

# Celebrate Independence Day - July 2, 2016!

# Armbrust Acres

Your Neighborhood, My Neighborhood, Our Neighborhood...

VOLUME 6, ISSUE 3

JULY 2016

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**Garage Sale:** Rose Rutherford  
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**Security Alerts:** Dave Beck  
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## 4th of July - Parade, Fun & Fireworks

It is time, once again, for the annual Armbrust Acres Independence Day celebration. You are invited to join us for a day full of fun. The celebration will begin with the traditional parade. At 11 AM on July 2nd, 2016, we will start our parade at 165th St and Bancroft St (West Center Road entrance). Anybody who would like to show off their classic or antique car, motorcycle, ect, please arrive at the entrance of 165th St and Bancroft St at 10:45 AM to get lined up for the parade to start at 11 AM. Decorate your wagons, strollers, and bikes as patriotic as you possibly can. Bring your whole family and invite your friends to join the parade and show your passion for our country. The parade will make its way to the park. Later in the afternoon, the celebration will continue at the park at 5 PM.



Join us and bring the kids down for fun activities that include pony rides for \$3 each, magic show and tricks by Joe Cole, face painting and other fun activities. Dress your kids in swimsuits and enjoy some water activities as well. We are very pleased to have food trucks to offer food at the park for dinner and dessert as well.

Enjoy food from various food trucks including Dippin' Dots. 7 PM our DJ will turn it up and provide music from



different decades including today's greatest hits and your favorite requests. You are invited to dance, dance, dance on our basketball court and keep your body moving, have fun and burn those calories!!! To top off our event is, of course, the fireworks show which will start somewhere between 9 and 9:30 PM. Bring your chairs and stake out your first class seat at Armbrust Park to experience all of the bangs, booms and bright lights up close!! See the sky come alive with vibrant hues, starbursts and showers of light for a truly memorable experience. This is one of our biggest events of the year for Armbrust Acres and we would love for you to join us! Have fun dressing up in your best patriotic outfits, meet your neighbors, and invite your friends and family to share this great event with them.

Join the Armbrust Acres neighborhood on 168th and Center in celebrating Independence Day with fun

for the whole family! Food trucks, activities, music, and a parade are just a few of the festive activities you can expect. Of course the evening will be topped off with a dazzling and grand fireworks display! Check out the schedule of events to see what's happening throughout the day.

## Schedule of Events

**11:00 AM** Parade beginning at 165th and Center and Bancroft St. (everybody is encouraged to decorate their bikes, wagons, strollers or even themselves and celebrate along the parade route). Please see page two for more information.

**5:00 PM** Face Painting, Pony Rides (\$3 each for pony rides), Hula Hoop contest and other fun activities

**5:00-8:00 PM** Food trucks serving dinner

**6:00-8:00 PM** Kona Ice serving refreshing slushies

**7:00-9:00 PM** Dippin' Dots serving dessert

**7:00 PM** DJ begins

**9:00 PM** Fireworks display



We look forward to seeing you there!!!



# Bat Houses Coming To Armbrust

Meet **Jimmy Whalen** at the Armbrust Acres Independence Day event on July 2, 2016 in the park.

Jimmy Whalen will be building and placing four bat houses in Armbrust Acres for his Boy Scout Eagle Project.

He will be available to educate you about bats, answer questions and accept donations.



## Save the Date! - Save the Date! - Save the Date!

**Fall Garage Sales  
September 15-16-17**

**Independence Day Celebrations  
July 2, 2016**

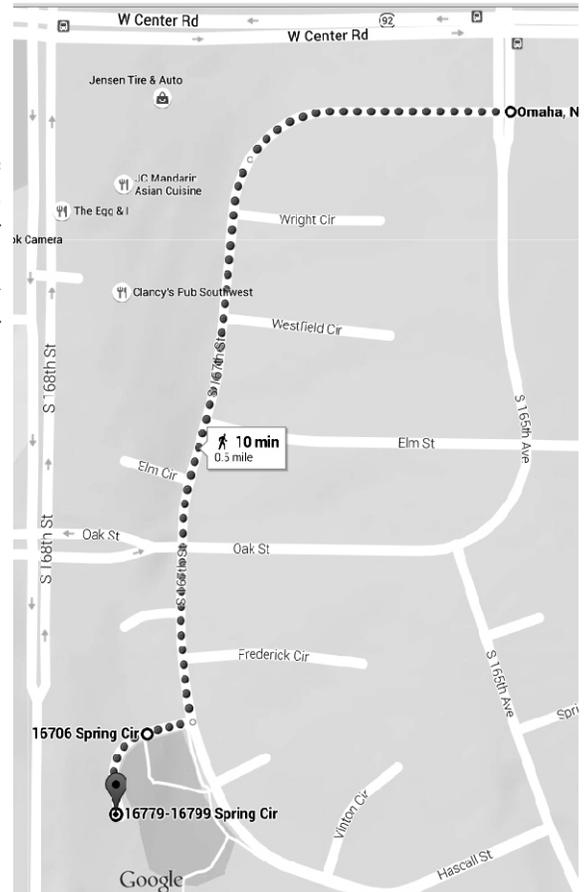
## Join the Parade With Your Antique or Classic Car!

To make this years parade another success, we would like to ask you not just to participate, but also bring your antique or classic car, your Harley Davidson, bicycles, wagons, etc.

We expect quite a number of

participants and would therefore like to ask that you let us know as soon as possible if you will join with your antique or classic car.

Please let all your friends and Family know and ask them to join us in our parade!



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# Armbrust Acres News

## July 12, 2016 - Board Meeting!

Anyone who is interested in financials, social activities, planning, getting a status update on landscaping actions or just to see what is going on is invited to join us at 7 pm at the Fereday residence at 16730 Spring Circle.

## Lost & Found:

Please contact Rose Bockelman if you have any information about lost or found items at 402-697-9250 or email rbockelman@hotmail.com.

## Baseball Field & Park Shelter

Requests are honored in the order in which they are received and/or by the number of coaches and children that live in the neighborhood.

For more information, please contact Mike Bauer at mdkcbauer@me.com.

## Social Committee Update

The Social Committee gathered feedback from residents at the April Annual meeting to better understand the activities that would be appealing to the neighborhood.

Based on the voting, the top social activity choices were: Wine Tasting at Brix, Summer Music—at Village Point/Rockbrook/Aksarben, Beer Tasting and a Progressive Dinner. The Social Committee will be organizing an event soon to ensure that we get at least one activity this summer. Look for notices in the newsletter and/or our website. Any questions or ideas, please email Lisa Whalen at lisawhalen@cox.net.

## Newsletter - Contributions

All Armbrust Acres residents are welcome to contribute to our newsletter.

It is up to you what you would like to write about as we are looking for topics of interest to all our residents.

You could write about the following for example:

- family vacations
- remodel projects
- anniversary, birthday, graduation, new family addition announcements
- shout outs for a special person
- Please email your contribution to armbrustnewsletter@gmail.com.
- *The AAHA reserves the right withhold a contribution if declared inappropriate or irrelevant.*

# Armbrust Acres Housing Market

There are currently 5 homes for sale in Armbrust. The average price is \$325,180 with an average market time of 109 days. There have been 33 homes sold in the last year. Average price was \$283,339 with an average market time of 16 days. Currently there are 4 properties pending. Please call one of us for a complete market analysis report. John Rohwer 402 - 677-1111 or Char Smith 402-677-9279



\$437,000  
16597 Hascall Street



\$329,900  
3117 S 163rd Street



\$329,000  
3117 S 165th Street



\$295,000  
16306 Grover Street



\$235,000  
16323 Elm Street

# Did you know?

The brain operates on the same amount of power as 10-watt light bulb. The cartoon image of a light bulb over your head when a great thought occurs isn't too far off the mark. Your brain generates as much energy as a small light bulb even when you're sleeping.

The fastest growing nail is on the middle finger. And the nail on the middle finger of your dominant hand will grow the fastest of all. Why is not entirely known, but nail growth is related to the length of the finger, with the longest fingers growing nails the fastest and shortest the slowest.

## How much will you need to retire? Let's talk.



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# For Parents: Bicycle, In-Line Skating, Skateboard, Hoverboard and Scooter Safety

## Safety statistics for bicycles, in-line skating, skateboards/hover boards, and scooters

Over 70% of children between the ages of 5 and 14 ride bicycles. In-line skating and skateboarding are also very popular among this age group. Although a great form of exercise, riding a bike, in-line skating, or skateboarding without protective gear can be dangerous. Next to motor vehicle-related injuries, bicycles injure more children than any other consumer product, according to the National SAFE KIDS Campaign.

The most common (and often most serious) injury sustained with a bike, on in-line skates, scooters, or while skateboarding, is a head injury. Head injuries are the leading cause of death and disability in these types of crashes. Wearing a helmet can reduce the risk of death or injury and reduce the severity of the injury in the event of a crash. However, even with aggressive bicycle helmet programs and laws, approximately 55% of children don't always wear a helmet while bicycling.

Wearing a helmet whenever riding a bicycle, in-line skates, a hover board or a skateboard should be an automatic habit. Helmets should fit properly on your child's head and also be fastened correctly. A properly-fastened and fitting helmet does not move around on the head.

Teaching your children bicycle, in-line skating, skate- and hover boarding safety could save lives.

## The importance of helmets

Bicycling is very popular-in fact, it is estimated that 80 million Americans ride bikes of many different types. In order to participate in safe and enjoyable bicycling, cyclists of all ages should follow safe riding habits. Children and adults should always wear helmets when riding bicycles:

According to SAFEKIDS, bicycle helmets have been shown to reduce the risk of head injury by as much as 85%.

There has been a 54% reduction in the number of bike-related deaths since 1999.

## Which helmet to purchase

Here are suggestions for purchasing a helmet:

Helmets should be approved by the Consumer Product Safety Commission, the Snell Foundation, or the American Society for Testing and Materials.

The helmet should fit comfortably and snugly. It should sit on your (or your child's) head in a level position and not rock from side to side.

The helmet should have a chin strap and buckle to keep the helmet in place.

The helmet should be made out of a hard outer shell and an absorbing liner at least one-half inch thick.

Many children (and adults) resist wearing a helmet. Point out that athletes wear helmets for their protection, and, for children, suggest ways the helmet could be decorated to personalize it.

## Protecting children and adults from bicycle injuries

Suggestions for preventing bicycle injuries:

You cannot control a bicycle that is too large. You should be able to straddle the bike and stand with both feet flat on the ground.

Younger children may need to ride a bicycle with training wheels.

A child must be able to stop the bike by using the brakes.

Learn the proper hand signals for left

turns, right turns, and stopping. Make certain you understand and observe all traffic signals and signs. Children who aren't yet coordinated enough to use hand signals and still maintain control of their bike should not ride in the street.

Children should ride on sidewalks until they are at least 10 or 11 years old.

Look left, right, and left again, before riding into traffic from a sidewalk, driveway, or parking lot.

When riding on the street, children should be in a straight line near the curb, and be alert for car doors opening into traffic lanes. Both children and adults should ride with rather than against traffic.

Children should not ride a bike at dusk or at night as this is when most fatal accidents happen. If a child is still outside when it turns dark, the bicycle light must be turned on and the child should be wearing light or reflective clothing.

Make certain the bike has safety reflectors. All bikes should have reflectors on the front, rear, and wheel spokes.

## In-line skates

In-line skating is another popular sport on wheels for many people. Even experienced in-line skaters can crash and sustain injuries. The following recommendations are from the National Safety Council (NSC) and the U.S. Consumer Product Safety Commission:



## Page 4 Safety Article Continued

- Always wear protective gear, such as elbow and kneepads, gloves, helmets, and wrist guards.
- Buy durable skates with proper ankle support.
- Always warm up your muscles before skating by skating slowly for 5 minutes or more.
- Skate with knees slightly bent to maintain balance.
- Practice stopping properly without losing balance.
- Always skate on the right side of sidewalks and other paths.
- Pass on the left and warn others that you are passing.
- Avoid skating in the street, especially where there is a lot of traffic.
- Look for and avoid uneven pavement or other surface problems.
- Check your skates regularly for wear and tear. Make sure the wheels are tightened.
- Obey all traffic rules.

### Skateboards/Hover boards

Skateboards and now also hover boards are very popular among children ages 5 to 14. Skateboards should never be used on surface streets. Even experienced skateboarders can fall, so learning how to fall safely can help reduce the risk of severe injuries. The following are recommendations from the NSC regarding how to fall correctly:

- When losing your balance, crouch down on the skateboard so you have a shorter distance to fall.
- Try to land on fleshy parts of your body when falling.
- Try to roll as you fall, which prevents your arms from absorbing all the force.
- Try to relax, rather than remaining stiff when falling.
- Other safety precautions to take when skateboarding include the following:
  - Wear protective gear, such as helmets, padding for wrists, elbows and knees, and closed-toe and slip-resistant shoes.
  - Frequently check the skateboard for wear and tear.
  - Only allow one person per skateboard.
  - Do not hang onto bicycles, cars, or other vehicles while skateboarding.

- Carefully practice tricks in designated skateboarding areas.
- Avoid skateboarding in the street.

### Scooters

Health officials have seen a dramatic increase in scooter-related accidents and injuries. Most of the injuries happen among boys under the age of 15. The most common injuries are fractures or dislocations to the arm or hand, followed by cuts, bruises, strains, and sprains. Almost half of all injuries tend to happen to the arm or hand, while about one-fourth are to the head and another fourth to the leg or foot. Deaths directly related to scooter accidents have also happened.

The CDC recommends the same precautions for scooters as for bicycling and in-line skating. It is thought that many injuries might be prevented or reduced in severity if protective equipment is worn. Helmets can prevent 85% of head injuries, elbow pads can prevent 82% of elbow injuries, and knee

Although wrist guards are effective in preventing injuries among in-line skaters, the protection they provide against injury for scooter riders is unknown, as wrist guards may make it difficult to grip the scooter handle and steer it.

Based on evidence of injury prevention effectiveness for other related activities, the following recommendations may help to prevent scooter-related injuries:

- Wear an approved helmet that meets safety standards.
- Use knee and elbow pads.
- Ride scooters on smooth, paved surfaces without traffic, and avoid streets and surfaces with water, sand, gravel, or dirt.
- Do not ride scooters at night.
- Young children should not use scooters without close supervision.

Source: [www.hopkinsmedicine.org](http://www.hopkinsmedicine.org)



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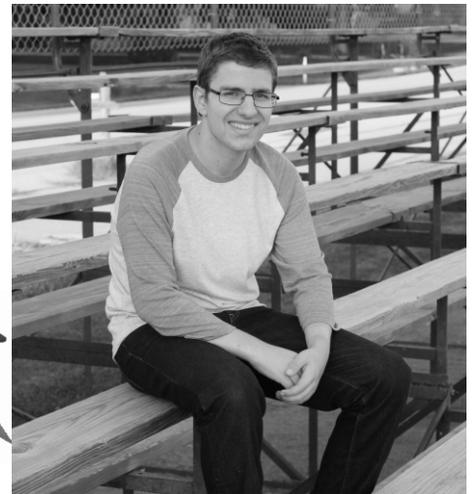
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# Here Are Our 2016 Armbrust Acres Graduates



**Kara Beavers**  
graduated as a Junior from Millard West this Spring. She is taking Biology at Iowa Western this Summer in preparation for entering Iowa Western's Veterinarian Technician program in the Fall.



**Kyle Phipps**, son of Phil and Cathy Phipps, is a 2016 graduate of Millard West High School. During his four years at West, Kyle has been very active in the music program being involved in choir, show choir, orchestra, as well as the Tri-M Honor Society. Having received multiple scholarship offers, Kyle accepted the Regents Scholarship from the University of Nebraska Omaha, where he will major in Physics in the fall.

**Jake (Jacob) Fontana** graduates from Millard West this year. He is attending University of Nebraska Kearney and is majoring in Business Administration.



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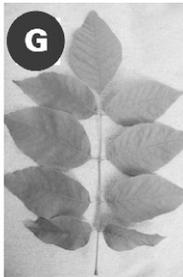
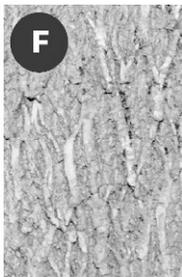


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# SAVE YOUR TREE FROM EMERALD ASH BORER!



The Emerald Ash Borer (EAB) is an invasive pest that will kill any untreated ash trees.



### Ash Tree ID

- E) Young Ash Tree - bark is relatively smooth
- F) Mature Ash Tree - deep ridges from the tree's base
- G) Ash leaves typically have 5-9 leaflets per leaf, arranged directly opposite of each other

### Symptoms of Emerald Ash Borer

- Dieback in tree canopy
- New sprouts forming from the tree's base
- "D" shaped exit holes
- Woodpecker damage



**If Your Tree Has Symptoms, IT'S NOT TOO LATE!**

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# Keeping Your Kids Hydrated

Make sure your children get plenty of liquids to stay healthy and active this summer, and help them develop good hydration habits for a lifetime.

Children are much more prone to dehydration than adults because their bodies don't cool down as efficiently, and they are never more at risk than during the heat of summer. The danger arises when fluids are leaving the body through sweating faster than they are being replaced, and severe dehydration can be life-threatening. Taking a few simple precautions will protect your child and allow him to enjoy the summer fun safely.

Perhaps the best way to keep your child hydrated is to get her used to drinking liquids regularly. Offer healthy beverages at every meal and with snacks. And if you know a particularly busy or strenuous day is coming up in your child's schedule, add some extra hydration in her first meal of the day or even the night before. The American College of Sports Medicine recommends drinking the equivalent of a standard bottle of water (16.9 oz.) about 2 hours before vigorous exercise.

Don't wait until your child is thirsty to offer refreshment; by that time he is already dehydrated. Three studies by the University of Connecticut found that more than half of the children at sports camps were significantly dehydrated despite the availability of water and

sports drinks and the encouragement to drink liquids. Get your child in the habit early on by scheduling frequent beverage breaks during activity, about every 20 minutes or so in hot weather. If possible, take all hydration breaks in a shady spot.

Following an organized game, kids are usually wild with excitement at a win or despondent in defeat. Keep your team focused by making a healthy beverage and snack part of the after-activity celebration or cooldown. Toast the efforts or success of the team to encourage your little athletes to drink the necessary quantities for good health

How can you tell that your child is getting enough liquids? The American Academy of Pediatrics (AAP) recommends that children drink six glasses of water on an average day. During activity, however, your child can lose up to a half-liter of fluid per hour. The AAP suggests about 5 ounces (or two kid-size gulps) of water or a sports drink every 20 minutes for an 88-pound child. Kids and teens weighing about 132 pounds should drink 9 ounces.

Water is generally considered nature's perfect drink and the best liquid for routine hydration. It's inexpensive (often free), widely available, and suitable for everyone. When you pack a cooler for a game, freeze a number of water bottles ahead of time. The frozen bottles will keep the others cool and you will be able

to pack more drinks in the cooler instead of filling the cooler with ice.

Keep in mind that while ice-cold beverages might seem like the perfect remedy for thirst, it's much better to provide liquids at a moderate temperature. Those first cold sips might be refreshing but it's hard for children (and even adults) to drink the necessary quantities at extreme temperatures.

Sports drinks might be your best bet for getting adequate amounts of liquids into your child during activities. Studies have shown that children routinely prefer flavored beverages to plain water and will drink up to 90 percent more when it is offered to them. Sports drinks also replace electrolytes lost from the body through sweating. Such beverages should be limited to use during athletic competitions or active play on a hot day, as they are generally high in carbohydrates and calories.

When choosing drinks for kids, avoid those that have caffeine, such as iced tea or many sodas. As a diuretic, caffeine can contribute to the dehydration process by increasing fluid loss. In addition, as a stimulant, it can depress the symptoms of dehydration. Beverages such as soda or juice-flavored drinks might taste refreshing, but the high sugar content is unhealthy for many reasons and should be avoided for hydration except as a last resort.

Source: [www.parents.com](http://www.parents.com)



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**Armbrust Acres**  
Your Neighborhood, My Neighborhood, Our Neighborhood...

This newsletter is produced by the Armbrust Acres Homeowners Association since May 2011.

**Print:** abc printing 402.895.0222

Distributed to **553 homes** in Armbrust Acres every month.

Armbrust Acres Homeowners Association  
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# Omaha - What Is Going On In July?

**2016 U.S. Olympic Team Trials - Swimming Closing Session feat. "O" by Cirque du Soleil**  
 Dates: July 3, 2016  
 CenturyLink Center Omaha, 455 N 10th St Omaha, NE 68102

See all the swim stars and an amazing performance on this final night of swimming trials competition! The night will feature two finals, a parade of the U.S. Olympic Team going to Rio, and a special performance from Las Vegas aquatic sensation "O" by Cirque du Soleil.



**Sing-a-Long-a Sound of Music**  
 Orpheum Theater  
 July 19, 2016 - 7:00 PM



Omaha Performing Arts introduces the new summer series, Cox Sing-Alonga Movies. Join us at the Orpheum Theater for a screening of the classic movie musical "Sound of Music" starring Julie Andrews and sing along to the lyrics as shown on the screen!

The fun-filled shows start with a vocal warm-up led by the evening's host, who also takes the audience through complimentary "Magic Moments Fun Packs," containing various props to be used at strategic points during the film.

**An Evening with Chris Botti**  
 Jul 20 2016  
 Holland Performing Arts Center

Grammy Award®-winner Chris Botti returns to Omaha! With soaring musical imagination, the trumpeter has found a form of expression that begins in jazz and expands beyond any single genre. He's earned acclaim for his best-selling albums including "When I Fall in Love," "To Love Again" and his latest, "Impressions." Experience a night of pop hits, jazz standards, classical masterpieces and instant favorites.





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Dr. Joanne Gaines, Owner  
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## What can a pet-parent do to prevent heat stroke danger? Be smart and proactive!



- When the temperature is high, don't let your dog linger on hot surfaces like asphalt and cement. Being so close to the ground can heat their body quickly and is also an invitation to burns on sensitive paw pads. Keep walks to a minimum.
- Giving your dog a lightweight summer haircut can help prevent overheating, but never shave to the skin, the dog needs one-inch of protection to avoid getting sunburned.
- Provide access to fresh water at all times. Make certain an outside dog has access to shade and plenty of cool water.
- Restrict exercise when temperatures soar, and do not muzzle the dog because it inhibits their ability to pant.
- Many dogs enjoy a swim, splashing in a wading pool, or a run through a sprinkler in warmer weather can help bring body temperatures down.
- Never leave your pet in a parked car, not even if you park in the shade or plan to be gone for only a few minutes. The temperature inside of a car can reach oven-like temperatures in just minutes, often in excess of 140 degrees. That quick errand can turn into a disaster and could be fatal for your pet.

# Rider Bros Lawn Care

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## July Forth Word Search

R	D	H	X	M	S	H	J	G	A	U	N	Z	P	V
I	M	O	D	E	E	R	F	U	M	D	O	W	L	Z
G	H	J	T	S	K	R	O	W	E	R	I	F	Q	W
H	O	A	M	S	E	X	U	Y	R	E	T	P	K	Q
T	T	A	C	Y	C	N	R	I	I	V	A	E	H	J
S	D	E	I	B	N	O	T	L	C	O	R	V	N	X
A	O	Y	D	A	E	S	H	U	A	L	A	J	K	N
E	G	T	T	R	D	R	C	C	J	U	L	Y	J	H
X	S	I	M	B	N	E	Q	O	N	T	C	T	P	G
V	O	L	V	E	E	F	Z	I	L	I	E	R	A	E
N	F	A	D	C	P	F	T	E	D	O	D	E	R	K
Q	Z	U	P	U	E	E	T	Y	S	N	N	B	A	I
D	X	Q	R	E	D	J	X	J	W	R	I	I	D	A
S	S	E	R	G	N	O	C	P	S	F	J	L	E	M
X	W	P	T	H	I	R	T	E	E	N	U	F	K	S



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