



The Witherbee Buzz

Vol. 10 No. 2

Newsletter

Spring 2013

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

Tenth Annual WNA Cleanup Is May 4th

Join us Saturday morning May 4th from 8:00 a.m. to 12:00 p.m. at Bryan Community School 50th and M st. (formerly Hawthorne School). Bring your unwanted items to be donated, recycled, or disposed of.

Rid your home, garage, yard, attic, closets and basement of unwanted items for FREE. We will recycle anything we can. (No Hazardous Materials or general household trash).

We need YOU, our friends and neighbors. Bring the whole family to volunteer. Coffee and refreshments will be provided to volunteers starting at 7:30 AM. Available jobs: Greeter, Volunteer sign-in, photographer, direct traffic, unload, sort, and organize items, issue brush coupons, refreshment station, deliver tires to recycling site, membership recruiting and signup. We also need volunteers with pickup trucks and/or trailers to help those who cannot bring their items to us. Vouchers will be available for volunteer haulers to help defray the cost of gas.

All cleanup volunteers should report to the north parking lot (50th and M st.) of Bryan Community School at Hawthorne starting at 7:30 am.

Please bring your own work gloves. If you can help us with this year's clean-up please contact us in advance so we can assign volunteers to specific jobs. Call or email



Trash Got Your Goat?

Get rid of your Trash May 4th

Spring 2013

www.facebook.com/WitherbeeNA

volunteer coordinators Mike Kreikemeier or Bryan Hurst, mbk@windstream.net or phone 402-477-9194 or bbacon.hurst@gmail.com 402-441-6712. We need volunteers with pickups and trailers. If you need help hauling items to the roll-off site call Mike Kreikemeier at 402-477-9194.

Waste items accepted for FREE: Furniture, lumber, screens, windows, doors, grills, landscape timbers, plastic, picnic tables, swing sets, clothesline poles, broken fences, construction material, carpet, light fixtures, pipes, wiring, etc., and non-Freon appliances (stoves, washers, dryers, and hot water heaters) and tires, (Special thanks to Firestone at 300 N 66th st. for this).

Items accepted for a nominal fee: (FREE to paid WNA members) Appliances with Freon (refrigerators, freezers, dehumidifiers, and air conditioners), Goodwill

Continued on page 10

GRAFFITI Prevention to Be Topic of May 2nd Meeting

Lincoln Municipal Code 8.52 was adopted in 2006 and declared Graffiti a public nuisance. William Carver was hired by the City of Lincoln Mayor's office about 3 1/2 years ago as part of the Stronger, Safer Neighborhoods pilot program. William said recently the Lincoln Police Department has become more proactive in graffiti prevention. William also said that contrary to popular belief, not all graffiti is gang graffiti. William will talk about the different kinds of graffiti and other details of his job. William said if a property owner does not remove the graffiti within 15 days of being notified the owner may be subject to a lean against the property if the city has to clean it. The graffiti perpetrator if caught faces fines and or community service.



William Carver

Come to the May 2nd meeting at 7:00 p.m. at Tabitha's LifeQuest Center located at 48th and J Street to find out the prevalence of graffiti in our city and neighborhood and find out what you can do to report and prevent it.

Page 1

About Your Witherbee Neighborhood Association

Boundaries:

33rd to 56th & 'O' to Randolph

Meetings:

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

www.facebook.com/witherbeena

www.WitherbeeNA.org

Executive Board:

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mbk@windstream.net

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President's Message

Spring is finally here. Yes, I am sure spring is here, as I write this today will be the last bit of cold weather. The ice on my windshield this morning was just Mother Nature's April Fools prank. With Spring comes two big activities that really gets our neighborhood looking great for summer.

By the time you read this the UNL Big Event will be past, but you should know the Witherbee Neighborhood worked with UN-L student volunteers to mulch trees in Woods, Stuhr & Witherbee parks. I would like to thank Fred Freytag for organizing this very worthwhile project.

Next up is Spring Cleaning: Neighborhood Edition! Mark your calendars for Saturday morning, May 4th and join your neighbors to clean up Witherbee Neighborhood. This is the 10th annual neighborhood cleanup & recycle event. Every year since 2003, neighbors have volunteered time and talent to make our neighborhood a healthier, friendlier & better looking place to live. Turn to page one for more details on the cleanup.

Events such as the Neighborhood cleanup, Pool Party, Ice Cream Social as well as programs like Yard of the Month & Holiday Lights contest do not happen without a great cast of volunteers. This neighborhood has some of the best volunteers I have had the privilege to work with. I encourage everyone to volunteer and do your part to make Witherbee a great place to live. If your schedule is already overbooked and you don't have much time there are small jobs (but still important) that do not take a large amount of time. If you are not physically able to lift, load, shovel or rake, there are jobs that are less physical, yet, still contribute to our success in a big way.

If you have helped out with WNA events in the past, Thank you very much. But know that WNA is very ecologically conscience and recycled volunteers are a great way to maximize our resources. So please step forward, raise your hand, send an e-mail, call a board member and VOLUNTEER. It makes you feel good.

Mike Kreikemeier



Mike Kreikemeier

Our goal is to provide a safety net for the Witherbee Neighborhood, as well as provide possibilities to use all available resources.



402-488-3314

Choosing Healthy Food The Easy Way Will Be Topic Of June 6th WNA Meeting

With today's busy schedules trying to make healthy choices quickly is becoming more and more difficult. Guiding Stars takes the guesswork out of nutritious shopping by eliminating the need to compare every item in the store, saving you time. It is a nutrition guidance program you can utilize at Super Saver that rates the nutritional quality of food using information from the Nutrition Facts Panel and the ingredients list. Foods are rated and receive a score based on the assignment of credits and debits. The more nutritional value a food has, the more Guiding Stars it receives.

As you go through each aisle of the store, the Guiding Stars program can help you identify more nutritious choices. Guiding Stars is not intended to tell you what to buy, but rather point you toward foods that have more vitamins, minerals, dietary fiber, whole grains, and less fats, cholesterol, sugar and sodium.

Come to the June 6th meeting at Tabitha's LifeQuest Center located at 48th and J Streets beginning at 7:00 p.m., to hear about Guiding Stars from Lynn Friesen, Wellness Coordinator, of B&R Stores. Lynn will be sure to please with a fun presentation on how to find the healthiest foods. No doubt, he will likely provide goodies for those in attendance to sample! Don't miss out.



Lynn Friesen

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

Join us for Vacation Bible School at
Redeemer Lutheran Church
510 South 33rd St.

Dates: June 3-7, 9 a.m. - Noon, for ages 3 - Grade 5.
Sign up for VBS 2013 begins April 8 thru May 31.



To Register on line
www.redeemerlincoln.org
Email questions to
dcerod@redeemerlincoln.org
Phone: 402 - 477 - 1710

Planning Meeting is July 11th

Tabitha's LifeQuest Center will be a cool place to be on a hot July evening where Witherbee Neighbors are encouraged to bring creative ideas and new ways to make our area of town the best it can be. Please arrive at the LifeQuest Center located at 48th and J Streets by 7 p.m. on July 11th.

Perhaps you like to garden and have an idea to start a community garden nearby, or you would like to see signs designating our neighborhood to be placed in the perimeters of our boundaries. Maybe you have some great story ideas for the Buzz. Are you interested in Neighborhood Watch and would like to see more signs around on doors? Maybe you would simply like to volunteer to greet people at upcoming events or scoop ice cream at the Ice Cream Social in August. Drop in and sign up to help. No idea is off limits.

Also discussed will be an idea to promote branding of local businesses as being part of "Midtown Lincoln". (See page 15 of this issue.)

President Mike Kreikemeier sets the agenda for meetings and with this meeting being a working meeting the entire time will be used to plan, organize and brainstorm. If you have anything you would like discussed at this meeting please contact Mike to add your idea to the agenda by calling him at 402-477-9194 or e-mail him at mbk@windstream.net.

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It's Vegetable Planting Time!

By Ingrid Kirst, Community CROPS Executive Director

It's still too early to plant your tomatoes and peppers, but there are so many vegetables and herbs that love this cooler weather and can be planted anytime during April. Don't have a vegetable garden? It's also a great time to get one started!

Starting a Vegetable Garden: Choose a spot that is easy to access and that gets six to eight hours of sunlight daily. It's best if it has easy access to water, as well. Is your backyard too shady? How about the front or side yard? There are plenty of vegetables that are not only tasty, but beautiful, too. Or, see the end of the article to find out where to apply for a community garden plot with Community CROPS.

Always start small when you are planting a new garden. It's better to be successful the first year with a small garden than to have a large garden you can't maintain. Our community gardeners start out with a 10' x 10' plot, plenty of space to grow a wide variety of vegetables and learn what grows well for you.

Vegetables to Plant Now: Spinach, lettuce and mesclun mix (a seed mix of a variety of salad greens) can all be direct seeded into your garden now. Rake the soil, scatter your seed, lightly cover with soil and water gently but thoroughly. Soon you'll have plenty of greens for spring salads.

Beets, radishes, carrots and turnips are all root crops that don't mind cooler temperatures. It is easiest to plant these in rows so you can quickly weed later on. Remember to come back and thin the seedlings to the spacing recommended on the seed packet so they grow productively.

Kale, kohlrabi, broccoli and cabbage are all cool-season crops and don't do as well once the temperatures heat up in the summer. You can buy plants or start your own from seed, either inside or outside. Peas and fava beans are also early season vegetables. Fava beans like the same cool temperatures as peas, so get them in now, and enjoy their stunning flowers.

Onions and shallots are also good early season crops. Sets are available now at the local garden stores. Remember that onions need lots of fertilizer and moisture to grow big bulbs, and don't plant the sets too deep, or they won't bulb.

Finally, plant potatoes now, which are an easy and fun crop to grow. Buy seed potatoes at a local gardening center and plant them in deep furrows. Cover with an inch of soil, and then continue filling in the trench as they grow, then cover them with a thick layer of mulch. The new potatoes grow above the depth of the seed potato, so the more they are covered, the more potatoes you will harvest.

Once May arrives, you'll be able to plant all of the crops that can't handle frost, including tomatoes, peppers,



eggplant, sweet potatoes, okra, corn, beans, squash, peanuts and basil. A mix of all these crops will have you enjoying fresh vegetables with every meal.

Community CROPS is a local non-profit organization that has helped people grow healthy food and live sustainably for the last ten years. Our network of community gardens across Lincoln provides vegetable garden space for those who need it. For those that want to buy fresh, local vegetables, we offer the CROPS CSA (community supported agriculture) shares, a full growing season worth of fresh, local vegetables, grown by beginning farmers. We offer many cooking and gardening classes all season long, and on Sunday, May 5, 2013, 11 a.m.-3 p.m., we will host our 10th annual Plant Sale at EcoStores (530 West P Street), where you can choose from hundreds of high-quality vegetable seedlings and beautiful perennials. Contact us at www.communitycrops.org or (402) 474-9802


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More People Are Walking To Better Health

Most people know that walking is the most common type of physical activity, but you may not know that walking has increased. Six in 10 adults reported walking for at least 10 minutes at one time in the previous week. According to a new CDC Vital Signs report, adults walking this amount rose from 56% to 62% over five years.

However, most adults are still not active enough--more than half do not get the recommended amount of physical activity. Inactive adults have higher risk for early death, heart disease, stroke, type 2 diabetes, depression and some cancers.

An increase in walking is important because adults who walk are more likely to meet the Physical Activity Guidelines: Adults should get 2½ hours (150 minutes) of moderate physical activity (such as a brisk walk) each week. Each walking session needs to be at least 10 minutes to get the health benefits.

We know that people are more likely to walk when they have safe, convenient places to walk. Communities and local governments should assess the “walkability” of their environments, consider “walking” a component of long-term community plans, and promote existing opportunities to walk through campaigns and maps. Additionally, employers can support walking programs for employees and encourage walking breaks during the day. Individuals may start walking groups with friends, as well as walk further and more often. While walking has increased, people still need better spaces and more places to walk. Communities, employers, and individuals can all play a role in helping adults walk for better health.

The Witherbee Neighborhood Association has established a commitment to help you plan and find good places to walk. Don't forget these nearby walking spots, Woods Park Trail at 33rd and J Street, Calvary Cemetery at 40th and L Street, Tabitha Gym for our 55+ members, and don't forget to make Witherbee Park at 42nd and O Street or Stuhr Park at 52nd and L Street a walking destination.

Grab your family, neighbors and friends and just do it, WALK!

To learn more about controlling health complications from diabetes and preventing type 2 diabetes, visit the CDC's Diabetes home page at www.cdc.gov/diabetes/.

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Witherbee Neighborhood Association Featured

The Spring Issue of *Living Well Magazine* has a feature story about WNA and its impact on the neighborhood.

The story outlines the history of WNA, and illustrates how the Witherbee Association interacts with residents and members of all ages to create a better lifestyle in the neighborhood.

The magazine is published quarterly by Aging Partners, and features many interesting articles. Pickup a copy as it is good reading.



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Gravel to be replaced by concrete walkway.

Randolph Walking Path Update

In the last *Buzz* newsletter the Witherbee Neighborhood Association announced their support of Randolph Schools quest to fully pave a walking path around their playground. The WNA challenged neighbors to help them by allocating \$500.00 in matching funds for donations to the project. Neighbors have exceeded expectations!

An article was printed in the Lincoln Journal Star's Neighborhood Extra, board members made calls to local businesses asking for donations, they met with the principal at Randolph school along with presenting their plan to the Randolph Parent Teacher Association and with the combination of efforts Randolph School is much closer to paving their path.

When the WNA became involved Randolph School had a goal of raising \$7000.00. They had already successfully raised \$2000.00.

The WNA Board of Directors is pleased to announce that Randolph School is now much closer to their goal with an additional \$2,730.00 that has been raised since the announcement of the matching donation!

WNA committee members are still hard at work by applying for grants on behalf of the school and will find out in June if grant funding will be awarded. Stay tuned,

Your tax deductible donations are still being accepted for the walking path. Please send your check to Witherbee Neighborhood Association, PO Box 5431, Lincoln NE 68505. Note Randolph School in the memo.

Witherbee is a 501(c)(3) non-profit organization and will send receipts for donations over \$35.00. Contact Fred Freytag if you have questions. 402-430-6658.

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Walgreens, 2630 Pine Lake Rd

Walgreens, 8300 Northern Lights

Walgreens, 4000 S. 70th St.

Walgreens, 4811 O St.

Walgreens, 2502 N. 48th St.

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Tabitha Update:

Tammy Ward Joins Staff

Tabitha, your answer for Elder Care, is pleased to announce the addition of Tammy Ward to the organization's strategic planning, business development and public advocacy efforts. In her new position, Ward is responsible for fostering the growth of Tabitha's services and strategic relationships as well as advocating for Elder-supportive policy at the state and federal levels.

"Making a difference in people's lives has always been a passion for me," Ward said. "Working at Tabitha and advocating for Elders allows me to continue to make a difference in a new and very meaningful way."

Before joining Tabitha, Ward served as Lincoln's district manager for U.S. Senator Ben Nelson. She has been involved in state and federal policy issues since 1988. Ward also is a member of MBA Research Executive Advisory Network (ExecNet), an organization of business professionals who collaborate on national curriculum models used in education.

"We're so pleased to have Tammy join the Tabitha team," said Joyce Ebmeier, Tabitha's senior vice president of strategic planning. "She has shown great leadership and enthusiasm during her years of service to Nebraska. Her expertise will be tremendous for Elders and for Tabitha."

As a nonprofit organization serving 28 Nebraska counties, Tabitha's love embraces a society where everyone is valued and empowered to live life to the fullest, with compassionate at-home support, innovative living communities, exceptional rehabilitation, health care and hospice services.



Tammy Ward

Bright Lights:

Summer Learning Adventures for Elementary - Middle School Students.

Bright Lights is a program that makes Lincoln and Witherbee a great place to live with most classes being held at Randolph Elementary. Bright Lights program offers experiences that stretch and challenge youth's interests and hobbies with interesting educational activities that are provided in intensive, three hour daily blocks of time or full-day camps, allowing students to pursue focused interests beyond the nine-month classroom.

Dates: Week 1: June 3-7; Week 2: June 17-21; Week 3: July 8-12.

Tuition cost: \$115 for a half-day class, \$230 for a camp.

Career Day Camps are \$230.00 and are held 9 am- 4 pm, Monday-Friday.

Location: Most classes are held at Randolph Elementary School, 1024 South 37th St.

Registration began April 1st, Class choices are first come first serve.

Bright Lights is a non-profit organization and welcomes community volunteers year-round. For more information logon to www.brightlights.org or call 402-420-1115, ext 46.



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720 South 40th



4014 Randolph

First Home Improvement Award Presented To

By Mike Fitzgerald

It is appropriate that in the Witherbee Neighborhood Association's 10th year we recognize the large amount of home improvement work that Ken Rosburg has done on the six contiguous properties between Randolph and J Streets just east of 40th Street.

Nearly twelve years ago an investor purchased the properties and then in March 2003 proposed a development titled Randolph Square. The development was out of character with the neighborhood and was the catalyst for the formation of the Witherbee Neighborhood Association. The properties languished for eight additional years until

in February 2011 when Ken Rosburg, doing business as Rosburg Enterprises, acquired them and committed to renovating the homes and the grounds.

We acknowledge his contribution to the neighborhood with the Witherbee Neighborhood Association's Home Improvement Award. We have highlighted home improvements of other residents over the past several months and now have a yard sign to help celebrate the pride these projects involve, individually and collectively. Watch for the sign as it moves around to "IMPROVED HOMES" throughout the neighborhood.

Methodically, Ken brought the homes and properties back into a condition that is a positive for the neighborhood. The home at 4115 J was re-shingled, as was the home at 4035 J. Both also received new floor coverings and interior painting and minor repairs. The home in between them (4105 J) was significantly reconditioned inside and the tall wire fence with overgrown trees was removed from the front yard. In addition, the home at 720 S. 40th, which had



4105 J



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4115 J



4040 Randolph

Properties That Started Witherbee Association

been scheduled for demolition, received a whole new roof. Similarly, it was gutted inside and totally renovated. The home at 4014 Randolph required the least amount of work and its interior was painted. The sixth home is at 4040 Randolph, and it received new floor coverings. This home has the largest yards of all the properties which required the removal of several dead, damaged or overgrown trees.


Similar tree work and landscaping was done on each of the six lots. This included the removal of 6-feet high wire parameter fencing which crossed the driveways of the homes and conveyed "not welcome." Ken also removed

many trees, brush piles and loads of junk from the lots. The improvements have attracted tenants who, like the renovated properties, are assets to the neighborhood.

Ken has no plans for developing the large space in the middle of the block, and had restated that he will seek WNA input if he decides to explore that option.



4035 J



Woods Tennis Center has offered tennis programming to Lincoln since 1985. Lessons, clinics and leagues for all ages and abilities are available throughout the year. The tennis center has 6 indoor and 9 outdoor courts, locker facilities and a snack bar. Scholarship opportunities are available for those that qualify.

Woods Tennis Center
401 S. 33rd St.
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Tenth Annual WNA Cleanup Is May 4th Continued from Page 1

will again be collecting electronics, computers, clothing, and other good condition household items at this event.

Recyclable items accepted for EcoStores Nebraska:

EcoStores Nebraska accepts donations of quality reusable building materials and supplies. General home remodeling and construction supplies, leftover lawn and landscaping materials, aluminum windows, plywood, 2x4s or any width, but 5 ft. or longer, kitchen sinks and faucets, stainless steel or cast iron; anything metal, brass, copper, etc. Latex paint that is less than a year old. If EcoStores is overstocked with any particular item we may not be able to accept it. We will have a list of items they will take. (www.ecostoresne.org). EcoStores is located at 530 W. P Street, 402-477-3606

FREE brush disposal is offered again this year by Scott Hofeling, longtime Lincoln Arborist with Hofeling Enterprises. Take your brush to them for FREE on Saturday, May 4th when you bring it to their location at 2200 South Folsom Court. While you are there, check out the great wood mulches they have for sale at a low cost. Please express your gratitude while dropping off your brush since they are saving us grant money. We have a few Coupons for free brush disposal at the city landfill that are available at the cleanup until they run out. The coupons may be used to take a load for free (normally \$11 and up) from now until the end of the summer. The coupons will not be accepted for commercial use, household trash, leaves, or yard waste.

Items we CANNOT take: Putrescible household trash, offal, liquids of any kind (except for good, usable paints, thinners and stains in their original container); Ammunition/explosives; Automotive fuels, antifreeze, and oils; lead acid batteries, gas cylinders; and televisions.



Lots of help will be available to unload your trash.



We expect to fill several of these large containers.

Items such as heavy metals (thermostats, thermometers), old oil base paint, solvents, pesticides, old gasoline and other fuels etc..., old liquid adhesives, fluorescent light bulbs, unidentified containers of waste should be taken TO A HOUSEHOLD HAZARDOUS WASTE COLLECTION www.lincoln.ne.gov (key word: household)

See you at the cleanup! If you have any questions or comments please contact the WNA Cleanup chairs: Mike Kreikemeier 402-477-9194, mbk@windstream.net, or Bryan Hurst 402-441-6712, bbacon.hurst@gmail.com. Thank you in advance to all volunteers, sponsors and participants. Look for our cleanup report in the next Witherbee Buzz.

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Witherbee Connect

By Kathy Stastny

Well folks it is finally spring. Last year at this time we were digging up gardens and planting grass. I had most of my small garden in by April. What a difference a year makes.

It seems like the spring weather has come slowly this year. I just want you to remember the Bryan at Hawthorne students. They would love to be outside and willing to work for you with supervision provided by their teacher who trains them to do the job right and follows through to make sure you are satisfied. If you need your garden dug up, call me. If you need the leaves picked up, call me. If you need plants planted, call me and I will connect you with these students. I have found the students to be great kids and fun to be around. They really appreciate a cookie or a drink when they come to help. That's pretty easy, right?

Last year the Bryan students cut down trees, trimmed trees, moved gravel, cleaned up lawns and are willing to do so much more. They have from now to the end of the school year to help us out. Last year they moved boxes for one of our neighbors. The wonderful part of the jobs is the students learn how to work on home projects. Their instructor Roger seems to be able to do anything. He is amazing.

I hope those of you that are using Tabitha's Club 4 are enjoying it. I try to go three times a week. I do not always make it but each time I do it helps. I have met some wonderful people while I am there. I also hope to use the gym this summer when it is so hot outside.

I know you have read it before, but I want to remind you of our resource list. One is the Urban Development Department has great home improvement loans. The loans are no interest but the best part is the guidance you receive from the Urban Development staff. They walk you through the process and help you make good decisions.

We can also help you find the right people to work with in many other city programs. Aging Partners is another helpful agency. We realize that you can usually find these resources yourself but we can help if you need us to.

Witherbee Connect is always open to requests and also your ideas. Please let us know if you or your neighbor has a need. We will be glad to help. Also if you have an idea of something we can do to help out, please let us know that. We love to solve problems and with the knowledgeable



Kathy Stastny
402-488-3314



board the Witherbee Neighborhood has, we can solve many problems. Some of our board has worked on city projects and have learned a lot. They are willing to share their experiences and knowledge. Keep us in mind. Please call me at 402-488-3314!

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A few of the hundreds of neighbors who gather each year.

SAVE THE DATE FOR:

The August 4th Swim Party and Ice Cream Social at Woods Park!

Mark your calendars now for the swim party and ice cream social. This is one of the Witherbee Neighborhood Association's most popular and premier events. Neighbors gather for free swimming, ice cream eating, tennis playing, bubble blowing, listening to live music, and to do activities for all ages.

Please consider volunteering for this fun event. Call Jackie at 402-438-3616 and get your name on the list as a crew member to make pre-event phone calls, gather event items, set up on the event day, greet neighbors, scoop ice cream, hand out water or clean up.



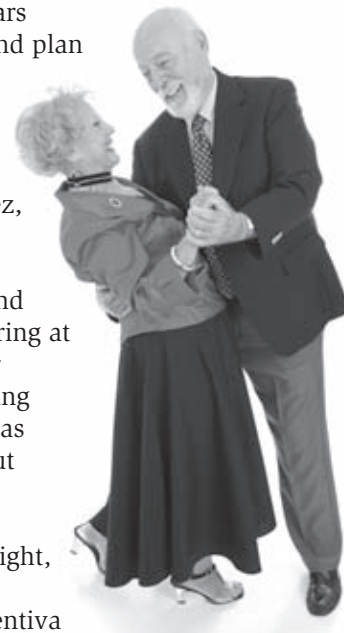
Great time for whole family to gather for swim.

Dance the Night Away at Auld Pavilion to celebrate May as Older Americans Month

Mark your social calendars for May 21 from 7-9 p.m., and plan to dance the night away in style at Auld Pavilion, 1650 Memorial Drive, with live music from popular artists, including Johnny Rae Gomez, Joe Taylor, Hall Cottrell and many more!

No tickets are needed and there will be a free will offering at the door to help fund senior programming offered by Aging Partners. May is designated as Older American's Month, but this dance is not just for the young at heart. All ages are welcome to enjoy this fun night, sponsored in part by The Ambassador Lincoln and Gentiva Home Health and Hospice.

To learn more call 402-441-7158.



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How Many Will it Take?

By Bob Nemecek, City-County Safety and Training Coordinator

An estimated 1.1 million crashes each year involve cell phone conversations while driving. What will it take for you to take the pledge to be cell-free while driving?

Is it OK to drive with a hands-free device? FACT: Hands-free devices are no safer than handheld devices because they do not eliminate the distraction to the brain. The brain cannot process two complex thinking tasks simultaneously. A driver misses up to 50 percent of the driving environment



while using a cell phone. Would you want your family's life in the hands of someone paying attention only half the time?

If cell phone use while driving is distracting to the brain, then drivers should not talk with other passengers, right?

FACT: Passenger conversations can be distracting to drivers, but adult passengers often assist drivers by monitoring and discussing traffic. They also tend to suppress

Only a moments distraction can cause an accident.

the conversation when the driving environment becomes demanding. Passengers can see the roadway. Callers cannot!

Isn't listening to a radio as cognitively distracting as talking on a cell phone?

FACT: Listening to music is not as cognitively demanding because the brain does not need to formulate a response. Listening to music does not require active thinking. In some cases, it soothes the driver.

Talking on a cell phone while driving distracts the driver about half of the time. Take the pledge to drive cell-free. Go to nsc.org/pledge to become a card-carrying member today!



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Stuhr Park Potluck Schedule for 2013

Sunday, May 19, 6 p.m.

Sunday, June 9, 6 p.m.

**Wednesday, July 3 (No Potluck, Evening
to share fireworks - after dark!)**

Sunday, July 7, 6 p.m.

Sunday, Aug. 11, 6 p.m.

Sunday, Sept. 8, 6 p.m.

Sunday, Oct. 6. 6 p.m.

1. COME AND JOIN YOUR NEIGHBORS IN THE PARK
2. PLAN TO SHARE THE MEAL ABOUT 6 PM
3. BRING YOUR OWN TABLE SERVICE
4. BRING A DISH TO SHARE (PREFERABLY WITH FOOD IN IT)
5. ICE TEA AND LEMONADE DRINKS WILL BE PROVIDED
6. YOUR GUESTS ARE WELCOME
7. RAIN DATE - NEXT POTLUCK

Sure hope to see you "in the park".

Questions or Comments call Cheryl Hejl, 402-489-2557

Older Americans Month Fundraising Dance **DANCE THE NIGHT AWAY**

Dust off those dancing shoes, call your friends, and join us for refreshments and music by "The Merrymaker All Stars" at a venue that holds years of our favorite dancing memories.

**TUESDAY, MAY 21, 2013
7:00 - 9:00 PM
AULD PAVILION
1650 MEMORIAL DRIVE**

This will be a great time to celebrate, and a great opportunity to support your Aging Partners Senior Centers with free-will donations being collected at the door.



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Home, House, Abode, Place of Residence

By Sharon Cochrane

No matter what kind of a name you put on it, it's where you hang your hat, raise your kids and derive comfort.

It's your biggest investment, where you welcome guests, mourn losses, greet new neighbors, and express yourself by how you treat the house itself. Quoting from one of the HGtv shows, "Do you want to Love it, or Leave it?"

Some people finish the exterior in pretty predictable colors. Maybe they amp it up during the holidays with lights, a green and red wreath on the front door, and call it good. Their interior follows the lead of the exterior with very neutral wall colors, carpeting and not many exciting accessories. Is this bad? Heck, no. It's just it. Others go in the other direction and become the focal point of the block with colors that scream, "Look at me!!!"

So, from those of you who would like to have a new interior Spring look, the question I hear most is "How do I get started - I'm afraid I will make a mistake!" Probably no one but you will see any interior mistakes unless you allow others to, so get over your angst. Secondly, start

with baby steps and new colors. Paint is about the least expensive way to change a room, and if you don't like what you've done, you can always paint over it!!! Don't decide to paint the entire interior, for Pete's sake. You will end up in another Home. Pick a room that needs some TLC, and go from there. Then let's ask a few questions before you begin.

- What is the function of the room? Sleeping? TV? Living Room? What color would be best for that use, perhaps setting off and/or coordinating with existing furniture.

- Does the room get good light? Or will you want to add some?

- Who will be using the room most? Is it a teenager's bedroom or a Man Cave?

- Are there other things that should be done when you have the room "torn up"? Why have to do it again when you suddenly think the closet should be revamped in another 3 months?

- Should you let the teenager or man cave man have any say, or just blow right past them? If you want to cause Third World War, don't consult them. Decorators' way to get by a standoff is to prepare 2-3 options for them to choose from and no more. Or you could be neutral and select the guest bedroom as your project! Tee hee.

I hope this helps get you started. Remember - there is always help available from designers and the web site Houzz.com. If you want to get some exterior ideas from 3 houses that are over the edge on exterior colors in our Witherbee Neighborhood, go to the corner of 36th and J. The bungalow on the SW corner and two to the west of it are an example of non-typical exteriors. My house is the Spanish design. If any of you want to tour it, please get together and call for a group time. 402-328-0318.

Until next issue.....Sharon



Sharon Cochrane



Witherbee's Yard of the Month Coming Soon

The Witherbee Neighborhood Association knows that the exterior of your home and your yard is important to most of you! At the composition of this Buzz a Yard of the Month has not been selected in 2013 yet. All yards are looking brownish and dull and the flowers aren't even on the shelves at our corner stores around town. Please be assured that our volunteers will be on the lookout soon for a yard worthy of the sign above!

Please help us be the eyes of the neighborhood by nominating someone. Perhaps you can see a backyard that is an oasis that we cant. Let us know. Call Jeff at 402-601-5269, (or any other board member), and alert him to a yard you like.

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M.-F. 8-6
Sat. 8-12

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WNA Calendar

Membership not required for any meeting.

Saturday, April 27th — 10 a.m. to 2 p.m. Medication Take Back Day. (See Page 6)

Thursday, May 2nd — 7 to 9 p.m., WNA Monthly meeting, featuring William Carver, Tabitha LifeQuest Center conference room, 48th and J. (see page 1)

Saturday, May 4th — WNA Clean Up Day! (see page 1)

Sunday, May 5th — Community Crops Plant Sale, 11 a.m. - 3 p.m., EcoStores, 530 West P St.

Sunday, May 19th, — 6 p.m. Stuhr Park Potluck (see page 13)

Tuesday May 21st — 7 to 9 p.m. Dance the Night Away at Auld Pavilion. (see page 12)

Monday June 3rd — First Day Bright Lights Program (see page 7)

Thursday June 6th —7 to 9 p.m. WNA monthly meeting, featuring Lynn Friesen (see page 3). Tabitha LifeQuest Center conference room, 48th and J.

Sunday, June 9th—6 p.m.. Stuhr Park Potluck! (see page 13)

Wednesday, July 3rd — Stuhr Park Fireworks Evening (see page 13)

Sunday, July 7th — 6 p.m. Stuhr Park Potluck. (see page 13)

Thursday, July 11th — 7 to 9 p.m. WNA monthly meeting, Planning Time. Tabitha LifeQuest Center conference room, 48th and J. (see page 3).

Sunday, August 4th — 6 p.m. Witherbee Neighborhood Swim Party and Ice Cream Social at Woods Park. Save the Date!

Sunday August 11th — 6 p.m. Stuhr Park Potluck (see page 13)

Hazardous Collections Schedule — Contact Dan King at 402-441-8084 or go to www.lincolne.gov (keyword: Household)

Midtown Business Sub-Committee Being Formed

Former Witherbee Neighborhood Association President, Mike Fitzgerald, is heading a Midtown business sub-committee to formulate ideas to brand and market the area between 48th and 56th street around the area of O Street.

Fitzgerald believes the committee could explore collaboration with area businesses, residents and nearby schools to brand the area as Midtown in hopes that the area can create a tighter nit community feel and to draw attention and business to the area. The idea came about with the redevelopment of the area across from HyVee on 50th and O Street which will include the addition of a Noodle's restaurant. Zoning action will change the parking design at the location.

As a part of the branding of the area committee members will toss around ideas such as finding out if there would be interest in holiday lighting in the area or interest in holding a midtown festival.

The branded area may include the many business on the north side of 'O' street if enough interest is generated.

If you are interested in the committee please contact Mike at 402-416-1475, or any Witherbee Association Board Member. (See page 2).

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It's Surprisingly Easy To Help Keep Your Neighborhood Strong

The Witherbee Neighborhood Association (WNA) celebrates 10 years in 2013. Like the saying goes – time flies when you're working hard and having fun! Since it was organized, your neighborhood association has accomplished many important things to help maintain and enhance the neighborhood you call home. To help keep it strong we are conducting our annual membership appeal. As your neighbors and WNA volunteers we hope that you will read the following points and send in your membership (or sign up or renew on line at www.witherbeena.org/membership). Thank you to those of you who already have. In addition, we hope you will come to a meeting or participate in an activity.

In 2012, in addition to annual events (Pool Party and Ice Cream Social, Mulching trees at Woods and Stuhr Park, Neighborhood Cleanup, Yard of the Month and Holiday Lights award contests) your neighborhood association:

- Dedicated Witherbee Park at 46th & O Streets
- Coordinated assistance to residents through Witherbee Connects program
- Began Recognizing Home Improvement projects
- Addressed concerns with problem properties.
- Sent representatives to Mayor's Round Table, Lincoln Policy Network and Lincoln Neighborhood Alliance meetings.
- Hosted monthly speakers and open meetings to address neighborhood concerns.
- Published and distributed the quarterly Buzz newsletter keeping you informed of all of these neighborhood issues and activities.

When we each do a little, we all do a lot. Please become a member and participate at whatever level of involvement that fits you and your schedule. Everyone has a talent, skill, idea or area of interest that would be an important contribution to your neighborhood association. There are many jobs, large and small, that we could use your help with. And if there isn't anything currently that strikes your interest, WNA can be the platform for you to start a new project or tradition. Please attend a meeting or contact a board member today to get more involved.

Last, but certainly not least – participating in WNA is a very good way to meet nice and interesting people – from across the street, down the block and throughout your neighborhood.



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

Membership Categories:

- ☐ Single\$10.00
- ☐ Family\$15.00
- ☐ Senior Family\$10.00
- ☐ Additional Household Member \$ 5.00
- ☐ Sponsor\$35.00
- ☐ Benefactor\$50.00 & up
- ☐ Business\$40.00
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Contributions: Donations to WNA of \$35.00 or more will receive a tax deductible receipt.)

Please indicate your areas of interest and mail to Witherbee Neighborhood Assn, P.O. Box 5431, Lincoln, NE 68505

- | | | |
|---|--|---|
| <input type="checkbox"/> Serving on the board | <input type="checkbox"/> Newsletter writing/photography | <input type="checkbox"/> Neighborhood Watch |
| <input type="checkbox"/> Witherbee Connect | <input type="checkbox"/> Newsletter production | <input type="checkbox"/> Bryan/Hawthorne School |
| <input type="checkbox"/> Distributing newsletters | <input type="checkbox"/> Web pages | <input type="checkbox"/> Other (describe below) |
| <input type="checkbox"/> Neighborhood Cleanup | <input type="checkbox"/> Acquire meeting speakers | _____ |
| <input type="checkbox"/> Organizing garage sales | <input type="checkbox"/> Annual Meeting | _____ |
| <input type="checkbox"/> Holiday Lights contest | <input type="checkbox"/> Boosting home ownership project | _____ |
| <input type="checkbox"/> Pool Party & Socials | <input type="checkbox"/> Witherbee Park | _____ |