



# The Witherbee Buzz

Vol. 6 No. 4

Newsletter

Fall 2009

The Witherbee Neighborhood Association includes the area bounded by 33rd to 56th and Randolph to "O" Streets

## Jon Roth Returns Nov. 5th With Photo Show For WNA Annual Meet



The marquee reads "Bambi"

### The Things We Did for Entertainment

By Jon Roth

Remember when you could go to the movies all day for a quarter, or a buck would get you five gallons of gas? Not so long ago, and we made our own fun. No iPods, no computers, no cellphones. Just vivid imaginations combined with a whole bunch of forms of entrepreneurial entertainment. There was Cool Crest miniature golf, skating, swimming, baseball. A day at Capitol Beach was a family bargain, and, after a day of picnicking (which included getting a sugar high on a chest cooler full of cans of nickel pop from the Holiday station), and swimming in the saltwater pool surrounded by sand, the fun lasted way into the evening. There were movies. Lots of them. Saturday marathons could keep you out of your folks' hair for hours. A little bit of money went a long way at the drugstore, too. There were soda fountains, and toy aisles chock full of water pistols and parachute men. In the winter, shoveling sidewalks could fill your pockets with money to burn. And when you had no money at all? There were card games and yard games, and all kinds of bugs; Bright-colored Koolaid in large checkered jugs. You couldn't help but have fun as a kid in those days. If you couldn't find it--you made your own.

On November 5th, MaryJane Nielsen and I will return for another Look Back. This time, we will focus on the Things We Did for Entertainment. Be sure to bring a favorite toy to share (and, if you don't have that—one picture is worth a thousand words).

### Free Food—Fun—Fotos—Fellowship

Please join us at Tabitha Media Center (48th and J.) for our Annual Meeting Soup Supper.

Our motto for this year's annual meeting soup supper is "Why mess with success!"

The program and soup supper was so warmly received last year that we are inviting the Witherbee Neighbors to join us for another chapter and verse on the same theme.

Please arrive by 6:30 for our "Chili Cookoff"! This also comes with a vegetarian, non spicy offering for those so inclined to pass up the THREE kinds of chili.

Enjoy the dinner, then sit back with a warm dessert and drink while you view more photos from our past. Please feel free to stay for the business meeting and get to know the people who are on the board of Witherbee Neighborhood Association.

Everyone is welcome, and members of WNA may vote for the new board members who will be elected at this annual meeting.

WNA is more than a few dedicated people who meet monthly to carry out the business of the neighborhood, WNA is YOU if you live between 33rd and 56th, O Street to Randolph. Get involved and make a difference in your neighborhood and your city.



Must-have toy for every boy

### Nominees For WNA Board 2010 – 2011

Board members are elected for two-year terms with a maximum of two terms. This is to promote new member involvement and fresh ideas and avoid overworking a few members. When everyone does a little, no one has to do a lot.

The Nominating Committee has forwarded the following volunteers to serve on the WNA Board; Bryan (Bo) Dowling, Mary Schwab, Laura Wiese, Mike Jahnke, Tony Marquez, and Cheryl Hejl (2nd term). Their pictures and short bios can be found scattered throughout this issue of the Buzz.

See Page 8 about Postcard Insert

## About the 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.

### Web Site:

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

### Executive Board:

Curtis Wood, President  
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[cwood57@neb.rr.com](mailto:cwood57@neb.rr.com)

Rick Bagby, Vice President  
488-8567  
[witherbeerick@gmail.com](mailto:witherbeerick@gmail.com)

Kathy Holland, Secretary  
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327-9646  
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Steve Schwab, Past President  
440-7630  
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[jason@drivemethod.com](mailto:jason@drivemethod.com)

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## President's Message

This will be my last published message as president of the Witherbee Neighborhood Association (WNA). The two terms have flown by so fast that I can hardly believe the time has passed that quickly. I have truly enjoyed serving in this capacity because I have been having a fun time working with the neighbors. It has not seemed like work at all due to so many people contributing to all the events. We have a very unique and talented group of people living in the WNA that are absolutely a pleasure to work with. I have received nothing but compliments from other neighborhood associations, businesses, many individuals, and government leaders.



Curtis Wood

We have so much to be proud of in our association. I would like to name and thank a few of our people assets that makes us the association that causes "neighborhood association envy" with other associations in Lincoln. Most of these names will be familiar to most, but they do not seek to be famous. They seek to have fun and make Witherbee a great place to live. I wish I could thank everyone who has helped but it would take a larger newsletter.

Mike Fitzgerald was one of the founders of the revitalization effort of WNA. He saw a problem in a proposed development and rallied other neighbors to join him to get the down-zoning that many neighborhoods fail to do to preserve their single family environment. He continues to support the work of WNA with sage advice, excellent writing skills, and an always conducts a vigilant walking tour of Witherbee. His even encourages his children to participate in several ways including writing fresh viewpoint articles for the newsletter. Thank you, Mike!

Larry Frisch was one of those early members and was quite a find for WNA. His talent with the printed word makes the "Buzz" the most professional newsletter in Lincoln. He works nights and weekends to assemble the articles into the most original and newsworthy printed piece delivered in the neighborhood. Larry also twists arms to get articles from a wide variety of neighbors so many diverse points of view are delivered in each edition. Watch out if you see Larry coming, he may have an article with you as author in mind. Thank you, Larry!

Fred Freytag has also been "around since the beginning" as he often has a habit of saying. He is the person who recruited me to the board. He is always promoting Witherbee through daily interaction and his talent as a website designer and as our webmaster. Thank you, Fred!

Ann Richards has also been a great asset during my time in Lincoln. I believe she may have been the one to suggest my name to Fred when he called me to be on the board. She has worked some late nights helping organize our mail list to build our membership and has been there to notarize our "articles of incorporation". She said she wanted the name on those forms and worked to get it done twice for us. Thank you, Ann!

I would also like to thank all the members who have responded to our membership statements and attended all the events. Most associations can't get a quorum together while WNA blows the doors off our meeting places. It has been a privilege to have served as your president. Thank you, members!

## Learn How to Plug Into Special Olympics Nationals On Dec. 3rd

The Special Olympics 2010 USA National Games will be held in Lincoln and Deb Stroh, director of volunteer services for the event, will speak at the WNA meeting on Dec. 3. She will talk about the fantastic opportunity for you to put community spirit to work to help showcase Lincoln to the nation.

The event will include 3,000 athletes from 50 states and 8,000 volunteers are needed to make it a success. Deb Stroh will talk about how you can participate as a spectator or volunteer when the event brings 15,000 - 20,000 people to Lincoln.

Sports competitions will include: Track & Field, Gymnastics, Aquatics, Powerlifting, Basketball, Softball, Bocce, Soccer, Bowling, Tennis, Flag Football, Volleyball and Golf.

In addition, educational seminars will be offered to athletes and their families. Additional programming will be aimed to increase public knowledge and understanding of the capabilities of people with intellectual disabilities.

Deb Stroh was born and raised in Nebraska, attended Waverly High School and received her degree from University of Nebraska-Kearney. She has traveled internationally to various areas of the United States as a U.S. Army military spouse. Throughout the last eight years, her husband and three sons have lived in Chicago. She enthusiastically returned to Nebraska in August 2009 to become the Director of Volunteer Services for the Special Olympics 2010 USA National Games, coming to Lincoln July 18-23, 2010.

## Witherbee Kicks Off Tabitha Expansion Plan

At the August membership meeting Witherbee Neighborhood Association (WNA) made a \$500 donation to help kick-off the fundraising campaign for Tabitha's Expansion Plan. Joyce Ebmeier of Tabitha stated the fact that WNA's donation would benefit more than the dollars, as Tabitha would use our name as a founding contributor to the campaign. That sort of support carries tremendous weight when used in future materials for the campaign. Joyce received the check right after the meeting and was overwhelmed by the gesture of support from our association.

WNA received a "thank you letter" from Tabitha Foundation Vice-president David C. Fuerst later in August in which he stated WNA would be "helping Tabitha clients to live the moments of their lives. He went on to thank WNA for our understanding and commitment to Tabitha's Mission and Vision. Such help is at the heart of Tabitha's care.

Tabitha is a good neighbor, a supporter of WNA with newsletter advertising, and furnishes meeting space all year round for our activities. They have been especially helpful providing meeting equipment and refreshments for all our different meeting needs. We could never thank them enough for their support and encouragement in all our endeavors. THANK YOU, TABITHA!



Witherbee house decorated for 2008

## Holiday Lighting Participation Encouraged

Witherbee Neighborhood is gaining quite a reputation for community involvement and camaraderie. We'd like to add to our list "a great neighborhood to drive around and see plenty of holiday lights." If last year was any indication of the enthusiasm and commitment to holiday traditions, we're well on our way to adding that to the list. Many Witherbee neighbors expressed their creativity and enthusiasm for the holidays by decorating their windows, homes, yards, bushes and trees. Some kept it simple. Some went all out. Some teamed up with their neighbors and others offered help climbing ladders or helping with extension cords. It's simply another opportunity for being neighborly and that's what Witherbee personifies.

Last year, many of our neighbors were pleasantly surprised to receive their particular awards and were happy to use the hot drink coupons donated by our local businesses. There will be another group of relatively anonymous judges cruising around this year looking for homes to bestow their awards upon. Judging night will be December 15th. Once again, the group will maintain the right to create awards spontaneously, as well as specify the awards in advance via the Witherbee website: [www.witherbeena.org](http://www.witherbeena.org)

Due to the timing of the newsletter distribution, you'll have to check the Witherbee website for specific awards. And if you'd like to be one of the sensational, multi-generational, judges, simply contact Dee Wood at 817-3809.

Simple pleasures seem to be appreciated more and more these days. Know that the effort you put into lighting up your window or yard is appreciated by many.

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# Hawthorne Future To Be Decided Very Soon

When Hawthorne Elementary was closed in 2007 the future of the historic structure was in doubt. The building was badly in need of renovation and there were no funds available to remove asbestos, fix the roof, etc.

It was feared that the building would remain empty for several years, but prospects started looking up when some LPS building projects were being completed under budget and over \$5 million was found to renovate the structure.

## Community meeting held Sept. 10th

Ed Zimmer along with other Planning Committee members Kevin Keller and Richard Meginnis held a meeting on the School Board's behalf to gather information for the decision process for the next use of the Hawthorne School facility. This meeting was held Thursday, September 10, at the Life Quest Center at Tabitha. The Committee, working with neighbors, had a public conversation about what uses would be desired/appropriate for the facility. Six LPS Board members attended the meeting.

## Planning Committee parameters

The Planning Committee established parameters and then asked LPS staff for recommendations on how Hawthorne could be used. Those parameters are as follow:

- \* Incorporate the highest and best educational use.
- \* Options to be developed based upon available resources.
- \* Consideration to allow neighborhood/community use.
- \* Planning for adequate parking to accommodate all indentifiable programs and/or facility/site use functions.
- \* No additional "new" programs or support functions to be considered in the proposed options.
- \* Solutions should allow conversion of Hawthorne to revert back into an elementary school facility if needed, at some future date.

## LPS staff recommendations

The Planning Committee met with SPS staff on Sept. 23rd where the staff presented the following four prioritized options to the Committee.

**Option A:** Bryan Community, Special Education Department, and Student Services Department:

Option A would relocate Bryan Community to Hawthorne. This would provide Bryan with the additional facilities such as a gymnasium, enlarged media center, and cafeteria. Some space for growth in programming and student enrollment would be available.

In this option, the Student Services and Special Education Department would also be relocated from LPSDO to Hawthorne. This option would meet all of the parameters suggested by the Committee. Space for some additional parking is available without encroaching on the green space appreciated by the community. Funding is available to accomplish this option. The District uses of Special Education and Student Services are compatible



with the available space not used by Bryan Community and would meet the desire to have student programs in the facility. Public use of the departments would be accommodated without interfering with the student use. This facility, like all LPS facilities, would be available for planned community use and would support the neighborhood play area.

**Option B:** Bryan Community, Curriculum Department, and Staff Development Department:

Option B would relocate Bryan Community to Hawthorne. In addition, the Curriculum and Staff Development Department would be relocated to the Hawthorne facility. Space for some additional parking is available. Hawthorne facility is conveniently located for teachers and staff use and the public use of the facility could be accommodated without interfering with student use.

**Option C:** Sherrill Educational Center, Yankee Hill Program, Special Education Department, and Student Services Department:

Additional costs could be incurred due to the remodeling more of the school to office use. Departments are compatible and often work together. Future costs may be necessary to upgrade the Sherrill Center which would not be necessary if placed at the Hawthorne facility. Parking needs could be sufficiently accommodated. More costs would be incurred if returned to elementary school use.

**Option D:** Educational Service Unit, Staff Development, Special Education, Student Services, Curriculum, Federal Programs, Media Services, and TeamMates Program.

This option would not meet the parameter of primarily a student-use facility and would be somewhat more expensive due to the office use arrangements. This option would not fully utilize the facility's entire space, but would accommodate growth in those departments.

## What is next?

The Planning Committee is expected to make its recommendation to the School Board during October or early November. Interested WNA residents should attend the next School Board meetings to express their recommendations and viewpoints.



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Construction of Staples building replaces weeds.



Unightly motel to be demolished.

## 48<sup>th</sup> And 'O' And Away We Go . . .

By Doug Emery, Chair-Lincoln City Council

We are starting to see some movement in the 48<sup>th</sup> to 56<sup>th</sup> area of O street. While the south side of the street is going strong the north side has struggled to get off the ground. Additionally the closing of the Villager and the continued deterioration of the old movie theater have left the area looking unsightly.

The problems with north corner of 49<sup>th</sup> and O has been access off of O Street and signage issues. The city council has legislation before them to approve signage waivers that will make the lots more desirable. Additionally it appears that some movement has been made and Staples and the city will be able to find some agreement

on access. The ground has begun to move for the Staples property which will be a big addition.

They are currently removing asbestos from the Villager property with the next step being demolition. The city feels the property is much more likely to attract developer attention with the buildings gone. The current owners have been working with the city to remove this eyesore. The next step is to put similar pressure on the owners of the old theater to get it torn down.

While we have a long ways to go we are finally seeing some progress and returning this area to productivity are vital to improving the O street corridor.

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## St. Teresa's Church Celebrates With October Picnic

The St. Teresa's Parish and its neighbors enjoyed a beautiful fall afternoon on Sunday, October 4<sup>th</sup> with a family picnic. The picnic is an annual event for the Parish to celebrate the feast day of its Patron Saint, Saint Therese of Lisieux, France. Saint Therese was a Carmelite nun who lived her life doing small things with great love.

The Parish received a City permit to close off 36<sup>th</sup> St.



Left to right, Wes Sebbins, Angela Rehtus, Monsignor Nemeč, Mark Young and Peter Morin entertain the crowd with songs ranging from O' Danny Boy to the participatory Chicken song.



Two lines serving hamburgers move attendees quickly to tables of home cooked side dishes.

from Randolph to J St. as well as the East half of Laura Avenue. The picnic began at 4:00pm with freshly grilled hamburgers and hotdogs provided by the men's club of the Parish. Parishioners and neighbors each brought a side dish to share. Festivities included live musical entertainment, a Saints parade by the children, games, face painting and door prizes. The picnic was attended by 350 people and was again a great success and enjoyed by all.



Children line up for the popular Saints parade.



Laura Avenue provides plenty of space for picnickers.

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# August Yard of the Month

By Amy Greving

A visit to Steve and Mary Schwab's beautiful yard is like a visiting an arboretum. Along with shade and bird-song, there is a feeling of space and airiness. This is no small design feat considering the Schwab's lot contains 22 different types of trees.

When asked what gardening advice he would like to give to others he replied: "Trees, Trees, Trees" and "Diversity, Diversity, Diversity. "Having different species of trees in your yard is key to less disease and insect problems" he said. Steve said mulching is also important. He mulches his trees with a 2"-3" deep chip ring of bark mulch\* to keep the weeds down, increase moisture uptake by reducing turf competition and prevent damage to the trunk from lawn mowers and weed whips.

Steve had another very important piece of advice. He said slow, deep watering is extremely important for healthy trees. He waters his trees by running a garden hose on a very slow trickle of water. He moves the hose around the tree's drip line (outermost lower branch tip) and beyond, allowing it to stay in place for a few hours at a time. By using this watering method, Steve has no runoff or evaporation loss problems. The lawn benefits from this slow water method too. The Schwab's water bill may seem high to some folks. It doesn't seem so steep when compared to their low electric bill courtesy of their shade trees.

One of the oldest trees on the Schwab's lot is a stately Tulip Tree *Liriodendron tulipifera*. With tulip shaped leaves and flowers (May bloom), Steve believes this tree was planted in the 40's. Some of his favorite trees he's planted include: Japanese Tree Lilac 'Ivory Silk' (*Syringa reticulata*), Norway Maple 'Emerald Queen' (*Acer platanoides*), Sugar Maple 'Green Mountain' (*Acer saccharum*) and Service Berry 'Autumn brilliance' (*Amelanchier arborea*).

The Schwab's landscape is more than just trees. Mary has planted pockets of perennial flowers to give color throughout the season. A massed planting of Black-Eye-Susan (*Rudbeckia* spp.) and Purple Coneflower (*Echinacea* spp.) gives a welcome burst of midsummer color and is very popular with butterflies.\*\*

Steve and Mary installed a rain garden this summer. Planted in an area of their yard where they wished to hold storm water runoff, they planted water tolerant flowers




Steve and Mary Schwab, 3510 Woods

and shrubs. They were part of a neighborhood rain garden tour in late August.

\*Resist the urge to pile mulch up around your trees like small "volcanoes". Keep mulch pulled away from the base of the tree to discourage damage from insects and animals. Mice may burrow into mulch when it is placed right up against the tree. They can chew through the bark of young trees easily, girdling and eventually killing them.

\*\*This is a good planting to place near a window if you enjoy bird watching. The seed heads of both plants are a popular food source for birds in the winter months.



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# Who Will You Depend On If Lincoln's Water Pipeline Ruptures?

January's WNA meeting will feature Emergency Preparedness, presented by Lincoln Fire and Rescue's Station 9 and the Urban Search and Rescue Team.

What do the bombings of the Oklahoma City Murrah Federal Building, the Atlanta Olympics, the Salt Lake Olympics, the 9/11 attacks, the loss of the space shuttle Columbia, and Hurricane Katrina all have in common? Heroes from Lincoln.

Lincoln is home to one of the best-trained emergency and disaster response teams in the world. These people are your neighbors and friends, the moms and dads of the kids your children play with. They are specialists responding to disasters natural and man-made that deploy as needed after a Presidential Disaster Declaration. Fire, flood, earthquake, hurricane: they run into, not away from special high-risk events.

Why should you care? Remember the loss of electrical power for five days caused by the the surprise October snow of 1997. The next surprise could be a loss of our water. Nearly all of Lincoln's water comes by pipeline

from Ashland, 35 miles away. What will you do the day the pipeline ruptures? Be Prepared. It's not just the Scout motto, but also a good idea. The folks at Lincoln Fire and Rescue specialize in being prepared. They will tell about how they would address a disrupted water supply and what each of us can do as well.

Fortunately for us, we get the same protection, service and care from these experts without Presidential action. They are literally next door 365 days a year - our neighbors and friends. They are an invaluable asset in Lincoln. Come to the WNA meeting Jan. 7 to hear their stories, and find out what you can do to be prepared here at home. Learn from the best.



These two photos will be part of the Nov. 5th show. The top one should be easy to identify, but do you know where the bottom was taken?



## Postcard Survey To Gather Info On Gardening Interest

By Courtney Quinn

Four graduate students at UNL have received a grant from the Environmental Protection Agency to study the increasing interest in gardening and local food systems. The title of the project is Development of an Urban Food Leadership Co-op. The goal is to help people get started growing their own food with the help of gardening mentors who will share their knowledge and experience.

The Witherbee Neighborhood Association has collaborated with the students to gather information. In your newsletter, you will find a postcard with 8 questions about gardening. Please take a moment to answer the questions and mail the postcard to the students. Postage is paid.

The information you provide will be used to design an informational website as well as workshops and a garden mentoring program. The project will be presented at the Sustainable Design Expo, April 2010, in Washington D.C. If you have any questions about the project, please contact Courtney Quinn at [cquinn@unl.edu](mailto:cquinn@unl.edu).

## Meet Your WNA Board Candidate

**Tony Marquez, 729 S 37th Street**



Tony

Tony is a principal partner in TMCO, Inc, at 535 J Street in Lincoln, in business since 1974 producing all things metal. Tony serves on several boards using his financial background to benefit those public service organizations. Tony has lived in the neighborhood since 1969.

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## Salons To Collect For Food Bank This Christmas

The 42<sup>nd</sup> and O'Hair Salon, (at the southeast corner of 42<sup>nd</sup> and O Street), staff and clients would like to announce that we will once again be collecting food and monetary donations for the Lincoln Food Bank's Backpack Program. We have sent letters to other salons in Lincoln and will be continuing our program, Salon Professionals Against Hunger.

The first year, 2007, we collected over 300 pounds of food, last year we collected almost 700 pounds of food and \$55.

We hope to make each year better than the last, so stop by and leave a food donation for the city's hungry children under our Christmas tree. We are open Monday through Saturday. All donations are appreciated and sent on to the Lincoln Food Bank for the Backpack Program. Watch for news of our success in the spring edition of the *Witherbee Buzz*.

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### Meet Your WNA Board Candidate

#### Mary Schwab, 3510 Woods Ave.

I loved growing up on a farm near Syracuse, NE, working in the fields and learning to drive all types of vehicles when I could barely reach the pedals. My family was very active in 4-H clubs in Otoe county. After graduating from high school in 1962, I moved to Lincoln to attend Cosmetology school. I have three children, Andy Beecham and his wife, Cathy live near Sheridan School with their two daughters ages 6 and 4. They are very active in neighborhood associations.



Mary

My daughter, Beth Rupp and her husband, Kyle live near 40th and Highway 2, and were married this last June. My youngest daughter, Shannon Rosauer and her husband, Ryan live in Junction City, KS, and have a 6 year old daughter and a 3 year old son. They have been in the Army for the past 9 years and their yearly moves have kept Steve and me busy and away from WNA activities quite often.

I was an active PTA member at Randolph School from 1971 through 1988. My children were also raised with 4-H competition at county and state fairs each year. My kids (and I) managed to throw lots of papers during our 13 years as Journal Star carriers in our own neighborhood, and learned to know our neighbors well. We have helped with and thoroughly enjoyed the 33 block parties that have taken place on our street, Woods Avenue.

I feel that a strong neighborhood association leads to safer neighborhoods. I am happy to see the increase in membership in WNA each year and would like to see more participation in activities by the members.



Carol Murphy, 701 South 53rd Street

### September Yard of the Month

Whether it's summer or fall, it's easy to pause when passing Carol Murphy's house. Her colorful annual flower plantings are as fresh come September as they were in June.

Carol's impatiens are the stars in her front landscape. Each year, she plants masses of the bright orange, pink, red and white blooms in a stone planter attached to her house. Their vivid colors contrast well against the house's paint color of gray with white trim. Other spots of color include large pots of moss rose, begonias and spikes at the garage door entrances.

Carol also plants a large bed of impatiens by her front porch and driveway. This may change in the future though, as she had to remove the bed's shade tree this past summer. Still present in Carol's front yard is a healthy linden tree surrounded by hostas.

Cotoneaster shrubs and a birdbath were added this summer in front of the bay window. Now Carol can enjoy bird watching from her living room on inclement weather days.

Yard of the Month standards are based on having a beautiful yard that also conserves water. Saving water in the landscape should not mean sacrificing beauty. And, it doesn't mean giving up your beloved pond/waterfall either. In fact, using less water usually means fewer disease, insect and maintenance problems while conserving a precious resource and saving on your water bill.

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# July Pool Party and Ice Cream Social Quite a Splash

Over 275 neighbors went swimming and 350 ate ice cream. Woods Park Tennis Center once again made the shady spot just outside their front doors available to us. They provided tables, garbage cans, and even turned on their water fountains for us. SuperSaver provided the bowls, spoons and all the ice cream we could eat. And eat we did. We returned to the store for more ice cream after serving for only one hour.

It was a beautiful summer day for swimming and visiting in the park. The many volunteers made what could have been an overwhelming job easy and enjoyable. There were many smiles and mmm's as we ate and got to know each other a little better.

We'd like to give a special thanks to Kevin Heim, manager of Woods Park Tennis Center and Bo Dowling, Assistant Manager and nominated Witherbee Board member, for their cooperation and for going beyond what was requested to help make our event a success.

SuperSaver manager, Brian Hayes and assistant John Westerfield were ready and willing to help sponsor our event. We appreciate their support for our neighborhood and look forward to continuing our positive relationship. SuperSaver is one of the regular advertisers in our newsletter and supports us throughout the year in many ways.



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# Witherbee Park Project Update

With funding provided by the Lincoln Cares Program, Lincoln Parks and Recreation (LPR) is preparing final plans for improvements to Witherbee Park, located at 46th and 'O' Streets. Based on the master plan previously developed and refined with WNA representatives, the primary elements to the park improvements consist of a climbing boulder play piece that will be surrounded by rubber matting tiles for fall protection, a black vinyl-clad chain link fence generally located along the eastern edge of the park, a seating bench, landscaping (turf, trees & shrubs) and a park identification sign.



Proposed climbing boulder

LPR would like to partner with the residents of the Witherbee neighborhood to volunteer their efforts in shaping earth berms, planting new trees and landscape plantings, and routinely watering new trees and plants to aid in their establishment. Fred Freytag/FM Lawn Care, who has adopted Witherbee Park, is handling the mowing responsibilities and has also indicated willingness to help with landscape maintenance.

At this time, final details for the parks improvements are being developed with the idea that construction will commence next spring. LPR would like to take this opportunity to thank the residents of the Witherbee neighborhood for support of the Lincoln Cares Program and encourage everyone to continue adding an extra dollar to the monthly LES bill. When everyone kicks in, projects such as this become possible.

Current budget for the project:

Climbing Boulder (complete with Conc. Subbase, Rubber Matting and Seating Bench) - \$13,800

Fence (42" Black Vinyl Clad Chain Link) - \$3,800

Park Identification Sign - \$400

Landscaping - \$2,000

Water Source and Quick Coupler - \$5,000

Total - \$25,000



## Meet Your WNA Board Candidate

**Laura Wiese, 3911 J St.**

Hi! My name is Laura Wiese. My husband, John, and I moved to the Witherbee neighborhood in 2004 (3911 J Street) when we bought our first home here. Since then our family has grown with the addition of our son, Colin, who turned one year old this summer, and dog, Brix. We love Witherbee and enjoy walks in the neighborhood almost every evening. I have been so impressed with the activism and fun activities our association is involved in.



Laura, Colin, and John

That is why I'm excited to help contribute to the continued vitality and growth of the organization. If you have comments or suggestions for the association, especially as they relate to young families, please let me know.

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# Repairs for J Street -The Good, the Bad and the Stinky?

By Mike Fitzgerald

The memo that residents on J Street between 37<sup>th</sup> and 41<sup>th</sup> Street received from the city about renovation of their street contained good news and bad news. The project meant the street would get a face lift - replacing curbs and driveway entries and a resurfacing. However, it also meant the street would be closed from Sept. 21 to Oct. 10. The closing meant residents would have to park on nearby streets such as 39<sup>th</sup>, H and 37<sup>th</sup>. The normal convenience of unloading groceries from their driveways or even within their garages came to an abrupt halt when the construction equipment arrived and the street barricades were erected. Sue Field, 3807 J, adjusted to the project by parking on 39<sup>th</sup>. "I soon discovered it could be muddy walking across J, so I wore a pair of old tennis shoes for that and kept my good shoes in my car," she said. "And as for hauling groceries, I shopped more often so I had lighter loads to carry." She added, "There used to be a gate in the fence separating my backyard and my neighbor's. I was wishing that gate was still there."



Dan and Cheryl Weslowski, 3901 J St., initially parked on 39<sup>th</sup> Street but when J Street became muddy and the pouring of curbs began, they moved their vehicles part way around the block to the south onto H Street. With permission and assistance from Molly and Shawn Williams, their backyard neighbor and friends at 3800 H Street, the Weslowski's set up stepladders on each side of the backyard fence and hauled their groceries from H Street, over the fence and in their back door.

As for the potentially stinky implication of street closures, groceries come in, sometimes over the neighbor's fence - must'nt garbage go out? And did it go back over the fence where the groceries were passed? When the work began Monday the 21<sup>st</sup>, residents began accumulating trash. "There are only the two of us at our house, so we were OK," Dan said. "Our trash cart got full, but then trash haulers got access the street just in time to avoid more unconventional measures."

Residents coped well. But both Sue and Dan had some mixed emotions about the street repair project. They agree it looks nice, but they are concerned the smooth surface will prompt drivers to speed. But cars parked on both sides of the street limit to some extent how fast people drive, they said.

Also, they questioned the decision to have nearly all of the driveway entrances torn out and replaced. "I

don't want to complain when the city does a project that enhances our street, but I have to question the decision to replace all the driveway entrances," Weslowski said. "Mine was only about 10 years old and there was not a crack in it. Many others were in good condition, too. As a tax payer, I would rather the money for the driveways be used for other projects in the city or not spent and put toward holding down property taxes."

The city only replaces driveway entrances it must, said Steven Faust, senior engineering specialist and pavement management coordinator for the Public Works Department. Many driveway entrances that are in good condition do get replaced because there no other way to make them fit the new curb. "We try to stretch the funds as

far as possible and only replace driveways we have to," he said.

The city spends about \$1 million each year on such repairs, with each block costing approximately \$20,000. It has computer software that tracks street conditions, which is a big aid in determining which streets get repaired.

Most street repair is done between April and October and the stretch of J Street from 41<sup>st</sup> to 48<sup>th</sup> is scheduled to be repaired next year. Other streets in the WNA neighborhood are "on our radar," Faust said. But a schedule for specific streets and blocks is not available at this time. "We don't want to name locations until we are certain they aren't going to be delayed by utility projects such as sewer or water."

Neighborhood residents can keep up to date on future repair projects with maps and information the Public Works Department has on its website at <http://www.lincoln.ne.gov/city/pworks/projects/closures/street.htm>.

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South (Main) Entrance bracing for transformation.

## Tabitha Construction Update

By Eldonna Rayburn

Tabitha Construction Update Tabitha Health Care Services is building today to improve the lives of older adults tomorrow. One project is wrapping up and we're in the middle of the revamping our main entrance facing Randolph Streets. This fall, we will embark on several other construction projects. Lincoln Public Works posted the No Parking signs that have been requested. Congestion seems to have diminished. The new lot on 48th Street will also help with congestion. The lot is open and is being used. We still have some landscaping to do to help contain water flow.

### Project Updates:

**South (Main) Entrance:** The steel beam framing for the three-story redesign is progressing nicely. Completion is on target for the spring of 2010.

**Green Houses and Hospice Care Center:** Construction is delayed slightly but should begin sometime this fall. Our Capital Campaign has been announced for three new Green House homes and a 12-bed Hospice Care Center. Watch for more details!

**Assisted Living Facility:** Moving staff out of the existing building is nearly complete. Construction is expected to begin this fall and finish in late fall of 2010. We thank you for patience as construction crews are in our neighborhood for the next few months.

Catch our transformation as it happens by visiting our Web site at [www.Tabitha.org](http://www.Tabitha.org) (click on Construction link). Stay tuned for invitations to upcoming events! As always, our neighbors are very important to us. If you have questions or concerns, please contact Tabitha Public Relations at 486-8559 or [pr@tabitha.org](mailto:pr@tabitha.org).

## Meet Your WNA Board Candidate Cheryl Hejl, 380 S. 50th St.

Cheryl Hejl (380 S 50th Street) has agreed to a second term on the board. Cheryl is quite an organizer of pot-lucks in the Stuhr Park neighbors for the last four years. She is involved with square dancing and travels to large dances around the Midwest while serving as their club treasurer. She is active in Neighborhood Watch for Witherbee and keeps others informed by distributing the printed newsletter from the "Watch". Cheryl is also involved in the Lincoln Women's Chamber of Commerce (LWCC). You may have caught her at Pinewood Bowl productions selling refreshments to support the activities of the LWCC and is currently helping with the Holiday Homes Tour for the LWCC. She will be hosting at the home of Curtis and Dee Wood (342 S 50th St.) for this year's tour.



Cheryl

WNA wishes to thank Tabitha  
for being a great neighbor and providing  
meeting space for us each month.  
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# Second Annual 37<sup>th</sup> & H Street Potluck

## ...And This One Was Just Right (Again)

By Mike Fitzgerald

Paraphrasing Goldilocks, the weather on the afternoon of September 13th was just right; not too cool and not too warm. After their successful second annual event, residents on 37<sup>th</sup> & H Streets are recommending the second Sunday of September for holding a block party potluck. Last year, their potluck was held at the intersection of 37<sup>th</sup> and H Streets. This year, the celebration was moved a bit east to near 3800 H and the oak-tree canopy provided perfect shade, drawing residents from the far ends of both streets. Two additions this year were well received. The first was a 3-feet by 5-feet drawing of Tim and Cindy Werner's house (3785 H), which was mounted on plywood across the street so youngsters coloring it could refer to the actual colors of the Werner house. Having the house available for reference was nice in theory, but the young artists opted for a psychedelic color pattern, including a blue and yellow monster on one portion of the house. The second addition was a contest to see who could guess closest to the number of M&Ms in a quart jar. Seniors and youngsters alike could not resist the thought of winning the jackpot of candy. But seven-year old Rosemary Lang submitted the winning number of 807, just 30 under the actual 837. Winning the jar of M&Ms brought a large smile to her face and all the Langs had another reason to be glad she is a member of the family. It was rumored that her uncle David, an engineer with Intel, suggested the number to Rosemary based on a calculation of M&Ms in a representative area of the jar.

Once everyone had gathered and the bounty of home-cooked food was laid out on tables, residents did self introductions, which included descriptions of home or yard improvement projects they had completed or were working on. Refinishing hardwood floors were popular, but most every room and level of a house was reported - kitchens, bathrooms, basements and roofs. The home improvement project question generated a lot of conversation during the potluck dinner and will likely be asked again next year on Sunday, September 12 during the 3<sup>rd</sup> annual 37<sup>th</sup> & H Street Potluck Party.



Kids color a large drawing of the Werner's house



Adults do self introductions while youngsters do driveway art.

## Meet Your WNA Board Candidate "Bo" Dowling, 5114 M St.

I'm Bryan "Bo" Dowling of 5114 M Street. My wife Jean and I have lived and raised our family here for the last 15 years. We've been fortunate to know a lot of our neighbors and now I'm getting acquainted with even more now that I'm the Assistant Manager at the Wood's Tennis Center. I look forward to being a more active part in the neighborhood association.



"Bo"

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# WNA Victories – One for All and All for One

Please Support the Cause with Your Membership

WNA association consists of residents like you who volunteer in lots of ways - large and small - to help preserve and enhance the character and quality of life in the WNA area. 2009 has been productive and we will be working to make 2010 the same. WNA is a winning team, well known and respected by public officials and envied by other neighborhood associations. To continue the record we need your help. Just as having homeowner or renter's insurance is a wise investment we ask you to think of a WNA membership as your neighborhood insurance – only it's a lot cheaper

**Some items your neighborhood association has done in 2009:**

- ★ Filed applications with the Nebraska Secretary of State and the U.S. IRS to become an official non-profit, which will provide postage savings, and allow WNA to accept tax-deductible donations or grants.
- ★ Hosted a Lincoln Public Schools Board meeting to provide input for the renovation and use of Hawthorne Elementary School.
- ★ Supported a change of zoning request that would allow a historic landmark designation of the Ricketts House at 33<sup>rd</sup> and L St.
- ★ Participated at monthly Mayor's Neighborhood Roundtable meetings to represent the neighborhood in a wide range of issues and programs.
- ★ Participated in Lincoln Neighborhood Alliance meetings to represent the neighborhood's interests.
- ★ Helped distribute a questionnaire to determine the need for home gardening programs.
- ★ Continued planning for the development of Witherbee Park at 46th & O
- ★ Continued monitoring City efforts to get 48th & O properties redeveloped (northeast corner)
- ★ Conducted a neighborhood cleanup, coordinated neighborhood garage sales
- ★ Hosted a free Pool Party and Ice Cream Social at Wood Park for neighborhood residents
- ★ Hosted speakers monthly who addressed neighborhood concerns
- ★ Produced a quarterly newsletter to keep WNA residents updated

If these projects or another interests you, we invite you to attend our monthly meetings held on the first Thursday each month at 7:00 p.m. at the Tabitha Lifequest Center, 48th and J St. To support resident volunteer efforts to enhance your neighborhood, please renew your WNA membership or join us for the first time. For about the price of just one pizza you can support your neighborhood for an entire year! Please make your check to Witherbee Neighborhood Association. Contributions of \$35 or more will receive a tax-deductible receipt.

We invite you to join us by volunteering a little time on a specific project and/or serving as a board member. Being involved is arguably more fun than work. Please indicate your interest on the membership form below. And if you want more information, the WNA website is [www.witherbeeana.org](http://www.witherbeeana.org).

Sincerely,  
WNA Board (neighborhood residents like you)

## You are invited to be a member of the Witherbee Neighborhood Association

|  |   |
|--|---|
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|--|---|

**Please indicate your areas of interest and mail to Shawn Gordin, 539 S 52nd St., Lincoln, NE 68510**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Distributing newsletters | <input type="checkbox"/> Serving on the board           | <input type="checkbox"/> Annual meeting food preparation |
| <input type="checkbox"/> Help with clean-up       | <input type="checkbox"/> Newsletter writing/photography | <input type="checkbox"/> Boosting home ownership project |
| <input type="checkbox"/> Organizing garage sales  | <input type="checkbox"/> Newsletter production          | <input type="checkbox"/> Other (describe below)          |
| <input type="checkbox"/> Holiday Lights contest   | <input type="checkbox"/> Web pages                      | _____  |
| <input type="checkbox"/> Pool Party & Socials     | <input type="checkbox"/> Acquire meeting speakers       | _____  |

# WNA Calendar

**(Please note that membership is  
Not required to attend WNA meetings.)**

**Additional meeting information may be found at  
Witherbeena.org**

**Thursday November 5th.,** 6:30 p.m., WNA Annual Meeting, Tabitha Lifequest Conference Center, Jon Roth and MaryJane Nielsen return with another old photo show.

**Sunday, November 8th.,** St. Teresa's Parish Bazaar, 11 a.m. to 4 p.m., 36th and Randolph.

**Thursday, November 9th,** 5:30 p.m., Councilman Doug Emery, Anderson Library, 3635 Touzalin.

**Thursday, December 3rd.,** 7 p.m., WNA Monthly Meeting, Tabitha Lifequest Conference Center, Speaker & topic: Debra Stroh, 2010 Special Olympics Volunteer Opportunities

**Tuesday, December 15th.,** Holiday Lighting Awards, Various locations in WNA.

**Thursday, January 7th,** 7 p.m., WNA Monthly Meeting, Tabitha Lifequest Conference Center, Speaker & topic: Lincoln Fire & Rescue, Emergency Preparedness

**Thursday, January 21st,** 5:30 p.m. Councilman Doug Emery, Anderson Library, 3635 Touzalin Ave.

Coming early next year will be meetings featuring Lincoln Zoo, Proposed Arena, and Neighborhood Watch. Also, Senator Nelson's staff may come sometime to help up us navigate through any health care reform that gets passed.

---

## Meet Your WNA Board Candidate Mike Jahnke, 3760 H St.

Mike Jahnke is a graduate of Lexington Senior High School, and attended Doane College. He served in the United States Military, and is a veteran of Operation Desert Storm. Mike is a 15 year veteran of the Nebraska State Patrol and is currently a Lieutenant serving as the Internal Affairs Division Commander. Mike has long admired the homes in the Witherbee neighborhood and is very proud to be a part of the Witherbee community since moving to 3760 H Street in 2007.



Mike



3807 J St.

## May Yard of the Month

By Amy Greving

If you've driven by 3807 J street in late spring or early summer and been wowed by the colorful display of lilies and iris, then you may already be familiar with our May Yard of the Month recipient, Sue Field.

By late spring, Sue's front yard begins to bloom. By growing perennials along with some annual flowers, she is able to have something in flower most of the summer.

Sue said her colorful flower garden between her driveway and her neighbor's was created out of frustration when grass refused to grow in such a hot, dry strip. After improving the soil and raising the strip's soil level for better drainage, she found perennials such as iris and Asiatic lilies would actually grow quite well.

Sue followed the same process with her parking strip between the sidewalk and street. After she was finished planting and to save water on both beds, she added soaker hose (the black drip type) through out each planting and then mulched with shredded cedar mulch.\*

Come summer, Sue's small parking strip blooms with coneflowers and the clear pink blossoms of Nearly Wild roses. Late summer brings Russian's sage's small lavender flowers and its soft, silvery foliage, an excellent combination with purplish-pink blooming coneflowers. These beautiful, hardy flowers that will grow in many tough spots if given sun and good drainage.

Sue Field's yard may be Yard of the Month for May, but don't forget to visit her yard this summer too.

\*Wood mulch (such as shredded cedar) is fine to use in a flower or vegetable garden on top of the soil. It holds moisture well and helps control weeds. However, it's best to not dig this into the soil at the end of the growing season. The mulch could tie up the available nitrogen as it decomposes causing a nutrient shortage for plants.

# Stuhr Park Potluck Wraps Another Season

Sunday October 4th marked the final Stuhr Park Neighbors Potluck for 2009. This event has been going on monthly for 4 years and shows signs of longer-term interest. Cheryl Hejl of 380 S 50th Street has been the main promoter of this monthly event during the warm weather months. Cheryl puts the homemade sign in her yard at the corner of 50th and L Street to notify the neighbors it is time for another delicious edition of the potluck supper.



Dee keeps glasses full

Guests and neighbors are always welcome. We have had many neighbors that have moved away return to join in the fun and food.

Senator Bill Avery and his wife dropped in at the event held in September to let us know he keeps up with the neighborhood. We always have leftovers to take home so feel free to be spontaneous and just drop in at the last minute if the urge strikes you. The more the merrier as the saying always goes.

We will post another schedule of next year's potlucks in the Witherbee Buzz next Spring to inform and invite all who wish to participate.



Neighbors enjoy Stuhr Park



## Bazaar to be held in November

St. Teresa's Church will be holding a Parish Bazaar Sunday, November 8<sup>th</sup> from 11:00am-4:00pm. The Bazaar will include a Valentino's spaghetti feed, a raffle, a silent auction, a jewelry and craft sale, a bake sale, games including a cake walk and a pie and coffee shop. The spaghetti feed will take place in the Church basement until 3:00pm and the other festivities will be held in the school auditorium and cafeteria until 4:00pm. All neighbors are invited and welcome to kick off the Holiday season at the St. Teresa's Parish Bazaar, located at 36<sup>th</sup> and Randolph.

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# Rain Gardens Tour on Woods Avenue

By Curtis Wood

Both of my step-children have recently been excited about gardening much to my surprise since they grew up in the city in Texas. This must be another trend that I was not aware until Witherbee Neighborhood Association offered a guided program about building rain gardens. Forty four people showed up to view eight rain gardens built in the Witherbee Neighborhood on Woods Avenue. Amanda Meder from the Watershed Management Division of Lincoln's Public Works led us through the planning, funding, and construction of these examples right here in Witherbee. The rain gardens were of all differing types and one was even just construction marks on the ground with lots of imagination needed to visualize what it might look like when completed.

Rain gardens are depressions in the yard that are a way to control runoff of rain water especially off roofs. These gardens are planted with all sorts of perennial plants that add long-term interest and color to the yards where they are planted. Most city lots are slanted to force rainwater to run off the property and into the streets and storm sewers away from the basements that most homes have here in Lincoln. This was once deemed to be a great idea but has come to be known as a source of pollution in our streams and rivers. All manner of chemicals we pay to apply to improve our yards runs off and causes harm that is known as "non-point source pollution". The materials work well to beautify our yards but wreak havoc on water dwelling animals when they mix into a dangerous cocktail in fresh water. Rain gardens are one more way to keep the chemicals where they are beneficial and not pollution.

Once these materials soak into the ground natural processes filter them out and keep them where they belong and out of our surface water.

Steve and Mary Schwab helped host the event with Amanda. They came up with the idea way back when we printed the newsletters in July. The Schwab's have the largest rain garden we observed and served punch and cookies to wind up the evening while we all were discussing the benefits of this type of garden. We had perfect weather and a huge turnout of neighbors in what appears to be another sign of returning to more agrarian pursuits in America.

Steve and Mary Schwab helped host the event with Amanda. They came up with the idea way back when we printed the newsletters in July. The Schwab's have the largest rain garden we observed and served punch and cookies to wind up the evening while we all were discussing the benefits of this type of garden. We had perfect weather and a huge turnout of neighbors in what appears to be another sign of returning to more agrarian pursuits in America.



Amanda Meder explains the Rain Garden at 3300 Woods Ave.



Amanda shows a two-tier Rain Garden

More information about rain gardens can be obtained by calling Amada Meder at 402-441-7075, visiting the web at [Lincoln.ne.gov](http://Lincoln.ne.gov), keyword rain garden. More funding is expected to help subsidize and encourage use of rain gardens all over the nation. Get your name on the list or just find out a wonderful way to help prevent pollution while beautifying the neighborhood.

## Is Another Hemingway Living In Witherbee?

The *Witherbee* buzz is in need of a couple of writers. We need folks who can spend a couple of hours a quarter writing stories about neighborhood events for our quarterly publication. Even if you don't fancy yourself a "polished wordsmith", but would like to write short stories, please contact Larry Frisch at [larry@npcenter.com](mailto:larry@npcenter.com) or 560-4565. We are also in need of a photographer to take pictures of WNA events. If photography is your hobby, we need you.

Ernest Hemingway started his career as a "cub reporter" writing about local events and people. Who knows. . .maybe your articles in the *Buzz* could propel you to fame and fortune. Your classic novel might be "The Old Man on C St.". You won't know unless you try.

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## AUGUST MEETING

Scott Bendler, teacher at Bryan Community, described the *Life Stories* project where elders are paired with students and meet weekly at Bryan Community. Due to this interaction mutual respect and caring comes alive between all. In addition, the school produces the elder's life story in audio/video.



Ed Zimmer, Historic Preservation Planner for the City of Lincoln, informed us that there is a proposed zoning change for the property

at the south corner of 33rd and L, to have it designated as a historic landmark. A letter to the Planning Commission, supporting this designation, was approved.

As a member of the Lincoln Public School Board, Ed Zimmer asked that neighbors meet with the Planning Committee to discuss the use of Hawthorne School. A meeting was scheduled for September 10th. This was approved with support for mailing information to members regarding this issue.

## OCTOBER MEETING:

After listening to Karen Hollis, a Hy-Vee Nutritionist, members now know more about how to get into an optimal weight and eat the food we like that is the most healthy, with proper balancing and small portions. She distributed several pages of information regarding how to lose weight over the holidays while enjoying what we eat.

Ed Zimmer and Kevin Keller, LPS Board members, talked about the latest information regarding Hawthorne, and distributed detailed information about attendance in local schools and the Planning Committee options for the use of Hawthorne. They responded to many questions.

In addition, we learned about Woods Park Tennis Center from Kevin Heim and ideas about the next holiday lighting contest from Dee Wood. President Wood updated us on the non-profit application, which now needs to be approved by the IRS.



## SEPTEMBER MEETING

Lori Merliss, Executive Director of the Wyuka Historical Foundation, talked to us about the Stables renovation project. Funding has been secured so it's hopeful that construction can be done during 2010. She gave a brief history and showed pictures of Wyuka highlights, and also presented a preliminary architectural drawing of the Stables renovation. She reminded us that the 140th anniversary meeting would be held on October 4th.



The postcard in this newsletter was approved at this meeting after Courtney Quinn, a UNL graduate student, talked about helping facilitate more home gardening. After the approval President Wood announced that 44 people had attended the Rain Garden tour last week, which showed that many people are interested in environmentally sound landscapes.

## JULY MEETING:


All attendees received a door prize - a Witherbee key chain produced and donated by Tony Marquez. In addition, the President drew names from sign on sheets and awarded gift cards from Best Buy.



Rick Bagby, a Sleep Technologist, presented information about sleep problems and how to deal with them. The Center for Sleep Medicine at Bryan LGH tests people to diagnose sleep concerns. We sleep one third of our life, so sleep problems need to be resolved.

In addition, the attendees got answers from the questions they asked him. For example, he told them that prior to your bedtime - avoid alcohol and fat if you need to drink or eat, and sleep on a comfortable mattress in a dark, quiet room with its temperature lower than 72%.

After all attendees thanked the speaker, the Treasurer and Secretary Reports were approved. Information about the garage sales and the neighborhood cleanup were presented. The next WNA activity - the Woods Park Free Swim and Social - was also discussed and arranged.



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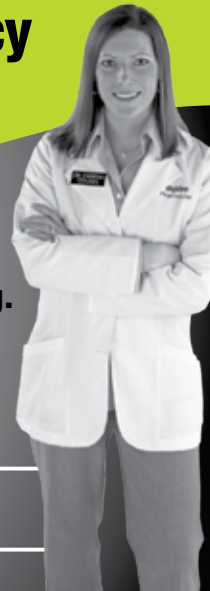
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1. Bring this flyer to your 50th and "0" Midtown Hy-Vee Pharmacy.
2. Have your prescription transferred from any pharmacy other than another Hy-Vee pharmacy. (Limit 1 per family)
3. Have our pharmacist sign this card, and you will receive your initial \$15 Hy-Vee gift card.

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Our pharmacist will contact your physician for prescription authorization. Valid for a new pharmacy customer only.

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