

## Mountainheart Head Start/ Early Head Start/ PAT/ PREP

A division of  
Mountainheart Community Services,, Inc.  
PO box 1509



# NEWSLETTER

### Head Start Centers

Baileysville 1 & 2

304-732-7711

Glen Fork

304-682-4899

Hanover

304-938-3177

Clear Fork 1 & 2

304-682-4625

Maben 1 & 2

304-294-6079

Southern

304-294-7344

### Early Head Start Centers

Baileysville ELC

304-732-6695

Clear Fork ELC

304-682-5435

Maben ELC

304-294-6079

Matheny ELC

304-682-0474

Mullensville ELC

304-732-0011

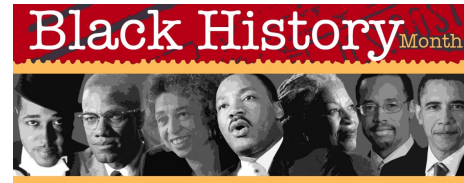
Westside ELC

304-682-7099

Wyoming East ELC

304-294-4809

Extra, Extra, Read All About It!



**We are so excited,  
Our Centers are now  
open 5 days a week!**

**TO PREVENT INFECTION AND TO SLOW TRANSMISSION OF  
COVID-19, DO THE FOLLOWING:**

**WASH YOUR HANDS REGULARLY WITH SOAP AND WATER, OR  
CLEAN THEM WITH ALCOHOL-BASED HAND RUB.**

**COVER YOUR MOUTH AND NOSE WITH A MASK WHEN IN PUBLIC  
SETTINGS OR AROUND OTHERS.**

**MAINTAIN AT LEAST SIX FEET DISTANCE BETWEEN YOU AND  
PEOPLE COUGHING OR SNEEZING.**

**AVOID TOUCHING YOUR FACE.**

**COVER YOUR MOUTH AND NOSE WHEN COUGHING OR SNEEZ-  
ING.**

**STAY HOME IF YOU FEEL UNWELL.**

**REFRAIN FROM SMOKING AND OTHER ACTIVITIES THAT WEAKEN  
THE LUNGS.**

**PRACTICE PHYSICAL DISTANCING BY AVOIDING UNNECESSARY  
TRAVEL AND STAYING AWAY FROM LARGE GROUPS OF PEOPLE.**

## School Readiness

Why Is Diversity Important In Early Childhood Classrooms?

Supporting **diversity** in **early** childhood programs is a two-pronged process: helping children to feel good about themselves, their families, and their communities, and also exposing children to differences, things that are unfamiliar, and experiences beyond their immediate lives.



Glenna McCoy,  
Early Childhood &  
Disabilities Specialist  
phone: 304-682-8271

With Spring time just around the corner, parents have an opportunity to get outside with their infants and toddlers and help them explore the world of the outdoors. Children are curious and want to learn about their surroundings. Below are some fun ways you can help your child safely explore the environment around them.

Jared Harless ,  
Infant and Toddler Specialist  
Phone 304-682-8271

## Office Personnel

**Dreama Padgett, Executive Director**

**Susan Stafford, Head Start/Early Head Start Director**

**Teresa Runyon, Chief Financial Officer**

**Medena Lester, Family & community Engagement Specialist**

**Gabriel Frye, Mental Health/ Trauma Specialist**

**Tara Harvey, Safety/Health/Nutrition Specialist**

**Tracy Cox, Family Support/File Specialist**

**Jared Harless, Infant and Toddler Specialist**

**Glenna McCoy, Early Childhood Specialist**

**Kathy Milam, PAT Supervisor/ PREP Educator**

**Stephanie Paynter, Transportation/Facilities Specialist**

**Angela Gravely, Health Assistant/Support Specialist**

**Christy Dishmon, HS/EHS Family Support Specialist**

**Melinda Stewart, Family Engagement Case manager**

**Adam Bradford, Data Manager, Quality Control Specialist**

**PAT Parent Educators:**

**Krista Warrix**

**Kristin powers**

**Home Visitors**

**Penny Morgan**

**Mary Nutter**

**Wanda Adkins**

**Pam Nelson**

**Sheila Perry**

**Lori Brown**

**Lisa Harper**



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**Please visit us on Facebook at**  
**<http://mountainheartwv.org>**



**Gabriel Frye**

**Mental Health/Trauma Specialist**

**Contact info.**

**Office number. (304) 682-8271 ext-134**

**gfrye@mthwv.org**



### **The importance of letting children be children**

I believe that children are born scientists. They're always turning over rocks and plucking petals off of flowers. Children are always using their imagination to explore the deepest oceans and the vast regions of the farthest galaxies. The definition of exploration is the action of traveling in or through an unfamiliar area in order to learn about it. When we were kids, we took countless things apart whether we knew how to put it back together or not. I heard Neil DeGrasse Tyson say once that adult scientists are kids that never grew up.

For example, a kid reaches in the refrigerator and pulls out an egg and starts juggling it. What's the first thing we do as parents? We say "*stop playing with the egg, it could break, put it back.*" I challenge you to help your child find out that when it drops it breaks. This a physics and a biology experiment. If there is a small white "bulls-eye" shape on the yolk, then your egg is fertile. This bulls-eye shape is called a blastoderm and it holds the DNA for the chick. This collection of cells is not an actual baby chick but instead, it had the potential to become a chick if incubated at the right temperature and humidity level. Our children will go into the kitchen and pull out all the pots and pans and start banging on them.

Again, we say "*stop making all that noise, you're getting the pans dirty*". We just squashed an entire acoustics experiment.

The president of Harvard once said that if you think education is expensive you should try the cost of ignorance.

I believe that as parents it is our responsibility that we understand the nature and the value of own children. In my career people have asked me what can we do to get our children more involved in things. The truth is their already involved in things as far as their imagination's will take them. It up to us as parents to keep encouraging our children and keep pressing the limits of their imagination.

During this uncertain time, let to our children be children and as parents lets be their biggest supporter and the fire that keeps their dreams lit.

Wyoming County Universal Pre-K is now accepting applications for the 2021-2022 school year.

For more information, contact:

MountainHeart Head Start

Medena Lester, 304-682-8271 ext. 110

[enrollment@mthtwv.org](mailto:enrollment@mthtwv.org)

or



Wyoming County Schools

Darlene Richards, 304-732-6262 ext. 1204

[dkrichar@k12.wv.us](mailto:dkrichar@k12.wv.us)

Children turning four years old prior to July 1, 2021 are eligible. Three year olds may also qualify and are encouraged to apply.

**Hanover Pre-K/Head Start**

**Huff Elementary School Pre-K**

**Herndon Elementary School Pre-K**

**Pineville Elementary School Pre-K**

**Maben Pre-K/Head Start**

**Road Branch Elementary School Pre-K**

**Southern Pre-K/Head Start**



## Hanover Head Start News!



**Come Celebrate Dr. Seuss Week with us at**

**Hanover Head Start / Pre K**

**Monday: Wear your favorite Hat Day**

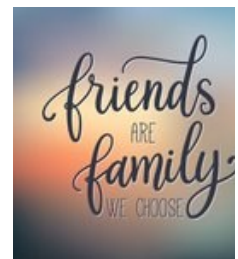
**Tuesday: Wear the color Green (Green Eggs & Ham)**

**Wednesday: Mismatched Day**

**(wear mismatched clothes)**

**Thursday: Crazy Sock Day**

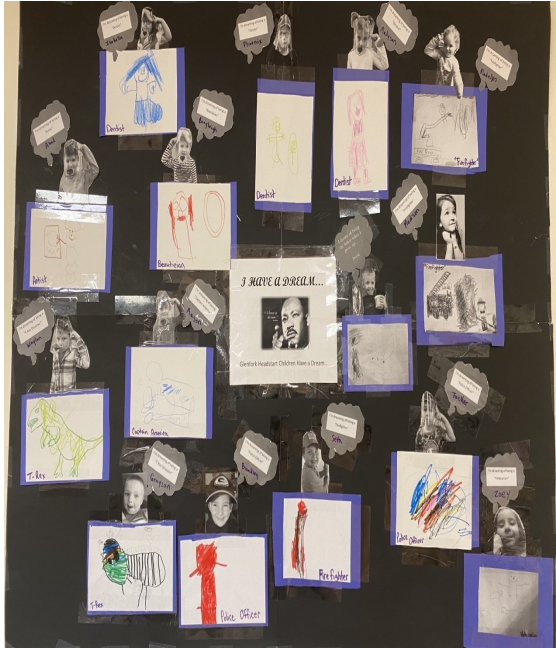
**Friday: Wear your favorite College Shirt**



## Glen Fork Head Start News



Our kids were learning to sew a mitten in class and virtual. We listened to the story, "The Mitten" and learned how to sew a mitten like Baba did when she sewed a mitten for Nikki in the story. They all participated.



The children at Glen Fork Head Start Have a Dream, We hope to help them reach their dreams!



We will be doing activities each week with learning the colors of the rainbow.

March 5-Red day "Wear Red day" Art activities with the color "Red"

March 12-Blue day "Wear Blue day" Art activities with the color "Blue"

March 17th-Green Day "Wear Green day" Art activities with the color "Green"

March 19th-Yellow Day "Wear Yellow day" Art activities with the color "Yellow"

March 24th-Orange Day "Wear Orange day" Art activities with the color "Orange"

March 26th-Purple Day "Wear Purple day" Art activities with the color "Purple"

First 2 weeks of March 1st to 12th we will be learning about Dr. Seuss and listening to all his stories-doing activities that will go along with his books-doing nutrition activities and learning about words that rhyme.

Last 3 weeks of March 15th-31st we will be starting our study from the Creative Curriculum book about buildings-We will also include in our study of buildings about different animals that lives in a barn.

March 19th we will do a WOW activity that teaches us how to make our own butter

March 26th we will do a virtual field trip to see animals on a farm.

Science activities for this month will include learning about the different kinds of weather and making sensory bottles doing Science activities with colors.

Kite day will be on March 26th-We encourage parents to spend quality time with their child and take them to a park or some-



# Baileysville I Pre-K Head Start



Valentine's Day was a BLAST  
We are so happy our kids  
are back  
5 days a week!

We would like to welcome back our children and families. We are excited to have the children back in the Classroom live and in-person.

In March we will be celebrating Read Across America for Dr. Seuss' Birthday.



We will talk a little about Ireland because of St. Patrick's Day.

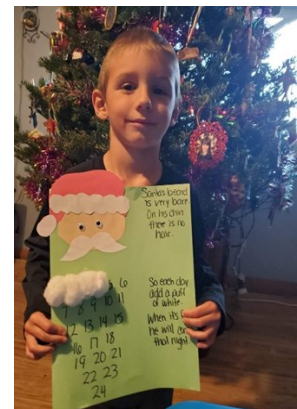
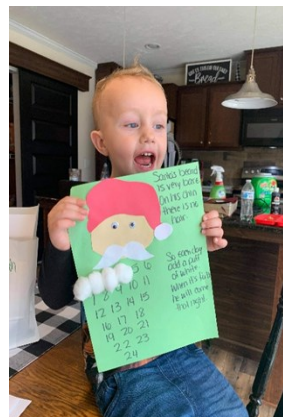
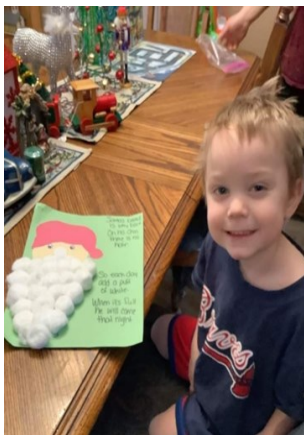
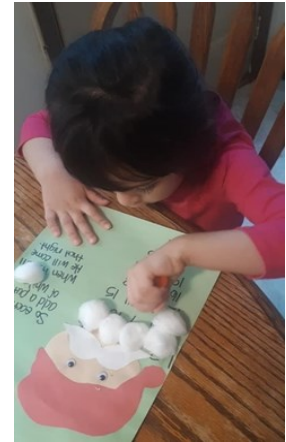
We will also be planting flowers welcoming Spring.

We would like to encourage all that can to attend the virtual parent meeting on March 18th at 11:30am; this is when we will discuss our Easter plans and decide what we will do for Easter. Again WELCOME Back!!!





# Maben II Head Start



We will be working on Insects, Bugs, Spring for the upcoming 2 months. We will also plan to have Easter Activities with the children here at the center. We will let the parents know what we are doing when the day is set. We are recruiting right now for the upcoming 2021-2022 year. Thanks to all the parents for letting us be apart of your Childs life.

## Clear Fork II

WELCOME

To  
Head Start  
Elijah  
&  
Millie



LEARNING  
IS  
FUN



Ms. Clarrisa reading a book  
about how to be a good friend.

MARCH



Clear fork has a fun week planned for Dr. Seuss week, going to read the book Green Eggs and Ham and have green eggs for breakfast. Also, read the Red Fish, Blue Fish and we will be painting our hands red and blue to make a fish bowl, along with a Dr. Seuss hat with our names.



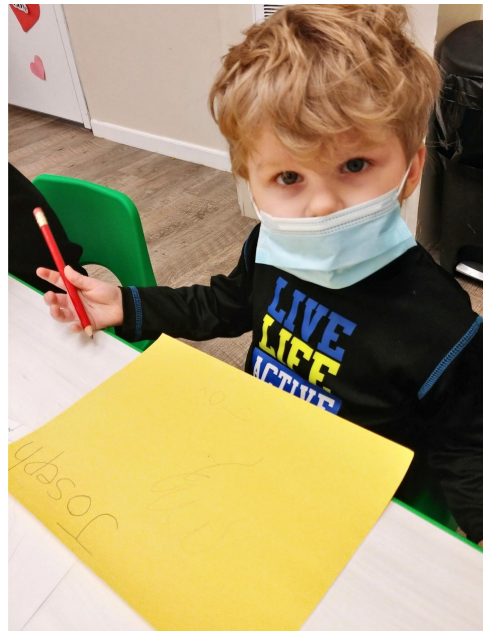
Easter we have a few cute crafts we will be making along with coloring Easter eggs and having a egg hunt out on our playground.

Spring is always a good time to learn about planting flowers, we plan





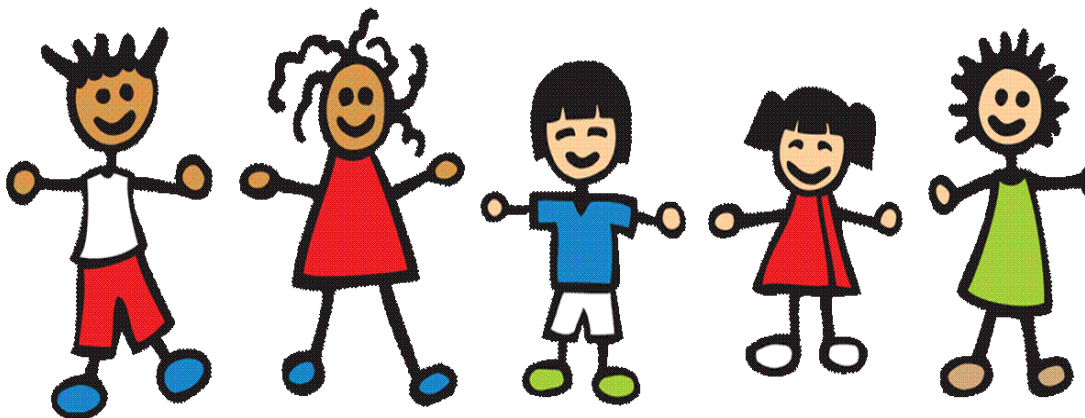
## Clear Fork I



MARCH



DR. SEUSS  
WEEK



# Maben I

Yay!



Maben 1 Alicia/Brittany/Sue

- March 2nd we will celebrate Cat in the Hat Day, with a hunt for green eggs to put with their ham.
- March 17th We are going to have a clover hunt to see how many clovers can fill their classroom tree. Some will find a four-leave clover to be lucky.
- Then to finish March we will have egg day to make and match eggs for cognitive play.
- Sounds like a fun Month to explorer as we play, run, ride bikes, and a whole lot more.



# Baileysville II News



Thank you to all the parents that attended our parent meeting on February 17. We did a study on balls this month.

You can talk to your child about different balls compare, catch, throw, draw, discuss small, medium, large, biggest, smallest, least. Please remember to work with your child daily on activities. Thanks for your help and support.



For the Office in Matheny





# Southern Head Start



Valentines Day was great!!!



A healthy snack for valentines Day

We are doing Dr. Seuss week the first week of March.



Presidents Day



# Baileysville Early



## Learning Center







## Tara Harvey, RN, BSN

Health/Safety/Nutrition Specialist  
Head Start/Early Head Start



According to the Centers for Disease Control and Prevention (CDC), efforts to reduce the spread of COVID-19 (like stay-at-home orders and shelter-in-place orders) have led to a decreased number of routine preventive medical services (well-child checkups, immunizations, routine dental exams, etc.). Restarting these services during the COVID-19 pandemic is essential for protecting individuals and communities from preventable diseases and outbreaks. **Routine**



### **Did you know?**

Candy is NOT the only cause of cavities.  
Cavities are preventable.  
Cavities can affect a child's self-esteem  
and academic performance.

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

February 2021



## BEST BITES

### Healthier treats

When your youngster has dessert, make it a little lighter with these ideas. Serve a single scoop of ice cream in a teacup or ramekin instead of a cone. Cut a smaller wedge of pie. Split a cupcake. Or let her dip a few thin cookies in



fat-free milk—and then drink the milk for a healthy dose of calcium.

### That's me on a bike!

Ask your child to draw or paint pictures of himself playing sports or doing other physical activities. He might sketch himself playing softball or riding a bike. Or he could paint a playground where he's crossing the monkey bars or going down the slide. Hang up his pictures to inspire him to keep up the active fun.

## DID YOU KNOW?

The hearty flavor of mushrooms can mimic that of meat, which makes them perfect for mixing into burgers, meatballs, and meatloaf. You'll add nutrients—and stretch your dollars because mushrooms cost less than meat. Simply chop and mix them into lean ground turkey or beef. *Tip:* Aim for a 50-50 blend.

### Just for fun

**Q:** What plays and runs around all day, comes home at night, and stays in the corner with its tongue hanging out?

**A:** Your sneaker.



## What's in my food?

Teach your child to check the ingredients list on packaged foods, and you'll instill a lifelong habit that can help him choose foods wisely. Here's how:

- Have your youngster take a few items out of your pantry or refrigerator and read the ingredients out loud. What's first? Last? Explain that they're listed in order of amount—the food contains the most of the first ingredient and the least of the last ingredient.
- Ask him to check the labels for specific ingredients. For example, where in the order does whole wheat or sugar appear? Point out that sugar goes by different names, including many that end in "ose" (*glucose, fructose, dextrose, maltose, sucrose, high-fructose corn syrup*).
- Let your child count the number of ingredients. When it comes to ingredients lists, shorter is usually better. If he's reading, he should be able to recognize



many of the words. If they're long and complicated, they are likely to be chemicals rather than natural foods.

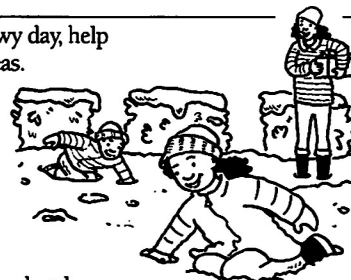
- Encourage your youngster to put what he's learning into practice when you make your grocery list. He can read ingredients lists he finds online to help you select products. Suggest that he look for varieties that list salt, oil, and sugar toward the end. Or you might agree on a rule of thumb, such as no more than five ingredients. ●

## Games for snow

When your youngster wakes up to a snowy day, help her make the most of it with these active ideas.

**Treasure hunts.** To get your child running around in the snow, take turns burying a plastic toy and shouting out clues for the others to find it. **No snow?** Hide the toy in bushes, in tall grass, or behind a shed.

**Colorful trails.** Let your youngster fill spray bottles with water and food coloring. Then you can make colorful trails for each other to follow. **No snow?** Spray the color onto grass (it will wash away in the rain), or make trails with pebbles. ●



## Yikes—yeast is alive!

Your youngster may not know that her bread is “alive.” Have her experiment with a main ingredient in bread—the live organism known as yeast—and she’ll learn more about the foods she eats.

**1.** Ask your child to empty an active dry yeast packet onto dark construction paper and examine it with a magnifying glass. Does it move or look alive? (Yes.)



**2.** Let her pour the yeast into a bowl and add 1 tsp. sugar and  $\frac{1}{4}$  cup warm water.

**3.** Have your youngster wait 20 minutes and observe (she’ll see bubbles in the mixture). She can pour the mixture back onto the dark paper and look with a magnifying glass again (she’ll see movement).

*What happened?* The bubbles are carbon dioxide, the gas produced when the yeast “eats” the sugar. The movement is the yeast making more yeast as the chemical reaction continues.

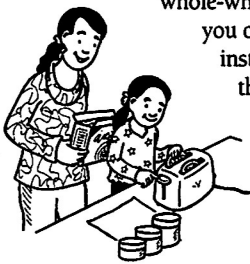
Show your youngster a few pieces of bread. If she looks closely, she will find the bubbles baked right in—making the bread lighter and fluffier. ●

## Q&A Encourage whole grains

**Q:** I’ve read that whole grains are important for my child’s diet. But she doesn’t like brown rice or whole-grain pasta. What should I do?

**A:** Fortunately, there are many sources of whole grains. Try serving brown rice cakes layered with bananas and nut or seed butter. Or give her mini whole-wheat bagels with whipped cream cheese. When you buy pancake mix or frozen waffles, choose whole-grain varieties. And let your daughter pick out whole-grain cereals to try.

Also, you can build whole grains into meals you have away from home. Ask for whole-wheat crust when you order pizza, for instance. When they’re part of your child’s favorite foods, she may happily eat whole grains!



*Note:* Children ages 4–8 and girls ages 9–13 need 5 servings of grains a day, and boys ages 9–13 need 6. At least half of those servings should be whole grains. Examples of 1 serving include  $\frac{1}{2}$  cup cooked rice or pasta, 1 slice of bread, and 1 small tortilla. ●

### OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • [rfecustomer@wolterskluwer.com](mailto:rfecustomer@wolterskluwer.com)  
[www.rfeonline.com](http://www.rfeonline.com)

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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## ACTIVITY CORNER

### Soccer skill-builders

Your youngster can get a great workout, have fun, and improve his soccer skills with these games.

● **Slalom course.** Set up obstacles (soccer cones, upside-down buckets) in a zigzag pattern in your yard or at a park. Each person kicks a soccer ball through the course, weaving in and out of the obstacles from start to finish and back—without hitting the obstacles. If he hits one, he goes back to start.

● **Soccer tennis.** Lay a long piece of rope on the grass. One player stands on each side. The players kick the ball back and forth to each other over the rope—letting it bounce only once or not at all.

● **Target practice.** Balance a soccer ball on top of a cone or a plastic cup. Players take turns kicking a second soccer ball at the first one. Score one point each time the ball is toppled. ●



## IN THE KITCHEN

### Made by hand

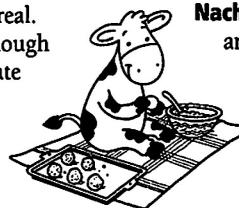
Cooking and eating are extra fun when your child can use his hands. Make sure he washes his hands well, and try these recipes.

● **Nut butter balls.** Let your youngster mix 1 cup creamy nut or seed butter with  $\frac{1}{2}$  cup honey, 1 tsp. vanilla, and 3 cups crispy rice cereal. Then, help him roll the dough into small balls. Refrigerate 1 hour.

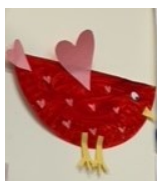
● **Apple crumble.** Slice 4 apples. Have your child lay them in a baking

dish. In a bowl, combine  $\frac{1}{2}$  cup flour, 1 cup rolled oats,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  tsp. salt, and 1 tsp. cinnamon. With his hands, he can work in  $\frac{1}{2}$  cup butter until the mixture is crumbly, then sprinkle it over the apples. Bake at 375° for 30 minutes.

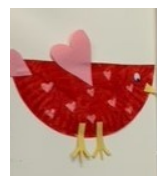
● **Nachos.** Ask your youngster to arrange baked tortilla chips on a microwave-safe plate and top them with canned refried beans (fat-free) and low-fat shredded cheese. Broil until the cheese melts. ●



# Clear Fork Early Learning Center



In February we decorated our room with **LOVE!**





# Maben Early Learning Center



Mrs. Missy & Mrs. Brooke's  
Little Valentines, making a Valentine for mom!



## Tummy Time



# MARCH

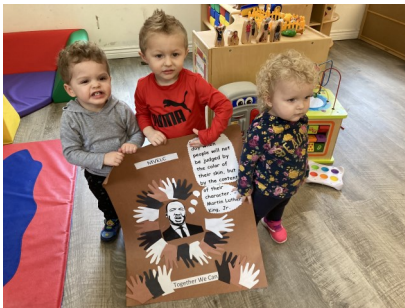
In March we will celebrate the coming of Spring, Dr.  
Suess' Birthday and St. Patrick's Day



# Mullensville Early Learning Center



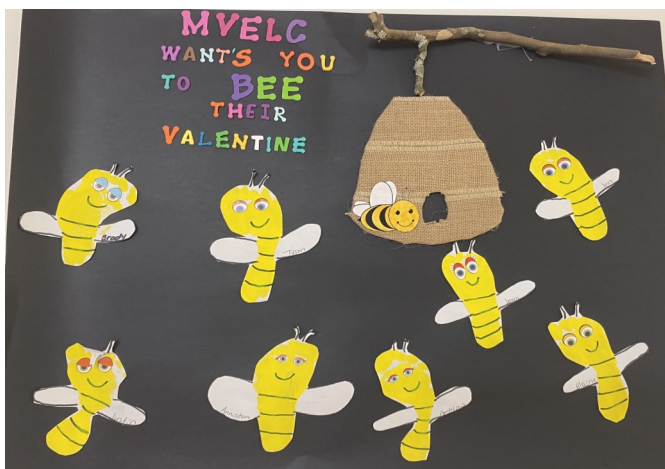
Bringing the Out-  
doors in, so the  
children get to  
play in the snow!  
They LOVED it!



February was Black History  
Month



Mrs. Paula & Mrs. Alex's  
Little Valentines



# Westside Early Learning Center

## News!



Valentines Crafts

OWL

Always Love You



W  
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Westside Early children loving their new play-ground!!!!!!!! Just look at those Happy Faces.

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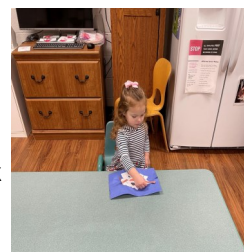


# Wyoming East Early Learning Center

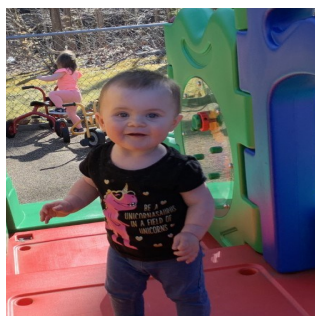


## Wyoming East!

We hope everyone has a Wonderful 2021. Welcome back to all our children.

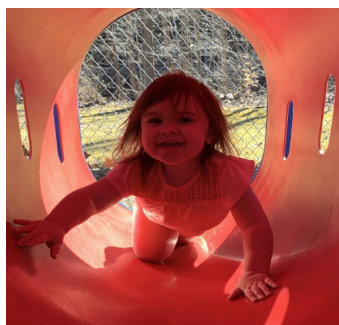


Thank you to all parents who attended the Virtual Parent Meeting February 10 at 12:30 We have been doing Valentine Day Crafts and President Day crafts with the children.



In March we celebrate Dr. Seuss and St. Patrick's Day with crafts, books, and songs.

Virtual Policy Council Meeting March 10th at 11:00.



Virtual Parent Meeting March 17th at 12:00..

Celebrate the First Day of Spring March 20th with crafts, books, and songs.



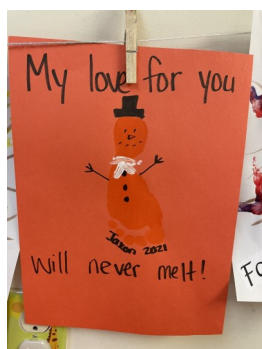
## Matheny Early Learning Center



Matheny Early Learning Center Family tree



Lessons about families



Winter Art



Valentine's Day Crafts

We are ready for spring !!!!!!!!



**PARENT MEETING – FEBRUARY 17<sup>TH</sup>:** Matheny Early – 2:00 pm

**PARENT MEETING – MARCH 10<sup>TH</sup>:** Matheny Early – 2:00 pm





# Safe Sleep for Babies

## Safe Sleeping Tips For Baby

- ✓ Place infant(s) to sleep on their backs
- ✓ Use firm, tight-fitting mattress
- ✓ Never use extra padding, blankets, or pillows under baby
- ✓ Remove pillows or thick comforters
- ✓ Positioning devices are not necessary and can be deadly
- ✓ Regularly check crib for loose, missing or broken parts or slats
- ✓ Do not try to fix a broken crib
- ✓ Place cribs or playpens away from windows to avoid window covering or fall hazards



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Check [www.cpsc.gov](http://www.cpsc.gov) to find out if your crib, bassinet, or play yard has been recalled.

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**U.S. Consumer Product Safety Commission**  
CPSC Hotline: (800) 638-2772  
(301) 595-7054 (TTY)

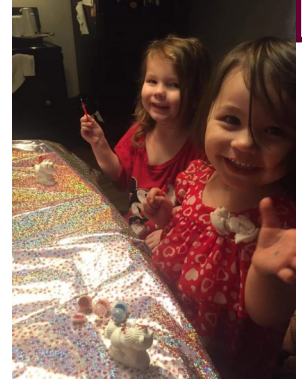


Sign up to receive free NSN  
Safety Alerts and Posters at:  
[www.cpsc.gov](http://www.cpsc.gov)

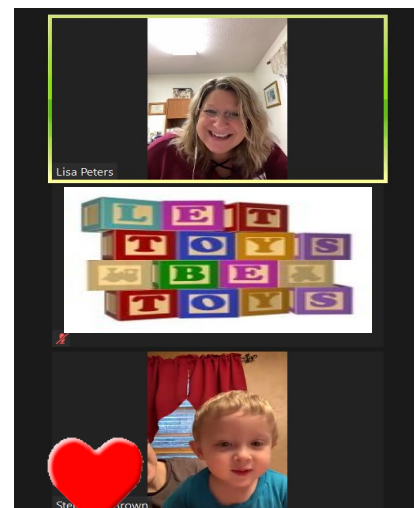
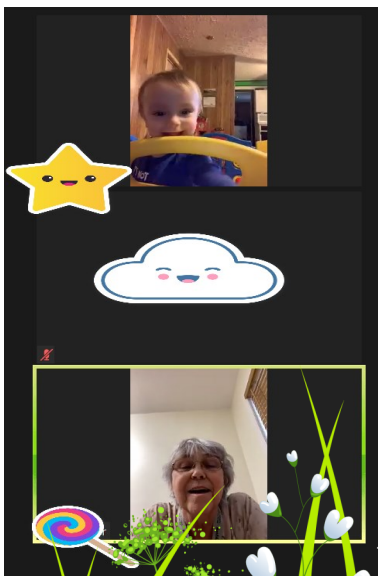
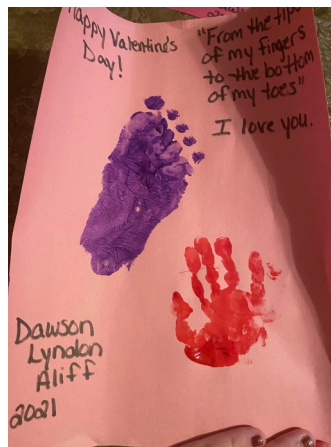




# EHS Homebased Program/PAT



Welcome to Mountainheart  
Karson !!!!!!!!!!!!!!!





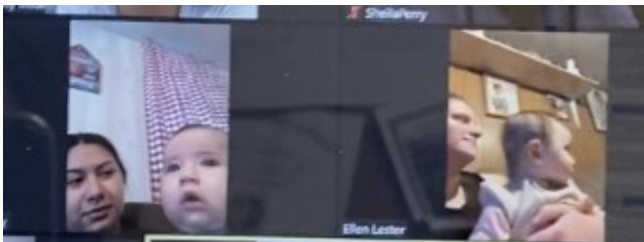
# PAT/EHS

## Group Connections/ Socializations



***In person Group Connections/Socializations will be back as soon as it is safe to gather in groups again.***

Thanks to all the parents who have made our virtual group connections a success. We miss seeing you in person and if you haven't had a chance to attend a virtual group connection, we would like to invite you to attend so you can get to know other parents and have some fun until we can meet in person again. We are having lots of fun and have had guest speakers to attend. We are also drawing for prizes quarterly for families who are joining.



Keeping in touch

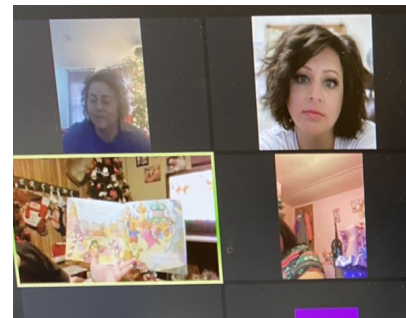


Health education

Virtual Socials



Virtual Story Time



*Melinda Stewart*  
Family Engagement Case Manager

## Helpful Resources for Families

Children's Rights.....	1-800-787- KIDS
Children's Wish Foundation .....	1-800-323-9474
Department of Health and Human Resource in Pineville, WV.....	304-732-6900
Council of Aging.....	304-294-8800
MountainHeart Community Services .....	304-682-8271
Wyoming County Health Department.....	304-732-7941
Wyoming County Clothes Shelter.....	304-732-7427
Catholic Community Services .....	304-436-4306
Itmann Food Bank.....	304-732-6719
Oceana Better Living Center .....	304-682-4466
St. Vincent De Paul .....	304-732-6800
Wyoming County Baby Pantry .....	304-923-9933
WIC office (Oceana, WV) .....	304-682-0475
West Virginia Housing Development Fund .....	1-800-933-9843
Mingo Housing Authority .....	304-426-6228
HUD (Housing and Urban Development) .....	304-732-6900
Appalachian Service Project .....	304-732-7621
Post Glen Apartments .....	304-682-5703
Oceana Apartments .....	304-682-4039
Piney Garden Apartments .....	304-732-9191
Guyandotte Hills Apartments .....	304-294-0728





# IT'S TIME FOR SPRING CLEANING!

**Begin with the Bin**

BE SMART WITH YOUR RECYCLING & GARBAGE

[www.beginwiththebin.org](http://www.beginwiththebin.org)



It's time for Spring Cleaning! When you're going through your home and trashing all that clutter, take a second look at some of the items you're getting rid of. Before discarding these materials, consider whether they fall into the household hazardous waste (HHW) category. If so, consider taking them to an HHW event or drop-off location.

To help keep the environment clean—and your local waste and recycling workers safe—follow these helpful Spring Cleaning tips! You can find even more tips at [BeginWithTheBin.org](http://BeginWithTheBin.org).



## LIGHT BULBS

Energy-efficiency CFL light bulbs contain mercury and should be managed properly, ideally through HHW events. The EPA recommends storing broken or used CFL bulbs in plastic bags in outside trash bins. Visit [www.BeginWithTheBin.org/cfl](http://www.BeginWithTheBin.org/cfl) to learn more.



## MEDICAL NEEDLES OR SHARPS

Nearly 9 million Americans use needles, syringes or lancets each year, disposing nearly 4 billion of these sharps. Some communities have guidelines for disposing these using approved containers or at HHW collections. **NEVER** place them in recycling bins! Your local recycling plant workers thank you in advance for considering their safety.



## PRESSURIZED CONTAINERS

Are you tossing a used pressurized container? Full or partially full containers should not be tossed in the trash! These can explode under heat or pressure and seriously injure sanitation workers, so bring them to an HHW collection event. Refillable propane tanks can usually be returned to suppliers, and **EMPTY** aerosol containers can be recycled.



## PAINTS

What kind of paint do you have? Thinners, varnishes and oil-based paints should be dropped off at an HHW event. Latex paints are considered nonhazardous and, in most communities, can be thrown away—but recycle the cans! Just mix in cat litter or let paint air-dry before tossing it.



## HOUSEHOLD CHEMICALS

Purchase only the amount of bleach, cleaners or other chemicals that you'll actually use. Recycle empty containers if you can and share extra cleaning products with neighbors before bringing them to an HHW collection event.



## BATTERIES

Battery recycling is preferred and, in some areas, required. Visit [www.call2recycle.org](http://www.call2recycle.org) for helpful information on how to recycle or dispose of them. Also consider buying rechargeable batteries for continual reusability.



## E-WASTE

Many states have electronic waste laws—does yours? Before trashing old computers, cellphones and TVs, see if they have any value with friends or online buyers. Many communities have e-waste collection events, and some retailers accept used items for recycling.



## PHARMACEUTICALS

Don't flush these down the toilet or drain! Water treatment facilities can't separate these from our water. Did you know that April 26 is National Prescription Drug Take-Back Day? Visit [www.justice.gov/dea](http://www.justice.gov/dea) to learn more. Otherwise, safely dispose of medicines in the trash by mixing them with undesirable substances like coffee grounds or cat litter.



## MOTOR OIL

Did you know your used motor oil and filters generally can be recycled, refined and reprocessed to be used again? Consider bringing yours by municipal collection sites, repair shops and garages when ready to dispose of them.



## LAWN CHEMICALS

Consider sharing your extra fertilizer with other hungry plants in your garden or extra pesticides with a neighbor who might have use for them. Before throwing lawn chemicals away, see if there's an HHW collection event in your community.

## WHEN IN DOUBT, DON'T JUST THROW IT OUT

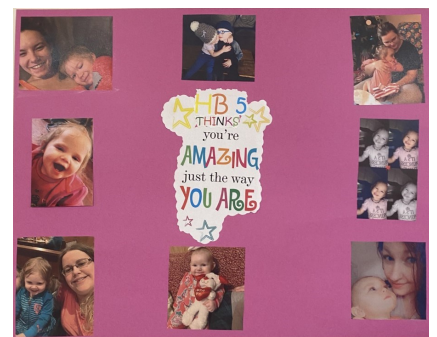
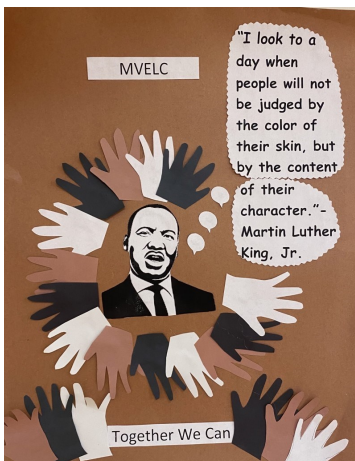
Bring your household hazardous waste to a collection event or drop-off in your community. Let's **Begin with the Bin** to keep Spring Cleaning green!







We would like to thank all our classrooms for helping us decorate our conference room with your crafts and smiling faces.





**Have a safe and happy  
spring!!!**



*Mountainheart Community Services Staff*