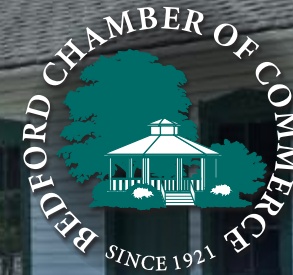


CHAMBER CHATTER



The Official Publication of the Bedford Chamber of Commerce

SEPTEMBER 2010

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

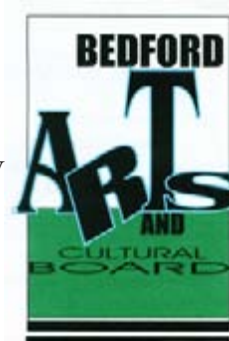
While the "Weekend of the Pooka" may not be scheduled until this fall (September 17 and 18) the energy, buzz and chatter about the Pooka has given it a life of it's own. Signs in Bedford storefronts boast that the Pooka's are coming, folks are asking about and talking about the Pooka...and now, everyone 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?



Celebrating over 20 Years of Making a Difference 1989 ~ 2009

Light of Hearts 21st Anniversary Celebration and Raffle Dinner

On October 10, (yes, 10-10-10!) Light of Hearts Villa is holding its annual Dinner and Raffle anniversary celebration. This is our 21st anniversary.

On Sunday, October 10th, Light of Hearts Villa is celebrating 21 years of providing services to seniors with our annual Fall Fest Dinner, Raffle, Craft Fair & Bakery. [Dinners by reservation ONLY before Sept. 24.]

For information, please call (440) 232-1991.

We are also almost finished with the renovation of our Activity Center! Our next renovation project, our Pastoral Companion Program wing will be beginning next week!

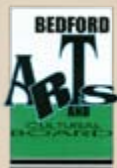
283 Union Street, Bedford, Ohio 44146

Phone: (440) 232-1991 Fax: (440) 232-1782

www.LightofHeartsVilla.org



LIGHT OF HEARTS
V I L L A



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

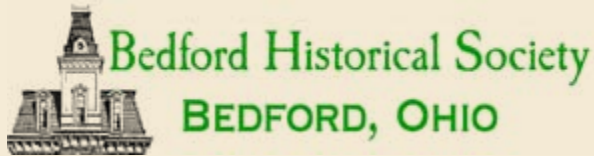
Bedford, OH 44146

Tickets will be sent to above address by return mail.



THE CLEVELAND BAROQUE ORCHESTRA
jeannette sorrell

Passion. PERIOD.



Cemetery Preservation Workshop

September 24 & 25, 2010

The complete form is posted on the Society's website bedfordohiohistory.org or call (440) 232-0796 for brochure.

Friday, 6:30 P.M. – 9:30 P.M.

Introduction and brief overview of Bedford's Grassroots Cemetery Preservation program.

Ohio Cemetery Laws - Ted Hornyak, Ohio Dept. of Commerce Cemetery Resolution Board, explains Ohio laws that govern the operation of cemeteries.

Funerary Symbolism - Katie Karrick, The Cemetery Lady' an expert on interpretation of tombstone art, will offer an overview of funerary art through the ages and what genealogical information is revealed from the stones.

Introduction of John Walters and his staff who will lead Saturday's workshop.

Saturday

8:30 A.M. – 11:30 A.M.

On-site workshop basics demonstration and hands-on application of basic cleaning techniques.

11:30 A.M. – 12:30 P.M.

Lunch

12:30 P.M. – 4:30 P.M.

On-site demonstration of intermediate stone correction -leveling, technique and correct materials for resetting marker, die and base, tablet stone resetting with slot fabrication.

Advanced demonstration of stone repair-spalling, slaking, piecing broken stones.

(Meals are available at additional cost. Discount on rooms at Oakwood Holiday Inn Express for out-of-towners.)

Bedford Historical Society | 30 South Park, Bedford 44146 | (440) 232-0796

Bedford Chamber of Commerce Dinner Meeting

Wednesday, September 15, 2010

Networking 6:00 P.M. • Dinner 6:30 P.M. • Speaker – 7:00 P.M.

Mark Hansel, PNC Small Business Administration

Mark Hansel is a Lender Relations Specialist with the Cleveland District Office of the US Small Business Administration. Originally a commercial loan specialist with the SBA, he is now responsible for marketing and managing relations with lenders, CDCs and other resource partners in Portage, Summit, Wayne and Medina Counties. Before joining the SBA in 1996, he worked in the field of economic development and finance including service as the Director of Planning and Economic Development for Summit County. He holds Bachelor and Master of Arts degrees from the University of Akron. He received additional training through the Ohio School of Banking, National Development Council, National Association of Development Companies, and the SBA.

Catered Elegance

1160 Broadway Avenue, Bedford, Ohio, 44146

Menu

Dinner TBD

Dessert ~ Coffee ~ Open Bar

Please R.S.V.P. by Monday, September 13

Name _____

Company _____

Number Attending _____

Cost for Dinner: \$15/person

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

RSVP to Email: bedfordchamberoh@sbcglobal.net



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**.

Save The Date...

Christmas in Bedford Falls

Saturday, December 11, 2010

12:00 Noon to 4:00 P.M.

Sponsored by the Bedford Chamber of Commerce
33 S. Park, Bedford | **(440) 232-0115**

- Santa & Mrs. Claus arrive on a caboose at the Train Depot
- Christmas Puppet Show by Puppets with Pizzazz!
- Horse & Wagon Ride
- Photo with Santa & Mrs. Claus
- Balloon Bender Dave
- Story Book Time ~ Polar Express

More Information Coming Soon!!



65 Broadway Ave., Bedford, OH 44146

(440) 232-7711

Free Estimates

We work with ALL insurance companies

Award winning customer service

Michael B. Guyer, M.A.
Licensed Professional Clinical Counselor

Adults • Families • Adolescents
Assessments • Testing • Referrals • Consultation

653 Broadway, Suite 212
Bedford, OH 44146

Phone: 440-439-4511
Fax: 440-439-4521
E-Mail: mguyer@msn.com

Tracy A. Henderson

Significant Outcomes Event Planning Services

“Specializing in Excellent Results”

(216) 253-5252

Flag Retirement Ceremony

The flag memorial ceremony held on August 21 was again organized by Ernie Walker, Scoutmaster of Boy Scout Troop 447. It was a grand and emotional event with a salute to the veterans from our local police. A special print was dedicated by local artist Silvia Heller. The print titled “Band of Brothers” will be hung in the VFW hall. Thanks to the veterans, Troop 447 and all who participated!

Veterans of Foreign Wars

PIG ROAST

September 18, 5:00 P.M.

VFW at 343 Northfield Rd. is having a PIG ROAST and all the sides with a cash bar and DeeJay. Public Invited!

\$15.00 Plus try our brand new games of skill!

Call **(440) 232-9035** for tickets or information.

Reservations are limited due to the size of Porky.

Bill Scholle **(440) 465-2918**

3rd Annual Winter Bazaar

Ellenwood Community Center

124 Ellenwood Ave. Bedford OH 44146

Saturday November 13, 2010

9:00 A.M. – 3:00 P.M.

Free Admission

Take Steps With South Pointe' To Prevent Peripheral Arterial Disease

South Pointe Hospital's Wound Healing Center wants you to 'Take Steps with South Pointe' on Wednesday, September 15, 2010 for a walk to promote peripheral arterial disease awareness.

'Take Steps with South Pointe' will be an open walk; participants can come to the south entrance of **South Pointe Hospital's Building B between 11:00 A.M. – 1:00 P.M. on Sept. 15.** When beginning the walk you will be given a map of the walking path around the Hospital campus, when you are finished with the walk will be given a raffle ticket for a souvenir prize and you can learn more about peripheral arterial disease.

Peripheral arterial disease, or PAD, occurs when blood vessels in the legs are narrowed or blocked by fatty deposits decreasing the flow of oxygen. "According to the National Institutes of Health, one in every 20 Americans older than 50 has PAD. If left untreated, it can lead to lower limb amputation and death," said Katy Rowland, Chief Clinical Officer for National Healing Corporation whose nationwide Wound Healing Centers treat chronic wounds with underlying conditions of the disease as well as perform tests for PAD and counsel patients on how to manage the illness.

There are many noninvasive tests to detect PAD. Treatments include making lifestyle changes to reduce risk, taking medication to reduce blood pressure or thin the blood, physical therapy, improved foot care, advanced therapies such as hyperbaric oxygen therapy and in extreme cases, surgery.

The local experts at South Pointe Hospital's Wound healing Center, a National Healing Corporation Wound Healing Center, outline common risk factors:

Slightly more men than women have the disease and, according to the American Heart Association, African-Americans have higher incidences than other ethnic groups as do people with a family history family history of hypertension or atherosclerosis.

Since the disease develops gradually, a much higher incidence is seen in elderly patients.

The most common symptoms are pain or cramping in one or both legs (often the calf) that occurs with exercise and subsides with rest as well as foot pain that strikes when a patient is lying down in the face up position.

Other signs and symptoms are chronic toe and foot sores, numbness in the extremities, weakness and atrophy of the calf muscle, a feeling of coldness in the legs or feet, feet which turn pale when elevated or dusky red in the dependent position and hair loss on the top of the foot.

The American College of Physicians states that not smoking or quitting is the most important behavior to prevent PAD or slow it down. According to the Peripheral Arterial Disease Coalition, smoking even half a pack of cigarettes per day may increase the risk of having PAD by 30 to 50 percent.

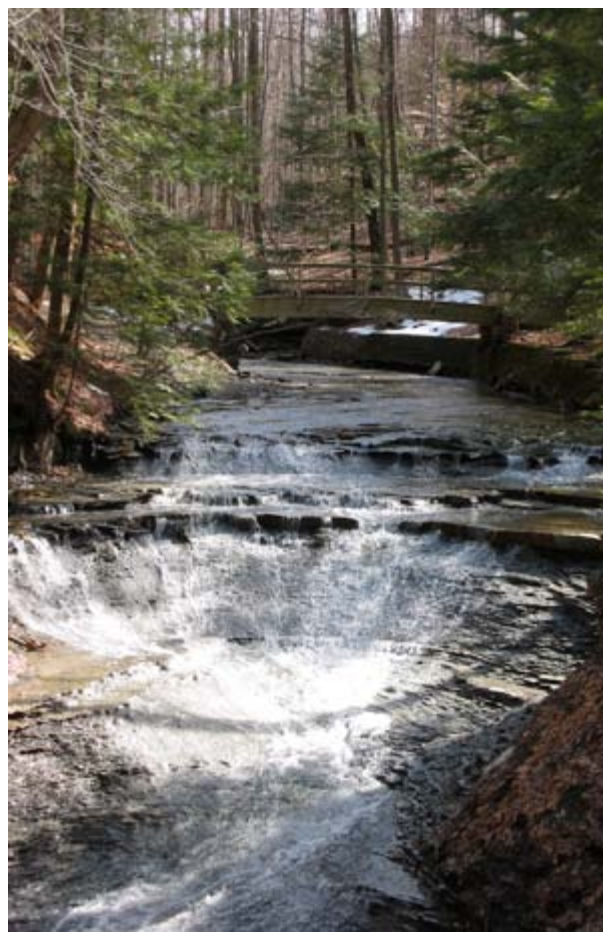
High blood levels of LDL cholesterol and triglycerides and low blood levels of HDL cholesterol are common risk factors. Lifestyle changes for controlling cholesterol levels include: eating less saturated fats and cutting back on foods high in cholesterol, increasing fiber in the diet, being more physically active and losing weight.

People with diabetes are two to four times at greater risk for PAD than the general population and it is important for those with PAD to regulate blood glucose, blood pressure and cholesterol levels. The American Diabetes

Association recommends that people who have diabetes and are over the age of 50 be tested.

For more information on 'Take Steps with South Pointe' call (216) 491.6223. To learn how to manage PAD and treat chronic or infected wounds, contact South Pointe Hospital Wound Healing Center located at 4180 Warrensville Center Road, Warrensville Heights, OH 44122. Call (216) 491-7111 for more information.

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



Technology Enhances Care at UH Bedford Medical Center

As part of University Hospitals' effort to provide the highest quality care for patients, UH Bedford Medical Center recently implemented a new patient record system called an electronic medical record or EMR. The EMR is a real-time, confidential electronic exchange of information among physicians, nurses and other clinicians involved in patient care. It stores all of a patient's medical history electronically to provide the most secure, safe environment possible for patient records and care. UH Bedford is the 5th hospital in the UH system to implement the EMR.

An important patient safety component of the EMR, now in use at UH Bedford Medical Center, is Computerized Physician Order Entry (CPOE). This is a process for electronic entry of orders and evidence-based instructions for treating patients. These orders are communicated to the nursing staff or to the departments responsible for fulfilling the order. More efficient entry of orders can occur through the use of ordersets, a predefined list of orders appropriate for a specific disease or condition. Ordersets have been designed by various UH interdisciplinary teams (i.e., critical care, ED, surgery) and represent best practices based on evidence. CPOE decreases delay in order completion, reduces errors related to handwriting or transcription, allows order entry at point-of-care or off-site, provides error-checking for duplicate or incorrect doses or tests and simplifies inventory and posting of charges.

Soon, the entire University Hospitals health system will be connected via the EMR system. So regardless of which UH facility you use, your health care provider will have confidential access to your medical history electronically. So, whichever UH medical facility or hospital you visit, we will always be able to provide you the best possible care.

Next year, University Hospitals will launch a Personal Health Record, which will provide patients with a secure way to access and manage their own UH health information online. You will be able to review your own medical records in the comfort and privacy of your own home.

The EMR stores all of a patient's medical history electronically



UH Doctors make the Difference.

Unparalleled health care. In your community.



Your hospital. Close to home.

As a vital part of University Hospitals, UH Bedford Medical Center offers unparalleled health care services to residents of southeast Cuyahoga and northern Portage and Summit counties.

You'll experience a higher level of care than you ever imagined at a community hospital, and we continue to grow and evolve to meet the changing needs of our patients. Our state-of-the-art services include:

- UH Harrington-McLaughlin Heart & Vascular Institute
- UH Neurological Institute
- The Wound Care and Hyperbaric Medicine Center
- Complete Urological care
- The Outpatient Surgery Center
- An expanded Emergency Department
- An upgraded MRI suite

For more information about the range of services available close to where you live, call:
440-735-3900



UH Bedford Medical Center
44 Blaine Avenue
Bedford, OH · 44146

Most major insurances accepted.

Ask The Dentist

Question: My son needs to have a sports guard to play football. Why does he need a sports mouthguard and how do I choose the right kind??

Answer: Sports mouth guards can help prevent tooth fracture, tooth dislocation, and bone (jaw) fracture. This might be the first type of protection that comes to a person's mind when they think of the purpose of an athletic mouth guard. Direct blows to the mouth and teeth (created by baseballs, footballs, elbows and even the ground) can be cushioned by the presence of a mouth guard. The resilience of a guard can absorb a portion of a force directed to the mouth. The stiffness of a guard can help to distribute a force over a greater surface area. Both of these actions can help to distribute a force over a greater surface area. Both of these actions can help to prevent damage to an athlete's teeth and jaw bones.

When considering the various types of incidents that might cause harm to a person's teeth one must not overlook the potential for tooth damage that is caused by a traumatic event that has brought an athlete's jaws together forcibly. This type of event certainly has the potential to cause tooth damage. The resilience of that portion of a sports mouthpiece that covers the chewing surface of the wearer's teeth can significantly cushion the effects of this type of incident.

Sports guards can help to prevent bruising or laceration of the soft tissues of the mouth. Teeth are hard, sharp objects and any object striking a person's face has the potential to force the soft tissues of the mouth up against them, thus resulting in bruising or laceration. Sports mouth protectors can act as a buffer and therefore help

to minimize the effects of mouth trauma. The rounded contours of a comparatively soft mouth guard can help to protect lips, cheeks, and even the tongue to some degree. It seems inconceivable that a person who has braces (is undergoing orthodontic treatment) would even consider participating in any sort of sporting activity without wearing a mouth protector. The potential for lip and cheek laceration being so rip in this instance that its occurrence might almost be regarded as a certainty.

Wearing a mouth guard may help to protect an athlete from concussions. Some studies have suggested that wearing a mouth guard can help to reduce the incidence or severity of concussions. Forces delivered to the jaw bones will be transmitted on to the skull bones that surround a person's brain, this producing the potential for concussions.

Stock Mouth guard: The stock mouth guard, available at most sporting good stores, comes in limited sizes (usually small, medium, and large) and are the least expensive and least protective. The prices range approximately from, \$3 to \$25. These protectors are ready to be used without any further preparation; simply remove from the package and immediately place in the mouth. They are bulky and lack any retention, and therefore must be held in place by constantly biting down. This interferes with speech and breathing, making the stock mouth guard the least acceptable and least protective. This type of mouth guard is often altered and cut by the athlete in an attempt to make it more comfortable, further reducing the protective properties of the mouth guard. It has been suggested and advised in the medical/dental literature that these types of mouthguards not be worn due to their lack of retention and protective properties.

As sports dentists and health professionals interested in injury prevention, we do not recommend this type of mouth guard to our patients and athletic teams.

Mouth formed or Boil and Bite Mouth guard: Presently, this is the most commonly used mouth guard on the market. Most marketing and advertising in the past has been for this type mouth guard. Made from thermoplastic material, they are immersed in boiling water and formed in the mouth by using finger, tongue, and biting pressure.

Available in limited sizes, these mouth guards often lack proper extensions and repeatedly do not cover all the posterior teeth. Dental mouth arch length studies have shown that most boil and bite mouth guards do not cover all posterior teeth in a majority of high school and collegiate athletes. Athletes also cut and alter these bulky and ill fitting boil and bite mouthguards due to their poor fit, poor retention, and gagging effects. This in turn further reduces the protective properties of these mouthguards. When the athlete cuts the posterior borders or bites through the mouth guard during forming, the athlete increases their chance of injury, especially concussion, from a blow to the chin. Some of these injuries, such as concussion, can cause life long



FREE EXAM and \$50 off towards a custom mouth guard

Jane L. Dodson DDS & Associates, Inc.

88 Center Rd. Bedford, 44146 (Next to Bedford Hospital) in the University Hospital complex Medical Building

www.ohiogentledentist.com

CALL (440) 201-7530 for an appointment!

*Present this coupon at time of service.
Expires Sept. 30, 2010*

St. Peter Chanel To Host Ladies' Tea

St. Peter Chanel High School is proud to announce the hosting of their Annual Ladies' Tea. All ladies of St. Peter Chanel High School (Moms, grandmothers, aunts, students, alumni, and friends; past, present, and future!) are invited to enjoy a relaxing afternoon featuring Joan Houlihan, inspirational speaker. Appetizers and baked goods will be served.

WHAT: Ladies' Tea

WHEN: Sunday, September 19, 2010. 2:00 P.M.-4:00 P.M.

WHERE: St. Peter Chanel Gymnasium
480 Northfield Road
Bedford, Ohio 44146

COST: FREE!!

R.S.V.P. to (440) 232-5900 or email
outdoorpro@sbcglobal.net

Photo opportunity available.

Chanel To Host Entrance Exams & Open Houses

St. Peter Chanel High School will be hosting their Scholarship/Entrance Exams on the following dates:

Saturday, October 23: 9:00 A.M.-12:00 P.M.

Wednesday, November 10: 6:00 P.M.-9:00 P.M.

Saturday, November 20: 9:00 A.M.-12:00 P.M.

Saturday, December 11: 9:00 A.M.-12:00 P.M.

Saturday, January 8, 2011: 9:00 A.M.-12:00 P.M.

The cost to take an exam is \$20. Please call Scott Gongos at (440) 232-5900 extension 144 to reserve a seat.

St. Peter Chanel High School will be hosting Open Houses on the following dates:

Wednesday, October 27 6:30 P.M.-8:30 P.M.

Sunday, November 14 12:00 P.M.-3:00 P.M.

Open Houses are free to attend and do not require a reservation. Refreshments will be served.

St. Peter Chanel Craft Show

Start your Christmas shopping early!

December 4, 2010

9:00 A.M. - 3:00 P.M.

480 Northfield Road

Bedford, Ohio 44146

Vendor space is available. Contact Parent Association at (440) 232-5900 ext 165

Ask The Dentist (from page 7 ◀)

effects. Certain thickness and extensions are necessary for proper mouth guard protection.

Custom made mouthguards are supplied by your dentist. Custom mouthguards provide the dentist with the critical ability to address several important issues in the fitting of the mouthguards. Several questions must be answered before the custom mouth guard can be fabricated. These questions include those addressed at the preseason screening or dental examination. Is the mouth guard designed for the particular sport being played? Is the age of the athlete and the possibility of providing space for erupting teeth in mixed dentition (age 6-12) going to affect the mouth guard? Will the design of the mouth guard be appropriate for the level of competition being played? Does the patient have any history of previous dental injury or concussion, thus needing additional protection in any specific area? Is the athlete undergoing orthodontic treatment? Does the patient present with cavities and/or missing teeth? Is the athlete being helped by a dentist and/or athletic trainer or by a sporting good retailer not trained in medical/dental issues? These are important questions that the sporting good store retailer and the boil & bite mouth guard CANNOT begin to address.

The custom made mouth guards are designed by your dentist and are the most satisfactory of all types of mouth protectors. They fulfill all the criteria for adaptation, retention, comfort, and stability of material. They interfere the least with speaking and studies have shown that the custom made mouth guard has virtually no effect on breathing.

Jane L. Dodson DDS & Associates, Inc.

Ask the Dentist is devoted to answering your questions about the Art and Science of Dentistry. Send your question today!

**UH Medical Building, 88 Center Road, Suite 330,
Bedford, Ohio 44146**

www.ohiogentledentist.com

Contact us at (440) 201-7530 or
allsmiles_dodson@yahoo.com



September Library News

Jeanne Sapir / Branch Manager

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

Poems On The Wind

Don't miss out! 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 & 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. 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.

September 28

All is Well With My Soul: The Extraordinary Life of a 106-Year Old Woman, Ella Mae Cheeks Johnson

SMALL BUSINESS 101

You want to start your own business but you don't know where to begin. John Kirn of Cleveland Business Advisors will present the information that you need to get started on entrepreneurial journey.

This program is part of the Small Business Workshop Series being presented at the Southeast Branch by the Cleveland Business Advisors and the Small Business Administration. There will be five programs covering how to start a business, marketing, financing, and writing a business plan. Registration is required. To register for individual programs or the entire series visit cuyahogalibrary.org or call (440) 439-4997.

September 14, 7:00 P.M. Introduction to Entrepreneurship

September 21, 7:00 P.M. The Small Business Administration

October 12, 7:00 P.M. How to Write a Business Plan

October 19, 7:00 P.M. How to Market Your Business

November 9, 7:00 P.M. How to Finance Your Business

Computer Skills: For Seniors: Teen Techies Computer Class

Saturdays, September 25 through October 16, 10:00 A.M. - 11:00 A.M.

One-on-one computer assistance will be available for Seniors with the help of High School teens for basic computer, Internet, and emailing skills. There are 4 one-hour class sessions for Senior computer instruction. Friends of the Southeast Library will be providing one free flash drive to every Senior in the program. The computer classes will be led by Southeast staff with assistance at-the-ready from high school students.

Register required. Visit cuyahogalibrary.org or call (440) 439-4997.

Grant Proposal Writing and Budgeting

Monday, September 27, 2010 7:00 P.M.

Do you have a great idea? Are you ready to seek funding for it? Join us for this workshop on how to write a dynamic proposal, create a proposal budget and more. Registration requested.

Register required. Visit cuyahogalibrary.org or call (440) 439-4997.

The Power of Plant-Based Nutrition

Thursday, September 30, 2010 7:00 P.M.

Eat your fruits and vegetables! Mom always said it, and it is one of the tried and true recommendations for a healthy diet. Understand why fruits & vegetables are so essential in obtaining optimal health and building a strong immune system. Learn delicious ways to include more fruits and vegetables in your diet.

Register required. Visit cuyahogalibrary.org or call (440) 439-4997.

Teen Programs

Anime Club

Join other teens who enjoy anime.

Mondays, September 20, 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 Techies Computer Class Orientation

Saturday, September 18, 2010 10:00 A.M. - 11:00 A.M.

FOR AGES 15-18: Prerequisite to participate in Teen Techies computer classes for assisting Seniors with computer skills. Teens will have a one-hour mandatory orientation on September 18th for communicating to

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

and assisting Seniors. Teens must attend orientation in order to participate in the computer classes for the following weeks.

Registration required. Visit cuyahogalibrary.org or call (440) 439-4997.

Teen Techies Computer Class

Saturdays, September 25 through October 16, 10 A.M. – 11:00 A.M.

FOR AGES 15–18: One-on-one computer assistance will be available for Seniors with the help of High School teens for basic computer, Internet, and emailing skills. There are 4 one-hour class sessions for Senior computer instruction. Friends of the Southeast Library will be providing one free flash drive to every Senior in the program. Teens will have a one-hour orientation on September 18th for communicating to and assisting Seniors. The computer classes will be led by Southeast staff with assistance at-the-ready from high school students.

Registration required. Visit cuyahogalibrary.org or call (440) 439-4997.

Library Resources for Students

Wednesday, September 22, 2010 7:00 P.M.

Students! Have a paper due tomorrow? Need to find a journal article? Taking on-line courses? Don't know

where to start looking for information? We can help! Learn how to: evaluate information, cite a work, and conduct research using the library's electronic resources. Let the information experts help you fine-tune your academic skills.

To register visit cuyahogalibrary.org or call (440) 439-4997.

Children's Programs

Storytimes

Children's fall storytimes begin the week of September 20. Registration begins on September 8 unless otherwise noted for programs that require registration.

Fall Family Storytime

Monday, September 20 and 27, 2010 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 run from September 20 - October 25. No registration needed, just come and join us for the fun!

Fall Toddler Storytime

Wednesday, September 22 and 29, 2010 10:00 A.M.

A 25-minute program of rhymes, songs, fingerplays and stories for 19-35 month olds and their caregivers.

Programs run from September 22 - October 27. No registration needed, just come and join us for the fun!

Fall Twilight Tots Storytime

Wednesday, September 22 and 29, 2010 6:30 P.M.

A 25-minute program of rhymes, songs, fingerplays and stories for 12 - 36 month olds and their caregivers. Programs run from September 22 - October 27. No registration needed, just come and join us for the fun!

Touchdown For Reading

Get in the game this fall! Play the Touchdown for Reading online reading game. For grades 4-8, but students of all ages are invited to participate. Presented in partnership with the Cleveland Browns. Visit cuyahogalibrary.org/touchdownforreading for details.

Jim and Co. Family Entertainment

Saturday, September 25, 2010 1:00 P.M.

Come visit with Jon and his talking sheepdog, Ozzy, for sing-a-long songs and other fun. Jim and Company provides family-friendly entertainment the whole family will enjoy.

Registration requested. Visit cuyahogalibrary.org or call (440) 439-4997.

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

HEALTHSOURCE NEWS...

New face at HealthSource Chiropractic in Downtown Bedford, 690 Broadway Ave.



My name is Dr. Dereck Armin, I have joined **Healthsource Chiropractic & Progressive Rehab Clinic** in downtown Bedford and I like to take this opportunity to introduce myself to the community.

I am a Summa Cum Laude graduate of Life University in Atlanta, Georgia. While at Life U., I served as class president, was a founding member of the Life U.

Research Group and worked as a teaching assistant.

I was awarded Dean's List and numerous academic

scholarships as a student in the doctor of chiropractic curriculum. After completing my studies, I worked as a chiropractic assistant for Dr. Martin and Dr. David Shapiro.

In addition to a Doctorate in Chiropractic, I have earned a degree of Bachelor of Engineering Physics and a Bachelor of Mathematics. Amongst other chiropractic techniques, I am certified in Manipulation Under Anesthesia, a method of manipulation where the patient's innate resistance to motion is lowered with the help of light sedation. With this technique, I have treated conditions ranging from Sciatica/low back pain to shoulder tears.

My philosophy towards health and healing is that a physician should use whatever technology, technique and knowledge he has to help his patient get better in the fastest time and with no side effects. This is precisely how I have been treating my patients over the past years.

Talking about patients, I treat kids, seniors, injured workers, car accident patients and everyone in between. My manipulation style is gentle to full force depending on what is best for my patient. Also, in conjunction with manipulation, I utilize the latest in progressive rehabilitation and spinal decompression to help my patients.

I encourage you to drop by our clinic to say hello and to get a free exam.

Also, we will be holding our grand re-opening some time soon. Please look for our fliers detailing the time and day.

Thanks so much for reading this brief introduction about me. I look forward to meeting you and to helping you and your family get better.

Clinic Address: 690 Broadway Ave, Bedford, OH

Clinic Phone: (440) 232-4325

Hudec
Dental

Hudec Dental to offer 50% off Vizilite® Plus oral cancer screening during September

Hudec Dental is a network of eleven neighborhood dental offices provided superior quality care to the Cleveland area for over thirty years. In dedicating a lifelong commitment to assisting individuals with all their dental healthcare needs, we are further reaching out to the community during the month of September.

In our continuing efforts to provide the most advanced technology and highest standard of care available to our patients, this practice is proud to announce the inclusion of the Vizilite® Plus exams as an integral part of our annual comprehensive oral screening program.

Clinical studies have determined that using Vizilite® Plus after the standard oral cancer examination improves the dental professional's ability to identify and evaluate suspicious areas at their earliest stages. Early detection of pre-cancerous tissue can minimize or eliminate the potentially disfiguring effects of oral cancer and possibly save your life. Proven screening technologies such as mammogram, Pap smear, PSA and colonoscopy offer the same type of early detection of cancer. Vizilite® Plus is an easy and painless examination that gives this practice the best chance to find any oral abnormalities you may have at the earliest possible stage.

Oral cancer screenings will be **50% off during the month of September**. It is our hope that we can further assist in cancer prevention and aid in the improvement of individuals throughout Northeastern Ohio.

In an effort to play our part in the fight against cancer, Hudec Dental offers oral screenings at all eleven of our locations. We have flexible hours to meet the needs of every individual. Hudec Dental prides itself on opening its doors to all patients, accepting a large variety of insurance and offering discount plans and financial assistance.

Please stop in today for your oral cancer screening! Appointments may be scheduled by reaching our patient care representatives at (216) 661-8888. For more information visit hudecdental.com.



Greetings Friends!

September is here and fall is just around the corner. We will start scheduling more workshops now for the cooler months and the Potluck/Meetups have returned!

September Sales: All books - 20% off

Upcoming Events:

Saturday September 18 - Kitchen Witchery - 1:00 P.M. - 3:00 P.M. - Cost \$15.00

Come learn the tasty magickal history of culinary herbs! Learn about the properties of the cooking herbs and how they can bring forth prosperity, health, and unity at the table. Using 'culithery' can aid with digestion, reduce stress, and help fight off illness.

Monday September 20 - The Herbs & Oils of Mabon - 6:00 P.M. - 8:00 P.M. - Cost \$15.00

Mabon - a time to celebrate and to give thanks for our harvests! . Come to learn about the herbs and oils corresponding to this Sabbat. We will review why these particular ones are used and the ways they can be used in ritual and celebration.

Monday September 27 - Dream Pillow Workshop - 6:00 P.M. - 8:00 P.M. - Cost \$20.00

Make your own Dream Pillow! In this class we will go over the properties of the different herbs that can be used in dream pillows. Make your own herbal blend to add to your own 6" x 6" dream pillow to take home! Included with the class are all the herbs needed, pre-sewn pillows, fiber-fil, needles, and thread to finish the pillow.

Saturday October 2 - Absinthe Speakeasy presents Myth & Magick - 9:00 P.M. - 3:00 A.M. - ONLY \$30.00, see details below!

Come dressed as your favorite mythological icon or magickal creature. Things will be different for this one... Price is only \$30 per person! But, there is a big but, you must bring a GOURMET dish to share with our judges.

Ongoing Events:

Intuitive Readings with Titania

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

Reiki Intuitive Readings with Evie

Saturday September 11 from 3:00 P.M. - 7:00 P.M.

Wednesdays September 8, 15, and 22 from 6:00 P.M. - 8:00 P.M.

Spirit Readings with Maurea

Saturdays - September 11 and 25 from 2:00 P.M. - 7:00 P.M.

Coming in November!

Monday November 8 - Learn to Give Spot On Oracle Card Readings - 7:00 P.M. - 9:00 P.M. - Cost \$39.00

Learn from Laura Lyn how to give Oracle Card readings for yourself and others that will POP. You will learn how to recognize and receive messages from enlightened beings, angels and spirit guides through color and images. Open up to the universal flow that brings you to the connection of your Higher Self. This is where your Inner Mystic begins. Please bring a notebook and an open mind.

Cost for this two hour class: \$39.00. You will receive Laura Lyn's Inner Mystic Oracle Deck and instruction book. To see this deck and to receive a free online readings go to www.yourspiritreader.com

Please call Spirit Apothecary at (440) 439-HERB to reserve a seat for this class. Space is limited!

City of Bedford Events:

September 17-19 - Weekend of the Pooka

Blessings of love, light, peace and hope!

Melissa & Matthew

Spirit Apothecary

664 Broadway Ave. • Bedford, OH 44146

(440) 439-HERB

www.spiritapothecary.com

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