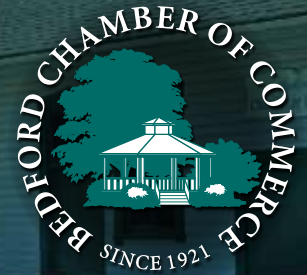


CHAMBER CHATTER



October 2009

The Official Publication of the Bedford Chamber of Commerce

Christmas in Bedford Falls

Saturday, December 12, 2009

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

Sponsored by
The Bedford Chamber of Commerce

Our Annual Christmas Event Will Feature...

- * Santa Claus arriving on a train
- * Take a Photo with Santa—Bring your camera!
- * Horse-drawn wagon rides through town
- * Carolers and musical groups along Broadway
- * Fun and festive activities at many shops
- * Giveaways, Face Painting, Clowns, and Magicians
- * Frequent Shopper Raffle ... Shop our many specialty shops and receive a chance for wonderful prizes!
- * Annual Christmas Open House at Bedford Historical Society and Museum on the Commons
- * Boy Scout Troupe 447 Non Perishable Food Drive!

Join us for “It’s A Wonderful Life” event and visit the many other activities provided by the Downtown Bedford Businesses.

Contact the Bedford Chamber of Commerce at (440) 232-0115 or bedfordchamberoh.org for further information.

News From Bedford HealthSource

Top 10 Obesity Facts Every American “MUST KNOW”

We live in the wealthiest and technologically advanced countries in the world. Shouldn’t it be one of the healthiest too? Maybe it should, but the sad truth is that Americans are some of the unhealthiest people in the world. Even though we live in a country with great economic power, opportunities and resources, we are also living in a country with an incredible ease of access to fast food, processed foods and pre-made meals as well as a limited amount of practical nutritional knowledge. America is home to the most obese people in the world. According to the CDC (Center for Disease Control and Prevention):

- Obesity in adults has increased by 60% within the past twenty years.
- A staggering 33% of American adults are obese and obesity-related deaths have climbed to more than 300,000 a year, second only to tobacco-related deaths.

Become a Sponsor for Christmas in Bedford Falls!

- * Jimmy Stewart..... \$500
- * Donna Reed.....\$250.00
- * Angel..... \$100 to \$249
- * Angel in Training.. \$50 to \$99

Your Support is Greatly Appreciated!

The Bedford Chamber of Commerce

The recent IHRSA/ ASD Obesity/ Weight Control Report publishes “real” research statistics on America’s growing obesity epidemic. These alarming statistics reveal a dangerously overweight U.S. population.

Obesity is proliferating in the United States: 3.8 million people are over 300 pounds, over 400,000 people (mostly males) carry over 400 pounds and the average adult female weighs an unprecedented 163 pounds!

Until now, the publication of the most crucial and powerful statistics on obesity – raw bodyweight averages for the American population – had scrupulously been avoided by the most faithful keepers of the public health record, the CDC.

continued on page 10



Boy Scout Troupe 447 and the Bedford Chamber of Commerce will be participating in the “Wish List Program” through the Make A Wish Foundation for the holiday season.

The Make A Wish Foundation has requested the following items for donation:

GIRLS

- Disney Plush Toys
- Coloring Books & Crayons
- Small Games (must be easily mailed)
- Gift Cards – movie, food, music
- Disposable Cameras & Small Digital Cameras
- Bath & Body Products (Travel Size)
- Small Hand Held Video Games

BOYS

- Action Figures
- Disney Plush Toys
- Small Games (must be easily mailed)
- Matchbox Cars & Small Remote Control
- Disposable Cameras & Small Digital Cameras
- Transformers
- Small Hand Held Video Games
- Coloring Books & Crayons
- Gift Cards – movie, food, music
- Anything Sponge Bob or Super Hero

Donations may be dropped off during the Christmas in Bedford Falls event on December 12th from 12:00 to 4:00.

Donations may also be dropped off at the chamber office starting TODAY!

Call Gina at (440) 232-0115 to make arrangements.

CITY OF BEDFORD

For Our Safety – November 3, 2009

The residents and businesses of Bedford have been hit hard by this recession and the City of Bedford itself is no exception. The City of Bedford in the past few years has been facing large reductions of State of Ohio revenue that is normally paid to the city. The City has also experienced a drastic decrease in local income tax dollars. These reductions in revenues have led to an annual 2.7 million dollar budget deficit.

The City of Bedford will be placing a Safety Services Levy on the ballot on November 3rd of this year to address this shortfall. It will be used to maintain the current staffing levels in the Police and Fire operations. This allows for our operating budget to continue with the critical safety services that we require as a community.

Bedford Police Department and Fire Department facts:

Presently the Bedford Safety Forces are undermanned:

- The Police Department is currently operating understaffed. The department has already decreased 11.5% (4 Officers) since the beginning of 2009.
- The Fire Department current operating understaffed. The department is operating with a 17% reduction in daily staffing.
- The safety forces are already stretched very thin. Bedford’s ability to respond quickly to fire, medical and police emergencies will be dangerously limited if the 8.9 mill November 3rd levy does not pass.
- The last time the City had sought a levy was 15 years ago in 1994 (Paramedic Levy).
- The Safety Services Levy will cost the average homeowner (\$100,000 home) \$15.00 per month. **Please consider the consequences of a failed levy for our community. Please consider the value and safety that will be provided to our citizens for \$15.00 per month.**

The City of Bedford Administration



ISSUE 8 FOR OUR SAFETY

HOW WILL THE SAFETY SERVICES LEVY AFFECT BEDFORD RESIDENTS?

IF ISSUE 8 PASSES:

- Safety services remain at present levels.
- City services remain at present levels.
- Revenues generated will be used for safety forces.
- City staffing levels will not increase.
- \$100,000 home = \$15 per month more than you are currently paying.

IF ISSUE 8 FAILS:

- **City will lay off 2 police officers and 2 firefighters/paramedics.**
- City will lay off 2 service employees.
- **Bedford's ability to respond quickly to emergencies will be limited.**
- Significant reduction of police patrolling and neighborhood presence.
- **Eliminate Youth Sports Programs.**
Baseball, softball, soccer, flag football and basketball
- Close the municipal pool.
- **Eliminate the Senior Van Service.**
- Eliminate 8-week Summer Playground Program.
- **Ability to respond to juvenile, loitering and quality of life concerns will be significantly reduced.**
- Vacant properties will not be patrolled.
- **City must impose an immediate trash fee of \$20/month – which will not fully solve the problem.**

WWW.BEDFORDOH.GOV

Kaiser Permanente of Bedford

Bug Off, Flu!

Looking for a way to help stop the flu? Stay a step ahead. Here are some tips from Kaiser Permanente on simple and effective ways to help avoid colds, seasonal flu, and H1N1 flu.

Get a flu shot. The best protection you and your loved ones have against the flu is to get a flu shot in the fall.

- **Keep 'em clean.** Hand washing is the most important thing you can do to keep from getting and spreading colds and the flu. Using just plain soap and warm water is as effective as using antibacterial products. Carry an alcohol-based hand gel (such as Purell) to use when you can't wash.
- **Cover your cough.** Cold and flu viruses are spread by airborne particles. Cough or sneeze into a tissue or your upper sleeve instead of your hands, so that you don't make others sick. If you do use your hands, wash them as soon as you can.
- **Avoid touching your face.** Cold and flu viruses are often spread by touching something or someone that is contaminated with germs and then rubbing your eyes or nose, or touching your mouth.
- **Clean surfaces** (such as counter tops, telephones, toys, cups, bathroom sinks) that sick children or adults may have contaminated. Find out how to keep a cold- and flu-free kitchen.
- **Stay healthy.** Keep up your resistance to infection by eating well (including antioxidant-rich fruits and vegetables), getting plenty of rest, managing stress, and exercising regularly.
- **Be a savvy senior.** If you're 65 or older, or have a chronic health condition or weakened immune system, be sure you've had your pneumococcal vaccination.
- **Try not to pass it on.** If you get sick, stay home from work, school, and social

continued on page 5

Bedford City School News

Heskett Middle School...

Preparing students to live and work successfully in a technological world is one of the many challenges facing today's teachers. Students at Heskett Middle School will have a leg-up, thanks to a \$246,793.47

Ed Tech Title II-D competitive technology grant. The "Transforming Teaching and Learning for the 21st Century" grant will provide rigorous professional development for Heskett teachers over a two-year period. This training will broaden the teachers' knowledge and use of new and emerging technologies for teaching students. Heskett was one of 48 schools statewide who were collectively awarded about \$11.8 million in funds, which were made available through the American Recovery and Reinvestment Act (AARA),

"We are very excited about the opportunity to create technology-based classrooms," said Heskett Principal Virginia A. Golden. "The grant will enable our teachers to better utilize technology while helping students to meet or exceed state academic content standards. This will be essential to developing the 21st century skills necessary to live and work in a global economy."

Heskett Middle School is one of six schools in the Bedford City School District which provides for the educational needs of students from Bedford, Bedford Heights, Oakwood Village, and Walton Hills Village. Heskett has about 570 students in grades seven and eight.

Glendale Primary School...

Glendale Primary School has earned an Excellent rating on the 2008-2009 State Report Card. Glendale earned all three possible standards. These standards took into account 3rd grade reading and math scores on the Ohio Achievement Test, plus the school-wide standard for attendance. Glendale has approximately 475 students in grades preschool through grade three.

Two other elementary schools – Central Primary and Carylwood Intermediate – both earned Effective ratings. Central School has about 525 students in grades kindergarten through three while Carylwood is home to about 425 students in grades four through six.

All other schools in the district earned a rating of Continuous Improvement. These include Columbus Intermediate School, Heskett Middle School, and Bedford High School.

Bedford Schools also MET the Value-added measure on the 2008-2009 Report Card. The Value-added rating represents the progress students have made since last school year. A rating of MET means that Bedford students are making expected academic progress. Value-added results are computed only in math and reading in grades four through eight.

The Bedford City School District provides for the educational needs of students from the Bedford, Bedford Heights, Oakwood, and Walton Hills. Enrollment is about 3,800 students district-wide.

"Building Tomorrow Together"



Bug Off, Flu! (from page 4)

events while you have symptoms. The CDC recommends that you stay home until at least 24 hours after you are free of fever (100° F or higher), or signs of a fever. (Fever should be gone without the use of a fever-reducing medicine.)

For more information on the flu and ways you can stay healthy and flu-free, visit kp.org/flu.

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand name; any similar products may be used.



Holy Spirit Academy has begun its 6th year! Catholic education for grades K-5. Call (440) 232-1531 for information.

Also...

Cookbooks For Sale

Cookbooks to support Holy Spirit Academy School are still available for sale. They are \$8.00 and make great gifts! Contact: Lisa DeLuca at (440) 439-2537.

Holy Spirit Academy
470 Center Rd., Bedford 44146

UH Bedford Medical Center Free Community Education Talks

6:00–7:00 P.M.

Community Room in the lower level of UH Bedford Medical Center, 44 Blaine Avenue,

Pains You Shouldn't Ignore
Thursday, November 5

Reservations required:
(216) 767-8852

Southeast Branch – Cuyahoga County Public Library

Fall is here and so are some great events at the Southeast Branch Library. We have many interesting and fun programs for all ages. Registration for all programs may be found online at <http://cuyahogalibrary.org/Branch.aspx?id=832> or by calling (440) 439-4997; or simply going to www.cuyahogalibrary.org for information about all the programs and resources of Cuyahoga County Public Library.

Of particular interest is the Writers Center Stage series of author visits, presented by the CCPL Foundation. First in the series on October 6 is Garry Trudeau, creator of the Pulitzer Prize-winning comic strip *Doonesbury*. In addition to his work as a cartoonist, Trudeau has also contributed articles to Harper's, Rolling Stone, The New Yorker and The Washington Post. Go to <http://www.writerscenterstage.org/> or call (216) 749-9338 for more information.

The Friends of the Southeast Library are holding their Fall Used Book Sale on Saturday October 17 from 9:00 A.M. to 3:00 P.M. There will be bargains galore, don't miss this opportunity! And should you be interested in helping out, or meeting great people who share a love of the library, please stop in, become a Friend.

The Homework Center resumes on Tuesday October 20. For students in grades K–6, the Homework Center is open Monday through Thursday from 4:00 P.M. until 6:30 P.M. Please stop in, meet coordinator Susan Faley and her dedicated corps of America Reads Homework Coaches and trained volunteers as they provide a positive learning environment.

Children's Programs

All programs are free of charge.

Twilight Tots

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

Wednesday, October 28, 6:30 P.M.

Toddler

Caregivers and their little ones ages 19 through 35 months. Share a program of books, rhymes, songs, and fingerplays.

Wednesday, October 28, 10:00 A.M.

Family Storytime

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

Mondays, October 26, 6:30 P.M.

continued on page 6

Berwyn Technologies

Berwyn Technologies will continue to offer a **50% labor discount** to residents and businesses in the city when they purchase products from us. Residents and businesses in Bedford get free pickup/delivery as always. Senior citizen discounts are also available. Thanks!

Chris Bulanda

Visit us on the web! www.berwyntech.net

NOACC NEWS

Do not forget to check the NOACC website for all of the member discounts you can receive, including the sign-up for BWC and health insurance with discounts to benefit our members. Go to www.bedfordchamberoh.org and click on the link to NOACC for your savings!

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

Member-to-Member Discounts

WE NEED YOU!

We are looking for businesses that would be interested in offering member-to-member discounts to other Bedford Chamber businesses and their employees. This would be a great way to promote your business and support other businesses in our chamber. If you are interested please call our office at (440) 232-0115.

Library (from page 5)

Specials

Attention!! Crime Stoppers Wanted...

Registration required, Grades 2–5.

...to help solve an element(ary) chemical mystery! Come to our National Chemistry Week program and have fun piecing together the clues to solve the mystery. You never know what you might find!

Saturday, October 24, 11:00 P.M.

Junior Engineering: Roadway Car Challenge

Level 4. Registration required and is limited. Ages 10–14.

We'll learn how to build a sturdy chassis and how different sizes and arrangements of wheels and gears affect speed as we use Lego® Mindstorms to build and program a robotic car for a drag race!

Thursday, November 5, 7:00 – 8:30 P.M.

Family Literacy Nights

Math Night

Registration required. Cuyahoga County Public Library is offering a fun-filled Family Math Night for families on how to approach math homework. We will share exciting games that focus on strengthening basic math skills.

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

Family Book Discussion

Registration required. Join us for a family Book Discussion inspired by the Choosing to Participate exhibit at Western Reserve Historical Society through Facing History. Are you an “up stander”? What is character? What does it mean to be upstanding? Please ask your local branch for discussion titles.

Tuesday, November 10, 7:00 P.M.

Money & Investing FUNDamentals

This series is fun, interactive programs that teach youth the principles of money and investing. Program sessions include information, games, and activities.

This program is in conjunction with the Southeast Branch Homework Center and is open to children from grades 2–6.

Thursday, October 29, 4:00 P.M.

Thursday, November 12, 4:00 P.M.

Tuesday, December 8, 4:00 P.M.

Teen Programs

All programs are free of charge.

Club Anime

Join other teens that enjoy anime. Watch anime DVD's, play video games and/or discuss current anime and manga. We meet every other

continued on page 7

Meadowbrook Market Square

Fall Fun in the Meadow

Saturday, October 24, 2009

11:00 A.M. to 3:00 P.M.

11:00 A.M. to 1:00 P.M.

WDOK's Birthday Wheel, Prizes and Face Painting & Balloons with Sparkles the Clown

11:00 A.M. to 3:00 P.M.

Petting Zoo & Children's Coloring Contest, Goodies, Pies for Sale, Pumpkin Painting

Meadowbrook Market Square

Northfield & Rockside Roads
in Historic Bedford



Library (from page 6)

Monday evening at 7:00 P.M. Everyone is invited to join. Grades 6–12. Registration requested.

Mondays, Oct. 26, Nov. 9, Nov. 23, Dec. 7 and Dec. 21.

Junior Engineering: Roadway Car Challenge

Level 4. Registration required and is limited. Ages 10–14

We'll learn how to build a sturdy chassis and how different sizes and arrangements of wheels and gears affect speed as we use Lego® Mindstorms to build and program a robotic car for a drag race!

Thursday, November 5, 7:00 – 8:30 P.M.

Just for Girls Book Discussion

Join us for a book discussion just for girls. Books will be available at the Southeast Branch in October. Refreshments will be provided. Registration requested.

Thursday, November 19, 7:00–8:30 P.M.

College Search. Looking for college information? Come to college search and learn about the many different databases and websites that will help you find that perfect school. Registration is requested. Call or check our website for date and time (October).

Adult Programs

All programs are free of charge.

Tuesday Book Group

Join us for lively discussion on a diverse selection of authors. The group meets on the fourth Tuesday of each month. The October book is *A Thread of Grace* by Mary Doria Russell

Tuesday, October 27, 7:00 P.M.

PC Help

You may schedule extended time, up to one hour, on library PCs located in our large meeting room. We can provide one-on-one tutoring, extra time to complete job applications, FAFSA forms, unemployment forms or online test taking. Time must be scheduled, by appointment only, on Friday and Saturdays mornings from 9:30 to 11:30 A.M. Appointments will be taken based on computer and meeting room availability. Call (440) 439-4997 to make an appointment.

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



Relax.
And smile.

Hudec
Dental

Smile for a Cure®!

Hudec Dental Associates is a network of nine neighborhood dental offices providing 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 October.

In support of Breast Cancer Awareness month, Hudec Dental plans to Smile for a Cure®!

With every Oral Cancer Screening performed from October 1 through October 31, we will be donating 10% of all proceeds to the Susan G. Komen Northeast Ohio Affiliate.

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 Associates offers oral screenings at all nine 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 to participate in Smile for a Cure®! Appointments may be scheduled by reaching our patient care representatives at (216) 661-8888.

WELCOME TO SUSY'S SOUP! NOW OPEN!
16145 BROADWAY AVENUE, OAKWOOD VILLAGE
PHONE 440.332.9601 / FAX 440.332.9600

**FALL IS IN THE AIR... THINK SUSY'S... 'SUSY'S SOUP SOOTHES THE SOUL.'
IT'S A GREAT APPETIZER, MEAL, AND IT'S GOOD ALL YEAR.
HOT OR COLD ITEMS READY TO GO. SOUPS ARE IN NEW BOIL IN BAG POUCHES
EASY TO FREEZE TO HAVE ON HAND, FOR EASY HEAT AND SERVE.**

OPEN: 11:00-6PM MON. - Friday
**ENTER THE WEEKLY FREE DRAWING,
SIGN UP FOR OUR NEWSLETTERS AND RECIPE ADD-ONS**

2009 Chamber Golf Outing

You may remember last years attempted golf outing was a little soggy and actually turned into a steak dinner with no golf being played. The 2009 Golf Outing weather was beautiful the only thing better then the weather was the great support we received. I would like to thank our Event Sponsor University Hospital Bedford Medical Center for there support along with the hole sponsors Hamilton Trucking, Embassy Health Care, Mayor Dan Pocek, The Hantz Group Huntington National Bank and Johnson-Romito Funeral Home. I would also like to thank all the golfers that played and those that donated door prizes. The winners were Bob Reid, Randy Lewis, Mike Mallis and Frank Gambosi. Coming in second was the team of Mayor Dan Pocek, John Whittaker, Jim Wagner and Matt Lawler. Skill prizes were Long Drive Dell Judd, Closet to the Pin Marge Ginther and Ed Romito.

Once again on behalf of the chamber, thank you for your support!

Mike Romito



2009 Craft Show!

November 21, 2009, 10:00 A.M. to 5:00 P.M.

480 Northfield Rd., Bedford

Start Your Christmas Shopping Early!

Vendor space available

Contact Parent Association, (440) 232-5900 ext 165
chanelcraftshow@yahoo.com

Night at the Races

Friday, November 20, 2009

Located in St. Peter Chanel Gymnasium

Doors Open at 6:00 P.M.

Contact Jeri DeLuca-Smith (216) 520-1552 or
Karen Kundla (216) 862-2690 for more information

All tickets MUST be purchased in advance~

NO payments accepted at door!

St. Peter Chanel Athletic Boosters

The 3rd Annual ONE NIGHT ONLY!

Saturday, November 28, 2009

Doors open at 6:30 P.M. – Curtain at 7:30 P.M.

Enjoy an evening of music & song performed by a "star studded" cast of Chanel & Lumen Theatre Alumni to benefit the Chanel Theatre Department!

Seating is limited, reserve your seats ASAP!

Outstanding entertainment, FOOD, DRINK & GREAT PRIZES!

Sponsorship Opportunities Available

Contact Jule Kennedy at (440) 232-5900

Top 10 Obesity Facts Every American “MUST KNOW” (from page 1)

The National Center for Health statistics has been tracking America’s obesity problem for over four decades. The following statistics support the growing concern regarding the obesity problem in America:

- Between 1962 and the year 2000, the number of obese Americans grew from 13% to an alarming 31% of the population.
- 63% of Americans are overweight with a Body Mass Index (BMI) in excess of 25.0.
- 31% are obese with a BMI in excess of 30.0.
- Childhood obesity in the United States has more than tripled in the past two decades.

HealthSource has joined in on the war against obesity in America by offering one of the few doctor supervised weight loss plans available today. A thorough evaluation of the patient including Body Mass Index (BMI), complete medical history, and blood work are used to determine what type of dietary plan is best. By introducing the patient to a Low Calorie (LC) or Very Low Calorie (VLC) diet, rich in vitamins, minerals and protein, immediate and safe weight loss occurs. The goal is to not only continue weight loss while at the same time introducing “normal” food back into the daily routine, but cause Behavior Re-Patterning so that the patient keeps the weight off for good. Exercise, sleep habits and stress factors are also taken into consideration when prescribing a weight loss plan. For more information call (440) 232-4325 and ask about our HealthSource “6 Simple Steps for Lowering Your Cholesterol and Weight.”

Here are a few helpful tips so that you can start your weight loss plan NOW:

TIP 1 Eat! Avoid skipping meals. Eating increases your metabolism, thus skipping meals can ‘trick’ your body into slowing down its metabolism in an attempt to conserve calories during a period it perceives as a situation where limited fuel is available.

TIP 2 Eat slowly and chew each bite completely to decrease your appetite.

TIP 3 Eat three small meals and two snacks daily instead of two or three huge meals.

TIP 4 Exercise! Exercise increases your metabolism and burning off excess fat. Morning exercise will increase your metabolism throughout the day for about 4–8 hours. Your metabolism slows down about 8 hours after we wake up, so 30 minutes of exercise in the evening, before dinner will increase your metabolism for about two to three more hours just when it was starting to slow down. This produces a significant increase in fat burned off, even after the exercise is over. It doesn’t matter, just pick one time and do it!

TIP 5 Educate yourself on healthy eating habits and basic nutrition.

TIP 6 Keep positive! The more you feel good about yourself the easier and faster it is to lose weight.

TIP 7 Do not eat within 2 hours of going to bed. When we sleep our metabolism slows. Food left in the stomach at that time will tend to get deposited into the body as fat stores.

TIP 8 Please consult your doctor before beginning an exercise or weight loss program.

TIP 9 Drink more water. A minimum 6–8 eight ounce glasses of water each day. More if you are exercising (and you should be).

TIP 10 Find a weight loss “buddy,” club, or support group. This will help you stay with your weight loss program.

I will be sure to include more weight loss tips and ways to keep Bedford healthy in next months issue as well. If you have any questions, please feel free to call (440) 232-4325. If I am unavailable, please leave us a message and I will be sure to get back to you personally.

Dr. Frank C. Dachtler, D.C., B.A



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Catered Elegance Party Center
and Catering

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Vice President**

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Lori DeVore

DeVore Technologies

Gina Pieragostine

Office Manager

Visit our Website at:

www.bedfordchamberoh.org

Our e-mail address is:

bedfordchamberoh@sbcglobal.net

A Message From The Vice President

Fall has finally arrived after a cool summer. Time to get business operations ready for the holiday season. I am thinking about having a business to business networking meeting for our November dinner meeting. Any input you may have please email or call. I heard the October meeting went very well with the consultants from SCORE and certainly we would like to have more meetings like that.

Christmas in Bedford Falls is just around the corner. As you know this is a huge event. I will be putting another glossy flyer together with 50,000 distribution to North Summit and the Cuyahoga Valley similar to what we do with our Calendar of Events. If interested please email or call there is a limited number of spaces.!!

Hope all is well,

Mike Guyer, Vice President

Bedford Chamber of Commerce October Dinner Meeting

Wednesday, October 11, 2009

Networking 6:00 P.M. • Dinner 6:30 P.M. • Program 7:15 P.M.

Catered Elegance • 1160 Broadway Avenue • Bedford, Ohio, 44146

Guest Speaker:

City of Bedford Safety Levy Information

Frank Gambosi, Finance Director

Mike Mallis, Economic Dev.. Director

Menu: Vegetables – Salad – Rolls
Dessert – Beverages – Coffee

Reservations are required by Monday, October 19.

Name _____

Company _____

Number Attending _____

Cost: \$15/person (all attendees)

To RSVP: Call (440) 232-0115, fax (440) 232-0521, or
Email: bedfordchamberoh@sbcglobal.net



Bedford Chamber of Commerce
www.bedfordchamberoh.org

Email: bedfordchamberoh@sbcglobal.net

Newsletter design and photos:

Spinks Business Graphics • 440 439 0880 • web.mac.com/spinks