

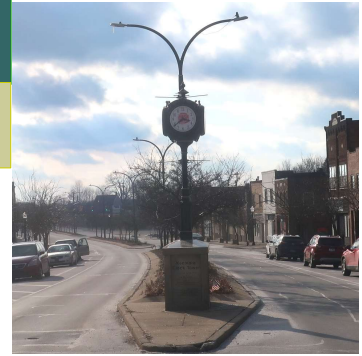
# Kenmore Chamber of Commerce

(formerly the Kenmore Board of Trade)

February 2025

## “BRINGING BUSINESS BACK HOME”

### PRESIDENT’S MESSAGE



My apologies to those who received “The Letter”.

Each Chamber member renews their dues the month they joined the Kenmore Chamber. The calendar year runs from December to November. So I did my December report for Anthem on those Kenmore Chamber members who take advantage of the different types of the Anthem Insurance benefits provided, but who had not paid their 2024 dues. That was about 20 members.

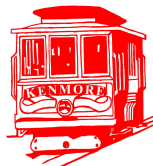
However, due to either bad luck, Murphie’s Law, a computer glitch, maybe all three, I still do not know, but for whatever reason “The Letter” from SOCA asking for past-due members to confirm their membership went out to at least one hundred of you, and maybe a lot more. Once I started receiving requests from many of you to provide a Letter of Confirmation of Membership as requested from “The Letter”, I contacted those in charge and was told of the “glitch”. A quick e-mail was sent to you all, informing you to ignore “The Letter” if you did receive one, but weeks later I still was getting calls and e-mails from members who weren’t sure of their status as up-to-date members.

Again, sorry for the confusion, and thank you for your patience as we together went through one of those “things” that seems to happen in this modern computer age we live in.

On a separate note, please notice the article on page two of this newsletter. I usually try to find an article or two on ways to reduce costs or give ideas on promoting your business to your customers, but for the start of this new year I thought an article on improving your health was just as important. A healthy you also helps make sure your business is successful.

Thank you for listening!

John Buntin Jr, KCOC President  
john@kenmore-komics.com



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### WELCOME TO OUR NEW KCOC MEMBERS!

<p>Goddard School Early Childhood Education Infants thru Pre-K Seema Patel 6239 Perimeter Drive Dublin, Ohio 43017-3289 614-799-8870 www.goddardschool.com/schools/oh/dublin</p>	<p>Heck &amp; Stiffler, Ltd Civil Trial Lawyers Jeffrey Heck 1 Marion Avenue, Suite 215 Mansfield, Ohio 44903-7905 419-524-2700 www.hecklawoffices.com</p>	<p>Mazza Heating &amp; Cooling Residential and Commercial Heating &amp; Cooling Richard Mazza 1259 South State Street Girard, Ohio 44420-3310 330-545-6063 www.mazzasheating.com</p>
<p>Richard Gromofsky DDS Inc Complete Dental Care for Adults Richard Gromofsky 4336 Brecksville Road, Suite C Richfield, Ohio 44286-9248 330-659-9363 www.richfielddentist.com</p>	<p>Stile Companies Property Management Melody Yerkey 839 East Market Street Akron, Ohio 44305-2460 330-762-8661 www.stilecompanies.com</p>	<p>Zorro Capital, LLC Boutique Investment Firm Michael Fox 8394 Lucerne Drive Chagrin Falls, Ohio 44023-4680 216-702-6800 www.zorrocapp.com</p>

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## The Wonders of Walking for Wellness

Walking does more than help us get from one place to another. It also helps keep us healthy — physically and mentally. Two of the best benefits of walking for fitness are that you don't need to be athletic, and it's free. All you need are comfortable clothes and sneakers.

Here are 10 reasons why you should walk more. Walking can:

1. Boost your energy.
2. Burn calories.
3. Fill your body with feel-good hormones.
4. Improve sleep.
5. Keep your heart strong.
6. Lower the risk of disease.
7. Melt away stress.
8. Strengthen muscles and bones.
9. Support the immune system.
10. Tone your legs.

**Getting started:** When you're first starting out, it helps both physically and mentally to break your walks into smaller ones. Shorter walks are also a good way to fit exercise into a busy schedule. Aim for 150 minutes of exercise a week. Start with 10–15 minutes once or twice a day, then slowly increase your time and distance.

**Staying motivated:** The beauty of walking is that there are so many ways and places you can do it. You can follow the same routine every day or mix it up. To keep boredom at bay:

- Chat on the phone.
- Listen to a podcast or audiobook.
- Look for trees, flowers, or animals along the way.
- Meet up with a friend.
- Savor the silence.
- Snap photos and post what you see on social media.
- Try going in the opposite direction.
- Vary your pace, from medium to brisk.

**Sneaking in more steps:** Hitting 10,000 steps can seem overwhelming, even if you're already fit or have loads of free time. Whether you're walking for weight loss or more energy, here are ways to sneak extra steps into your day:

- Park farther away.
- Take your dog or a neighbor's dog for a walk.
- Take the stairs.
- Walk every time you talk on the phone.

**At work, you can:**

- Have walking meetings.
- Use the restroom or break room furthest from your work station.
- Schedule a walking workout with a friend.
- Walk over to your co-worker to ask a question.

Once you start putting one foot in front of the other for exercise, soon you'll be walking your way to better physical and mental health!



## KBOT FLASHBACK



### 10 Years Ago - February 2015

- Ⓜ **David E. Culbertson**, President
- Ⓜ We are STILL waiting on bids for the construction of the Clock Tower base on Kenmore Blvd..

### 15 Years Ago - February 2010

- Ⓜ **Scott M. Smith**, President
- Ⓜ An evening meeting was held at Goss Church, followed by a meeting at the Councilman's Ward 9 meeting at the Kenmore Community Center.

### 20 Years Ago - February 2005

- Ⓜ **John Buntin Jr.**, President
- Ⓜ Luncheon guest speaker was Brent Hendrix, Akron Economic Development Specialist.

### 25 Years Ago - February 2000

- Ⓜ **Jill Stevenson**, President
- Ⓜ The Banquet & Installation of Officers was held at the Martin Center on February 4th.

### 30 Years Ago - February 1995

- Ⓜ **Mary Lu Warstler**, President
- Ⓜ Kathy Schmidt of Innes Middle School talks about the "Right to Read" week in February.

### 35 Years Ago - February 1990

- Ⓜ **Ann K. Morrow**, President
- Ⓜ Mel Kent discussed final plans for this year's Ladies Night, including a fashion show with several male members of the Board participating.

### 40 Years Ago - February 1985

- Ⓜ **David E. Whitmire**, President
- Ⓜ KBOT fundraiser for the "3rd Annual Olde Tyme Kenmore Festival" will be to sell raffle tickets for a red 1980 Spirit car.