



The Green Space

Meridian Park Office Newsletter

Volume 3, Issue 3

Calendar

May 8

Mother's Day

May 21

Armed Forces Day

May 30

Memorial Day

June 14

Flag Day

June 19

Father's Day

June 21

Summer Begins



No Need to Drive to Find a Delicious Lunch



Trying to decide where to go for lunch? A new choice is Le Quartier Baking Company who just expanded it's lunch menu. They have added several sandwiches, soups, salads, and flat-breads. All sandwiches come with a choice of chips or a selection of house made deli salads. Some examples of their new selection include the Croque – Monsieur sandwich that is ham served on toasted brioche with Dijon mustard topped with Swiss cheese mornay and an over easy egg; or the Pork Philly that has roasted pork shoulder with caramelized red onions, bell peppers and jack cheese on roasted garlic focaccia with mayo.

The flat-breads include the Roasted Garlic Potato that consists of roasted potatoes, bacon, green onions, roasted garlic sour cream, cheddar and pepper-jack cheese. The Chicken Alfredo has herb roasted chicken, pepperoncinis, red onions, alfredo sauce, and jack cheese. There is also the Classic with Italian sausage, ham, red onions, green pepper, asiago and mozzarella cheese and the 4 Cheese Tomato.

Now you can stop and grab a quick lunch and pick up delicious breads and pastries within walking distance from your office so no need to use a car.

Recycle Paint with The EcoStores

EcoStores, located at 530 W P Street, will accept cans of latex cans of paint that are at least three-fourths full on May 24th from 9 a.m. until 2 p.m. No oil-based paint will be accepted, be sure paint has not been frozen and is smooth when stirred. Unusable paint will be disposed of for \$2 per can. This is for households only, no businesses.



Did You Know?

- \$1 out of every \$10 spent on food is for packaging.
- The average American generates 4.6 pounds of trash per day.
- Americans throw away almost 30 million trees a year just from newsprint.
- We discard enough motor oil per year to fill 120 super tankers.

(Lincoln Journal Star, April 17, 2011)

Meridian Park Office Newsletter

6940 O Street
Lincoln, NE 68510

Property Manager:
Crystal Frederick
Phone: 402-441-5825
Fax: 402-441-5805

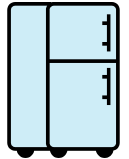
E-mail: cfrederick@naifmarealty.com



I Can Really Recycle That?

There are many common things around the house that one might not think about recycling but should including:

- Appliances-washers, dryers, stoves, refrigerators, freezers and dishwashers frequently can be repaired or reconditioned.
- Automobiles- Nearly 95% of a vehicle can be reused or recycled.
- Batteries- automobile, button, rechargeable and alkaline batteries are recyclable.
- Building Materials- stores such as the EcoStores Nebraska take salvaged materials and sells them at a much lower cost than new. (Also a good place to look before buying new materials or if you have an older house)
- Cellphones- Most cellphone retailers have recycling programs that donate old phones to people with disabilities or domestic violence victims.



Eco-Friendly Household Hazardous Waste Disposal

On May 21st households can drop-off hazardous household waste at Pfizer, Inc, at 601 W. Cornhusker Highway from 9 a.m. until 1 p.m. This type of waste can come from lawn and garden supplies such as pesticides, pool chemicals, weed killers, or rodent poisons. Other hazardous household wastes are oil-based paint, paint thinner, compact bulbs, fluorescent tubes, mercury thermometers, old gasoline, or small propane cylinders.

Certain products should not be brought to the drop-off and they include: latex paint, ammunition and explosives, batteries, fire extinguishers, used oil, antifreeze, electronics and computers, general household trash, medicine, asbestos, fertilizers, tires, or large propane cylinders. For additional information on how to recycle or dispose of these items, call 402-441-8021.

