

PROTECT YOUR HEART IN THE HEAT:

Tips from the American Heart Association

GUEST EDITORIAL BY THE AMERICAN HEART ASSOCIATION

With extreme temperatures continuing, be sure to protect your heart in the heat. With temperatures forecasted in the 90s, it's important to know that extreme heat can be hard on the heart.

As the temperature rises, so can your risk for suffering health issues like heat exhaustion and heat stroke. Doctors recommend using good judgment when it comes to activities outside in the heat, and that you stay hydrated.

During hot weather, it's important that you take the right precautions:

✓ Watch the clock. It's best to avoid the outdoors in the early afternoon (about noon to 3 p.m.) because the sun is usually at its strongest, putting you at higher risk for heat-related illnesses.

✓ Get off on the right foot. You probably sweat the most in your shoes, so choose well-ventilated shoes and look for socks that repel perspiration. Foot powders and antiperspirants can also help

with sweat.

✓ Dress for the heat. Wear lightweight, light-colored clothing in breathable fabrics such as cotton, or a newer fabric that repels sweat. Add a hat and/or sunglasses. Before you get started, apply a water-resistant sunscreen with at least SPF 15, and reapply it every two hours.

✓ Drink up. Stay hydrated by drinking a few cups of water before, during and after your exercise. Avoid caffeinated or alcoholic beverages.

✓ Take regular breaks. Find some shade or a cool place, stop for a few minutes, hydrate and start again

✓ Follow the doctor's orders. If you are a heart patient, over the age of 50, overweight or just starting an exercise program, be sure to check with your doctor for your best exercise routine.

If you do want to be active during hot weather, doctors say it is alright if the activity is something you are used to, but it is not the time to push yourself.

It's important to know the signs and symptoms when you may be experiencing too

much heat.

Symptoms of heat exhaustion:
 ✓ Headaches
 ✓ Heavy sweating
 ✓ Cold, moist skin, chills
 ✓ Dizziness or fainting (syncope)

✓ A weak and rapid pulse
 ✓ Muscle cramps
 ✓ Fast, shallow breathing
 ✓ Nausea, vomiting or both

If you experience these symptoms, move to a cooler place, stop exercising and cool down immediately by dousing yourself with cold water and rehydrating. You may need to seek

medical attention.

Symptoms of heat stroke:
 ✓ Warm, dry skin with no sweating
 ✓ Strong and rapid pulse
 ✓ Confusion and/or unconsciousness

✓ High fever
 ✓ Throbbing headaches
 ✓ Nausea, vomiting or both

If you experience these symptoms, seek medical attention right away.

For more information, tips and advice on how to take care of your heart, visit www.heart.org.
 The American Heart Association

is a relentless force for a world of longer, healthier lives. We are dedicated to ensuring equitable health in all communities. Through collaboration with numerous organizations, and powered by millions of volunteers, we fund innovative research, advocate for the public's health and share lifesaving resources. The Dallas-based organization has been a leading source of health information for nearly a century. Connect with us on heart.org, Facebook, Twitter or by calling 1-800-AHA-USA1.

National Grid offers safety, energy-saving tips for high temperatures

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

• Get to a cooler, air conditioned place
 • Drink water if fully conscious
 • Take a cool shower or use cold compresses

CALL 9-1-1

• Take immediate action to cool the person until help arrives

SUBMITTED BY NATIONAL GRID

The heat is on this week across upstate New York with forecasters calling for a run of high temperatures and humidity in the region. Prolonged temperatures of 90 degrees or higher can lead to heat-related illnesses, especially for the elderly, young children and those with chronic illnesses.

We also offer the following energy-efficiency tips:

- Keep doors and windows closed while running your air conditioning system to reduce air loss.
- Clear areas in front of vents from furniture; blocked vents require up to 25% more energy to distribute air.
- In the summer, vegetation,

solar screens, and awnings can be used to prevent the sun from making your home too hot.

• Use programmable thermostats to adjust cooling when rooms are unoccupied, saving you energy and up to \$180 a year.

• Upgrade outdated air conditioning equipment to newer, more energy-efficient models. You'll save as much as 30% on energy costs in the long term, reduce maintenance, and improve the comfort of your home.

• Perform regular air conditioning maintenance. Change filters monthly to improve air quality and reduce energy use. Establish a maintenance contract with your vendor for regular tune-ups, which help decrease equipment breakdowns and unnecessary air loss.

• Conserving water is a great way to save energy and money in your home.

• Stop leaks. Repairing even small leaks saves gallons of water and thus dollars each month.

• Install water-saving faucets and low-flow showerheads.

• Set a maximum water temperature of 120° F.

• Upgrade your water heater to a high-efficiency model. Look for water heaters with an Energy Factor of .67 or greater (.82 or greater for larger systems).

For more information on National Grid, visit its website, follow on Twitter, watch on YouTube, friend on Facebook, or find photos on Instagram.

Image courtesy of National Grid

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PUBLIC NOTICE

Send notices to legalnotice@wnypapers.com

LEGAL NOTICE

Keg Creek Consultants, LLC. Filed 5/25/21. Office: Niagara Co. SSNY desig. as agent for process & shall mail to: Daniel Rotunno, 7266 Lakeview Ct, North Tonawanda, NY 14120. Purpose: General. Tribune/Sentinel July 9, 16, 23, and 30, and August 6 and 13, 2021

LEGAL NOTICE

Notice of Formation of Links Tree Service, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 7/2/2021. Office location: Niagara County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to 6606 Ridge Rd, Lockport, NY 14094. Purpose: Any lawful purpose. Tribune/Sentinel July 9, 16, 23, and 30, and August 6 and 13, 2021

PUBLIC NOTICE

NOTICE OF BOND RESOLUTION
 TOWN OF NIAGARA
 NOTICE IS HEREBY GIVEN that a bond resolution, a summary of which is published herewith, has been adopted by the Town Board of the Town of Niagara, Niagara County (the "Town"), on July 7, 2021 and the validity of the obligations authorized by such resolution may be hereafter contested only if:

1. (a) such obligations were authorized for an object or purpose for which the Town is not authorized to expend money, or (b) the provisions of the law which should be complied with as of the date of publication of this notice were not substantially

complied with and an action, suit or proceeding contesting such validity is commenced within 20 days after the date of such publication of this notice, or

2. such obligations were authorized in violation of the provisions of the Constitution of New York.

SUMMARY OF BOND RESOLUTION
 The following is a summary of a bond resolution adopted by the Town Board of the Town of Niagara on July 7, 2021. The proceeds from the sale of the obligations authorized in such bond resolution will be used for the purpose of financing the reconstruction of and construction of improvements to Rhode Island Avenue within the Town, including all preliminary costs and costs incidental thereto and in connection with the financing thereof (collectively, the "Purpose"), at an estimated maximum amount of \$125,000. Such bond resolution authorizes the issuance and sale of a serial bond or bonds and a bond anticipation note or notes in anticipation of the issuance and sale of such serial bonds, in an aggregate principal amount not to exceed \$125,000, such amount to be offset by any federal, state, county and/or local funds received. Such bond resolution was adopted subject to permissive referendum, and such permissive referendum period has elapsed without the filing of a petition. The period of probable usefulness for such purpose is ten years. A copy of the resolution summarized herein is available for public inspection during normal business hours at the Office of the Town Clerk, located in the Town Hall, 7105 Lockport Road, Niagara Falls, New York.
 Tribune/Sentinel August 13, 2021

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contacted by a "binary and forex trader" through Instagram about an investment opportunity said, "after I had paid the withdrawal fee through the Bitcoin machine and sent it to the QR code I was provided, I received another email saying I needed to pay a Cost of Transfer fee. This is when I figured out that something wasn't right."

Better Business Bureau has the following tips to avoid QR scams:

✓ **If someone you know sends you a QR code, also confirm before scanning it.** Whether you receive a text message from a friend or a message on social media from your work-

BBB scam (cont.)

mate, contact that person directly before you scan the QR code to make sure they haven't been hacked.

✓ **Don't open links from strangers.** If you receive an unsolicited message from a stranger, don't scan the QR code, even if they promise you exciting gifts or investment opportunities.

✓ **Verify the source.** If a QR code appears to come from a reputable source, it's wise to double-check. If the correspondence appears to come from a government agency, call or visit their official website to confirm.

✓ **Be wary of short links.** If a URL-shortened link appears when you scan a QR code, under-

stand that you can't know where the code is directing you. It could be hiding a malicious URL.

✓ **Watch out for advertising materials that have been tampered with.** Some scammers attempt to mislead consumers by altering legitimate business ads by placing stickers or QR codes. Keep an eye out for signs of tampering.

✓ **Install a QR scanner with added security.** Some antivirus companies have QR scanner apps that check the safety of a scanned link before you open it. They can identify phishing scams, forced app downloads, and other dangerous links.