

Country Club



Neighborhood Association

Chronicle

Lincoln, Nebraska • February 2014



Thanks to the following sponsors for making this magazine possible

LearningRx
train the brain. get smarter. guaranteed.



Also in this issue...

President's Message

3rd Annual Fun Run A Success!

Garage Sales Date Set

And Much More!

www.ccnalinc.org



- A faster, more efficient brain will change the way she handles her world

- ...for the rest of her life.

LearningRx brain training consists of intense mental exercises that can actually raise IQ and improve the way your child's brain thinks, learns, reads, concentrates and remembers, for life. Results of our clinically proven programs are dramatic and permanent.

Call us today and learn more.

Call today
for 50% off
an assessment.



LearningRx
train the brain. get smarter. guaranteed.

5955 So. 56th St. Ste. #4
Lincoln, NE 68516
(402) 477-5111
www.learningrx.com/lincoln

Country Club

Neighborhood Association

2013-14 Board

President

Justin Carlson, 3065 Sheridan Boulevard
jplcliz@msn.com

Vice Presidents

Lisa Sypal, 3040 Puritan Avenue
lisasypal@yahoo.com

Tim Gergen, 3038 Jackson Drive
tgergen@oaconsulting.com

Linda Brown, 3128 Cedar Avenue
runnerlinda@gmail.com

Secretary

Rifka Keilson, 2827 South 27th Street
rifka.keilson@woodspros.com

Treasurer

Ron Tucker, 2710 Woodcrest Avenue
ron@expresscareclinic.org

Financial Committee

Ron Tucker, 2710 Woodcrest Avenue
ron@expresscareclinic.org

Communications and Membership

Jena Lambert, 2501 Rathbone Rd.
jenanicole@gmail.com

Parks and Beautification

Linda Brown, 3128 Cedar Avenue
runnerlinda@gmail.com

Social Activities

Lisa Sypal, 3040 Puritan Avenue
lisasypal@yahoo.com

Community Relations

Jena Lambert, 2501 Rathbone Rd.
jenanicole@gmail.com

CCNA Chronicle Editor

Paige Yowell
pyowell@huskers.unl.edu

CCNA Webmaster

Steve Haudrich
stephenhaudrich@gmail.com

Board Members

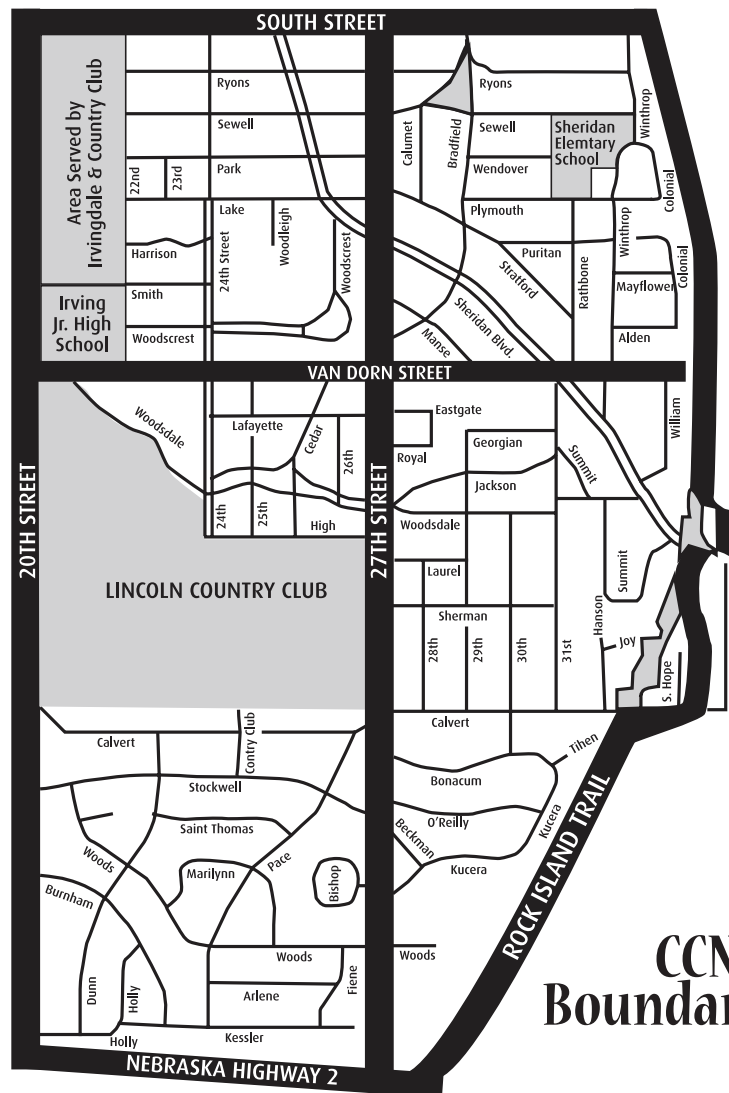
Cathy Beecham	Larry Worth
Joyce Norris	Jena Lambert
Bill Norris	Stephen Haudrich
Bryan Sypal	Lori Haudrich
Krista Rickman	

Thank you for serving your neighborhood!

CCNA Chronicle Publishing Schedule

February, May, August, November

The CCNA Chronicle is the official publication of the Country Club Neighborhood Association (CCNA). The CCNA Chronicle is published four times a year by the CCNA and every address in the CCNA boundaries is mailed a copy. Statements of fact and opinion made are the responsibility of the authors alone and do not imply an opinion on the part of the officers or members of CCNA. While this publication makes a reasonable effort to establish the integrity of its advertisers, it does not specifically endorse advertised products or services unless specifically stated as such. All correspondence regarding this publication should be directed to: Country Club Neighborhood Association, Attn: CHRONICLE Editor, PO Box 21953, Lincoln, NE 68542.



CCNA Boundary Map

www.ccnalinc.org
info@ccnalinc.org

Advertise in your neighborhood newsletter
The CCNA Chronicle reaches over 2,400 households.

Please call for details.

Jarod Griess 402-984-4203

neighborhoodlife@yahoo.com | www.lincolnspremiermagazines.com

Important Phone Numbers

Animal Complaints.....	441-7900	plaints, suggestions).....	441-6300
Buried Lines.....	477-0547	Sidewalks (repair, shovel, etc.) ...	441-7541
City Council Representatives....	441-7515	Weed Problems.....	441-7817
Crime Stoppers	475-3600	Zoning Violations.....	441-7521
Household Hazardous Waste.....	441-8022		
Housing Codes.....	441-7785		
Mayor's Office	441-7511, 441-6300		
Neighborhood Watch.....	441-7204		
Parks and Recreation	441-7847		
Quality of Life (24 hour anonymous com-			

Visit www.ccnalinc.org to find:

- CCNA Business Directory
- A CCNA boundary map
- Links to other community organizations
- Read past issues of the *Chronicle*
- See By-Laws

Table of Contents

Country Club Chronicle

- 3** CCNA Board of Directors and Neighborhood Info
- 4** Country Club Street Name History
- 5** President's Message
- 5** Save The Date: CCNA Garage Sales Date Set
- 6** A Country Club Tradition: Luminaries
- 7** Decorations Around Country Club
- 8** Sheridan Elementary
- 9** 3rd Annual CCNA Holiday 5K Fun Run a Success
- 12** LearningRx: Train the Brain: Change Your Life
- 14** CCNA 2014 Annual Dues Statement

A Message from FocalPoint Publishing

FocalPoint Neighborhood Magazines provides community-specific magazines for 21 Lincoln neighborhoods. We are locally owned, and are proud to work with the finest neighborhoods and businesses in Lincoln. The advertisers in this magazine allow us to publish and circulate the magazine at no cost to your neighborhood. We encourage you to keep our advertisers in mind and use their services throughout the community as a thank you!

Magazine content is provided by your neighborhood Homeowners Association Board. We welcome your thoughts and input, and appreciate new ideas for stories, recipes, holiday traditions, arts and crafts and other topics you would like to see featured. We aim to provide information that is useful and relevant to you, so your feedback is important. Please email ccnamagazine@gmail.com to submit your idea for the next publication!

Advertising Sales | Publisher Jarod Griess
402-984-4203 | neighborhoodlife@yahoo.com

Graphic Design Katie Griess
402-984-1086 | ccnamagazine@gmail.com

CCNA Country Club Street Name History

Did you know that several of the streets in the Country Club Neighborhood are named for historical figures? In 1889, Mark, George, and Frank Woods formed Woods Brothers Real Estate Co. which over many years developed and built at least 46 additions in Lincoln. Several of the streets in the Country Club area can be attributed to the Woods' name: Woodleigh Lane, Woods Blvd., Woodscrest Ave., and Woodsdale Blvd. The Woods Brothers were also known to be especially interested in Civil War heroes.

Sherman Street was named after William Tecumseh Sherman, an American Union General who commanded all Union troops in the West. Sherman served under General Ulysses S. Grant in 1862 and in 1864 he succeeded Grant as the Union commander in the western theater of the war. He proceeded to lead his troops to the capture of the city of Atlanta, a military success that contributed to the re-election of President Abraham Lincoln. Sherman succeeded Grant as Commanding General of the Army. He refused to be drawn into politics and in 1875 published his Memoirs, one of the best-known first-hand accounts of the Civil War.





Your Neighborhood Realtor Since 1978

Linda Wibbels
of
Woods Bros Realty - Country Club Plaza

Linda Wibbels, GRI
Woods Bros. Realty Country Club Plaza
Office 402.730.0203 Cell 402.730.0203
Email: Linda.Wibbels@WoodsBros.com



Real Estate • Mortgage • Title • Insurance





580-6689
Your IICRC Certified Firm
Locally Owned, Certified and Trusted Since 1996



See the Difference!

- Expert Carpet Cleaning
- Steam Cleaning and Power Scrubbing
- Stain Removal
- Odor Control
- Upholstery & Drapery Cleaning
- Scotchgarding
- Carpet Repair and/or Restretching
- Tile & Grout Cleaning
- Water Extraction
- Drying and Damage Restoration

www.carpetcarelincoln.com  www.IICRC.org

Holiday Cleaning Sale!

Power Scrubbing 2 Rooms and a Hall for \$129.95	Whole House Steam Cleaning or \$199.95
--	---

Must Present Coupon. Expires 3/31/2014

Give Your Home A Breath Of Fresh Air!



Duct Magic!

- No Guessing If It's Clean Or Dirty
- Reduces Mold, Pollen, Mites, Dirt, Debris
- Dryer Vent Cleaning • Improves Hvac Efficiency

402-817-1044 • www.ductmagic.biz 

\$595

Whole System Duct Cleaning

No Hidden Charges, includes Sanitizing Fog of System After Cleaning

Expires 3/31/2014

CC
NA

President's Message

By Justin Carlson, CCNA President



I am not a fan of winter. In winter, the weather is cold, the colors are gray and a cold virus or two always seems to run its course through our house. I recently read a study that named Lincoln, Nebraska on of the top ten coldest cities in America. It gets so cold that

this year my 18 month old son's only four words are Ma, Da Da, thank you and brrrrrr. Although winter is not my thing, I do enjoy celebrating the New Year and the idea that it gives us a fresh start. The New Year is about resolutions and making positive changes to your life. This year I will resolve to embrace the cold winter.

I've spent some time traveling to other cold weather cities and am always pleasantly surprised with how well other cold weather towns adapt to winter chill. In Lincoln we tend to hibernate and curl up and spend the late winter months huddled around the fireplace with our TV. But it seems to me that things have changed a little bit the last few years. Maybe it's the development of better warm weather clothing. Or maybe it's New Year's Resolutions to exercise more or to run the Lincoln Marathon but I seem to be seeing more winter walking, biking and running around the neighborhood.

Lincoln as a whole seems to be getting more in tune with embracing the colder weather. Recently, my family and I went ice skating at the new outdoor ice rink in the Railyard area of the Haymarket. It was amazing with the lights, music and the rink was packed with families smiling and enjoying falling on the freezing ice. As the sun set, the ice rink was replaced by couples and high schoolers but the sidewalks and restaurants remained

full of people walking around enjoying a nice cold winter's night.

My Swedish ancestors have a quote that I need to better embrace as I warm up to my New Year's Resolution. "There is no bad weather, just poor clothing choices." Very well said.

The Country Club Neighborhood Association has had a busy few months since our last publication. Our 3rd annual CCNA Holiday Fun Run was another success! Thank you to all of the runners and volunteers that slipped through the neighborhood a few weeks ago. I want to extend a very special thank you to our business sponsors who make the event possible. We appreciate it!

I also want to point out that our 2014 annual dues are soon due. A letter will be coming out soon asking each of you to consider supporting our neighborhood association. I cannot stress how much these voluntary dues help us achieve our goals in protecting and preserving this great historic neighborhood. Thank you in advance for your contributions!

So until next time, enjoy that hot chocolate, build a snowman, go iceskating or just pretend you are living in a snow globe if it helps you get through these last cold months of winter. Put on an extra layer of clothes and embrace the cold weather. Spring will be here soon. I promise!

See you around the neighborhood.

Justin Carlson
President

Country Club Neighborhood Association

CC
NACC
NA

Save The Date

28th Annual CCNA Garage Sale

SAVE THE DATE!

Saturday, May 3, 2014

It's not too early to start cleaning out those closets and basements in preparation for the CCNA Annual Garage Sale. Always the first Saturday in May, get ready for May 3. Sign up with Tara Hansen at tdhansen78@yahoo.com no later than April, 28. CCNA will again provide a newspaper ad and article. All participants will also receive maps of the various participants that they can hand out at their garage sale.

CC
NA

Bargain
of the month.



24⁹⁹

Digital Battery-Operated Carbon Monoxide Alarm

E 113 408 B4

Bishop Heights True Value

4200 S. 27th Street

S. 27th & Hwy. 2

Lincoln, NE 68502

402-420-0077

©2014 True Value® Company. All rights reserved.

BEHIND EVERY PROJECT IS A
True Value.

Sale ends 02-28-2014



A Country Club Tradition: Luminaries



Parts of this article originally appeared in the 2001 winter issue of the CCNA Chronicle.

History of a holiday tradition

Stratford Avenue and the Sheridan Boulevard area are known as some of the most festive streets in Lincoln during the holidays. Thousands of luminaries line the sidewalks on Christmas Eve and homes are decorated with Christmas lights.

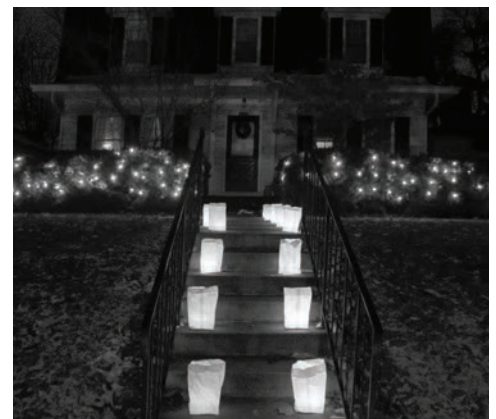


What is the history of the tradition?

No one seems to remember the exact year in which the luminaries initially appeared, but they know it was sometime in the late 1970s. That first year, a few Stratford Avenue homes set up the luminaries. The next year, more neighbors joined in and the third year the entire street was awash in luminaries. Coordinating such a massive holiday effort every year is no small task.

Al Moore, who lives at 2920 Sheridan Blvd., organized the luminaries on Sheridan for many years. He

remembers folding, filling with sand and stuffing with candles about 800 bags, which lined the boulevard from 27th Street to 33rd Street each year. "I had a sun room that was full of bags room to ceiling," Moore recalled. "From year to year to year, you just didn't know what kind of weather you were going to get. Some we had years where it was a blizzard and then we had nights where you'd see some people leave church and take a walk. I did it for a long time, but everybody's taken their turn. There have been a lot of people involved in it and I think that a lot of the younger people say it is worth continuing this tradition."



Overall the mishaps have been few and the pay-offs have been great. According to one informal study from 2001, about 600 cars per hour visit the area on Christmas Eve.



CC
NA

Decorations Around Country Club



CC
NA



Sheridan Elementary



After taking part in a breast cancer Pink Out, students at Sheridan Elementary School worked to support the Power of Orange, the color associated with Leukemia. The nimble fingered 4th grade class made orange rubber band bracelets made popular by the Rainbow Loom craze. Any student who donated would receive an orange bracelet. They raised more than \$1,300. (Photo courtesy of Lincoln Public Schools)



Let Ray's be your Lawn & Landscaping Source!

RAY'S Lawn and Home Care

402.476.8614
www.rayslawn.com

CC
NA

3rd Annual CCNA Holiday 5K Fun Run a Success!

Elves, a Christmas tree, and people decorated in holiday lights were just a few of the sparkly flashes seen running down Sheridan Boulevard on Friday, Dec. 20 for the Third Annual CCNA Holiday 5K Fun Run. Runners and walkers started at the Lincoln Country Club and headed through the neighborhood to enjoy the holiday light display. The route included 24th Street, Woodscrest Avenue, Sheridan Boulevard, Rathbone Road, Stratford Avenue, and Bradfield Drive. Those who did not want to brave the cold welcomed runners at the finish line and in the ballroom for heavy appetizers, Zipline Brewing Oatmeal Porter, music and door prizes.

The CCNA Holiday 5K Fun Run was started three years ago to raise money to light the Rock Island Trail from South Street to Calvert Street and make our neighborhood safer! This year, with the help of some very generous neighborhood businesses and individuals, we made \$1,915.95. In addition to the previous years and the Country Club Neighborhood Association matching the profits from all three years, we now have \$8,000.54 for lights! Thank you to all of you who have attended and are making this project possible.

Thank you to our generous sponsors:

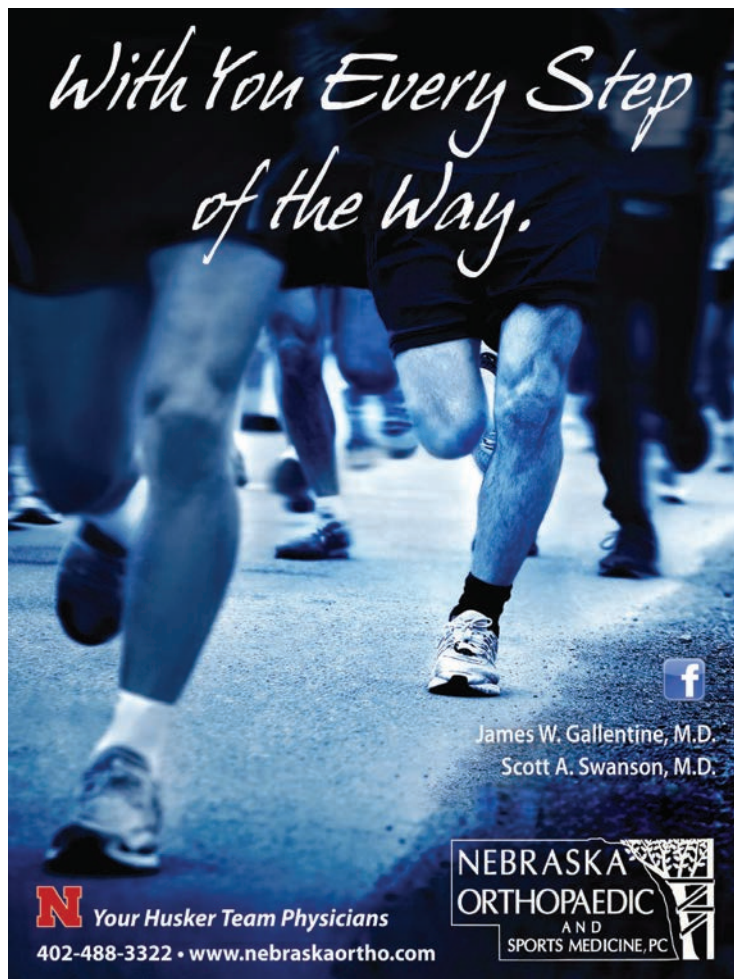
Gold Level Sponsor (\$1,000) - Nebraska Orthopaedic, Dr. Swanson and Dr. Gallentine

Silver Sponsors (\$500) - Strasburger Orthopaedics, Benesch, and Zipline Brewing


Bronze Sponsors (\$100-250) - Inspro, SMITH HAYES, Strawberry Springs and Woods Foundation for Giving

Partner Sponsors (Prizes) - Bishop Heights True Value, Eye Care Specialties, Shelby Byler DDS, Grapevine, Express Care Clinic, Leon's, Jenny Gegg Photography, Super C, Tokyo, Henrys on South

Thank you to our Volunteers: Julia Gale, Mike and Alice Epstein, Sara Carlson, Alex Perry, Ben and Alex Cohoon, Eric Bergstrom, Kevin Bergstrom, Abby Helman, Justin Brunken, Dave and Krista Rickman, Sara Luther, Scott and Nancy Stuckey, Dennis and Nancy Carlson, Rick Frey and Linda Faris. This event would not be possible without your help and support!



*With You Every Step
of the Way.*



James W. Gallentine, M.D.
Scott A. Swanson, M.D.

NEBRASKA
ORTHOPAEDIC
AND
SPORTS MEDICINE, PC

N Your Husker Team Physicians
402-488-3322 • www.nebraskaortho.com







LearningRx: Train the Brain: Change Your Life

“Ready? Got your focus on?”

Eight year old Grace nodded. She and master-level trainer Jody Klitzke sat in a private study room at LearningRx in Lincoln, Nebraska, getting ready for Grace’s newest challenge: mirroring the layout of shapes placed in front of Klitzke within ten seconds. Grace would have just three seconds to scan the arrangement before duplicating it on her side of the table.

Counting aloud, Grace began the exercise, focusing intently. “1, 2, 3...”

Then Klitzke slid a piece of paper between them, blocking her view, and Grace’s fingers flew to the shapes in front of her.

The two are engaged in brain training, the pillar of everything LearningRx does. Brain training is based on 20+ years of scientific research that the brain has plasticity – in other words, that it can change.

“I grew up believing that our intelligence is fixed, that your brain doesn’t change and people don’t change,” said Andrea McAllister, Executive Director and owner of the company’s Lincoln location. “That’s completely false. The brain is constantly changing, and can evolve to get better, stronger, faster.”

Much like a physical fitness coach, a LearningRx trainer meets regularly with his or her clients to work hard together, targeting weak cognitive areas through challenging exercises. Gradually, the client’s abilities and mental strength sharpens and grows. Unlike an academic tutor, who is concerned with the retention of facts, LearningRx trainers focus on improving the brain’s ability to absorb and handle those facts, giving brain training the potential to affect every area of a person’s life, not just classroom performance.

Grace is one of 35 clients who come weekly to LearningRx to receive this one-on-one, customized training. Many clients at LearningRx are students hoping to improve academically, but the center also helps adults who want increased mental ability on the job or as they age. Some clients struggle with ADHD, dyslexia, or autism; some have experienced a stroke or traumatic brain injury. Brain training can help anyone, McAllister said, provided that they’re committed to putting the work in.

The company’s Lincoln location is owned and operated by Kyle and Andrea McAllister, who saw the benefits of the program first-hand with their son, Cole. As a 5th grader,



Cole was struggling as a student. Out of a 4-point scale, he received 4’s for effort, but 2’s on actual assignments. He had trouble with reading, math and writing. Seeing his struggle, the McAllisters began researching ways to help their son.

Kyle found LearningRx online. “I was the one who was skeptical,” Andrea recalls. Similarly, Cole was unsure about the program. Yet, as he bonded with his trainer, Jody, and worked through the brain training exercises, the McAllisters noticed something: Cole’s confidence started to blossom; he became more independent and self-directed, better able to focus on the task at hand; then his grades began to rise.

The changes didn’t stop there: Cole improved socially and even athletically, developing skill sets that now continually





impress his baseball coach. "We grew as a family, moving from frustrated and controlling to supportive and monitoring. It's affected every aspect of his life," Andrea said.

And the changes have lasted. Cole, now at 14, is earning A's and B's in school, regularly landing on the honor roll. A closer look at his results shows amazing progress – he gained 8.6+ years of growth in auditory processing and working memory, and 6.5+ years of growth in his executive processing ability, which Andrea compares to the engine of a car. Brain training really did change Cole's brain.

So strong was the McAllisters' belief in LearningRx, that this past July, Kyle and Andrea became the official owners and directors of LearningRx's Lincoln location. Andrea explained that it was a natural choice for them – they wanted to help other people the way Cole had been helped. "It's in our family blood to always want to help people," she said.

"Working here is exciting," Andrea said. "We take our clients' concerns and progress very seriously. We have an enormous amount of fun. We care about each other, like one big family."



By now, Andrea is well-acquainted with the progression of a typical LearningRx client. Many come in uncertain and lacking in confidence, knowing that "something is wrong," mostly feeling helpless. Those attitudes begin to change in the first week working with their trainer, she said. In the end, kids or adults who thought they couldn't do something

Get your official CCNA
tee, mug, or tote!
All new design!
Profits help support
the organization you all
know and love!
For more information
and pricing, visit
[www.zazzle.com/
ccnagear](http://www.zazzle.com/ccnagear)



DAVID CLARK FRAMING



- Custom framing
- Cusom mounting - matting
- Update existing framing
- Shadow boxes
- Plexi boxes
- Needlework framing
- Glass replacement
- Textile framing
- Custom mirrors

David Clark offers a large selection of mouldings from contemporary to traditional at many price points.



Williamsburg Village | 5757 South 34th Street
Lincoln NE | 68516 | Phone/Fax 402.420.6261
Monday - Friday: 10:00 - 6:00 | Saturday by Appointment



gain the necessary cognitive skills and, simultaneously, the confidence they need to be successful.

The staff keeps an Achievements board on the wall to cheer clients on. They celebrate a 100 percent on a spelling test, or a young skater learning to execute more difficult moves, or a client with ADHD who no longer needs medication or an athlete making a varsity team.

"I feel privileged to be a part of the greater LearningRx team. When a family or a client tells of their post-training successes....there's no greater reward," Andrea said.

To connect with LearningRx, call (402) 477-5111, or send them an email online at www.LearningRx.com/Lincoln.



Country Club **Chronicle**
 Neighborhood Association Lincoln, Nebraska



NEEMANN & SONS, INC.

Roofing, Seamless Gutters & Siding

Family owned and serving the Lincoln area for 30 years

- Fully Insured
- Experienced, Full-Time Employees
- No Subcontracted Workers
- BBB Member
- 5-Year Workmanship Warranty
- Home Builders Association Member
- Nebraska Safety Council Member

Let our family be of service to your family!

(402)423-4853

Call Today for a FREE estimate!

Web: www.neemannroofing.com
 Email: info@neemannandsons.com
 Visit our showroom at
 1121 High Street, Suite B, Lincoln, NE

Country Club Neighborhood Association 2014 DUES STATEMENT

Please check one:

- My contact information is complete and accurate.
- My contact information needs to be updated as follows:

Name _____
 Address _____
 Phone _____ E-mail _____

Annual CCNA membership dues (good until January 2014)	
Good Neighbor	\$25.00 / \$15 Senior
Great Neighbor	50.00
Outstanding Neighbor	100.00
Distinguished Neighbor	125.00+
<input type="checkbox"/> Enclosed is one business card for the online directory = \$	0.00
TOTAL Enclosed = \$	_____

*If dues and contributions total \$35 or more, the entire amount is tax-deductible.
 Please make check payable to **Country Club Neighborhood Association**
 and return it with this form and your business card(s) to:
 CCNA Dues, P.O. Box 21953, Lincoln, NE 68542.*

If you're interested in participating in any of the following committees, please email the appropriate chair.

Communications and Membership Committee
 Jena Lambert, 2501 Rathbone Rd.
jenanicole@gmail.com

Parks and Beautification Committee
 Linda Brown, 3128 Cedar Avenue
runnerlinda@gmail.com

Social and Activites Committee
 Lisa Sypal, 3040 Puritan Avenue
lisasypal@yahoo.com

Community Relations Committee
 Jena Lambert, 2501 Rathbone Rd.
jenanicole@gmail.com

I don't have email. I am interested in the _____ Committee.

South Lincoln Dermatology



Jay Arthur PA-C Rodney Basler MD Chad Hillyer PA-C Christina Meyer PA-C

Advanced Dermatological Care
In the Neighborhood

southlincolnderm.com

421-3335

2625 Stockwell Lincoln

THANKS EVERYONE!

For voting us
Best of Lincoln
for the 25th
year in a row!



27th & Yankee Hill • 402-437-1200
www.hondaoflincoln.com

THE Waterford

WILDERNESS HILLS MEMORY CARE

Now Open and Accepting Residents!

The Waterford at Wilderness Hills is a family centered Memory Care community, staffed by **Certified Dementia Practitioners** that specializes in Alzheimer's and Dementia related needs.

We offer surroundings that feel like home:

- Safe and secure home living
- Private apartments
- Courtyards for leisure walks, gardening, bird watching and relaxation
- Relaxing whirlpool spa
- Beauty and barber shop

Introducing "Waterford Tranquility" a specialized hands on sensory room to assist with relaxation and creating moments of joy.



8939 Keystone Drive • Lincoln, NE 68516
(Behind Kohl's at 27th & Yankee Hill)

Phone: 402.421.8105 • Fax: 402.421.8106

www.thewaterford.net

Email: administrator@thewaterford.net

Caring Ways Inspire Better Days.

The Waterford is locally owned and operated and proudly offers three locations College View, Williamsburg, and Wilderness Hills.



PRST STD
US POSTAGE
PAID
LINCOLN, NE
PERMIT NO.777

FocalPoint Publishing
510 West Cedar
Sutton, NE 68979
www.lincolnspremiermagazines.com



PROACTIVE
Medically Based Health and Fitness



photo courtesy of Brandon Hartley

**It's YOUR job
to pick up
his job!**

**Pet waste pollutes
our streams and lakes.**

