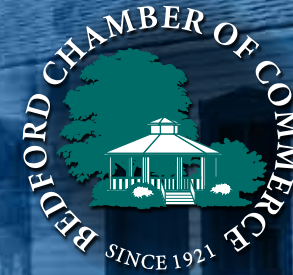


# CHAMBER CHATTER



The Official Publication of the Bedford Chamber of Commerce

MARCH 2010



**University Hospitals  
Bedford Medical Center**

*You are welcome to participate*

**Free Cardiovascular Screening  
Tuesday, April 6 • Grande Pavilion**

24613 Broadway, Oakwood Village 44146

[www.embassyhealthcare.net](http://www.embassyhealthcare.net)

**Call (440) 439-1448 to make your appointment**

The "C.A.R.E." acronym represents the primary cardiovascular conditions and their risk factors, which the screenings are designed to identify:

- Carotid Artery Disease (the primary source of preventable strokes)
- Abdominal Aortic Aneurysm (the 10th leading cause of death in men)
- Renal Artery Stenosis (high blood pressure can injure vessels)
- Extremity Artery Disease (insufficient blood flow in the legs)

The screening procedures will include:

1. Ultrasound of the carotid arteries and abdominal aorta
2. Evaluation of peripheral (leg) circulation

3. Blood pressure and cholesterol check
4. Cardiovascular risk assessment and counseling

## An Ounce of Prevention

Primary care physicians play an integral role in the future of health care. Americans made 902 million physician office visits in 2006, according to the Centers for Disease Control and Prevention. Of those, nearly half were made to primary care physicians.

With all these trips to the doctor, are we healthier?

Haitham Azem, MD, and internal medicine physician at University Hospitals Bedford Medical Center, thinks we're getting there. "Health care of the future will focus on prevention and wellness," he says.

"More people understand that preventing a health problem is better than recuperating from one."

Your primary care provider, usually a family doctor or internist, can help you stay on schedule for tests such as mammograms, colonoscopies and cardiovascular screenings.



## Target Audiences

- Everyone over the age of 60.
- Anyone over the age of 50 with vascular risk factors including:
  - Strong family history
  - High blood pressure
  - High cholesterol
  - Diabetes/Obesity
  - Smoking

"I like to call myself a quality-of-life provider," says Matthew Mark, MD, Medical Director of family practice at UH Bedford Medical Center. "Start with us and we can help maintain your quality of life well into your 70s or 80s."

In fact, if you establish a relationship with your primary care provider over time, he or she will be able to tailor care to your value system and interests. "Let's say something does happen medically," Dr. Mark says. "A primary care physician will know who you are, what you care about. We can guide your care along those lines."

## Just the Facts

People without a usual source of primary preventive health care are more likely to end up in the emergency department or hospital.

One additional primary care physician per 10,000 people decreases mortality by 5.3 percent, according to an analysis of 10 different studies.

An estimated 100,000 lives would be saved in the U.S. each year if preventive services often recommended by primary care physicians – such as colorectal screening and flu vaccinations – were utilized.

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**



**University Hospitals**  
Bedford Medical Center

UHbedford.org

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

Most major insurances accepted.

## 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!*

 **South Pointe Hospital**  
a Cleveland Clinic hospital

Life is  
for giving.  
Please give blood.



*South Pointe's Reminder Program*

**March is National Colon Cancer Awareness Month**

South Pointe Cancer Care Center is proud to announce the Reminder Program. The program's mission is to remind our patients and those we serve in the surrounding communities about the importance of early cancer detection. March is National Colon Cancer Awareness Month. Colon cancer is the third most common cancer, and the second leading cause of cancer-related death. It's also one of the most preventable, if detected early. This is a reminder to discuss colon cancer screening with your primary care physician. For more information, please visit our website at [www.southpointehospital.org](http://www.southpointehospital.org). Remember, early diagnosis and treatment gives the best chance of being cured.

**April is National Donate Life Month.**  
**April 18 to 24 is National Volunteer Week.**

This April, join others in your community in celebrating America's giving spirit.

Throughout the month, you can honor and support those who help save lives through organ, tissue, marrow and blood donation. And during National Volunteer Week, you can acknowledge the countless Americans who give of their time and talents to help others and their communities.

Then, consider joining the ranks of America's volunteers! Whatever path you take, you'll be among millions nationwide who help bring life to their communities, simply by giving of yourself.

Check out how American Red Cross volunteers and volunteer blood donors are making a difference nationwide. Visit [redcrossblood.org](http://redcrossblood.org), or join the blood donation conversation by searching for American Red Cross blood donors at [facebook.com](https://www.facebook.com).

An American Red Cross blood drive is scheduled on Thursday, April 15th at the Macedonia Family Recreation Center from 1pm to 7pm. All who come to donate will receive a FREE American Red Cross Red Aluminum Water Bottle. Please make and keep your appointment to donate blood, and encourage others to give at the drive, too. Appointments can be made by calling **1-800-RED-CROSS (1-800-733-7267)**

Thank you for all you do.

**Blood Drive – Special O-Drive**

**April 15, 1:00–7:00 P.M.**

Macedonia Family Recreation Center, 1494 East Aurora Rd. (Rt. 82), Macedonia

**CogniFit: Mind Fitness**

This mental fitness presentation focuses on ten things you can do today to keep your mind sharp. Skills such as memory, attention, perception and reasoning will be among topics covered as Bruce Mondschain, president of Catalyst Benefits, Inc. discusses cognitive vitality. Bruce will share with us information about a number of mind fitness programs in addition to information on how to purchase CogniFit mind fitness products at a discount.

**Thursday, April 22 ~ Program 1:00 P.M.**

Solon Senior Center, 35000 Portz Parkway, Solon Free. Light refreshments will be served.

Reservations required: toll-free **1-877-390-1732**

**Thursday, April 22 ~ Program 6:00 P.M.**

Cleveland Clinic Administrative Campus, Building 3, Lower Level Auditorium, 3050 Science Park Drive, Beachwood

Free. Light refreshments will be served.

Reservations required: toll-free **1.877.390.1732**

**Health Care Information Expo**

Sponsored by PNG, a networking group specializing in senior services

Visit with a variety of organizations from surrounding communities to learn about the services they offer for senior adults.

**Tuesday, April 27 ~ 10 a.m. – 2 p.m.**

South Pointe Hospital, Building B, West Wing (1st Floor) 20000 Harvard Ave., Warrensville Heights

Free. Refreshments, gifts and information. No reservation required.

# Ask The Dentist

## Question: What is the difference between plaque and tartar?

**Answer:** OK...grab your morning coffee and take two slurps of coffee because here comes the answer. This is how it works, plaque is the bad stuff that causes all evil in Dentistry. It causes tooth decay, abscesses, gum disease, bad breath, etc. Plaque is that white slimy film that gets all over your teeth if you go on a three day trip and forgot your toothbrush (Have you ever done that?). Plaque is composed of trillions of germs and bacteria. There are "OK" and destructive bacteria. Some of the bacteria do not have an effect. Some bacteria destroy tooth enamel and others eat at your gums. The gum is your mouth's skin. Your gums protect the bone that holds teeth in place like hand skin protects the bones of your hand. The bottom line is that high virulence of bacteria causes high dental disease. If you feed the bacteria with a bunch of sugar, you will have very high dental disease. Since the bacteria can eat the same food you eat, sugar is a readily available food for mouth bacteria.

Now for the good news, you can remove plaque yourself if the pocketing is not too deep (Your dentist can tell you what your numbers are.) Get a new toothbrush and brush your teeth. It is the brush that cleans the teeth and not the paste. After you finish brushing, check your teeth with your tongue to see if any plaque is left on your teeth. You will be amazed how much you can feel if you don't have paste and bubbles in your mouth. But you

say that the brush doesn't get into those nooks and crannies very well. Very true and that is where that stuff called floss is supposed to be used. Over 40% of the surface of the teeth is inaccessible to a toothbrush, so get to work with your floss (it's not easy to floss so let your hygienist show you how to do it effectively).



Try as you may, not many patients are all that perfect at removing the plaque. Since teeth have 324 surfaces to clean its no wonder some sides of teeth are missed. Plaque that remains behind undisturbed by a brush or floss for 100 days will actually plaster or harden onto the teeth. Hardened plaque is what we term tartar or calculus. That is not something you can remove by yourself. We recommend that you see your hygienist every 6 months to remove those bits of tartar that have been missed by a toothbrush. The regular trips to keep teeth clean pays off in the long term, with your teeth healthy when you get older.

### Jane L. Dodson, DDS

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

[www.ClevelandGentleDentist.com](http://www.ClevelandGentleDentist.com)

Contact us at (440) 201-7530 or [allsmiles\\_dodson@yahoo.com](mailto:allsmiles_dodson@yahoo.com)

ASK THE DENTIST is devoted to answering your questions about the Art and Science of Dentistry.

Send your questions today! No question is ridiculous. The more you know, the better choice about dental health you can make for yourself!

## Bedford Chamber of Commerce Luncheon Meeting

Wednesday, March 17, 2010

Networking 11:30 A.M. • Lunch 12:00 NOON

Speaker – 12:30 P.M.

**NOACC**

Vicky Hawke, Director

Available benefits and programs for chamber members

Catered Elegance

1160 Broadway Avenue, Bedford, OH 44146

### Menu

Lunch Buffet ~ Salad ~ Rolls

Dessert ~ Coffee ~ Beverages

Please R.S.V.P. by Monday, March 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)

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 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.*

<http://www.chambersaver.com/noacc/>

## Bedford HealthSource

### Upcoming Events...

- 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 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!

Sincerely,

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

### Welcome New 2010 Members!

- All Health Chiropractic and Rehabilitation
- The Bedford Standard Newspaper
- The Broadway Cyclery
- Joyce Daunch
- Fred Baker Porsche Audi
- Sylvia Heller, Heller Designs
- Jeanne King
- Judge Harry Jacob III
- Master Wood Products Inc.
- Pre-Paid Legal Services
- Re/Max Haven, Sylvio Mecone



## March Library News

If it is March, does that mean Spring is around the corner? Yes! And Spring Fever is beginning to build at the Library! Never mind the chilly temperatures – daylight is lengthening and birds are beginning to sing in the mornings. Check out the interesting and informative events planned for March, and don't miss out. March is Women's History Month and also that time for tax preparation. Pick up tax forms and helpful guides at the library. And don't miss the Women in Space and Aviation program. Check out this month's Computer Class: Email with Gmail.

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](http://www.cuyahogalibrary.org). Pick up one of our free program guides for information on programs.

### Programs for March:

#### Adult Programs

##### Book Discussions

Freakonomics, by Steven D. Levitt and Stephen J. Dubner

**Thurs. March 23, 7:00 P.M.**

Copies of the books are available at the library one month before the discussion. Both book discussions are open to everyone in the community.

Introduction to Entrepreneurship - What You Need to Know to Start a Business

**Monday, March 15, 7:00 P.M.**  
**Registration required**

What do you need to know to get your own business off the ground? An expert from the Business Advisors of Cleveland will offer a beginning course on the steps involved in starting a business.

##### Women In Space and Aviation

**Tuesday, March 16, 7:00-8:00 P.M.**  
**Registration suggested**

The International Women's Air and Space Museum helps us celebrate National Women's History Month. Join us to learn about the contributions of women in the field of air and space travel.

### Computer Class: Email with Gmail

**Wednesday, March 17, 7:00 P.M. - 8:30 P.M. (repeats on Thursday March 18 at 10:00 A.M.). Registration required**

Learn to create and use a Gmail account, Microsoft's free Email service. Gmail allows you to send and receive electronic messages from any Internet computer. Special features of Gmail will be presented. Call (440) 439-4997 to register.

#### Teen Programs

##### Anime Club

**March 8 and 22, 7:00-8:30 P.M.**

Join other teens who enjoy animé. 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!

#### Children's Programs

Spring Story Times begin Monday, March 22. Stop in to enjoy time with your young one, listening to stories, singing, finger play, and more. Share and build the love of books and language.

##### Family Story Time

**Monday, March 22 and 29, 6:30 P.M.**

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

### Toddler Story Time

**Wednesday, March 24 and 31, 10:00 A.M.**

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

### Twilight Tots Story Time

**Wednesday, March 24 and 31, 6:30 P.M.**

A 25-minute program of rhymes, songs, finger plays 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.

## Library (from page 6 ◀)

### *Test Preparation 101 - Family Literacy Night*

**Tuesday, March 9 at 7:00 P.M. Registration required.**

Hear help for both parents and students on how to successfully prepare for a test whether it's weekly spelling/math test, Ohio Achievement Test/OGT, mid-term or final. The session will address positive study habits, useful techniques to improve study skills, and family/student resources. Presented by Candace Wallace.

### *Money and Investing FUNdamentals*

**Tuesday, March 23, 4:00 or 5:00 P.M.**

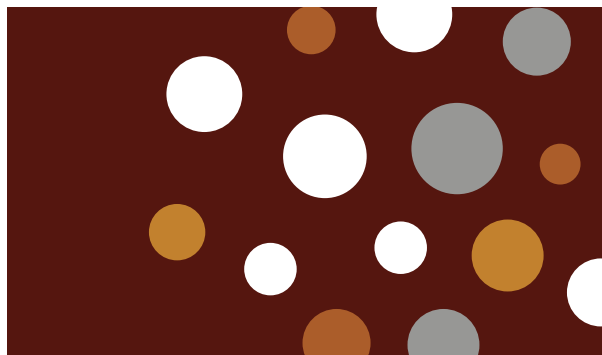
A fun, interactive program that teaches youth the principles of money and investing. Program sessions include information, games, and activities.

These sessions are scheduled in conjunction with Homework Centers sessions, but are open to all students.

For students currently registered with any of our Homework Centers, there is no need to register separately for these sessions. For others, call (440) 439-4997 to register.

Children's spring programs begin the week of March 22. Registration will begin on March 10 for programs that require registration.

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



## 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.



# 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



*The Bedford Arts &  
Cultural Board*

*presents*

## Creative Kids & Coffee Moms

### Arts Enrichment for Preschoolers

*10:00 A.M. on Saturdays at*

#### DiJulius Cafe

*720 Broadway Avenue, Bedford*

Children, ages 2 to 5, are invited to attend these art enrichment programs, while Moms (or Dads) have coffee and conversation with other caregivers.

Choose one or all of the following programs.

#### *March 13: Ladybugs*

Susan Weber brings stories, puppets, guitar, songs and finger play together to celebrate nature and the smallest of creatures, the ladybug. This program features concepts of big-bigger-biggest, and more.



#### *March 27: Kulture Kids - Remember To Be Nice*

Robin Pease tells a Central American tale of a mean turtle who learns the value of friendship and remembers to be nice while students participate in Spanish language and song and learn about animals and places in Costa Rica.

#### *April 10: Happy Healthy Me*

With puppets, guitar, finger play and movement, Susan Weber brings to life the story of Rudy Raccoon's Beautiful Birthday. Tempted by sugary snacks and rescued by humor, understanding and love, Rudy learns about healthy habits from his helpful friends. Filled with rich vocabulary, alliteration and rhyming words to reinforce good hygiene, nutrition, exercise and rest.

#### *April 24: Everybody's Got A Name*

Susan Weber invites young children to explore a West Indian folk tale rich in rhyme and rhythm. In the story, a small boy with a very long name is challenged by his grandmother to find out her real name; he discovers humor and wisdom along the way. Storytelling, songs and nursery rhymes reinforce vocabulary, alliteration and rhyming words in celebration of names, family relationships and traditions.

The program is FREE; however, preregistration is required. Child must be accompanied by a parent or caregiver. Classes are limited. Register in person or by phone at the Ellenwood Recreation Center, 124 Ellenwood Road, Bedford, phone: (440) 735-6573.

# 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

*Please Attach Business Card Here*

Bedford Historical Society Use Only

By: \_\_\_\_\_ Verified By: \_\_\_\_\_ Date Confirmation Sent: \_\_\_\_\_



St. Peter Chanel High School recently hosted their 20th Annual Benefit Auction on Saturday, February 6, 2010 at the Executive Caterers of Landerhaven in their Grand Ballroom. The ticket price of \$75.00 per person included open bar, dinner, and live entertainment. Proceeds from this event benefit the St. Peter Chanel Scholarship Fund. The evening included a silent and live auction where guests bid on autographed memorabilia, golf foursomes, vacation excursions; fine jewelry; special event tickets; fine dining; hotel packages; and much more! A total of \$80,000 was raised due to the generosity of the Chanel Community! Plans are underway for next year's Auction, which will again be held at Landerhaven on Saturday, February 5, 2011.

## 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 for the 2010-11 school year. Call (440) 232-1531 or go to [www.hsabedford.org](http://www.hsabedford.org) for registration information.



Camper Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Session: \_\_\_\_\_

Phone #: \_\_\_\_\_

School: \_\_\_\_\_

Grade Entering: \_\_\_\_\_

I hereby acknowledge the health of my child to be fit for this camp, and I authorize the Director to secure medical treatment if deemed necessary. I waive all claims against St. Peter Chanel basketball staff, St Peter Chanel High School and the Diocese of Cleveland for any accidents that may occur during camp.

Parent/Guardian Signature:

\_\_\_\_\_

Make Check Payable to:  
St. Peter Chanel High School

Send Payment and Registration Form to :

Coach Bernie Tarr  
Men's Basketball Coach  
St. Peter Chanel High School  
480 Northfield Road  
Bedford, Ohio 44146

(440) 232-5900 ext. 162

**FRIDAY MADNESS**

Championship Tournament Games

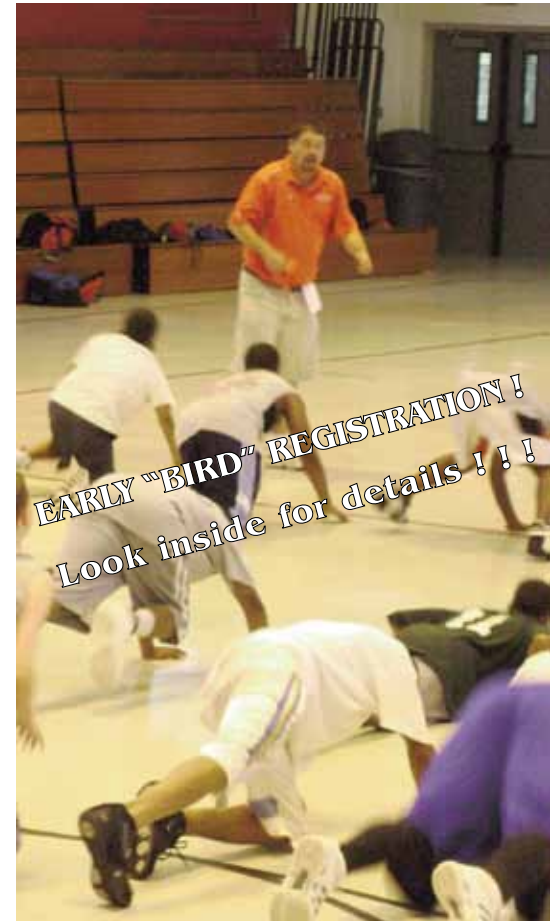
Individual Skills Competition Finals

Slam Dunk Contest

Awards Ceremony



**St. Peter Chanel  
Firebirds  
Drills For Skills  
2010 Basketball Camp**



**EARLY "BIRD" REGISTRATION!  
Look inside for details!!!**

[www.stpeterchanel.com](http://www.stpeterchanel.com)

## 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



## 2010 Board of Trustees

**Mike Romito**

Romito Funeral Home

**Scott Gongos**

St. Peter Chanel High School

**Therese Chap.M.an**

Carol James Florist

**Bob Spinks**

Spinks Business Graphics

**Lori DeVore**

DeVore Technologies

**Mike Deluca**

Light of Hearts Villa

**Gina Pieragostine**

Office Manager



Visit our Website at:

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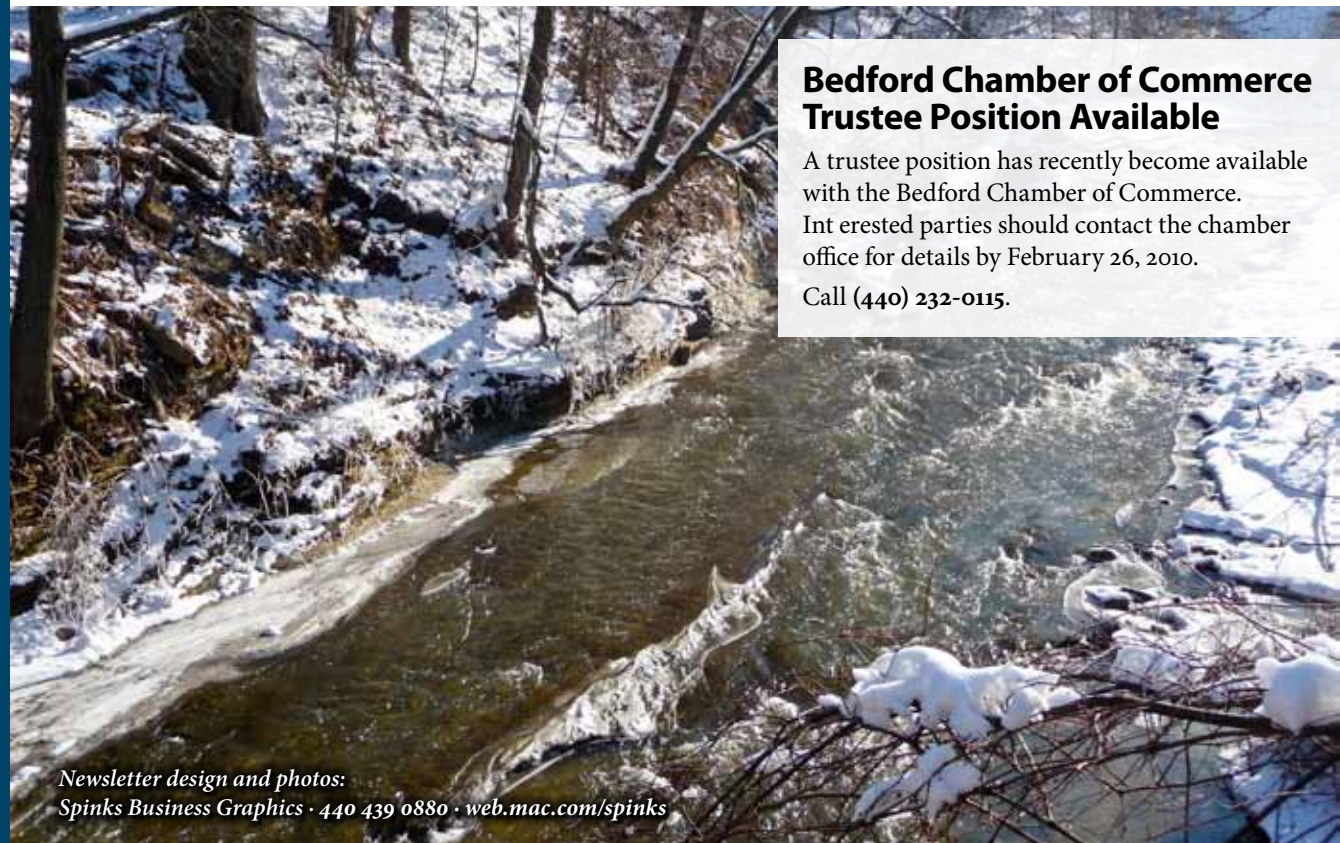
## 2010 Bedford Chamber of Commerce Membership Dues

### Remember to send in your dues!

Remember to send in your dues by March 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!*



### 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:  
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