

EGG HUNT SATURDAY APRIL 3

Don't miss the annual Arnold Heights Neighborhood Easter Egg Hunt coming up on Saturday April 3rd. Weather permitting, the hunt will begin at 9:00 A.M. on the south side of the Air Park Rec. Center with the 0-3 yr old age group. Please be sure to arrive in time to register. Like in the past, the event is open to anyone 10 yrs of age and younger who is accompanied by an adult.

For this years event, we will be holding drawings along with prizes on the fields. Children should bring their own baskets or containers to put prizes and candy in. Please remember to dress accordingly as you never know what springtime weather in Nebraska will hold.

The Lincoln Christian Fellowship Church has joined along with the Arnold Heights Neighborhood Associa-

tion, and the Air Park Neighborhood Center to bring you this event.

The event is also supported by many local business's including Kabredlo's, IGA Marketplace, Pinnacle Bank and Amigos. Hop on down and try your luck finding the treats.



NEIGHBORHOOD CLEANUP COMING APRIL 24TH

The Arnold Heights Neighborhood Association has provided a Neighborhood Cleanup for of all of our area neighbors for a number of years. This year is no different as we try to reach even more of those living in our general area. The event is open to anyone in the NW 48th Street corridor neighborhoods. This year promises more ways to dispose of a wider range of materials. It also provides even more ways for you to volunteer a few hours for your community.



As in the past we will meet at the Family Resource Center at 8:00 AM for donuts, juice and a job assignment. There will be opportunities available for nearly any age or fitness level. We will even provide lunch at Noon for those helping with the cleanup.

The event will revolve around the Lincoln Housing Authority site located at 4621 NW 48th Street. This site, just south of the new Arnold School, will be the primary point of activity for the cleanup. We will open at 8:00 AM and

close down at Noon, so if you have things to dispose of, here is your chance. Roll offs will be available for brush as well as trash such as furniture. We will accept **Appliances** on site, including **Refrigerant Bearing Appliances**, all for no fee on the morning of the cleanup. If you have an appliance that you want to dispose of, but do not have a way to get it to the site, you can call us and we will arrange to pick it up the morning of the event. You must



(Continued on page 2)

NEW OFFERING TO THE SPRING CLEANUP

Household Hazardous Waste Collection will be part of 2010 Arnold Heights Neighborhood Cleanup

When you're cleaning out your garage or basement prior to the Arnold Heights spring cleanup on April 24th, consider this: a new option for residents has been added to the 2010



event. Along with the collection of other unwanted/waste items accepted for recycling or disposal by the AHNA, a neighborhood Household Hazardous Waste (HHW) Collection will be a part of this year's cleanup effort. "This is a first for our program," noted Dan King, HHW Program Coordinator at the Lincoln-Lancaster County Health Department. "We usually do large, city-wide collections, but we are

eager to try a smaller, neighborhood collection in conjunction with the neighborhood cleanup event. That way, households can really do some thorough spring cleaning, and get rid of potentially hazardous chemicals along with other unwanted items." King reminds residents that the collection is for households only, not businesses.

BRING - Residents should bring these

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The Arnold Heights Neighborhood Association meets on the first Tuesday of each month at 7:00 PM in the Carol Yoakum Family Resource Center at 4621 NW 48th St. Our meetings are somewhat informal and are always open to visitors. We encourage anyone who resides in Northwest Lincoln to attend. We hope that you have an opportunity to learn more about your community, your city and yourself.

NEIGHBORHOOD CLEANUP COMING APRIL 24 (CONT'D)

have it outside near the curb, we cannot enter your home to assist. Call the LHA Maintenance office at 434-2610 or Jeff Schwebke at 470-3384 prior to April 24th to add your name to the list for this service.

This year's event will be the first to accept **Household Hazardous Waste**. See the article below for more information on this opportunity. Remember, this portion of the event will also accept **Fluorescent Tubes and CFL bulbs** if you are interested. You can also trade in your old **Mercury Medical Thermometer** for a digital unit.



If you have documents that you want to rid yourself of, **Shredding Solutions** will be on site to help you dispose of those documents and keep your information from falling into the wrong hands. Protect your identity and bring your documents to the Cleanup Site on April 24th. This service is provided at no charge.

We mentioned that we will take **Brush** the day of the event. We will also have brush coupons available the day of the event.



These coupons provide a no charge entry into the landfill with brush. Remember that brush is considered to be tree limbs and garden prunings. **Yard waste** cannot be included

with brush during the cleanup effort, nor with the brush coupons. Yard waste includes leaves, grass clippings and pine needles, and is deferred from the landfill from April 1st to November 30 each year. Disposal of this material can be contracted with your trash hauler, or you can compost it yourself.



If you are not sure of how to dispose of an item, stop out to the cleanup site and ask. We will have **Plenty of Information** available to help you determine the best course of action. If we don't know, we will be able to find out for you.

We will have on site a representative from **EcoStores**, Nebraska.



EcoStores sells new and quality second-use building and remodeling materials. They will be on site to help us reclaim materials that may normally go to the landfill. EcoStores is also managing a latex paint exchange program to re-use partial cans of paint and paint supplies. EcoStores may be a good solution if you have latex paint that you want to dispose of.

We will not accept **Tires** again this year. Please consider paying the disposal fee when you get new tires. It may be the best way to dispose of them in the long run. See the article on tires elsewhere in this publication.



E-Waste is a new term for computers, printers, televisions or other electronic devices that you are trying to dispose of. **Techware** accepts this sort of material for a slight fee and will be making discount coupons available at the cleanup if you have this sort of material to dispose of.



Stop by and pick one up.

Automotive Batteries will be accepted at the cleanup. Please note that you can dispose of auto batteries and many other metal based products at **Sadoff Iron and Metal**. Sadoff is located at the corner of W. Cuming and NW 38th Street.



They purchase metals such as aluminum cans, copper, brass and the like at their facility. Remember them next time you are cleaning out the garage, or replacing your gutters.

The Neighborhood Cleanup is made possible by a number of local businesses and agencies. It is important to us that people utilize activities such as this, but more important that we provide the information so everyone knows how to dispose properly of their unneeded or unwanted materials.



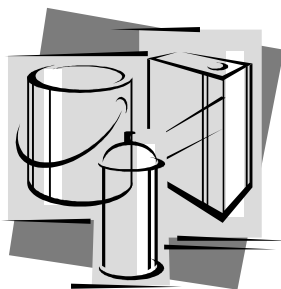
We can always use a few more volunteers, so consider stopping by to see what we do and maybe how you can help.

See you there on April 24th!

NEW OFFERING TO THE SPRING CLEANUP (CONT'D)

types of unwanted products to the collection for safe disposal:

- Pesticides: Weed killers, garden sprays, wood preservatives, roach powder, pet flea and tick products, rat poisons.
- Solvents: Mineral spirits, turpentine, paint strippers and thinners, oil-base paints, varnishes, stains, polishes, and waxes.
- Heavy Metals: liquid mercury, mercury thermometers, mercury thermostats, and fluorescent lamps, both tubes and CFLs.
- Items Containing PCBs: Ballasts from old fluorescent lamps and small capacitors.



Products with any of these words on the label: Danger, Poison, Toxic, Flammable, Combustible or Corrosive.

DON'T BRING - There are some potentially hazardous household items that can be recycled locally and therefore will NOT be accepted at the HHW Collection.

Information about how to safely dispose of these items will be offered to residents:

- Latex paint
- Antifreeze
- Asbestos
- Batteries
- Electronics/TVs
- Explosives & Ammunition
- Fertilizers
- Fire extinguishers
- Medicines

Refillable gas cylinders Used oil
General trash

The HHW program is pleased to be partnering with the Arnold Heights Neighborhood Association on this event and appreciates all the local businesses who are promoting and supporting the neighborhood cleanup effort. The HHW program is funded by the Lincoln-Lancaster County Health Department with supporting grant funding from the Nebraska Department of Environmental Quality.

We look forward to seeing you on April 24th!

Mention that you read this article in the AHNA Neighborhood News and receive a prize from the HHW team!

SAFE HOMES FOR SENIORS



Safe Homes for Seniors –

Have you ever wondered how the products under your kitchen sink or in the basement workshop might impact your health or the well-being of your family? From corrosive drain cleaners to toxic insecticides, the indoor environment can be risky and hazardous to your health if products are stored improperly or if containers become compromised. This is especially true for homes that have accumulated shelves and shelves of hazardous products over a lifetime. These products, while potentially useful, can pose a serious health risk for individuals, especially seniors and the medically fragile. Health-impaired persons, age 60 and older, are at greatly increased health risk from exposure to hazardous household products and waste. Toxic products can and do worsen chronic or life-threatening pre-existing health conditions. An alarming picture emerges when one considers these facts. Persons who are older and health-impaired are:
More apt to have a large, lifelong accumulation of hazardous products.
More apt to have more dangerous

EPA-banned products.
More home-bound and spend most, if not all, of their time indoors.

Much less able to process and eliminate toxic elements from their bodies.

Less physically able to reduce exposure by participating in community collection efforts.

These concerns and issues have been the driving force behind two unique environmental health programs that serve Lincoln and Lancaster County communities; *Safe Homes for Seniors* and the *Household Hazardous Waste Collection* programs.

The *Safe Homes for Seniors* program uses a twofold approach to minimize environmental and household risks associated with hazardous consumer products. The program aims to directly reduce risk by assessing homes of concerned older adults, sorting and identifying hazardous products, safely removing toxic products, and appropriately recycling or disposing of them. Secondly, *Safe Homes for Seniors* uses public health education to increase awareness and prevent hazards from

accumulating. The *Safe Homes* program teaches older persons environmentally-sound purchasing, use, recycling, storage, and disposal practices.

This interdepartmental program is a collaborative project of the Lincoln-Lancaster County Health Department and Aging Partners. The project combines the expertise and resources of the Health Department's Household Hazardous Waste program with that of Aging Partners' Home Handyman Service and Life Office.

Interested individuals who are age 60 and older are encouraged to contact Aging Partners with questions or to schedule a *Safe Homes* assessment. All related *Safe Homes* program services and resources are free of charge. To personally request or obtain the service for another person, please contact the Home Handyman Service at (402) 441-7030.

The *Safe Homes for Seniors* project is partially funded through a waste reduction and recycling grant from the Nebraska Department of Environmental Quality.

NO TIRE COLLECTION THIS YEAR

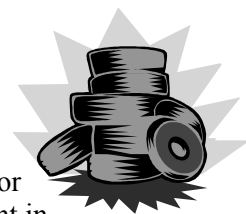
During the last few years, there have been local tire collection days. Initially they were held South of Shoemaker's Truck Stop. Since the new facility went up last year, a new site was found on Lincoln Airport Authority property just West of Sadoff & Rudoy's facility. This event was offered by the Emerald SID under a grant they applied for with

the Nebraska Department of Environmental Quality.

The grant was applied for 2010, but one of the cutbacks that was made to this year's state budget was the reduction of these grant moneys. The larger events were cut in favor of providing the smaller events.

We hope to see this event back in our area next year.

Many thanks to the Emerald SID for procuring this event in our area for as many years as they did. In the meantime, if you have tires to dispose of, contact your retail tire business. Most of these will accept tires for a fee. The landfill will also accept tires for \$3 to \$6.50 each depending on size.



AREA RESIDENT IN NEED OF YOUR HELP

Bambi Oestmann, a current counter clerk at Marketplace IGA has recently suffered a severe heart attack. She is only in her late 30s and unfortunately, Bambi did not have medical insurance coverage so her medical bills are stacking up quickly. She was in an induced comma for a short time as she responded to the initial shock of the at-

tack and the doctors developed a recovery plan for her. If anyone would like to donate, a benefit account is currently set up at Pinnacle Bank. Just stop into the Pinnacle Branch at the IGA Marketplace and they will assist you with making a donation towards Bambi's rising medical expenses. Bambi lives in the Arnold Heights area and can really

use some neighborly assistance. Our wishes for a speedy recovery go out to Bambi and her family.

Thanks also to many of her co-workers at IGA that cared enough to prepare this benefit for Bambi.



MAY 11TH PRIMARY ELECTION

It will be coming up sooner than you think. Primary Election Day on May 11th will be a call to action for anyone looking for change, or a different kind of change as the case may be.

There will be a number of elected officials looking to hold their jobs and an even larger number of people seeking to replace them. This primary sets us



up for a summer of heated debates while the candidates search for supporters and votes for the November General Election. There are federal, state and county offices up for election this year, so be ready for the campaign promises to pop up all summer. Another hotly contested issue will be the Lincoln Arena vote. This hot local issue has both vo-

cal pro and against groups all looking to get your vote. Whichever side you are on, whoever you support, just be sure that you take the time to be informed so you can cast your ballot in the direction you see fit. Remember, your vote is your right, your obligation and your commitment to democracy.

THE NEIGHBORHOOD CLEANUP IS OPEN TO ALL RESIDENTS ALONG THE NW 48TH STREET CORRIDOR.

DISPOSAL OF MEDICATIONS

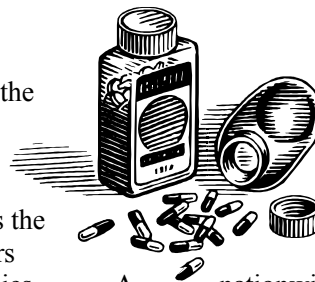
Historically, recommendations to consumers included flushing unwanted, unused, or expired medications down the toilet. "Based on recent research findings and information from The Groundwater Foundation, new guidance is emerging that advises consumers to not flush unused medications," explains Dan N. King, Environmental Health Specialist with the Lincoln-Lancaster County Health Department.

Most Americans take some kind of medication, either a prescription drug or over-the-counter product, and use products such as lotion, cosmetics, laundry detergents, and cleaning products on a daily basis. These materials and other common household items, known as pharmaceutical and personal care products, or PPCPs, are now finding their way into water supplies. PPCPs commonly enter the environment through excretion by humans and domestic animals, disposal of unneeded or expired PPCPs by flushing them down a toilet or drain, bathing and swimming, discharge from municipal sewage systems or private septic systems, and other accidental discharge. There are currently no drinking water standards for PPCP compounds.

With the growing knowledge of the impacts related to unused or expired medications, the Lincoln-Lancaster County Health Department (LLCHD) recommends the following simple steps consumers should take to protect their families, community, and the environment.

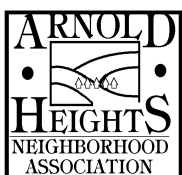
1. Take unused, unneeded, or expired prescription drugs out of their original containers
2. Mix the prescription drugs with an undesirable substance, like used coffee grounds or kitty litter, and put them in impermeable, non-descript containers, such as empty cans or sealable bags, further ensuring that the drugs are not diverted or accidentally ingested by children or pets
3. Throw these containers in the trash
4. Flush prescription drugs down the toilet only if the accompanying patient information specifically instructs it is safe to do so

Evidence of the medications' potentially negative environmental effects has been documented around the country. Scientists have found fewer male fish than anticipated in streams, and male fish with female reproductive characteristics. Many scien-



tists connect these findings to endocrine disrupting chemicals such as detergent metabolites found in wastewater.

A nationwide study released in 2002 by the United States Geological Survey detailed trace levels of these chemicals found in prescription drugs in 80 percent of the waterways across the country. The breakthrough study checked for the presence of materials such as pharmaceuticals, antibiotics, sterols, hormones, and other compounds. Seven streams and groundwater in Nebraska were included in the study. Pharmaceutical chemicals enter the environment and can contaminate surface and groundwater in several ways. Since the medication is not fully metabolized by humans, the leftover portion of the compounds is excreted from the body as waste. As regulations on wastewater and municipal wastewater treatment facilities continue to evolve, communities are taking extra measures to protect community health and the environment. For additional information, please contact the Lincoln-Lancaster County Health Department at 441-8040.



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