

About Your Witherbee Neighborhood Association

Boundaries:

33rd to 56th &

'O' to Randolph Streets

Meetings:

7:00 p.m. first Thursday of each
month at Tabitha Lifequest Center,
48th and J.

www.facebook.com/witherbeena

www.WitherbeeNA.org

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President's Message



Fred Freytag

The heat has not stopped the Witherbee Neighborhood Association's planned activities for the remaining of the summer!! In fact we've heated things up even more so you will want to come out and enjoy some exciting events that are planned for our community. Before reading on, get out your calendar so you can save the dates with the following events.

First, come cool off at our annual Wood's Swim Party and Ice Cream Social scheduled for Friday, August 3rd beginning at 7:00pm. There will be something for everyone, check out the details on page 1. A celebration and dedication of Witherbee Park is planned for August 26th beginning at 4:30pm. Don't miss the "unveiling" of a sculpture there and then cool off with a snow cone and more... see details on page 1. On September 9th WNA will participate in the Streets Alive event with a booth along 33rd street, check out details on page 4. WNA sponsored neighborhood garage sales will take place the weekend of September 22nd, please see details on page 15.

Don't put your calendar away just yet! Be sure to mark it for the first Thursday of each month when we get together for our regular monthly meetings. These meetings are where the action begins for all of our events. They are also an opportunity for you to get to know your Witherbee Board and keep up to date on current happenings in the neighborhood.

These meetings are usually attended by a Lincoln Fire Department representative or Lincoln Police officer. I'd like to take this opportunity to THANK Sgt. James who has attended the last several meetings and reviewed recent crimes in the neighborhood with us. We are happy to share that crimes have been low in our neighborhood. Engaged neighbors, along with the efforts of the Lincoln Police department, have helped to keep us safe and have kept most of our belongings untouched by criminals.

At our August 2nd meeting we will begin planning for our annual November meeting and hope to involve our neighbors on ways to make our WNA strong long into the future. Please attend and become informed to future happenings and help us fulfill needs that are required to continue providing you with events such as those mentioned above.

At our September 6th meeting we will bring in a City educator to talk about the maps, trails and bike paths that are in and around the city of Lincoln. We hope to motivate you to become more active and utilize what is available right here in our area.

At our October 4th meeting we will bring you Lincoln Fire Chief John Huff, and Battalion Chief Eric Jones, who will update us on the happenings of the Lincoln Fire Department and how that will effect services to our area. We hope this will be very informative as well as show you that the efforts of the WNA really make a difference to the way our local government makes decisions. It is our positive engagement with them that paves the way to a bright sunny future for years to come in our area of town and beyond.

Please get involved simply by attending our events and meetings! Please think about participating in future planning too because one person really can make a difference.

Special Note: We are seeking more volunteers and involvement. Please attend our August 2nd meeting to help plan for a sustainable future for Witherbee Neighborhood Association.

A Tip From Witherbee Connect

Witherbee Connect would like to encourage and inform people about energy conservation opportunities with reEnergize Lincoln.

This year, let reEnergize help you save money! Through a new energy conservation program for households with incomes under 80% of the median, you may qualify for up to \$3,000 in energy conservation upgrades in your house for an investment of just \$100.

The U.S. Department of Energy has awarded Lincoln and Omaha a \$10 million grant. We are one of 41 programs in the nation that are a part of the Better Building Neighborhood Program. We have participant navigators to discuss the different options you would have as a participant of reEnergize. For further questions or assistance with the process call (402) 441-7658 OR apply online at: www.reEnergize.org/resident/apply/.

For additional Witherbee Connect resources, call the phoneline at 402-488-3314.



Kathy Stastny
402-488-3314

Biking for Fitness and Fun to be Topic of September 6th Meeting

Mike Heyl, from the City of Lincoln, will give a presentation on improvements and plans for Lincoln's Bike Trails at the September 6th Witherbee Neighborhood Association meeting beginning at 7 p.m. at TabithaLifequestCenter. Lincoln's outstanding recreational trails were recently recognized by The League of American Bicyclists with a Bronze Level Bicycle Friendly Community award. The presentation will feature recently completed projects and improvements that are in the planning phase. Come to this meeting and then get out and join us at the 2nd annual Streets Alive event on September 9th. (See page 4).



Mike Heyl

Mike Heyl is a Public Health Educator III for the Lincoln Lancaster County Health Department. He coordinates physical activity and nutrition programs for the LLCHD. He coordinates a bicycle education program for the city through a SPARK grant from the Community Health Endowment. He is excited to share the on-going efforts to provide bicycle education to residents of the city.



623 South 46th street

May Yard of the Month

By Jeff Worrall

In a recent walk around the neighborhood, we passed a yard framed in flowers. Peonies were bursting with color, along with Iris and many more. In the center of the yard stands a flagpole proudly bearing our country's symbol of freedom and honor.

This is the home of Gene and Carol Mueller located at 623 South 46th street. They have spent many years transforming their front yard garden into the gem you see today.

Congratulations to them!

If you would like to nominate a yard in the neighborhood please contact Jeff or Dawn Worrall at 402-601-5269.

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Editor's Message:

August 2nd Meeting to Plan for Future of WNA, Our Events Don't Happen Automatically!

By Jackie Varicak

The Witherbee Neighborhood Association has provided our community with strong leadership that prides itself in keeping the culture and flavor of our neighborhood intact. When issues arise, action is taken swiftly. When opportunities present themselves, neighbors go out of their way to jump in and make things happen. A great example of this is Witherbee Park where the efforts of many have provided for a bright spot as City travelers pass by it on O Street highlighting a neighborhood that is a great place to live.

Many events and programs have become annual activities and long term mainstays that people enjoy and would miss if they didn't happen. They include: the Holiday Lighting Contest, the Big Event/Park Mulching Volunteer

day, WNA Neighborhood Clean Up day, Yard of the Month Awards, Woods Swim Party and Ice Cream Social, WNA Garage Sales, Streets Alive participation, the Annual Meeting with Special Entertainment, the quarterly *Witherbee Buzz* newsletter, Witherbee Connect, and informative monthly WNA meetings.

The hard work and creativity involved in establishing these events and programs have already been done. While there is always room for improvement, most have been done enough times that if a new person steps forward to help it's not overwhelming but enjoyable.

The August meeting will be a time to strategize and plan to make the future of the Witherbee Neighborhood Association last long into the future. Our biggest asset is the people involved and we need more involvement for the sustainability of the organization. There will be openings for new board members in the fall.

Please take the opportunity to attend this meeting and bring a neighbor friend along. It is important to get fresh faces and voices to carry on this new tradition of annual programs, events, and activities that don't just happen automatically, but need the help and support of the people of our neighborhood. Please join us at the Tabitha LifeQuest Center on August 2nd at 7:00 p.m. to help us plan for the future of the WNA.

Don't Miss Streets Alive This Year

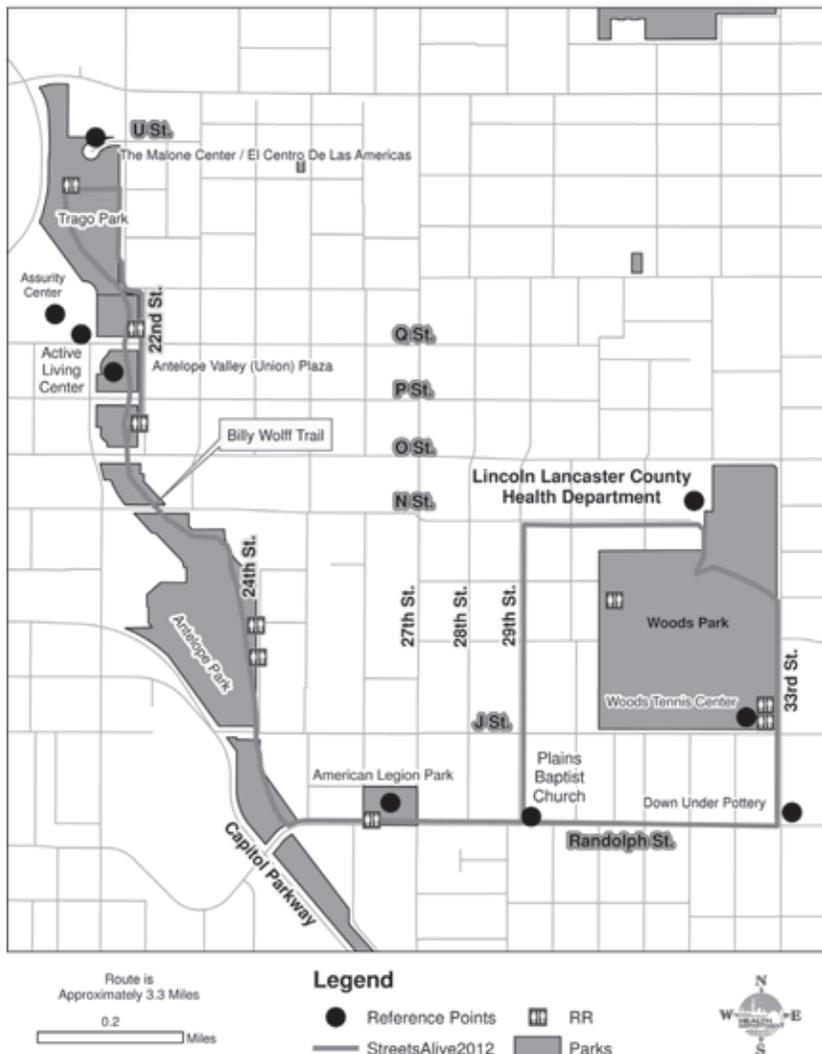
Sunday, September 9, 2012 from 12:30 p.m. - 5:00 p.m. 3.3 miles of Lincoln's streets will be closed to motorized vehicles and opened to walkers, runners, bikers, roller-bladers—anybody using human-powered transportation—to come out and play in the streets! Streets Alive is an afternoon of healthy fun and activity for families, kids, and seniors to freely roam the streets from Woods Park thru Antelope Valley.

The Witherbee Neighborhood borders the route from 33rd and O St. to 33rd and Randolph St. and so the WNA will exhibit along with at least 60 other organizations at the event. WNA will provide information as well as bubbles, chalk, and a bean bag toss for kids of all ages to do. We hope to see you there!



Jackie Varicak

2012 Streets Alive Route



Tabitha Green Houses Celebrate With Carnival & Block Party

By Erika Balm

Tabitha Health Care Services celebrated summer in style, recently welcoming hundreds of Elders, their family and friends to the inaugural Green House® Carnival and Block Party.

The event featured a picnic-style dinner, live music, carnival games, raffle drawings, and an evening of fun and fellowship for the residents who live in Tabitha's innovative Green House homes, along with the greater Lincoln community.

"We're delighted by the excitement and participation our inaugural carnival brought to Tabitha's Green House neighborhood," said Anne Ferguson, Tabitha Nursing and Rehabilitation Center administrator. "It was a joy to see our Elders and their guests savoring the beautiful weather, fantastic entertainment and the spirit of what Green House homes are all about—community."

Tabitha's four Green House homes, located just north of the organization's main campus in the heart of Lincoln, are a departure from traditional long-term care and exist to provide a de-institutionalized option that accommodates the unique lifestyle preferences of every resident. Each house is home for 9 to 12 Elders who enjoy life on their own terms while receiving compassionate skilled nursing care. Green House homes are a unique and innovative living community environment that support Tabitha's mission by promoting the individuality and dignity of Elders no longer able to stay in their own homes.

As a nonprofit organization serving 28 Nebraska counties, Tabitha's love embraces a society where



Hundreds gathered for this year's Tabitha Block Party

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Wonder What All The Neighborhood Digging Is About?

By Mike Fitzgerald

Beginning in mid May, many Witherbee residents received a letter from Black Hills Energy to inform them that the utility would be replacing natural gas mains, and service lines to homes. Then the digging began. Residents along the affected routes appreciated receiving the head's up letter. It made the mounds of dirt in their yards, construction equipment, bright orange barricade fencing and interrupted service more palatable.

The Witherbee Neighborhood area is the first phase of a three-year plan to replace the cast iron natural gas mains throughout streets right of ways in Lincoln. The work began in WNA district 2 (40th to 48th). The plan is to replace all of the cast iron pipe in the entire WNA area and have the work completed by the end of July. The other phases will be in various locations throughout Lincoln and the replacement plan is expected to be completed in 2015.

Black Hills Energy is investing over \$1 million a year over during this three year period for the Cast Iron Replacement Project. The project is part of Black Hills Energy's overall strategic plan in providing safe reliable service to the communities served by the company. Its proactive plan is reviewed annually, and this year removal of cast iron pipe in Lincoln was targeted.

The existing cast iron pipes were installed generally in the 1920s through the 1940s. The cast iron pipes are replaced with polyethylene pipe that is the same diameter. The pressure in the piping ranges from 6 to 12 pounds per square inch depending on the location. The polyethylene pipe is versatile due to its flexibility, ease of installation, and strength. All of the connections are fused together so the piping is seamless and the material will not deteriorate.

Directional boring is a process used by the various utilities and construction companies that bore to install or replace pipes. This remotely controlled horizontal drilling allows the cast iron gas pipes to be replaced without digging



Gas company replacing 70 yr. old pipes.

a continuous trench across yards and through street intersections. The boring machine uses conical carbide cutters to eat through clay, sandstone and other tough conditions.

The drilling machine has the ability to drill at a 300-foot radius and a remotely controlled drill head is used to keep boring on path and avoid other utility pipes (water, sewer, electrical, storm water). For the natural gas mains the bore is 2 inches larger than the size of pipe so that the pipe can be pulled back through the bore.

Black Hills Energy utilizes the services of the Nebraska Diggers hotline to locate other utilities. The locator does not locate private lines such as sprinkler system or ornamental yard lights. But Black Hills Energy works with the homeowners to minimize damaging lines.

After the new pipes are installed, the dig out areas are restored by power raking and seeding. Most of the digging is on City of Lincoln right away, and as with all other utilities, Black Hills Energy meets the City's restoration requirements. Residents who have questions or concerns about restoration work on their yard can call Mike Fitzgerald (402) 486-4073.

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WNA Spring Cleanup by the Numbers

By Mike Kreikemeier

On 5/12/2012 from 8 am to 12 noon, 29 neighborhood volunteers gathered at 48th & M Streets for the 9th annual Witherbee Neighborhood Association cleanup. The volunteers donated over 140 hrs hours of labor organizing the event, picking up litter, collecting refuse and sorting materials to recycle.

- Eleven bags of litter were collected when volunteers picked up litter from over 150 city blocks & 3 city parks.
- A group of 5 people from the Bryan community led by Roger Burriss helped with the litter pickup.
- Freon was safely recovered from 9 appliances by Alter Metal Recyclers for no charge.
- Three auto batteries & 22 tires were safely recycled by Firestone Complete Auto Care for no charge.
- Over 10 televisions were directed to Best Buy Lincoln to be disposed of properly.
- Goodwill collected 1 pallet full of computers and household electronics.
- Eco Stores Nebraska hauled away 1 trailer & 2 pickup trucks full of reusable construction material.
- Neiderhaus Refuse Service donated 3 roll-offs.
- One was filled with 3,120 lbs of metal that was recycled at Alter Metal Recycling which paid WNA \$304.20 for the metal.
- One was filled with 7,920 lbs of refuse that was hauled to the landfill. The tipping fee was \$83.16.
- The third roll-off was not used.
- Shredding Solutions shredded confidential documents for over a dozen people.
- Five pairs of work gloves were donated by Westlake Ace Hardware.
- Thirty Six Donuts donated by Hy-Vee were eaten by hungry volunteers.
- Twenty four bottles of water donated by Walgreens rehydrated thirsty litter picker uppers.
- Twenty four cups of coffee and 24 cups of orange juice along with 1 tray of assorted bagels & cinnamon rolls were donated by Braeda and eagerly consumed by the volunteer workers.
- The use of 5 pickup trucks & 1 trailer were donated by WNA residents to pick up items from over 22 households. Special thanks to Fred Freytag, Ryan



Nine of 26 volunteers fill a roll-off during this year's neighborhood cleanup.

Weslowski, Drew Paprocki, Tom Wild & Eric Page for providing their pickups and labor.

- Hofeling Enterprises accepted several loads of brush from WNA members for free.
- Sixteen Brush cleanup coupons were handed out.
- Sixty eight photos were taken by Larry Frisch documenting the event.
- The in-kind donations were estimated at \$850 from 11 businesses.

WOW...Way to clean up the neighborhood everybody.



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Will Witherbee Residents Suffer Slower L

By Larry Frisch

Lincoln Fire & Rescue has been investigating how to better serve a growing Lincoln while keeping costs of equipment and labor to a minimum. After an extensive study of current resources, and what resources would be needed in the future, LF&R proposed three options to city leaders last April — Option A, Option B, and Option C. These Options included various scenarios of closing some fire stations and building new ones in more strategic locations.

Witherbee, (“O” to Randolph, and 33rd to 56th) is currently served by three fire stations. Northwest Witherbee is in Station 2’s (33rd and Holdrege) primary response zone. Northeast Witherbee as well as the “O” St. Corridor is in Stations 9’s, (Cotner & Vine) primary response zone. Station 7 at Cotner and A serves the balance of Witherbee. It should be noted that these zones are set up because of street layout, where a LF&R apparatus travel time to a specific location can arrive sooner than a unit from a physically closer station.

Response time for the first unit’s arrival is critical in certain medical emergencies. This is especially important for cardiac arrest patients where survivability is determined by seconds instead of minutes. There is a very narrow time window between heart attack onset and application

of CPR and/or defibrillation.

LF&R Option C would close fire station #9 and build a new station 4 miles east on 84th St. How will this affect response time to Witherbee, as well as areas north of “O” St.?

To answer this question, Lincoln Fire Chief John Huff and Battalion Chief Eric Jones will be present at a special meeting with Witherbee residents at 7 p.m., October 4th at Tabitha Media Center, 48th and J.

Chiefs Huff and Jones will be asking residents for their thoughts and ideas on this and other issues.

The Station Optimization Study issued earlier this year offered many intriguing ideas for improving response/effectiveness of LF&R while trying to save budget money, including:

- **Utilize a new type of response vehicle** called a “Ladder Tender”. Please attend the meeting for details.
- **Automatic Vehicle Location System:** Using GPS, a unit could be dispatched from its current location rather than from it’s home station.

Lincoln Fire Chief John Huff Will Attend October 4th Meeting



Chief John Huff

In his current assignment as the Fire Chief, John Huff is responsible for all aspects of Lincoln Fire & Rescue.

Starting as a firefighter in 1974, John has served as a company officer on both engine and truck apparatus.

John has served as president of both Yankee Hill, and Capitol Beach neighborhood associations, and also as deacon of his church. Among his many

board positions were Big Brothers Big Sisters, and Lincoln United Way.

Deeply involved in early Urban Search and Rescue, John was deployed as Team Leader to the Pentagon on 9/11/11, and responded to hurricanes Katrina, Gustav, Hanna, Ike, George, and others.

John was the Task Force Leader for the 2007 NETF1 response to the terrible tornado devastation of Greensburg, Kansas. He was on scene within hours after the event.



Witherbee Neighborhood home drew 10 units from L

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F&R Response If Option C Is Selected?

- **Rescue Engine Companies:** Should Engine companies carry some rescue gear traditionally carried only by truck companies?
- **Medic Units:** Should medic unit personnel at a fire scene be integrated into the fire fighting effort if they are not otherwise occupied?
- **Risk Based Response:** Currently, the number and types of response units sent to any structure fire is the same regardless of size or contents of that structure. Pre-planning could alter the response so that a huge office building would not get the same response as a garage.
- **Training and Reliability:** How to maintain increasing demands on training within budget constraints.

The future of Lincoln Fire and Rescue is being shaped now. It is up to us, the residents of Lincoln, to determine that future. If you have thoughts and suggestions, or simply want more information, then now is the time to get involved. Don't wait until after decisions have been made to voice your opinion. This will be an interesting and informative meeting. Don't miss it!!!



Lincoln Fire & Rescue. See story on page 12.

Battalion Chief Eric Jones Will Attend October 4th Meeting

Currently serving as LF&R Battalion Chief in Emergency Services, Eric began as a firefighter in 1994. In 2003, he was promoted to Captain and assigned to training, where he specialized in hazardous materials and WMD response.

Eric served at Station 9 from 2004 to 2011, where he became House Captain.

Currently serving as Task Force Leader for FEMA Urban Search and Rescue, Eric has responded to the 9/11 World Trade Center, Hurricane Katrina, Ike, Dolly, Gustav, Dean and Opal, and tornados in Greensburg and Joplin. He also responded to the space shuttle Columbia disaster.

Eric has been published in fire service trade magazines and is a technical editor for fire service publications.



Chief Eric Jones

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Before



After

Home Overhaul at 35th & Woods Avenue

By Mike Fitzgerald

The numerous improvements Chris Benson has made to his home at 3475 Woods Avenue have been a win-win. He has been able to indulge his home building experience and his neighbors enjoy the enhanced curb appeal.

The home was built in approximately 1947. When he moved into it in 2001, he knew it needed some TLC. There were no plants on the lot, the front of the house was somewhat plain and the chimney was pulling away from the wall. He knew he could make the needed repairs. In addition, he knew that half of the three-car garage could be converted to a work shop for his antique furniture restoration hobby. He has insulated the garage and installed a heater.

"People who move here invest in their homes and generally stay for many years."

- Chris Benson

To address the chimney problem, he replaced the east wall of the house from the foundation to the roof peak. In 2007 he replaced the roof. In 2009 and 2010 he replaced the windows and exterior doors. Then came the front porch overhaul and expansion. The original stoop was not constructed correctly which had resulted in numerous unsuccessful repairs over the years. He didn't want to do another patch, so he tore out the stoop, including the footings. "With the porch base corrected, I knew 4"x 4" posts or round columns wouldn't be right, but I couldn't

quite think of what was needed. So I worked with a drafting service that proposed the custom pillars."

In addition to the home and garage improvements, Chris participated in a city program to install a rain garden on the northeast corner of his lot, at 35th and Woods Avenue. The rain garden and other landscaping could qualify the corner lot for the WNA Yard of the Month award.

Chris has done most all of the repair and improvement work, relying on specialists when needed.

When he first learned the house was for sale, he wasn't familiar with the area and didn't know where Woods Avenue was. "I like the area and am not sure I would recoup the cost of the work that has been done if I were to sell the house. But that seems to be common around here. People who move here invest in their homes and generally stay for many years."

Home Improvements Stories Wanted

This is the second installment of our spotlighting home improvements made in the Witherbee neighborhood. If you have made an improvement or know someone who has, please contact WNA Buzz editor Jackie Varicak at (402) 438-3616 or email wvaricak@neb.rr.com.



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Witherbee Park Celebration

Continued from Page 1

has challenged other lawn care companies to do the same for other parks. Next door neighbors have spontaneously planted annuals. And the park, buffered from O St., is a relaxing place to stop and enjoy with its new park benches and picnic table which were donated by board member Tony Marquez.

WNA President Fred Freytag wants to make the park celebration and dedication extra special by personally donating watermelons. The WNA board will provide hot dogs and snow cones. There will be some space to sit but it is suggested that you bring along lawn chairs and blankets to sit on. If it is a hot evening Fred will start some sprinklers for the kids to run through.

Just before the event the installation of a sculpture at the South end of the park will be completed (Between August 13-17). The sculpture is being donated by TMCO. Tony Marquez, Witherbee board member and CEO of TMCO commissioned local artist Emily Broderson to design the sculpture. Standing 7 feet tall, the sculpture depicts the form of a mother and child holding hands in a circle. It is constructed of rolled stainless steel and will have a plaque mounted on the concrete base. The plaque will have a wonderful poem inscribed "If I Had My Child to Raise Over Again" by Diana Loomans. The author of the poem granted us permission to use it at no cost.

This event will start with a dedication of the park and sculpture beginning at 4:30 p.m. Signs will be posted showing you where to park. Please consider walking or riding a bike to help prevent a traffic jam. We look forward to seeing you there!!



UNL Big Event

By Jeff Worrall

On April 21, 2012, the Witherbee Neighborhood once again welcomed volunteers from the University of Nebraska-Big Event to our neighborhood parks. In collaboration with many Witherbee residents, the students from Alpha Gamma Sigma helped to beautify our neighborhood parks by spreading mulch in flowerbeds and around trees.

Thank you to these neighborhood businesses who donated items to make the event successful: Westlake Hardware- work gloves; Hyvee Bakery- donuts; Braedacoffee; Super Savor- bottled water; F&M Lawn care- use of a bobcat and trailer.

Summer2012



June Yard of the Month

By Jeff Worrall

Harriet Stoki has lived in the Witherbee Neighborhood for over 30 years, raising her family in a happy neighborhood. She lives at 4309 N street.

Harriet's yard is well manicured, and has many vignettes of statues, and flower gardens. It is a beautiful, peaceful setting.

In meeting Harriet, she commented "I've often wondered why I couldn't ever win yard of the month". We were happy to present her with the Yard of the Month sign, for June. It was thirty years in the making, but worth every moment to see how much she still enjoys being part of the Witherbee Neighborhood. Congratulations Harriet.

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Two of the many units that responded to fire on South 40th St. Dannie's home is to right of trucks.

Tragedy Averted by Quick Thinking and Luck

By Larry Frisch

It was a cool rainy Saturday morning so Dannie Fielder decided to take care of an indoor project — repainting the basement floor. He got his paint, rollers, and paint stripper ready.

After opening the basement door for ventilation, he rolled stripper onto a section of basement floor. As he stood up, the stripper fumes ignited from a pilot light.

“Flames were 4 feet high, and my pant legs were on fire,” Dannie said. “What affected me the most was the fumes. Luckily, I was standing only a couple of steps from the stairs, and I knew the fumes were more dangerous to me than the burning clothes.”

By the time he stumbled up the stairs and kicked the screen door open, his eyes were hurting so bad that he could hardly see. He quickly extinguished his burning pants. Dannie's wife, Lou, was gone babysitting grandchildren.

“I thought the house would blow up, so I grabbed the dogs from the yard and yelled at neighbors to the north to call 911,” Dannie continued. “Fearing that the house would explode, I rushed to the neighbors house on the south side to get them out, but fortunately they were gone.”

Lincoln Fire Truck #7 arrived at the 616 South 40th St. address 3 minutes and 12 seconds after the 911 call, closely followed by Engine #7 and ambulance M7 at 3 minutes 16 seconds, and 3 minutes 18 seconds respectively. All of these vehicles were dispatched from Fire Station #7 at Cotner and A Sts.

Engine #2, dispatched from 33rd and Holdrege, was on scene in 3 minutes and 27 seconds. Fire Truck #1 dispatched from Fire Station #1 at 18th and Q arrived 5 minutes 47 seconds after the call. Battalion Chief, Engine #1, AIR14, Fire Inspector, and EMS Co-ordinator were also dispatched to the scene, although some units were able to return to service quickly.

Dannie praised the response of LF&R, and how quickly they knocked down the fire still burning in the basement, holding damage to a minimum. “I couldn't be more pleased with how they handled the situation,” he said. “They got here fast, and did everything right.”



Dannie's pants didn't survive the fire.

But Dannie is quick to point out what a “close call” it was for him. “Another minute down there in those fumes, and I would have been a goner,” he said. “It was pure Luck that I was so close to the stairs.” and, “next time I will do more to provide proper ventilation than just open a door.”

Despite losing his pants and the hair on his legs to the fire, Dannie did not sustain any serious injuries, and was not taken to the hospital.

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Witherbee Connect Wants You To Know:

Aging Partners is Expanding Programs and Services to Those Under Age 60

The following was submitted by June Pederson, Aging Partners Director with you in mind!

Aging Partners, the area agency on aging serving an eight-county area in Southeast Nebraska, has always been a tremendous resource for persons age 60+. Now we're developing expanded programs and services to serve people under age 60—as they plan for retirement and enjoying later life. Individuals who have questions about aging parents constitute a significant part of our work. Now, through our **Planning Ahead** core services, adults of any age can meet with our financial counselors as they approach significant birthdays to be sure they are making good decisions regarding Social Security and Medicare for themselves as well. A consultation appointment with our experienced staff can assure you make the right decision at the right time.

We've been offering the required consultations if you are considering a reverse mortgage—an option available to persons over age 62. This financial option should be entered into with clear information so there are no surprises. Our financial counseling staff can help with this important decision. You can read more about this Aging Partners service on page 18 of this issue of *Living Well*.

Living at Home is a core service area of Aging Partners and the phrase means something different for each individual. If you or family members are interested in moving from that big home to smaller living quarters, you can contact any number of facilities in our service area. Each will provide you with the reasons why their facility is your best option. If you want to begin with an unbiased professional who has only you in mind, a consultation with an Aging Partners specialized staff member can save you time and effort and offer multiple choices to consider. We don't represent any particular facility or option—we are your source for information on all things aging.

You can purchase books at the bookstore that talk about the aging process, or you can meet in person with the experts who have the answers to your questions about aging at Aging Partners. An appointment with one of our care managers can help you or a family member make good decisions with unbiased professional assistance.

Being Well is another core service area of Aging Partners. We offer programs designed to help you make healthy nutrition choices. Our evidence-based programs are designed to give you the tools to develop skills in "Healthy Eating for Successful Living" or "Living Well with Chronic Conditions". In the near future we will offer a program designed to help you control your Type II diabetes with Diabetes "Self-Management Training", which is paid for by Medicare if you are 65 or older but available to all adults.

Aging Partners Health and Wellness exercise programs are shown mornings on 5 City-TV on cable in Lancaster County. If that doesn't fit into your schedule, our Health

& Fitness program offers reasonably-priced exercise opportunities at 233 South 10th St. in Lincoln that don't require signing a contract. Anyone of any age is welcome. Aging Partners exercise programs that are aired on 5 City-TV such as "Yoga", "Tai Chi", "Stretch & Tone" and "Sit and Be Fit" are available for purchase on DVDs to use at home on your own schedule.

Our fourth core service area is **Staying Involved**. Each month we offer a variety of opportunities for you to connect with others in your community. Many of our educational and special events are offered for a suggested contribution for persons age 60+, you'll find they are a bargain at the under 60 price as well. Day trip tours, Dinner and a Show, and Lunch Box Talks are just a few of the opportunities available to adults of all ages.

Aging Partners is a unique source of information and help to anyone, regardless of age or income. We have amazing skilled professionals who answer questions and offer options for your needs. For those with limited means, we are here to assist you in finding programs and services that can improve your quality of life. We've been doing that for 40 years and we can help you. Just call 402-441-7070. We're Aging Partners – and we're only a phone call away.

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WNA Calendar

Membership not required for any meeting.

Monday Evenings — 6 p.m. to 7 p.m. “Our Street” on KZUM 89.3. Shawn Ryba and Lynn Fisher focus on issues facing Lincoln neighborhoods. *New program will air each Monday.*

Thursday, Aug. 2nd — 7 to 9 p.m., WNA monthly meeting, Planning for Future Witherbee Events (see page 4). Tabitha LifeQuest Center conference room, 48th and J Sts.

Friday, Aug. 3rd — 7 p.m. to 9:30 p.m. Woods Swim Party and Ice Cream Social (see page 1), 33rd and J St.

Saturday, Aug 25th — 9 a.m.-1 p.m. Household Hazardous Waste Collection, at Veyance Technologies, 4021 North 56th St.

Sunday, Aug. 26th — 4:30 p.m. Witherbee Park Grand Opening and Sculpture Dedication 46th and O St. (see page 1).

Thursday, Sept 6th — 7 to 9 p.m. WNA monthly meeting, Featuring Mike Heyl, City Bike Educator (see page 3). Tabitha LifeQuest Center conference room, 48th and J St.

Sunday, Sept. 9th — 1 p.m.-5 p.m.-Streets Alive (see page 4).

Thursday, Sept. 20th to Saturday, Sept. 22nd — WNA Garage Sales (see page 15)

Saturday, Sept. 22nd — 9 a.m. -1 p.m. Household Hazardous Waste Collection, at Lincoln Industries, 600 West E St.

Saturday, Sept. 29th — 10 a.m. to 2 p.m. Unwanted Medication Take Back Day with Drug Enforcement Administration, Various locations in Lincoln – Call Dan King at 402-441-8084 for more information or immediate disposal options.

Thursday, Oct. 4th — 7 to 9 p.m. WNA monthly meeting, featuring LFR Fire Chiefs Huff and Jones. (see page 8). Tabitha LifeQuest Center conference room, 48th and J.

Saturday, Oct. 13th — 9 a.m. -1 p.m. Household Hazardous Waste Collection, at Woods Park, Parking Lot: 31St and J St.

Special Appointments for Household Hazardous Collection can be made with Dan King at 402-441-8084

WNA wishes to thank Tabitha for being a great neighbor and providing meeting space for us each month. We appreciate it.

Woods Swim Party Continued from Page 1

such as John Meloncamp, Bob Dylan, Van Morrison, Sam Cooke, Al Green, Otis Redding, and Johnny Cash.

Chalk drawing and bubble blowing for the kids will be available. The tennis courts will be open for you and the family to hit around some balls if you so choose until 8:00 p.m. Tennis center pros will be on hand to feed balls and offer advice. Racquets and balls will be provided.

Enter the pool for free beginning at 8:00 p.m. until 9:30 p.m. and cool off with a swim.

So come one, come all and enjoy a wonderful night of activities! Plan to join us and make this year’s event the biggest and best ever. It’s a great way to meet new neighbors or get to know old ones better, and the price can’t be beat for a fun family evening. All neighbors and their guests are welcome regardless of whether they are members of WNA.

A big advance thank you goes out to all dues paying members of the WNA along with event sponsors, Super Saver, Walgreens and Woods Tennis for making this event possible. Thanks Woods Swimming Pool Staff and Gabe Nelson for saving the date and providing the entertainment. And to all the volunteers that worked to put this event together THANK YOU, on behalf of all neighbors, family and friends!!

A police car and fire truck will be on display, (emergencies permitting).

Conveniently located for
Witherbee residents

CAREDAY QUEST

Child Care & Preschool Program
(6 weeks – 12 years)

3633 “O” Street (37th & “O”)

*We offer a bright,
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► **Facilities Sanitized Daily**

Reading Times, Arts & Crafts, Science Projects, Building, Costumes, Play House, Singing, Parades, Nature Walks, Holiday Events, Park Trips, Fun Theme Days, Monthly Daisy Doe Clown Visits, Santa at Christmas...

Enroll Now!
402-476-0433

CAREDAY QUEST

3633 “O” Street (37th & “O”)

WNA Neighborhood Garage Sales

Scheduled for Sept. 20, 21, and 22

Residents of the Witherbee neighborhood are invited to participate in the 2012 garage sale extravaganza Thursday, September 20th, through Saturday, September 22nd, 2012.

The Witherbee Neighborhood Association will do the advertising for YOU! An ad will run in the Journal Star, on the KOLN-KGIN, KKLN, KFOR calendar of events web pages plus signage and fliers will be available at local businesses. You can also help "spread the word" by telling friends and coworkers of the neighborhood sales.

You may also, at your own expense, place your individual ad in the Journal Star Garage Sale section. If you choose to do this, begin your ad with the word "Witherbee" and all of the ads will be grouped together in the garage sale section of the Journal Star Classifieds. This event brings people from all over Lincoln into our neighborhood to see our quality of life and get the chance to find some great bargains and choice goodies.

Five dollars is all it takes to have your garage sale listed on the WNA map, fliers, and website. In addition, prior to sale dates, a full-colored WNA GARAGE SALE yard sign will be delivered to each sale along with maps indicating all of the sales in the WNA area.

Please complete the coupon at the bottom of this page. Deadline for registering your sale is September 10th, 2012.

Tips for a successful garage sale:

- Over the next couple months, collect what you want to sell.
- Clean out your closets and anything that is useless to you or you don't want, put it on the sale. Don't throw anything away. Remember one person's trash is another's treasure.
- Show a price on all merchandise. The price should be on the top of an item so it can be easily seen by the customers. The bigger the item, the bigger the price tag should be. Make it obvious. If you're selling a sofa-you cannot expect the buyer to be looking all over for a tin dot

sticker. Use a full sheet of paper and list any good selling points or flaws.

- Be sure to research prices by checking out other garage sales or what the price is going for on www.ebay.com.
- You can also list items on Craig's List at <http://lincoln.craigslist.org>. When potential buyers come to look at your Craig's List item, they will find your other great garage sale finds as well.
- Display some of your more interesting items at the end of the driveway to act as a magnet to lure folks in.
- Prior to sale day, get rolls of quarters, dimes, and nickels, along with small bills (plenty of one's). You will have many customers with twenty dollar bills so you want to have plenty of change on hand to accommodate their purchases. Always keep an eye on your cash box and never leave it unattended. Fanny packs or carpenter aprons are handy too, as you will always have your money with you.
- Display your items well by arranging your best items for sale on tables. Lesser goods can be put on rugs or blankets spread on the lawn. When selling books and CD's, arrange in a box so the titles can be easily read by the customer. Put some effort into your sale, and try to sell stuff by making it the most attractive it can be. If the first thing that a customer picks up is dirty, it may turn them off to looking at other things you have to sell.
- Make a couple of large, clearly written signs, with the date, time, and address of your sale. Post these on the corner of your block, and also put one in your yard. Arrows on your signs are helpful for those not familiar with the neighborhood.
- When your sale is over, please keep the neighborhood beautiful by removing your signs, and delivering your unsold/unwanted items to the thrift store or charity of your choice.
- Remember, you can access garage sale information and maps at www.witherbeena.org



Witherbee Garage Sale Sign Up

Please clip and drop off or send with \$5 to Jeff Worrall, 417 So. 40th, Lincoln, NE 68510 prior to *Sept. 10th*. Make checks payable to Witherbee Neighborhood Assn. E-mails may be sent to garagesales@witherbeena.org

Name _____ Ph. No. _____

Address _____ Check Days: Thur. Fri. Sat. Time of sale _____

Sale items 25 words or less: _____



WNA neighbors gathered last year to enjoy the Free Swim and Free Ice Cream Social.

Your Witherbee Neighborhood Association and Super Saver Present

Sixth Annual

Witherbee Pool Party and Ice Cream Social

FREE!

FREE!

Music by Gabe Nelson

Sidewalk chalk-drawing contest. (with prizes)

Woods Tennis pros will provide court time, rackets, balls, and tips.

Friday, August 3th

Ice Cream: 7 to 9 p.m.
Pool Time: 8 to 9:30 p.m.

Woods Pool
and Plaza Area

All Witherbee residents and
their guests welcome
at this free event.
WNA membership not required



and



WNA is providing the the free pool time, music, and SuperSaver is providing the free ice cream.
Woods Tennis Center is providing tennis racquets, balls, & tips.
Walgreens is providing chalk and prizes.