

HAPPY HALLOWEEN

The Breeze

OCTOBER 31, 2015



Sponsored by Brooklyn Heights Service Clubs

Vol. 63 No. 10

October 3, 2015

WOMEN'S SERVICE CLUB

The next meeting of the Women's Service Club is on Monday, October 26 at the Brooklyn Heights Community Center at 7:00 p.m. All women are invited to come and join us. Dues are just \$6.00 for the year.

MEN'S SERVICE CLUB

The next Brooklyn Heights Men's Service Club meeting is on October 27 at the Community Center, corner of Tuxedo & Schaaf Road. Doors open at 7:00 p.m. Meeting starts at 7:30 p.m. All village men over 21 years of age are invited to join. Call Tom Lahiff for details at 351-0331.

NOTICE OF COUNCIL MEETING

Our next Council meeting will be held Tuesday, October 6 at 7:30 p.m. in the Council Chambers in the Municipal Center, 345 Tuxedo Ave., Brooklyn Heights, OH 44131.

VILLAGE HALLOWEEN NOTICE

Halloween Trick or Treat Night will be celebrated on SATURDAY, OCTOBER 31 from 6:00 P.M. to 8:00 P.M. Stav safe!!

BREEZE NOTICE

The deadline is October 29 for the November 7 issue of the Breeze.

10" HANGING BASKETS (EMPTY) WANTED

If you are throwing out your 10" plants, we want the baskets. The Women's Service Club will take them, wash and sterilize them and use them for our annual Christmas Fruit Baskets. They are the perfcect size and we use about 20 per year. Please call Jen at 216-577-5078 to arrange a pick-up. Thank you.

NOVAK'S FLORAL 2015 WORKSHOPS

THANKSGIVING - November 23rd

CHRISTMAS - December 14

(You may bring your own container to this session or one will be provided for you)

PLACE: Community Center

TIME: 7 P.M. COST: \$15.00

TOOLS - Garden clippers or scissors

All deadlines are by 8:00 a.m. / 5 days before the workshops.

The Women's Service Club sponsors several floral workshops throughout the year. Novak's Flowers will help you make a beautiful arrangement for the holidays. is welcome & NO floral Evervone arrangements experience is needed. Come ioin us & have some fun!

Call Jennifer Presot at 577-5078 to make your reservations for any of the workshops.

Carol Rucinski-Editor

382 Springbrook Drive, Brooklyn Heights, OH 44131

Founded by Leonard Reichelt

Ruth Gadus (Editor 1958 to 1989)

Phone: 661-4449

This paper is printed primarily to serve the residents of Brooklyn Heights Village. Whenever submitting news items, ads, articles, etc., please mail or deliver the same in WRITTEN FORM, SUBJECT TO REVISION, to the above address.

> **Business & Non-Emergency Calls** Fire......351-3542

Police.....741-2700

For Police & Ambulance EMERGENCY ONLY Call.....9-1-1 Ambulance......351-3542

UPCOMING CVCC EVENTS

College Night at CVCC

Wednesday, October 7, 6:00 p.m. - 7:30 p.m. Representatives from over 125 colleges will be on hand to answer questions.

<u>Digital Animation Workshops (grades 4-6, cost \$20, includes snack):</u>

Comic Con Adventures Saturday, October 3, 9 am - 12 pm Register at http://www.cvccworks.edu/StudentWorkshops.aspx

Spiderman and Mary Jane Comic Adventure

Saturday, October 17, 9 am - 12 pm Register at http://cvccworks.edu/StudentWorkshops.aspx

Community Wellness Presentation with the Cleveland Clinic:

Osteoarthritis & Exercise - Ways to Exercise with Arthritis & How Exercise Can Help Manage **Arthritis**

Tuesday, October 27, 1-2 pm Learn how exercise improves flexibility, joint stability, & muscle strength & what types of exercise have shown to decrease amount of pain & disability for osteoarthritis sufferers. Light refreshments prepared by our Culinary Arts Students will be served. Free event, registration required. Register by October 19 to Marie Elias at melias@cvccworks.edu or online at http://tinyurl.com/CVCC-10-27-15

College & Career Planning Seminar:

Wednesday, November 4, 7:00 pm - 9:00 pm

This session focusing on freshmen & sophomores will include information on developing an independent student, assisting students with exploring career paths, creating a solid academic portfolio & earning college credit while in high school. The session includes information regarding career & major decision making, navigating the college search process & obtaining scholarships/ financial aid. "All attendees will receive a free packet of resources. Register online for the seminar at http://tinyurl.com/CVCC-CCP2015

Breeze Deadline Dates for 2015

Date for deadline Date Breeze will be delivered by October 29 November 7 November 25 December 5

-CLASSIFIED ADS-



Alma Czajkowski Barth

Office Manager Broker - Appraiser



5325 Ridge Road Parma, Ohio 44129

Office: 440-888-2727 VM ext. 214 www.realtor.com/cleveland/alma almaregalrealty@cox.net



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216.641.2300 216.749.2222





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Village Resident

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SPARKLING CLEAN HOMES

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CLASSIFIED ADS



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www.arpheating.com



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Brooklyn Heights Fall Festival

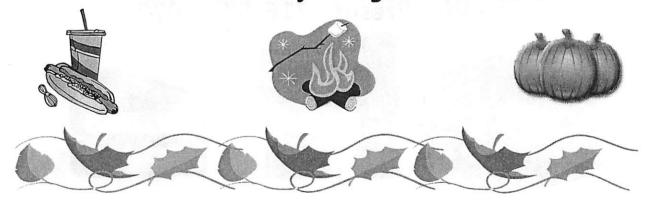
Saturday, October 3, 2015 6:30 P.M.—9:30 P.M.

FOOD, FUN & MORE

Brooklyn Heights Park Pavilions #1 & #2

All Residents Are Welcome

FUNDED BY Brooklyn Heights Park Board



VILLAGE OF BROOKLYN HEIGHTS IS SPONSORING A

PAPER SHREDDING DAY

Saturday, October 3, 2015 - - 9:00 a.m. to NOON Brooklyn Heights Municipal Center

As a way to prevent identity theft, we will be offering a personal shredding service for our residents and businesses! On Saturday, October 3rd from 9:00 a.m. to noon, any Brooklyn Hts. resident or business will have the opportunity to dispose of old financial statements, tax forms, bills, medical records and other paper without worrying about identify theft or the effect of dumping paper into the environment!



A powerful, mobile shredding truck will provide quick, contidential destruction and recycling of items to be shredded. Staples and paper clips are acceptable. The shredder and bin will be located at the Municipal Center parking lot at 345 Tuxedo Ave. The program will proceed rain or shine.



We'll have the village van on premises to take donations for our food pantry. We are in need of paper products, laundry products, cleaning products, personal hygiene / feminine hygiene products and toiletries. Cash/Check donations are also accepted payable to "Project Hope".

DO BRING

Bank statements

Books

Brochures Cancelled checks

Computer printouts Pamphlets

Copy paper Envelopes

Greeting cards

Ledgers Letters Magazines Medical records Phone books Tax forms





DON'T BRING

3-ring binders Banding wire Candy wrappers Carbon paper

Cups Food wrappers

Napkins

Newspapers Non-paper items Pendalex folders Plastic materials Restroom paper Waxed paper



YOUTH BASKETBALL COACHING AND SKILLS CLINICS

Cuyahoga Heights High School Head Basketball Coaches Al Martin and Michael Tartara will hold clinics at the Valley View Community Center to help coaches, parents, and players prepare for the upcoming season. There are two separate clinics scheduled in November:

- On <u>Sunday</u>, <u>November 8</u>, Coach Martin and Coach Tartara will hold a clinic for <u>ANY</u> adult interested in learning more about basketball skills and how to teach proper techniques to young players. <u>Any</u> adult who has a child interested in basketball is encouraged to attend this session to learn how to help your child develop fundamental skills. This clinic will provide great information and ideas for beginners and experienced coaches alike. <u>All adults who attend this session can enter their child in a drawing to be conducted the following week in which one female and one male will be chosen to serve as "Honorary Redskins" at a Varsity Boys or Girls Basketball game this season.</u>
- On <u>Sunday</u>, <u>November 22</u>, boys and girls in grades 3 through 6 will attend a clinic to learn basic fundamentals of the game. The adults who attended the clinic on November 8 will be encouraged to help Coach Martin and Coach Tartara instruct on this day to get everyone ready for the season.

Please return completed registration forms with payment to:

Name/Relation:

Valley View Community Center 6828 Hathaway Road Valley View, Ohio 44125

Fees: Valley View Resid	ents: FREE N	Non-Residents: \$8 per session	
If you have questions, plo	ease contact Todd Von	Ville at 216-524-9365.	
		ew adult residents do not pay to attend	
TIME: 1:00-2:30 PM			
Name:		Addr	ess:
Age: Phone: _		E-Mail:	
from activities: I do further i	elease, absolve, indemnify		et of the activities and transportation to and ey View; the organizers; the sponsors; or ing me to or from the activities.
FOR NOVEMBER 22 YOU	JTH SESSION		
CIRCLE ONE: G	irls: 12:00-1:30 PM	Boys: 2:00-3:30 PM	
Name:		Addr	ress:
Birthdate://	Grade:	Phone:	
activities of this Youth Basks	etball Clinic. I/We assume	d child, hereby give you my/our approva e all risks and hazards incidental to the co he Village of Valley View, and the organ	onduct of this clinic; I/We do further
Parent/Guardian Signature	Date	Parent/Guardian Signature	Date
In case of emergency and I/V	Ve cannot be reached, plea	se contact:	

Phone Number(s): _



LEAF COLLECTION

WHEN: Beginning the week of OCTOBER 19, 2015

MONDAYS: TUXEDO Avenue, W. 4th, 5th, 6th, 7th, & 8th Sts. South Street & North Street

TUESDAYS: Springbrook Dr., Park Dr., Little Creek Parkway, Hilltop, Schaaf Road, Marko Lane, Ventura Circle & Shady Ridge Lane

WEDNESDAY: Bancroft, Belmont, Dorset, Dunedeen, Galway Circle and Lancaster Drive.

Please do not put lawn clippings out with the raked leaves and do not let your landscaper put lawn clippings with the leaves.

If you rake on days other than your pick-up days or have small piles of leaves, please bag the leaves and put them out with the garbage on Friday.

WE WILL SERVICE THE STREETS AS NEEDED IN BETWEEN

PLEASE SPREAD THE LEAVES OUT ALONG
THE TREE LAWN AND CURB.
DO NOT PUT THEM IN LARGE PILES.
THE TRUCK IS MOVING AS IT VACUUMNS THE
LEAVES.



Community Services



Office Phone ~ 739-3702

Information Line ~ 739-3713

Office Fax ~ 661-9328

233 Tuxedo Avenue (in Service Building), 8:00 a.m. - 4:30 p.m., Monday - Friday Applications can be found at the Municipal & Community Services offices and at www.brooklynhts.org

October 2015



CUYAHOGA HEIGHTS PTO GRANDPARENT'S DAY - OCTOBER 9TH

Cuyahoga Heights PTO is holding a Grandparent's Day at the Cuyahoga Heights Elementary School on October 9th. The program is for grandparents with children at the elementary school and starts promptly at 7:45 a.m. and ends at 8:30 a.m. Village bus transportation will be available by calling (216) 739-3702.



FLU SHOT CLINIC - OCTOBER 15TH

The Flu Shot Clinic will be held at the Community Center on Thursday, October 15th at 9:00 a.m. Walgreens will be administering the immunizations and they accept Medicare and most insurance company plans. They do not accept HealthSpan (formerly Kaiser) and Aetna plans. There will be no cost if you have the Medicare B coverage. If you are paying cash, the cost is \$31.⁹⁹. You must pre-register by calling 739-3702. See attached flyer for details.



PROJECT HOPE FALL FOOD DRIVE - THURSDAY, OCTOBER 22ND

Once again we are planning to collect much needed donations for the Project Hope Food Pantry. The food drive will be held one day, on **Thursday, October 22nd**, during business hours. We will pick up donations from front porches throughout the day. Please see the attached flyer for details outlining the most-needed items. Your assistance is greatly appreciated!



SAVE THE DATE! VOLUNTEERS NEEDED - NOVEMBER 7TH

The Annual Leaf Raking Project is Saturday, November 7th. Volunteers - we need you and hope you'll plan on assisting with this important program! Please register with our office by calling (216) 739-3702. Seniors - please call to sign up to receive this service! See attached flyer for additional details.

www.brooklynhts.org

Columbus Day, October 10th
Village Offices Closed

Senior Socials...

Community Services holds a senior social twice-monthly at the Community Center. All seniors are welcome and encouraged to attend! Socials are from Noon to 2:00 p.m. unless otherwise noted. Please RSVP by calling 739-3702!

Tuesday, October 6th	Enjoy a trip to Boyert's Greenhouse & Farm in Medina Beautiful store, greenhouse and grounds!	Lunch on your own at Bob Evan's
Tuesday, October 20th	Mayor Mike, Birthday Recognition, Halloween Party! Come prepared to have fun!!	Pizza or Pasta & Salad, Dessert
Tuesday, November 3rd	Away Due to Voting. Trip to CHS for a special lunch at Cuyahoga Heights School	Lunch provided by Mrs. Seitz's Class

Community Services Continued...

A Note from Kathleen Kapusta, LISW-S Social Worker

Don't lose sight of Cataracts

What is cataract?

When the lens of your eye gets cloudy, it is called a cataract. It can cause vision loss in one or both eyes. It cannot spread from one eye to the other.

What causes a cataract?

Lenses of eyes are made mostly of water and protein. As we age, some of this protein may clump together and cloud lenses of our eyes. Over time, this "cloud" may grow and cover more of the lens, making it harder to see. Smoking, alcohol use, diabetes, and prolonged exposure to the sun can also cause cataract.

When are you most likely to have a cataract?

People in their 40s and 50s may get them, especially if the eye has been injured. The risk of having cataracts increases after age 60, and by age 80, more than half of all Americans will have a cataract or will have had cataract surgery.

What are the symptoms of a cataract?

When you first get a cataract, you may not notice much change. Your vision may become blurry, as if looking through a foggy window. Or colors may not appear as bright as they once did. As the "cloud" over the lens of your eye grows, it may be harder for you to read. You may also see more glare from a lamp or car headlights at night. You may need more changes to your eyeglasses.

How do I know if I have a cataract?

An eye care professional can tell if you have cataract by giving you a comprehensive dilated eye exam. During the exam, drops are placed in your eyes to widen, or dilate, the pupils. Then a special lens is used to look inside the eye. This exam may help find cataracts as well as other eye problems. After the exam, your vision may be blurry for a period of hours.

When should a cataract be treated?

You should treat a cataract when it makes it hard for you to do daily tasks, like reading or driving. But first, you and your eye care professional should talk about what is best for you. You should never feel rushed to make a decision.

How is a cataract treated?

When a cataract first starts, an eye care professional may give you eyeglasses, and suggest brighter lighting, antiglare sunglasses, or magnifying lenses. If these don't help, the doctor may perform surgery. Doctors numb the area around the eye, take out the cloudy lens, and replace it with a new one.

What can you do to protect your vision?

To delay a cataract, wear sunglasses and a hat with a brim to block ultraviolet rays from the sun. Also, stop smoking and eat more leafy green vegetables, fruits, and foods with a lot of antioxidants. If you are age 60 or older, you should have a comprehensive dilated eye exam at least once a year. In addition to cataract, your eye care professional can check for signs of other age-related eye problems such as glaucoma and age-related macular degeneration. Early treatment for these other eye diseases may save your vision.

Information: http://www.nei.nih.gov/health/cataract/cataract_facts.asp

Source: National Eye Institute



IS YOUR HOME 50 YEARS OLD OR OLDER?

If your home in Brooklyn Heights is 50 years old or older, you have access to free advice regarding home maintenance and improvement projects! The Cleveland Restoration Society's Heritage Home Program offers free advice, personalized site visits, and access to fixed-rate financing as low as 1.85% to cover project costs. To schedule a free site visit or to learn more about qualifying for a low-interest loan, call (216) 426-3116 or visit http://heritagehomeprogram.org.



MILITARY APPRECIATION

The Village of Brooklyn Heights is proud to honor those that have served, or are currently serving, in our military forces. A display will be set up at the Municipal Center to honor and remember loved ones of our residents. Please see the attached flyer and application form with details on submitting military information on your family member or loved one.

OCTOBER 2015 ~ Community Services Department ~ Bus Schedule

Call 739-3702 to make please call early! If yo	u do not receive a conf	ng the bus. Is may be cancelled due Firmation call by 2:00 p. Il our office to sign up.	1 9:45a Grocery / Acme / Aldi's	2	3 9:00a Shred-It Day @ Municipal Center 3:15p St. Leo Mass 6:30p Village Fall Festival in the Park	
4	5 8:00a Senior Walking Group	6 Time TBA: Trip to Boyert's Greenhouse & Farm in Medina, Lunch @ Bob Evan's	7 8:00a Senior Walking Group CHS Welcome Back to School Dinner for Seniors	8 9:45a Grocery / Bank / Drug Mart	9	10 No Church Run
11	12 OFFICES CLOSED Lolumbus Day	13	14 10:45a Wii Games	9:00a Flu Shot Clinic 9:45a Grocery / Bank / Marc's	16	3:15p St. Leo Mass
18	19 8:00a Senior Walking Group 5:00p Quick Trip	20 11:15a Senior Social, Birthday Recognition Mayor Mike, Halloween Party	21 8:00a Senior Walking Group	9:45a Grocery / Bank / Drug Mart Village Wide Food Drive for Project Hope Food Pantry	23	24 3:15p St. Leo Mass
25	26 8:00a Senior Walking Group	27	28 10:45a Wii Games	29 9:45a Grocery / Bank / Marc's	30	31 3:15p St. Leo Mass Flappy Falloween

NOVEMBER 2015 ~ Community Services Department ~ Bus Schedule

1	2 8:00a Senior Walking Group	Seniors Enjoy Lunch at CHS!! ELECTION DAY	4 8:00a Senior Walking Group	5 9:45a Grocery / Acme / Aldi's	6	7 3:15p St. Leo Mass Senior Leaf Raking Project
	9 8:00a Senior Walking Group 5:00p Quick Trip	10	11 10:45a Wii Games Veterans Day	12 9:45a Grocery / Bank / Drug Mart	13	14 3:15p St. Leo Mass
15	16 8:00a Senior Walking Group	17 11:15a Senior Social Birthdays, Mayor Mike, Music by Eric Noltkamper, Memory Screening, Thanksgiving Meal	18 8:00a Senior Walking Group	19 9:45a Grocery / Bank / Marc's	20	21 3:15p St. Leo Mass
22	23 8:00a Senior Walking Group Novak's Floral Workshop @ Cmty Center	24 9:45a Grocery / Bank / Drug Mart	25 10:45a Wii Games	26 OFFICES CLOSED HANKSGIVING	27 OFFICES CLOSED	28 No Church Run
29 Annual Village Tree Lighting	30 8:00a Senior Walking Group	Times listed are pick up times if you are riding the bus. Call 739-3702 to make your reservation. Trips may be cancelled due to low enrollment - please call early! If you do not receive a confirmation call by 2:00 p.m. on the day prior to the trip, you are not on our list! Please call our office to sign up. Calls for Monday are made on Friday.				



VILLAGE FOOD DRIVE THURSDAY, OCTOBER 22ND

Visits to our food pantry continue to increase significantly. Through the generosity of our residents, we are able to offer much-needed items to families in need.

If you are able to donate, please have your donation on your front porch by 9:00 a.m.

Monetary donations are also accepted throughout the year!

MOST NEEDED ITEMS AT THIS TIME

ALTHOUGH FOOD IS ALWAYS ACCEPTED,
THE ITEMS LISTED BELOW ARE WHAT IS NEEDED MOST!

HOUSEHOLD CLEANING

Laundry Detergent

Bleach

Dish Detergent

All Purpose Cleaners

Fabric Softener



PAPER PRODUCTS

Paper Plates, Cups

Foil, Storage Bags, Plastic Wrap

PERSONAL CARE ITEMS

Conditioner

Bars of Soap

Deodorant

Toothpaste **

Tooth Brushes **

Feminine Hygiene Items

Disposable Razors

Q-Tips

Band-Aids

Baby Diapers (sizes 4-5)





Scouts & Students unite efforts and help Brooklyn Heights senior residents!

Everyone is welcome and you can sign up individually or as a group! Participation qualifies for community service hours!

All volunteers must register by calling (216) 739-3702

Meet at the Brooklyn Heights Pavilion #2 Saturday, November 7th, 9:30 a.m.

At the pavilion we will distribute address assignments and form groups as necessary. Parent involvement is helpful for transporting within village and supervision of activity!

Pizza and refreshments, courtesy of Mayor Mike, will be served at Pavilion #2 after raking is done!

Please bring your own rakes or leaf blowers!! Sign up today!

Call (216) 739-3702, during business hours with any questions or to sign up!



VILLAGE FLU SHOT CLINIC

Village Community Center Thursday, October 15th starting at 9:00 a.m.

Walgreens will be administering the immunizations. They accept most insurance company plans except HealthSpan (formerly Kaiser) and Aetna plans.

The cost is \$31.⁹⁹ for anyone who is paying cash. *Have exact amount, they cannot make change!*

~ This is an adult vaccine only ~

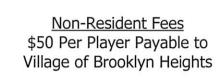
Family & Friends Welcome!

All MUST Pre-Register by calling 739-3702

Be sure to bring your insurance card!!

Brooklyn Heights BASKETBALL Registration

Grades 3rd through 6th
One Child Per Registration
Please Print!



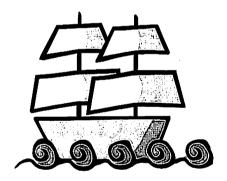
Child's Name							Phone						
Street Address							Birth Date						
City & Z	Zip Code								e / Fem le One)		Gra	de	
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	PARENTS	- Pleas [[Yes, I ar	n intere	este	below if y d in being d in being	g a he	ad coad	ch		ing!	
Basket league	e parents of the ball Program, h during the seas	ereby ; son.	give ou	d child r appro	, who is	re thei	r participa	o plag	in any	and all	of the	activitie	es of the
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Height	e of injury to o s Village emplo We likewise re civities.	oyees,	sponso	rs, vol	unteers	, m	anagers,	or an	y of the	he sup	ervisor	s appoi	nted by
at 190	return this for Ventura Circle. ent or legal gua	A \$25	late fee	will be	e access	ed	to all regi						
Parent	or Legal Guard	ian]	Date						

BROOKLYN HEIGHTS POLICE BLOTTER

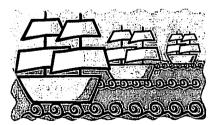
09/01/15	Report of suspicious male on Belmont. Checks ok. Found to be service department worker painting house numbers on curb.
09/02/15	Possible domestic disturbance reported on East Schaaf Road. All parties left before arrival. Special attention to residence. Report of two dogs loose on East Schaaf Road. Advised owner on dogs at large. Dogs allegedly caused damage to vehicle. Report taken. Charges pending. Cuyahoga Hts. Elementary School unable to drop young child off at home on Schaaf Road due to no one at home. Made contact with parent and advised to pick child up at school. Located two males walking on I-480 E/B. Same transported to Denny's.
09/03/15	Report of stray dog on resident's porch for the past week. Animal warden notified.
09/04/15	Summons served to dog owner on Schaaf Road for dogs running at large. Report of raccoon in washroom at local business. Notified animal warden.
09/05/15	Report of large group of motorcycles racing I77/I-480 area. Unable to locate. Advised two juveniles to leave the park after it was reported they were being destructive to park equipment. Domestic disturbance on Schaaf Road. Party left for the night.
09/06/15	Report of a noise complaint Tuxedo / West 5 th Street. All quiet upon arrival. Advised skateboarders of private property on Schaaf Lane. Will comply. Report from Brecksville PD of a possible suicidal driver heading to I-480 bridge. Unable to locate.
09/08/15	Assisted Valley View PD with unruly male. Same was restrained upon arrival and transported to hospital for evaluation. Theft report taken from local business.
09/12/15	Provided mutual aid to Valley View PD regarding large groups of juveniles gathering around Cinemark. Stood by until crowd dispersed.
09/13/15	Advised resident of driving habits. Family notified and will handle.
09/14/15	Report from local business of irate customer that caused damage to lobby door. Cuyahoga Hts. Elementary School requesting welfare check at Schaaf Road residence. Bus driver unable to drop young child off due to no one at home. Parent made contact with school and advised they can drop child off at residence.
09/15/15	Flagged down by resident on West 5 th Street whose dog ran off. Located dog and returned to owner. Assisted Cleveland PD with fatal motor vehicle accident on I-480 W/B to 176 N/B ramp.
09/16/15	Report of debris in roadway causing flat tires on several cars. Debris removed.

09/19/15	Report by resident of ATV riding on his property. Located resident of ATV and advised.
09/20/15	Transported lost pedestrian to Steelyard Commons.
09/22/15	Advised solicitor on Lancaster Drive of borders and permit requirement. Transported dog found on West 8 th to station. Animal control advised.
09/23/15	Report of injured deer in parking lot of local business. Animal warden notified and handled. Assisted CCSO in locating party with warrant on Schaaf Road. Party not at home.

Brooklyn Heights Municipal Center is closed Monday October 12, 2015



In observance of Columbus Day



Our offices will open Tuesday, October 13, 2015 At 8:00 a.m.

Emergencies Please call 741-2700





Cuyahoga Heights Schools COMMUNITY ATHLETIC FACILITY 2015 - 2016 PROGRAM

FITNESS CENTER

Open Monday thru Thursday (except when school is not in session) and Saturdays. See times on reverse side.

POOL

Fall: October 5, 2015 - November 24, 2015 Winter: November 30, 2015 - February 5, 2016 Spring: February 8, 2016 - March 24, 2016

Open per schedule (except when school is not in session) and Saturdays. See times on reverse side.

TRACK

Track will be open when the school or other facilities are open.

COMMUNITY ATHLETIC FACILITY

In our continuing efforts to provide wellness opportunities, a first-rate Fitness Center, Track, and Pool are available at no charge for all residents, staff, and our tuition families. We believe that we are offering one of the very best facilities in Northeast Ohio. We hope to see you throughout the year! Stay fit!

REGISTRATION

RESIDENT:

On the first day that you use the Pool, Fitness Center, or Track, please register with the cashier. **Proof of residency must be presented by either current valid driver's license or any utility stub with your name on it.** (All residents must register their name, address, phone number and emergency phone number.) The use of the Pool, Fitness Center, and Track is **free** to all residents and families of tuition students, unless otherwise indicated for special programs.

NON-RESIDENT:

POOL: For all noontime lap swimming there will be a fee of \$35 per quarter. For all family/lap swimming in the evening or on the weekend, there will be a fee of \$7 per person per visit.

FITNESS CENTER AND TRACK:

These facilities are for the use of residents and families of tuition students.

ENTRANCE: For pool and fitness center use, please enter through the double doors at the rear of the building. The pool doors near the elementary parking lot are locked for security purposes. Please be prepared to show identification. Men and women locker rooms are available for changing.

NOTE: Anyone misusing the facilities will forfeit the right to use the pool and/or the fitness center.



Co-Curricular Office: (216) 429-5794 Pool Office: (216) 429-5826 4820 East 71st Street

4820 East 71st Street Cuyahoga Heights, Ohio 44125 www.cuyhts.org



Cuyahoga Heights Schools COMMUNITY ATHLETIC FACILITY 2015 - 2016

POOL PROGRAMS

The use of the pool is free to all residents of our school district and our tuition families, unless otherwise indicated. See reverse side for fee schedule for non-residents.

FAMILY / LAP SWIM

Family Swim and Lap Swim will be offered Monday and Wednesday evenings from 5:00 to 8:00 p.m. beginning October 5, and Saturdays 10:00 a.m.-2:30 p.m. beginning October 10. Lanes will be available for those wishing to swim laps. An adult (16 and over) must accompany children sixth grade and under. For large group swims, please notify the pool office in advance to ensure appropriate lifeguard coverage.

AFTERNOON SWIM

Lap swimming will be offered Monday thru Friday, from 11:30 a.m. to 12:30 p.m. beginning October 5. Lap swimming times may change due to school use of the pool.

Water Aerobics will be offered to senior citizens on Wednesdays from 11:30 a.m. to 12:15 p.m. beginning October 14.

LEARN-TO-SWIM PROGRAM

Learn-to-Swim classes will be offered to Levels 1 thru 4. Classes with insufficient enrollment will be cancelled. Fees for all learn-to-swim classes is \$25 per session residents and \$35 per session for non-residents.

Classes will be offered Monday/Wednesday evenings and Saturday mornings as follows:

Monday/Wednesday Evening Learn-to-Swim

Session I: Oct. 5-28 Session II: Jan. 4-27

Additional sessions may be added depending on pool usage. Times

Level 1 and 2: 5:00-5:45 p.m. Level 3 and 4: 6:00-6:45 p.m.

Saturday Learn-to-Swim

<u>Session I</u>: Oct. 10-Nov. 28 Session II: Jan. 9-Feb. 27 Additional sessions may be added depending on pool usage. Times

Level 3 and 4: 10:00-10:45 a.m. Level 1 and 2: 11:00-11:45 a.m.

To register for Learn-to-Swim:

<u>In-Person Registration</u>: Register on the first day of class (Mon, Oct. 5 or Sat, Oct. 10)

Times and details of class offerings are also available on the school district's website (www.cuyhts.org).

LIFEGUARDING CLASS

A class for lifeguard certification will be offered as follows:

Date: March 28-April 1, 2016 Time: 9:00 a.m. - 2:30 p.m.

Cost: \$150



When using the pool and fitness center, please make sure all emergency information is completed and that you are signed-in to use the facility.

POOL RENTAL

The pool is available to residents for rental (fees to be determined). Applications for rental times should be made with the Co-Curricular Secretary, at (216) 429-5794.

FITNESS CENTER

Our first-rate Fitness Center is equipped with treadmills, stationary bikes, cross-trainer, elliptical glider, and Cybex weight equipment. The Fitness Center is for resident and staff use only. Students must be in at least ninth grade to use the facility in the evening and Saturday hours unless accompanied by a parent.

Fitness Center Hours

Dates:	Times:
Monday - Thursday	3:30 p.m 8:30 p.m.
Saturday	10:00 a.m 3:00 p.m.

NOTE: Fitness Center is closed to the public during the school day.

TRACK

Facility will be open to residents and families of tuition students, only when the school or other facilities are open. Please use the outside lanes.

St. Leo the Great Parish Festival

Friday, October 16 - 6:00 p.m. to 11:00 p.m. Saturday, October 17 - 5:00 p.m. to 11:00 p.m.

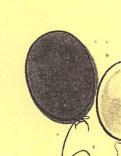
Food

Honey Hut Ice Cream
cotton candy
Italian sausage sandwiches
with onions & peppers
French fries*popcorn
pierogies*nachos
cabbage & noodles
soft pretzels
and much more!



Friday
Corned Beef
platter or sandwich

Saturday
Roast Pork
with dumplings
and gravy



Games & More

Kiddie Games \$5,000 Raffle Casino Black Jack Let It Ride Games of Skill Instant Bingo



Entertainment

Friday
5:00-11:00 Backtrax
(all request oldies & more)

Saturday
6:00-11:00 Driven
(polkas & rockin' favorites)



4940 Broadview Road, Cleveland*(216) 661-1006

OCTOBER



MULCHING LEAVES ISN'T A TRICK, IT'S A TREAT FOR YOUR LAWN!

- Mulch leaves with a lawn mower.
 Leaves provide nutrients for healthy soil, more of nature's fertilizer.
- Apply a good quality compost along with grass seed while seeding the lawn.



Researchers found that mulching leaves in the fall resulted in a greener lawn and up to 80% less dandelions the following spring.

Boy Scout Troop 28 Eagle Scout Project/Food Drive

September is *Greater Cleveland Food Bank's Hunger Action Month* and we are collecting food items from the villages of Brooklyn Heights,

Cuyahoga Heights and Valley View.

Troop 28 will be collecting door-to-door donations on Sunday, October 4th from 3-5pm

There will also be a pick up at *Brooklyn Heights*Municipal Center, Cuyahoga Heights Village Hall
and Valley View Community Center on

Monday, October 5th

Here's a list of the 6 most needed food items:

Beef Stew, Canned Soup, Canned Vegetables, Peanut Butter, Cereal, and Tuna.

Any non-perishable food item will be accepted

If you have any questions, please call Brendan Bowling at 216-661-3907

