Yoga with Jessica Tresko

The village is proud in continuing partnership with Jessica and her yoga classes since 2016.

Join us twice per week via a virtual or in person format.

Ages 10 and above of all skill levels are welcome!

Classes ranging from:

Vinyasa flow

matches the breath with movements; works up a vigorous sweat

Relaxation

supported relaxing positions on the floor; props needed

Yin

deep stretching on the floor

When:

Wednesdays - In person format from 5:15 -6:15 pm Saturdays - In person format from 9:15 - 10:15 am

Where:

Virtual classes on Zoom - email & Zoom needed to access. In person classes - upstairs auditorium at the village hall located at 4863 East 71st, Cuyahoga Heights, OH 44125

Cost:

Residents - FREE

Non-resident guests - \$5 per class (can be pre-paid or paid day of class)

Pre-registration is required.

Forms can be found on our website at cuyahogaheights.com

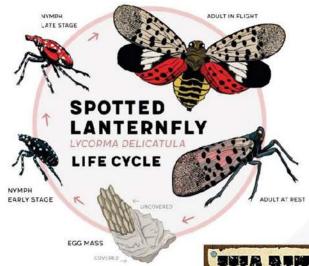
From our friends at



Spotted Lanternfly spotted in Cuyahoga County

Normally we wouldn't tell you to squish bugs but this time, we are encouraging you to do just that. The Spotted Lanternfly is an invasive planthopper that poses a serious threat to our region's fruit plants and trees. It can weaken other plants and make them vulnerable to insects, pests and diseases. They also produce 'honeydew' and a type of fungus called "sooty mold" grows on honeydew which forms a black/gray layer of mold on the surface of the plant. That layer blocks the sunlight and starves the plant.

While Spotted Lanternfly will hang out on almost anything, the invasive Tree of Heaven (*Ailanthus altissima*) is a host plant for them. Removing these trees can greatly reduce the number of these pests.



We need you to learn how to identify these invasive pests and scrape off the egg masses and/or squish the bugs. They can and should be eradicated at any point of their life cycle. For more information, check out our blog at: https://tinyurl.com/2p9d2p99.



www.cuyahogaswcd.org



Want to learn more?

Visit www.cuyahogaswcd.org

for information about their programs, events, resources and follow their quarterly newsletters!











Village of Cuyahoga Heights

DIRECTORY

ALL EMERGENCY CALLS FIRE OR POLICE911

FINE U	IN PULIUEJI	
For other calls to the Fire Department		Company and the company of the compa
5480 Grant Ave		Fire Chief Michael Suhy
Police Department For non-emergency calls to the Police		(216) 883-6800
For non-emergency calls to the Police	Department	
5480 Grant Ave		Police Chief Brian Sturgill
VILLAGE HALL		(216) 641-7020
4863 East 71st Street		
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SERVICE DEPARTMENT		(216) 641-3505
5181 Canal Road		Fax: (216) 641-0315
5181 Canal Road		Service Director Dave Sammons
SWIMMING POOL (Summer months)		(216) 341-7684
	VILLAGE OFFICIALS	
MAYOR		
JACK M. BACCI	4863 East 71st Street	(216) 641-7020
ANGEL MERIWETHER	. 4863 East 71st Street	(216) 641-7020
COUNCIL		
TODD BLOAM	4897 East 71st Street	(216) 299-3255
RICK CENTA	4795 East 71st Street	(216) 406-7695
RENATO CONTIPELLI		
LOIS HENLEY		
ROBERT UNGER	. 4753 East 71st Street	(216) 533-0089
DAVID VOLEK	4680 East 71st Street	(216) 570-6239
LAW DIRECTOR		
BEN CHOJNACKI	. 1375 East Ninth Street	(216) 377-1492
ROETZEL	Cleveland, OH 44114	Fax: (216) 623-0134
VILLAGE ENGINEER		
	7070 Hub Barkway	(216) 642-1130
TODD SCIANO	The second secon	Visit 1 (1) (1) (1) (1) (1) (1) (1) (1) (1) (
Donald Bohning & Associates	Valley view, OH 44125	Fax: (216) 642-1132
BUILDING COMMISSIONER		
NORM CASINI		(216) 641-7020
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