

# ecco Newsletter

East Campus Community Organization

Volume 15, Issue 2, Summer 2016

Neighbors talking to neighbors

## Mark Your Calendar

**Mon. July 4, 2016**  
**10am** (line-up 9:45am)  
*Fourth of July Parade*  
Idylwild Park

**Sun. Sept 25, 2016**  
**1pm - 5pm**  
*Streets Alive!*  
Route to include ECCO



## Get Ready for ECCO's Fourth of July Parade!

Join your neighbors and meet your friends at the annual **ECCO 4<sup>th</sup> of July Parade** event on **Monday, July 4**. Come walk in the parade or support the marchers along the route by watching them go by. Following the Parade, stay for more fun at the park. There will be games, treats for the kids and the Lincoln Fire Department will bring a truck.

This year's Parade starts at the newly dedicated **Valentino's-Idylwild Park**. Line up at the Park at 9:45 am; the parade will start at 10 am. The route will start headed east on Apple St. to 38<sup>th</sup> St., north to Dudley, east to 40<sup>th</sup> St., south to Orchard St. and back to Idylwild Park. Kids and adults are welcome to bring their bikes, wagons, shoes or any other means of transportation. Get out your patriotic colors and dress up your "vehicle" or yourself. Bring musical instruments or join our "Rock Band" – decorate empty milk jugs with rocks in them to shake while marching. Prizes contributed by area businesses will be awarded for these Parade categories: Best Entry of the Parade, Best Bicycle, Best Tricycle, Best Costume, and Best Pet.

If you do not want to walk in the Parade, join us as a Parade Watcher. No parade is complete without people along the route cheering the participants along. You too are invited to dress for the occasion.

Volunteers are needed to assist with the parade and post-parade fun. Please contact Paul Johnson at [eccopres@eastcampus.org](mailto:eccopres@eastcampus.org) or 402 429-3710 or meet at the Valentino's-Idylwild Park at 9 am. ■

## Goodwill Neighborhood Challenge

ECCO is participating in Goodwill's Neighborhood Challenge. Neighborhood organizations will be competing to collect the most donations from April 1 through the summer to win cash prizes up to \$500 for their neighborhood. The neighborhood that donates the most (by weight) will win.

Goodwill can take clothing, housewares, small appliances, and electronics for recycling or resale. So dig out that old computer and TV that has been aging in your basement, clean out your closets. Take the things you don't need to the Goodwill on 46th and Vine and tell them that you would like your donation to be counted toward the East Campus neighborhood total. ■

## Safe, clean & healthy 4th of July!

You and your neighbors enjoy the colorful display of fireworks through the holiday weekend. Allow everyone to enjoy it even more by cleaning up your debris. Leftover debris makes your neighborhood look bad. Runoff chemicals and debris are pollutants that flow directly to area streams.

Clean up is easy – have a broom & bucket of water handy. Let your spent fireworks cool a few minutes, toss them in the water bucket and, at the end of the night, sweep up the debris and put it in the trash. ■

## Streets Alive! Festival will be back in East Campus in 2016

*Prepared by Ashley Carlson, Partnership for a Healthy Lincoln*

Streets Alive! is back! On September 25th, from 1-5PM, one of the city's favorite outdoor movement festivals brings the streets to life in a new location. Partnership for a Healthy Lincoln ([HealthyLincoln.org](http://HealthyLincoln.org)) again sponsors the celebration of health, wellness, and fitness that lets the community walk, stroll, skate, bike, or even dance down a 2 mile traffic-free stretch of the city.

Family, kid, pet and wheelchair friendly, Streets Alive! is a free outdoor event that entertains, informs and engages people of all ages and abilities. Streets Alive! promotes physical activity and healthy living, encouraging people to turn off their screens, go outdoors, and move.

Drawing 4,000 – 6,000 visitors every year, Streets Alive! offers free health resources in a fun and interactive way. The streets will be lined with exhibitors interspersed with entertainers you can sing or dance along with, and fitness demonstrations that provide an opportunity to try anything from Zumba to Martial Arts. Kids have a chance to win a free Streets Alive! t-shirt by completing different fitness activities.



Hosted this year by the Clinton, Hartley, and East Campus Neighborhoods, the new route includes sections of the Mo-Pac Trail, Peter Pan and Idylwild Parks, and the new City Impact campus.

This year's route will also include:

- Pop-up bike lanes - for pedestrian-free biking
- Inflatable bounce houses, including an obstacle course for kids
- Lincoln Lightning - tween and teen roller derby league skating basics and fitness demonstration on 53' x 88' track
- Traveling hydration stations - to quench your thirst all along the route
- Farmer's Markets - fresh locally grown produce
- Music and Fun - Tuna Fish Jones, Less Talk More Polka, and the String Beans are back
- Local Food Trucks – great delicious and healthy foods
- Nursing Stations - private breastfeeding tent for nursing moms
- Fitness Stages – offering all kinds of fun opportunities to join in

If you'd like to be part of Streets Alive! as a volunteer, entertainer, exhibitor, or sponsor, contact Ashley Carlson, Health Promotions Coordinator at 402-430-9940 or [acarlson@healthylincoln.org](mailto:acarlson@healthylincoln.org).

Partnership for a Healthy Lincoln is a non-profit organization dedicated to improving the health, wellness, and fitness of Lincoln and Lancaster County residents. Visit [www.HealthyLincoln.org](http://www.HealthyLincoln.org) for more information. ■

### ECCO Membership Form

*It costs so little and helps so much!*

To join, please provide the following information and send a check for \$25 (payable to ECCO) to Roy Maurer, ECCO Treasurer, P.O. Box 4193, Lincoln, NE 68504

Name

Address

Phone

E-Mail


# ecco

*East Campus Community Organization (ECCO) is a organization of neighbors within the boundaries of 33rd and 48th St from Vine to Holdrege.*

*For further information, visit our website or contact a board member.*

[info@eastcampus.org](mailto:info@eastcampus.org)  
<http://www.eastcampus.org>