

BPW River City

F.Y.I.

NBWW

National Business Women's Week is next week!

Tuesday, **October 21, 2008** we will have a **Prayer Breakfast** 7:30 - 9:00 AM,

Wednesday, **October 22, 2008** **Young Careerist Luncheon** 11:30-1:00

Thursday, **October 23, 2008** our signature event, the **Woman of Achievement (WOA) award banquet** and **Silent Auction!**

November Luncheon Speaker: Cathe Dykstra

Cathe Dykstra has been the Executive Director for Project Women since early 2005. Dykstra received her BA in Economics from Wake Forest University and has over 15 years experience in social work, including four years as Director of the Economic Success Program at The Center for Women and Families in Louisville, KY.

She serves on the board of both the Louisville chapter of Dress for Success as well as Urban Spirit, an organization that works to educate people about poverty. Cathe Dykstra focuses both on direct services as well as advocacy for the importance of education, and truly believes that to educate a mother is to bless her child. On November 12, 2008, Cathe is going to talk about her visit to Dubai this past spring.


November 12, 2008, Cathe is going to talk about her visit to Dubai this past spring.



Cathe Dykstra, Executive Director, Project Women

PROJECT Women

Educate a Mother... Bless her Child



Recognizing that the woman's desire for growth is essential to her participation in community activities while living in a communal setting, and believing that education affirms and enhances the dignity of each resident, Project Women, Inc. supports residents in developing a commitment to education.

In Louisville, hundreds of single-parent women are trying to survive. Alone, they cannot escape the well of poverty in which they and their children are trapped. Project Women, Inc. seeks to respond to the needs of our time, particularly those needs resulting from the feminization of poverty. As an agent of systematic change, Project Women, Inc. sponsors temporary transitional services for women and their children.

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Make Your November Luncheon Reservation Today!

NOVEMBER MONTHLY LUNCHEON MEETING

Wednesday,

November 12th, 2008

For lunch reservations, call **502-499-4420**, or email your reservation to Cheryl Tingle at cheryl.tingle@insightbb.com. You may register in the same

manner for a member or a guest, please be sure to specify that the person is a guest. Be advised: You are financially responsible for any reservation you make whether you (or a guest) attend. Reservations are not required for non-eaters.

Our menu for this meeting is: **LUNCH BUFFET:** The Buffet

includes Salad Bar, Soup of the day, two Entree selections, a Starch & a Vegetable, along with Rolls & Butter, Iced Tea and Coffee, and platters of Brownies and Cookies on each table. Meeting attendance is free, and open to the public. Lunches are \$20.

Please have checks made out

HERE IS THE LATEST FROM THE PREZ:

Hello the most Phenomenal Women in ALL of BPW world!!!

I can't tell you how exciting National Business Women's Week is becoming. Shantha and her committee have added 2 more programs and many more exciting elements to this year's events. KUDOS to the whole committee and especially Shantha and her mighty Committee Chairs!

God has a great week planned for us to show our community how significant our group is while having a great time. I know for a fact that God has a sense of humor (from my own past experience) and while we all get harried, stressed, impatient and a plethora (*thanks for the loan of the word, Debbie Pierce. :0*) of other stages in our daily lives, when you laugh and smile much of that can be released and your soul is at peace. I wish you all peace as we enter into our holidays and some terrific albeit high maintenance, events.

If you have not made arrangements for your reservations, please see the info included in this letter and join this exciting week. You WON'T regret it (well unless you don't attend :0).

To God be the Glory and of course

Blessings abundant to all,

Lorie Marcum

BPW/River City President

2008-2009



Lorie Marcum

BPW River City President,

2008-2009

"I can't tell you how exciting National Business Women's Week is becoming. Shantha and her committee have added 2 more programs and many more exciting elements to this year's events."

National Business Women's Week (NBWW)



National Business Women's Week (NBWW) is the week of **October 20, 2008**.

Business & Professional Women - River City has some exciting events planned for that week. All the events

will be held in the Kentucky International Convention Center. The Kentucky International Convention Center is sponsoring us once again this year!

On Tuesday, **October 21, 2008** we will have a prayer breakfast 7:30 - 9:00 AM,

Wednesday, **October 22, 2008** Young Careerist Luncheon 11:30-1:00

Thursday, **October 23, 2008** our signature event, the Woman of Achievement (WOA) award banquet and Silent Auction!

Contact L'Tonya Smith at L'Tonya.Smith@anthem.com or call 502-889-2881 for information and reservations. (See attached form).

Shantha Diaz
President - Elect

National Business Women's Week (NBWW)

10/20/08-10/24/08



NBWW ACTIVITIES, CELEBRATIONS & AWARDS

National Business Women's Week can help spur publicity and activity in your local community. Some of the more popular local activities for the week are:



"Woman of the Year/ Woman of Achievement"

"Woman of the Year/Woman of Achievement" Award. It is a prime opportunity to

offer recognition to local women of achievement.

"Young Careerist" Award

It is a prime opportunity to nominate young professionals in the age group of 21-35 who are our up and coming leaders.

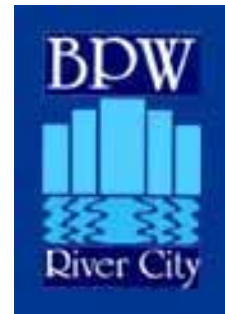
"Corporate Award of Excellence"

NBWW is also an excellent time to honor local employers for their recognition of the importance of women in the workplace and their promotion of quality work place

policies for women and families.

"Good Guy" Award

Another major highlight of NBWW is a time to honor a local "Good Guy" who supports BPW/RC, individually recognizes the importance of women in the workplace and promotes quality work place policies for women & families.



National Business Women's Week (NBWW) October 20th—24th

NBWW Keynote Speaker: Anne Barab

National Business Women's
Week (NBWW)

10/20/08—10/24/08

Key note speaker for prayer breakfast and YC Luncheon will be Anne Barab

(www.annebarab.com). Anne was our recent keynote speaker at the National BPW/USA Conference held in Atlanta, Georgia this past July.

Anne Barab is rumored to be the lost love child of Mark Twain and Lucille Ball for her wit and wisdom. Well, you've got to have a sense of humor when you've been a school board member for nine

years.

Yes, she's a recovering politician, but she's also done work where she actually got paid—like being the Chief Operating Officer of a billion dollar mortgage bank. These days she's a professional speaker who travels the country helping people balance attitude, reality and behavior to craft lives of significance.

Anne's been a Toastmaster for 8 years, achieved DTM and is a member of 3 clubs here in District 50 - Broadband TV, Park Central and her home club of Richardson Noon. She's just the 11th

woman in the world to earn the Toastmasters Accredited Professional Speaker designation.

But her greatest claim to fame is being married for 36 loong years... all to the same engineer, having 3 kids who aren't currently in jail and being voted Best Smelling Mom by her son's 1st grade.

Tuesday,
October 21, 2008
prayer breakfast 7:30 - 9:00

Wednesday,
October 22, 2008
Young Careerist Luncheon



NATIONAL BUSINESS WOMEN'S WEEK'S 80th YEAR!



This year marks the 80th Anniversary of National Business Women's Week, sponsored by Business and Professional Women/USA (BPW/USA).

The week offers BPW/USA and its local organizations a chance to acknowledge the accomplishments of working

women and to showcase the organization. Local BPW organizations can use the week to honor outstanding professional women and plan activities to meet the needs of their individual communities.

The objectives of National Business Women's Week (NBWW) are:

- 1) To promote full participation and equity for women in the workplace;
- 2) To publicize the achievements of business and pro-

fessional women on the local, state and national level;

- 3) To publicize the objectives and programs of BPW/USA as they relate to all workingwomen.

Over the years, National Business Women's Week has become an event widely recognized by public and private institutions and local communities. In the past, the President of the United States at the request of BPW/USA has

declared the third full business week in October as "National Business Women's Week." In addition, on state and local levels, governors and mayors often issue similar proclamations at the request of state and local BPW organizations.

Shantha Diaz
President - Elect

SILENT AUCTION! (at the Woman of Achievement Banquet)

River City BPW Foundation will hold a Silent Auction at the Woman of Achievement Banquet on October 23, 2008. This is part of National Business Women's Week. Proceeds from the Auction will provide scholarships to mature women re-

turning to school. We are looking for about 15 nice items to put in the auction. **Can you help us?** If you have a small item, we can combine these to make a bigger item. We are looking for baskets like Bath and Body and Starbucks. If you

have an item(s) that we can use or a basket of items, please call Alex Rohleder 429-8223 or Lora Hardin 551-2369. We will make arrangements to pick up your item. Thank you so much and our future scholarship recipients thank you too.



National Business Women's Week Prayer Breakfast

Prayer Breakfast



On **Tuesday, October 21, 2008** we will have our **NBWW Kick Off and Prayer Breakfast 7:30 - 9:00 AM**

held at the Kentucky International Convention Center.

The Key Note speaker for our Prayer Breakfast and Young Careerist Luncheon will be Anne Barab.

Anne was our recent keynote speaker at the National BPW/ USA Conference held in Atlanta, Georgia this past

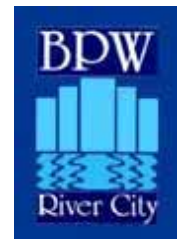
July. Anne Barab is rumored to be the lost love child of Mark Twain and Lucille Ball for her wit and wisdom.

The cost of tickets for the Prayer Breakfast are a mere \$12 each. So grab your friends and join us for a morning to remember.

Contact L'Tonya Smith at L'Tonya.Smith@anthem.com

or call 502-889-2881 for information and reservations.

DEADLINE for reservations: **October 15, 2008**



National Business Women's Week (NBWW): The History

The idea for the **National Business Women's Week® (NBWW)** originated with Emma Dot Partridge, Executive Secretary of the National Federation of Business and Professional Women's Clubs from 1924 - 1927. The first annual observance was held April 15-22, 1928, when Business and Professional Women/USA President Lena Madelin Phillips opened NBWW with a nationally broadcast speech. In her remarks, she stated that the purpose of the week was "to focus public attention upon a better busi-

ness woman for a better business world."

BPW Local Organizations implemented daily programs designed to call attention to the mission and achievements of BPW/USA. Reports about activities for those early observances tell of many successful events throughout the country including: *Legislative Day* devoted to national, state and local legislation of interest to women; *Education Day* emphasizing the need for equitable educational opportunities; *Club*

Rally Day for prospective new members; *Community Day* honoring leaders in the community; and *Goodwill Day* devoted to working with other women's organizations.

From this early effort, **NBWW** has grown into a nationwide salute to all workingwomen, as well as an opportunity to spotlight issues of importance to workingwomen. In more recent years activities have included Women of the Year Awards, Employer of the Year Awards, Individual Development work-

shops, and issue panel discussions.

NBWW was moved to the third full week of October in 1938 so that Local Organizations could use **NBWW** as a springboard for their new year's programs. U.S. President Herbert Hoover was the first president to issue a letter recognizing **NBWW** and the contributions and achievements of workingwomen. Presidents since then have always issued a letter acknowledging the important role women play in the nation's economy.

Upcoming BPW/USA Webinars



Friday, October 24, 2008 (1-2:15 p.m. EST)—Managing a Diverse Workplace: Multigenerational

As multigenerational workplaces become increasingly prevalent, employers must learn to acknowledge and accommodate the issues that arise when members of different generations work side by side. Hear about the benefits and challenges of managing a multigenerational workplace, and receive practical advice for how to successfully navigate the increasingly complex desires and demands of a multigenerational work force. Led by Choose2Lead (Organized by BPW Foundation)

Thursday, November 6, 2008

(1-2:15 p.m. EST)—Managing a Diverse Workplace: The Alternative Workplace

Workplaces are swiftly changing. Some organization don't even have communal office space any more. How do employers manage traveling employees? Telecommuters? Job sharing? What alternative styles of work are currently being integrated into traditional workplace organizational models? What new alternative work options are on the horizon? Led by Choose2Lead (Organized by BPW Foundation)

The webinar series is exclusive to BPW/USA members

Webinars are free to BPW/USA members.

BPW/USA Webinar Instructions

You will have an audio call-in number and a computer log-in ID to participate.

Connecting to the Audio Conference: *Use this information to call-in from your home, office or cell phone.*

-All parties dial in to the designated number **(800) 240-3895**

-An automated system will answer and prompt parties to enter their pin code-

Guest Pin code: 1072519#

Use *6 to mute and unmute your line.

Logging In to StartVisuals

Begin StartVisuals by opening the Conference Entry page at www.mmstartvisuals.com If this is inaccessible go to www.start-conferencing.com

-When you open this page you are presented with login forms for Joining and Hosting conferences.

-Complete **Log in Join** form using the **Participant ID: 1012343**

BPW Websites - Keep Informed by Checking Us Out Regularly:

BPW River City: www.bpwrc.org

BPW of Kentucky: www.bpw-ky.org

BPW USA: www.bpwusa.org

REGISTER TO VOTE!



You must register before you can vote in any election.

To be eligible to vote in Kentucky's elections you must:

1. Be a citizen of the United States
2. Be a resident of the county for at least twenty eight days prior to the election date
3. Be at least 18 years old by the date of the next general election but can vote in the primary when 17 as long as the person will be 18 and eligible to vote in the general election
4. Not be a convicted felon, or if you have been convicted of a felony, your civil rights have been restored
5. Not have been judged "mentally incompetent" in a court of law
6. Not claim the right to vote anywhere outside Kentucky
7. Be registered 28 days prior to an election (call 502 574-6100 to check)

If you are already registered in the state of Kentucky but have changed your address or legal name, you must re-register.

HOW TO REGISTER

Registering to vote can be accomplished by simply completing a voter registration application in one of the following ways:

- 1 Apply in person at the Jefferson County Board of Elections, any Jefferson County Clerk's office, the driver's license bureau, any military recruitment office, or other designated public assistance agencies.
- 2 For a postcard application by mail, call the Jefferson County Board of Elections at (502) 574-6100, and return your application to 810 Barrett Ave, Louisville, KY 40204.

The voter registration books are closed 28 days before and 7 days after a regular election and 10 days before a special election.

VOTING

- 1 The primary election is held on the 4th Tuesday after the 4th Monday in May.
- 2 The general election is held on the 1st Tuesday after the 1st Monday in November.

POLLING PLACE

Find your polling place and make sure you are registered to vote by calling The Board of Elections in Louisville at 502 574-6100 or call the State Board of Elections for other counties at 502 573-7100. [www.http://elect.ky.gov](http://elect.ky.gov)

VOTER RIGHTS & RESPONSIBILITIES & PROVISIONAL BALLOT & OATH OF VOTER AFFIDAVIT

<http://elect.ky.gov/registrationinfo/rightsandresponsibility.htm> or call 502 573-7100

ATTORNEY GENERAL ELECTION FRAUD HOTLINE: 1-800-328-8683

ABSENTEE BALLOTS

The deadline for receipt of the completed absentee ballot is 7 days before the election. Prisoners may request an application by mail or phone.



Important Dates in 2008:

- October** *e-Newsletter article deadline - 2nd & 4th Friday of the month*
- 8th Monthly BPW/RC Meeting - Jefferson Club
- 20th Executive Board & NBWW Committee Meeting - Arison Insurance
- 20-24th National Business Women's Week!**
- 31st **Deadline** to submit NBWW award information
- 31st **Deadline** for BPW/KY Foundation Scholarship Application
-
- November** *e-Newsletter article deadline - 1st & 3rd Friday of the month*
- 1st **Deadline** for KY Nominations Chair notifies locals of February 15
- 4th Election Day!
- 17th Board Meeting - Arison Insurance
- 12th Monthly BPW/RC Meeting - Jefferson Club
- 20th Executive Committee Meeting, Barren River, Glasgow, KY
- 21-22nd BPW/KY Interim Board of Directors Meeting, Barren River, Glasgow, KY
-
- December** *e-newsletter article deadline - 1st & 3rd Friday of the month*
- 1st **Kentucky Cardinal** deadline
- 1st **Deadline** for proposed Bylaws revisions to State Bylaws Chair
- 15th Board Meeting - Arison Insurance
- 10th Monthly BPW/RC Meeting - Jefferson Club



Business Profession Women/River City 2008-2009 Individual Development Program

Time sure flies when you are having fun! And the past 12 months has felt like a whirlwind that began with a wonderful group of women coming together to grow by participating in the Individual Development Program (IDP). IDP is BPW/USA's seminar series for personal and professional leadership development. The program assists persons at meeting their personal and professional goals, as well as, their goals for community action and change. IDP became our time together to learn from the presenters and share with one another to inspire the giftedness within each of us.

The Individual Development Program nudged each of us in different ways to move to a higher level in our personal growth. And now it is that time again, the 2008/2009 IDP sessions are about to begin.

Great Reasons to participate in BPW/River City's Individual Development Program.

- Learn assertive skills to become a brand-new you for greater success
- Get the secrets to presenting an image that will help you be noticed and promoted.

Through IDP, BPW/USA provides the necessary tools to jump start your career and your life:

Communication differences	Creating presentations
Public speaking	Networking
Interviewing tips and techniques	Negotiating skills
Running meetings	Leadership skills
Business etiquette	Lobby and grassroots organizing
Media relations	Virtual teams
And much more	

Make a commitment to developing you! Seminar series will be conducted over 5 Saturday morning sessions to take place on November 1st, November 15th, December 6th, January 10th and February 7th. All sessions will be held at Anthem Blue Cross Blue Shield located at 13550 Triton Park Boulevard. If you would like to sign up to participate or to learn more about this valuable program please contact Iris Jasmin at 502-889-3482 or Iris.Jasmin@Anthem.com. Deadline for signing up is October 31st.

BPW "Building Phenomenal Women"

October 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Deadline to make Luncheon Reservation for next week's Monthly Meeting @ Jefferson Club	3	4
5	6	7 Leadership BPW Greater Louisville Inc. 5:30 - 6:30 pm	8 <i>11:30</i> Monthly BPW/RC Meeting @ Jefferson Club	9	10 <i>e-Newsletter article deadline</i>	11
12	13	14 <i>e-Newsletter distribution</i>	15	16	17	18
19	20 NBWW Exec. Board & NBWW Committee Meeting - Arison Insurance	21 NBWW Prayer Breakfast 7:30 - 9:00	22 NBWW Young Careerist Luncheon	23 NBWW Woman of Achievement Banquet & Silent Auction	24 NBWW <i>e-Newsletter article deadline</i>	25
26	27	28 <i>e-Newsletter distribution</i>	29	30	31 Deadline to submit NBWW award info. Deadline for BPW/KY Found. Scholarship Appli-	

2008-2009 Leadership BPW Program

Leadership BPW consists of meetings with community leaders who will share their knowledge about various community initiatives, community resources, places of interest and corporations. The goal is to become more educated about our city's resources, while developing attributes to become future business/community leaders. We are able to ask all the questions we want of these community leaders who have specifically opened their doors to accommodate our leadership program.

All 2008 Leadership BPW event meetings are held on the 1st Tuesday of each month.

LEADERSHIP BPW DATES:

November 4, 2008	Operation Brightside and Go Green Louisville	5:30 - 6:30 pm
December 2, 2009	Southeast Christian Church	
January 22, 2009	Filson Club	12 noon - 1pm
February 26, 2009	Necole's Place - Woman's Choice Resource Center	5:30 - 6:30 pm
March 3, 2009	Papa John's Corporation	5:30 - 6:30 pm
April 22, 2009	St. Mary and Elizabeth Hospital's Women's Center	5:30 - 6:30 pm
May 13, 2009	BPW/River City Luncheon and Graduation!	12 noon - 1pm

Listed below are the graduation requirements:

1. Attend at least four (4) Leadership BPW scheduled events.
2. Attend at least three (3) BPW/River City luncheons throughout the 2008-2009 year, under the leadership of President Lorie Marcum.
3. Attend at least one (1) National Business Women's Week event (October 20-24).
4. Write a one-page (1 page) white paper on: What Leadership Means to Me and How I Plan to Give Back to My Community (or How I Have Given Back to My Community). This one-page paper is due by the March 2009 BPW luncheon meeting.
5. Attend at least one BPW Board Meeting.
6. Attend at least one Metro Council Meeting OR one Mayor's Community Conversation Meeting.

For additional information contact Cindy Vaughan at **588-9769**. CindyVaughan14@bellsouth.net

CindyVaughan
Leadership Chair



"The goal is to become more educated about our city's resources, while developing attributes to become future business/community leaders."



Ovarian Cancer Research Program



OCTOBER 1, 2008 (WASHINGTON, DC): On September 30, President Bush signed a funding measure which included \$20 million for the Department of Defense (DoD) Ovarian Cancer Research Program.

This is an amazing accomplishment

for the advocates and partners who have been fighting for an increase in federal funding for the past six years.

Earlier in 2008, the House of Representatives draft bill contained \$25 million in Fiscal Year 2009 (FY09) to the DoD Ovarian Cancer Research Program to help maintain current research and expand innovative investigations into early detection and screening tools.

While \$20 million is not the full \$25 originally requested, the ovarian cancer community is pleased that Congress has recognized the importance of the DoD program and the need for increased funds for ovarian cancer research.

Karen Galde
BPWKY Legislative Co-Chair



Here is your connection to Legislative Hotlines:

- BPW/USA Legislative Hotline: See www.bpwusa.org/custom/getactive/iframe.cfm
- Kentucky Political News - U.S. Politics Today: www.uspolitics.einnews.com/kentucky/
- Kentucky Legislature Home Page: www.lrc.ky.gov/home.htm
- Louisville Metro Council Home Page: www.louisvilleky.gov/MetroCouncil/default.htm

BPW/RC Legislative Committee

Your BPW/RC Legislative Committee for 2008-2009 consists of co-chairs **Phyllis Hargrave** and **Jamie Patrick**. The Legislative Committee will keep all our members informed on our USA National Legislative Platform as well as Local and State issues.



BPW eNewsletter Submission and Distribution -

BPW's eNewsletter goal is distribution on the 2nd and 4th Tuesday of every month. If you would like to include information in the eNewsletter, please submit your announcement via email, in paragraph form, in 50 words or less to BPWeNewsletter@aol.com by 7pm on the Friday prior to that following week's eNewsletter's release. ALL SUBMISSION REQUESTS WILL BE FORWARDED FOR APPROVAL BY A MEMBER OF THE BPW/RC BOARD. If approved, announcements will be posted to the next release. Preference is given to BPW members and sponsors. By default, all submissions will be posted on a one-time basis in the next pending BPW eNewsletter. If you require your submission to run more than one time, you will need to include the "run-until" date in your submission request

Special Interest Volunteer Opportunity:



"Creating a Harvest for Others"

As you prepare to celebrate the fall harvest and Thanksgiving with your friends and family, consider sharing some of your time to help facilitate abundance for others. Louisville's **Dare to Care Food Bank** is always looking for volunteers. With the holidays upon us, and in these uncertain economic times, the need couldn't be greater.

Dare to Care Food Bank was founded in 1971, when Louisville was confronted with the news that right in their own city, on Thanksgiving Day, a nine year old boy had died of starvation. The name Dare to Care became the call to arms of people throughout the area as they joined together to attack hunger in many of their neighborhoods.

Mission

Today, as stated on its website (www.daretocare.org), the mission of Dare to Care is to end hunger through partnerships, innovative programs and community engagement. With a special emphasis on the needs of infants and children, the elderly, and the ill and infirm, Dare to Care offers a variety of programs that have been established to help fulfill that mission such as the Food Bank Program, the Emergency Food Program, the Kid's Café Program, Care Barrels, Check out Hunger and Patrol Against Hunger, amongst others.

How Can YOU Help? Volunteer Opportunities

There are many ways that you can be directly involved in supporting Dare to Care's mission of feeding the hungry:

- **Sort food** in the Dare to Care Food Bank warehouse (need scheduled groups of 8-22).
- **Sponsor a Food Drive** to create awareness of the ever-growing problems of hunger in our own community.
- **Promote the Kroger Fall Food Drive** by volunteering to pass out flyers the first three weekends in November at all area Kroger stores. This food drive is crucial to Dare to Care's winter food supply and is a great opportunity for middle and high school students to get 3-4 hours a day of community service.
- **Serve meals** at one of Dare to Care's 15 [Kids Cafe sites](#).
- **Be a receptionist** by taking calls and directing food clients to Dare to Care distribution centers. Shifts are three to four hours, one day a week, morning or afternoon.
- **Provide Administrative Support**, such as filing, mailings and data entry.

Help with Special Events throughout the year such as The Hunger Walk, www.thehungerwalk.org, Taste of Derby Festival, and more.

If you would like to be a Dare to Care Food Bank volunteer, please call Pat Kenkel, Dare to Care Volunteer Coordinator, at 966-3821. Or email Pat at pat@daretocare.org.

Or, to donate funds to support Dare to Care's mission of feeding the less fortunate in Kentuckiana, you can make a donation at <https://daretocare.powweb.com/donation.html> or by sending a check to DARE TO CARE FOOD BANK, P.O. Box 35458, Louisville, KY 40232.

NOTE: Dare to Care Food Bank keeps administrative costs at less than 4%.

Neill Myers

Special Interests Chair





What to do if a CFL breaks from Consumer Reports:

Compact fluorescent bulbs contain small amounts of mercury, a neurotoxin. Exposure to a broken bulb can pose a health risk, especially to a developing fetus or young child. So be careful where you install CFLs, especially in carpeted areas, which cannot be completely cleaned of mercury unless the carpeting is removed.

If a bulb does break, don't panic. Follow these instructions, adapted from the federal Environmental Protection Agency and the Maine Department of Environmental Protection:

First, open the windows, shut off central A/C or forced-air heating, and have people and pets leave the room for at least 15 minutes, and don't let them walk through the breakage on the way out; continue ventilating the room for several hours.

TO CLEAN HARD FLOORS:

- **Wear disposable rubber gloves** for maximum protection.
- **Don't vacuum or sweep the mess.** Doing so will spread the mercury vapor and dust throughout the area, and potentially contaminate the vacuum.
- **Carefully remove the broken glass.** First remove larger pieces by hand and scoop up smaller ones using stiff pieces of cardboard or paper (e.g. index cards). Then use sticky tape (e.g. duct, packing or masking tape) to clean up still smaller fragments and dust. Finally, use a disposable damp cloth to wipe up the finest particles.
- **Place all breakage and clean-up materials in a secure container,** preferably a glass one with a lid, such as an empty food or canning jar. Otherwise, use a double-sealed plastic bag and immediately dispose of all waste per the instructions below.

TO CLEAN CARPETING OR RUGS:

- **Consider disposing of throw rugs or removing the carpet area** where the breakage occurred as a precaution, particularly if the rug is in an area where infants, small children or pregnant women spend time. This is the only way to help ensure you get rid of all of the mercury.
- **If the carpet is not removed, carefully remove the broken glass.** Put on disposable rubber gloves for maximum protection and remove larger pieces by hand. Then use sticky tape (e.g. duct, packing or masking tape) to clean up smaller fragments and dust. This will get rid of a lot, but not all of the mercury.
- **Place all waste and clean-up materials in a secure container,** preferably a glass one with a lid, such as an empty food or canning jar. Otherwise, use a double-sealed plastic bag and immediately dispose of all waste per the instructions below.

TO SAFELY DISPOSE OF BROKEN BULBS:

- **Immediately place all contained breakage and clean-up materials outdoors** in a trash container or other secure location until you can bring it to a household hazardous waste handler. Check the Environmental Protection Agency's [lightbulb recycling site](#) for drop-off sites in your area (note that retailers such as Ikea and Home Depot that take back CFLs won't accept broken ones for recycling). We strongly discourage disposing of CFLs in the trash, and in some states and municipalities, it's against the law to do so. You can ask your local or state government about disposal requirements in your area.



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