



the township *Scribe*

Washington Township . . . Your Community, Your Future

Bed Bugs Bite at Night

The prevalence of bed bugs in Ohio is a fairly recent phenomenon. However, this insect is not a new pest. In fact, bed bugs were introduced to our country by the early colonists and were common in the United States prior to World War II, after which time widespread use of long-lasting insecticides like DDT greatly reduced their numbers.

In the past decade, bed bugs have begun making a comeback across the U.S. Several reasons for this resurgence have been suggested: increase in international travel and commerce, high tenant turnover, changes in pesticide use, and insecticide resistance.

Bed bugs are external parasites, feeding on blood and preferably human blood.

If a human host is not readily available, they can also feed on rodents, bats, birds, and pets.

During its life cycle, a bed bug hatches from an egg into a nymph and molts (sheds its old skin) five times before becoming a full sized adult, about the size of an apple seed. All nymph stages and adults require blood meals. Adults can live 12-18 months and can survive several months without a meal. Females lay from 1-12 eggs daily. It takes 6-17 days for the eggs to hatch. The speed at which a bed bug passes from the egg stage to the adult stage is faster in warmer temperatures but averages 21 days at 86 °F.

Bed bugs can't fly, but they can crawl very fast and cling tightly to surfaces.

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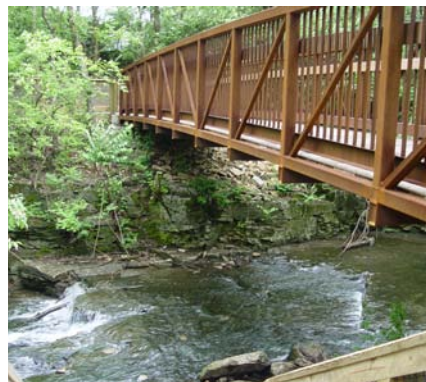
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Help Keep Rivers and Streams Clean

April showers bring May flowers, or so they say. But the rains that characterize Central Ohio springs can also bring pollution to rivers, streams, lakes and reservoirs.

The pollution is brought to these bodies of water by stormwater. Stormwater is water from rain, snow, and sleet that falls into storm drains. On its way, it passes over roadways, driveways, sidewalks, lawns, parking lots, construction sites, business parks etc., picking up whatever it encounters. Storm drain water is discharged directly into rivers, streams, and lakes.

It is estimated that more than half of the pollution in our nation's waterways comes from storm water runoff.



Dublin's Indian Run Park

Currently, it is not economically feasible to treat stormwater. Not only would the treatment facility have to be very large (and thus costly) to accommodate peak flows, but the facility would not be fully utilized most of the time.

The best way to keep stormwater clean is to eliminate the source of the pollution that is contaminating it. That's where you can help.

Never pour anything but water down a storm drain.

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Can We Get To Your Home in an Emergency?

Firefighter Scott Thomas

When the Fire Department responds to an emergency, the first thing they need to know is the location of the emergency. However, knowing the location or address doesn't always guarantee firefighters and paramedics access.

Some homes in Dublin and the unincorporated Washington Township are quite challenging for the Fire Department's large vehicles to reach.

A variety of issues can create challenges that will detain and even prevent a medic truck, engine or ladder from reaching a building. These include:

- a driveway that is narrow and/or more than 200 feet long
- a driveway with more than a 10% grade
- a driveway with multiple sharp turns
- vegetation that hasn't been cleared to

- at least 12 feet high and 10 feet wide
- a bridge that cannot withstand the weight of a heavy vehicle (75,000 lbs.)
- a locked gate
- an ornamental drive thru canopy or gate that doesn't have at least 13.6 feet clearance



Bridges can be an access concern for the Fire Department if they are not wide or strong enough for trucks to pass.

When any of these issues exist, the Fire Department would like to know about it ahead of time so they can discuss remedies with the property owner and/or make note of special circumstances they will need to consider if called to

the property. The Fire Department calls this "pre-planning."

Pre-plans are an important tool the Fire Department also utilizes for all commercial addresses in their response district. Having the information that is generated by conducting a pre-plan makes the emergency responses faster, safer, and more effective.

If you think your home may have one or more of the access challenges mentioned above or if you have questions about your home's accessibility, you can contact the Fire Department at 614-652-3920 to request a pre-plan. There is no charge. It is not an inspection. We will not enter your home. We will, however:

- look at access issues and discuss with you any remedies that will help us gain access faster or with less damage to our vehicles or your property.
- record pertinent information we gather in our database so it is available to emergency responders if they are ever called to your home.

Have a Colorful Summer

Spring will be here before we know it, and soon we'll be wandering around the garden center, selecting the palette of color we want to beautify our landscapes.

What criteria will you use to make your selections? How will you ensure their success in your landscape?

Survey your site.

Start with a few minutes of preparation at home before you purchase your plant material. Walk around your house in the morning and in the early afternoon. Make a note of the size and location of each of your beds. Note the direction

they face, the amount of light they receive, and whether or not there are other plants or building features that impact the amount of sunlight or water they get (trees, porch overhangs, your neighbor's fence etc.)

Select plants for your site's conditions.

With your notes in hand, head to the garden center and look for plants that will thrive in the conditions you have. Plant



tags can be helpful in providing some of this information. Garden centers

also sometimes group their stock according to the light exposure they require.

Once you know what plants will do well in the location you have, you can select from the colors, sizes, and forms available.

Prepare the planting site.

Properly preparing your planting site can also improve the health and

vigor of your plants. If you are

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Prevent Falls Firefighter Tim Ward

Every year in the United States, approximately two million older Americans are treated in emergency rooms because of falls. Many of these falls result in serious injury, in part because older bones can be more brittle and fracture more easily.

While not all falls can be avoided, you can greatly reduce the likelihood of a fall by following these suggestions:

BEGIN A REGULAR EXERCISE PROGRAM

Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and can improve your outlook. Exercises that improve balance and coordination like Pilates, Tai Chi, Yoga, or core-strengthening that utilizes a stability ball or BOSU are the most helpful. Lack of exercise can contribute to weakness and increase your chances of falling. Ask your doctor or health care provider about the best type of activity for you.

MAKE YOUR HOME SAFER

About half of all falls happen at home. To make your home safer, keep your stairs and walkways clear of things you could trip over such as newspapers, books, clothing and shoes. Remove small rugs or use double-sided tape to keep rugs from slipping.

Have grab bars installed next to the toilet and in the tub or shower.

Use non-slip mats in the bath tub and on the shower floor.

Improve the lighting in your home. As you get older you need brighter lights to see well. Lamp shades can help reduce glare. Have handrails and lights put on all staircases.

Wear shoes that give good support and

Some medicines or combinations of medicines can make you drowsy or light-headed which can lead to a fall.

HAVE YOUR VISION CHECKED

Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limit your



have thin, non-slip soles. Avoid wearing slippers and athletic shoes with deep tread soles.

HAVE YOUR HEALTH CARE PROVIDER REVIEW YOUR MEDICINES

Have your doctor or pharmacist look at all the medicines you are taking including over-the-counter medicines. As we age, the way some medicines work in our bodies can change.

vision. Poor vision can increase your chances of falling.

You should not have to live your life with the fear of falling. Yet it is quite common for older adults to limit their activity because of a fear of falling.

Costa Ricans have a saying: Pura Vida, which means *the good life*. Take some time to make a few changes in your life to reduce your chances of falling so you can enjoy Pura Vida!

Hydrant Flushing May 1-14

Washington Township Fire Department will be conducting the annual spring flushing and pumping of the City's 2800+ hydrants (with green bases) from May 1 through May 14. Flushing and pumping will take place daily, 8 a.m. – 6 p.m.

Residents may experience brief periods of low water pressure or water discoloration. If discoloration occurs, residents are advised to run cold water for several minutes until it clears. This should also be done prior to washing laundry to avoid stains on clothing.

Hydrants with white bases are privately-owned. Owners of these hydrants are responsible for their flushing and pumping. Flushing removes rust and any debris that may collect in the hydrants.

Bed Bugs continued from page 1

They prefer to hide during the day in thin cracks and crevices, where it is difficult to see them. They typically feed at night.

Contrary to what you may think, the presence of bed bugs is not an indication of poor housekeeping or an unclean situation. It is merely an indication that bed bugs hitchhiked their way into your life without you knowing it. Eggs, young, and adults are readily transported on luggage, clothing, bedding, and furniture. Bed bugs can infest airplanes, ships, trains, and buses. They are most frequently found in dwellings with a high rate of occupant turnover, such as hotels, hostels, dormitories, apartment complexes, movie theaters, and the like.

Bed bugs can be found about tufts, seams, and folds of mattresses as well as in crevices in the bedstead. They also may hide in window and door frames, electrical boxes, floor cracks, furniture, behind outlet covers and baseboards, and under the tack strip of wall-to-wall carpeting. They can be found hiding in pictures, stuffed toys, wall hangings, drapery pleats, loosened wallpaper, cracks in plaster, and ceiling moldings. Bed bugs prefer to contact fabric, wood, and paper surfaces--all of which are common in human dwellings.

Once you have bed bugs, they are not easy to eradicate. An integrated pest management (IPM) approach of sanitation and chemical and non-chemical measures is required.

Sanitation measures include removing all clutter and anything that is stored under the bed, laundering all bedding, clothing, etc. in hot water (at least 120 degrees) and drying on a hot setting for at least 15 minutes, dry cleaning (tell your drycleaner you have bed bugs so they don't spread in their facility), encasing mattresses and box springs in plastic covers that have a sealed zipper, caulking cracks and crevices, and vacuuming (and disposing of the vacuum bag in a tightly sealed bag).

Do not use "bug bombs" as few bed bugs will be killed and they will cause the bugs to scatter, worsening your infestation. DEET does not kill bed bugs. Boric acid has no effect because it is a stomach poison and bed bugs feed only on blood. Do not use other

insecticides that are not labeled for bed bugs. Never use pesticides on clothing or bedding.

Consult a licensed commercial pesticide applicator. Find out what insecticides they are using and if these are labeled for use on bed bugs. Make sure they have a plan to rotate the insecticides they use to overcome the immunity to insecticides that bed bugs acquire over time. A few insecticides are labeled for use on mattresses.

Reduce your risk of taking home bed bugs. Take precautions every day and especially when traveling or visiting public places that could harbor bed bugs. Check the mattresses in hotels, your clothes, coats, luggage, purse, briefcase, back packs etc. Check your child's

belongings when they return from their school or college dormitory. If you shop in used clothing or furniture stores, do a thorough inspection of your purchases. Look for bed bug eggs, nymphs, and adults. Particularly be on the lookout for tell-tale black fecal spots that bed bugs deposit in their hiding places.



Bed bug eggs and adults in suitcase seams.

Knowledge is power when it comes to bed bugs. Knowing what to look for can keep you from carrying bed bugs into your home. Knowing about their biology and habits will help you control an infestation, should you get one. Share this information with others so they too can help prevent the spread of bed bugs.

For more information on bed bugs, consult www.centralohiobedbugs.org or OSU Extension's fact sheets at <http://ohioline.osu.edu>.



Adult (left) and nymph (right) stages of bed bugs need blood meals.

New Evening CPR Classes

Last year, Washington Township helped 2,204 people earn their American Heart Association CPR with AED (automatic external defibrillator) certification. The popularity of this monthly Saturday class prompted the addition of a weekday evening class, now offered monthly on the fourth Tuesday.

The next CPR certification class will

be offered on April 11th at 9 a.m. The next Tuesday CPR class will be offered on March 24th at 6 p.m. The cost is \$10/person for those who

work or reside in Washington Township or the City of Dublin and \$25/person for those who do not. Participants must be at least 12 years old.



Knox Boxes® Useful in Homes Too

Knox Boxes® are small metal boxes that are specially designed to secure keys to buildings where emergency entry may be required when no one is present to open a door (i.e. after business hours during evenings and weekends).

Knox Boxes® are mounted outdoors in proximity to an entrance, where first responders can access it. The keys to the Knox Boxes® are in radio signal controlled locked boxes in each of the Township's emergency vehicles. When requested, Dublin Police Emergency Dispatchers send a radio signal to Fire Department vehicles which opens the box and releases the master key for use in the Knox Box®.

Having a Knox Box® has its advantages. With rapid key access, entry to the building is faster than forced entry. It is also safer for the first responder and doesn't cause property damage like forced entry can.

While Knox Boxes® may be more common in commercial applications, they can be quite useful in residential settings also. For example, if a resident lives alone and there is a medical emergency, a Knox Box® would allow rapid entry without the resident's assistance. If a resident is away from their home for an extended period, a Knox Box® could be useful if the Fire Department was called on a fire alarm, gas leak, smoke, a lightning strike, or other emergency that required the house to be checked.

If you think a Knox Box® would be of value to you, call the Fire Department at 652-3920 and request an authorization form. Submit the completed form with payment to the Fire Marshal (6200 Eiterman Road, Dublin, Ohio 43016) for his signature. The Fire Department will submit your order and the box will be delivered to the address you specify on your authorization form. Once you have the box, contact the Fire Prevention Division to arrange for a consultation with a Fire Inspector about where it should be installed. A record of its location will be added to the database that first responders can access if they ever need to enter your home when you are not available.

Get Rid of your Household Hazardous Waste Safely

This year's Household Hazardous Waste (HHW) Collection Day in Dublin will be held on Saturday, April 25, 2009 at Ashland Inc. from 8 a.m. to 3 p.m.

Hazardous materials cannot be legally disposed with regular trash as they pose serious environmental risk in landfills.

For a complete listing of HHW collection days in Central Ohio and the materials that will be accepted at the collections, consult the Solid Waste Authority of Central Ohio at www.swaco.org



Let Your Lawn Recycle

To improve the health of your lawn, mow it to a height of 2½ -3 inches. Mow often enough so you don't remove more than 1/3 of the length of the grass blade and leave your clippings on the lawn. You will have less yard waste to worry about and the clippings will break down and return the nutrients back to the soil to benefit future grass growth.

Free RADON TEST KITS

Radon test kits are available (while supplies last) for residents in Dublin and unincorporated Washington Township.

Kits can be picked up at the Township Administration Building (6200 Eiterman Road) Monday through Friday, 8 a.m. to 4:30 p.m. (One per household, please.)

Kits are made possible through a grant to the Franklin County Board of Health from the Ohio Department of Health.

Station Renovation Projects Underway



Station 93 at 5825 Brand Road

This past October, the Township began remodeling projects at Fire Station 91 (Shier Rings Road) and 93 (Brand Road). These stations, which are the oldest and the busiest of the Department's four stations, are being renovated to meet current building and fire code requirements and improve the efficiency of their mechanical systems. Among the upgrades are fire alarms, smoke detectors, fire suppression

sprinkler systems, heating and cooling, and electrical.

Both projects will comply with a nationally accepted benchmark for the design, construction and operation of high performance green buildings called the Leadership in Environmental Design or LEED® Green Building Rating System™. Project completion is anticipated in May.



Station 91 at 6255 Shier Rings Road

Storm Drains continued from page 1

Wash your car on the lawn. Cleaning products, even if they are biodegradable, can still be toxic to fish and increase algae and aquatic plant growth. Excess algae and plant growth can diminish the oxygen available to fish and other aquatic life.

Never dump yard waste into storm drains. It can cause excess nitrogen and phosphorous to accumulate in the water, causing an abundance of algal growth.

Pick up pet waste and dispose of it in your trash or flush it down your toilet.

Target use of fertilizer and pesticides/herbicides to the lawn and garden and take excess chemicals to a Household Hazardous Waste collection.

Colorful Summer continued from page 2

fortunate to have soil that has been worked and amended for several years, you won't have much to do to prepare it. However, if your soil contains a lot of clay (characterized by heavy, sticky and difficult to dig in), blend in compost, composted leaves, composted or aged manure, and peat, which are all readily available at garden centers. Adding organic matter will improve soil drainage, and help improve its texture so roots can penetrate it. Organic matter also encourages beneficial microbial activity and provides some nutritional benefits.

Fertilizing

Use a relatively balanced fertilizer like 10-20-10 or 15-15-15. These numbers correspond to the amount of nitrogen (the first number), phosphorous (the second number) and potassium (the third number) in the fertilizer. All are needed by plants, but flowering plants have a special need of phosphorous and potassium to realize their blooming potential. Foliage plants will flourish with a formula higher in nitrogen.

Water-soluble fertilizers are good for annuals. They are easy for the plants to use, but they are also used up quickly. Be sure to apply water-soluble fertilizers regularly (every 2-3 weeks throughout the growing season for annuals).

Mulch

Most annuals benefit from some kind of mulch, which helps reduce the evaporation of water from the soil, moderates soil temperatures, and blocks light to the soil which inhibits weed seed germination. While bark, wood chips, shredded wood and leaf compost are all commonly used for mulch, leaf compost provides the added benefit of improving your soil as earthworms and soil microbes will incorporate some of it over the course of the year. Wood-based mulches take much longer to decompose and will therefore need to be removed next spring and replaced after plants are in place.

EMS Day on May 23

May 17-23, 2009 is National Emergency Medical Services (EMS) Week. EMS Week brings together local communities and medical personnel to publicize safety and honor the dedication of those who provide the day-to-day lifesaving services of the medical "front line."

This year's celebration will be held at the Dublin Recreation Center on Saturday May 23. Fire Department personnel will host the following activities from 10 a.m. until 2 p.m. (unless otherwise noted).

CPR with AED Certification 8:30 a.m. - noon or 12:30 - 4:00 p.m.

Choose which session fits your schedule. Participants must be at least 12 years old and register by Monday May 7. Topics that will be addressed in this class include performing infant and adult CPR, recognizing and relieving a choking victim, recognizing the signs of a heart attack, and using an AED. This is the only time this year this course will be offered free of charge. To register, call

614-652-3920 Monday-Friday.

Youth Bicycle Helmets

Helmets can protect your child if they fit and are worn properly. Members of the EMS Bike Patrol will fit your child with a free bicycle helmet (while supplies last) and show you how



it should be worn to get the most protection possible.

Sparky's Safety House Tours

Learn how to stop, drop and roll to escape safely from a "smoke-filled" room. This specially-equipped mobile classroom helps prepare all ages for

the unexpected occurrence of fire through the use of several real-life simulations. Inspector Bob Westbrook will also present a puppet show at 10:30 a.m., noon, and 1 p.m. with his friends Jimmy and Hector the Smoke Detector. Balloons, popcorn, and printed materials will be available.

Fire Truck and Medic Sneak Peek

Climb in and we'll show you around. Ask us questions about the equipment we use to fight fires, perform rescues and stabilize and treat our patients.

Blood Pressure, EKG, Glucose Checks

Paramedics will check your blood pressure,

EKG and glucose, free of charge.

Derma Scan

After you look into this machine and see the damage that sun exposure has caused to your skin, you'll be a believer in sun screen. This is a great tool for convincing young people of the importance of limiting sun exposure.



First Aid for Youth Groups

Do you need a presentation for a youth group? Consider an educational talk on first aid. If your group is working toward earning a badge or other achievement, we can customize our presentation to assist you in meeting your educational goals. To schedule a first aid presentation for your group, call Kristin Hunt at 614-652-3920. There is no charge for presentations within the Washington Township/City of Dublin service area.

If your group members are at least 12 years old, they are eligible to participate in an American Heart Association First Aid certification course offered on the second Saturday in March, June, September and December. The cost for certification classes is \$15/person for those who work or reside in Washington Township or the City of Dublin and \$20/person for those who do not. Call 614-652-3920 to register.

WASHINGTON TOWNSHIP

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Dublin, Ohio 43016

(614) 652-3920

Hours: 8 a.m.-4:30 p.m.

Allan Woo, Chief

Leslie Dybiec, Communications Manager

Catherine Grossman, HR Manager

Bob Weisenberger, Zoning Officer

Our Mission

Orchestrate a safe,
healthy, and exhilarating
living experience for our
community.

Fire Stations

Station 91: 6255 Shier Rings Road

Station 92: 4497 Hard Road

Station 93: 5825 Brand Road

Station 95: 5750 Blazer Parkway

Parks and Recreation

4675 Cosgray Road

Hilliard, Ohio 43026

(614) 652-3922

Hours: 9 a.m.-5 p.m M-F

Janell Thomas, Director

The Homestead Park

4675 Cosgray Road, Hilliard, Ohio 43026

Community Center & Kaltenbach Park

5985 Cara Road, Dublin, Ohio 43016

Amlin Crossing Park

5468 Cosgray Road, Dublin, Ohio 43016

Road and Bridge

4675 Cosgray Road

Hilliard, Ohio 43026

(614) 652-3921

Hours: 9 a.m.-5 p.m.

Janell Thomas, Superintendent

Dave Gibson, Assistant Superintendent