

CONNECTION

VOLUME 17 ISSUE 11
NOVEMBER 2017

A MONTHLY PUBLICATION OF THE DAYTON CHAMBER OF COMMERCE

NOVEMBER – *Perseverance*, Pursuing worthy objectives with determination and patience while exhibiting fortitude when confronted with failure.



DAYTON CHAMBER COFFEE SCHEDULE

Remember, all coffees begin at 7:30am and are free to attend.

November 14, 2017—Rhea County United Way at the Rhea Co Welcome Center

January 9	—Avalon at the Rhea County Welcome Center
February 13	—Creative Grace at 285 Second Avenue
March 13	—UT Extension Office at the Rhea County Welcome Center
April 10	—Rhea Medical Center at 9400 Rhea County Highway
May 8	—Farmers Insurance at 1452 Market Street
June 12	—WDNT, Rhea County Radio at the Rhea County Welcome Center
July 10	—Jerry Fenstermaker, CPA at the Rhea County Welcome Center
September 11	—MainStreet Dayton at the Rhea County Welcome Center
October 9	—The Herald News at the Rhea County Welcome Center
November 13	—Hospice of Chattanooga



The Coffee is an excellent networking “tool”! Try to attend as many as possible.

Smile--have fun and enjoy your time in the spot light!

****ALL COFFEES ARE IN DAYTON UNLESS OTHERWISE NOTED***

DAYTON CHAMBER OF COMMERCE MEMBER OF THE MONTH

November Dayton Chamber of Commerce Member of the Month is Eyes on Main.

The leading provider of quality vision care products and personalized optometric services in Dayton. Since 2005, Eyes on Main has been the leader and preferred provider of quality vision care products and personalized optometric services to our patients in Dayton and the surrounding areas. Our experienced doctors and staff offer comprehensive vision examinations and specialize in the diagnosis and treatment of a wide array of eye diseases, conditions, and problems.



In our mission to provide the best eye care services possible, our doctors use only the most advanced, state-of-the-art diagnostic technology and eye care products available. We are committed to educating our patients and providing personalized eye care services to the people of Dayton. At Eyes on Main, you will find eye care professionals who genuinely care about your health and are dedicated to providing exceptional personal service to everyone who walks through our door.

Schedule an appointment with an experienced eye care provider at our Dayton optometrist office and give your vision the level of care and attention it deserves.

Eyes on Main is located at 1286 Market Street in Dayton, TN 37321.
You can contact them at (423) 775-4747—eyesonmaindayton@gmail.com

**ANNUAL CHRISTMAS
OPEN HOUSE**

The Dayton Chamber of Commerce, MainStreet Dayton and Rhea Economic & Tourism Council invite you and your guest to the annual Christmas Open House at the Rhea County Welcome Center

On Monday, December 18th from 11:30am to 1:00pm

R.S.V.P. to 775-0361 before 5:00pm - December 8th

We will have door prizes and 2 crisp new \$50 bills. An item of children's winter clothing, a pet blanket or a can of dog/cat food to be donated to the Rhea County Sheriff's Department and a can of food, to be donated to the Rhea County United Way will get you an extra ticket for the door prizes. All items will be distributed to families and pets in Rhea County.

(Winners must be present for all door prizes)

CELEBRATING OUR VETERANS

Veterans...

You're Invited!

The Herald-News is hosting the

**2017 VETERANS
LUNCHEON**

Wednesday, Nov. 8th

11:30 AM

**First Baptist Church
Third Avenue, Dayton**

***Join Us As We Say
"Thank You" For
Your Service!***

SOCK—MITTEN TREE

The annual mitten / sock tree is back! For several years the realtors in Rhea County sponsored a mitten/sock tree inside the Rhea County Welcome Center and asked the community to stop by and decorate the tree with mittens and socks for elementary school aged children. The tree will be up early November through the first week of December so the items can be distributed to the children before they are out of school for Christmas break.

The Rhea County Welcome Center is located at 107 Main Street in Dayton and is open from 8:30am to 5:00pm Monday through Friday. Please be generous with mittens and



DCOC COFFEE AND MID-DAY MEET & GREET'S

Because you requested them we will have our first Mid-Day Meet & Greet on Thursday, January 25, 2018 at the Rhea County Welcome Center. This event will be hosted by the Dayton Lions Club. The event will begin at 11:30am. We are excited to offer this networking event for our members who are unable to attend the morning coffee events. If you are interested in either of these networking opportunities, please call the chamber office at your earliest convenience. Remember the coffees are from 7:30-8:30am and the mid-day events are 11:30am-12:30pm. Please see the chamber calendar for more detailed information.

Dayton Chamber Coffee

January 9, 2018	Avalon
February 13, 2018	Graceworks
March 13, 2018	UT Extension Office
April 10, 2018	Rhea Medical Center
May 8, 2018	Farmers Insurance
June 12, 2018	WDNT, Rhea County Radio
July 10, 2018	Jerry Fenstermaker, CPA
August 14, 2018	FB Bank
September 11, 2018	MainStreet Dayton
October 9, 2018	The Herald News
November 13, 2018	Hospice of Chattanooga
December 17, 2018	Christmas Open House

Dayton Chamber Meet & Greet

January 25, 2018	Dayton Lions Club
February 22, 2018	MainStreet Dayton
March 22, 2018	Benchmark Physical Therapy
April 26, 2018	Hospice of Chattanooga
May 24, 2018	
June 28, 2018	Ortho Sports & Spine PT
July 26, 2018	
August 23, 2018	
September 27, 2018	Preferred Title
October 25, 2018	Graceworks
<i>No Event in November</i>	<i>Happy Thanksgiving</i>
<i>No Event in December</i>	<i>Merry Christmas</i>

HEALTH AND FITNESS

Why is Exercise Important?

- Exercise helps you
- ✓ Have more stamina, both physically and mentally.
 - ✓ Cope with stress better.
 - ✓ Have less trouble sleeping.
 - ✓ Control diseases like diabetes and high blood pressure.
 - ✓ Maintain a healthy weight.
 - ✓ Build up your immune system.

Choose Exercise That's Right for You

- ✓ Set realistic goals.
- ✓ Start slowly and gradually step up the pace.
- ✓ Make it convenient.
- ✓ Develop a daily plan.
- ✓ Make it fit your schedule.
- ✓ Choose activities you enjoy.

Components of Fitness

- ✓ Aerobic conditioning — strengthens your heart and lungs.
- ✓ Flexibility — stretch often during the day.
- ✓ Strength — important for posture and injury prevention.

Your F.I.T.ness Prescription

- Frequency — be active every day.
 Intensity — moderate and low intensity exercise is good for you.
 Time — at least 30 minutes daily five or more days a week.



Aerobic Conditioning and Target Heart Rate

To strengthen your heart, you need to exercise within your target heart rate range. The target heart rate range is 60 to 80 percent of your maximum heart rate. To calculate your target heart rate range, use this simple formula: subtract your age from 220 (maximum heart rate) and multiply the result by 60 percent or 80 percent. Or use the Target Heart Rate Range chart below.

Target Heart Rate Range Beats/Minute		
Age	60%	80%
15	123	164
20	120	160
25	117	156
30	114	152
35	111	148
40	108	144
45	105	140
50	102	136
55	99	132
60+	96	128

Welcome to our first health & fitness column monthly in the Chamber CONNECTION. If you would like to add something, please, feel free to forward it the chamber office at chamber@volstate.net.

This month's information brought to you by



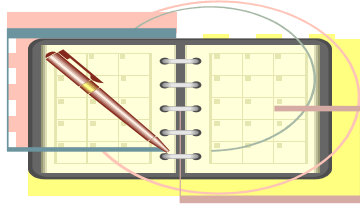
a wellness publication written by

Barbara (Bobbi) P. Clarke, PhD, RD

Professor, Community Health Education

Family and Consumer Sciences

Calendar of Events



- Wed., Nov 1** **Rhea County Health Council Meets**
11:30am Rhea County Welcome Center
- Tue., Nov 14** **Rhea County United Way hosts DCOC Coffee**
7:30am at the *Rhea County Welcome Center*
- Wed., Nov 8** **R.E.A. Meeting**
11:30am Rhea County Welcome Center
- Thur., Nov 9** **Annual Holiday Stroll**
5:00pm Historic Downtown Dayton
- Fri., Nov 17** **Deadline for articles for the Dec Edition**
of the Dayton Chamber CONNECTION
- Tues., Nov 21** **DCOC Ambassadors Meet**
12:00pm Rhea County Welcome Center
- Mon., Nov 13** **DCOC Board Meeting**
11:00am Rhea County Welcome Center
- Sat., Nov 18** **RHEA-diant Celebration**
10:00am National Guard Armory, Dayton
- Thur., Nov 23** **Happy Thanksgiving**
Rhea County Welcome Center Closed
- Fri., Nov 24** **Happy Thanksgiving**
Rhea County Welcome Center Closed
- Mon., Nov 27** **R.E.T.C. Board Meeting**
11:00am Rhea County Welcome Center
- Mon., Nov 27** **Rhea Fit Meeting**
12:00pm Rhea County Welcome Center
- Sat., Dec 2** **Dayton Christmas Parade**
Historic Downtown Dayton
- Sat., Dec 9** **Spring City Christmas Parade**
Main Street Spring City, TN
- Mon., Dec 18** **Christmas Open House**
Sponsored by DCOC, MSD & RETC
- Fri., Dec 22** **Rhea County Welcome Center Closed**
- Mon., Dec 25** **Christmas Day**
Rhea County Welcome Center Closed
- Fri., Dec 29** **Rhea County Welcome Center Closed**
- Mon., Jan 1** **New Years Day**
Rhea County Welcome Center Closed

Visit www.daytontnchamber.org
for more detailed information!

Dayton Chamber of Commerce
107 Main Street
Dayton, TN 37321
(423) 775-0361
chamber@volstate.net—daytontnchamber.org

2017-2018

Dayton Chamber of Commerce Executive Board

- | | |
|-----------------------------------|------------------------|
| Linda Blevins, President | Park Place II Benches |
| Kerry Nabors, Vice President | Dillard Construction |
| Melissa Wood, President Elect | The Veranda |
| Jennifer Shoffner, Past President | La-Z-Boy Tennessee |
| Randy Wells, Treasurer | SouthEast Bank & Trust |
| Margie Legg, Member at Large | Bryan College |

Board Members

- | | |
|-------------------|-----------------------------------|
| Christine Ralph | Rhea County United Way |
| Beth Keylon | Southeast TN Development District |
| Billy Lovett | Lovett Printing & Promotionals |
| Karen Needham | Dayton Drug & Wellness |
| Janet Arnold | First Bank of Tennessee |
| Debbie Ballard | River Valley AgCredit |
| Steve Wimberely | Cornerstone Insurance |
| Diane Emens | The Herald News |
| Alan Garrison | Monkey Town Brewery |
| Andy Kelly | State Farm Insurance |
| Dennis Tumlin | Rhea Economic & Tourism |
| Rachel Marshall | MainStreet Dayton |
| Cynthia Rodriguez | Administrative Assistant, DCOC |