



Chamber Connection

Trotwood Chamber of Commerce is an integral part of the Trotwood Community and the economic development of the City. The business community plays a very important role in helping with the development of the City of Trotwood. We ask you to support the businesses in our community and surrounding area.

The Chamber is interested in what is going on with your business. If you have an event, anniversary or other celebration coming up, submit your information via email to mbattle@trotwoodchamber.org and we will get your information to the businesses and community.

There are some special days in March—Day Light Savings Time begins March 10, the first day of Spring is March 19 and this year Easter is March 29. Mark your calendar for these important dates.

Have you ever had your personal information compromised online or from other source? If so, Trotwood Chamber will present a Business Informational Networking Event on “Data Breach” and how you can protect your personal information. Other presentations at this event will include “New Marijuana Law” and “Workers’ Compensation.

Time: 10 a.m. until noon

When: March 11, 2024

Where: Trotwood Branch Library, 835 E. Main Street

Cost: FREE to members; not a member, the cost is \$10.00

You must register to attend this event—call 937-837-1484 or email mbattle@trotwoodchamber.org. Registration deadline is March 7, 2024.

Marie Battle CAP, Executive Director



Today, Black History Month is a time to honor the contributions and legacy of African Americans across U.S. history and society—from activists and civil rights pioneers such as [Harriet Tubman](#), [Sojourner Truth](#), [Marcus Garvey](#), [Martin Luther King Jr.](#), [Malcolm X](#) and [Rosa Parks](#) to leaders in industry, politics, science, culture and more.

President Ford first honored Black History Week in 1975, calling the recognition “most appropriate,” as the country developed “a healthy awareness on the part of all of us of achievements that have too long been obscured and unsung.”

The next year, in 1976, President Ford issued the first Black History Month commemoration, saying with the celebration “we can seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.

Robert Rice Sr. was a Dayton school teacher for more than 40 years and was considered an expert on Black history in the area. A cousin of famed poet Paul Laurence Dunbar, Rice traced his family lineage to a woman bought out of slavery by the Steele family, whose name was on the former Steele High School. His father, Lucius Rice, was the city’s second Black police officer; his mother, Dora Rice, was the city’s first female Black police force member.

Trotwood Chamber
5790 Denlinger Road
Trotwood OH 45426
www.trotwoodchamber.org

February 2024

Officers

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Dr. Reva Cosby
T-M City Schools

Secretary

Mindy M. Shelley
Miami Valley North/
Premier Health

Treasurer

Sandra Monaghan
Retired

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MVCDC

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City of Trotwood

Executive Director

Marie Battle, CAP

Newsletter Includes:

Director's Report
Member Focus
Primary Election
Community Market
Heart Health Month
Benefits to Members

Membership Renewals 2024

Copy & Go LLC
Dayton Nutra Foods
Gill Mart
Hunter Consulting Co.
Storage of America
Wise Construction

Member Focus

COPY & GO

Copy & Go Printing, LLC is a full-service copy center located at 4629 Salem Avenue in The City of Trotwood.

Copy & Go signed our lease in April of 2020 and opened our door in October of 2020. One might say right in the middle of COVID! I have a degree in Visual Communications and have worked in the field of Graphic Designs for over 35 years. We at Copy & Go like to style ourselves as Your One Stop Print Shop. Available products and services are: Business Cards, Business Forms, Brochures, Flyers, and Menus. We offer High Volume Copying, Digital Printing, Graphic Design & Pre-press, Bindery & Finishing services. Faxing and Notary. Promotional items such as: Custom Tee Shirts, Poly Style Shirts, Jackets, Tote Bags, Aprons, Banners, Yard Signs and Posters.

I consider myself born entrepreneur, I have been making and sell things most of my life. I want to do my part to help rebuild Trotwood. I could have taken my shop to Dayton, or even Englewood but I am a resident of Trotwood. My family moved to Trotwood from Dayton in the late 80's. I operate a business in Trotwood, I own it 100%. My de-

sire is to own my own commercial building in Trotwood, then I will fill like a "Business Owner"

Phone number 937-716-1196; operating hours are Tuesday - Friday 10:30 am - 6 pm; Saturday - 11 am - 5 pm; Closed Sunday and Monday. Take a look at our website. www.copyandgo1.com,

Primary Election is March 19

Tuesday, Feb. 20: The deadline to register to vote for the March 19 election

Wednesday, Feb. 21: Early in-person voting begins, and county boards of elections mail out absentee ballots. To get an absentee ballot, voters must request an application from their county board of elections, fill it out and return it.

Tuesday, March 12: The deadline for voters to file absentee ballot applications with their county board of elections.

Tuesday, March 19: Election Day. Polls will be open from 6:30 a.m. to 7:30 p.m.

Saturday, March 23: The deadline for mailed, completed absentee ballots to arrive and still count, as long as they are post-marked by March 18.

Don't Forget to

VOTE



TROTWOOD
GROWING TOGETHER

COMMUNITY MARKET



**5200 SALEM AVE,
TROTWOOD, OH
45426
(FORMER SALEM MALL)**

**WEDNESDAYS ONLY
JULY 8 - SEPTEMBER 25
3:00 PM - 7:00 PM**



Heart Health Month

Heart disease is the number one killer in America. It takes a life every 33 seconds! The most common type of heart disease is coronary heart disease, caused by build up of plaque in the walls of the arteries that supply blood to your heart and other parts of the body. Every year about 805,000 people in the US have a heart attack. The American Heart Association (AHA) has developed life's essential 8 to promote health behaviors and health factors related to lowering heart disease risks. These include be more active, quit tobacco, get healthy sleep, manage weight, control cholesterol, manage blood sugar and manage blood pressure. To learn more about heart disease visit <https://www.heart.org>.

Recommended Screenings

- The AHA recommends you discuss smoking, dietary patterns, and physical activity at each of your health care visits. In addition, you should have your blood pressure checked at least once a year, your cholesterol every 4-6 years if at normal risk and your blood glucose tested at least every 3 years. Your body mass index should be taken during your regular health care visit and waist circumference measured if your BMI is greater than or equal to 25kg/m².

Fun Facts about your Heart

- Your heart beats about 100,000 times a day, for an average of 2.6 billion times during your lifetime.
- Your heart weighs between 7-15 ounces. The world's largest animal, a blue whale, has a heart weighing more than 1,000 pounds.
- Your heart pumps blood through about 60,000 miles of blood vessels. This blood tubing system could circle the equator twice.

Inspired Better Health Premier Health Community Health



**American
Heart
Association®**
Learn and Live

Know your numbers and take charge of your Heart Health. The good news is that 80 percent of cardiovascular diseases may be preventable with education and action. Education means understanding the numbers that effect heart health, which are: Total Cholesterol, HDL, (good) Cholesterol. Blood Pressure, Blood Sugar and Body Mass Index (BMI) action means making simple lifestyle changes like eating better and getting active.



HEALTHCARE AT A
COMPETITIVE
PRICE FOR YOUR
EMPLOYEES

Anthem
SOCA
SOUTHERN OHIO CHAMBER ALLIANCE



Get the best health insurance coverage for your Ohio small business with Anthem through the SOCA Benefit Plan. Unbeatable prices and additional programs like 24/7 NurseLine, Future Moms, ConditionCare, and more. Plus,

enjoy discounted rates on dental, vision, life, and disability coverage.

Stay protected and thriving with the SOCA Benefit Plan.

<https://lnkd.in/gF7QqT7N> [#ChambersOfCommerce](#) [#SOCA](#) [#SOCABenefitPlan](#)
[#SaveMore](#) [#SmallBusiness](#) [#SmallBusinessOwner](#) [#JoinSOCA](#)

HOW TO KEEP RISING ENERGY COSTS IN CHECK THIS WINTER AND BEYOND



Keeping energy costs in check is important for both businesses and homeowners.

You want to find ways to reduce your energy expenses and consumption any way you can, not just for winter, but all year long. One of the best ways to do this is by taking advantage of SOCA's chamber energy solutions.

Check out SOCA's guide for keeping your energy costs in check all year long!

[#EnergyPlan](#) [#EnergySolution](#) [#EnergyProgram](#) [#JoinSOCA](#) [#SOCAMembership](#) [#SouthernOhio](#) [#Ohio](#) [#Cincinnati](#)



Hunter Consulting Company provides comprehensive consulting and claims administration in the area of workers' and unemployment compensations. The Group Rating program was designed to substantially reduce your company's rates, which in turn represent significant savings for your company.

Key Benefits

- Reduced workers' compensation premium rates up to maximum allowed by the Ohio BWC (53%)
- Dedicated account manager working for you on all workers' compensation claim issues
- Expert claim settlement & handicap reimbursement analysis
- Attorney Representation at Industrial Commission hearings
- Semi-annual safety training conducted by industry professionals

For more information call Hunter Consulting at 513-231-4023, Trotwood Chamber of Commerce at 937-837-1484, or email mbattle@trotwoodchamber.org. Also, you may visit our website at www.trotwoodchamber.org for information.



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