

CHAMBER CHATTER



The Official Publication of the Bedford Chamber of Commerce

AUGUST 2010

Don't forget ... the Pookas are coming!

While the "Weekend of the Pooka" may not be scheduled until this fall (September 17 and 18) the energy, buzz and chatter about the Pooka has given it a life of it's own. Signs in Bedford storefronts boast that the Pooka's are coming, folks are asking about and talking about the Pooka...and now, everyone can get into the "know" by checking out Pooka's very own website at www.bedfordpooka.org.

As most of you already know, the Bedford Arts and Culture Board along with the Bedford Historical Society has been diligently working towards the "Weekend of the Pooka," a weekend to celebrate art in Bedford and particularly, local artist Richard Sedlon's 1970's character the Pooka, a gnome-like character

that loves the arts, painting, music and nature.

The weekend will start with a Friday night concert and reception featuring Apollo's Fire in the Old Stone Church on the Square. Then, on Saturday, the whole family can come down to the Bedford Commons and enjoy artists works, music, performances and family hands-on art activities under the tents. But I digress...simply go on line to www.bedfordpooka.org and see for yourself!

Hey, if Hinckley can have a ugly buzzard, why can't Bedford have a cute little Pooka?



GOLFERS NEEDED!

Looking for an excuse to get out of work early on Friday Sept. 10, 2010?

Join us for lunch, 18 holes of golf, and a steak dinner.

Even a bad day on the golf course beats working!

Not a golfer?

Then donate a prize or sponsor a hole!

Bedford Chamber Golf Outing

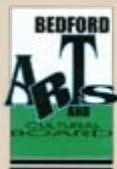
Astorhurst Country Club!

It is never too early to put your team together!

Call the Chamber Office (440) 232-0115 or Mike Romito (440) 232-1441.

See page page 3 for registration.





Bedford Historical Society
BEDFORD, OHIO

*Bedford Arts and Culture and
The Bedford Historical Society Present*

Vivaldi and Friends

This is a rare opportunity for the community to hear baroque music performed by nationally renowned specialists on period instruments, in an intimate setting.

September 17, 2010 – 8:00 P.M.
Old Church On The Square*

Bedford Commons, 750 Broadway Avenue, Bedford, Ohio

Guests received at 7:00 P.M. – Refreshments available

*Post-concert Champagne Hors d'oeuvres Reception by
Catered Elegance of Bedford*

Reservations required

DONATION:
\$20 Concert only
\$35 Concert and Champagne Reception

Proceeds will help support reconstruction of the Sedlon Garden and the Children's Art activities.

For more information phone: (440) 232-1155 or order by mail.

**Use of this historic building requires assistance for those with physical limitations.*

Please inquire in advance: (440) 232-0796

**Weekend Of The Pooka:
A Celebration Of The Arts**

***Ticket Order Form for Apollo's Fire Concert
[Printer-Friendly Form]***

NAME _____

PHONE _____

ADDRESS _____

CITY STATE ZIP _____

Please send me:

Concert Only tickets [] @ \$20 each

Concert and Reception [] @ \$35 each

Total amount enclosed \$ _____

Make check payable to:

The City of Bedford Arts and Culture Board

Deadline for purchase: September 3, 2010

Mail check and order form to:

Bedford Arts and Culture Board

City Of Bedford

165 Center Road

Bedford, OH 44146

Tickets will be sent to above address by return mail.



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KAISER PERMANENTE®

This Fall, Step Out to Fight Diabetes!

Kaiser Permanente is the gold sponsor of the 2010 American Diabetes Association (ADA) Step Out to Fight Diabetes Walk. Not only is Kaiser Permanente supporting a worthy cause, they also are promoting one of their core competencies – caring for diabetic patients. Show your support for the ADA by coming to the four-mile walk on October 2, 2010, at the Time Warner Cable Amphitheater in downtown Cleveland. For more information, contact Laura Heiss at (216) 479-5922.

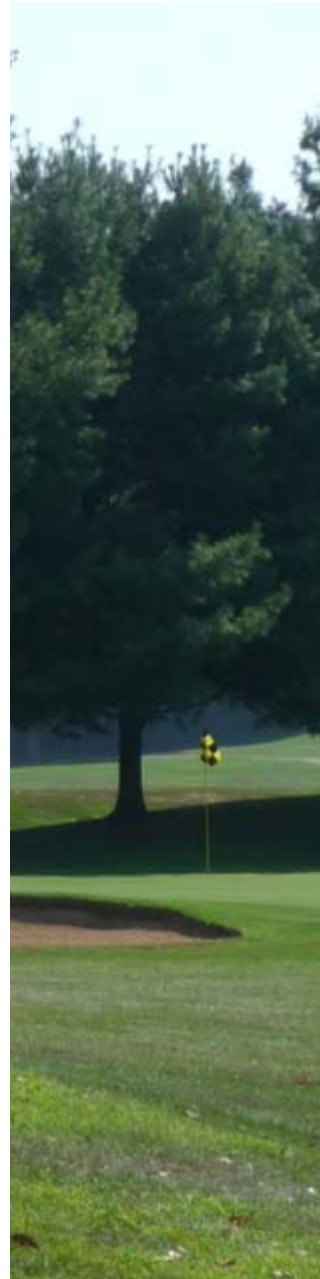


St. Peter Chanel Names Athletic Director

St. Peter Chanel High School is proud to announce the appointment of Mark Maslona as the Director of Athletics.

Maslona comes from the privately owned sports consulting business Blue Streak Sports out of Bainbridge, Ohio. Maslona served as Assistant Basketball Coach, Head Soccer Coach, and Assistant Golf Coach at John Carroll University, where he is a 1987 grad, prior to his working at Blue Streak Sports.

Maslona resides in Solon, Ohio with his wife Brenda and twin daughters.



Bedford Chamber of Commerce Annual Golf Outing

Friday, September 10, 2010

Astorhurst Country Club

Noon Shotgun

\$85.00 Per Person ~ \$340.00 Foursome ~ \$35.00 Dinner Only

Price Includes: Lunch 11:30 P.M. ~ 18 Holes of Golf with Cart ~ Steak Dinner

NAME _____

PHONE _____

ADDRESS _____

GOLFER #1 _____

GOLFER #2 _____

GOLFER #3 _____

GOLFER #4 _____

HOLE SPONSOR _____

NAME FOR SIGN _____

Hole Sponsorship \$100.00

Call Mike Romito at (440) 232-1441

To donate door prizes call the Chamber office (440) 232-0115.

Mail to: Johnson-Romito Funeral Home
521 Broadway Ave.
Bedford, OH 44146

Shouldering the Load

Joint replacement specialists help patients reach higher

Ruth Z. remembers the days when putting on her bra was “murder.”

In fact, the 80-year-old Beachwood resident says living with the pain of osteoarthritis in her right shoulder made everything difficult. “I couldn’t even lift plates from the first shelf of my cupboard,” she says.

Thanks to a total shoulder replacement in January 2009 by Reuben Gobezie, MD, Chief of the Division of Shoulder and Elbow Surgery at Case Western Reserve University and University Hospitals and an orthopaedic surgeon specializing in shoulder repair and replacement at University Hospitals Bedford Medical Center, Ruth now reaches the third shelf. “I can even lift a 10-pound bag of potatoes if I have to,” she says.

Dr. Gobezie says shoulder replacement is a fabulous operation if done in capable hands. Finding those hands can take time, but not if you go to UH Bedford Medical Center.

About 23,000 shoulder replacements are performed in the U.S. annually, compared with 743,000 hip and knee replacements, according to the American Academy of Orthopaedic Surgeons. Dr. Gobezie says the average orthopaedic surgeon performs two shoulder replacements annually; he did more than 120 replacements last year.

He also performs many reverse shoulder replacements, during which the ball and socket are switched, allowing the deltoid muscle to do the work of the rotator cuff. “It leads to dramatic pain relief” for patients with arthritis and torn rotator cuffs, he says.

In addition to shoulder replacements, Dr. Gobezie also specializes in the repair of labral tears, biceps tendonitis, rotator cuff injuries and scapular winging.

“I treat them all,” Dr. Gobezie says. “The shoulder – that’s all I do.”

Ruth Z., for one, is glad. Her left shoulder is getting testy, and she knows she’ll be knocking on Dr. Gobezie’s door again soon. “I wouldn’t let anyone else touch me,” she says.

For more information or to schedule a consultation with Dr. Gobezie or another orthopaedic specialist at UH Bedford Medical Center, please call our physician referral line at (440) 735-3825.



UH Doctors make the Difference.

Need to find a doctor? Then you'll need to call this number.



440-735-3825

That's the UH Bedford Medical Center physician referral line.

If you're looking for a primary care physician or a clinical specialist, it's the only number you'll need to connect with one of the hundreds of outstanding University Hospitals doctors who practice in our community.

When you call 440-735-3825 Monday through Friday between 8 a.m. and 4 p.m., you'll speak with Sherry Nola, UH Bedford Medical Center's Physician Practice Liaison, who will quickly and efficiently determine your medical needs and geographical preference. Then she'll find one or more physicians who can best serve you. In some cases, Sherry can even connect you directly to a doctor's office.

Call 440-735-3825
8 a.m. - 4 p.m., Monday - Friday.

- For a physician referral.
- To get a copy of the UH Bedford Medical Center Physician Directory.



UHbedford.org

UH Bedford Medical Center
44 Blaine Avenue
Bedford, OH 44146

Most major insurances accepted.

2010 Parties in the Park

Bedford Gazebo on Wednesday Evenings

6:30–8:30 P.M.

August 11: Wayne Tomsic (variety-polka)

August 18: Billy Kaye Band (polka-variety)

August 25: John Pastirik Band (variety)

September 1: Frank Moravcik Band (the best in polka)

Compliments of the Bedford Chamber of Commerce

And these area Sponsors!

- Anonymous Donor*
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- Robert Carson and Associates*
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- Holy Spirit Academy*
- Hukill Chemical*
- LaGra Jewelers and Pasta Sauce*
- Light of Hearts Villa*
- Meadowbrook Market Square*
- Mayor Dan Pocek*
- South Pointe Hospital*
- St. John Funeral Home*
- Sterling Autobody Center*
- Taylor Chair Companies*
- UH Bedford Medical Center*
- Woodside Village*

City of Bedford 2010 Events

Historical Society Flea Market	Sat. Aug. 14	Chris Sweet (440) 439-7470
Flag Retirement Ceremony	Sat. Aug. 21	Ernie Walker (440) 439-6539
Pagan Pride Day	Sat. Aug. 28	Matthew Stewart (440) 439-4372
Oktoberfest	Fri.–Sun Sept. 10–12	Warner Batten (440) 232-0834
Parade - City Hall to Square	Sat. 9/11/10 11:00 P.M.	
Weekend of the Pooka	Fri.–Sun. Sept. 17–19	Bedford Arts and Cultural Board (440) 735-6537
Autumn Harvest Pumpkin Festival	Fri.–Sun. Oct. 1–3	Warner Batten (440) 232-0834
Autumn Harvest Pumpkin Festival Children's Event	Sat. Oct. 2 10:00 P.M. – 2:00 P.M.	Bedford City Hall (440) 232-1600
Tree Lighting Ceremony	Wed. Nov. 24 6:00 P.M.	Bedford City Hall (440) 232-1600
Christmas in Bedford Falls	Sat. Dec. 11	Bedford Chamber of Commerce (440) 232-0115

Produce Markets

Saturdays at Municipal Parking Lot (next to Bedford Floral)

Dates to be determined

Parties in the Park

Wednesday Evenings, June 9–September 1
 June and July 7:00–9:00 P.M.
 Aug and Sept 6:30–8:30 P.M.
 Sponsored by the Bedford Chamber of Commerce (440) 232-0115





August Library News

Jeanne Sapir / Branch Manager

p (440) 439-4997 /
jsapir@cuyahogalibrary.org

Books Ahoy!

Join the Cuyahoga County Public Library's popular Summer Reading Program: Books Ahoy! June 5 – August 7. The theme this year creates a lot of fun for the whole family, adults, teens and children. Combat “summer slide” for the students, incorporate any required reading for school, just plain have fun reading together (or not). AND there are great prizes to be won, too! Registration is easy; participation is easy and can be done either online or in person. Go to www.cuyahogalibrary.org or call (440) 439-4997 to register or for more information.

Poems On The Wind

Join us for the summer-long project: Poems on the Wind. Make a poetry flag: write your own poem or share your favorite poem with others. You supply the creativity – we'll supply the materials. All flags will be on display at the library throughout the summer. On September 17 and 18, they will be strung around Bedford Commons as part of “The Weekend of the Pooka - A Celebration of the Arts.”

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

Adult Programs

Book Discussions

First Wednesday 1:00 P.M., Ellenwood Recreation Center, 124 Ellenwood Ave. This group will meet throughout the summer. The Southeast Branch is holding a monthly book discussion on the first Wednesday of the month at the Ellenwood Recreation Center. Copies of the book will be available at both the Ellenwood Center and at the Southeast Branch one month before the meeting.

Computer Class: Email With Gmail

Wednesday, August 11, 7:00 P.M. and repeats on Thursday Aug. 12 at 10:00 P.M.

This class is geared toward those who are new to communicating electronically. Sign up for a Gmail account, Google's free email service. Learn basic email terminology, ways to organize your messages, and more. PREREQUISITE: familiarity with the Internet or an Internet Essentials course.

Online Job Applications

Thursday, August 12, 1:30–3:00 P.M.

Learn how to complete online job applications to get that all-important interview. We'll show you how to copy and paste your resume into an application and how to answer some of those difficult questions.

Teen Programs

Anime Club

Join other teens who enjoy anime.

Monday, August 23, 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 Message in a Bottle: Glass Etching

Wednesday, Aug. 4, 3:00–4:00 P.M.

Create your message in a bottle by etching a provided design or create your own design! Bottles are provided or you can bring your own glassware to decorate. Registration required. Ages 15-18 welcome.

Risky Business

Wednesday, Aug. 11, 11:30 A.M. - 12:30 P.M.

Come hear from the Coroner's office about Disease and Decay! What could your risky behaviors be doing to you? Drinking? Drugs? Food? Couch potato? Come see examples of diseased and healthy organs. Which one will be you? Ages 11–15. Registration required.

Teen Book Discussion: No Easy Answers

Thursday, August 19, 3:00–4:00 P.M.

Come and discuss difficult choices and consequences involving parents, pregnancy, friendship, and school through a selection of stories from No Easy Answers: Short Stories About Teenagers Making Tough Choices at the Bedford Heights Community Center, 5615 Perkins Rd., Bedford Hts., OH, 44146 for ages 12–18. Registration required.

Children's Programs

39 Clues Club

Tuesday, August 31, 7:00 P.M.

Dan and Amy Cahill have been traveling on the mission to find the 39 clues hidden around the world and they need your help. Read books 8, *The Emperor's Code* by Gordan Korman and #9, *Storm Warning* by Linda Sue Park, then join us for a discussion and discovery of the newest clues, hidden information and the internet clue that helps solve the mystery. This special meeting will celebrate the release of book #10, *Into The Gauntlet*.

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

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.

Summer Cuts, Burns And Bites: Shrug It Off Or Seek Medical Help?

At South Pointe Hospital, a Cleveland Clinic hospital, wound healing is a team effort. With a Wound Healing Center staffed with a unique team of doctors, nurses and therapists all dedicated to healing chronic wounds, South Pointe understand that wounds are complex; minor cuts and scrapes may be a part of enjoying summertime activities. It can be tough knowing when to be concerned and what kind of help to seek for summer injuries, however, the South Pointe Wound Healing Center is here to help.

“It often isn’t easy for the average person to judge the severity of a bite, minor burn or cut so people tend to wait to seek treatment. Minor scrapes can be treated with supplies from a well-stocked first aid kit, but major injuries or infections need to be seen by a healthcare professional before they have time to develop into something more severe,” said Dr. Scott Covington, a regional medical director with National Healing Corporation, who trains and advises physicians on the latest therapies for chronic wounds.

The local experts at South Pointe Hospital’s Wound Healing Center, a National Healing Corporation Wound Healing Center, offer the following guidance on when to seek medical treatment.

- Sunburns can be treated with over-the-counter remedies, yet can be associated with shock, heat exhaustion and dehydration which need professional attention. Symptoms indicating a serious reaction can include severe painful blisters, nausea, fever,

chills, extreme thirst, rapid breathing, faintness and dizziness.

- Deep puncture wounds made by nails and knives are especially susceptible to tetanus bacteria commonly found in soil. All wounds should be cleaned immediately. Adults who have not had a tetanus-diphtheria shot in 10 years or children who have not been vaccinated should seek professional attention and receive the vaccine.
- People with certain medical conditions such as diabetes and vascular disease as well as the elderly and those who have had radiation therapy should closely monitor all wounds for signs of infection or failure to heal, especially those on the lower extremities.
- Seek medical treatment if a burn or wound shows signs of infection including increased pain at the wound site, redness or swelling spreading away from the wound, a foul wound odor, change in color or amount of drainage from the wound, or if you experience fever, chills, nausea or vomiting.
- Bites from unknown or wild animals require immediate medical attention. Also seek treatment if the bite is deep or large, on the face, neck or hands or if there is swelling, redness, pain or infection draining from the wound. Animal bites also pose a tetanus threat to those who have not been vaccinated.
- Seek emergency assistance for insect bites if you are experiencing trouble breathing, facial swelling or turning blue, weakness or tightening of the throat. Emergency rooms and wound healing centers equipped with hyperbaric oxygen chambers are needed to treat some serious spider bites, like those of the brown recluse spider.

For more information on treating chronic or infected wounds, contact South Pointe Hospital’s Wound Healing Center located at South Pointe Hospital, Building A, 4180 Warrensville Heights, OH 44122 or call (216) 491-7111.

20000 Harvard Rd., Warrensville Heights OH 44122 | (216) 491-6000 | www.southpointehospital.org



Historical Society 2010 Annual Flea Market

Saturday, August 14

9:00 A.M. – 4:00 P.M.

**Time for the Flea Market on
Bedford Public Square!**

Buy or sell – See you there.

Plenty of bargains for everyone!

Enjoy a burger or hot dog and browse the aisles for a treasure, rain or shine.

First come–first choice of location

Advanced sale: \$15 per 10 ft space

On day of event: \$20 per 10ft space

You supply own set-up.

Questions? Call Chris Sweet (440) 439-7470

Please!

No food or beverages of any kind may be sold. We have a concessionaire with exclusive rights. Thank you for your support!



Grande Oaks & Grande Pavilion

Jewelry Event



Thursday, August 26

Friday, August 27

9 AM to 6 PM

Grande Oaks Dining Room

GOLD & SILVER JEWELRY SALE

GOLD BUYING EVENT

TURN YOUR UNWANTED GOLD INTO CASH!!

SAME DAY JEWELRY REPAIR

RING SIZING, CHAIN SOLDERING, CLASP REPAIR &
WATCH BATTERIES ARE JUST SOME OF THE
REPAIRS THAT CAN BE DONE.

ENTER YOUR NAME FOR A CHANCE
TO WIN A \$25.00 GAS CARD

COMMUNITY WELCOME

24579 BROADWAY AVENUE

OAKWOOD VILLAGE 44146

WWW.EMBASSYHEALTHCARE.NET

A PART OF THE PROCEEDS WILL BENEFIT THE ALZHEIMER ASSOCIATION



August Events

New Items:

- Candles – 7 day, Ritual, Votives and more!
- Crystals and Gemstones – Too many new ones to list!
- Bumper Stickers
- Mortar and Pestles

Ongoing Events:

Intuitive Readings with Titania

First Friday of the month from 6:00 P.M. - 8:00 P.M.

Angel Card Readings by Laura

August 25 - from 4:00 P.M. – 8:00 P.M.

Call for more August Events!

Bedford Events:

August 14 - Historical Society Flea Market

August 28 - Cleveland Area Pagan Pride Day 2010 is being held in Bedford Square from Noon to 10:00 P.M.

Support Cleveland Area Pagan Pride

For more details or to help out, visit www.clevelandpaganpride.org or call (440) 439-4372.

Blessings of love, light, peace and hope!

Melissa and Matthew, Spirit Apothecary

664 Broadway Ave. · Bedford, OH 44146

(440) 439-HERB · www.spiritapothecary.com



65 Broadway Ave., Bedford, OH 44146

(440) 232-7711

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Bedford OH 44146

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