

Burlington Road Neighborhood Association BRNA EXPRESS

Volume 7 Issue 6

June 2011

Conductor's Corner Community Partners

What does Community Partners mean to you? I will give you my meaning. Residents, organizations, businesses and elected officials working together to achieve a goal. The goal can be for an event, problem, crisis or any challenge that builds the area for the better. People working together to raise the quality of life for the neighborhood community.

As I look around in the South O Community, I see many neighborhood associations trying to improve their immediate boundaries, moving in different directions. Some are more health oriented, while others may be environmental, youth, education or law enforcement minded But all creating a stir for the better, which improves the whole South O area.

One new organization that Virgil and I plugged into is only a month or so old. I believe it will change the face of South O dramatically. There are approximately 40-50 organizations working together, many vying for the same money. This organization is called: The South Omaha Violence Prevention Council. There is also a similar one in North Omaha. According to Senator Mello, the Office of Violence Prevention, a State Office for Nebraska will be helping South Omaha soon with money. This money will be available for grants to fund crime prevention projects in South Omaha, North Omaha and throughout Nebraska. South Omaha has so many needs and organizations to meet those needs. We are hoping that the money is equally distributed to meet our immediate needs throughout these organizations. It's all about equity!

These organizations will bring all involved to share information on prevention activities against Violence. BRNA partnered with Hy-Vee (36th & L) in May by buying lunch for this group. We called it a working lunch. Everyone was so grateful and asked us to thank you all for your generosity. Gail from the City gave in \$20 for the food, it wasn't needed but she wanted to be a part of a awesome organization, that is a blessing to so many. Thanks Gail, you are a blessing to so many too!

These different organizations shared their goals, hopes & dreams. We noticed that Virg and I had those similar hopes for our community. Everyone there seemed to have the same hopes and dreams. LESS VIOLENCE AND MORE VOLUNTEERS.

As I share this with you all, it is my desire that you would become more interested, even if you can give 1 hour a day, week or month. It is YOU that these organizations need in helping in the quality of life in your neighborhood. There are so many organizations, so many activities and jobs that may fit your gift or talent. All I can say is South Omaha Needs YOU! I will have a list of organizations to hand out at our next meeting for you to pick from.

Your BRNA President, Rebecca



Pulaski Park Clean-up!

June 4th (Rain date June 11th)
10 A.M.

Ice Cream Social following for Pulaski Park Neighborhood Watch group.

BRNA Family Day!

Saturday, June 18th

Come join your neighbors for free food and fun!

Noon to 3 at Pulaski Park.



Next Meeting:
June 14th
at
St. Stan's

Hall
41st and J St.
6:30 p.m.

Speaker:
Tom Everson

Founder and Executive Director
Keep Kids Alive Drive 25

Keeping the Neighborhood on Track...

BRNA NEWS

MAY MINUTES by Diane Luna

15 members attended and 2 new neighbors joined BRNA. No Speakers. Workers for Dumpster Day discussed.

Minutes will now be put in newsletter as requested by the membership.

Treasurers Report was approved by Sharene and 2nd by Diane.

Barb O'Conner is Beatification Committee Head for Dumpster Day and Park Clean-Up.

She gave times to be there for Dumpster Day on Saturday.

Virgil spoke about BRNA T-shirts and the board approved him to order them, cost \$15.00 each.

Mark Fields was working tonight but sent Diane to share about the Citizen Patrol, BRNA did not get grant for Radios.

Bec has been working with Ricky Zaracki and the Pulaski Park Issue, she asked the city for the other hoop to be installed, lowered.

BRNA FAMILY DAY will be June 18th.
XL 4 Star Beef: Bec is still being investigated about the Hydrochloric Acid Release.

Stockyards Exchange Bld./One World Project received a hefty fine for not following procedures.

August Meeting may be Olley the Trolley South Omaha Tour

Ricki Zaracki has volunteered to be the new BRNA Secretary. Thanks was given to Diane for her service.

Duane Brooks won Calcutta and gave back his winnings to BRNA.

The Patlans donated two "This Is Your Neighborhood T-Shirts" for door prizes.

Thanks to Mark and Deb Fields, they provided snacks.



BRNA BOARD NEWS! by Rebecca

Poor Diane is exhausted! She held the position of Secretary for five years. We want to say, THANK YOU, DEARY PIE for your dedication and love for BRNA since it's conception! Your hard work and happy go lucky attitude will transfer over as I plea your every minute of the day as the new Vice President. Now I can relax! Thanks Again, Diane! At the same time we want to welcome our new Secretary, Rickie Zaracki to our BRNA Board. Now that the whole board is intact, we are excited at the new ideas she will bring to BRNA.

BRNA'S NEW SECRETARY by Ricki Zaracki

Hello to all the BRNA members! My name is **Ricki Zaracki** and I am honored to have been elected as your interim Secretary. I hope that I can do as good a job as Diane and those before me.

I came to BRNA for the same reason as most of you, to be a part of making our neighborhood a better place to live. We've all been a part of numerous issues involving Pulaski Park and the neighborhoods surrounding it. At times, we've disagreed on how things should be done. If we work together and not against each other, there is nothing we can't accomplish. At the risk of sounding like a cliché, the key really is communication and respect. As a Christian, I'm ashamed to say that I didn't set the best example of communication or respect during the basketball court controversy. It is my sincere desire to do better the next time I am on an opposing side to an issue. Though I am stubborn and a hot head, I do care about my neighborhood and my neighbors. I love God (because he even loves hot heads!), animals, trees and will defend each and every one of them with all of my being!

My husband and I own several houses and I manage those from my home. During my free time, I volunteer with Odyssey Health Care in the Hospice Department and I pray regularly down at the Abortion Clinic in Bellevue. I have two sons, Trinity and Christopher and three grandchildren. I have three dogs, Isaiah, Katie and Daisy and a cat named Tweety.

NORTH OF "F" NOISE COMPLAINT by Rebecca

That buzzing sounds that enters from the East into your homes and bedroom at night, is the same that has plagued BRNA for over 5 years. It is the ConAgra Grain Elevators and I called on the 17th and spoke to Mr. Kriss, he is the third plant manager that I have worked with on these facilities problems and they have always been very helpful. If you can recall, this is no new news. The aeration fans are the culprit, again. He said that they did replace one and directed one fan downward but now this one, will soon be replace. To help with immediate problems they will now shut them off at night so we can have a nice evening and peaceful sleep. Thanks JT!



PULASKI PARK HOOPS

On Thursday April 14th, I, Rebecca Barrientos-Patlan (BRNA President) and Ricki Zaracki (Pulaski Park Neighborhood Watch Captain) met to discuss the ongoing disagreement regarding the Pulaski Park Basketball Court, which has been the center of controversy for the last few years.

In an effort to bring peace to all parties involved, Ricki and I felt that over the past several months, there have not been any serious issues since the city placed only one hoop on the court.

Both groups dialoged separately within their own meetings and came up with the same conclusion: that it may be a good idea to leave one hoop where it is, and put up another hoop at a **considerably lower** height for the junior high and younger kids. That way, high school kids and smaller kids would both be able to enjoy the court. It is believed that this may be a good compromise to the park problem.

It is our hope, that all those involved including the city parks department will view this compromise as a positive solution to this past problem. By working with us as we all work together, we believe that this solution will be used for something more suitable for the younger kids in Pulaski Park.

It is also our hope that if the same problems arise, interfering with quality of life for the neighbors near the park, we trust that the City of Omaha Parks Department would create a new solution.

It is also our desire from both the both of us, that the City of Omaha's property (2 sets of hoops) will be returned without any repercussion by the police. The individual (s), who held the basketball hoops captive during this ordeal, would be given clemency.

Councilman, if there are any questions or comments, please feel free to contact either one of us or both. We will eagerly be waiting for your response.

For the Kids & Community

Rebecca Barrientos-Patlan BRNA Founder & President

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KEYSTONE TRAIL EAST CONNECTOR PHASE 2 - 45TH & DAYTON TO FIELD CLUB TRAIL – UPDATE

Good Morning Rebecca –I wanted to give you an update on the Phase 2 portion of the Keystone Trail East Connector (S. 45th & Dayton to Field Club Trail). On Friday, the 29th of April I heard back from Union Pacific regarding their review of our proposed trail. I was told that the design review had just recently been completed and that it had been forwarded to top “Operating Officials” in the company for their feedback and approval. So we are waiting to hear from the top Operating Officials in the company at this time. The Phase 2 portion of the project remains on hold until we hear from Union Pacific.

The Phase 1 portion of the project, from Karen Park to S. 45th & Dayton Streets is currently out to bid. Bids on this portion of this trail are due and will be opened on Wednesday, the 18th of May. As soon as I hear from Union Pacific I will be in touch with you. If you have any other questions on this project please don't hesitate to call or e-mail me. Have a great week.

From: Dennis E. Bryers, RLA, FASLA Park Planner II - Landscape Architect Omaha Parks, Recreation & Public Property Dept.



HOOPS UPDATE:

As of the second week of May, Councilman Garry Gernandt left me a message on the voicemail. He said on May 10th that He spoke to Melinda Pearson, Parks Director, and she said that there will be one regular size basket ball hoop on one side and the other will be a smaller kid sizes cross ways preventing a full court press.

Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one.

~Jane Howard

MORE NEWS

What You Can Do To Help Keep Your Community Safe From Environmental Crime

By Michael Burnett Special Agent in Charge
 EPA Criminal Investigation Division Kansas City Area Office

Citizens have a major role to play in helping law enforcement officials and organizations prevent crime. My job as special agent in charge of EPA's criminal enforcement division in Kansas City (whose jurisdiction includes Nebraska) is to protect human health and the environment in communities by ensuring that companies and individuals comply with our nation's environmental laws and regulations.

We do this in a variety of ways, including providing federal, state and local prosecutors with the evidence they need to prosecute environmental crimes and environmental criminals. For example, we gather and analyze forensic evidence about suspected violations, like dusting for fingerprints or using chemical ids to trace illegal pollution back to its source.

To do this work, EPA has a staff of more than 350 specially trained investigators, chemists, engineers, technicians, lawyers and support staff, stationed throughout the country.. But, that is a small number. So, it is important that community members alert us about any suspicious environmental activity and provide us any information about a suspected environmental criminal.

Here is what you can do when you have information about environmental violations or an EPA fugitive:

Let your neighborhood leaders, such as the Burlington Road Neighborhood Association in Omaha, or local law enforcement know when you suspect that an environmental violation has occurred.

Report a possible violation directly to EPA by logging on to: www.epa.gov/tips. Report information about an EPA fugitive at: www.epa.gov/fugitives. The fugitives list provides information about individuals who have been charged with environmental or related crimes and have fled the court's jurisdiction. EPA's fugitives website has instructions on how to report information about a fugitive's whereabouts.

If you recognize an EPA fugitive, do not try to apprehend him or her. Instead, alert your local law enforcement.

Your involvement can make a difference in helping keep your community safe from environmental crime.

This was requested by Rebecca Barrientos-Patlan, founder of the Burlington Road Neighborhood Association in Omaha, Nebraska, which comprises more than 3000 homes within its boundaries.

MY GRANDDAUGHTER



Stephanie started pre-school at age 3 at St. Agnes. It was closed after Father Kleffman was murdered. She then attended Catholic Academy when Mrs. Luna was the principal. When her mother moved close to St. Stanislaus she attended there and Mrs. Luna became a teacher. She started high school at Bellevue West and moved to St. Louis, Missouri with her father. Here she attended Parkway West High School and a community college where she earned her pharmacy tech license. She works as a Pharmacy Tech at Walgreens in St. Ann Missouri and graduated this past May. This fall she is attending college at Southeastern Illinois. She hopes to make it as a Pharmacist but her second choice is to be a school teacher of little ones. We are very proud of her. She plays violin and can listen to a tune and just pick it up.

By Proud Grandparents, John and Diane Luna

BRNA Dumpster Day

BRNA Dumpster Day was held on May 14th. The traffic was steady and everything went smoothly. The day was a bit cool and windy. Thanks for all who came and those who donated goodies!



Call 444-4919

If you smell strong odors. Here are some hints in giving descriptions:

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

HINTS AND INFORMATION

SORTING MYTH FROM FACT ABOUT DIABETES

There's a lot of diabetes information out there — unfortunately, not all of it is based on facts. Although you can find a lot of good information about diabetes on the Internet, you can also find bad information. Following bad advice could actually harm a person with diabetes. Sometimes you don't even need to log onto a website to get incorrect info — family members or friends can give out information that's incorrect, inaccurate, or misleading without even knowing it!

It's a good idea to talk to your diabetes health care team if you ever come across information that doesn't seem quite right or sounds too good to be true. And be cautious if someone tells you to do the opposite of what your diabetes health care team has told you — always check with your doctors first to get the scoop on what's helpful and what's harmful.

Here's just a few common things said about diabetes that are false.

Eating too much sugar causes diabetes.

False: Type 1 diabetes happens when the cells in the pancreas that make insulin are destroyed. This process isn't related to how much sugar a person eats. Type 2 diabetes occurs when the body can't respond to insulin normally. In most cases, the tendency to get type 2 diabetes is inherited, or linked to the genes someone gets from his or her parents, but eating too much sugar (or foods with sugar, like candy or regular soda) can cause weight gain, which can increase a person's risk for developing the disease.

People with diabetes can never eat sweets.

False: You can have your cake and eat it too, just not the whole cake! People with diabetes need to control the total amount of carbohydrates in their diet, and sugary treats count as carbohydrates. But this doesn't mean that they can't have any sweets. It just means that they should put the brakes on eating too many sweets and other types of foods that are high in calories and low in nutrients like vitamins and minerals. Eating too many of these foods can also make it less likely you'll want to eat healthier foods.

Low-carbohydrate diets are good for people with diabetes because they should avoid carbs.

False: Carbohydrates (carbs) are the body's preferred source of energy, and foods containing carbs should provide about half of your calories each day. Low-carbohydrate diets tend to be higher in protein and fat. Following a high-fat, high-protein diet over a long period of time can be hard on the kidneys and heart. People with diabetes are already at risk for kidney and heart disease, so adding low-carb diets to the mix could cause problems. People with diabetes need to follow a diet that contains the right amount of carbohydrates, so they can grow normally and do the things they like doing while keeping their blood sugar levels under control.

TIME FOR A LICKIN'!

My mom is diabetic along with other family members. On a visit, she was hungry for ice cream, so I was on a mission. I called our good old stand by...Bob Osborn at Hy-Vee but he wasn't in. So, one of his employees went on a search for me, coming back to only having sugar free popsicles. My mom doesn't like popsicles so we all did without ice cream that day. He didn't think they made sugar free ice cream. So my mission took me to calling Roberts Dairy, one of our Omaha based Dairy Businesses. After sharing my story, they gave me a number for the man who makes all the formulas for the ice cream.

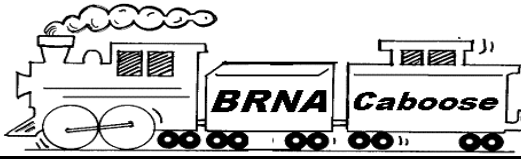
He was so helpful, Mr. Ayers and I spoke about this problem of NO SUGAR FREE ICE CREAM FOR OUR DIABETIC RESIDENCE IN BRNA, OMAHA and the WORLD! Okay, so I'm exaggerating...or am I? Well, he directed me to only a butter Pecan and vanilla at Hy-Vee in half gallon packages(56oz). But in doing more research, Dave at Hy-Vee said, that this Scondra's brand is only a NO SUGAR ADDED Ice Cream, which means there is still sugar in it...4 grams! The label No Sugar Added maybe a promise, not to add any no more sugar, but it's in there.

So Mr. Ayers, said that they do make 3 gallon tubs of Sugar Free Ice Cream, but I believe not everyone has room in their refrigerator/freezer for a couple of those in different flavors. So, I asked him if he would recreate some new formulas in the market size, so our diabetic residence can enjoy ice cream again. After all, where's the diabetics quality of life, when it comes to ice cream! We exchanged emails and he will be doing more research for my mom. I told him her favorite is Cherry Nut, Orange and Raspberry. In case you didn't know, there will never be a Sugar Free Sherbet, it is made with sugar water, acid and flavoring (ranging from 21 to 27grams of sugar per half cup).

It's a shame, that you really don't know what you're missing until it's taken from you, enjoy it if you can! One other thing, Mr. Ayers said, "the community must shout out for the change, if they want Sugar Free". So, this story is the first attempt in writing for my mom's wish and all diabetics, who miss their ice cream!

The Biggest Dip of All
Rebecca

The summer night is like a perfection of thought. ~Wallace Stevens



BRNA's This & That Caboose

Baked Flan

This is a quick and easy baked flan recipe that is prepared in the blender. It's great served warm or cold and has a creamy texture like custard.

INGREDIENTS:

- 2/3 cup white sugar
- 1 (14 ounce) can sweetened condensed milk
- 2 cups heavy cream
- 1 cup milk
- 5 eggs
- 2 teaspoons vanilla extract

DIRECTIONS:

- ¹ Preheat oven to 350 degrees F
- ² In a small nonstick saucepan, heat the sugar over medium heat. Shake and swirl occasionally to distribute sugar until it is dissolved and begins to brown. Lift the pan over the heat source (4 to 6 inches) and continue to brown the sugar until it becomes a dark golden brown. You may slightly stir while cooking, but continually stirring causes the sugar to crystallize. Pour caramelized sugar into a 1 1/2 quart casserole dish or a large loaf pan, and swirl to coat the bottom of the pan evenly.
- ³ In a blender, combine sweetened condensed milk, cream, milk, eggs and vanilla. Blend on high for one minute. Pour over the caramelized sugar.
- ⁴ Place the filled casserole dish into a larger pan and add 1 inch of HOT water to the outer pan. Bake in preheated oven for 50 to 60 minutes, or until set.



TO EXCERCISE OR NOT TO EXCERCISE

1. It is well documented that for every mile that you jog, you add one minute to your life. This enables you, at age 85, to spend an additional 5 months in a nursing home at \$5,000 per month.
2. My grandmother started walking 5 miles a day when she was 60. She is now 70 and we don't know where she is.
3. The only reason I would take up jogging is so that I could hear heavy breathing again.
4. I joined a health club last year, spent about \$400. Haven't lost a pound. Apparently you have to show up.
5. I have to exercise early in the morning before my brain figures out what I am doing.
6. I don't exercise at all. If God meant us to touch our toes, he would have put them further up our body.
7. I like long walks, especially when they are taken by people who annoy me.
8. I have flabby thighs, but fortunately my stomach covers them.
9. The advantage of exercising every day is that you die healthier.
10. If you are going to try cross country skiing, start with a small country.
11. And last, but not least, I don't jog - it makes the ice jump right out of my glass.

No man in the world has more courage than the man who can stop after eating one peanut. ~ Channing Pollock

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See all BRNA Supporters and Members on
 the next page.

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Newsletter Advertising

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

June 4	Pulaski Park Clean-up and Tree Planting 10 A.M. Rain Date June 11 th
June 14	Meeting at St. Stan's 6:30 p.m. Refreshments: Theresa Bidrowski, Kathy Chandler and Pat Shukis
June 18	BRNA FAMILY DAY AT PULASKI PARK Noon to 3 P.M.
July 12	Meeting at St. Stan's 6:30 p.m. Refreshments: Barbara O'Connor and Mary Ann Anderson

SPECIAL NOTES



Happy Birthday to all members born in June!



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	One World Health
BNSF Railroad	Quality Refrigeration S.
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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!

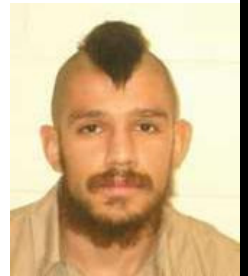
If you have a story or a poem or just a great picture (old or new), please let us know! Please limit stories to fewer than 300 words.

Contact Rebecca at 402-502-2013
or email brna@cox.net or rbpatlan@cox.net
Deadline on the 15th of each month

SEX OFFENDER

Corona, Eduardo

DOB: 03-07-1986
Registration Duration: 25 Year
Race: W
Sex: M
Height: 5'07"
Weight: 160
Hair: BLK
Eyes: BRO



Address (Reported by Registrant as of 10-01-2010)
3614 Drexel St - Omaha, NE 68107

Sex Crime Conviction(s)

Crime: Attempted 1st Degree Sexual Assault F3
Conviction Date: 08-24-2007
Place of Crime: NB



Next Meeting:

June 14th

6:30 p.m. at St. Stan's

Bring a neighbor!

Web site: **www.brnaomaha.com**

President Rebecca Barrientos/Patlan's Email: **rbpatlan@cox.net**

General Email: **brna@cox.net**

BRNA Beautification Email: **donandbarb@cox.net**

