



**Small Business Owners Newsletter**  
May 2013

**Small Business Owners Wanted**  
**Suites Available**



**The Building Provides:**

- Free on site Parking
- 24 hour access...7 days a week
- Four blocks from North/South access to Dan Ryan
- Electricity/Heat included in Rent
- On-Site Management Office
- Rent starts at \$500 a Month
- Free use of Conference Room

There are office spaces as small as one room and as large as fifteen rooms. This site is ideal if you are looking to relocate your business or if you are just starting out. Give us a call.

**Feature Business Of The Month:**



Footworks Dance  
400 West 76th Street Suite 400  
Chicago, IL60620  
Phone: 773-723-4728

## Welcome to Footworks Dance Studio Chicago

The place where Modern Dance begins...

**FootWorks Dance Studio** teaches a Modern Dance curriculum that offers a mix of modern, jazz, afrocaribbean and ballet choreography. It is inspired by African American Masters such as Katherine Dunham, Alvin Ailey and Jewell McLaurin.

Students enjoy a fun, family atmosphere and receive personal attention. We are dedicated to provide students fundamental and advanced dance skills that remain true to our art.

[Click here to view the website](#)

I had the pleasure of sitting down with Antonia Bell (director of Footworks Dance Studio of Chicago) to discuss her business and passion for dance. She has run her successful business for nearly 20 years and most of that time she has been located in the Stewart Business Center.

Mrs. Bell feels that dance is relevant to school because it has a historical value, it teaches Math (rhythmic counts) and P.E.(exercise). She understands the importance of the students learning the proper way to dance. She cites that they should also use their body through self esteem and space awareness. The class works on good posture as well as basic dance before moving on to the more difficult skills. The dance program works on contact-release, floor work, fall, recovery and improvisation.

It's important that students come with a positive attitude and parents realize they play a vital role in this process.

Get involved in The Arts...**Call To Arrange For a Free Class 773-723-4728**



### Tips to help you solve problems

- **Save time trying to decide how to handle paperwork** by asking "how do I plan to use this?" instead of "Where should I put this?"
  - **Control worry by distinguishing between stress and pressure.** Stress results from lack of knowledge or confidence. But a healthy dose of pressure sharpens your focus. Improve your skills and attitudes, and you'll turn stress into pressure.
  - **Force yourself to speak** slowly when a stressful situation rattles your employees. Reason: Your speech rate will calm them because they'll think "The boss isn't upset, so why should we be?"
  - **In a meeting** keep naysayers ( those who deflate others ideas) on track by acknowledging their point but also flattering and challenging them. Example: "Okay, that's the downside. But as a perceptive analyst, tell us what you see on the positive side."
- "You can't make a better past, but you can make a better future."**

Source: Manager's Edge

[The South Side gets 150M worth of fiber internet and other tech](#)

Technology projects worth \$150 million will transform nine South Side neighborhoods by 2015 with a data center, a job training center and ultra-high-speed Internet connections. This will bring Chicago's fastest fiber and wireless broadband capacity to 100,000 residents and 11,000 schools, businesses, hospitals and clinics.

[More](#)

Source: Chicago Grid

Register Now While Spots are Still Available  
2013 Changing Life Summer Camp

June 17, 2013 thru. August 17, 2013  
Monday thru. Friday from 9:00a.m. to 4:00 p.m.

click here for more information: [AFFORDABLE SUMMER CAMP FOR YOUTH](#)

**STEWART BUSINESS CENTER**  
400 W. 76TH STREET  
CHICAGO, ILLINOIS 60620

You can reach us at  
[Stewartbusinesscenter.com](http://Stewartbusinesscenter.com)  
For more information contact:  
Terrie Sims or Anita Pope  
773-873-5600.

**Give us a call today!**

[Forward this email](#)



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