



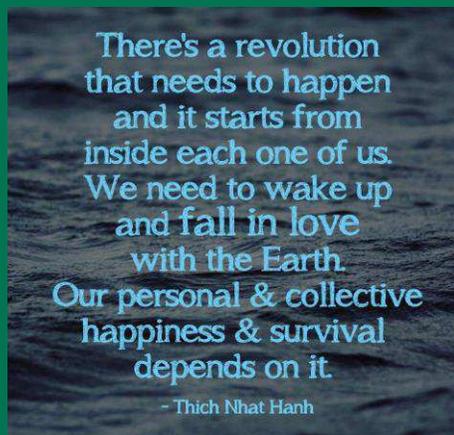
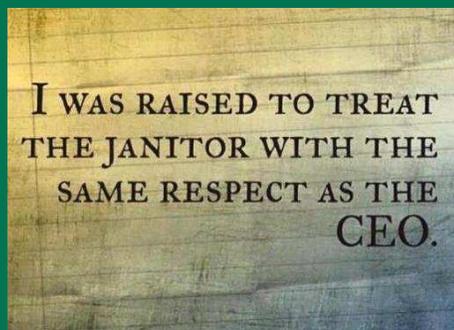
Upcoming Events

Village Hall
4800 W Green Brook Dr.

March 1st

- EMG/Municipal Court/5:00pm (Pre-scheduled Cases Only)
- Rm B13 /Park & Rec/7:00pm

“Quotes of the Week”



Contact Us

www.browndeerwi.org
manager@browndeerwi.org

LIBRARY UPCOMING WEEK'S ACTIVITIES:

Disney Movie Afternoon! Tues., March 1st at 4:00pm
Grab your friends and enjoy **A Bug's Life** at the library. This movie is rated G. Feel free to bring your own snacks, popcorn/ beverages



presents **“The Reach of the Rainforest”**

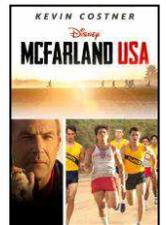
Wed., March 2nd at 5:30pm

Travel to rainforests around the equator with two short plays wrapped together in a 45-minute presentation. It starts with a wild chase through a

South American jungle in **“The Spot of the Jaguar”**. Next, audiences journey across the globe to the rainforests of Borneo to protect orangutans in **“A Climb Through Time”**. Concepts presented include rainforest habitats, predator-prey relationships, benefits of rainforests and what kids can do from home to conserve these natural treasures. This show is appropriate for families with children of all ages.

Adult Afternoon Movie! Thurs., March 3rd at 2:00pm

Grab a friend or two and join us for a film. There is no need to sign-up in advance. We will be showing **McFARLAND, USA** Inspired by the 1987 true story. The movie follows novice runners from McFarland.



eBook Help: Want to check out ebooks on your device, but not sure where to start? Make an ebook appointment with a librarian and learn how to use the library's Overdrive program! Call or stop at the reference desk to schedule an ebook appointment. These one-on-one appointments are available on Tuesday afternoons and Wednesday nights and will be 30-45 minutes long. Remember to make sure your library card is in good standing (no more than \$5 in fees!!) and to bring your charger to the appointment.

BDPD Weekly Recap “Weekly Allocation of Services”

For more info. and to see more “Noteworthy calls for the week” go to www.browndeerwi.org/departments/police-department/



DEPARTMENT OF PUBLIC WORKS

To follow the 2015/16 construction projects & department reports go to DPW homepage at: www.browndeerwi.org/departments/public-works/



COMMUNITY DEVELOPMENT DEPARTMENT

The CD Director met the new gm of the Courtyard by Marriott to discuss their new room renovations & efforts for community outreach

The CD Director, Village Manager & Zoning/Planning Specialist returned to Marquette University to follow up with marketing students who are now moving forward with a marketing & branding analysis for the Village.

The CD Director forwarded final sale agreement documents to Milwaukee County for the former Bella Landscape property at 8655 N. 43rd St. It is anticipated that closing with Milwaukee County & transfer to the new owner will take place in the next several weeks.

NORTH SHORE HEALTH DEPARTMENT

February is American Heart Month, the perfect time to change up your lifestyle and improve heart health. According to the Centers Disease Control and Prevention, heart disease is the leading cause of death for men and women. Though anyone can be at risk, African American men are affected more by heart disease than other races or ethnicities. This February during American Heart Month, Million Hearts is encouraging men to start a new heart-healthy behavior. You can help prevent heart disease and decrease your risk by making healthier choices and managing your health. Improve your heart health by following these simple tips:

Manage your weight

- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink only in moderation
- Use spices instead of salt to season your food
- Get active and eat healthy

For more tips and information visit: www.heart.org and www.cdc.gov/features/heartmonth/

Staff attended training on the **Wisconsin Electronic Disease Surveillance System (WEDSS)**. WEDSS is a secure, web-based system used by all healthcare providers and disease reporters to facilitate reporting, investigation, and surveillance of communicable diseases in Wisconsin. Disease surveillance is an essential public health service carried out by local health departments. Systems like WEDSS help the NSHD monitor and detect diseases in order to initiate preventative measures and keep our communities safe.

The Health Dept. provides flu shots to homebound residents.

If you are homebound or know someone who is, please contact the health department at 414-371-2980 to schedule an appointment.

There are "No upcoming clinics"

To make an appointment or contact the NS Health Department call (414) 371-2980 or visit our website at www.nshealthdept.org/



Don't forget the Deer Run

5K/10K Run/Walk is fast approaching April 30, 2016

Recycling Center Hours
The Recycling Center is now
open WINTER hours.

Recycling Center is open **ONLY**
Saturdays from 10am to 5pm.
For further info regarding the
recycling center hours please
call the DPW office at
414.357.0120



Weekly Health Tips

Nine out of ten US adults are consuming too much sodium & should take action to reduce their intake. Excessive sodium intake is a contributing risk factor for hypertension.

If you are interested in learning the health effects of excess sodium or in learning steps to reduce your sodium intake, check out www.cdc.gov/salt

HOW EATING TOO MUCH SALT HARMS YOUR BODY

The National Institute of Health recommends no more than 2,300 mg of sodium, or one teaspoon, of salt per day for healthy adults. However, everyone reacts to salt differently, so talk to your doctor before making significant changes to your daily salt consumption.

Brain
The brain controls the body's central nervous system.
For some people, too much salt can:
• Strain or damage arteries that lead to the brain
• Which can cause dementia due to reduced oxygen and nutrients to the brain
• If an artery bursts or gets clogged then it could lead to a stroke

Heart
The heart pumps oxygen-rich blood through the body for organ function.
For some people, too much salt can:
• Strain or damage arteries that lead to the heart
• Which cause chest pain because the heart is starved of oxygen and nutrients
• If an artery gets completely clogged or bursts it will lead to a heart attack

Kidneys
Kidneys remove excess fluid from your body by sending it to your bladder.
For some people, too much salt can:
• Force kidneys from removing excess liquid so you retain more water
• This can strain the kidneys and cause kidney disease or eventually kidney failure

Arteries
Arteries are the vessels that transport oxygen-rich blood from the heart to the rest of the body.
For some people, too much salt can:
• Raise blood pressure which strains the arteries
• To alleviate the strain, arteries grow thicker, but that can increase blood pressure more
• The end result can be clogged or burst arteries that prevent critical blood flow to organs

BIGMORF, Blood Pressure 101 BIGMORF, Blood Pressure 101

Peanut butter is the perfect food.

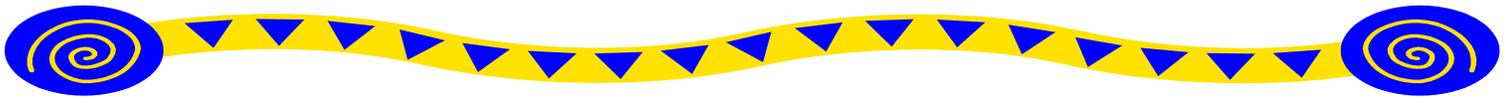
It's healthy and nutritious. It's kid-friendly, and you can eat it for breakfast, lunch or dinner. That's why Hunger Task Force, Meijer and local Milwaukee area fire stations are teaming up for



From January 25 – March 4, 2016 the Village of Brown Deer will be hosting a peanut butter food drive to help stock up the Hunger Task Force with this nutritious staple for kids.

**Drop off location for peanut butter and any other non-perishable item you wish to add is at: Brown Deer Village Hall
4800 W. Green Brook Dr. Brown Deer, WI 53223**

**Between the hours of 8:00 am to 4:30 pm
Monday thru Friday**



**FALCON
FUN FAIR**

**Saturday, March 5
10:00 – 3:00
Brown Deer Elementary
5757 W. Dean Road**

FREE ADMISSION

Exciting games and activities for kids of all ages
.....
Huge raffle with fabulous prizes for kids and adults
.....
Delicious food, snacks, treats and home-made goodies

Sponsored by Brown Deer Elementary PTO

Living with Urban Coyotes

A collaborative effort between Milwaukee County Parks, University of Wisconsin-Madison's Urban Canid Project, and the Wisconsin Department of Natural Resources.

Why are urban coyotes important? How can we prevent conflict? What is effective management?

These are just some of the many questions that will be addressed during this educational program series hosted by the Milwaukee County Parks Department. Urban wildlife researchers from the University of Wisconsin-Madison's Urban Canid Project will discuss urban coyote ecology, human-coyote conflict and behavior modification, as well as proactive coyote management. Please join us for one of the programs listed below, no registration is required.



Program Dates & Locations

Monday, February 22

6-7:30PM

Will-O-Way on Underwood Parkway
10602 Underwood Pkwy, Wauwatosa, WI 53226

Thursday, April 7

6-7:30PM

Brown Deer Park Golf Clubhouse
7625 N Range Line Rd, Milwaukee, WI 53209

Tuesday, March 15

6-7:30PM

Wehr Nature Center
9701 W College Ave, Franklin, WI 53132

Tuesday, April 19

6-7:30PM

Dretzka Park Golf Clubhouse
12020 W Bradley Rd, Milwaukee, WI 53224

Thursday, March 24

6-7:30PM

Will-O-Way at Grant Park
207 Lake Dr, South Milwaukee, WI 53172

Questions? Call (414) 257-PARK