2013 Halloween Party

Sunday, October 27
6:00-8:00 p.m.
Air Park Rec Center
3720 NW 46th Street

For all children in 5th grade and under. Show off your Halloween costume and play games for prizes. No pre-registration required.

ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT.
**VOLUNTEERS ARE NEEDED FOR THIS EVENT. SEE PAGE 2 FOR MORE INFO.**

Co-sponsored by the NW 48th Neighborhood Advisory Council and Air Park Neighborhood Center.

Senior Coffee Club program schedule

Senior Coffee Club meets weekly at the Family Resource Center at 9:00 a.m. Speakers are scheduled for the first and third Wednesdays of the month at 9:30 a.m. Upcoming speakers include:

**October 16**-Grandma’s Pie Plate, Jodi Finch from Roper & Sons

**November 6**-Fraud Protection for Seniors, Ryan Southan from NE Attorney General’s Office

**November 20**-Thanksgiving Celebration with Cedars Child Development Center

**December 4**-Positively Positive, Jodi Finch from Roper & Sons

**December 18**-Holiday Celebration with Cedars Child Development Center

4th Annual Heritage Feast in November

The community is invited to attend the 4th Annual Heritage Feast to be held **Tuesday, November 19 from 6:00-7:30 p.m. at Arnold Elementary.** This is a potluck event for all families and individuals in the community to celebrate our diverse heritage and food traditions. Bring your favorite family dish to share with others and be prepared to sample some tasty food from many different cultures. Table ware and drinks will be provided.

Please register for this event by calling Dayna Kranawitter, Arnold CLC coordinator, at 402-436-1120 ext. 5 or email at dkranna@lps.org.
October 17 is Lights On Afterschool Day!

Each October, one million Americans and thousands of communities nationwide celebrate Lights On Afterschool to shine a light on afterschool programs that keep kids safe, inspire them to learn, and help working families.

The CLC Youth Afterschool Ambassadors and the Lincoln Community Learning Centers are celebrating Lights On Afterschool with a rally and family afterschool activities. Join us on Thursday, October 17 at 6:00 p.m. on the west steps of the State Capitol for a rally in support of afterschool programs followed by supper and activities at McPhee Elementary School south of the Capitol. The State Capitol will also be lit up that evening in celebration of Lights On Afterschool Day!

Principal’s Corner...

Making certain your contact information, including emergency contacts, for your child are up to date is incredibly important. As a school we want to partner with parents to enhance their child's educational experience. As a staff we want to share with you your child's success and make you aware of any concerns as quickly as possible. We understand phone numbers and email addresses change. If this is true for you please contact the school office. We can update your contact information over the phone. Recently we have had several emergency incidents at school where we needed to reach a child's parent immediately. When we pulled up the child's contact information and began calling all of the numbers were either out of service, voice mail was full, or no one answered. As a school it is very difficult for us when we are put in the situation of having to make extremely important decisions without parental input. Thank you in advance for taking the time to help us address this matter.

J.J. Wilkins
Principal at Arnold Elementary

NAC48 is on Facebook!

The NW 48th Neighborhood Advisory Council is now on Facebook. Go to www.facebook.com/LincolnNAC48 and click the “Like” button. To receive all the updates from the page, hover over the “Liked” button and select “Show in News Feed.” This way you will receive updates on the NW 48th Street area including events, sales, improvements, and volunteer opportunities.

If you are interested in becoming more involved in your school and neighborhood, join the NAC48 group for our regular monthly meeting on the second Tuesday of the month at 7:00 p.m. at the Arnold Media Center. Child care is available.

Call Dayna at 402-436-1120 ext. or email at dkranna@lps.org for more information.

Volunteers Needed for Halloween Party

Volunteers are needed for the Air Park Halloween Party coming up on Sunday, October 27. Volunteers are needed to help with setup, run carnival games, help serve food, and cleanup. This is a fun and easy way to give back to your community!

All volunteers need to be at the Rec Center by 5:30 p.m. and costumes are welcome but not required. The event runs from 6-8 p.m. This is a great opportunity for teens to get their service hours for government classes.

Come join the fun!!

If you can help with the Halloween Party, please call Dayna at 402-436-1120 ext. 5.
The weather is starting to cool down and we are loving the time we get to spend outdoors. We are looking forward to the leaves falling so we can jump in the leaf piles! Recently we welcomed a new staff member to our team. Kimberly Wolfer is our new Nutrition Specialist. She will be preparing meals for our kiddos and working in the classroom part-time. We are excited to have her join our team! Here’s a bit about Kimberly…

Kim grew up in Northwest Missouri and completed her undergraduate degree in Foods and Nutrition: Dietetics at Northwest Missouri State University, where she met her fiancé. Following graduation, she moved to Lincoln to participate in the Dietetic Internship Program at the University of Nebraska.

She enjoys camping, playing basketball and volleyball, and spending time with family and friends. She is currently finishing her graduate degree in Nutrition and Health Sciences, as well as planning for her wedding next summer.

We currently have a few toddler classroom openings for children age 18 months- 2 years. If you are looking for quality child care or know someone who is, please call Sarah D. at 437-8923. We would love to set up a tour with your family! Happy Fall!

Air Park Neighborhood Center Happenings…
By Deb Moyer, center director

Air Park Arnold Before School, After School and Kids Day Off:

The weather will be getting cool. Check out the day care program for the youth that attend Arnold School. Before and After school meet at Arnold School, the kids are not bussed off site.

Before School hours: 6:30am to the start of the school day

After School hours: From the release of school to 6pm

Kids Day Off: Meets at the Air Park Rec Center when school is not in session. Hours are 6:30am-6pm

Need based scholarships are available and the program is approved for Title XX.

Air Park Recreation Center has classes starting. Call, come or go online to lincoln.ne.gov/parks to see listing.

Center hours will be changing on September 30.

Down the Library Aisle By Jill Deisley, Lincoln City Libraries

WINNER ANNOUNCED - The twelfth annual One Book - One Lincoln community reading program began on September 3, 2013, with the announcement of Rachel Joyce's charming, quirky, and ultimately uplifting debut novel, The Unlikely Pilgrimage of Harold Fry, as the selected title for 2013. The scheduled events of One Book -One Lincoln -2013 will take place throughout September, October, and early November. For more details, visit www.lincolnlibraries.org.

BOOK SALE - The annual Book Sale, held by the Foundation for Lincoln City Libraries, will be October 9-13 at the Lancaster Event Center, 4100 N. 84th Street.

Special Event Pre-Sale (tickets required): Wednesday, October 9, 2013 - 5:00-8:00 PM ($40 for pre-registration, $50 at the door, $25 for Friends of LCL Members)

Public Sale (open and free to all): Thursday, October 10, 2013 - 10:00 AM - 7:00 PM Friday, October 11, 2013 - 10:00 AM - 7:00 PM Saturday, October 12, 2013 - 10:00 AM - 5:00 PM Sunday, October 13, 2013 - 11:00 AM - 3:00 PM

Are your kids having trouble with their homework? Check out the Homework HelpNow database. This site provides online tutoring and homework help for grades 3-12, from 2:00-11:00 PM each day.

For adults seeking help with job hunting, the JobNow database offers interactive help and other resources for job seekers. Live help is available from 2:00-11:00 PM each day.

Databases may be accessed through the Lincoln City Libraries website at www.lincolnlibraries.org.

HOLIDAY CLOSINGS - All Lincoln City Libraries will be closed November 11, 2013 for Veterans Day, and November 28-29, 2013 for Thanksgiving.
Many people don’t smoke, but they can still be affected by secondhand smoke which travels from other units and areas in multi-unit housing facilities. Secondhand smoke affects everyone. So what is it and how are people affected?

Secondhand smoke is from a burning cigarette, cigar, or pipe tip, or smoke exhaled by a person smoking. More than 7,000 chemicals are found in secondhand smoke, including hundreds that are toxic and about 70 that can cause cancer.

Secondhand smoke exposure poses serious health threats to children and adults. For residents of multi-unit housing (e.g., apartment buildings and condominiums), secondhand smoke can be a major concern. It can migrate from other units and common areas and travel through doorways, cracks in walls, electrical lines, plumbing, and ventilation systems. (American Lung Association)

In 2006 the Surgeon General released a report on tobacco smoke which concluded that there is no risk-free level of secondhand smoke.

Secondhand smoke can cause or worsen illnesses such as bronchitis, pneumonia, ear infections, and asthma. Nonsmokers who are exposed to secondhand smoke increase their risk of developing heart disease by 25-30% and their risk of developing lung cancer by 20-30%. Children are especially vulnerable because their bodies are developing.

Secondhand smoke lingers in the air, settling on fabrics, furniture, carpet, clothing and toys. Opening windows or turning on fans isn’t enough. Your children can be exposed to the toxic chemicals even when no one is smoking.

Because people spend so much time in their homes, making multi-unit housing smokefree plays an important role in reducing exposure to secondhand smoke. While residents of multi-unit housing can prohibit smoking in their own units, adopting a 100 percent smokefree policy for a building or property will ensure that secondhand smoke does not threaten the lives and health of all tenants.

For more information on talking with apartment managers about implementing smoke-free policies, please contact Pam Rowe, Health Educator at Lincoln-Lancaster County Health Department at 402-441-6224 or by email at prow@lincoln.ne.gov

Secondhand Smoke Is Deadly

Activities that are considered screen time include watching TV and/or movies, playing video games, playing on the computer, surfing the net, and texting on your cell phone. Too much screen time takes away from time doing more active activities. Also, screen time exposes your family to advertisements for unhealthy foods and can make you snack mindlessly.

Remember to limit your families’ screen time to no more than 2 hours a day. Instead, go to the park, take a walk, practice a sport with your children, or plant a small garden. Help your children develop healthier lifestyles by cooking family meals together. Instead of eating meals in front of the TV, eat them at the table while playing music in the background.

Try these tips so you and your family will immediately be rewarded with more bonding time, better sleep, boost in academic performance, and decreased unnecessary snacking which will help maintain a healthier weight.

2 Hours or Less of Screen Time a Day

5 or more servings of fruits and vegetables a day
4 servings of water a day
3 servings of low-fat dairy a day
2 hours or less of screen time a day
1 hour or more of physical activity a day
Swords, knives, and similar costume accessories should be short, soft, and flexible.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Fasten reflective tape to costumes and bags to help drivers see you.

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use established crosswalks wherever possible.

Lower your risk for serious eye injury by not wearing decorative contact lenses.

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.
Nebraska Telephone Assistance Program

The Nebraska Telephone Assistance Program (NTAP) assists qualifying low-income individuals with keeping telephone services affordable by lowering monthly service rates. Individuals can qualify for NTAP by participating in Medicaid, Supplemental Nutrition Assistance Program (SNAP), Kid's Connection (SAM, MAC, or EMAC), Supplemental Security Income (SSI), Low-Income Home Energy Assistance (LIHEAP), National School Lunch Program Free Lunch Program, Federal Public Housing, Temporary Assistance for Needy Families (TANF), or if household income is at or below 135 percent of the poverty level.

What is NTAP?

- NTAP assists qualifying low-income individuals with obtaining and keeping telephone service by lowering monthly service.
- NTAP reduces the cost of local telephone service up to $12.75 per month. The discount will appear as a credit on your monthly telephone bill. No cash or checks will be distributed. The telephone bill must be in the name of, or contain the name of, the applicant.

Who is eligible for NTAP?

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP)
- Supplement Security Income (SSI)
- Federal Public Housing Assistance
- Low-Income Home Energy Assistance Program (LIHEAP)
- Children’s Health Insurance Programs (Kids Connection, SAM, MAC & EMAC)
- National School Lunch Program

FREE Lunch Program
- Temporary Assistance for Needy Families (TANF)
- Income at or below 135% of poverty level

How do I apply or receive an application?

To apply for NTAP, complete an application form online at https://ntap.gisworkshop.com and provide proof of eligibility (as directed on the application). Or print off an application at psc.nebraska.gov. Or Contact
- Telephone the Nebraska Public Service Commission at: 402-471-3101 (Lincoln); (800) 526-0017 (Nebraska Only), or
- Mail request to:
  - NTAP
  - PO Box 94927
  - Lincoln, NE 68509-4927
  - www.psc.state.ne.us

The Golden Key to Better Health

Sandra Keller, RN
Health Promotion & Outreach Division
Lincoln-Lancaster County Health Department

If you were told that there was something you could do today that would put a million bucks in your bank account in ten years, would you like to know at least a little something about it? Would it peak your interest just a little? If you were given a little golden key to unlock the door to your future health, would you want to use it?

Prevention is the golden key that unlocks the door to good health and longer life. We know that we can prevent some cancers by simply choosing to avoid tobacco products, yet many maintain that habit at the risk of their future health and maybe even their lives. We also know that we can prevent future health problems and even cancer by choosing to eat healthy foods and being physically active. So why do some of us choose to keep those little keys in our pockets instead of unlocking that door?!

Motivation can be a stumbling block to better health, but many times just small steps can be the building blocks to big changes in our lives and health. If you need to shed a few pounds in order to prevent health problems such as Type 2 diabetes, walking is a simple but effective heart healthy activity that will help your body to produce endorphins, the ‘feel good’ hormones that keep you pumped up while you are trying to ‘weigh down’.

If you already have a chronic disease such as diabetes, or arthritis, moving your body in some way each day will be a healthy benefit to you. And if you need to quit smoking in order to feel better and insure a healthier future, get the help you need today. So come on, get that golden key out of your pocket and unlock the door to better health and a longer life. Your health is worth much more than a million bucks.

Check out these websites for more information on chronic disease prevention:

www.123ActionNow.org
www.lincolninmotion.org
www.quitnow.ne.org
www.livingwellne.org

EAT HEALTHY   MOVE MORE
KNOW YOUR NUMBERS

* Footnote: Consult your doctor before beginning any new exercise program.
### Resources for you at the Family Resource Center

**Friends with Food:** Free food distribution on the fourth Monday of the month from 5-6 p.m. It is a commodities distribution and families must qualify for this distribution. Food distributions provided by the Food Bank of Lincoln and the Building Strong Families Foundation.

**Computer Center:** Free internet access, printer, and scanner. Children under 18 must be accompanied by an adult. Open Monday-Friday, 8am-12pm and 1-5pm.

**Clothing Closet:** Free clothing, toys and other items are available. The room is open from 8am-noon and 1-5 pm, Monday through Friday. No appointment is necessary but you will need to sign-in at the front desk.

**Book Swap Room:** Take home one book or a dozen and bring them back when you’re done. Donations of gently use books also excepted. Open Monday–Friday, 8am-12pm and 1-5pm.

**Learning Through Play:** A play group for parents with preschoolers and/or toddlers that meets weekly on Tuesdays from 9-10:30 a.m. during the school year at the FRC.

**Low-Income Bus Passes:** Monthly bus passes may be purchased at the Resource Center for $8.00. ID, and date of birth are required. Hours for purchasing tickets are Monday-Friday, 8am-12pm and 1-5pm.

**Senior Coffee Club:** Meets weekly on Wednesdays from 9-10:30 a.m. at the FRC. All seniors 55+ are welcome to come for coffee, conversation and speakers.

### Air Park Child Care Resources

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<td>Adventure Academy</td>
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<td>Jolene Kennedy</td>
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### Randi’s Corner…

by Randi Zabel, LHA leasing agent

**IT’S THAT TIME OF YEAR AGAIN**

The leaves are going to start changing and the autumn winds will make them fall.

Here are some reminder tips to make sure your property meets the requirements.

*You are responsible for complete grounds care of the area belonging to your unit. This includes cutting grass, weed control, and **cleaning your yard**.

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**of leaves.** Equipment, tools, supplies and materials used in normal grounds care will **not** be furnished by the Lincoln Housing Authority. *(For more information about this refer to your LHA-Arnold Heights Handbook, pg. 11: LAWN CARE)*

*You are responsible for removing leaves, branches and other debris from the gutters and for keeping the down spouts in place. If you have water leaking into your basement, it could be caused by clogged gutters or down spouts. **If you report water leaking in your basement and it is discovered that the gutters are plugged or down spouts are off, you will be charged for cleaning and repairs.** *(For more information about this refer to your LHA-Arnold Heights Handbook, pg. 11: CUTTERS AND DOWN SPOUTS)*
2013 Halloween Party

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Air Park Rec Center
3720 NW 46th Street

See details on page 1.
Volunteers needed...see page 2.