



Village of Cuyahoga Heights Trip



VS.



Thursday, September 20th

Game time: 7:10 p.m.

Village residents who are interested must contact the Village Hall by Friday July 27th for pricing and information.

We must have 30 people to go on the trip.
Transportation will be provided by our Village Bus.

Village of Cuyahoga Heights—Centennial Celebration



Bocce Ball Tournament

Saturday, August 11, 2018

To honor our past traditions

Teams of two to four people

Eight teams total



Cornhole Tournament

Saturday, August 11, 2018

To honor our present traditions

Two person teams, Eight teams total



To sign your team up, contact Renato Contipelli at (216) 210-2307 or e-mail him at r.contipelli@cuyahogaheights.com. Teams of two or more are accepted, one member of the team must be 18 years of age.

Safety Town 2018





Cuyahoga Heights Schools Athletic Hall of Fame 2018 Induction



Friday, August 31, 2018 at 12:00 p.m.

Harry's Steak House
5664 Brecksville Road
Independence, OH 44131

Don't miss the Cuyahoga Heights vs. James A. Garfield football game on Friday, August 31, 2018 at 7:00 p.m. at the Ralph P. Adams Stadium, honoring the Athletic Hall of Fame Class of 2018.

Any questions, please contact Megan Schwab at
mschwab@cuyhts.org or (216) 429-5794

Class of 2018 Inductees

| | |
|--|---------------|
| Jen Combs | Class of 1993 |
| Evann Farren | Class of 2007 |
| Kaitlin Hartman | Class of 2007 |
| Matt Miller | Class of 2007 |
| Tim Santini (deceased) Accepting: Marty Santini | Class of 1976 |
| Matt Skoczen | Class of 1994 |
| 1976 Baseball Team | 1976 |



PLEASE RETURN THIS PORTION:



Yes, I will attend. Number of lunches: _____

Name: _____

Address: _____ City/State/Zip: _____

Email: _____ Phone: _____

Inductee associated with: _____

Special requests/needs: _____

Please send \$30.00 check per lunch, made payable to:

**Cuyahoga Heights Board of Education
Hall of Fame Luncheon, 4820 East 71st Street, Cuyahoga Heights, OH 44125**

Extreme Heat

Extreme Heat often results in the highest number of annual deaths among all weather-related hazards. In most of the United States, extreme heat is defined as a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees. In extreme heat, evaporation is slowed and the body must work extra hard to maintain a normal temperature. This can lead to death by overworking the human body. Remember that:

- Extreme heat can occur quickly and without warning.
- Older adults, children, and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat as measured by a heat index.

IF YOU ARE UNDER AN EXTREME HEAT WARNING:

- Find air conditioning.
- Avoid strenuous activities.
- Watch for heat illness.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion, and heat stroke.
- Never leave people or pets in a closed car.



RECOGNIZE AND RESPOND

Know the signs of heat-related illness and the ways to respond to it:

HEAT CRAMPS

Signs: Muscle pains or spasms in the stomach, arms, or legs

Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

HEAT EXHAUSTION

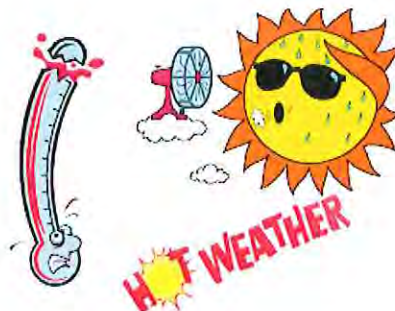
Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, or fainting

Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

HEAT STROKE

Signs: Extremely high body temperature (above 103 degrees) taken orally; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; or unconsciousness

Actions: Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.



GARFIELD HEIGHTS MUNICIPAL COURT SECOND CHANCE PROGRAM

The Garfield Heights Municipal Court is once again giving individuals the opportunity to resolve their cases with the Court without being arrested. The Court is initiating its 2nd Chance Program for the fourth time in the past two years. For the next three months, persons with warrants out for their arrest are being given a second chance to appear in court without further penalty or punishment.

While hundreds of people have taken advantage of the 2nd Chance Program in the past, many more could have cleared their outstanding cases if they would just show up. The Court currently has about 10,000 warrants for people's arrest. "We have to issue arrest warrants when people do not appear for their cases. If they come into contact with police through a traffic stop or otherwise, they are immediately arrested and taken to jail. You can image the impact on their families and jobs if they are caught in this situation. They can avoid the loss of time from work and embarrassment by just coming to court," Garfield Heights Municipal Court Judge Deborah Nicastro said.

The 2nd Chance Program involves both criminal and traffic cases. When an arrest warrant is issued for failure to appear, the Court notifies the BMV which suspends or blocks the person's driver's license. "This adds additional fees which the person has to pay to the BMV and just more headaches. Your insurance rates go up and you may have to get special insurance. I tell people that the consequences of not showing up for court are often worse than just coming in and resolving your case," Judge Nicastro said.

If the person's case is not concluded or there is a probation violation, the person can surrender to the Clerk's office and obtain a new court date. An attorney will be appointed to represent him or her if they cannot afford one. Bail bonds will not be required if the person voluntarily surrenders.

When a person does not pay the court fines and costs on time, the case is sent to a collection agency and an additional 30% late fee is added to the outstanding balance.

The Court is willing to give everyone a second chance to pay the original bill without any additional charges. The additional collection fees will be forgiven. "By law, we can't suspend the fines, but we can suspend the additional costs," Judge Nicastro added.

With the 2nd Chance Program, there is no need for another court appearance and the person does not have to surrender to the Court. Payment can be made in-person, online at ghmc.org or over-the-phone to the Garfield Heights Municipal Court cashier. The Court accepts cash or credit cards. However, a 3% convenience fee is added to all credit card payments.

Clearing up these outstanding court cases also means a person can once again have a valid driver's license. Driving without a license increases the chance of getting stopped and being charged with driving under suspension. "This has a negative snowball effect. Your points go up and your insurance costs become outrageous when you drive under suspension," Judge Nicastro pointed out.

If an individual cannot pay the amount due in full, he or she can surrender to the Clerk's Office and obtain an appointment with the Collection Division to set up a payment plan, seek in reduction in the amount due or complete community service in lieu of payment of fines and costs. "This is a great opportunity for people to clear their outstanding court cases," Judge Nicastro emphasized.

The 2nd Chance Program also gives a person peace of mind. "They don't have to keep looking over their shoulder for the police officer to arrest them," Judge Nicastro said.

The 2nd Chance Program runs until September 30th.



Senior Awareness Initiative

BBB Releases New Report on Sweepstakes, Lottery & Prize Scams

A new report by BBB says sweepstakes, lottery, and prize schemes are devastating victims financially and emotionally with ever-evolving methods. These frauds concentrate on seniors, targeting them by direct mail, cold calling, social media, even text messages and smartphone pop-ups. BBB warns consumers to be on guard against these serious and pervasive frauds and their perpetrators.

Among the report's key findings: The majority of lottery or sweepstakes scam victims are between 65 and 74 years old. Among that age group, people who recently experienced a serious negative life event, and who expect their income in the near future to remain steady or decline, are even more likely to be victimized.

In 2017, 2,820 individuals reported sweepstakes and lottery scams to BBB Scam Tracker. These reports show a median loss of \$500, with wire transfer as the most frequent method of payment. Jamaica is a major source of "cold calls" to victims who are told they have won money. Although similar calls come from Costa Rica, the scam has had a major impact.

Among the Cleveland area victims is a woman who lost \$800 after she was told she had won \$5.5 million in the Mega Millions lottery. She was told to go to Walmart and send the funds via MoneyGram.

A second victim told BBB she started receiving messages on Facebook Messenger last December from "BCDP Federal Government Program" The message claimed she was selected by Marc Zuckerberg to be a \$90,000 winner in the Online International Facebook Pool. She purchased iTunes gift cards totally \$450 to "hold" her prize.

BBB offers the following tips for consumers to avoid being caught in lottery or sweepstakes fraud:

- True lotteries or sweepstakes don't ask for money. If they want money for taxes, themselves, or a third party, they are most likely crooks.
- Call the lottery or sweepstakes company directly to see if you won. Publishers Clearing House (PCH) does have a sweepstakes but does not call people in advance to tell them they've won. Report PCH imposters to their hotline at 800-392-4190.
- Check to see if you won a lottery. Call the North American Association of State and Provincial Lotteries at 440-361-7962 or your local state lottery agency.
- Do an internet search for the company, name, or phone number of the person who contacted you.
- Law enforcement agencies do not call and award prizes.
- Talk to a trusted family member or your bank. They may be able to help you stay in control of your money in the face of fraudster pressure.



Senior Awareness Initiative

Do's and Don'ts of Door-to-Door Solicitations

Earlier this year news broke that a woman posing as a nurse in a CMHA building walked away with victims' personal information. One victim opened the door to a woman who was dressed in scrubs offering free cancer screenings. The scammer offered the woman an incentive to complete the screening. She would receive a \$100 Walmart card in the mail within five to seven days. The scammer stated that she would need to see the victim's ID and Medicaid card. The woman swabbed the victim's cheek and left.

BBB wants you to keep you and your home safe by following these tips when someone knocks on your door unannounced:

- Never let anyone you don't know into your home unless they have a previously scheduled appointment that you set up with the service provider.
- Don't share any personal information with anyone who knocks on your door.
- Check identification. A reputable seller will give you all the information you ask for, including photo ID and business card.
- Ask about licensing. Many cities require door-to-door salespeople to have a peddler or solicitors license. Ask if the person has checked in with the city and gotten proper licensing. If you are not sure if your city requires a permit, call your city offices. If you live in an apartment check with your building's main office regarding unannounced guests.
- Read paperwork carefully. Don't be afraid to ask lots of questions. If they are reluctant to provide answers, close your door.
- Don't feel pressure to sign. Remember that you don't have to sign anything on the spot. You can hold onto any paperwork a person drops off at your home.
- Do your research. Call the company directly. A legitimate salesperson should not have a problem with this. Research the company and contact them to check if the salesperson is an employee. You can also check a company at bbb.org.
- Have a scam to report? Visit BBB.org/ScamTracker to report and view scams that are targeting your community.



Senior Awareness Initiative

How to Stop Unwanted Mail

Is your mailbox filled with unsolicited mail? Learn how you can cut down your unsolicited mail with these tips from your BBB:

- Ask businesses to remove your name from their customer contact list. Some businesses will rent or sell your contact information to other companies. You can find information on how to opt-out on most sales materials, order forms, emails, and websites. When in doubt call the company directly.
- Register your information on the Direct Marketing Association's (DMA) website at **www.DMAchoice.org**. This will allow you to remove your contact information from most national telemarketing mail and email lists. You can register online for a \$2 fee. If you do not have access to the internet you can mail in your registration for \$3 to:

DMAchoice
Data & Marketing Association
P.O. Box 643, Carmel, NY 10512

- Stop receiving credit card and insurance offers through the Consumer Credit Reporting Industry Opt-Out Program. You can opt out for five years or opt out permanently.
 - **To opt out for five years:** Call toll-free 1-888-5-OPT-OUT (1-888-567-8688) or visit **www.optoutprescreen.com**.
 - **To opt out permanently:** Begin the permanent Opt-Out process online at **www.optoutprescreen.com**. To complete your request, return the signed Permanent Opt-Out Election form, which will be provided after you begin your online request.

Opting-out will not end all mail solicitations. You might still receive mail from:

- Companies you do business with
- Local businesses
- Religious and charitable organizations
- Professional and alumni associations
- Politicians

Cuyahoga Heights Bus & Activities Calendar ~ August 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|-----------------------|----------------------------------|------------------------------|--|--|
| | | | 1 CHARITY PICK UP | 2 | 3 GROCERY SHOPPING | 4 |
| 5 | 6 GARBAGE PICK UP | 7 SPECIAL PICK UP | 8 GREAT NORTHERN 9:30 A.M. | 9 GROCERY SHOPPING | 10 100 TH YEAR CELEBRATION | 11 100 TH YEAR CELEBRATION |
| 12 | 13 GARBAGE PICK UP | 14 SPECIAL PICK UP | 15 | 16 HARTVILLE 8:30 A.M. | 17 GROCERY SHOPPING | 18 |
| 19 | 20 GARBAGE PICK UP | 21 SPECIAL PICK UP | 22 | 23 | 24 GROCERY SHOPPING | 25 |
| 26 | 27 GARBAGE PICK UP KELLEY'S ISLAND TRIP FOR SENIORS WITH MAYOR | 28 SPECIAL PICK UP | 29 MILES FARMERS MARKET | 30 | 31 GROCERY SHOPPING | |
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