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Reminders Board

As Seen On Channel 6 News

Friday, March 24th

Hergert Investigation

To read Attorney General Jon Bruning's investigation into University of Nebraska Regent David Hergert, [click here](#).

Sarpy County Warrants

[Click here](#).

Crash Tests

The National Highway Traffic Safety Administration has released results from its latest crash tests. For details visit the NHTSA [Web site](#).

Amber Harris Search Escalates

Downloadable Posters

- [pdf format](#)
- [Word Document](#)
- Amber Harris buttons: [Click here](#)
- Search for Amber [Web site](#)

Personal Chefs Network

Visit the [Web site](#).

Red Tape Chronicles

Unmasking sneakiness and exposing scams. [Click here](#).

Keep Kids Alive

Visit the [Web site](#).

Halt The Credit Card Offers

Here is the number you can call to opt out of continuous credit card offers: 1-888-567-8688.

Stop The Junk Mail



Featured

ADD TO PLAYLIST

- [On Collap](#)
- [Be](#)
- [Ce](#)
- [Ha](#)
- [NR](#)
- [Ele](#)
- [Wz](#)
- [Aft](#)
- [Me](#)
- [Illn](#)

[Check](#)

PLAY ALL CHECKED



Search

All of WOWT

submit

Google Search



To be removed from "junk" mail lists, including catalogs, [click here](#). And call this number to keep your personal information private: 877-774-2094.

Nebraska Humane Society

Adopt a pet from the [Nebraska Humane Society](#).

Outsmarting Computer Viruses

Get some help from [Consumer Reports](#).

Partnership For Prescription Assistance

Iowans can now take advantage of a new national discount prescription service. Partnership for Prescription Assistance helps people get access to thousands of free or low-cost drugs. An Iowa chapter is now open in Des Moines. There's a special phone number people can call: 1-888-477-2669. Operators will guide callers thru a process to see if they qualify. There's also a form available on the Internet.

- [Visit the Web site](#).

Travel Bargains

If you're shopping for travel bargains, you'll want to check out of trio of new players in the [Internet travel game](#).

Tripsensor

An insurance company is using technology to help lower rates. Find out more about [the Tripsensor](#)

Security Alerts

Keep up with the latest on potential threats of terrorism:

- [Department of Homeland Security](#)
- [Federal Emergency Management Agency](#)

Thursday, March 23rd

Liquid Numbers

If you're counting calories, don't forget to tally the fluids. [Click here](#) for help.

Recalls

High lead levels have prompted two recalls involving children's jewelry. [Click here](#) for details.

Cease and Desist Order

Cease and Desist orders have been issued against the following insurance companies: Drivers Choice, LLC; Partnership Alliances, Inc.; Partnership Alliances Group; Financial One, LLC; American Public Insurance Company, and Consumer Health Solutions. Nebraska officials say the companies sold health insurance to self-employed Nebraskans, many of them over-the-road truck drivers, between July 2004 and this February. If you purchased health insurance from one of these companies the Department of Insurance would like to hear from you. Call, toll free: (877) 564-7323

Pedi



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Tax Time

- IRS.gov

Recall

Walgreens Iron Supplement. [Click here](#) for details.

Free Kidney Screenings

The National Kidney Foundation of Nebraska conducts free screenings for individuals at-risk for kidney disease. If you have high blood pressure or suffer from diabetes or have family members with high blood pressure, diabetes or kidney disease, you could be at-risk for kidney disease. This free screening can include risk-evaluation, blood pressure reading, blood and urine tests and a consultation with a medical professional. Screenings are scheduled for March 25, 2006 at North High School in Omaha and April 1, 2006 at Children's Square in Council Bluffs. Call 572-3180 for more information.

Nebraska Banking Department

If you have done business with American Lenders Mortgage or Victory Mortgage, the Department of Banking and Finance would like to hear from you. Call 877-471-3445.

Crane Cam

Watch the migration. [Click here](#).

Flu Pandemic

Review Nebraska's plans. [Click here](#).

Pancreatic Center

For more information about the Elkins Pancreas Center at Baylor College of Medicine in Houston, call toll free at 1-877-PANC-CTR or [click here](#).

Hope Against Miscarriages

According to the march of dimes, one in four pregnancies end in miscarriage. It's a devastating blow for couples, but now there's hope. For more information, [click here](#).

Organ Donation Information

- OrganDonor.gov
- UNOS.org

Scam Finder

Check out some of the more common contest and sweepstakes scams. Visit LooksTooGoodToBeTrue.com.

Internet Crime Complaint Center

If you have a complaint about Internet crime, [click here](#).

Literacy Center for the Midlands

Visit the [Web site](#).

Sex Offender Registries

- [National Registry](#)
- [Nebraska State Patrol](#)
- [Iowa State Patrol](#)

Fuel Aid

- [fueleconomy.gov](#)
- [Click here](#) to report suspected price gouging.

Guard Against Identity Fraud

Find out how secure your identity is. [Click here](#).

Understand Your Child's Code

Here are some websites to help you decipher the shorthand used in Instant Messaging:

- [NetLingo](#)
- [Teen Angels](#)
- [Web Friend](#)

Additional Web Safety Resources

- [Wired Safety](#)

Monitoring Software

Parents can purchase these safeguards but kids can write around it.

Chat Rooms

Often offered as part of an Instant Messaging package. Nebraska State Patrol Sergeant Scott Christensen says there is **no** reason for children to be in a chat rooms.

Douglas County Property Valuations

[Check The Numbers](#)

Older Driver Resources

- [National Highway Traffic Safety Administration](#)
- [Triple A](#)

Travel Smart

If you're traveling by air, be sure to run through the checklist of what you're allowed to carry on board the plane. Visit the Transportation Security Administration's [Web site](#).

Free Credit Report

Visit www.annualcreditreport.com to get a free credit report.

Track Your Teen

Technology is making it possible for parents to keep a closer eye on what the kids are doing when they're behind the wheel. The technology is also available for commercial fleets. The RS-1000 on-board computer sells for \$280 and installs easily in cars built in 1996 or later. Installation on older models requires a mechanic. For more information, visit the Road Safety [Web site](#). The company's toll free phone number is: 1-800-252-2594.

Work At Home Scams

Protect yourself with some help from the Postal Inspection Service. Visit the [Web site](#).

Moving Troubles?

Visit the Move Rescue [Web site](#).

Cut Your Grocery Bill

Get some money-saving, grocery shopping tips from the Ellie Kay & Company [Web site](#).

Download Discount Coupons

- [Smartsource.com](#)
- [CoolSavings.com](#)
- [CouponsNow.com](#)

Dodge Updates

Keep up with construction developments on [West Dodge Road](#).

Wednesday, March 22nd**Rockers Can Roll**

Wal-Mart is recalling approximately 643,000 Mainstays love seat and porch rocking chairs. [Click here](#).

Cosmetics & Regulations

For information about FDA regulations and the cosmetic industry, visit the Food and Drug Administration [Web site](#).

Kidneeds

Visit the [Web site](#).

Little Drummer Baby

Julian Pavone might just be the world's youngest drummer. And even if he isn't, he's a hoot to watch. [Click here](#).

Suicide Information

For more information on suicide prevention, go to the American Foundation for Suicide Prevention by [clicking here](#). Or call the Girls & Boys Town National Hotline: 1-800-448-3000.

Bone Marrow Donors

Anyone wanting to join a Bone Marrow Donor registry can do so by calling toll free 1-(800)-MARROW-2 or, [click here](#).

Gorilla Reality Show

For more information on a Czech television reality show featuring a gorilla named Richard, [click here](#).

Better Doctors

If you are looking for a new doctor and want a list of the top docs across the country, [click here](#).

Microsoft Downloads

For more information on Microsoft downloads, [click here](#).

Auction Action

Check out Six Flags AstroWorld's [public auction](#).

Stacey Bartlett Fund

A memorial fund has been set up for 16-year-old Stacey Bartlett who died in a car crash December 27. You can donate to the Stacey Bartlett Memorial Fund at any of the three Bank of Bennington branches. For more information, [click here](#).

New Drivers

For the Iowa Department of Transportation's guide for parents of new drivers, [click here](#).

Cell Phone Drivers

For results of the National Highway Traffic Safety Administration's study on drivers who talk on their cell phones while on the road, [click here](#).

Dining In Iowa

There's a new tool to help you refine your dining plans in Iowa. The state has a Web site that allows you to access restaurant inspection reports. [Click here](#).

Supper Club Info

Pay a visit to Cooking Light's [Web site](#).

Heart Scan

For more information on the new 64-slice CT heart scan, [click here](#).

Recall

Toshiba is recalling a DVE Home Theater system due to a potential [fire threat](#).

Dance To Fitness

Dance away those excess holiday pounds. For information on a dance DVD that can help call Lisa Carter at 280-3047 or email her at lcarter@creighton.edu. The cost of the DVD is \$15 and the proceeds go to Creighton's dance department.

March of Dimes, Nebraska Chapter

- Visit the [Web site](#).

Household Waste

- If you live in Sarpy or Douglas County, there's no charge to make a trip to Under The Sink where you can unload hazardous household goods. The new facility is located at 4001 S. 120th Street. You can visit the [Web site](#) for more details or call 444-7465 for a list of products acceptable for drop-off. Drop-off is by appointment only.
- [Click here](#) for information on the Council Bluffs Recycling Center Household Hazardous Waste.

Literacy Center for the Midlands

Call: 402-342-READ (7323) or visit the [Web site](#).

Reach Out & Read

- [Web site](#)

Web Safety

Ways To Keep Kids Safe on the Internet:

- [Wired Safety](#)
- [iSafe](#)

Tips for Parents

Predators use

- Chat rooms
- e-mail
- profiles
- Instant Messaging

Safeguards

1. Spend time with your children online
2. Keep the computer in an open area
3. Talk with your child about who they meet in chat rooms
4. Review your computer files often
5. Respect your child's privacy regarding e-mail, but ask for a list of all the aliases (user names) of his/her friends

Energy Tips-Fact Sheet

Some ways to hold down energy bills:

- Reduce air leaks by installing weather stripping on windows and doors.
- Caulk around small openings including pipes, vents, heating ducts and electric outlets to reduce air leaks.
- Lower the thermostat to between 65 and 70 degrees, and to 58 degrees when away from home for more than two hours.
- Have the your furnace serviced and clean furnace filters once a month during the heating season.
- Close heating vents in unused rooms.
- Close dampers when fireplace is not in use.
- Set water heater thermostat at 120 degrees.
- Install flow-restricted showerheads and faucets; take short showers, instead of baths.
- Run washing machines and clothes dryers with a full load.
- Make sure attic has adequate insulation.
- Replace outdate appliances and heating systems with high-efficiency models.
- Install double-pane thermal windows.
- Use compact fluorescent light bulbs.
- Turn off computer monitors when not in use. (Sources: The Energy Department; the American Gas Association and the Alliance to Save Energy)

CPR Anytime

To order CPR Anytime for Family and Friends, [click here](#) or call 1-877-AHA-4CPR.

Gasoline Information Resources

- Nebraskans can find out more about how gas prices are calculated on the Attorney General's [Web site](#). Look for the Gasoline Education link under Quick Links.
- Anyone with concerns about gasoline stations manipulating prices can call the Attorney General's Consumer Protection Division at 402-471-2682

or 800-727-6432.

- The Nebraska Energy Office will continue to monitor prices and supplies of fuel products and has [information online](#). Consumers can also monitor state and national fuel price averages [online](#).
- More information is available on the U.S. Department of Energy [Web site](#).

Credit Report

Get free copies of your credit reports from the three major credit reporting bureaus. Call 1-877-322-8228 or visit the website: [annualcreditreport.com](#).

Organ Donations

Visit the Nebraska Organ Recovery System [Web site](#).

Teen Pregnancy Resources

United Way of the Midlands/Community Resource Directory

[Click here](#) for Omaha area services dealing with pregnancy, from parenting classes to pregnancy options.

Call 2-1-1

Serves Nebraska & Iowa

Staffed 24 hours a day

Access United Way's community resource directory by phone

Child Saving Institute

[Click here](#) for information on pregnancy services

Omaha Healthy Start

Charles Drew Health Center

2915 Grant Street

Omaha, NE 68111

454-BABY (2229)

Metro Poison Control Center Hot Line

- 955-5555

National Poison Control Hot Line

- 1-800-222-1222.

Going Somewhere?

Call up Triple-A's Fuel Cost Calculator. It will help you wrestle with those soaring gasoline prices. [Click here](#).

Healthy Pregnancy Tips

The March of Dimes offers tips for a healthy pregnancy from beginning to end. For complete details, visit their [Web site](#).

Bone Health Resources

- [National Dairy Council](#)
- [3-A-Day for Stronger Bones](#)
- [CDC's National Bone Health Campaign](#)
- [National Osteoporosis Foundation](#)
- [Surgeon General's Report on Bone Health](#)
- [Dietary Guidelines for Americans 2005](#)
- [NIH - Osteoporosis and Other Related Bone Diseases](#) [National](#)

Resource Center

Automotive Calculators

Looking for a new vehicle? Use Consumer Reports' [Automotive Calculators](#) to find your best deal

Tuesday, March 21st

Burglaries & Break-Ins

For a list of the latest burglaries and break-ins as of March 21, [click here](#).

Recreational Sports In College

Visit the National Intramural Recreational Sports Association [Web site](#).

Easing Back Pain

The Wallis® Mechanical Normalization System is a minimally-invasive procedure for easing back pain in some patients. [Click here](#) for details.

Conservation International

Conservation International features dozens of pictures of previously-undiscovered animals and plants from the jungles of New Guinea. [Click here](#).

Cancer Trials

Methodist Cancer Center [Web site](#). Contact by phone at (402) 354-5144.

Exercise Research

For more information on how exercising can help your brain, [Click here](#).

Report A Pothole

Know of a nasty pothole in Omaha? [Click here](#) to report it online.

Anchors of Hope

Visit the [Web site](#).

Glass Recycling

Here is a list of glass recycling drop-off sites in Omaha:

Northeast

The Central Area Recycling Exchange (CARE) 1011 N. 45th Street:
Open Monday-Friday, 7:30 a.m. to 3:30 p.m.

Central

Scrap Central (8518 Blondo Street): Open Monday-Friday 9 a.m. to 5 p.m. And Saturday from 9 a.m. to 3 p.m. This site accepts recyclables for free and buys aluminum cans, brass and copper. Appliances are also accepted for free.

South Central

River City Recycling (6404 S. 60th Street): Open Monday-Saturday from 8 a.m. to 4:30 p.m. This site accepts recyclables for free and is a dump location for bulky items. There is a fee for all materials except recyclables.

Southwest

Firststar Fiber, Inc. (10330 I Street, southeast parking lot): Open Monday-Friday from 7 a.m. to 7 p.m.

Other sites that accept glass

HyVee at 96th and Q Streets. Southeast parking lot.

Weyerhaeuser at 7200 N. 16th Street, south end of parking lot.

Virus Protection

Visit these links for information on how you can upgrade/install anti-virus software and protect against a new computer worm set to be unleashed on January 5:

- [iDefense](#)
- [Symantec](#)
- [McAfee](#)
- [Sophos Labs](#)
- [AVG Antivirus](#)

Salvation Army

For more information on how to volunteer as a bell-ringer for the Salvation Army, [click here](#).

Micah House

For a list of things The Micah House shelter needs to operate, [click here](#). Or call 712-323-4416. For The Micah House homepage, [click here](#).

Lottery Scam

For more information on lottery scams including lists, [click here](#).

Bird Flu

To learn more about Bird Flu and what you need to know to protect yourself and your family, [click here](#).

Alzheimer's Association

To help a friend or family member battling Alzheimer's, call the Alzheimer's Association at 572-3010.

Respect 2 All

For more information on respect in schools [Click here](#).

Donate Used Cell Phones

(batteries and chargers also accepted)

YWCA

222 S. 29th Street
(29th & Farnam)
345-6555

Domestic Violence Coordinating Council

8990 W. Dodge Road
Ste 205
398-9928

Catholic Charities

330 N. 60th Street
554-0520

HopeLine

Verizon Wireless recycling program

Funds raised from sale of refurbished phones go to purchase of Verizon Wireless phones and airtime, which are donated to domestic violence victims

To Donate:

- Drop off your used phone/battery/charger at any Verizon Wireless store.

Wolf Spiders

- [Wolf Spiders Story](#)
- Non-chemical methods to control spiders: (Courtesy of UNL Cooperative Extension)

-- Keep the premises free of unneeded, unwanted items such as undisturbed clothing, papers and other litter. Indoor habitat modification that creates a barrier to the movement of spiders into buildings is also a key tactic to effective spider control.

-- Keep the corners and crawl spaces of buildings free of spider webs. Dust these areas or use a vacuum to remove existing webs. Vacuuming removes active spider webs, adult spiders and spider egg sacs. Living spiders will desiccate quickly in the vacuum bag, but depending on the design of the vacuum, it may be useful to empty the bag immediately after use in order to prevent the spiders' escape.

-- Remove litter such as newspaper and wood from interior and sides of buildings.

-- Caulk and repair screens and fill cracks and crevices around windows, doors and foundations with materials such as expanding polyurethane foam.

-- Inspect common areas for holes and gaps, including entry holes for plumbing and electrical lines and window and door casings. Fill these holes.

Buying A Safe?

Get some tips on what to look for. [Click here.](#)

Citizen Corps Council Programs in Omaha

- Neighborhood Watch Groups/444-5772
- Citizens in Omaha Police Service/444-3598
- Omaha Coalition of Citizen Patrols/345-6388
- Medical Reserve Corps/522-7970
- Community Emergency Response Teams/690-2384

Gasoline Shopping

It used to be that you just filled your gas tank. Now you have to shop around. Check local prices at [OmahaGasPrices.com](#)

Flex Fuels

Look into the vehicles that can run on E-85. [Click here.](#)

Free Credit Reports

Visit the official free credit report website at <https://www.annualcreditreport.com/cra/index.jsp>

Make A Memory

- For information about the Make A Memory program, contact Diane Karstens at Alegant Health. The phone number is: 758- 5120 and her email is dkarstens@alegent.org
- For information on corticobasal ganglionic degeneration, or CBGD, [click here](#).

Tracking Sex Offenders

- [Nebraska Sex Offender Registry](#)
- [Iowa Sex Offender Registry](#)

Law Enforcement Solicitations

The president of the Nebraska Fraternal Order of Police can answer questions about money solicited by telemarketers. He can be reached at 1-877-632-1367. You can also contact the FOP through its [Web site](#).

Do Not Call Registry

[Click Here](#)

Child Safety Seat Tests

Consumer Reports has been putting the seats to the test. Separate the best [from the rest](#).

Child Safety Seat Check-Ups

Make sure your child's safety seat is set up properly. Find locations for a check-up on the Nebraska State Patrol's [Web site](#).

Phone Solicitation Complaints

The Nebraska Public Service Commission will investigate complaints on phone solicitations or calls from pushy bill collectors.

- Phone solicitation complaints: Call 1-800-526-0017 or
- File a complaint online at the PSC [Web site](#).

All complaints are taken seriously. Investigators look for patterns and will take action against phone solicitors that repeatedly use questionable tactics.

On-line Auction Assists

- [SellSmart](#)
- [Midwest Drop Auction](#)

Fire Safety Information

Visit the Omaha Fire Department [Web site](#).

Stretch Your Fuel Dollar

Get the most from your fuel dollar. Visit the Consumer Reports [Web site](#).

Citizen Corps Preparedness Guide

Keep your [family safe](#).

Be Prepared For Emergencies

- [REDCROSS.ORG](#)
- [FEMA.GOV](#)
- [USDOJ.GOV](#)
- [READY.GOV](#)

Monday, March 20th

Toy Swap

If you have kids, you know the drill. You buy a toy and just days later, your child is bore with it. Now, you can get more mileage out of those purchases with the help of a toy-swap [Web site](#).

Hearing Loss From Chemotherapy

- [Press Release](#)
- American Cancer Society [Web site](#)
- National Cancer Institute [Web site](#)

Designer Babies

Go to these links for articles on Designer Babies:

- [Ivanhoe's Smart Woman](#)
- [The Center for the Study of Technology and Society](#)
- [Washington Monthly](#)
- [The British Broadcasting Corporation](#)

Canadian Lottery Scam

- For information on the sweepstakes lottery scam from the Canadian Council of Better Business Bureaus scam information Web site, [click here](#).
- [Click here](#), for information on ID theft from the Federal Trade Commission.
- For more information on Counterfeit Cop, [click here](#).
- For more scam information, go to [ScamBusters.org](#), or [Hoax-Slayer.com](#).

Buckle Up Your Teens

For tips on how to keep your teens safe behind the wheel, call the National Safety Health Council -- Greater Omaha Chapter at 402-896-6332, or [click here](#).

Girl Rockers

For more information on a fun rock camp where girls 8, 10 and 12 years old can learn about music and life, [click here](#).

- **Dreams of Eagles**
- **Margaret Gilmore** -- For promoting and presenting Native American traditions.
- **Melvin Clancy** -- Member of Habitat For Humanity and Omaha Together/One Community.

- **Tommie Wilson** -- Project Achieve at UNO and NAACP

College Q&A

Parents of college students can have plenty of questions and the University of Nebraska-Omaha is reaching out with some answers in the form of a page on its Web site. [Click here](#) to visit the page.

Transition Plan

For more information on the Omaha Public Schools transition plan, [click here](#).

Eating Disorder Clinic

For more information on the OMNI Behavioral Health Eating Disorder Clinic, [click here](#), or call 402-333-0898.

Daycare Checks

To learn whether your daycare provider in Nebraska is licensed or has any violations on record, call 1-800-600-1289.

For The Kids Of Those Deployed

- [Operation Military Kids](#)
- [Nebraska Operation Military Kids](#)

Charting The Charities

See where the donation dollars go:

- [charitynavigator.org](#)
- [give.org](#)
- [charitywatch.org](#).

Internet Crimes

To learn more about how to protect children from online predators, go to [Net Smartz](#) or [Safe Kids](#).

Maximize Your Grocery Dollar

Visit the [GroceryGame.com](#).

Improve Energy Efficiency

[Click here](#) for ways to improve energy efficiency and save yourself some money.

Prostate Cancer Resources

There are some powerful new tools for men battling cancer. The National Prostate Cancer Coalition is adding important information to its website. Families will be able to find support groups and details on clinical trials nationwide. [Click here](#) for details.

STD Testing

All clinics provide confidential testing:

- Douglas County STD Clinic
5050 Ames Av
(in Baker's Place - UMA Medical Building)
444-7750

Walk-ins welcome

- Douglas County Health Center
4102 Woolworth Ave
444-7750
444-6151 (after hours)
by appointment only

- *Both Douglas County clinic's provide free services if a patient doesn't have funds available. Otherwise the charge to be seen is \$15.

Area "Planned Parenthood" Clinics:

- Visit the [Web site](#)

"O" Street Center
2246 "O" St.
Lincoln, NE 68510
(402) 441-3300

Dodge Center
4610 Dodge St.
Omaha, NE 68132
(402) 554-1045

South Street Center
3705 South St.
Lincoln, NE 68506(402) 441-3333

Southwest Center
5310 S. 139th Plaza
Omaha, NE 68137
(402) 894-9006

Council Bluffs Center
1604 Second Ave.
Council Bluffs, IA 51501
(712) 322-6650

Northwest McGoogan Center
3341 N. 107th St.
Omaha, NE 68134
(402) 496-0088

Drug Testing Kits
Visit [Not My Kid.org](#).

HETRA
Visit the Heartland Equine Therapeutic Riding Academy [Web site](#).

Give Blood
You can call to set up a donation at 1-800-GIVE-LIFE or by logging onto the [Red Cross Web site](#).

Assisted Living

Consumer Reports has inspected some of the major providers of assisted living services. [Click here](#) to find out what to look for.

Battling Headaches

Get information from the National Headache Foundation [Web site](#).

Cancer Treatment Side Effects

Advances in cancer treatment are helping more patients beat the disease but coping with the side effects of treatment can be frustrating. Now there's a new line of products aimed at skin care. Get details from the Lindi Skin [Web site](#).

Shop For Your Gasoline

Fuming over gasoline prices? Shop for the best deals in the metro:

- [Gas Buddy](#)
- [Price Watch](#)

Donate Life Awareness Month

- [Give The Gift Of Live](#)
- [Donate Life](#)

Kids & The Internet

Do you have safety concerns? [Click here](#).

Support The Troops

You can make general donations to American troops or to a specific soldier stationed overseas by purchasing calling cards or sending "Gifts From the Homefront." [Click here](#) for details.

On-line Discounts

Looking for bargains? Check out online [discount coupons](#).

Check The Credibility Of A Loan Offer

- [Nebraska Department of Banking and Finance](#)
- [Consumer Sentinel](#)

Free Home Security Checks

The Omaha Police Department's Brotherhood of Midwest Guardians is offering to do free security checks of Omaha homes with advice on how to prevent burglaries. Call 455-2271 to schedule an appointment.

Nebraska Organ Donation

If you renewed your license since 2001 and told the DMV that you want to be an organ donor, you are on the registry. If you want to get on it, you can do it right now by visiting the Nebraska Organ Recovery System [Web site](#). You can also do this in person. The DMV can add you to the list. Or you can call the Organ Recovery System at 733-4000.

Fuel Cost Calculator

Planning on logging some highway miles? Cranky about the price of gasoline? Get a handle on your travel costs with the Triple A [Fuel Cost](#)

[Calculator.](#)

Consumer Safeguards

Guard against consumer scams. Visit the Nebraska attorney general's [Web site](#).

Restaurant Ratings

Dining out? Check the Douglas County Health Department's on-line [Restaurant Ratings](#).

Sunday, March 19th

FEMA's Flood Map

To see if your home is on FEMA's revised flood map, [click here](#).

Guantanamo Prison Tour

To take a virtual tour of the Guantanamo Detention Center at Guantanamo Bay, Cuba, [click here](#).

Restaurant Reports

You can find complaints about restaurants and see which ones are safe with the click of a mouse, [click here](#).

Restored Hope

Restored Hope operates completely on donations and volunteers. To learn more about Restored Hope, [click here](#).

Cyber Knife

For more information on Cyber Knife, the high-tech cancer treatment, [click here](#).

Home For A Hero

Anyone interested in learning how they can contribute to the Home For A Hero project should contact Trinity Church of Omaha by clicking [here](#).

Grieving Kids

For information on the center for grieving kids, call: 402-502-2773.

Domestic Violence Awareness

October is domestic violence awareness month. To contact the [Heartland Family Service Domestic Abuse Program](#), call the 24-hour line: 1-800-523-3666.

Ovarian Cancer

Call SHARE, the ovarian cancer support group: 866-891-2392.

Community Crops

Get more information on [Community Crops](#).

Saturday, March 18th

Lydia House

For information on volunteering at Lydia house, call 402-422-1111.

Berkshire Hathaway

To read Warren Buffet's yearly letter to stockholders, [click here](#).

Make A Blanket Day

For information on helping with blankets donated by Project Linus, email OmahaProjectLinus@hotmail.com.

Recipes To Make Your Heart Happy

- [American Heart Association Recipes](#)
- [USDA Recipes](#)
- [Keep The Beat](#)
- For additional information on heart-healthy cooking, refer to this month's [Health Check Report](#).

Humane Society

For more information on the Nebraska Humane Society, [click here](#).

Recalls

For more information on consumer recalls, [click here](#).

Medicare Benefits

For more information on how the new Medicare Benefit will affect you, call 1-800-MEDICARE, or [click here](#).

Iowa Gold Star Museum

For more information on the Iowa Gold Star Museum, [click here](#) to visit the website.

In The Arms of Friends

If you would like to donate to help kids with cancer, [click here](#) to visit the website.

Lead Exposure

Learn tips on avoiding [lead exposure](#) inside and outside the home.

Allergy Test

Visit [isitallergy.com](#) or call 1-877-862-4948 for info on the ImmunoCAP allergy test.

Self-Defense Classes

Sign up for self-defense classes at the [YWCA](#).

Smoke Detector Giveaway

Get a free smoke detector from the [Salvation Army](#).

NSP Sex Offender Registry

Forms available through the Nebraska State Patrol [Web site](#).

Desktop Alert

- [Download Desktop Alert](#).
- Get answers to [frequently asked questions](#) when setting up your Desktop Alert program.

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