterol?

Cholesterol is a type of lipid, or fat that we need for a variety of jobs in our body – from making hormones to helping us digest other types of fat. There are multiple subgroups of cholesterol, but the two that tell us our overall heart-health are HDL and LDL.

LDL is  LOUSY

LDL, or “Lousy” cholesterol sticks more lipids on your artery walls. HDL, on the other hand, is “Healthy” because it takes the garbage out of your arteries and brings it to your liver to be used elsewhere or excreted.

The more HDL we have, the fewer LDL we have. Good cholesterol levels will show an LDL of less than 100 mg/dL, and HDL above 60 mg/dL. Your total cholesterol should stay below 200 mg/dL.

HEALTHY  
HDL is 

### Lesson 2: Now what?

If your cholesterol levels are a bit off-kilter, there are definitely some things you can do before trying medication:

1. If you’re overweight, lose some. We’re talking about a reasonable 5 to 10 percent of your current body weight.
2. Exercise! Exercise will help boost your HDL level, and push LDL levels (and your total cholesterol) down.
3. Eat your veggies. There is no miracle veggie that will lower your LDL levels, but diets higher in plant foods (fruits, veggies, beans and nuts) and lower in animal foods (meat, dairy, eggs) are correlated with lower levels, but you don’t need to become vegan to help. Simply filling half your plate with veggies at lunch and dinner, considering a “meatless Monday” routine, and replacing refined grains with whole grains will help.

### Lesson 3: But you can’t win against genetics!

No, but you can make the fight a little more even. Our liver plays a big roll, making an average of two-thirds of our cholesterol. If we were born with an overactive liver, we could have abnormally high cholesterol levels. However, the lifestyle changes we make can still positively impact our blood levels even if they don’t bring them all the way down to ideal levels. This means possibly postponing medication, using lower doses or sticking to “natural,” remedies like doctor-recommended doses of the vitamin niacin.

A few simple lifestyle changes, and you’ll understand the benefits, such as decreased risk for:

- Type Two Diabetes
- Heart disease
- Certain cancers
- Osteoporosis

If anything, you’re likely to live a longer life with better quality and fewer health costs. Start a conversation with your doctor or a Registered Dietitian about the combination of lifestyle and pharmacological steps towards cholesterol control.

Congratulations, you graduated! Your heart thanks you for it.

## Apply now for scholarships

### Carrie D. Francke Scholarship

Each year, Women’s Network provides a \$1,000 scholarship in memory of Carrie D. Francke. Carrie was ambitious, completing a political science degree at MU in three years, followed by earning journalism and law degrees. She served as Senator John Danforth’s press secretary, as an Assistant Attorney General for the State of Missouri, and on the University of Missouri Board of Curators and also served on the Women’s Network Steering Committee. Carrie died in a tragic car accident in 1989 at the age of 34. Women’s Network hopes to honor her memory by giving this scholarship to women in our community going back to school. Applications are due by Friday, April 16 at 5:00 p.m.

### Debin Benish Scholarship

Debin Benish started Delta Systems at a time when women were not encouraged to venture out on their own, not to mention in a technology field. In addition to achieving great success in her company, Debin was actively involved in the Chamber and Women’s Network. She also had a philanthropic heart. To honor Debin’s memory of volunteering and supporting small businesses, the Women’s Network, in conjunction with Delta Systems, would like to select a businesswoman who has achieved great success in her business to receive the annual Debin Benish outstanding Businesswoman Award. The recipient of the award will receive a \$1,000 grant from Women’s Network and Delta Systems. The winner will be announced at the Annual Chamber Meeting in June. Nominations are due Friday, May 7 at 5:00 p.m.

Both applications should be sent to Liz Glockhoff, Director of Women’s Network. E-mail nominations to lglockhoff@ColumbiaMOChamber.com or mail to P.O. Box 1016, Columbia, MO 65205-1016.

# Video & Photo Sharing

(with a little bit of social media thrown in)

by Kate Stull - VANGEL

There are a lot of online websites that can help you upload your priceless videos and pictures to share them with family and friends. Here is a short list of diverse options to consider. Many of these options offer a free basic version of their software, but charge either a monthly or annual fee to upgrade the amount of available storage space.

## Shutterfly – Shutterfly.com

Upload your pictures or video clips in almost any format from your digital camera or camcorder, and post them directly to your personalized Shutterfly Share website. Then send a pre-programmed e-mail to your family and friends with a secure link directly to the album you want to share.

You'll need to:

- Start an account

Your friends and family will need to:

- Start an account

You'll be able to:

- Share your videos and photos on Facebook, Twitter, MySpace and Blogger.

## Flickr – Flickr.com

Flickr is an image and video hosting website and online community. Users can store and share personal photographs publicly or privately, but Flickr is also widely used by bloggers to host images that they embed in blogs and social media.

You'll need to:

- Start a Yahoo! Account

## Showzey – Showzey.com

Showzey is a web app that helps you collect and organize your photographs from various places on the web in once place. It will collect all of your photos along with shared photos from your Gmail mailboxes, Facebook account, Picasa albums, and Flickr albums. You can share photos, copy them between sites, make your own captions, and create RSS feeds.

## Photo Bucket – Photobucket.com

Store up to 5,000 photos and hours of video using Photobucket. You can also browse through Photobucket's huge online library to find the latest photos and videos, and then use their online store to print the ones you want, or add them to shirts, mugs, wall posters, and more.

Friends and family don't need to set up an account to see your stuff unless you choose to make your account private. Just have Photobucket send them an email, IM or mobile message with a link and password to view your private albums.

You'll need to:

- Start an account

You'll be able to:

- Share your videos and photos in one-click on:



# flickr

## Vimeo – Vimeo.com

Vimeo is a site exclusively for videos. This site will accept tons of different file formats and even offers an easy Desktop Uploader. Vimeo also has robust privacy controls so you can choose exactly who views your videos. Unlike YouTube, Vimeo does not allow users to post videos they did not create themselves in order to promote a truly creative online atmosphere.

You'll need to:

- Start an account

You'll be able to:

- Post videos on other sites like Facebook, Twitter, MySpace, Flickr, or Digg.

## The Unthinkable

By Amanda Ripley



by Laura Deneke  
City of Columbia

We Americans don't like to think about it. Even when news of earthquakes in Haiti and Peru is nightly fare, even knowing that most of the U.S. is at significant risk of tornadoes, hurricanes, plane crashes, forest fires, or other disasters, most of us structure our lives around the notion that it won't happen here.

Renowned author and TIME magazine contributor Amanda Ripley took an investigative journey through paralyzing fear into the workings of the brain as it responds to trauma. *The Unthinkable* is worth the read if only for the real stories about panicky crowds, heroic individuals, predictable chaos and calm cooperation.

But Ripley digs much deeper, combining the survivors' stories with fascinating research into how the brain works under extreme duress. Her consistent message: we can arm ourselves with survival reactions, control, and confidence through reason and practice. Practice? Truly! Simple practices like actually paying attention to where and how to exit the airplane or the building. Remembering to breathe under duress. "Making new instincts" through safety drills, like the ones organized by the insistent security guard for Morgan Stanley, eventually empowering 2,687 employees to descend and exit the World Trade Center on the day so many others died.

The title of Ripley's complex work has layered implications. In *The Unthinkable* it turns out that with just a little mindful effort even ordinary folks can learn to override their instinctual fear circuits. From a review in O, the Oprah Magazine: "Facing the truth about the human capacity for risk and disaster turns out to be a lot less scary than staying in the dark."



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**MONTHLY CALENDAR**

**Wednesday, April 7**

Special Events @12:00 p.m. at the Chamber

**Tuesday, April 13**

Membership Development @12:00 p.m.  
at the Chamber

**Wednesday, April 14**

Monthly Program @12:00 p.m. at the Chamber

**Friday, April 16**

Carrie Francke scholarship applications due.

**Friday, April 16**

Registration for ATHENA banquet due

**Monday, April 19**

Ribbon Cutting for ATHENA award recipients.

**Wednesday, April 21**

Changing the Odds @ 8:00 a.m. at the Chamber.

**Thursday, April 28**

Business Leaders Forum @12:00 p.m. at the Chamber

**ATHENA Awards**

**Thursday April 22 at 5:00 p.m.!**

**So You Know...**

The **Business Leaders Forum** will meet on Wednesday, April 28 at noon at the Walton Building and will be hosting guest speaker **Leah Christian, senior information specialist with the Missouri Environmental Assistance Center**. Leah will be offering tips on **how your business can "Go Green" and save money** while creating a better environment for future generations. Lunch will be provided.

Please RSVP to [angela@kerrybramon.com](mailto:angela@kerrybramon.com). All Women's Network members are welcome and encouraged to attend.

Enjoy helping others? Come help Changing The Odds with the April 2010 seminar (on April 24). CTO has remained true to its mission of helping women re-enter the workforce, while offering hope and guidance. The women that attend our programs may be over qualified, under qualified, young, old, or may have been making a large salary and are now facing minimum wage.

Contact Michele Spry at [mspry@midwayelectricinc.com](mailto:mspry@midwayelectricinc.com) or Barb King at [barb@visionworks.com](mailto:barb@visionworks.com) or come to our next committee meeting on April 21, 2010 at the Walton Building from 8:00 – 9:00 am.