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# Chronicle

Country Club Neighborhood Association

Lincoln, Nebraska • September 2011

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This month's theme: Pets!

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Pets!

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- New Officer Announcement
- Jan Pitsch Green Dedicated



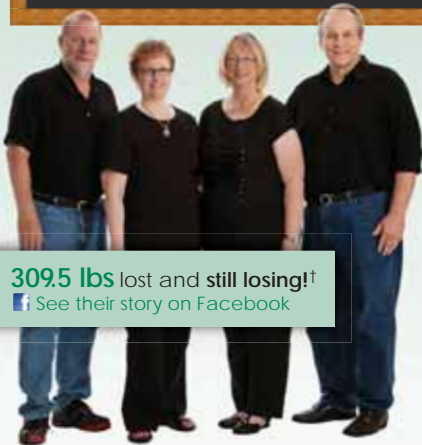
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# Feature Story

## Country Club Chronicle

### And Let There Be Light

On 27th Street. As 27th Street goes, so goes the neighborhood. Being the main street that goes through our neighborhood, 27th Street had been under pressure for many years – pressure to widen, pressure that would change the entire integrity of our neighborhood. One only has to look north of us and any other residential arterial to see what effect this would have.

CCNA has long realized that the status of this street was critical to the health of our neighborhood and to the property values throughout the neighborhood. Over the years your CCNA board and neighbors have fought vigilantly for the preservation and the enhancement of this street. We wrote grants, solicited private donations and used funds from our dues and fundraisers to plant about 70% of the trees that you now see along 27th Street. This street-scaping not only provided beauty to this street and the homes that line this road, but it also helped to soften the critics who wanted to widen. We were also successful in getting the street reconstructed – new curbs, base and surface – in 1999. We were making progress!

The overhead utility lines – Lincoln Electric System, Windstream and Time Warner Cable – were the only things that stood in the way of CCNA's ultimate goal – put the lines underground and replace the wooden poles with ornamental lighting. With the help of Councilman Jonathan Cook and then Councilman Dan Marvin, we were able to get this accomplished in 2010-2011. And it looks so very, very nice!

Completing this work last spring along with the restoration of the lawns would have been just fine. But "fine" is not what we wanted to be. We wanted to have the same "extras" that other neighborhoods were getting – 13th and South Street, College View, Antelope Valley and others that were receiving. The only problem was that we would have to pay for it ourselves.

And so we did. And everyone is so very pleased! The CCNA board voted to have the ornament lights installed along 27th Street. It gives extra lighting for pedestrians. It gives a beautiful ambiance fitting for the neighborhood.

CCNA does not want to stop with 27th Street from South Street to Calvert. We would like to do the same thing – bury lines, ornamental lights – from Calvert to Hwy 2. We also would like to add the ornamental lights to the existing poles on Van Dorn west of 27th to 20th Street. If you look at the

AND LET THERE BE LIGHT continued on page 6



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## President's Message

by Justin Carlson



You live in a great neighborhood!

I hope this article finds you enjoying the cooler weather of a Nebraska fall. My guess is that by the time this newsletter goes to print we are probably just beginning to see pumpkins on porches, smell firewood burning in fireplaces and maybe see a few signs of leaves beginning their annual change of color. And I'm sure Walgreen's and Leon's have their Halloween Candy displays out in full force.

Fall is here, where did the summer go?

This summer was a great year for our family spending time enjoying the Country Club Neighborhood. We spent many hours at Pocras Park, Sheridan School and on nighttime walks with our two small kids. On the Fourth of July we had a wonderful time experiencing several areas of our neighborhood all on foot and stroller. We confirmed over and over again why our neighborhood is such a wonderful place to live in. In years past, we've taken part in the big parade on Woodsdale Blvd. complete with fire trucks and fire hoses. This year my kid's enjoyed parading in the Summit Blvd. Celebration parade and potluck. Complete this year with a water balloon fight and even a bounce house! We then walked the firework riddled streets to a few house parties and finally the great firework display at the Country Club of Lincoln. After the finale, we stayed out late and lingered back talking with friends and neighbors on porches as we strolled our way home through the smoky air. Several times throughout that day I thought to myself, what a great neighborhood we live in!

The Country Club Neighborhood is a special place, but having grown up in this neighborhood and lived here or just across South Street for most of my life, I know our neighborhood is not perfect. We face some real problems. Budget cuts to our parks, pools and streets. Absentee landlords, crime, and the overall aging of the core of our city are problems many of our neighbors have had to deal with. But even with some of these obstacles, we live in a great neighborhood. The neighborhood spirit, smiling faces and good people I saw on the Fourth of July said it all. The Country Club Neighborhood is a great place to live.

One of the reasons this neighborhood is so strong is the commitment and energy given over the past several years by the Country Club Neighborhood Association. This small group of energetic and active volunteers has helped create and protect something special. I look forward to being part of this great organization. I want to personally thank several of our outgoing board members. Dan Marvin, Mary Lynn Schaffer, Linda Wibbels and Peter Frazier-Koontz will no longer be serving on our board. Their institutional wisdom, expertise and efforts have helped make our neighborhood special and have created a well respected and powerful neighborhood association. Thank you for your service.

That being said, we hope you consider being more involved in the Country Club Neighborhood Association. Our meetings are held on the 3rd Tuesday of February, March, April, July, Sept, Oct. and November at 7 p.m. in the Irving Rec Center.



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Justin Carlson, 3065 Sheridan Blvd.  
jplcliz@msn.com

### Vice Presidents

Lisa Sypal, 3040 Puritan Ave.  
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Tim Gergen, 3038 Jackson Drive  
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Michael Smith, 2920 Summit Blvd.  
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### Secretary

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### Financial Committee

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### Communications and Membership

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Alice Epstein, 3144 Sheridan Blvd.  
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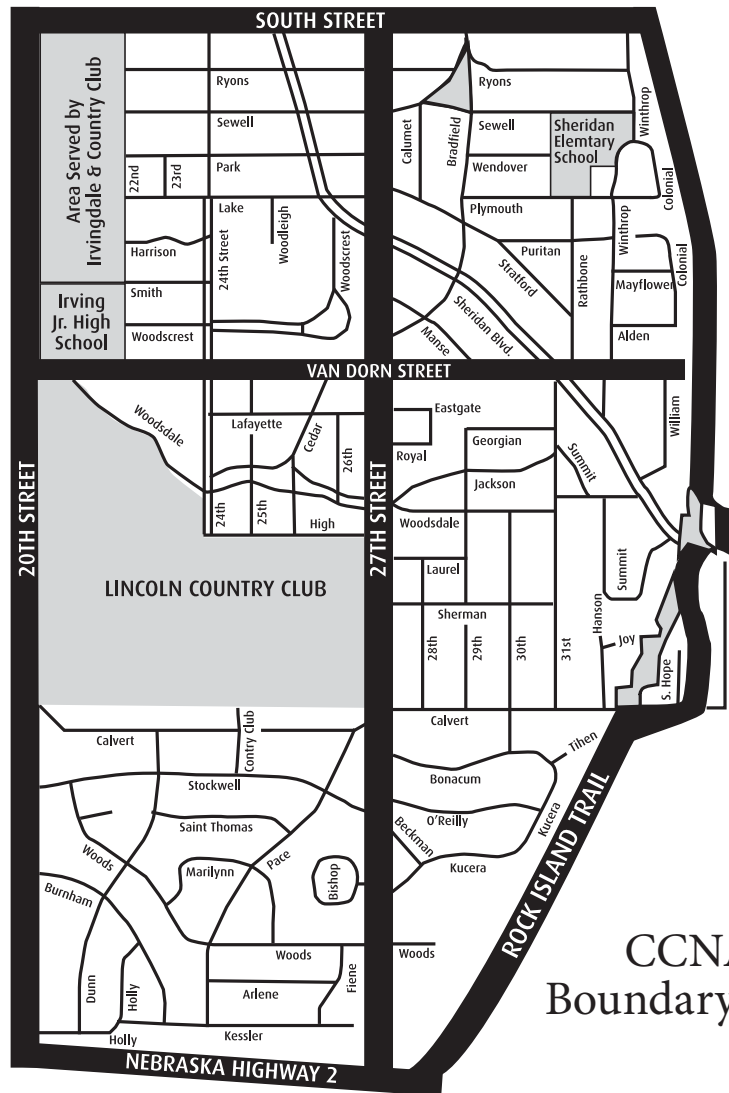
Sue Van Horn, 2840 Winthrop Road  
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**Thank you for serving your neighborhood!**

### 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.



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### Visit [www.ccnalinc.org](http://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

AND LET THERE BE LIGHT continued from page 3

streetlights on Van Dorn east of 27th, we have already replaced the "spaceship" style globes with the historically fitting Grandville globes.

We are making progress, but still need your help to continue this project. If you would like to make a tax deductible contribution, please fill out the donation form and send to CCNA. We make your neighborhood beautiful only with your help – thanks you!

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## Dead and Dying Trees

In driving around Lincoln the last several years, you could not help but to notice all of the Scotch pine and other pine trees that have been turning brown and dying. This also includes our neighborhood and we have not been limited to just the pine trees. Almost all of our conifers have been having problems.

Some of our dead and dying trees are the result of the pine needle tip blight, some leaf hoppers, some trunk girdle (never heard of that before), red spider mites, etc. In the past the City of Lincoln Forestry Department had a spraying program for these trees. It was thought better, and cheaper in the long run, to spray the trees for these problems than to replace hundreds of trees. Unfortunately, the spraying program was cut from the City budget and our trees and trees throughout Lincoln are now suffering the consequences. The tree trimming department has also had budget cuts allowing growth and branches to encroach into the line-of-sight for cars and pedestrians. It is so sad to see our city suffering because of these cuts.

CCNA spent several hours several weeks ago with our City Forester reviewing all of the trees in our neighborhood and the line-of-sight problems. At one point a tree limb was hanging over the sidewalk so much that we could barely see the young girl on her bicycle getting ready to cross the street. We are very fortunate that CCNA has an excellent working relationship with Parks and Recreation and are able to accomplish some much needed work that is being done. CCNA also makes a financial contribution every year to Parks and Recreation.

This is what has been happening and what will happen as a result of the driving tour with the City Forester:

1. Trees and bushes have been identified on various boulevards and in the public right-of-way that need to be removed. You will be able to see an orange flag tied to the tree. Once removed, the stumps will also be removed.
2. Trees at the end of the boulevards and intersections, if needed, will be trimmed up for better vision/safety of pedestrians and motorists.
3. If you have a pine tree or other disease infested tree on your private property, please consider having your tree sprayed or removed, but only after consulting with a licensed arborists. If not, your pests will be moving to your neighbors' trees. If your neighbor has an infested tree, please talk to them about it as it may soon come over into your trees.

CCNA has invested a lot of time and money into the planting of trees in our entire neighborhood. We strive to keep our neighborhood looking beautiful and in mint condition. We appreciate your support, cooperation and the beautiful care you give to your property. After all, your home and yard – and out neighborhood – is what keeps our neighborhood beautiful and desirable.

NOTE: You are responsible for the maintenance and trimming of any trees on your property - branches hanging over the sidewalk and posing a problem for pedestrians or motorists; debris on sidewalks from trees, etc. that might interfere with pedestrians, especially walk-to-school routes. Be a good neighbor and make it safe for yourselves and your neighbors.

## It's That Time of Year

It's the beginning of autumn. With that comes – The beginning of the school year. Listen and enjoy the chatter and the laughter of the kids walking to and from school.

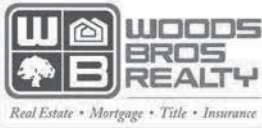
The beginning of marching band practice. From blocks and blocks away you can hear the music of the Southeast High School marching band wafting through the air.

Clear, crisp days where the church bells of Westminster, First Plymouth and the Cathedral of the Risen Christ seem even more beautiful.

The aroma of the neighborhood fireplaces just beginning their stint of bringing warmth and comfort to their owners and people out for a crisp walk.

The rustles of leaves, their gold and crimson colors letting us know what lies ahead.

Enjoy this autumn in the neighborhood. Take long, beautiful walks and appreciate and love where you live.



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## New Officer Announcement



Justin Carlson, President

My roots are deep in the Country Club neighborhood and I am honored to serve the area as the new President of the Neighborhood Association. I was born and raised in Lincoln, right here in the neighborhood, on 22<sup>nd</sup> and Park Avenue. As a product of Prescott, Irving and Lincoln High and the University of NE-Lincoln, I knew that I wanted to stay in Lincoln and raise a family in the heart

of the city. I appreciate the character of these historical homes and the beautiful trees of an established neighborhood. I currently live at 3065 Sheridan Blvd, and it is the third home my wife Liz and I have restored. As a Financial Advisor for Wells Fargo Advisors, I provide sound financial advice and value-added service to investors. I strive to build long-term relationships based on honesty, mutual trust and respect both in my profession and in my community service. My vision for the neighborhood is to maintain the beauty and elegance of the neighborhood and to help engage more neighbors to be involved and active in the association. Being a servant leader is important to me. I participate in many civic and community organizations, including the Lincoln Parks and Recreation Advisory Board, Leadership Lincoln, The Lincoln Chamber of Commerce, Lincoln Young Professionals Group, Citizens for the Lincoln Arena and have been active in a numerous local, state and national political campaigns.

My wife is Liz Ring Carlson, who is the External Relations Manager at State Farm Insurance. We have two daughters, Britta, 4, and Annika, 2. Besides spending time with my family, I enjoy working on my home, reading, playing basketball and fishing.



Tim Gergen, Vice President

My wife, Sarah and three children, Jampe, 10, Grey, 8, and Simone, 4, live at 3038 Jackson Drive. We chose the country club neighborhood for many reasons but continue to live and love the neighborhood for several more reasons that we did not expect. We chose the neighborhood for the beautiful

architecture of the houses, mature tree lined streets, great schools and because it has a strong neighborhood involvement in the city. We continue to love the neighborhood for the great families that we continue to meet, nearby amenities and general friendliness of people in the neighborhood. I am a civil engineer with Olsson Associates and my hobby is my family. If you find yourself walking by our house you will see us outside playing ball or swinging on the tree swings. We have no backyard so the front yard is our domain.



Lisa Sypal, Vice President

My name is Lisa Sypal. My husband Bryan and I live at 3040 Puritan Ave. I grew up near a small town in Northeast Nebraska and moved here for college. I am an accountant for a firm here in Lincoln and am currently pursuing my CPA license. I'm fairly new to the Country Club Neighborhood Association Board, having joined in

2010. I like being involved and continue to learn more about what it takes to have a strong neighborhood. I also enjoy helping with the social events and activities that the association puts on.

My husband Bryan works as a buyer for a manufacturing/engineering company here in Lincoln. We've been married for two years and we have a Maltese named Sophie. She's full of energy and loves being outside. We love taking her for walks around the neighborhood. If you live anywhere near us, you've probably met or heard her!

When my husband and I began searching for a home, we went back and forth between newer construction and older homes. The house I grew up in was built in 1905, so I was accustomed to living in an older home. After looking at many, many houses, the Country Club neighborhood just really stood out to us. We love the established trees and that each home has characteristics that set it apart from another. Every home seems to have a story. We were warmly welcomed when we moved into the neighborhood in April of 2009. Everyone we've met is very friendly and always helpful. We've kept busy trying to put our touch on our home, and are looking forward to future projects!

In my free time, I love to run. I run anything from 5K's to full marathons. My husband and I find ourselves scheduling vacations around running races out of state. We've found that one of the best ways to see a new city is on foot! I'm currently training for the Chicago Marathon, which is in October. Bryan and I also love to spend time with our family and friends. We are both really close to our families and get together quite often. I also play the violin, and have played for weddings and other events on occasion.



Michael Smith, Vice President

I am pleased to serve as a Vice President of the CCNA.

NEW OFFICERS ANNOUNCEMENT continued on page 11



## Webmaster Report

During the period of June 13 to July 13, there were 115 visits to the website by 78 unique visitors. Our facebook membership is up to 53 members.

Be sure to visit our website, [www.ccnalinc.org](http://www.ccnalinc.org), for all the latest news from the CCNA, to check out business cards on our BizLinc page, to join our facebook group, and even to find past issues of the CCNA Chronicle newsletter.

Stephen Haudrich, CCNA Webmaster

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# Jan Pitsch Green Dedicated

by Kathryn Kates Moore, Lincoln Journal Star

April 23, 2011

Jan Pitsch loved the color yellow. Her house, tucked off Sheridan Boulevard, was painted the color of a sunny day. It was the perfect accent to her yard, which was loaded with perennials, shrubs and flowering trees.

So it seemed fitting that the landscaping for a pocket space of green named in her honor in the Country Club Neighborhood has been painted with a heavy pallet of yellow: yellow daffodils and blooming forsythias. When the area, named Jan Pitsch Green, was dedicated last week, the mass of daffodils near the 33<sup>rd</sup> Street and Sheridan Boulevard bridge and the circle of the nodding yellow flowers at the roundabout were in peak form. A group of neighbors and friends remembered Pitsch and her love of nature and neighborhood – a woman who regularly trimmed the spires near the bridge into neat globes so they didn't get unruly. Pitsch wanted to make sure her neighborhood landscape continued to be in good shape, so she made provisions for it in her estate. She died in 2008, leaving a gift to the Lincoln Community Foundation to fund the initial landscaping improvements for the space and an endowment to provide for perpetual care. Working with the Lincoln Parks and Recreation Department, the Country Club Neighborhood Association and family and friends developed a plan.

Now, every spring there will be a bit of sunny yellow at the roundabout.



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# Three Winners in CCNA Beautiful Yard Competition

By Alice Epstein

The following three contestants received a \$75.00 gift certificate to Campbell's Nursery for winning the CCNA Beautiful Yard competition. The gift certificates were provided by CCNA and Campbells.

Andy Walker of 2435 Kessler Blvd. has lived in his home with his wife and two young daughters for 6 years. Each year Andy betters his yard with at least one project. He follows a strict schedule of fertilizer,



water, and mowing. The hostas around the tree in the front yard are the first in the area to come up each spring. The backyard faces the bike trail and Highway 2 so Andy has worked hard to maintain its appeal to passers by. He has added two beautiful trees, day lilies, and a nice row of pampas grasses that line the fence, thus creating a "natural" and attractive barrier for his yard.

Few Country Club properties have seen more outdoor TLC than the yard of Carol and Michael Jess at 2840 Kucera Drive. From a custom-designed garden house on the northwest corner of the backyard built by Mike, to the white wooden fence with copper topped vertical supports, the yard does its part to enhance the neighborhood. The Jess's are pictured in their lovely backyard which has a seating area, five full-grown blue spruce trees, a fountain drafted from a grinding wheel, hundreds of annuals and perennials, and an herb garden. In the front yard and on both sides of this home you will find rose bushes, colorful perennials, hydrangeas, lilacs and more as you walk along a stamped concrete walk or stepping stone paths.



Woodleigh Lane is off of Lake Street between 24<sup>th</sup> and Sheridan. At the end of the lane there is a circle with a green space and light post in the center. The center space had been neglected for a number of years yet has a beautiful light post in the center from the French Quarter in New Orleans put in the circle by a previous resident. This spring neighbors in the circle worked together to give vibrant new life to this center space. Pictured in the front of the circle is the Shank family (Nancy, Cole, and Bryan) and the Weyeneth family (Ben, Max, Sam, Len, and Sara). Not pictured but involved in this project were Ray and Carolyn Zeisset. Adults and kids spent this spring pulling weeds, trimming bushes, digging holes, planting, watering and spreading mulch. It was and continues to be a great neighborhood project.



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NEW OFFICERS ANNOUNCEMENT continued from page 7

My wife Mary Ann and I moved to Lincoln in early 2006 when I accepted the position of Director/CEO of the Nebraska State Historical Society. We had discovered the Country Club neighborhood when doing online research on housing from our previous home in Haverhill, Massachusetts, so finding a house in this neighborhood was a priority for us. We were delighted in our "find" at 2920 Summit Blvd. It was a wonderful choice and it has been a real pleasure to invest in the home. Its historic nature has also provided an appropriate place for the antiques and the books that we collected.

Although Mary Ann died in July of 2009, I have continued to enjoy the home and the neighborhood. It is such a well-designed and well-cared for neighborhood. It remains a pleasure for me to welcome family and friends here, whether they come from across town or across the country.

As Director of the Nebraska State Historical Society, I had the honor of signing the forms prepared by the City of Lincoln's Historical Program Planner Ed Zimmer which nominated the CCNA under the name of the Boulevards Historic District to the National Register of Historic Places as maintained by the National Park Service. I would encourage all residents to appreciate the resulting designation of the neighborhood as one of America's special historic places. While maintaining all the rights we have as property owners, the historic designation reminds us of the heritage of the CCNA and should serve to lift our collective heads just a little higher for the special place that we call home.



Rifka Keilson, Secretary

I have been a Country Club area resident since April 2002 when I took on a dilapidated 1925 Tudor that had been rental property at 2827 South 27<sup>th</sup> Street. My love of restoring historic houses has always been a perfect fit with my career as a real estate agent, based in the

Country Club Plaza office of Woods Bros. I also enjoy running my two Australian shepherds around the neighborhood to work off the gourmet food that I enjoy cooking.



Ron Tucker, Treasurer

My name is Ron Tucker and I live at 2710 Woodscrest Ave. I have lived in the neighborhood since 1999 and was raised in Lincoln. I am married and have two wonderful small children. I consider myself an entrepreneur. I love our neighborhood and am impassioned about making it even better. I have joined

CCNA because I want to help develop a comprehensive plan for our neighborhood that guides us over the next 50 years. Nebraska is

the best place to be, but let's face it we don't have mountains or large bodies of water. The weather isn't always ideal. But we can control our surroundings and try to make things as beautiful and charming as possible. With a long term plan that everyone likes, we can do some big things for generations to enjoy, and make our lives and time here as good as it can be.



Terry Schaaf, New board member

I was born in Hastings but moved to Lincoln for college in the 1960's. I lived in various places around town as college students and young adults are prone to do. About 30 years ago I moved to a home just east of the neighborhood across South Antelope Park and I have been in my current home at 3172 Sheridan Blvd for the last 12 years.

My mother was born in a house near Sheridan and Van Dorn and in later years my grandparents lived at about 27<sup>th</sup> and Royal Court, so I have been familiar with the neighborhood for my entire life.

I am a semi-retired attorney, which means, I guess, I get to work when I want. For the past three decades, (Oh My!) I have taught an introduction to law class in the College of Business Administration at UNL. I am also a "wannabe" writer, having had some limited success but only when I write plays. Unfortunately not enough success to quit the day job.

I enjoy my teaching, my hobby, writing, and reading what others have written. I can be seen walking my new 9-year-old rescued black lab, Jet, around the neighborhood.



Paige Yowell, Country Club Chronicle Editor

Hello, Country Club Neighborhood residents!

My name is Paige Yowell and I was hired as the new editor for the Country Club Chronicle. I am so excited to be a part of the Country Club Neighborhood's

newsletter and look forward to meeting more residents! I am familiar with the neighborhood as I attended Lincoln Southeast High School and my father, John Yowell, is a member of the CCNA and lives at 3168 Puritan Avenue. I am 21 years old and currently studying journalism and political science at the University of Nebraska-Lincoln. I hope to graduate in 2012 and start my career as a writer. In the summer of 2010, I interned at the Seward County Independent and helped with their Fourth of July coverage. This summer, I worked for Nebraska News Service as a full-time reporter at the Capitol. I covered the Legislature for its entire session and wrote articles for newspapers, radio and TV stations across Nebraska. Working in Seward and providing news for understaffed weekly newspapers all over the state helped me see how important these small publications are to their communities. I consider the CCNA Chronicle to be just as important. If you have any ideas for articles, photos or other content for the newsletter, please send it my way at [pyowell@huskers.unl.edu](mailto:pyowell@huskers.unl.edu).



## The Country Club Pet Snapshot Page

Congratulations to Mary Beth Rice on your winning photo!



Enjoying the dog days of summer, Daisy enjoys a relaxing afternoon with a good book. Submitted by Heidi Burklund.



Rocco (gray) and Bill (yellow) show Mary Claire Rice how to enjoy a good cat nap!



A perfect day for Rocco (gray) and Bill (yellow) always includes a game of copycat.

Congratulations to the Rice Family on your winning photo!  
Don't forget to submit your "Huskers" photos for next month!





## Images for a Lifetime Page

We are creating a new neighborhood snapshot page and we need your help!

In the November issue, look for photos of your friends and neighbors to be featured in this magazine. Each issue will have a theme and we're asking for you to send us your family photos that relate to the theme.

The theme for this issue is "Huskers."

Take a picture of you, your friends or your neighbors enjoying the Huskers and send it to photos@fppub.com (make sure you include "Country Club" in the subject line). It could be anything from your kids in Husker gear to celebrating game day with friends!

Each person who submits a photo will be entered in a drawing for a FREE Meet Me In the Park Photo Session, courtesy of Images for a Lifetime™

The winner will be announced on the November snapshot page. The submission deadline for this issue's contest is October 15th, 2011.



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## The Story of Rose

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being.

She said, "Hi handsome. My name is Rose. I'm eighty-seven years old. Can I give you a hug?"

I laughed and enthusiastically responded, "Of course you may!" and she gave me a giant squeeze. "Why are you in college at such a young, innocent age?" I asked.

She jokingly replied, "I'm here to meet a rich husband, get married, have a couple of children, and then retire and travel."

"No seriously," I asked. I was curious what may have motivated her to be taking on this challenge at her age.

"I always dreamed of having a college education and now I'm getting one!" she told me.

After class we walked to the student union building and shared a chocolate milkshake. We became instant friends. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this "time machine" as she shared her wisdom and experience with me. Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three by five cards on the floor. Frustrated and a little embarrassed, she leaned into the microphone and simply said, "I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know."

As we laughed she cleared her throat and began:

"We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy, and achieving success."

"You have to laugh and find humor every day."

"You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and don't even know it!"

"There is a huge difference between growing older and growing up. If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight."

Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding the opportunity in change."

"Have no regrets. The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets."

She concluded her speech by courageously singing "The Rose." She challenged each of us to study the lyrics and live them out in our daily lives.

At the year's end Rose finished the college degree she had begun all those years ago. One week after graduation Rose died peacefully in her sleep. Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be.

We send these words in loving memory of Rose.

Remember:

--Growing older is mandatory, growing up is optional!

## Recipe

### Broccoli, Grape, and Pasta Salad

If you're a broccoli salad fan, you'll love the combination of these colorful ingredients. Cook the pasta al dente so it's firm enough to hold its own when tossed with the tangy-sweet salad dressing.

#### Ingredients:

- 1 cup chopped pecans
- 1/2 (16-oz.) package farfalle (bow-tie) pasta
- 1 pound fresh broccoli
- 1 cup mayonnaise
- 1/3 cup sugar
- 1/3 cup diced red onion
- 1/3 cup red wine vinegar
- 1 teaspoon salt
- 2 cups seedless red grapes, halved
- 8 cooked bacon slices, crumbled

#### Preparation:

1. Preheat oven to 350°. Bake pecans in a single layer in a shallow pan 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through.
2. Prepare pasta according to package directions.
3. Meanwhile, cut broccoli florets from stems, and separate florets into small pieces using tip of a paring knife. Peel away tough outer layer of stems, and finely chop stems.
4. Whisk together mayonnaise and next 4 ingredients in a large bowl; add broccoli, hot cooked pasta, and grapes, and stir to coat. Cover and chill 3 hours. Stir bacon and pecans into salad just before serving.

Yield: Makes 6 to 8 servings

Recipe Time  
Hands On: 25 Minutes  
Total: 3 Hours, 30 Minutes



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## Recipe

### Pumpkin Icebox Pie

This easy version of pumpkin pie doesn't rely on custard for its silky texture. Instead, a small amount of cream cheese and gelatin is used to set the filling.

#### Ingredients

##### For The Crust

16 cinnamon graham crackers, broken into large pieces  
1 tablespoon dark-brown sugar  
1/2 teaspoon coarse salt  
1/2 cup (1 stick) unsalted butter, melted and cooled

##### For The Filling And Topping

3 teaspoons unflavored powdered gelatin (from 2 packets)  
1 can (29 ounces) pure pumpkin puree  
4 ounces cream cheese, room temperature  
1 can (12 ounces) evaporated milk  
1 cup packed dark-brown sugar  
3/4 to 1 teaspoon ground cinnamon  
1/4 teaspoon ground or freshly grated nutmeg, plus more for garnish  
3/4 teaspoon coarse salt  
1 cup heavy cream  
1 tablespoon confectioners' sugar

#### Directions

**Make crust:** Preheat oven to 325 degrees. In a food processor, combine graham crackers, sugar, and salt; process until fine crumbs form. With machine running, slowly pour butter through feed tube and process until mixture resembles wet sand. Press crumbs in bottom and up sides of a 9-inch square baking dish. Bake until crust is deep golden brown and fragrant, 20 minutes. Let cool completely in baking dish on a wire rack.

**Meanwhile, make filling:** Place 1/4 cup cold water in a small bowl. Sprinkle gelatin on top and let stand 5 minutes. In a large bowl, whisk together pumpkin puree and cream cheese until smooth. In a small saucepan, combine evaporated milk, brown sugar, cinnamon, nutmeg, and salt; bring to a simmer over medium. Add gelatin mixture and stir until completely dissolved. Pour milk mixture into pumpkin mixture and whisk until completely smooth.

Pour filling into cooled crust and refrigerate until chilled and completely set, about 3 hours (or wrap tightly with plastic and refrigerate, up to 2 days). To serve, whip cream with confectioners' sugar until soft peaks form. Top pie with whipped cream and sprinkle with nutmeg.

Yield: Makes 12 Servings

Prep Time: 30 Minutes

Total Time: 1 Hour, Plus Chilling

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# Vision Therapy

by Nicole Morrissey, OD

As a doctor and a mother, I know good vision is directly linked with how we learn. Especially for children, poor visual processing can negatively affect the way they learn. As a result of a vision deficiency, disorder or impairment, children may fall behind in school because they are not able to retrieve and process information correctly. When a child demonstrates difficulty learning, visual disorders are usually overlooked as the source of the problem. Often parents and educators assume a learning disability or behavioral disorder is the issue, but that may not be the answer.

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**Vision Therapy is ideal for patients with visual impairment, but also useful for patients who want to improve hand-eye coordination.**

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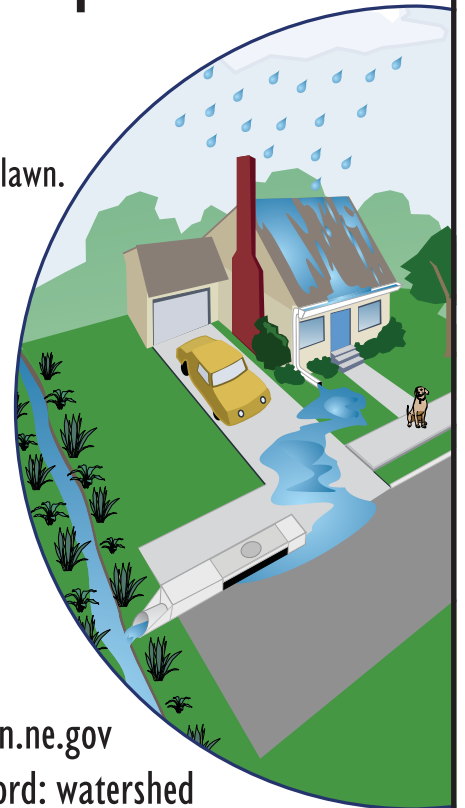
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