



Burlington Road Neighborhood Association BRNA EXPRESS

Volume 7 Issue 8+9

August-September 2011

Conductor's Corner

CAG SHOP IN THE LARGEST SUPERFUND LEAD SITE IN USA IS CLOSING – BUT NOT THE WORK IN OMAHA!

Many of you remember the actions I had put forth, with success in closing contaminated soil staging (mixing) sites throughout BRNA for the last 7 years or so. Of the 7000 properties 2-3000 have yet to be remedied. Community Advisory Group for Omaha Lead Site is in it's last month, and the picture tells the story. We may be closing the CAG shop, but the working Omaha is not finished, the City of Omaha will continue quarterly meetings with Omaha Healthy Kids Alliance in keeping the dialog ongoing with the EPA. This all happened as Union Pacific Rail Road settled and agreed to pay 25 million to the Omaha Lead Site for past and future activities, Gould Electronics will also pay \$1.15 million to EPA for reimbursements to prior expenses. Of that \$25 million, \$11.85 million will be funding existing programs, blood lead screening, exterior lead-base paint stabilization, and EPA's interior lead dust program over the next 5 years. Also, \$3.15 will go towards Metropolitan Community College for worker training and certification programs for lead paint stabilization and soil remediation.

One major question asked at the July meeting was, how long will the EPA plan to continue soil removal in Omaha and is it limited by funding? Mr. Sanders (EPA) replied that "the EPA's work is not fueled by funding, but rather by the work itself: EPA will continue to replace yard and is still required by law to sample all properties within the Omaha Lead Site".

As Senator Council, the CAG facilitator explained, "As a result of the settlement, the CAG has now accomplished its primary mission and function."

Yes we are finished with our CAG Group and I just want to thank all the CAG members for their tireless hours, years and mega efforts in keeping Omaha children and residents safe. As you see those trucks rolling in and out of BRNA and Omaha, know that we are safer in our neighborhoods and our children are less exposed to those hidden dangers of LEAD.



Your President
Rebecca

NO AUGUST MEETING

St. Stanislaus Hall will not be available for our meeting in August. St. Stan will be cooking up their delicious food for their festival on August 21st. BRNA members decided not to have an August gathering after plans for a Trolley tour fell through.

Also, there will be an August-September combining of the Newsletter.



Special THANK YOU from BRNA to all the wonderful neighbors who help keep Pulaski Park clean and beautiful!



No Meeting in August

Next Meeting:
September 13, 2011
at St. Stan's Hall
41st and J St.
6:30 p.m.

Keeping the Neighborhood on Track...

JULY MINUTES

The meeting was called to order by Rebecca. We said the Pledge of Allegiance. Fifteen members were present.



Our guest speaker was Matt Martin, executive director of Community Bike Project Omaha. He gave a very interesting talk on his group located in the Gifford Park area on 33rd and Calif. The org. invites kids to bring their bikes in for repair, or parts. They also may purchase used

bikes. This group sponsors bike rodeos and workshops in different areas of Omaha. They are tentatively looking at doing a rodeo/ workshop in So. Omaha in the future. This group welcomes donations of bikes, parts, tools, or monetary donations. Virgil motioned to donate to Matt's group and Kathy Chandler seconded the motion.

Resurfacing is now done on "F" street. Cattle trucks or trucks over 6 ton are not allowed to take "F".

Mark Fields reported that five members of the BRNA Citizens Patrol went down to warn people about the flooding. BRNA had the most volunteers. Anyone interested in Citizen Patrol should contact Mark to sign up for the next class.

We have two new businesses as members of BRNA. They are Aldis and Eckley Auto Brokers.

Please sign the resolution of Support Alcohol Retail outlet to limit number of bars in area. If anyone needs a copy of this form, please call Rebecca.

Rebecca has been on the Lead Poison Board since 2005. July 13 is the last meeting for this board. Thanks Rebecca, for all you do for So. Omaha and especially for the BRNA.

We discussed having the electricity shut off at Pulaski Park. Nothing was decided, but, more discussion is needed.

Barb O'Connor won Calcutta and the door prize. Congratulations, Barb!!

Keith read the Treasurers report and there was a motion to approve it.

Our August meeting will be cancelled. Our next meeting will be in September.

by Secretary, Pat Shukis



PULASKI'S NEW OAK TREE DEAD?

From Rebecca

I have been dialoging with Diana from *Trees Shrubs and More* about our new planted oak tree. The picture seems proof of its dying but oak trees are resilient and may come back from what I'm told. Diane reassures us and wants us to wait till spring. If it truly dies then they have promised to replace it. Here's her comment below.

Hey Rebecca,

I just recc@d the pictures taken today. I am concerned for the health of the tree but I don't think we should pull it out yet. It is suffering from scorch which occurs when the tree cannot bring up moisture from the roots fast enough to replace moisture lost through the leaves. It does look like a portion of one of the branches should be removed, but I still expect this tree to recover. The damage that has been done to the leaves will not be repaired this season, but the tree should come through and be fine in the spring. Please keep in touch with me and keep me posted on the condition of this tree. Thanks so much for everything, Rebecca.

Diana from *Trees Shrubs and More*

OMAHA SOLID WASTE COLLECTION SCHEDULES

Tuesday, August 2, 2011 -- Beginning this Thursday, August 4, 2011, the City of Omaha has agreed to permit Deffenbaugh Industries to begin solid waste collection at 6:00am instead of the current 7:00am start time. This schedule change will be for all City of Omaha collection routes for garbage, recycling and yard waste. Unless extended this schedule change will remain in effect through September 10 with the standard 7:00am start time resuming on Monday, September 12, 2011.

This schedule change should have little effect on the Omaha residents, as Omaha has always required that solid waste be out and ready for collection at 6:00am. This schedule change will allow the collectors to collect more material before the primary heat of the day. Residents wishing to be notified directly by e-mail regarding Omaha solid waste collection schedule changes can sign up for the service at join.wasteline.org. Residents may contact the 24-hour solid waste collection line at 402-444-5238 for information and to report service related issues.

Keystone Trail News

On July 21st, 30 people or so met at the Kroc Center to discuss the new trail. The purpose and presentation on the proposed alignment and to discuss with adjacent property owners, neighborhood residents and interested parties. The set in stone plans are in its works, and we will be seeing it's drafts in another public meeting they said.

The trail will begin at South 45th and Dayton Street. It will go east to connect with Field Club Trail and then south to 35th & Vinton. The trail will extend East on the former Chicago Northwestern Rail Road right of way underneath 42nd street and cross over D Street on the east side. It will continue east to 36th Street and use the bridge to cross the existing railroad tracks before going underneath I-80 interstate near the old grain elevators and meet up with the Field Club Trail. This project is sponsored by City of Omaha and the Papio-Missouri River Natural Resource District.

Residents along the D Street corridor are saddened by these plans, but one thing they are thankful for is that the new plans do not take any portion of their property by imminent domain laws, to complete this project. The plans do narrow D Street by 5 feet and will use the City's Public Right a Way to complete their bike trail.

For more information, contact Dennis Bryers, City of Omaha Planner at 402-444-3798

By Rebecca



Map shows approximate trail in black line.

NEWSLETTER

EMAIL

From Theresa

My computer had a major crash and I lost the Newsletter Email List!

Please email brna@cox.net to let me

know if you want the newsletter by email! I will put it on the new list. (Which I will back-up!) Thankfully I had backups for most of my other files ó especially all those BRNA files. THANKS!



WATCH OUT FOR FLOOD

SCAMS

When the Missouri River floodwaters finally go down, many Nebraskans will need to be careful as they hire contractors and workers to clean up basements, repair damaged buildings, replace foundations or get businesses back in shape. Nebraska and Iowa have counted close to 1,000 damaged homes along the Missouri River that will need work, and more needed repairs will probably surface when the waters drop.

I've recently updated a page on my Senate website with federal, state and local resources that may help people avoid flood fraud and scams. Checking contractor licenses, references and business ratings is all part of being safe, so you're not sorry.

Senator Nelson's E-Update

August 1, 2011



St. Stanislaus Polish Festival

Sunday, August 21st

41st and J Street Starts at Noon

Trollie transport from Kmart Lot



MORE NEWS

Senator Johanns e-Update July 12, 2011

Today I introduced legislation to clear up confusion over flood insurance coverage caused by the Federal Emergency Management Agency (FEMA). Earlier this summer, FEMA established June 1st as the start of a 'flood in progress' for all Missouri River flooding based on water released from the Garrison Dam in North Dakota. This fails to take into account subsequent water releases from several dams, including Gavins Point Dam, that resulted in far more extensive damage in Nebraska. This left some property owners who purchased flood insurance out of luck. Then FEMA announced that decisions would be made on a case-by-case basis as to whether policies purchased after the cutoff date would be valid. This caused mass confusion and potential unfair treatment of those who responsibly purchased flood insurance and suffered losses.

My legislation clarifies which flood insurance policies will be honored. It is a companion to Congressman Lee Terry's bill in the House of Representatives that seeks to protect those who purchased flood insurance more than 30 days before accruing any damage. To be clear, this legislation does not change the 30-day waiting period. It merely removes the arbitrary decision-making planned by FEMA.

The bottom line is this; many Nebraskans have been devastated by the flooding, and if responsible property owners have purchased adequate flood insurance well in advance of the flooding; their policies should be honored.

CITY APPROVES LIVESTOCK EXCHANGE BUILDINGS

The Omaha City Council unanimously approved a plan on Tuesday, July 26th for two new four-story towers to be constructed next to the Livestock Exchange Building. The buildings will house a health care facility and senior citizen housing and be operated by OneWorld Community Health Center. OneWorld currently occupies the first four floors of the Livestock Exchange Building. They say the new construction, expected to be completed in 2012, will not obstruct views of the iconic building.

Some local area people including some BRNA members objected to the new buildings. Some reasons they gave were that too much land would be taken away from the residents of the building and the parking would be limited for such a project.



BRNA sends condolences to the families of Mary Ann Kraniewski and Rose Stillmock

School will start this August!
Be alert to schools buses and children crossing streets!



It is a traffic safety campaign targeting observance of the residential speed limits.

keepkidsalivedrive25.org

Call **444-4919**

Smelling strong odors?

Here are some hints in giving descriptions:

Cattle	Grease	Gasoline
Paunch	Cooking	Diesel exhaust
Septage (sewage)	Dog food	Tar
Dead animal	Sweet	Chemicals
Garbage	Metal	Creosote
Rotting plants	Mold / Mildew	Plastic
Sour	(moisture)	Burning rubber
Eggs (rotten)	Lawn Chemicals	Smoke (burning)

HINTS AND INFORMATION

THOUGHTFUL MESSAGES

- * Whatever burdens you're carrying now, let them down for a moment. Relax; pick them up later after you've rested. Life is short.
- * Accept the fact that some days you're the pigeon, and some days you're the statue!
- * Always keep your words soft and sweet, just in case you have to eat them.
- * Always read stuff that will make you look good if you die in the middle of it.
- * If you can't be kind, at least have the decency to be vague.
- * If you lend someone \$20 and never see that person again, it was probably worth it..
- * Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- * Nobody cares if you can't dance well. Just get up and dance.
- * Since it's the early worm that gets eaten by the bird, sleep late.
- * The second mouse gets the cheese.
- * When everything's coming your way, you're in the wrong lane.
- * Birthdays are good for you. The more you have, the longer you live.
- * You may be only one person in the world, but you may also be the world to one person.
- * Some mistakes are too much fun to make only once.
- * We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.
- * A truly happy person is one who can enjoy the scenery on a detour.
- * Save the earth..... It's the only planet with chocolate !*



STROKE HAS A NEW INDICATOR

Blood Clots/Stroke - They Now Have a Fourth Indicator, **THE TONGUE**

STROKE: Remember the 1st Three Letters..... S. T. R.
STROKE IDENTIFICATION:

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE:

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (I.e. It is sunny out today.)

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

ALZHEIMER'S

While the exact cause of Alzheimer's remains unclear, the greatest known risk factor is increasing age: the chance of developing Alzheimer's seems to double every five years after age 65. After age 85, the risk of developing Alzheimer's is about 50 percent. While you can't do anything about getting older, there are some simple measures that can help:

- Challenge yourself. A growing body of medical evidence suggests that lifelong stimulation is the key to building and maintaining brain cells, staving off memory loss and maybe even preventing Alzheimer's disease. Try doing interesting work (paid or volunteer), pursuing hobbies, engaging in an active social life, taking music or language lessons, or learning a new computer program.
- Take a daily low-dose aspirin. Some studies link the use of aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDS) with reduced risk of Alzheimer's.
- Use healing spices in your cooking. Turmeric, ginger and red pepper can add zing to meals and are all natural anti-inflammatories.
- Eat a diet rich in omega-3s, including wild Alaskan salmon, sardines, freshly ground flaxseed and walnuts.
- Incorporate plenty of fresh, organic fruits and vegetables in your meals.
- Reduce your intake of polyunsaturated vegetable oils (such as sunflower, corn and safflower oils), replacing them instead with extra virgin olive oil

BRNA's "This and That" Caboose

GARDEN PASTA SALAD

From L. Gale Allrecipes

- 1 (16 ounce) package uncooked tri-color spiral pasta
- 1/2 cup thinly sliced carrots
- 2 stalks celery, chopped
- 1/2 cup chopped green bell pepper
- 1/2 cup cucumber, peeled and sliced thinly
- 2 large tomatoes, diced
- 1/4 cup chopped onion
- 1/2 cup Italian-style salad dressing or to taste
- 1/2 cup grated Parmesan cheese

DIRECTIONS:

- 1 Cook pasta in large pot of boiling water until al dente. Rinse under cold water, and drain.
- 2 Mix chopped carrots, celery, cucumber, green pepper, tomatoes, and onion together in large bowl.
- 3 Combine cooled pasta and vegetables together in large bowl. Pour Italian dressing over mixture, add Parmesan cheese and mix well.
- 4 Chill for one hour before serving.



THE ANSWERS ARE AT THE BOTTOM.

RIDDLE No. 5 IS AMAZING. IT SHARPENS THOSE CONNECTIONS IN YOUR BRAIN AND STALLS ALZHEIMER'S FOR YEARS!!



1. A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?
2. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?
4. Can you name three consecutive days without using the words Wednesday, Friday, or Sunday?
5. This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!

Answers:

1. The third room. Lions that haven't eaten in three years are dead.
2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry (shot; held under water; and hung).
3. Charcoal, as it is used in barbecuing.
4. Sure you can name three consecutive days, yesterday, today, and tomorrow!
5. The letter **e**, which is the most common letter used in the English language, does not appear even once in the paragraph.

FROZEN BANANAS TREATS

4 ripe bananas, peeled and halved horizontally
1/3 cup peanut butter

1 (8 ounce) package semisweet baking chocolate, chopped
1/2 cup roasted peanuts, chopped

Insert 1 ice pop stick into the cut end of each banana half. Place the bananas on a wax paper-covered baking sheet, and freeze until the bananas are frozen through, about 2 hours. Remove the frozen bananas from the freezer and spread a layer of peanut butter on each banana. Place the peanut butter-covered bananas back in the freezer for 30 to 45 minutes. Melt the chocolate in the top of a double boiler over just-barely simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching. Dip each frozen banana in the melted chocolate, spooning the chocolate over the banana to cover it completely. Roll the dipped bananas in the chopped peanuts and place on the wax paper covered baking sheet; freeze until the chocolate is firm, about 1 to 2 hours. (May mix nuts into melted chocolate.)



BRNA BUSINESSES & SUPPORTERS

Greta Ritchie CPCU, Agent
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See all BRNA Supporters and Members on
 the next page.

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Submit a business card or what you would like your advertisement
 to say. Advertisements are \$10.00 per month (or \$100.00 per year)
 for business card size ad. Larger ads are also available - \$20 per
 month for quarter-page, \$40 per month for half-page and \$60 per
 month for full page ads. Special yearly rates can be offered for
 these also. Call 402-502-2013 or email brna@cox.net

BRNA CALENDAR

Sept. 13	Meeting at St. Stan's 6:30 p.m. Refreshments: The Patlans
Oct. 11	Meeting at St. Stan's 6:30 p.m. Refreshments: Diane Luna
Nov. 8	Meeting at St. Stan's 6:30 p.m. Refreshments: Mark and Deb Fields

SPECIAL NOTES



Happy Birthday to
all members born in
August and
September!

There is still a great need. If you would like to
join the **BRNA Citizen Patrol**

Contact: Mark Fields 402-733-9337

Or write to BRNA:

PO Box 7126

Omaha, NE 68107



BRNA Business Members & Supporters

AA Collision	Lovgren Advertizing
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BNSF Railroad	One World Health
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Kurtzuba Kareoke	Security National Bank
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	Univar

Thank you for your continued support!

If interested in joining - Call:

Rebecca Barrientos-Patlan at 402-502-2013

rbpatlan@cox.net



**Ask your Doctor, Dentist, Realtor (Etc.) to
advertise in the BRNA Express!**

If you have a story or a poem or just a great picture
(old or new), please let us know! Please limit stories to
fewer than 300 words.

Contact Rebecca at 402-502-2013

or email brna@cox.net or rbpatlan@cox.net

Deadline on the 15th of each month

SEX OFFENDER

Bendorf, David Richard

DOB: 07-02-1938

Registration Duration: Lifetime

Race: W

Sex: M

Height: 5'08"

Weight: 185

Hair: BRO

Eyes: BRO

Alias(es):

Bendorf, David R

Dutch, X

Address (Reported by Registrant as of 04-05-2010)

5701 S 53rd St - Omaha, NE 68117



Sex Crime Conviction(s)

Crime: 3rd Degree Sexual Assault M1

Conviction Date: 01-12-2007

Place of Crime: NB

Crime: Sexual Assault of a Child F4

Conviction Date: 09-10-1992

Place of Crime: NB

Crime: Sexual Assault of a Child F4

Statute Number(s): 28-320.01

Conviction Date: 09-10-1992

Place of Crime: NB

Victim of Crime: Minor

BRNA INFORMATION

Important Numbers

Mayor's Hotline	(402) 444-5555
Councilman Gernandt	(402) 444-5522
Odors, Potholes, Snow Removal	(402) 444-4919
OPPD Street Lights Out	1-800-554-6773
MUD	(402) 554-7777
Graffiti & Gang Tip	(402) 444-5992
<i>Omaha Email Hotline:</i> hotline@ci.omaha.ne.us	
<i>Councilman Gernandt:</i> ggernandt@ci.omaha.ne.us	

CONTACT BRNA:

President Virgil Patlan's Email: virgilpatlan@cox.net
 General Email: brna@cox.com
 BRNA Beautification Email: donandbarb@cox.net

BRNA Officers

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 Vice President ó Diane Luna (402) 991-9117
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 Secretary ó Pat Shukis
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 Board Member ó Mary Ann Anderson (402) 734-5734
 Board Member ó Mark Fields (402) 733-5337
 Past President ó Virgil Patlan (402) 452-9933

BRNA Committees:

Beautification ó Barb and Don O'Connor (402) 932-9404
 Newsletter Editor & Speakers Coordinator ó
 Rebecca Barrientos-Patlan (402) 502-2013
 Website & Newsletter Designer/Writer ó
 Theresa Bidrowski (402) 731-1592

Burlington Road
 Neighborhood Association
 Membership Application
Membership year runs January thru to December.

Mail to:
BRNA
P.O. Box 7126
Omaha, NE 68107

Make checks payable to "BRNA".

\$12 Per Person (Per Calendar Year) Number of People: _____ X \$12 = \$ _____
 \$25 Businesses / Organizations (Per Calendar Year) \$ _____

Name(s): _____

Address: _____

City and zip: _____

Phone # _____

Fax # _____

Email: _____

(Please check.)

Renewal:

New member:

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Larger ads are also available - \$20 per month for quarter-page, \$40 per month for half-page and \$60 per month for full page ads. Special yearly rates can be offered for these also.

Mail (See above) or Email (brna@cox.net) ad request with Subject line "BRNA Ad".



Next Meeting:
September 13th
6:30 p.m. at St. Stan's
Bring a neighbor!

NO AUGUST Meeting

Web site: www.brnaomaha.com

President Virgil Patlan's Email: virgilpatlan@cox.net

General Email: brna@cox.net

BRNA Beautification Email: donandbarb@cox.net

