

CHAMBER CHATTER

APRIL 2010



The Official Publication of the Bedford Chamber of Commerce

Bedford HealthSource

Bedford HealthSource, has teamed up with the March of Dimes and is supporting the annual MARCH FOR BABIES walk. Team HealthSource will be walking on Sunday, April 25 in Cleveland. We are looking for donations and TEAM walkers to participate! Please call (440) 232-4325 for more information or go to <http://www.marchforbabies.org/team/t1376620> to sign up! Thank you in advance for your support!

Bedford HealthSource is sponsoring an American Red Cross Blood Drive. The Blood Drive will take place on Monday, May 24 from 2:30 P.M. to 6:30 P.M. Please call Bedford HealthSource at (440) 232-4325 to schedule a time to donate! All donors will receive a FREE relaxation massage voucher!

6 Weight Loss Safety Tips

Currently the weight loss industry in the U.S brings in over \$46 billion a year. Despite this, Americans on average are getting heavier! An estimated 2/3 of our adults and children are clinically overweight and an estimated 1/3 of us are considered obese. Accompanying this epidemic are the serious health risks that take more and more lives every year. Heart disease, Diabetes, and certain types of Cancer are all linked directly to our excess fat and higher BMI's (Body mass Index). So why if more of "us" are going on diets and desire to lose weight rather than gain it, are we getting BIGGER as a society? Here are a few things to consider when considering a healthy weight loss plan:

1. Avoid "fad" diets. These will likely work temporarily and then the weight comes back and generally, we become even heavier than before. These diets are usually difficult to stick to and some of them have inherent health risks.
2. Be careful with diets that require you to constantly count calories, carbs or points. The concept is partially correct, BUT this causes you to obsess with the food you eat, which is the OPPOSITE of what a dieter needs to do.
3. Avoid relying purely on "magic pills" or drinks. Most of them are gimmicks and many of them are unsafe especially if you have any health conditions or family history of problems like heart disease, diabetes, kidney or liver dysfunction.
4. Relying only on pre-packaged meals. Some of these are good but many contain high amounts of fillers, and sodium. Diets only allowing this type of eating for long periods of time (12+ months) are also very difficult to stick to. What about family gatherings, picnics, social events, ball games?

Mark your Calendars!!

Parties in the Park 2010 will be starting Wednesday, June 9.

More information and dates to follow!

Southeast YMCA

CPR Training - Every Month

Do you or your staff need CPR training? The Southeast YMCA offers a Red Cross CPR certification class each month. Times: 6:00 P.M. – 10:00 P.M. For more information, call Kyle Wilkinson at (216) 663-7522.

Maureen Mizerak, Executive Director Southeast YMCA

460 Northfield Road, Bedford, Ohio 44146

Phone: (216) 663-7522 · Fax: (216) 663-9043

Email: mmizerak@clevelandymca.org

Holy Spirit Academy

Now Accepting Registration,
Kindergarten thru 8th grade
for the 2010-11 school year.

Call (440) 232-1531 or go to
www.hsabedford.org for
registration information.



Bedford HealthSource (from page 1 ◀)

Wouldn't it be easier to just learn the proper way to eat AND enjoy those foods rather than penalize yourself or feel guilty? (more on how to do this later).

5. Make sure you address the emotional side of weight loss and not just the physical. Dr. Mehmet Oz, Dr. Deepak Chopra, and Dr. Andrew Weil all agree that it is necessary to "re-program" your thinking to properly lose weight and KEEP IT OFF. Most diets do not do this step or have the technology to do it properly.
6. Be careful of the "One size fits all" diet plans. Why? Because we are all different physically, emotionally, and even chemically.

If you have any other questions regarding the proper way to lose weight, or have tried diets in the past and failed, feel free to call us and talk with Dr. Frank Dachtler or Dr. Brian Miles at (440) 232-4325. They will be happy to take time out and discuss what will work best for you. Also, make sure you inquire about their next Free 40-minute lecture on "How to Eat More and Weigh Less," offered to the community monthly.

Sincerely,

Dr. Frank C. Dachtler, DC • HealthSource of Bedford , (440) 232-4325 (HEAL)



DiJulius Café

720 Broadway Ave.
Bedford, Oh 44146
(440) 439-5881



For more information please visit the following website: <http://www.triczazzfest.com/tric-jazzfest.asp>

Bedford Chamber of Commerce Dinner Meeting

Wednesday, April 21, 2010

Networking 6:00 P.M.

Dinner 6:30 P.M.

Speaker – 7:00 P.M.

Henry Angelo

Bedford City Manager

Catered Elegance

1160 Broadway Avenue, Bedford, Ohio, 44146

Menu

Dinner Buffet ~ Salad ~ Rolls

Dessert ~ Coffee ~ Open Bar

Please R.S.V.P. by Monday, April 19

Name _____

Company _____

Number Attending _____

Cost for Dinner: \$15/person

Call (440) 232-0115 • Fax (440) 232-0521

RSVP to Email: bedfordchamberoh@sbcglobal.net



April Events

Saturday April 3
Angel Card Readings with Laura Lyn
1:00 P.M. – 6:00 P.M.

Whenever you experience fear or doubt about any aspect of your life, the angels can provide helpful guidance and personal messages. Angels always counsel us from a place of love, so connecting with your Angels is a positive and uplifting experience. An angel reading is a look at who your personal angels are and what areas of your life (or the lives of your loved ones), that they bless. Angels give us support and help in many ways and it is a comfort for many to actually know their names and their functions of heavenly support to us.

Some of the many benefits you will receive during an Angel Reading include:

- Receiving guidance from the angels related to your relationships, divine life purpose, career and health.
- Learning to communicate with your angels.
- Receiving messages from departed loved ones.

Due to many people coming to see Laura, please call to set up an appointment!

Potluck & Meetup & Drum Circle
Saturday April 10
5:00 P.M. - 8:00 P.M.

Bring a dish to share. Meet with other members of the community to learn, share, and have a good time! There are many paths to Spirit and all are welcome here. Please bring a dish or dessert to share, and we will supply the tea and coffee. We'll be having a drum circle after the potluck, so bring your instruments! Children are welcome!

Ghosthunting Basics and Techniques
Monday April 12 & April 19
6:00 P.M. – 8:00 P.M. \$5.00

Come learn the basics of ghost hunting and the techniques used. Class brought to you by Into the Light Paranormal!

Psychic Fair
Saturday April 17
12:00 P.M. – 5:00 P.M.

Join us for a Psychic Fair at Spirit Apothecary. All readings this day will have the proceeds going to Cleveland Area Pagan Pride. There will be Tarot, Intuitive Readers and more! We will have goodies and gift baskets to raffle off this day as well! Stop by for a reading and help support the cause!

Spirit Drawing Workshop with J:D Aricchi
Saturday April 24
4:00 P.M. – 6:00 P.M. \$35.00

Spirit Drawing is truly more an experience in learning to “see,” initially on paper creating a drawing, but ultimately in your life intuitively. The process allows you to experience you inner sight outside of what you may be used to. Therefore, creating an opportunity for growth beyond conventional means and without limitations.

J:D Aricchi has been a spirit artist for over 9 years. J:D will share his stories and experiences to demonstrate how creating through spirit is truly unlimited. “Looking within and knowing yourself allows you to find your own way of expression and insight. Because you are the creator, the impact is not only more personal, but more powerful.” For more information about J:D, his work, and examples, visit: www.infinitcreations.net

Craft Show

Ellenwood Community Center
124 Ellenwood Ave., Bedford

Saturday, April 24 from 9:00 A.M. – 3:00 P.M.
FREE Admission

Tracy Henderson, Founder and Owner
Significant Outcomes Event Planning Services
“Specializing in Excellent Results”

(216) 253-5252

oswald
companies

Health Care Reform: Employer Impact

Patient Protection and Affordable Care Act:
Senate (H.R. 3590) and

Health Care & Education Affordability
Reconciliation Act of 2010 (H.R. 4872)

*Projected to provide coverage for 94% of
Americans and cost \$940 billion over 10
years, while decreasing the federal deficit by
\$143 billion over 10 years*

On March 21, 2010, the House of Representatives ratified the Senate Bill, the Patient Protection and Affordable Care Act (H.R. 3590). President Obama signed it into law on Tuesday, March 23, 2010. The House also passed a companion Act, the Health Care & Education Affordability Reconciliation Act of 2010 (H.R. 4872), which then passed in the Senate on March 25, 2010.

Read more at www.oswaldcompanies.com

Spirit Apothecary (from page 3) ◀

Yes, it is true no artistic “ability” or experience is needed for this workshop. In many prior workshops, those with less experience are able to grasp the process and demonstrate it in their works easier than those with an artistic background.

Important notes: In this workshop we will be working in charcoal on white paper. Charcoal can get messy and does have strong staining potential. It is highly recommended to wear at least a “smock” or expendable clothing. The more free we can flow with the energy (without worrying about ruining our clothes) the better the experience can be. Handy wipes will be provided.

During the workshop, we will all be doing several drawings. It will be your choice to draw for yourselves, friends, or family members. J:D will have matting and framing supplies available for an additional cost if you would like to make your drawings more presentable and secure. An excellent gift idea!

J:D will also be available before the workshop if you would like him to create a spirit drawing for yourself or someone else. All that is needed is the name of the person the drawing is intended for. If interested contact J:D @: (888) 618-3698.

***Into the Light Paranormal Team Investigation
Friday April 23 and Saturday April 24
Time: Arrive between 9:00 P.M. - 9:30 P.M.***

Into the Light Paranormal Team invites you participate in a pay-to-play investigation.

Where: Madison Seminary & the Ohio Cottage
6769 Middle Ridge Road
Madison, OH 44057

The investigation is from 9:30 P.M. to 4:00 A.M.

Cost: \$40.00 per person payable the night of the event. You will be asked to also sign a waiver. Pizza and drinks will be served but it is advisable to bring extra water with you and dress for the weather.

***Spirit Apothecary Anniversary Party
Saturday May 1, 12:00 - 5:00 P.M.***

Thank you for another wonderful year! We will be celebrating going into our fifth year! Join us for the festivities. There will be sales, drawings, and snacks for all to partake!

**Help the Cleveland Area Pagan Pride
with supporting their upcoming events!**

***A Magical Night of Music
Friday April 9, 7:00 P.M.***

Brian Henke with special guests: Emerald Frequency and Pale Daisies

April 9 at 7:00 P.M. at Aradia’s Garden, located at 34510 Lakeshore Blvd., Eastlake (440) 975-1911. Your \$10 ticket includes a Pasta Dinner w/ Salad. Limited Seating! Don’t Wait!

***Psychic Fair
Saturday April 17, 12:00 P.M. - 5:00 P.M.***

Join us for a Psychic Fair at Spirit Apothecary. All readings this day will have the proceeds going to Cleveland Area Pagan Pride. There will be Tarot, Intuitive Readers and more! We will have goodies and gift baskets to raffle off this day as well!

April 11 is scheduled at Aradia’s Garden, 34510 Lakeshore Blvd., Eastlake, OH

We also meet and make decisions on-line. Join our Forum at <http://forum.clevelandpaganpride.org/> to participate. Also visit our website <http://www.clevelandpaganpride.org>.

Ongoing Events:

***Intuitive Readings with Titania
Every Friday from 2:00 P.M. - 8:00 P.M.***

***Chakra Clearings with Matthew
Call for an appointment, (440) 439-4372***

 **South Pointe Hospital**
a Cleveland Clinic hospital

**30 Minute Guarantee
Holds Strong at Sagamore
Hills Medical Center**

Emergencies Happen Without Warning

At South Pointe Hospital’s Sagamore Hills Medical Center, patients do not have to wait long for emergency medical attention.

The Emergency Department at the Sagamore Hills Medical Center is proud to announce that the people in the surrounding communities have consistently been seen by a physician within 30 minutes of arrival, guaranteed. In fact, the door to doctor time is 25 minutes on average. Patients who come in with potentially life-threatening conditions continue to be treated first.

This 30-minute promise of timely emergency treatment ensures faster service; easy access and trusted care, while eliminating long wait times. The Medical Center welcomes area fire departments that bring patients, such as: Macedonia, Northfield Center, Brecksville, and Broadview Heights

The Sagamore Hills Medical Center has recently celebrated 30 years of service to the community and continues to be a leader in providing and delivering quality patient care.





April Library News

The William N. Skirball Writers Center Stage Program, presented by Cuyahoga County Public Library Foundation, is very excited to welcome poet Mary Oliver to its stage at the Ohio Theatre on Tuesday April 13 at 7:30 P.M. Poet Mary Oliver (born in Maple Hts, Ohio, in 1935) is the author of more than a dozen books of poetry and prose, including *American Primitive* (winner of a Pulitzer Prize) *New and Selected Poems* (a National Book Award winner) and *House of Light* (winner of the Christopher Award and the L. L. Winship/PEN New England Award). Her most recent poetry collection, *Evidence*, was released in April of 2009. Call the Foundation office at (216) 749-9338 for ticket information.

Are you a Facebook Friend? Join The Friends of the Southeast Library group on Facebook, become a fan of Cuyahoga County Public Library, and receive news of events and information through Facebook.

Speaking of the Friends of the Library, now is a great time to join! The Friends are a group of great people interested in supporting the programs and mission of the Library. Pick up a membership form at the library, stop in to learn more about this organization.

Call the Southeast Branch at (440) 439-4997 for more information. To register for programs call or go to the library's website: www.cuyahogalibrary.org.

Pick up one of our free program guides for information on programs.

Library Programs for April

Adult Programs

Book Discussions

Ellenwood Recreation Center
124 Ellenwood Ave.

The Southeast Branch is holding a monthly book discussion on the first Wednesday of the month. Copies of the book will be available at both the Ellenwood Center and at the Southeast Branch one month before the meeting.

Wednesday, April 7, 1:00 P.M.

Water for Elephants, Sara Gruen: A novel of star-crossed lovers, set in the circus world circa 1932. When Jacob Jankowski, recently orphaned and suddenly adrift, jumps onto a passing train, he enters a world of freaks, grifters, and misfits, a second-rate circus struggling to survive during the Great Depression, making one-night stands in town after endless town. A veterinary student who almost earned his degree,

Jacob is put in charge of caring for the circus menagerie. It is there that he meets Marlena, the beautiful young star of the equestrian act, who is married to August, the charismatic but twisted animal trainer. He also meets Rosie, an elephant who seems untrainable until he discovers a way to reach her.

From publisher description

Join us on the fourth Tuesday of each month for lively discussions on a diverse selection of titles. Copies of the book will be available one month before the meeting.

Tuesday, April 27, 7:00 P.M.
Southeast Branch Library

John Henry Days, by Colson Whitehead: Set in 1996, *John Henry Days* travels back and forth through time to relate the life challenges of folk legend John Henry and a journalist covering the unveiling of the John Henry commemorative stamp. According to John Updike in *The New Yorker*, the novel "does what writing should do; it refreshes our sense of the world. An ambitious, finely chiseled work." Winner of the 2002 Anisfield-Wolf Book Award.

Computer Class:
Introduction to Word 2007

Wednesday, April 21, 2010 7:00 P.M. – 8:30 P.M. (repeats on Thursday April 22 at 10:00 A.M.)

Help! Where did the print command go? How do I format a paragraph? Set the margins? Save a file? Learn about new features and tools in Microsoft Office 2007. Find the features you're used to

using. **PREREQUISITE:** familiarity with computers or a Computer Essentials course. Call (440) 439-4997 to register. Registration required.

Earth Day Celebration: Great Hikes in Northeastern Ohio

Thursday, April 22, 7:00 P.M.

Celebrate Earth Day by exploring some of the best areas for hiking in the region, specifically those with interesting flora and/or fauna and/or geology & sometimes history, those that offer a variety of trail lengths, & a few that are accessible for the physically disabled. Handouts in the form of maps for the areas covered are included. The emphasis is not on hiking for distance, but taking time to see what's around you. Call (440) 439-4997 to register. Registration required.

Spring Into Health at Your Library

Saturday, April 24, 10:00 A.M. to 3:00 P.M.

Join Cuyahoga County Public Library as we celebrate Minority Health Month. Enjoy free programs and health screenings.

Programs: Healthy Nutrition and Cooking Demonstration; and Exercise and Fitness Sampler

Screenings: Blood Pressure, Glucose, Hearing

Event sponsored in part by the Ohio Commission on Minority Health.

Library (from page 5) ◀

Teen Programs

Anime Club

Join other teens who enjoy animé.

Mondays, April 19, 7:00 – 8:30 P.M.

Stop in and say hello to Ms. Jackson! She will be happy to meet you and to talk about what you would like to have happen at the library!

Teen Budgets 101

Saturday, April 10, 2:00P.M. - 3:30P.M.

Students will learn about the different types of spending and how a budget can help them manage their money better. Students will also learn how a budget can help them save money and how a budget can help in real life situations. Activities include, but are not limited to, The Spending Game and creating a personal budget. 7th-12th grade. Call (440) 439-4997 to register.

Teens are also welcome to come to the Earth Day program on April 22, and to the Spring into Health at Your Library program. Also see the G2P (Got to Play) program below.

Children's Programs

Showers of Fun

Thursday, April 8, 10:30 A.M. – 5:00 P.M.

Join us for a springtime make-it, take-it craft that will warm up your imagination and wash away winter blues. Open to children ages 3–11. Drop in from 10:30 - 5:00 to enjoy this event. Registration requested to ensure we have supplies.

G2P : Spring Break

Thursday, April 8, 7:00-8:30 P.M.

Don't have anything fun to do over the spring break? Join us for an afternoon of Wii™ and Board Games you can all enjoy. The games will be available from 2:00–4:00 P.M.

This is a family program for children, teens and parents.

39 Clues Club

Thursday, April 15, 7:00 P.M.

Dan and Amy Cahill have traveling on the mission to find the 39 clues hidden around the world and they need your help. Read book #4 Beyond the Grave by Jude Watson then join us for a discussion and discovery of the fourth clue, hidden information, and the internet clue that helps solve the mystery

This program is open to readers ages 9–11 years old. Parents please join us in exploring this fun mystery series.

Stand Up to Bullies - Family Literacy Night

Tuesday, April 20, 7:00 P.M.

Parents and children will learn how to recognize bullying behavior and the best ways to respond. In this interactive workshop, kids and adults will have a chance to practice role playing, find out what behavior bullies target, and how to help a friend. Registration required. (440) 439-4997.

May Day Celebration

Thursday, April 29, 7:00 P.M.

Lovely young ladies and gallant young men, you are invited to a May Day party at the Southeast Branch Library. Dress in your lively Spring outfit and present you best sunny manners, you may be crowned May Day king or queen. So join us for lots of festive fun, that includes music, dancing, crafts and more as we celebrate the beginning of Spring. Refreshments served. A parental release will be needed to enjoy the refreshments. This program is open to children ages 3–11 year old.

Spring Storytimes

Through Monday April 26. Stop in to enjoy time with your young one, listening to stories, singing, fingerplay, and more. Share and build the love of books and language.

Family Storytime

Through Monday, April 26, 6:30 P.M.

A 25-minute program of rhymes, songs, fingerplays and stories for 3 1/2 - 5 year olds not yet in Kindergarten. Programs from from March 22nd thru April 26th. No registration needed, just come and join us for the fun!

Toddler Storytime

Through Wednesday, April 28, 10:00 A.M.

25-minute program of rhymes, songs, fingerplays and stories for 19–35 month olds and their caregivers. Programs from from March 24 through April 28. No registration needed, just come and join us for the fun!

Twilight Tots Storytime

Through Wednesday, April 28, 6:30 P.M.

A 25-minute program of rhymes, songs, fingerplays and stories for 12–36 months old and their caregivers. Programs run from March 24 thru April 28. No registration needed, just come and join us for the fun!

Homework Center

Mondays through Thursdays, 4:00 – 5:15, 5:15 – 6:30 P.M.

Libraries, Schools, and Parents — A Partnership for Success!

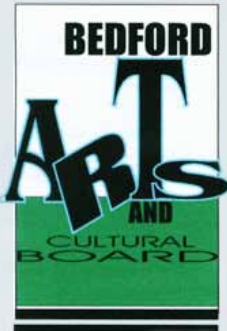
Students receive free homework help in math, social studies, science, reading, language arts.

Young people and their families are invited to register for free after-school help. The Program Coordinators, Cleveland State University's America Read Homework Coaches and trained volunteers provide a positive learning environment designed to help students gain life-long learning skills.

Our Homework Centers are made possible through support from the Cleveland Foundation.

Cuyahoga County Public Library consistently ranks as one of the nation's ten best and busiest library systems. The Library's mission is to provide the community with open access to resources that inform, enrich, and entertain. Its 28 branches serve 47 communities. For further information, visit cuyahogalibrary.org.

Southeast Branch, Cuyahoga County Public Library • 70 Columbus Road • Bedford, OH 44146 • (440) 439-4997



Events...

Creative Kids & Coffee Moms

April 10, 24

This series of art enrichment programs for preschoolers, ages 2 to 5, is offered in partnership with Young Audiences of Northeast Ohio. Sessions will be held at DiJulius Café in downtown Bedford. Children will enjoy songs, puppets, storytelling, dance and more, while

Moms (or Dads) have coffee and conversation with other caregivers. The program is free, however, reservations are required. Register in person or by phone at the Ellenwood Recreation Center, 124 Ellenwood Road: (440) 735-6573

Art With A Purpose

April 5 to May 24

Held at the Ellenwood Center on Mondays, 6:15 P.M. to 7:45 P.M. Students, ages 6 to 12, will learn to "see like an artist." Classes are designed for doing and appreciating art, while exploring painting, drawing, sculpting, collage, textiles and printing. Dress for a mess! Cost: \$15 includes supplies. Register by March 29 at the Ellenwood Center, 124 Ellenwood Road. For more information phone: (440) 735-6573.

Chalk Art Festival

June 5, 11:00 A.M. to 3:00 P.M.

Artists of all ages, professional or amateur, are invited to have fun and express their own creativity on the sidewalks of Downtown Bedford. Chalk and assigned spaces are provided. Beginning its fourth year, Chalk Art continues to be a summertime favorite. Sponsored in cooperation with Star Glass & Fine Art.

A Taste of Art

June 12

A mixed media art show, co-sponsored with the Bedford Historical Society is held during their annual Strawberry Festival. This fine art show adds another dimension to one of Bedford's most popular events.



NORTHERN OHIO AREA
Chamber of Commerce
www.noacc.org

Independence Business Supply

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Enter Chamber Code: _____ or 3333 if you don't have your Chamber's code yet

UH Doctors make the Difference.

You always thought that time would heal all wounds. What should you do when it doesn't?



Call the Wound Care and Hyperbaric Medicine Center at UH Bedford Medical Center.

The Center offers convenient access to a complete range of highly specialized wound care and wound management services, close to where you live. If you suffer from non-healing, problem wounds associated with diabetes, vascular disease, neuropathy, trauma, severe burns, post-surgical complications or other serious medical conditions, you may be a candidate for treatment at the Wound Care and Hyperbaric Medicine Center. Therapies include:

- > Wound evaluation and noninvasive vascular assessment
-> Nuclear medicine and radiology
-> Wound dressings
-> Edema, pain and infectious disease management
-> Physical therapy
-> Diabetic and nutrition education
-> Hyperbaric Oxygen Treatment (HBOT)

Advanced pressurized-environment therapy that enables the blood to carry up to 20 times the amount of oxygen to your tissues, improving your body's natural healing abilities.

If you have a wound that has not begun to heal after two weeks, schedule a consultation at the Wound Care and Hyperbaric Medicine Center:

440-735-4755



UHbedford.org

UH Bedford Medical Center
44 Blaine Avenue
Bedford, OH 44146

Most major insurances accepted.



REVERSE RAFFLE

WIN \$1,500.00

Saturday, April 24, 2010 ~ 6:00 P.M.

St. Peter Chanel High School

Athletic Booster Club

Dinner by Stancato's and Raffle Tickets \$25.00 per person

Sideboards, Chinese Raffle & other Games

Doors open at 6:00 P.M. / Dinner 7:00 P.M.

Beer and Wash Provided

For more information call the Department of Athletics @ (440) 232-5900 ext. 148 or

Email kbielanski@stpeterchanel.com

Ticket Request

Number of tickets _____ @ \$25.00 each

Total \$ _____

Name _____

Phone _____

Type of Payment:

[] Cash [] Check [] MC/VISA

Card# _____

Exp. Date _____



KAISER PERMANENTE®

Kaiser Permanente Signs On to Support Breast Cancer Network of Strength's Walk To Empower

Kaiser Permanente Will Serve as Mother's Day Event Sponsor

Cleveland, March 24, 2010—Breast Cancer Network of Strength® is pleased to announce that Kaiser Permanente has joined as a Local Official sponsor for the Cleveland Walk to Empower on Mother's Day, May 9, 2010.

"We are honored to support this great organization through Cleveland's 4th annual Walk to Empower, and our entire team at Kaiser Permanente is looking forward to our participation leading up to Mother's Day morning," said team captain, Laura Heiss.

As a Local Official Sponsor, Kaiser Permanente will have a large team of walkers who expect to raise additional funds to support the Breast Cancer Network of Strength. "By making such an investment we are pleased to help ensure that no one faces breast cancer alone. It's a wonderful Mother's Day tradition for all of us," added Heiss.

Breast Cancer Network of Strength does not raise money for research. Instead, Network of Strength® provides immediate emotional relief to anyone affected by breast cancer through the YourShoes™ 24/7 breast cancer support center, which includes the country's only toll-free breast cancer hotline staffed exclusively by breast cancer survivors.

This year's Walk to Empower will be held at Mall C, 301 E. Lakeside Avenue at 9:00 a.m. Information and registration at <http://walk.networkofstrength.org/cleveland> or 877-963-7223 x 2733.

About Kaiser Permanente

In northeast Ohio, Kaiser Permanente addresses the health care needs of approximately 130,000 members in a nine county area. Services are provided by more than 180 Ohio Permanente Medical Group physicians, 3,000 network affiliated physicians and more than 1,900 non-physician employees. In 2010, Kaiser

Permanente of Ohio celebrates 46 years of providing care in Northeast Ohio.

About Breast Cancer Network of Strength

Breast Cancer Network of Strength® provides immediate emotional relief to anyone affected by breast cancer through the YourShoes™ 24/7 Breast Cancer Support Center, which includes the country's only toll-free hotline staffed exclusively by breast cancer survivors.

For more information about Breast Cancer Network of Strength, visit www.networkofstrength.org. Peer counselors can be contacted at 1-800-221-2141, with interpreters available in more than 150 languages.

For information and registration for the Cleveland Walk to Empower, contact Darby O'Brien at dobrien@networkofstrength.org or 877-963-7223 x 2733.

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St. Peter Chanel High School Auditorium

480 Northfield Rd., Bedford

Friday 4/16, Saturday 4/17, Sunday 4/18

All shows begin at 7:30 P.M.

Adults: \$10.00/ Students/Seniors: \$5.00

Tickets/ Information:

Call (440) 232-5900



Bedford Historical Society

BEDFORD, OHIO

www.bedfordohiohistory.org

Lyceum Series

All programs are free and open to the public.

This year's Lyceum series was underwritten by Friends of the Bedford Historical Society and your contributions.

Lyceum: A Bedford Film Fest Part I

Thursday April 8, 7:30 P.M.

*Old Church on the Square
750 Broadway*

Lights! Camera! Action! Learn what goes on behind the scenes in movie making. The Balachs, Diane, Mike and Kim, share their first hand experience about life on the set. They were movie extras when the film 'Welcome to Collinwood' was filmed in Cleveland. A lot happens before we see a film on the big screen.

Lyceum: Bedford Film Fest Part II

Friday April 9, 7:30 P.M.

*Old Church on the Square
750 Broadway*

Film as History. KSU Professor Robert West will discuss how movies offer us a

unique glimpse into the past. Through film we are able to view fashion, architecture, interior design and social customs from the period. He will bring a film from the university's extensive archive. Join us for this special event.

Organist Danny Rankin plays the Moeller organ both evenings prior to the lectures.

Annual Spring Open House

Sunday April 11, 2:00 P.M. – 5:00 P.M.

Please join your fellow members and friends at the Annual Spring Open House.

Show and Tell Tea!

Saturday May 8, 12:00 Noon

The Historical Society's Victorian Maids are planning a hearty array of delicacies for your dining pleasure. Bring along a small antique or heirloom to show and tell.

30 South Park, Bedford

(440) 232-0796

All Health Chiropractic and Rehabilitation Center

Chiropractic is a *health care* discipline and profession that emphasizes diagnosis, treatment and prevention of mechanical disorders of the *musculoskeletal system*, especially the *spine*. Chiropractic care is safe and natural.

Doctors of Chiropractic – often referred to as chiropractors or chiropractic physicians – practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment. Chiropractors have broad diagnostic skills and are also trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling.

Using gentle pressure, chiropractors restore proper motion the joints. This aides in relieving pain and helps the nervous system to function more efficiently. When there is proper communication between the brain and the rest of the body, the healing process will begin.

At All Health Chiropractic and Rehabilitation Center we believe in involving the patient in the process of restoring their health and we partner with our patients and devise comprehensive treatment plans. Through a combination of chiropractic care, physical therapy and massage therapy we will come up with the right plan designed specifically for you.

We accept most insurance and will verify your coverage before you are treated. We also have several years of experience dealing with rehabilitating injured workers and working with Worker's Compensation Insurance claims.

We have two locations to serve you:

24932 Aurora Road, Suite C

Bedford Hts., Ohio 44146

(440) 439-9440 (fax) (440) 439-9447

27700 Euclid Avenue, Suite B

Euclid, Ohio 44132

(216) 289-2632 (fax) (216) 289-2654

**Call today to schedule your appointment with
All Health Chiropractic and Rehabilitation Center.**

BHS After Prom Committee

presents

A Spring Craft and Vendor Fair

Wednesday, April 21, 2010

NAME

ADDRESS

PHONE NUMBER

E-MAIL ADDRESS

CRAFTER/VENDOR

TABLE REQUEST:

_____ Large Table \$50.00 _____ Small Table \$40.00 _____ Electricity \$15.00

Please make checks payable to **Bedford High School After Prom Committee**.

All table requests will be reserved on a first come, first served basis for all applicants.

Please send any questions to springcraftfair@gmail.com and we will get an answer to you as soon as possible.

Students will be available to help with loading and unloading.

By signing this form and sending payment you agree to the terms of this event as specified on this form and in the cover letter. Bedford High School After Prom Committee reserves the right to ask participants to leave the event without refund if their items do not meet these requirements.

Signature

Date

BHS After Prom Committee

Dear Crafter/Vendor,

The Bedford After Prom Committee would like to invite you to participate in a Spring Craft and Vendor Fair on Wednesday, April 21, 2010 in the high school cafeteria. The craft fair will feature crafters and vendors. Vendors selling handcrafted original items are encouraged to participate. Home party vendors are limited to one table per company. In addition to the fair, the BHS After Prom Committee will present the 2010 Prom Fashion Show.

Tables will be approximately 6 feet with two chairs. You must furnish your own extension cords. Electricity will be available for an additional fee. There will also be certain spaces available at a reduced cost that allows room for a smaller table with one chair.

The public will be invited to attend from 4:00 P.M. to 9:00 P.M. Setup will be from 2:45 P.M. to 4:00 P.M. Bedford High students will be available to help load, unload, and carry items in and out of the school building.

To reserve a space, please complete the attached form by April 16, 2010 and mail it to:

BHS After Prom Committee

P.O. Box 46187

Bedford Oh 44146

We will make every effort to accommodate requests for spaces and electricity on a first come, first served basis.

We will advertise as much as possible including press releases to *The Plain Dealer* and area newspapers. Posters and flyers will be displayed in the high school and area merchants. Information will also be included in Bedford High School mailings.

We look forward to your participation. All proceeds support the After Prom. On behalf of the After Prom Committee, thank your for your interest.

Sincerely,

Crystal C. Robinson

Craft Fair Organizer

P.O. Box 46187, Bedford, OH 44146

(216) 288-3397 or (440) 227-4165

Strawberry Festival Car Show Donation Form

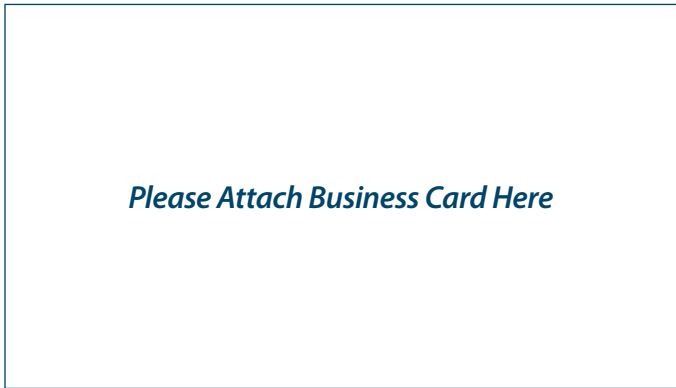
COMPANY	CONTACT
ADDRESS	PHONE
CITY, STATE	ZIP CODE

YES, we would like to show our support for the Bedford Historical Society Strawberry Festival & Car Show by making a donation of:
 \$25 \$50 \$75 \$100 Other \$ _____

YES, we would like to show our support for the Bedford Historical Society Strawberry Festival Car Show by making a donation for the Car Show Raffle.
 Item(s) Donated: _____

YES, we would like to donate auto related goody-bag items for car show participants
 Items Donated: (min. 100 ea.) _____

We would like more info on sponsoring:
 T-Shirts Dash Plaques Trophies Entertainment
 Details _____



Bedford Historical Society Use Only

By: _____ Verified By: _____ Date Confirmation Sent: _____

2010 Membership Application

Company Name: _____

Applicant's Name: _____ Title: _____

Address: _____

Phone: _____ Fax: _____

Email: _____ Website: _____

DESCRIPTION OF PRODUCT/ SERVICES:

COMPANY CONTACT PERSON(S):

Name: _____ Email: _____

Name: _____ Email: _____

PLEASE CHECK THE APPROPRIATE CATEGORY:

- 1-10 Full time employees \$125.00
- 11-25 Full time employees \$225.00
- 26-99 Full time employees \$325.00
- 100-299 Full time employees \$425.00
- 300-500 Full time employees \$525.00
- 501+ Full time employees \$750.00
- Not for profit retirement facilities \$175.00
- Hotels, motels, condos, apartments \$175.00

Number of Employees: _____ Years in Business: _____

Individual membership (City of Bedford residents) \$40.00

Bedford Resident Name: _____

Address: _____

Name: _____ Email: _____

Please update your information and return application with your membership dues. Thanks!

2010 Board of Directors

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Catered Elegance Party Center and Catering

Scott Shick, Vice President

National City Bank

Joanne Reardon, Secretary

Light of Hearts Villa

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Dale Witt, CPA



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Light of Hearts Villa

Gina Pieragostine

Office Manager



Visit our Website at:

www.bedfordchamberoh.org

Our e-mail address is:

bedfordchamberoh@sbcglobal.net

2010 Bedford Chamber of Commerce Membership Dues

Remember to send in your dues!

Remember to send in your dues by April 30 in order to be included on our member roster for email notifications, advertising, and chamber events. We are in the process of updating all member information. Please fill out a membership application and return it to the chamber office along with your 2010 member dues.

Thanks!



*Newsletter design and photos:
Spinks Business Graphics · 440 439 0880 · web.mac.com/spinks*