



City of Wayne Newsletter

City of Wayne
Utilities

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ENERGYWISE TIP ~ Healthy Lighting



From introduction to capturing the majority of the market for residential lighting, no other energy efficient technology has been adopted more quickly than the light-emitting diode (LED) bulb. Before 2014, medium base, screw-in LEDs were nearly nonexistent due to their limited light output and very high cost. The U.S. Energy Information Administration’s 2015 Residential Energy Consumption Survey (RECS) reported that only 4% of households used LEDs for most or all of their indoor lighting. That year, the average cost of a 60-watt equivalent LED was \$15. When conducting the 2020 RECS, 47% reported using LEDs for most or all of their indoor lighting. At the start of 2021, the New York Times reported an average LED bulb costs around \$3.

Today, LEDs use an impressive 85% less energy than traditional incandescent bulbs with comparable light output. They also last up to 25 times longer. When purchased in a multipack, LEDs that replace 60-watt incandescents are about \$2 per bulb.

However, exposure to nat-

ural light is still necessary to maintain our health. “White” light is produced when all the colors of the spectrum combine in different proportions. Natural sunlight has high concentrations from the blue portion of the spectrum during midday and very little during early morning and late afternoon hours. In contrast, almost all LEDs, including those used in bulbs and electronic displays are always rich in “blue light.”

Exposure to blue light suppresses our body’s production of melatonin – a hormone responsible for establishing our sleep-wake cycles or circadian rhythm. When melatonin levels lower, we are awake and alert. As we spend more time at the end of our day exposed to blue light while watching television or using computers, notepads and cell phones, sleep disorders are becoming more prevalent. Studies have also linked excessive blue light exposure to myopia (short-sightedness), age-related macular degeneration, obesity, diabetes and Parkinson’s Disease, as well as depression. To offset these effects, many mobile devices now include features to reduce

the emission of blue light in the evening – and blue blocker glasses – that filter out such wavelengths are available.

However, filters are not enough. Dr. Martin Moore-Ede, director of the Circadian Light Research Center, recommends exposure to bright white light that is rich with blue light for at least 30 minutes during the early to midportion of our day. Then reduce or eliminate exposure to blue light at least one hour before bedtime. Consider taking lunch breaks outside, squeezing in a morning walk before work, or winding down on the patio at the end of the day.

Your local utility wants to help you save money while satisfying all of your illumination needs with reliable, low cost and sustainable energy. For more ideas or information about EnergyWiseSM lighting incentives, contact your local utility.

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CITY COUNCIL

MEETINGS

March 7th

March 21st

CITY HALL OFFICE HOURS

City Hall office

Hours are:

7:30 a.m.

until 4:30 p.m.

CITY OF WAYNE **JOB OPENINGS**

- ◆ Power Plant Mechanic / Operator I
- ◆ Parks & Recreation Summer Help
- ◆ Public Safety Dispatcher
- ◆ Lifeguards



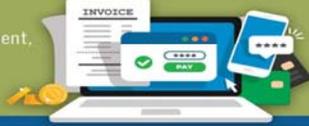
Department News ~



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WISE WORDS

“Seize the moment. Remember all those women on the ‘Titanic’ who waived off the dessert cart.”

~Erma Bombeck

Library ~



- Become a member of our Spice Club! Every month a new take-and-make kit will be available, including one spice sample, recipes and tips for using the spice, and suggested cook-books for using the spice that are available for checkout in our collection. Our spice packets will be available Monday, March 6th. This month's spice is “Louisiana Cajun Blend Seasoning.”
- Hang out with Miss Kim Wednesdays or Thursdays at 10:00 a.m. in the Library at Toddler Time. Join us for stories, music, dancing, busy bags, and more. Meet other parents and kids in the area and learn about the various services and reading programs our Library offers.
- Join us for after-school story times on Wednesdays at 2:15 p.m.
- Head to the back of the Library on Tuesday, March 14th, at 6:00 p.m. for Adult Coloring. Stop in for a relaxing night and good company. Colors, coloring sheets, and snacks are provided. Adult Coloring Night is sponsored by Pac N' Save.
- After School coloring will take place on Friday, March 10th, and Friday, March 24th, at 3:30 p.m.

- Hop on in for our Library Easter Egg hunt on Saturday, March 25th, at 10:00 a.m. Children participating will be divided by age groups, with the youngest going first. This event is generously sponsored by Hasemann Funeral Home.
- Join us on Tuesday, March 7th, in the Senior Center for a showing of the film *Divergent* at 5:45 p.m. (2 hrs, 4 min.). Join us on Wednesday, March 22nd, at 7:00 p.m. in the conference room to discuss the book, *Divergent* by Veronica Roth.
- Join us for our Create with Canva Workshop on Tuesday, March 21st, at 6:00 p.m. Both teens and adults are encouraged to join (13+) Canva is the most accessible and widespread tool for graphic design from beginner to pro-level. Only 6 spaces are available; give us a call at [402-375-3135](tel:402-375-3135) to reserve your computer at this free workshop!
- Book Club will be returning for discussion on Tuesday, March 28th, at 6:30 p.m. in the Library conference room. This month's discussion book will either be *From Scratch* by Tembi

Locke or *Death Zones & Darling Spies: Seven Years of Vietnam War Reporting* by Beverly Deppe Keever, with the month's theme being memoir/biography.

- Our mini-exhibition will be on display in the hallway display case all month in March! Check out all the hard work of our mini art exhibitors, and vote for your first, second and third favorites.
- The Recycled Read: The WPL Friends Book & Resale Store is open every first and third week-end of the month! Find us at 110 S. Logan Street, Wayne, NE 68787 (in the former Final Touch location downtown). We will accept donations at The Recycled Read during store hours. Donations (preferably of less than six boxes) will still be accepted during regular business hours at the Library. No textbooks or encyclopedias will be taken for donation. We may refuse to accept donations if the condition of the items are too poor. (E.G. dirty, moldy, pest-ridden, etc.)

WAYNE RECYCLING & TRASH CENTER (RTC) HOURS

Monday & Friday
9:00 a.m.—1:30 p.m.

Tuesday
11:00 a.m.—2:00 p.m.

Saturday
8:00 a.m.—Noon

Or by appointment
Tuesday, Wednesday
and Thursday

Green Notes ~ Glass Recycling Makes a Ripple



Since 2016, the City of Wayne has recycled over 142 tons of glass through a program with Ripple Glass, a Kansas City company that recycles glass to make bottles and fiberglass insulation. The average American uses 80 pounds of glass every year, and all of it can be recycled endlessly, saving energy and raw materials. When our glass bunker at the Wayne Recycling & Trash Center (RTC) is full, a truck picks up the glass and takes it to Kansas City for free. Ripple Glass has grown to cover 100 communities across 9 states, including 16 communities and businesses in Nebraska. Follow these tips to recycle glass in Wayne, and your small act can make a big ripple.

HOW DO I RECYCLE GLASS IN WAYNE? Bring your clean and empty glass bottles to the marked bins at the RTC located at 110 Windom Street. Remove any plastic bags or cardboard as these cannot be recycled with glass. For your safety and to prevent contamination, do not place glass directly into

the concrete bunker outside where it is crushed for transport.

WHAT GLASS IS ACCEPTED? Glass food and beverage containers (all colors and labels can stay on), drinking vessels (pint, wine, mason jars), candle jars (leftover wax is okay), cosmetic bottles/jars (no lids), windows with frames & hardware removed.

WHAT IS NOT ACCEPTED? Ceramic, porcelain, milk glass, China/leaded glass, mirrors, laminated glass/windshields, Pyrex or Corningware, dishware, light bulbs, plastic bags.

CAN I RECYCLE GLASS CURBSIDE? No. Waste Connections does not accept glass in its curbside recycling. The only place you can recycle glass in Wayne is at the RTC. For more tips on the Green Path to the Good Life, like the Wayne Green Team on Facebook or visit www.cityofwayne.org/greenteam.

The Fair Housing Act protects people from discrimination when they are renting, buying, or securing financing for any housing. The prohibitions specifically cover discrimination because of race, color, national origin, religion, sex, disability and the presence of children.

If you believe you may be a victim of housing discrimination, contact HUD 1-800-669-9777 or your local Fair Housing representative:

Wes Blecke

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**YOUR CHOICE. YOUR RIGHT.
YOUR HOME**

