

Power Source Research Tool

Organizational Resources

UMW CED

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DEMOGRAPHICS

1. Weldon Cooper Center for Public Service

<http://www.coopercenter.org/>

“Provides objective information, data, research, technical assistance, and practical training to state and local officials, community leaders, and members of the general public.” The site also has links to Maps and Topography of Virginia, Population Estimates, Tax Rates for Virginia's Cities, Counties, and Towns, and VASTAT's statistics in 41 categories. (10.27.2012)

2. Demographics and Workforce Section

<http://www.coopercenter.org/demographics/>

The site provides demographic statistics, analysis of trends, and the official population of Virginia. (10.27.2012)

3. Data Place

<http://www.dataplace.org/>

Free source of demographic information, including income and poverty rates and housing statistics. Also includes maps. (10.27.2012)

4. Virginia Statistical Abstract

<http://www.coopercenter.org/econ/VASTAT/>

A great web directory resource. It contains hundreds of links to over 40 topics concerning Virginia and the United States. Topics include agriculture, banking, communications, commuting, crime, defense, demographics, e-commerce, earnings, and more. (10.27.2012)

5. Federal Reserve Bank of Richmond

http://www.richmondfed.org/research/regional_economy/

Economic profiles for Virginia in the variables of population, employment, output, manufacturing, real estate, banking, foreign trade, and Commonwealth government finances. (10.27.2012)

6. FedStats Virginia MapStats

<http://www.fedstats.gov/qf/states/51000.html>

Demographic profiles for the Commonwealth and Virginia counties and cities. (10.27.2012)

7. FedStats Virginia Data Sets

<http://www.fedstats.gov>

Agriculture, population and demographics, health, labor force, business and banking, crime, education, energy and environment, personal income and earnings, and general profile from the *Statistical Abstract of the United States*. Also provides links to statistical agencies. (10.27.2012)

8. County Business Patterns

<http://censtats.census.gov/cbpnaic/cbpnaic.shtml>

Provides data on the total number of business establishments, employment, and payroll information by county, zip code, and metropolitan and micropolitan areas for all fifty states and the District of Columbia. (10.27.2012)

9. StateMaster

<http://www.statemaster.com/index.php>

Statistical database that provides comparative data for each state on a wide variety on topics, including economy, education, immigration, industry, lifestyle, and transportation. (10.27.2012)

10. Melissadata

<http://www.melissadata.com/Lookups/index.htm>

Provides statistical data by city, county, or zip code. Find information on demographics, average income, number of households, and number of businesses by type for a given locality. Demographic data is from 2000. (10.27.2012)

11. epodunk.com

http://www.epodunk.com/profiles/va_a.html

Don't be deterred by the name; ePodunk provides in-depth economic, business and demographic information drawn from government, non-profit, and commercial sources. (10.20.2010)

12. Home Town Locator: Community Profiles

<http://www.hometownlocator.com/>

HTL profiles include census, demographic and income data, parks, schools, libraries, hospitals, airports, hotels, environmental conditions, weather, local newspapers, media outlets, employment, maps, coordinates and aerial photos. (10.27.2012)

13. Virginia Economic Development Partnership (VEDP)

<http://www.yesVirginia.org/>

The Virginia General Assembly created the VEDP to provide information to businesses or individuals seeking to locate or to start a business in Virginia. (10.27.2012)

14. County Business Patterns 2002

<http://www.census.gov/econ/cbp/index.html>

The site provides economic data by industry; the County Business Pattern and the Metro Business Patterns databases include the number of establishments, mid-month employment, first quarter and annual payroll, and the number of establishments by nine employment-size classes by detailed industry for all counties in the United States, the District of Columbia, and for all Metropolitan Statistical Areas. The ZIP Code Business Patterns database includes number of establishments, employment and payroll for more than 40,000 ZIP Code areas nationwide. (10.27.2012)

15. Business QuickFacts

<http://quickfacts.census.gov/qfd/states/51000.html>

The most frequently requested Census Bureau information at the national, state and county level. The data about people, business, and geography are tabulated down to the county level. (10.27.2012)

16. The Small Business Economy 2009

http://www.sba.gov/advo/research/sb_econ2009.pdf

The report outlines the state of small business and its contributions to the economy while examining the role small business plays in the economy. The report focuses on economic trends and indicators, regulatory issues at the federal, state, and local levels, innovation and technology transfer, as well as federal government procurement and small business financing data. (10.27.012)

17. Black Enterprise.com: BEs 100s 2012

<http://www.blackenterprise.com/lists/be-100s-2012/>

The BE 100s make up the largest black-owned businesses in the nation. Virginia companies include:

Auto: BMW of Sterling, Infiniti of Chantilly, Universal Ford Sales Inc. (Glen Allen)

Industrial Service: Intelligent Decisions Inc. (Ashburn), Thompson Hospitality

(Herndon) Brooks Food Group (Bedford) SENTEL Corporation (Alexandria)

SoBran (Fairfax) Metters Industries (McLean) Advanced Systems Development

(Arlington) InScope International (Reston) Networking Technologies and Support

Inc. (Midlothian). (10.27.2012)

18. National Association of Homebuilders

<http://www.nahb.org/>

Trade association for the home construction industry. Resources include economic and housing data such as new home starts, home sales and prices, and information on financial and mortgage markets. (10.27.2012)

19. National Institute for Labor Relations Research: The Standard of Living in Right- to-Work States

<http://www.nilrr.org/node/27>

The research seeks to answer the question “*whether employees are better off in forced unionism states*” or in one of the twenty-two states like Virginia with Right to Work laws where employees are not required to financially support a union with bargaining privileges at their work place to keep their jobs. Virginia Standard Metropolitan Statistical Areas (SMSA) cited in the report include: Charlottesville, Danville, Lynchburg, Richmond-Petersburg, and Roanoke. (10.27.2012)

20. City Data

www.city-data.com

“We've collected and analyzed data from numerous sources to create as complete and interesting profiles of all U.S. cities as we could.” (10.27.2012)

FRANCHISE INFORMATION

1. Franchise Solutions

http://www.franchisesolutions.com/index.cfm?fa=pif&src=adknowledge_pif

Franchise search tool. Browse by industry or investment level. Allows you to view information on companies you are interested in and to request additional information. (10.27.2012)

2. Franchise Information

<http://www.franchising.com/articles/49/>

Discusses the pros and cons of franchising. Provides links to franchise opportunities. (10.27.2012)

PLANNING TOOLS

1. Basics of Developing Mission, Vision and Values Statements

http://www.managementhelp.org/plan_dec/str_plan/stmnts.htm

Guide helps to identify or update the mission, vision and values statements for purposes of strategic planning by providing free, easy-to-access online articles. (10.27.2012)

2. Interactive Business Planner—Canadian Business

<http://www.canadabusiness.ca/eng/125/138/>

Interesting tool from Canada that provides an online tool for writing a business plan. By answering questions, the business plan is assembled, organized, and created in a downloadable format. Provides English and French capabilities. Recommended as an easy way to create the initial concept draft. (10.28.2012)

3. Business Owner's Toolbox

<http://www.toolkit.com/>

The touted “Total Know-How for Small Business” created contains helpful reading and tools on most business subjects. Links to downloadable tools and business forms. (10.28.2012)

LEGAL TOOLS

1. Free Advice (Legal Portal)

http://law.freeadvice.com/general_practice/contract_law/

Provides quick information on “everyday” legal matters. It also provides a portal for locating legal professionals on various topics by state. Excellent quick guide on basic information that can assist with determining a course of action. (10.29.2012)

2. Biz Filings

<http://www.bizfilings.com/learning/comparison.asp>

Incorporation assistance tool that helps cut through the complexity of which legal structure is best suited for a business. (10.29.2012)

3. Free Incorporating Handbook-

<http://www.corporatepublishingcompany.com/freeincorporatinginformationlearntoincorporateformacorporationtoc.aspx>

Comprehensive guide to incorporation. Provides step by step guidance on the various legal structures and how to establish them. It also provides access to forms that assist with the process. (10.29.2012)

BUSINESS NEWS AND INFORMATION

1. Business Owner's IDEA Café

<http://www.businessownersideacafe.com/Welcome.html>

"Idea Cafe offers a mix of small business profiles, how-to articles and other news-you-can-use features For example, the "Cyber Schmooz" discussion groups provide a good networking forum." (10.29.2012)

2. CEO Express

<http://www.ceoexpress.com/default.asp>

Portal for major news and business publications. Includes a centralized business research index with indexed weblinks. (10.29.2012)

3. Biz Info Library

<http://www.bizinfo library.org/>

"An online library offering the world's best information on starting and growing a business. BIL provides users instant access to relevant, credible, and objective information authored and vetted by the world's top business information experts." (10.29.2012)

HUMAN RESOURCES

1. Workplace HR & Safety Magazine

<http://www.workplacemagazine.com/>

"An online ezine for those responsible for managing the total workforce experience." Provides links to employment regulations, laws, employee development, policy crafting, etc. Good site for comprehensive compliance issues as well as current strategies in workforce management. (10.29.2012)

DICTIONARIES AND TERMINOLOGY

1. Dictionary of Small Business

<http://www.small-business-dictionary.org/default.asp?action=A&term=showCart>

Enough said. It also includes quicklinks to SCORE and the SBA. SBDC's should also be included. (10.29.2012)

WOMEN AND BUSINESS

1. WomanOwned.com-- "Business Networks for Women"

<http://www.womanowned.com/>

Portal that provides the latest trends on woman owned business, tools that are designed specifically for the needs of woman-owned business, and a network that facilitates buyer-supplier opportunities. (10.29.2012)

PROCUREMENT

1. Diversity Business

<http://diversitybusiness.com/>

Portal that provides support to and between small business and large buyers. Membership is required for procurement capabilities. Maintains a current listing of major buyer-supplier news and sponsors an annual conference on diversity and multiculturalism. (10.29.2012)

2. Federal Spending

<http://www.fedspending.org/>

Created by the Office of Management and Budget, this is a "free, searchable, database of federal government spending." This resource assists with identifying awarded grants and contracts. (10.29.2012)

3. Electronic Virginia

<http://www.eva.virginia.gov>

Provides access to listing a business in eVa system; listings of open solicitations; program information for eVa and SWaM certifications and listings of eVA training events. 10.29.2012)

4. Procurement Technical Assistance Program

<http://www.novaptac.org>

PTA Centers are a local resource available that can provide assistance to business firms in marketing products and services to the Federal, state and local governments. Site provides links to wide variety of federal government resources (CCR,

FedBizOpps, etc...). Also provides intake form to PTAP services which includes free one-on-one counseling. Includes calendar of related events. (10.29.2012)

5. Department of Minority Business Enterprise

<http://www.dmb.e.state.va.us/>

Promotes “access to the Commonwealth of Virginia’s contracting opportunities and ensure fairness in the procurement process.” The DMBE assists small-, women-, and minority-owned businesses to participate in the Virginia procurement process. The SWaM and DBE programs are administered by the DMBE. (10.29.2012)

6. Virginia Public Procurement Act—July 2009

<http://www.eva.state.va.us/dps/Manuals/docs/vppa.htm>

Provides details of the regulations pertaining to state procurement, including contract formation and administration, procedures for prompt payment, and ethics in public contracting. (10.29.2012)

7. Virginia Business Pipeline

<http://www.virginiabusiness.com/>

“The Virginia's Business Pipeline delivers information and data necessary to establish sustainable competitive advantages for the businesses of the Commonwealth. Using innovative vehicles, the Pipeline fosters relationships with each Virginia business, demonstrating their importance to the economic vitality of Virginia.” (10.29.2012)

8. University of Virginia Procurement Services

<http://www.procurement.virginia.edu/main/>

Provides information on state procurement in general and specifics on providing goods and services to the University of Virginia. (10.29.2012)

9. Virginia Department of Corrections Procurement

<http://www.vadoc.state.va.us/procure/>

Procurement information and opportunities with the Department of Corrections. (10.29.2012)

10. Virginia Department of Education Procurement Office

http://www.doe.virginia.gov/school_finance/procurement/index.shtml

“The Procurement Office provides purchasing support for the department, as well as procurement consulting and technical assistance.” (10.29.2012)

11. Virginia Information Technologies Agency

<http://www.vita.virginia.gov/procurement/contracts.cfm>

Provides information technology that enables the government to better serve the public. Provides a listing of and information on companies with statewide contracts to provide IT services. (10.29.2012)

12. Federal Business Opportunities

<https://www.fbo.gov/>

One-stop virtual market place for doing business with the federal government. “Commercial vendors and government buyers are invited to post, search, monitor, and retrieve opportunities solicited by the entire Federal contracting community.” (10.29.2012)

13. Integrated Acquisition Environment

<https://www.acquisition.gov/>

This web site is designed to help businesses in their efforts to provide goods and services to the federal government. Users can access information about government regulations and systems, as well as learn of opportunities and training. (10.29.2012)

14. Federal Energy Management Program Procurement

http://www1.eere.energy.gov/femp/technologies/procuring_eeproducts.html

Valuable information for businesses desiring to sell energy-efficient products to the federal government. Provides links to green purchasing information. (10.29.2012)

15. Central Contractor Registration

<https://www.sam.gov/portal/public/SAM/>Companies wishing to conduct business with the federal government must register at the System for Award Management (SAM) site. Registration allows companies to bid on government contracts and to have their information centrally-maintained and accessible by all government agencies. (10.29.2012)

16. Federal Procurement Data Center

<https://www.fpds.gov/>

The FPDC manages the Federal Procurement Data System – Next Generation (FPDS-NG) which is the central repository of statistical information on federal contracting. (10.29.2012)

17. The Federal Marketplace

<http://www.fedmarket.com/>

The free information on this site is an archive of e-newsletter articles covering such topics as, GSA schedules, writing procurement proposals, nuances of closing a sale to the federal government, and procurement with the Department of Homeland Security. This site also provides fee-based consulting to help companies sell to the federal government. (10.29.2012)

18. Federal Acquisition Jumpstation

<http://prod.nais.nasa.gov/pub/fedproc/home.html>

This site provides links to procurement sites and information for all federal government agencies. (10.29.2012)

19. SBA Subcontracting Network

<http://web.sba.gov/subnet>

SBA site which posts subcontracting opportunities. Sub-Net is used by federal agencies, state and local governments, and education entities to make subcontracting opportunities more available to small businesses. (10.29.2012)

ENVIRONMENTAL AND GREEN BUSINESS

1. Coalition for Environmentally Responsible Economies (CERES)

<http://www.ceres.org>

Group of investors and environmentalists working to integrate sustainability into capital markets for the health of the planet. (10.29.2012)

2. Conservation International

<http://www.conservation.org/Pages/default.aspx>

Provides information of worldwide conservation programs. (10.20.2010)

3. Environmental Protection Agency

<http://www.epa.gov>

Comprehensive listing of all environmental regulations. Provides information of laws under consideration by Congress. (10.29.2012)

4. Environmental Search Engine

http://www.webdirectory.com/Science/Energy/Alternative_Energy/

Provides links to websites and addresses to agencies promoting alternative and renewable sources of energy. (10.29.2012)

5. Green Business

<http://www.greenbiz.com>

Clearinghouse for information to help businesses operate profitably while maintaining environmental responsibility. Provides links for sustainability resources and employment opportunities. (10.29.2012)

6. Green Seal

<http://www.greenseal.org>

Non-profit organization that promotes the manufacture, purchase, and use of environmentally responsible products and services. Provides lists of certified green companies and information on becoming certified. (10.29.2012)

7. Sustainable Business

<http://www.sustainablebusiness.com>

Provides news and networking services to help green business grow and links for individuals desiring to invest in or be employed by green businesses. (10.29.2012)

8. Virginia Department of Environmental Quality

<http://www.deq.state.va.us>

Provides comprehensive listing of state environmental laws and permitting information. (10.29.2012)

CONSTRUCTION ISSUES

1. Energy and Environmental Building Association (EEBA)

<http://www.eeba.org>

Seeks to promote energy efficient, green homes and communities through education. Online bookstore and links to organizations promoting the responsible use of energy. (10.29.2012)

2. Federal Environmental Executive

<http://www.ofee.gov/>

Promotes sustainable environment stewardship throughout the federal government through the use of environmental management systems. Provides links to government and non-government sites for sustainability resources. (10.29.2012)

3. Green Building

<http://www.buildinggreen.com>

Provides information to builders to make their buildings economically feasible while minimizes their impact on the environment. Provides links to sources of environmentally preferred products. (10.29.2012)

4. Green Construction

<http://www.gdrc.org/uem/green-const/index.html>

Promotes construction of buildings and infrastructure that are sustainable and affordable by raising awareness and developing tools for assessing the impact of a project on the environment. (10.29.2012)

5. National Association of the Remodeling Industry (NARI)

<http://www.nari.org>

Promotes professionalism in the remodeling industry by emphasizing high standards of honesty, integrity, and responsibility. Code of Ethics and Standards of Practice are included in website. (10.29.2012)

6. Sustainable Sources

<http://www.greenbuilder.com>

Directory of green building professionals and green real estate. Provides links to green associates, conferences, programs, and publications. (10.29.2012)

7. US Green Building Council

<http://www.usgbc.org>

Works to promote buildings that are environmentally responsible, healthy and profitable places to live and work. Certifies building as “green” and is dedicated to expanding green building practices. (10.29.2012)

ENERGY

1. Alternative Energy Investments

<http://newalternativesfund.com>

Mutual fund that invest only in socially responsible firms having a positive impact on the environment. (10.29.2012)

2. Dominion Virginia Power

<http://www.dom.com>

Allows customers to manage their accounts and be informed of company news. (10.29.2012)

3. Energy Efficiency and Renewable Energy

<http://www.eere.energy.gov>

Government agency whose “mission is to strengthen America's energy security, environmental quality, and economic vitality.” Its top priority is to reduce America’s dependence on foreign oil. (10.29.2012)

4. Energy Prices

<http://www.bloomberg.com/energy>

Lists current prices of petroleum, natural gas, and electricity. (10.29.2012)

5. Energy Star

<http://www.energystar.gov>

Joint program of the Environmental Protection Agency and the Department of Energy created to protect the environment by promoting the use of energy efficient products and practices. (10.29.2012)

6. Fuel Efficiency

<http://www.fueleconomy.gov>

Website created by the Department of Energy to educate consumers on fuel economy ratings, alternative fuel vehicles, and hybrid vehicles. Consumers can compare vehicles for energy efficiency and impact on the environment. (10.29.2012)

7. Greene

<http://www.green-e.org>

Independent renewable energy certification and verification program. Works to expand market for clean, renewable energy by advancing awareness of renewable energy options. (10.29.2012)

8. National Renewable Energy Laboratory (NREL)

<http://www.nrel.gov>

Division of the Department of Energy charged with advancing the nation’s energy goals by developing renewable fuels and energy sources. (10.29.2012)

9. State Energy Program

www.dmme.virginia.gov/divisionenergy.shtml

Advances sustainable energy practices and behaviors by promoting energy conservation, efficiency, innovation, and education in Virginia. (10.29.2012)

10. United States Department of Energy

<http://www.energy.gov>

Charged with protecting and advancing the nation's energy and nuclear supply by promoting scientific and technological innovation while being environmentally responsible. (10.29.2012)

AGRICULTURE

1. AFSIC Sustainable Agriculture

http://afsic.nal.usda.gov/nal_display/index.php?info_center=2&tax_level=1&tax_subject=286

The Alternative Farming Systems Information Center is a part of the USDA's National Agricultural Library devoted to providing information on sustainable and alternative agricultural systems, crops, and livestock. (10.29.2012)

2. CropLife Foundation

<http://www.croplifefoundation.org>

Promotes safe, sustainable agriculture through education, certification and training programs, and funding scientific research. (10.29.2012)

3. Sustainable Agriculture Research and Education

<http://www.sare.org>

Advances farming systems that are profitable, environmentally sound and good for communities through a nationwide research and education grants program. (10.29.2012)

4. United States Department of Agriculture

<http://www.nal.usda.gov>

The National Agricultural Library provides information on a wide variety of agricultural topics. (10.29.2012)

GRANTS

1. Environmental Grantmakers Association

<http://www.ega.org/>

Helps grantmakers become more effective through information sharing, collaboration, and networking. Website lists more than 225 foundations with contact information. (10.29.2012)

2. Environment Funding Sources

<http://www.fundsnetservices.com/enviro.htm>

Provides links to several foundations that fund a variety of causes, including environmental projects. Provides links to many grant writing resources. (10.29.2012)

3. Grant Resource

<http://www.grants.gov>

Site run by the Department of Health and Human Services to assist organizations and individuals in finding and applying for federal grants. (10.29.2012)

4. Green Communities

<http://www.enterprisefoundation.org>

Non-profit organization that “helps build affordable housing for low-income Americans by providing financing and expertise to community and housing developers.” (10.29.2012)

FEDERAL LINKS

1. US Patent & Trademark office

<http://www.uspto.gov/>

Comprehensive site for applying for patents, trademarks, and copyrights. (10.29.2012)

2. Federal Reserve Banks

<http://federalreserve.gov/>

Provides information on monetary policy and banking regulations. Great source of economic data. (10.29.2012)

3. ITA/Exporting

<http://export.gov/>

Government portal to help businesses in exporting goods and services. Use Export Basics to help assess export readiness, identify markets, develop export plan, and conduct business online. (10.29.2012)

4. OSHA

<http://www.dol.gov/compliance/news/presskit.htm>

Information to help businesses stay informed of and comply with federal labor laws. (10.29.2012)

5. US Gov Forms

<http://www.forms.gov/bgfPortal/main.do>

Link to various forms generated by the federal government, including tax, small business, social security, veteran’s benefits, and FEMA forms. (10.29.2012)

6. Library of Congress

<http://thomas.loc.gov/>

Provides access to congressional records and congressional bills and legislation. (10.29.2012)

INDUSTRY & BUSINESS RESOURCES

1. Food Service Industry

<http://www.ifdaonline.org/>

Current information on legislation affecting food service industry. Provides access to reports on industry operations, profitability, and food service. (10.29.2012)

2. Food Marketing Institute

<http://www.fmi.org/>

Comprehensive site supplying information on all aspects of the food industry, including food safety, consumer research, retail operations and management, technology, and pending legislation. (10.29.2012)

3. Food Service Distribution

<http://www.ifh.com/industry/InformationLinks.cfm>

This site is maintained by a large food distributor operating in the Carolinas. Provides links to general industry information. (10.29.2012)

4. National Restaurant Assoc

<http://www.restaurant.org/>

Provides latest industry research and tips and tools for running a restaurant. Addresses health and safety concerns and a variety of legislation affecting the restaurant industry, including minimum wage increases, immigration reform, and litigation fairness. (10.29.2012)

5. VA Hospitality Assoc

<http://www.vhta.org/>

Offers food safety training courses and certification. Provides information of legislation under consideration by the Virginia legislature affecting the industry. (10.29.2012)

6. VA Retail

<http://www.virginiaretail.org/>

Provides information on legislation affecting retail business in the state. Offers support services to members of the VRMA, such as medical and dental insurance, accounting and payroll services, and fraud detection. (10.29.2012)

7. Bio Cycle

<http://www.biocycle.net/>

Magazine devoted to promoting recycling, composting, and renewable energy. Current and archived articles are available. (10.29.2012)

8. National Sustainable Agriculture Information Service

<http://attra.ncat.org/publication.html#energy>

Index of publications providing information and technical assistances to the agricultural industry, particularly in reference to sustainable agriculture. (10.29.2012)

9. The Manufacturer

<http://www.themanufacturer.com/>

Magazine devoted to manufacturing. Provides access to current and archived articles on such topics as leadership and strategy, design and innovation, skills and productivity, logistics and supply, and operations. (10.29.2012)

10. Association of Performing Arts Presenters

<http://www.apap365.org/Pages/APAP365.aspx>

Provides support services for performing arts presenters, including providing information on grants, helping with visas, and maintaining a job bank. (10.29.2012)

11. Non Profit Art Organizations

<http://art-support.com/nonprofits2.htm>

Listing of and links to nonprofit photography art centers and community art centers organized by state. (10.29.2012)

12. Museums

<http://www.justluxe.com/museums/index.php>

Links to museums, art galleries, national parks, and aquariums from around the nation. (10.29.2012)

13. List of Music/Art Groups

<http://www.shenandoahmusic.com/culturalartcenters.htm>

Promotes the arts in Shenandoah County, Va. Provides links for networking with other arts groups, musicians, and cultural centers. (10.29.2012)

14. National Association of Home Builders

<http://www.nahb.org/default.aspx>

Provides an array of business management tools for its members. Information regarding the economy and housing industry and courses and seminars offered by NAHB to members and consumers is provided. (10.29.2012)

15. Construction Specifications Institute

<http://www.csinet.org/Login.aspx?ReturnUrl=%2fContent-Conversion%2fSpecifier-4-4.aspx>

The Construction Specifications Institute provides standards and training for writing construction documents that are clear, precise, and complete. (10.29.2012)

16. National Lien Law for Contractors

<http://www.nationallienlaw.com/GeneralLienLaw.asp>

Pertinent site for anyone involved in construction industry. Provides general information and various construction forms applicable to all states. Provides state-specific forms for mechanics liens, pre-lien notices, waivers, and releases. (10.29.2012)

17. Construction Codes

<http://www.constructionnotebook.com/ipin2/CSIDivisions.asp>

Listing of construction codes for the state of Nevada. (10.29.2012)

18. Building Green

<http://www.buildinggreen.com/menus/>

Listing of over 2000 environmentally preferred products. (10.29.2012)

19. Center for Quality Franchising

<http://www.aafd.org/>

The center is a non-profit trade association representing the rights and interests of franchisees. Provides information on fairness initiatives, buying power, franchise organizations, and tips on buying a franchise. (10.29.2012)

20. Human Resource Compliance Information Specialists

<http://www.legalworkplace.com/>

Provides access to a wealth of information and resources on Human Resources. Source for free employment forms. Compliance kits available for purchase. (10.29.2012)

21. Business Owner's Toolkit

<http://www.toolkit.com/>

Excellent site for free information and forms. Small business guide provides information on every aspect of starting a business. Business tools heading provides information on a wide variety of topics, including business finance, employee management, hiring and firing employees, marketing, and taxes. (10.29.2012)

22. Business Guides

<http://www.missouribusiness.net/sbt/dc/industry/index.asp>

This site is specific to the state of Missouri, although much information is applicable to businesses operating in other states. Provides specific guides for licensing, legal structure, hiring employees, and taxes for industries in which small business have a major role. (10.29.2012)

23. FW Dodge Reports

<http://www.fwdodge.com/>

This site provides information to construction companies on projects currently being bid. Plans and specifications are available, under “Our Services”, for projects nationwide to help firms prepare bids on projects. (10.29.2012)

24. National Business Association

<http://www.nationalbusiness.org/>

Non-profit association devoted to helping small businesses. Use NBA First Step Review to help determine the likelihood of getting a SBA guaranteed loan and NBA Operating Plan Forecast to help forecast profits and warns of impending problems. Both resources are free and downloadable. (10.29.2012)

25. Smart Biz

<http://www.smartbiz.com/>

This site bills itself as “Internet Technologies Resources” for startup and small businesses. It provides a wealth of information on such topics as getting started in e-commerce, creating a website, marketing online, and managing payroll and assets online. (10.29.2012)

26. Entrepreneur

<http://www.entrepreneur.com/>

Comprehensive site for entrepreneurs and future entrepreneurs. Site includes ideas for starting a business, growing a business, and franchise opportunities, as well as information on all aspects of running a small business. Entrepreneurs may also ask questions of a panel of experts. (10.29.2012)

27. Directory of Associations

<http://www.marketingsource.com/directories/associations/us//>

“Comprehensive source of information on professional, business, and trade associations” and non-profits and charitable organizations. Information is available for purchase. (10.29.2012)

28. Thomas Directory

<http://www.thomasnet.com/products/trade-associations-86812252-1.html>

Comprehensive listing of trade associations in the United States and Canada. (10.29.2012)

29. Sweets Directory

<http://products.construction.com/ManufacturersIndex>

Online resource for building product information. Provides links to thousands of companies that supply building products. (10.29.2012)

30. Career OneStop

<http://www.acinet.org/acinet/default.asp>

Comprehensive site for job seekers. Provides a wealth on information of employment trends, professional development, education requirements, wages by occupation and

locality, and preparing for interviews. Access to state employment agencies and job banks. (10.29.2012)

31. World Phone Directories

<http://www.infobel.com/World>

Access to worldwide directories of people and businesses, including business yellow pages, toll-free business numbers, and U.S. government directories. (10.29.2012)

32. Better Business Bureau

<http://www.bbb.org/us/Find-Business-Reviews/>

Allows user to request a reliability report from the BBB on a particular company. (10.29.2012)

33. Virginia Department of Housing and Community Development

<http://www.dhcd.virginia.gov/>

Virginia's state building codes and regulations are administered through the Virginia Uniform Statewide Building Code (USBC), and its associated standards and regulations for industrialized or modular buildings, manufactured homes, and amusement devices. (10.29.2012)

34. Industry Information Resources

<http://valuationresources.com/IndustryReport.htm>

Industry Information Resources is a free resource guide to industry-specific resources and data for over 400 industries. (10.29.2012)

NON-PROFITS

1. Technology Issues

<http://home.techsoup.org/pages/default.aspx>

Provides technology services for non-profits and makes available to non-profits donated and discounted technology products. (10.30.2012)

2. The Grantsmanship Center

<http://www.tgci.com/>

Offers workshops in writing grants for non-profits and government agencies. Resources include proposal writing guide, listing of new grants announced, and index of funding sources by state. (10.30.2012)

3. Grantmaking Foundations

<http://www.foundations.org/grantmakers.html>

Directory of websites of grantmaking foundations. (10.30.2012)

4. Philanthropy Magazine

<http://philanthropy.com/section/Home/172/>

The “Chronicle of Philanthropy” reports on grants announced, trends in philanthropy, and legislation affecting giving. (10.30.2012)

5. Council on Foundations

<http://www.cof.org/>

Provides information on starting a foundation, ethics and accountability, and grantmaking basic. The council serves grantmakers, not those seeking grants. (10.30.2012)

6. Public Welfare Foundation

<http://www.publicwelfare.org/OurGrants.aspx>

Funds grants to ensure fundamental rights and opportunities for people in need, particularly in the areas of criminal and juvenile justice, health reform, and workers’ rights. (10.30.2012)

7. Foundation Center

<http://foundationcenter.org/findfunders/foundfinder/>

Maintains database of funding sources. Provides common grant application forms, prospect worksheets, and statistics of grantmakers. (10.30.2012)

8. The Fund Raising School

<http://www.philanthropy.iupui.edu/the-fund-raising-school>

Offers certificate on fund raising management through the Center on Philanthropy at Indiana University. Six key courses are: principals and techniques of fundraising, developing annual sustainability, developing major gifts, managing the capital campaign, planned giving, and interpersonal communication for fundraising. (10.21.2010)

9. GuideStar

<http://www.guidestar.org/>

Provides information on non-profits to enable donors to make better decisions and to encourage charitable giving. Encourages transparency in non-profits. (10.30.2012)

10. The Grants Connection

<http://www.grantsconnection.com/>

Subscription service which profiles foundations which have demonstrated giving in Virginia. (10.30.2012)

11. Association of Fundraising Professionals

<http://www.afpnet.org/index.cfm>

Fosters development and growth of fundraising professionals. Provides a Code of Ethics and Standards of Professional Practice for fundraisers. (10.30.2012)

12. National Council of Nonprofit Associations

<http://www.councilofnonprofits.org/>

Provides updates on federal and state policies affecting non-profits and links to resources to help small and midsized non-profits to be more effective. (10.30.2012)

13. National Center for Charitable Statistics

<http://nccs.urban.org/>

National clearinghouse for data on non-profits. Form 990 online system allows non-profits to file their tax returns through this site. (10.30.2012)

MONEY

1. Banking State Profiles

<http://www.fdic.gov/bank/analytical/stateprofile/atlanta/VA/VA.xml.html>

Source for economic indicators, banking trends, and banking profiles for the state. (10.30.2012)

2. National Consumer Cooperative Bank

<http://www.ncb.coop/>

Provides financial and related services to cooperatives and their members, as well as independent businesses and franchises. Banking services information and applications are available online. (10.30.2012)

3. Co-Bank

<http://www.cobank.com>

Provides financing to agribusiness, agricultural cooperatives, Farm Credit associations, and rural utility companies. Website provides information about products offered. (10.30.2012)

4. More Business

<http://www.morebusiness.com/>

One-stop resources for small business owners. The site contains sample business plans for many different types of business, as well as marketing and management tips and helpful information for starting a business. (10.30.2012)

5. Credit MD

<http://www.creditmd.com/>

Financial services for business and individuals with credit problems. (10.30.2012)

6. Farm Credit

<http://www.farmcreditofvirginias.com/>

Financial cooperative providing loans for farms, country homes, agricultural land and machinery, and livestock. Other services include insurance and leasing services for those in the agricultural industry. (10.30.2012)

7. Small Business Lending Corp

<http://www.cit.com/products-and-services/corporate-finance/small-business-lending/index.htm>

Source for loans for small businesses. Apply online. Access tools for writing business and strategic plans and for creating financial statements. Links to articles on obtaining financing and writing business plans. (10.30.2012)

8. BeneTrends

<http://www.benetrends.com/>

Site explains how to use your retirement funds to finance your small business. (10.30.2012)

9. Padgett Financial Calculators

<http://www.padgettbusinessservices.com/small-business-resources.php>

Interactive financial calculators help businesses and individuals analyze decisions, such as buying versus leasing automobiles and equipment and comparing loan options. Offers a range of financial services for small businesses. (10.30.2012)

10. Financial Services Fact Book 2011

[http://www.fsround.org/publications/pdfs/2011/Financial_Services_Factbook_2011\[1\].pdf](http://www.fsround.org/publications/pdfs/2011/Financial_Services_Factbook_2011[1].pdf)

Provides up-to-date facts on financial services, savings, banking, investment and debt ownership, asset management, retirement funds, convergence, insurance, mortgage, finance, housing, and technology. The 2010 version of the book is available for purchase at <http://www2.iii.org/financial/> (10.30.2012)

11. Insure U for Small Business

<http://www.insureuonline.org/smallbusiness/>

This toolkit from the National Association of Insurance Commissioners provides easy-to-understand training, tips, and information on the various forms of small business insurance. (10.30.2012)

12. Finance Encyclopedia

http://www.eagletraders.com/books/int_fin_encyclopedia.htm

Definitions and descriptions of financial terms and abbreviations used in business and government. (10.30.2012)

13. VA Health Care Foundation

<http://www.vhcf.org/>

Source of low-cost financing to health care providers practicing in or starting a practice in underserved areas of Virginia. (10.30.2012)

MANAGEMENT RESOURCES

1. Marketplace Business Simulations

<http://www.marketplace-simulation.com/index.php>

Sells business simulation programs for undergraduate, graduate, and executive level business courses. Simulations are fully web-based. (10.30.2012)

2. Free Management Library

<http://www.managementhelp.org/>

"Provides easy-to-access, clutter-free, comprehensive resources regarding the leadership and management of yourself, other individuals, groups and organizations. There are approximately 650 topics in the Library, spanning 5,000 links. Topics include the most important practices to start, develop, operate, evaluate and resolve problems in for-profit and nonprofit organizations. Each topic has additionally recommended books and related Library topics." (10.30.2012)

CHILD CARE SERVICES

1. Virginia Department of Social Services

<http://www.dss.state.va.us/family/children.html>

Promotes the development of healthy families and protects the Commonwealth's children from abuse and neglect with programs such as Child Protective Services and Domestic Violence Prevention. Units within the Division of Family Services work with the local social service agencies to provide guidance in the support of families. (10.30.2012)

2. Virginia Department of Social Services Child Care

<http://www.dss.virginia.gov/family/cc/index.html>

Child day care information for parents and providers. (10.30.2012)

3. Virginia Licensing Standards for Family Day Care

<http://www.daycare.com/virginia/family.html>

Provides minimum standards for licensed family day homes. (10.30.2012)

4. Voluntarily Registered Family Day Homes

http://www.dss.virginia.gov/facility/child_care/unlicensed/vrfdh/index.cgi

Provides guidelines on voluntary registration of family day homes, including interpretation of regulations and codes. (10.30.2012)

5. Daycare Match

http://www.daycarematch.com/resources_forms.asp

Provides free sample forms for day care businesses, including applications for enrollment, provider contracts, provider policies, drop-in contracts, emergency

contact cards, parent authorizations, tax forms, and account status forms.
(10.30.2012)

6. National Network for Child Care

<http://www.nncc.org/>

Provides a variety of articles and resources for child care providers. (10.30.2012)

7. NNCC: Financial records, fees, and taxes

<http://www.nncc.org/Business/cch.finance.html>

Discusses in detail the business end of providing child care. Topics include, keeping good financial records, estimating expenses and determining tax deductibility, estimating income, setting fees, and taxes. (10.30.2012)

8. National Association of Child Care Resources and Referral Agencies

<http://www.naccrra.org/>

Works with state and local agencies to ensure that parents have access to high-quality, affordable child care. (10.30.2012)

9. NACCRRRA State by State Facts

<http://www.naccrra.org/public-policy/in-the-states/virginia>

Provides 2009 data on child care in Virginia, including average fees paid for child care, number of child care centers, and number of children in child care.
(10.30.2012)

10. Voices for Virginia's Children

<http://www.vakids.org>

Advocacy organization that builds support for policies to improve the lives of children in Virginia. (10.30.2012)

11. Child Care Bureau

<http://www.acf.hhs.gov/programs/occ/>

“Supports low-income working families through child care financial assistance and promotes children's learning by improving the quality of early care and education and afterschool programs.” (10.30.2012)

12. Child Care Information Exchange

<http://www.childcareexchange.com/>

Promotes the exchange of ideas on child care among educators and child care professionals through magazines, books, seminars, and conferences. (10.30.2012)

13. Child Care Law Center

<http://www.childcarelaw.org/>

The Child Care Law Center advocates for families who face difficulty in obtaining high quality, affordable child care. (10.30.2012)

14. Child Care Parent Provider Information Network

<http://www.childcare-directory.com/>

Provides forums and chat rooms for parents and child care providers to interact and as well as a directory of child care professionals. (10.30.2012)

15. Childcare.gov

<http://www.childcare.gov>

Official source for all federal government child care information. Includes information on finding a provider, starting a child care business, and licensing and regulations. (10.30.2012)

16. Early Childhood Research and Practice

<http://www.ecrp.uiuc.edu>

Bilingual Internet journal featuring peer-reviewed articles on the development, care, and education of infants, toddlers, and young children. (10.30.2012)

17. Council for Professional Recognition

<http://www.cdacouncil.org>

The council administers the Child Development Associate (CDA) National Credentialing Program. The council works to improve performance and recognition of child care professionals. (10.30.2012)

18. The Future of Children

<http://www.futureofchildren.org>

“Seeks to promote effective policies and programs for children by providing policymakers, service providers, and the media with timely, objective information based on the best available research.” (10.30.2012)

19. National Association of Child Care Professionals

<http://naccp.org/>

Provides membership services and benefits to child care professionals to strengthen their skill level and improve the quality of early child care and education. (10.30.2012)

20. National Association for the Education of Young Children

<http://naeyc.org/>

Dedicated to improving the well-being of children from birth through age 8 through quality education and developmental services. (10.30.2012)

21. National Child Care Association

<http://nccanet.org/>

National, professional trade association serving the private, licensed child care industry. Provides networking opportunities, professional development, and money saving programs to licensed child care providers. (10.30.2012)

22. National Child Care Information and Technical Assistance Center

http://www.csrees.usda.gov/nea/family/part/childcare_part_nccic.html

Provides comprehensive child care information and technical assistance to Child Care and Development Fund administrators and child care professionals. Provides research on such topics as literacy, financial assistance, and child care regulations. (10.30.2012)

23. National Early Childhood Technical Assistance Center

<http://www.nectac.org/>

Works to ensure that young children with disabilities receive the services and support that they and their families need. (10.30.2012)

24. Child Nutrition Programs

<http://www.ers.usda.gov/Briefing/ChildNutrition/>

Created by the Department of Agriculture to provide information on nutrition to child care providers. (10.30.2012)

25. National Resource Center for Health and Safety in Child Care

<http://nrckids.org/>

Funded by the U.S. Department of Health and Human Services, the center promotes health and safety in out-of-home child care centers. (10.30.2012)

26. National After-School Association

<http://www.naaweb.org/>

Dedicated to the care, development, and education of children during non-school hours. The association works with child care programs, Girls and Boys clubs, 4-H, parks and recreation programs, and YMCAs. (10.30.2012)

27. Redleaf Press

<http://www.redleafpress.org/>

Publishes resources for early childhood professionals. 10.30.2012)

28. Southern Early Childhood Association

<http://www.southernearlychildhood.org/>

Promotes quality care and education for young children through family support, professional growth opportunities for childcare professionals, and increasing public support for policies which ensure services to families with young children. (10.30.2012)

29. Training and Technical Assistance Center (T/TAC)

<http://education.wm.edu/centers/ttac/>

Housed at the College of William and Mary, T/TAC provides services and assistance to educational professional serving students with mild to moderate disabilities and/or transitional needs. (10.30.2012)

30. USDA Child and Adult Care Food Program

<http://www.fns.usda.gov/cnd/care/default.htm>

“CACFP plays a vital role in improving the quality of day care for children and elderly adults by making care more affordable for many low-income families. Through CACFP, 2.9 million children and 86,000 adults receive nutritious meals and snacks each day as part of their day care.” (10.30.2012)

31. Zero to Three

<http://www.zerotothree.org/> Non-profit organization that works to improve the lives of young children by informing, training, and supporting parents, policymakers, and child care professionals. (10.30.2012)

SENIOR AND ADULT CARE SERVICES

1. American Association of Housing and Services for the Aging

<http://www.aahsa.org/>

This site serves older adults and those who care for them. It informs seniors of available options so they can choose the care and services that are right for them. It offers the latest news and resources on regulatory, legislative and operational issues. (10.30.2012)

2. National Clearinghouse for Long-term Care Information

http://www.longtermcare.gov/LTC/Main_Site/index.aspx

This site gives averages fees for senior day care and assisted living facilities, by national average and by state average. (10.30.2012)

3. Virginia Association of Area Agencies on Aging

<http://www.vaaaa.org/>

“V4A's primary mission is to build the capacity of its members to help older persons to live with dignity and choices in their homes and communities for as long as possible, and to enhance elder rights.” (10.30.2012)

4. Rappahannock Area Agency on Aging Senior Directory

<http://www.raaa16.org/test/files/seniordirectory.pdf>

Directory of services for seniors in the Rappahannock Area. (10.30.2012)

5. National Adult Day Services Association

<http://www.nadsa.org/>

Provides valuable information for providers of adult day services, including a guide on Starting an Adult Day Service. NADSA works to improve the lives of seniors through advocacy, education, research, technical assistance, and communications services, (10.30.2012)

6. Senior Approved

<http://www.seniorapprovedservices.com/>

Provides a listing of businesses and organizations offering services to seniors. Each provider has been screened so seniors can be assured they will receive excellent care and services. (10.30.2012)

7. The Virginia Department for the Aging

<http://www.vda.virginia.gov/>

“Fosters the independence and well-being of older Virginians and supports their caregivers through leadership, advocacy and oversight of state and community programs, and guides the Commonwealth in preparing for an aging population.” (10.30.2012)

8. Virginia Easy Access

<http://www.easyaccess.virginia.gov>

Provides information about topics and programs of particular interest to seniors, adults with disabilities, and those who care for them. “**Virginia Easy Access** is a gateway to VirginiaNavigator (which lists over 21,000 programs and services throughout the Commonwealth) and to the 2-1-1 Virginia Call Center.” (10.30.2012)

9. Virginia Department of Social Services

<http://www.dss.virginia.gov/>

Responds to the needs of seniors, adults with disabilities, and other adults with specific needs. Collaborates with local agencies to offer assistance to elderly citizens in need of financial assistance, protection from abuse, energy assistance, food stamps benefits, and help with care, transportation and nutrition services. (10.30.2012)

SMALL BUSINESS ASSOCIATIONS

1. National Association for the Self-Employed

<http://www.nase.org/Home.aspx>

“The National Association for the Self-Employed (NASE) is the nation’s leading resource for the self-employed and micro-businesses, bringing a broad range of benefits to help entrepreneurs succeed and to drive the continued growth of this vital segment of the American economy.” (10.30.2012)

International Business

1. Export-Import Bank

<http://www.exim.gov/>

Official credit agency of the US. Provides financing and insurance to businesses that export to foreign markets. Provides tools and resources for small businesses under it’s “Small Business” tab. (11.25.2012)

2. Export.gov

<http://export.gov/>

Comprehensive online government resource that provides export assistance, trade data and analysis, webinars, research, and information on financing options, logistics, licenses and regulations by combining information and links to several different federal agencies. Also provides links to industry events. (11.25.2012)

3. Small Business Administration U.S. Export Assistance Centers

<http://www.sba.gov/content/us-export-assistance-centers>

Addresses and contact information for US Export Assistance Centers, which provide export assistance to small and medium sized businesses. The Arlington office serves MD, DC, VA, W.VA and DE. (11.25.2012)

4. Executive Planet

http://www.executiveplanet.com/index.php?title=Main_Page

“Executive Planet provides valuable tips on business etiquette, customs and protocol for doing business worldwide.” (11.25.2012)

5. World Business Culture

<http://www.worldbusinessculture.com/index.html>

Provides 39 different country profiles that focus on local culture, management style, dress codes, business practice and etiquette. (11.25.2012)

6. Virginia.gov: Exporting

<http://portal.virginia.gov/business/running/exporting/>

Provides links to resources for Virginia businesses dealing in international markets. (11.25.2012)

7. Virginia Business Without Borders

<http://exportvirginia.org/>

State programs such as the State Trade and Export Promotion Grant (STEP) and VALET (Virginia Leaders in Export Trade) to help Virginia based exporters. (11.25.2012)

8. Virginia Department of Agriculture and Consumer Services

<http://www.vdacs.virginia.gov/international/index.shtml>

Provides consumer, marketing, and regulatory services with specialists in areas such as forest products, processed foods, livestock, grain and trade policy. (11.25.2012)

9. Port of Virginia

<http://www.portofvirginia.com/>

Online resource with links for applying to tax credits for dealing with the Port of Virginia, a free trade zone. (11.25.2012)

10. International Trade Administration

<http://ita.doc.gov/our-services/>

Government agency that provides various services to exporters including data and analysis for over a dozen industries. (11.28.2012)

11. US Trade and Development Agency

<http://www.ustda.gov/businessopps/smbusinesses.asp>

The USTDA helps small businesses get a foothold in emerging markets by contracting for development projects. The site provides tips on contracting with the agency and a directory of project opportunities. (11.28.2012)