

# CHAMBER CHATTER

February 2010



The Official Publication of the Bedford Chamber of Commerce

*News From Bedford HealthSource...*

## A New Year's Resolution

**S**O here it is ... 2010!! Doesn't it seem like yesterday that you were saying the same thing about 2009?

The BIG question is, did you accomplish what you set out to in 2009? If you did, congratulations. To you I suggest doing the same thing and "bumping up" the game a bit. But if you did not, why? Sometimes it is because maybe the goals were set to high or we just had unreasonable expectations for ourselves. Unfortunately, this is a very few. Most of the time it is from two things; 1) lack of a plan, and/or 2) lack of implementation of a plan.

I want to encourage everyone who reads this to sit down before the end of the year by yourself and decide "what is it that you want in 2010?" Maybe it is a new home or job. Maybe it is to pay off a mortgage, credit card or student loan debt? Perhaps you own a business or are a full time student, or want to lose 60 lbs.? What about becoming a better parent or spouse, or a more active member in your community? Whatever the case, we all need to have a plan and goals to help us achieve those things they we want out of life.

The first thing to do though is sit down and decide what you want. Then write down the plan on how to get there. Assign each of these a date. That's right, the day that you intend on accomplishing these goals. I once read that a goal without a deadline is just a wish and I don't know about you but I have never had a wish magically come true without first putting some work behind it. I am also not going to re-tell you the childhood story of "The Little Engine That Could," or hold your hand and sing you a Barbara Streisand song to give you the warm and fuzzies, and then tell you, "everything is going to be alright." Because the reality is, "I Don't Know." Now, I can't make any guarantees that you will get everything you want. There will be disappointments as you pursue these dreams and goals, that



## A New Year's Resolution (from page 1 ◀)

is inevitable. But one thing is for sure ... if you keep doing what you have always done, you will keep getting what you have always gotten.

The reason "I Don't Know" is because I only control MY future, not yours. So rather than tell you what I don't know (and that could fill volumes), let me tell you what I DO know! Chances are, you already know many of the same things:

1. I know I control MY 2010. I have a plan and you better believe that it will be carried out. Sure, it will likely have to be adjusted a little as the year progresses. But the end results will be the same.
2. I know that without my plan and goals, my future is unpredictable and therefore I would not have control to CHANGE my situation when necessary.
3. I know that my goals are not just directed at business and me but at making things better for my family, my community, my co-workers and our patients. I know many people will always need our services. Statistically, the U.S. is getting "sicker" and heavier and also more aware of alternatives to traditional medicine. One in 10 adults will have an auto accident this year; over 80% of the adult pop. will have back pain; our countries failing health is affecting our bodies ability to heal; almost 1/3 of Americans are considered obese; need I go on??
4. I know there are more opportunities for us Today, and in this upcoming year, as Americans, to not only succeed in life but to have a HUGE impact on our communities.
5. I know that the Basic Formula for virtually ANYONE's success is having a Goal and a Plan and then Implementing the Plan!

So again, when I say "I don't know", I am referring to your future because YOU control it. That has to be a GREAT FEELING, isn't it!!! You can control it. Just start with the basics. Make this a year of health, prosperity, and live out your dreams, regardless of what the media may tell you. Remember, with every obstacle there is an opportunity. Have a GREAT 2010.

Sincerely,

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

*I know there are more opportunities for us Today, and in this upcoming year, as Americans, to not only succeed in life but to have a HUGE impact on our communities.*

## Bedford Chamber of Commerce Luncheon Meeting

**Wednesday, February 17, 2010**

Networking 11:30 A.M.

Lunch 12:00 NOON

Speakers – 12:30 P.M.



Accounts Receivables & Collection Management  
[www.amerassist.com/ars/affinity](http://www.amerassist.com/ars/affinity)

Also featuring The Bedford Standard

### Catered Elegance

1160 Broadway Avenue, Bedford, Ohio, 44146

#### Menu

Lunch Buffet ~ Salad ~ Rolls

Dessert ~ Coffee ~ Beverages

*Please R.S.V.P. by Monday, February 15*

Name \_\_\_\_\_

Company \_\_\_\_\_

Number Attending \_\_\_\_\_

*Cost for Lunch: \$15/person*

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

RSVP to Email: [bedfordchamberoh@sbcglobal.net](mailto:bedfordchamberoh@sbcglobal.net)

# DiJulius Café

Right in the heart of downtown Bedford, Ohio sits an unassuming brick building. Steve and Liz DiJulius established DiJulius Café in the early snowy months of 2009, and since then it has become a community center of sorts for the entire region.

When you stop into our shop you'll find a pleasant barista eager to introduce you to our latest and greatest coffee and sandwich creations.

Our morning crowd can expect hearty breakfast sandwich with a bold cup of fresh coffee, national news on the flat screen and a selection of the local papers readily available. For lunch we always have \$5 grilled wraps and now with the winter months approaching daily soups are always fresh and ready to go.

When those northeast Ohio winters roll around you can cozy up next to a warm fire with a book from our personal library.

Bring the family up to DiJulius Café. Play a board game that we provide, read a book, watch a movie, see a band, take a breath and save some cash!

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



A warm welcome to these new Bedford establishments!

## The Broadway Cyclery 698 Broadway



## Fun Haven Sweet Shop 675 Broadway



## The Dugout Sports Bar 703 Broadway (behind Gionino's Pizzeria)



## Ms. Sharyn's Place 802 Broadway



## Amish Market 711 Broadway

*Congratulations...*  
**Best of Cleveland  
HOT LIST Winners!**

**Voted One of the Top Five Best Gift Shops  
in the Cleveland Area**

Spirit Apothecary is the largest herb shop in Ohio, totaling over 600 herbs, teas, and resins. We also offer a variety of metaphysical items from candles, books, tarot cards, statuary, incense, crystals, jewelry, and much more. There is a wide selection of crafts made by local artists from jewelry to stained glass. We carry a variety of gifts for any occasion and gift certificates available.



*Spirit Apothecary*  
664 Broadway Avenue  
Bedford, OH  
(440) 439-4372



**February Events**

**February 6: Love Potions**  
1:00 P.M.–3:00 P.M. Cost \$20

**February 8: Love Crafts**  
6:00 P.M.–8:00 P.M. Cost \$20

**February 13: Potluck/  
Meetup & Drum Circle**  
5:00 P.M.–8:00 P.M. Bring a dish  
to share

**February 20: Night Magicks**  
1:00 P.M.–3:00 P.M. Cost \$20

**February 27:  
Spirit Drawings**  
12:00 P.M.–6:00 P.M.

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

*Reiki Intuitive Readings  
with Evie*

**1st and 3rd Wednesday of  
the Month**  
6:00 P.M.–8:00 P.M.

**2nd Saturday of the Month**  
3:00 P.M.–8:00 P.M.

**4th Saturday of the Month**  
1:00 P.M.–4:00 P.M.



## Chanel Announces Tuition for 2010-11 School Year

St. Peter Chanel High School is excited to announce that The Office of Catholic Education of the Diocese of Cleveland has approved the tuition for the 2010–2011 school year. “We are happy to state that the tuition for next year will be \$8,500, only a \$150 increase from our current tuition,” says Sister Maria Berlec, O.S.U., President/Principal of the school. “We are committed to Catholic education in the southeastern part of Cleveland,” says Berlec. “In order to live out this mission, it is imperative that we keep tuition affordable for the families we serve. We are looking forward to welcoming the class of 2014 in the fall.”



## Be a Part of a Piece of Art With South Pointe

South Pointe Hospital, a Cleveland Clinic hospital, is inviting everyone – community, employees and visitors – to **Healing Hearts with Hands**, an event to help create a heart health awareness painting on February 9, 2010, in support of American Heart Month.

The South Pointe Hospital community will come together to paint, with their hands, three unique pieces of art to be displayed in the hospital. Everyone who participates will be joining together to make a difference for heart health awareness. Those who help paint will be entered into a raffle for a Healthy Heart Gift basket, which includes a massage, a Cleveland Clinic T-shirt, a water bottle, pedometer, the #1 New York Times bestseller *You on a Diet* by Drs. Roizen and Oz, and much more.

Healing Hearts with Hands will be open to the public from 6:00–7:30 A.M., 9:30 A.M.–1:30 P.M., and 3:30–5:30 P.M., so as to be able to accommodate everyone's unique work and life schedules. From 9:30 A.M.–1:30 P.M. the event will also include blood pressure screenings, hand massages, Reiki and more. Stop by from 3:30–5:30 P.M. and partake in a Healthy Heart Screening.

Join South Pointe Hospital in Healing Hearts with Hands, and treat yourself to a fun, creative and educational experience.

### Heart Health Education

South Pointe Hospital, a Cleveland Clinic hospital, believes in educating their patients about their conditions and empowering them to prevent further health problems in all areas of care, especially heart health during the month of February.

South Pointe Hospital's Cardiovascular Program features board-certified cardiologists who are trained in critical care and advanced cardiac life support. This program, along with the Congestive Heart Failure Center and the Cleveland Vascular Institute at South Pointe, provide patients with comprehensive care that includes counseling and education. Case managers work with patients to discuss a wide



variety of cardiac prevention and educational programs that are available to help determine and decrease the patients' risk of heart disease.

South Pointe also offers free Healthwise Connection sponsored events, such as Loving Your Heart, Monday, February 22, 2010 with Barbara L. Bakus, DO. Dr. Bakus will discuss nutrition, health and wellness for your heart. Lunch begins at 11:30 A.M. and the presentation at noon, at the Warrensville Heights Senior Center. Reservations are required; please call toll-free 1-977-390-1732 if you are interested in attending.

Learn more about what South Pointe has to offer: with free programs, screenings, events and more, South Pointe can help you stay heart healthy. Please call (216) 491-6532 for more information on educational programs and events.

### Get Heart Healthy

South Pointe Hospital, a Cleveland Clinic hospital, wants you to understand heart health and attend one of its free blood pressure screenings offered every week.

This February, join South Pointe to recognize Heart Health Awareness Month. Did you know that Heart Disease is the leading cause of death for American Women? Take time this month to attend one of our free blood pressure screenings, available on a walk-in basis from 9:00 to 11:00 A.M. every Tuesday and Thursday at South Pointe, 7:30 A.M. to 3:30 P.M. Monday through Friday at our Sagamore Hills Medical Center, or Tuesdays, Jan. 26, February 23 from 1:45 to 2:30 P.M. at Warrensville Heights Senior and Civic Center.

**You only have one heart, so take the extra step towards heart health with South Pointe Hospital.**

News from...

## Your Chamber *Plus* Anthem Blue Cross and Blue Shield



### Get more for less

Your chamber of commerce has partnered with Anthem Blue Cross and Blue Shield to provide group medical insurance as well as discounts on dental, vision and other coverage. Anthem's suite of products is designed to meet you where you are. Whether you're looking to keep costs down without compromising quality, or you desire richer benefits, you can count on Anthem for sound solutions from the brand America trusts.

- **Health**—Anthem offers a full range of HMO, POS, PPO and EPO products, including consumer driven health plan design by Lumenos. Groups 2–50 can receive up to a 4% discount on any of health plans; groups with 51–199 employees may qualify for a 1% alliance credit. Both discounts are available with your chamber membership.
- **Dental**—Dental Blue® offers members access to an extensive national dental network that includes more than 85,000 provider locations. Dental Blue has comprehensive plan designs that include discounts on non-covered services and discounts after annual maximums have been met.
- **Vision**—Blue View VisionSM gives employees access to one of the largest national vision networks with more than 44,000 provider locations, including independent practitioners, as well as popular retail locations like LensCrafters,® Target Optical, Sears Optical, JCPenney Optical and Pearle Vision locations. Our flexible plan designs include extra member discounts like savings off the balance over their frame allowance.
- **Life and Disability**—With more than 50 years of experience and an A.M. Best rating of A (Excellent), Anthem life has the expertise and experience to provide secure life and disability insurance options. Our products include extra member assistance benefits like the Resource Advisor program which helps with services like online will preparation and identity theft, and provides face-to-face counseling for beneficiaries and disabled employees.
- **EAP**—Anthem EAP puts convenient resources within your employees' reach with access to toll-free 24/7 telephone counseling, as well as legal, elder care, child care, and financial consultation referral services. Anthem EAP also offers supervisor/management training and workplace trauma response.

Anthem members also can receive discounts on over-the-counter drugs, books, health and beauty aids, hearing aids, health club memberships, and more through [SpecialOffers@Anthem](mailto:SpecialOffers@Anthem) at [www.anthem.com](http://www.anthem.com).

Over the next few months, we'll bring you a series of cost-saving tips, designed to help you make the most of your budget and benefits. In the next issue, we'll talk about the benefits of an HSA versus an HRA, and when one of these plans is right for you.

*This information is brought to you through collaboration between your chamber, NOACC and Anthem Blue Cross and Blue Shield.*

### 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](mailto:mmizerak@clevelandymca.org)

### Holy Spirit Academy

**Now Accepting Registration,  
Kindergarten thru 8th grade**

Call (440) 232-1531 or go to [www.hsabedford.org](http://www.hsabedford.org) for registration information.





## Library Programs for February

### Adults

The African American Genealogical Society will present a “how to get started” session for African American genealogical searches.

Come and learn from this professional group how to deal with the unique problems that African American ancestor searching can present.

### Ellenwood Book Discussions

#### Tuesday Book Group

*Tuesday, February 23, 7:00 P.M.*  
*This Child Will be Great* by Ellen Johnson-Sirleaf

Copies of the books are available at the library.

### Coffee & Beignets Mardi Gras Style

*Saturday, February 13, 9:30–11:00 A.M.*

Come celebrate Mardi Gras with dark roasted chicory café au lait and delicious beignets hand rolled and lavishly sprinkled with powdered sugar by Chef David.

### It's Tax Time!

*Tuesday, February 16, 7:00 P.M.*  
*Registration required.*

This program is designed to answer questions about income tax filings. Am I getting everything I am entitled to on my taxes? What do I need to save to file my taxes? If you have specific questions, come prepared to have them answered by an H&R Block professional.

### Internet Essentials

*February 17, 7:00 P.M. or February 18, 10:00 A.M. Registration required.*

Learn how to use Internet Explorer, perform a basic Google search, and find and save your favorite Websites. *Prerequisite:* Familiarity with computers or a Computer Essentials course.

### Teen

#### Anime Club

*February 8 & 27, 7:00 P.M.*

Join other teens who enjoy anime!

### Children's Family Literacy Night

#### Money and Investing FUN-damentals

*Thursday, February 18, 4:00 P.M.*

*Grades K–8. Registration required.* This is a fun, interactive program that teaches

youth the principles of money and investing.

### Toddler Storytimes

*Wednesdays through February 24, 10:00 A.M.*

*Caregivers and their children from 12–36 months.* Join us for a program of rhymes, songs, fingerplays and stories.

### Twilight Tots Storytimes

*Wednesdays through February 24, 6:30 P.M.*

*Caregivers and their children from 12–36 months.* Join us for a program of rhymes, songs, fingerplays and stories.

### Family Storytimes

*Mondays through February 22, 6:30 P.M.*

*Ages 3½–5 years not yet in Kindergarten.* Join us for a program of rhymes, songs, fingerplays and stories.

### Children's Mardi Gras

*Monday, February 8, 7:00 P.M.*  
*Registration required.*

You're invited to join us for an evening of bliss, I guarantee you a night you won't want to miss. Food, fun, parades, and more, that's what Mardi Gras is for. Parents will need to sign a release before children can be given food at this event.

### 39 Clues Club

*Thursday, February 11, 7:00 P.M.*  
*Registration for this program will*

*begin on January 6 at 9:00 A.M.*

Dan and Amy Cahill have started the mission to find the 39 clues hidden around the world and they need your help. Read book #1, *The Sword Thief* by Peter Lerangis then join us for a discussion and discovery of the third 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 new mystery series.

### Family Literacy Night: Weird Science

*Tuesday, February 23, 7:00 P.M.*  
*Registration required.*

The whole family is invited to a hands-on science workshop. Susannah Hamm, the library's Science & Technology Specialist, will help you investigate a problem just like real scientists. Do some experiments and learn to use the scientific method. Put your thinking caps on and join in the fun!

### Black History Time Travel

Past, present and future are all a part of history. Journey with us as you travel thru our African-American History Scavenger hunt. Find all the clues to uncover a surprise. Join us for this drop in program between 10:30 A.M. and 8:00 P.M.



**KAISER PERMANENTE®**

*1999 Rockside Rd., Bedford*

**Give From the Heart  
at the Landerhaven 13th Annual Blood Drive  
on February 9**

On Tuesday, February 9, Kaiser Permanente and a number of local organizations will sponsor a Red Cross blood drive at Executive Caterers at Landerhaven. The blood drive will be held at Executive Caterers (6111 Landerhaven Drive in Mayfield Heights) from 7:00 A.M.–7:00 P.M.

If you can, come to donate and enjoy:

- Gourmet food compliments of Executive Caterers
- Live music and entertainment throughout the day
- A goody bag filled with great gifts from all of the blood drive's sponsors

Also, be sure to stop by Kaiser Permanente's table at the event to say hello to our KPO team members who will be on hand to talk about Kaiser Permanente and hand out materials about KPO to the donors.

To schedule an appointment to donate, call 1-800-REDCROSS (1-800-733-2767) or log onto [redcrossblood.org](http://redcrossblood.org) and enter the sponsor code: Landerhaven.



**Bedford Historical Society  
BEDFORD, OHIO**

[www.bedfordohiohistory.org](http://www.bedfordohiohistory.org)

**Annual Reverse Raffle**

**An Evening In Trinidad!**

**Saturday, March 6, 2010**

Doors open at 6:30 P.M.

**Your \$45 ticket includes:**

Phil and crew are preparing a selection of Caribbean delights— Callaloo (a traditional island soup, fried plantain, other tasty appetizers, main course jerk chicken, pork tenderloin, jamaican rice & peas (beans), vegetable, tomato & mango salad with mixed greens, dessert. cash bar

**Ron & Chuck's Steel Drum Band!**

Ron Martin, Jr. a Bedford High graduate and Chuck Burgess entertain us on the Steel Drums. This highly entertaining duo will brighten the evening with the rhythmic sounds of this island specialty.

Big Board ticket with chance to win \$ 1000

Dinner & entertainment ticket only \$35

*Come and enjoy an evening with friends!*

**Catered Elegance, 1160 Broadway, Bedford**

More info: (440) 232-0796

*Check and number attending to:*

PO Box 46282, Bedford OH 44146

*Reservation deadline February 25*



**5 Great Lunch Deals For \$5.99**

**11:00 A.M. – 3:00 P.M.  
EVERY DAY!**

1. Lunchtime Calzone\* and 20 oz. Beverage (\*Cheese or Pepperoni only)
2. Lunchtime Rigatoni, Side Salad, Garlic Twists and 20 oz. Beverage
3. Sm. Fresh Tossed, Grilled Chicken OR Chef Salad and 20 oz. Beverage
4. 7" Meatball OR Hot Sicilian Sub and small order of JoJo's
5. Sm. Boneless Wings, small order of JoJo's and 20 oz. Beverage

**NOW SERVING PIZZA BY THE SLICE**

- ◆ Cheese \$2.25
- ◆ Sausage OR Pepperoni \$2.75
- ◆ Specialty \$3.00

*Only At*

**Zeppe's of  
Bedford Auto Mile**

*320 Broadway Avenue  
(440) 232-3100*

*Pick up or delivery!*

*Not valid with other discounts or coupons. \$10 minimum order for delivery please!*

## Diabetes and Wound Care

If you or a loved one has diabetes, you know that it is a complex and challenging chronic illness that requires vigilance and discipline to manage. You also know that, with the support and guidance of your healthcare provider, It Can Be Done!

The key to understanding diabetes is understanding insulin and the role it plays in the human body. Insulin is a substance that is produced by our bodies to convert the glucose (sugars) in the foods we eat into energy. In Type 1 Diabetes (also known as Insulin Dependent Diabetes) the body does not produce insulin and in Type 2 Diabetes (also known as Adult Onset Diabetes) the body's insulin supply gradually loses the ability to convert glucose into usable energy. Both types can result in too much unprocessed glucose in the blood stream, which, if untreated, can lead to many serious complications including blindness, kidney disease, gum disease, vascular problems and heart disease.

Type 2 Diabetes is an epidemic in America largely due to the lifestyle choices we make. This disease goes hand-in-hand with obesity putting at least 20 million Americans at risk. High blood sugar levels can also damage blood vessels and lead to higher fat levels in the blood, clogging and narrowing these same vessels, leaving diabetics at high risk for heart attack and circulatory problems, particularly in the feet and legs. When circulation in the lower extremities is compromised, the diabetic may lose sensation and be unaware of trauma, pain or pressure to the foot which can result in foot ulcers. The reduced blood flow makes this type of ulcer extremely slow to heal and subject to infection. When these wounds are not medically treated, tissue death can occur and

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## Diabetes and Wound Care (from page 9 ◀)

ultimately, amputation may become necessary. This is why advanced wound care techniques are a necessity for the successful management of diabetes.

The treatment protocol for any slow healing wound, including Diabetic foot ulcers, will almost always involve debridement. This is the surgical removal of non-living and/or infected tissue in and around the wound. This procedure stimulates the wound to contract and heal. In addition to debridement, the wound care specialists may also use a combination of antimicrobials, other medications and topical dressings to encourage healing. In approximately 20% of cases, these steps are not enough for a successful outcome and Hyperbaric Oxygen Therapy (HBOT) is recommended.

A highly specialized therapy, HBOT involves having the patient rest inside a pressurized chamber filled with 100% oxygen. The chamber is clear and the patient can see and speak to the clinician for the duration of the treatment. Breathing pure oxygen quickly delivers high concentrations of the essential gas to the bloodstream, speeding the healing process

of the wound, regardless of its location on the body. HBOT is also effective for fighting certain infections, improving circulation and stimulating the growth of new blood vessels. Not everyone will meet the criteria for HBOT. However, there are many other new and exciting technologies available to heal wounds in addition to HBOT.

“In a recent study, more than 60% of amputations that were done of the leg and foot, not related to trauma, were in diabetics. More importantly, 85% of the diabetic patients requiring amputation had a previous wound that would not heal,” states Dr. S. Kwon Lee, Director of the Wound Care and Hyperbaric Medicine Center at UH Bedford Medical Center.

UH Bedford Medical Center is the only University Hospitals facility to offer hyperbaric medicine. Our staff will work with your physician to ensure that the treatment plan for your slow-healing wound is tailor-made for your unique case.

If you don't have a physician, call (440) 735-3825 for a list of doctors in your area that have a special interest in the treatment of diabetes and wound management. Or, call our Wound Care Center directly at (440) 735-4755.

## Free Community Education Programming

### Your Health is on Your Plate

*Thursday, March 4 from 6:00–7:00 P.M.*

Presented by Roxanne Sukol, M.D.

**Location:** BMC Café

Health Snacks and refreshments will be provided  
Reservations are required.

Call (216) 767-8644 to reserve your spot!



**University Hospitals**  
Bedford Medical Center

## 2010 Board of Directors

### **Phil Switz, President**

Catered Elegance Party Center and Catering

### **Scott Shick, Vice President**

National City Bank

### **Joanne Reardon, Secretary**

Light of Hearts Villa

### **Dale Witt, Treasurer**

Dale Witt, CPA

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## 2010 Board of Trustees

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Visit our Website at:

[www.bedfordchamberoh.org](http://www.bedfordchamberoh.org)

Our e-mail address is:

[bedfordchamberoh@sbcglobal.net](mailto:bedfordchamberoh@sbcglobal.net)

## 2010 Bedford Chamber of Commerce Membership Dues

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### Remember to send in your dues!

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!*

### **Bedford Chamber of Commerce Trustee Position Available**

A trustee position has recently become available with the Bedford Chamber of Commerce. Interested parties should contact the chamber office for details by February 26, 2010.

Call (440) 232-0115.

*Newsletter design and photos:*

*Spinks Business Graphics · 440 439 0880 · [web.mac.com/spinks](http://web.mac.com/spinks)*