

# LAKE NEWS

Capitol Beach Community Association

Volume 1 • Issue 10  
October 2005

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## BOARD MEMBERS

Pres. Ken Bradshaw	475-8347
VP Glenn Hillhouse	475-0566
Sec. Jean Jordan	474-4787
Treas. Greg Osborn	477-0103
Newsletter Editor John Huff	474-5092
Steve Kinsella	438-0492
Harvey Schwartz	475-5234
Jerry Sieck	476-0644
Terry Wittler	475-2843
Bruce Younglove	438-8178
Ann Willet	438-8682
Office Manager Rose Wiese	477-9501

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### CAPITOL BEACH COMMUNITY ASSOCIATION

PO Box 81141  
Lincoln, NE 68501

**Email Us**  
cbca@capitolbeachlake.com

**We're on the Web!**  
www.capitolbeachlake.com

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The Capitol Beach Community Association (CBCA) was incorporated on January 28, 1986 as a 501(c)(7) corporation. Every person who is a titleholder of a vacant lot or living unit abutting Capitol Beach Lake, shall be eligible for membership in the corporation. Once a lot or living unit abutting Capitol Beach Lake has joined the Association, such property shall remain so subject in perpetuity, and may not be separated from the Association. The bylaws and protective covenants as amended, are recorded with the Register of Deeds. Members of the Association are provided copies of these agreements when they join and upon request. The bylaws of the Association define how the business of the Association will be done, including meetings of the general membership, the election of board of directors at the annual meeting and monthly board meetings. The by laws also empower the board to establish rules and regulations of the Association for safety and care of the commons.

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Cover Photo Courtesy  
Phil & Barbara Heckman  
702 W. Lakeshore Circle

## CBCA BOARD MEETING AT A GLANCE

The CBCA Board met on Monday, September 19. President Ken Bradshaw and Sue Kuck provided the board with additional information on midges. The board discussed possible plans to address the midge infestation until the fish restocking takes effect and can help manage the problem.

**Commons:** Steve Kinsella reported that Steve Bartunek is in the process of replacing the old street lights, as approved at the August meeting. The board continued discussion of the need for tree planting to replace those lost due to drought and storms and to enhance the noise barrier. Board members will investigate the feasibility of a watering system before any planting decision is made.

Greg Osborn reported that the fish restocking continues with bluegill and catfish scheduled for September 20.

**Member Relations:** The CBCA Holiday Party, scheduled for December 17, will require members to RSVP so that adequate arrangements can be made. See the information about the party elsewhere in this newsletter.

**Safety:** Board members discussed the question that was raised about whether CBCA has a rule that addresses dropping a ski. It was clarified that there is no CBCA rule and no state rule. As always, residents are expected to use good judgment, including dropping the ski in the safest possible location and returning quickly to retrieve it.

**Water Quality:** Glenn Hillhouse reported that the tests indicate no water quality problems. The board discussed the testing procedure, and an article will be prepared for the newsletter to clarify the process and explain plans for future testing.

In other business, the board approved two new members, discussed the progress of the refuse hauling proposal, and reviewed the Interstate 80 noise issue.

The next CBCA Board of Directors meeting will be Monday, October 17, at 7:00 pm, at the Gas 'N Shop office, 720 Marina Bay Place.

## WELCOME TO THE FOLLOWING NEW NEIGHBORS

### NEW MEMBERS

Lyn & Natalie Leach  
1336 Pelican Bay

Richard & Vickie Fisher  
548 Pier 1

### NEW RESIDENT

Gene Walter  
372 West Lakeshore

## WANT TO SELL IT?

Members of CBCA can advertise items sale in the CBCA newsletter for 30 days for free!! Just email anything that you would like to place in the newsletter to [Huffjchuff@aol.com](mailto:Huffjchuff@aol.com) it will be placed in the next edition.

**FOCAL POINT**  
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**Michael Wiese, 420-7880**  
**[info@fppub.com](mailto:info@fppub.com)**



## *MORE ON MIDGES*

By Ken Bradshaw, CBCA President

The CBCA Board has spent much of its time this summer researching and discussing the midge problem we are all experiencing to such an extreme this year. Throughout the summer, it was the consensus of the “experts” that spraying would be fairly ineffective because the spray only kills the bugs it actually comes in contact with, and the real problem is the huge number of larvae on the lake bed that produce a new “hatch” every few weeks. Further, it was generally their opinion that the problem would diminish once the cycle is completed and all the varieties of midges have hatched. They also said that restocking the lake with fish is the ultimate solution.

We can all see that the problem has not only NOT gone away, but has gotten worse. The latest information we’ve received suggests that an infestation like we have needs to be addressed in several ways. At the time of this writing, the board is waiting to hear from professionals about the feasibility (and the cost) of spraying. In addition, we continued our fish restocking plan by adding 31,000 bluegill and 4,000 catfish to the lake on Tuesday, September 20.

There are also a few things that individual residents can do. We continue to urge the use of phosphorus-free fertilizer, because any fertilizer nutrients that wash into the lake are contributing to the midge problem. Likewise, leaves, grass, etc. that get into the lake decompose and become nutrients in the water. Spraying the bushes and grass on your property is another step that can be taken, **as long as you check the label on the chemical and assure that nothing harmful to fish or their food supply gets into the lake.** Also, make sure that your air conditioners, dryer vents, etc. are clear of midge accumulations to avoid more serious problems with the appliances.

An “Insect Note” from the Department of Entomology, North Carolina Cooperative Extension, provides an in-depth description of chironomid midges, and is available at [www.ces.ncsu.edu/depts/ent/notes/Urban/midges.htm](http://www.ces.ncsu.edu/depts/ent/notes/Urban/midges.htm). Thanks to Sue Kuck for first alerting the board to this information, as well as the Ohio State University Extension Fact Sheet found at <http://ohioline.osu.edu/hyg-fact/2000/2129.html>.

As soon as we hear back from the professionals and our other contacts, as well as from all the necessary authorities, we plan to send out a flyer to update residents. Hopefully that will have taken place by the time you read this newsletter.

## *FALL FASHIONS*

Are you ready for the cooler weather? Perhaps it’s time to consider investing in a Capitol Beach embroidered wind shirt. They are listed at the bargain price of \$40 and can be ordered in S-M-L-XL. If you prefer sweatshirts, we have you covered. Sweatshirts are available for \$12-\$14.

Other options for your fall wardrobe include t-shirts, tank tops, polos, hats, and visors. All items have the nice Capitol Beach view of the Lincoln skyline over water and would make nice gifts.

If you are interested in any items, please contact Ann Willet at 438-8682.

## *REFUSE HAULING PROPOSAL*

By Terry Wittler, CBCA Board Member

The CBCA Board has sent a letter to refuse haulers in Lincoln inviting them to submit a proposal for a quantity discount (on a sliding scale) to Capitol Beach residents for refuse hauling services. The letter makes it clear that participation in this program by residents would be optional and that the refuse hauler has full responsibility for billing and collection of fees. Any proposals submitted will be considered at the board’s October meeting.

## *CAPITOL BEACH ANNUAL HOLIDAY CELEBRATION DECEMBER 17TH AT THE NEBRASKA CLUB!*

By Bruce Younglove, CBCA Social Committee

Mark your calendars to attend the CBCA Holiday Celebration at the Nebraska Club, located at the top of the US Bank building in downtown Lincoln. The party starts at 7 pm, with Nebraska Club’s excellent hors d’oeuvres and a cash bar. We will be entertained this year by the Lincoln Continentals. They are considered the premier men’s barbershop chorus in Nebraska and have won many awards over the years in competition all over the USA. The Continentals will perform at approximately 7:45 pm, followed by a DJ and dance music ‘till midnight. A flyer with sign-up information will be included in the next newsletter.

## *HEALTHY HOME MAINTENANCE TIPS FOR FALL*

Maintaining your home is important to ensure a healthy indoor environment. The following are some recommendations for keeping your home as healthy, durable and energy efficient as it can be.

### **Tips for this Fall**

- Change or clean your air-handling filter.
- Clean and inspect your ventilation system's filters.
- Clean exhaust fans and vents in bathrooms and kitchen.
- Inspect caulking around windows and doors, re-caulk where necessary.
- Inspect and clean rain gutters.
- Clean outside grill of air conditioner compressor and cover for winter.
- Inspect and clean rain gutters.
- Inspect weather-stripping on doors, including garage service doors.
- Inspect interior and exterior of house for signs of moisture intrusion.
- Inspect roof shingles for damage and missing shingles.
- Close outside hose spigot valve (usually in basement).
- Have furnace and water heater serviced.
- Have fireplace and venting system cleaned and serviced.

### **First Day of Each Season**

- Change or clean your air-handling filter every three months, or according to the manufacturer's instructions. If you have pets or are renovating, change or clean the filter more often. Make sure your filter is rated MERV (Minimum Efficiency Rating Value) 10 or higher. The higher the MERV rating, the smaller the particles it has the ability to trap. Run your air-handling fan continuously for optimum filtration.
- Clean and inspect your ventilation system's filters.
- Clean exhaust fans and vents in bathrooms and kitchen.

### **Monthly**

- Check ground fault circuit interrupter and associated circuits (GFCI test button).
- Check water softener salt levels.
- Check and replace specialty water filters.
- Check expiration and pressure on fire extinguishers.
- Check plumbing connections and fittings for leaks.
- Test smoke and carbon monoxide alarm features (test button).
- Check memory on carbon monoxide alarms for peak levels.

*From the American Lung Association*

## *FALL LAWN FERTILIZER*

From the CBCA Board

As we consider a fall fertilizer application on our lawns, we're reminded once again of the need to use only phosphorus-free fertilizers. It is equally important to make sure that any fertilizer is applied to the lawn and not spilled on sidewalks and driveways where it can wash into the lake.

Lawn fertilizers, leaves, grass clippings, eroded soil, and animal waste are all sources of phosphorus. When they are swept or washed into the street, they end up in the lake and contribute to the "nutrient" content of the lake. These nutrients provide food for midge larvae, and contribute to what has become a significant problem at Capitol Beach Lake this summer.

Healthy lawns can be maintained with phosphorus-free fertilizers, which are available from several Lincoln retailers, including Home Depot, Campbell's Nursery and Garden Centers, and Earl May Garden Centers.

## *INTERSTATE 80 PROJECT*

From the CBCA Board

As the Interstate 80 widening project progressed in the Lincoln area, Capitol Beach residents became aware that the I-80 traffic is projected to increase significantly over the next few years, with a resulting increase in noise. Several CBCA representatives attended and testified at a Department of Roads hearing on the project and requested that the DoR install a noise barrier to minimize the interstate noise that lake residents experience. Then CBCA President John Huff regularly communicated with state officials and others to advocate for the noise barrier.

Because much of the land between the West/North Lakeshore commons and the interstate is designated as saline wetlands and therefore protected land, CBCA's request for a noise barrier was denied. The board's next step was to apply for a grant to help put in place a tree barrier on the west and north commons that would partially block the noise. That grant was denied as well.

Recently residents have observed that the low concrete barricades that were put in place as part of the construction project are significantly reducing the noise. The board has sent a letter to Mark Ottemann, Planning & Project Development Director for the Department of Roads, asking that at the conclusion of the project, the concrete barricades be left in place in order to provide noise relief to our residents. We will keep you informed of the response to this letter.

## *WATER QUALITY*

From the CBCA Board

As early as 1994, the CBCA board was using Midwest Labs to perform selected water quality tests on lake water samples. While this lab tests only against drinking water standards, the lab offered the best and most economical testing package that was available at that time. The testing program has been reviewed by the board periodically, and other labs either have not offered the needed tests, or were unwilling to test as often or as many samples as we want, or were prohibitively expensive. Board representatives regularly talk with UN-L water quality and fish experts and health department representatives as we monitor our test results. We watch for any indication that further testing is needed and are prepared to do that additional testing if conditions warrant.

CBCA newsletter editor, John Huff, has attempted to explain on several occasions in the newsletter that the test results reflect drinking water standards, but it is a confusing situation and repeatedly has caused concern for residents. During the "off season" this fall and winter, the board will explore other testing packages in the hope that one can be found that produces results that meet our needs and are directly applicable to lake water, and is still affordable.

Another source of confusion is the "salinity" of our lake water. Currently our lake is 3.2 to 3.5 parts salt to 1000 parts water. For comparison purposes the ocean is 32/1000. The fish we are putting into the lake are tolerant up to 9 to 11 parts per 1000. As we proceed with our fish restocking program, the salinity of Capitol Beach Lake should not be a problem for the fish.

## *NEWSLETTER EDITOR ASSISTING WITH HURRICANE WORK*

As you no doubt read in the Journal Star, CBCA Board member and newsletter editor John Huff is playing a significant role in the ongoing work to recover from the hurricane in the southern United States. We wish him well in this important work and hope to see him back in Lincoln soon. In his absence, the board has handled this newsletter, and you may have noticed the chart of water testing results is missing. We apologize for this omission – you see, John has many talents that the rest of us don't have!



# School News for Capitol Beach Residents

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Lakeview grade four students attended the Bug Bash at Lincoln Folsom Zoo on Wednesday, Sept. 21. Learning about bees reinforced our theme this year, *"Learning is our BUZZNESS!"*

Pictured left to right: Jordan Butterfield, Shelby Kadavy, Liz Franssen, Ciarra Weidner, Jaynee Ewald, Hannah Sanders, & Isaiah Epting.

## ***Bringing Attitude, Skills, Knowledge & Excellence Together***

### ***Attention Capitol Beach Residents!***

McDonald's is happy to announce that we have partnered with FocalPoint Publishing to sponsor a school news section in your association newsletter. We will provide information such as student activities, sports schedules, special programs and other valuable information from schools that are in close proximity to your neighborhood. Any school in close proximity is invited to submit content that they feel would be valuable for this association. This is an exciting opportunity and McDonald's is happy to be a part of it. To submit a story, please contact Mike Wiese at FocalPoint Publishing 420.7880 or e-mail them at Michael.wiese@fppub.com

\*Content will be chosen on a first come, first served basis, as space is limited.

## CAPITOL BEACH LAKEVIEW SCHOOL

- Sept. 26-30 - Book Fair
- Sept. 27 & 29 - Parent Teacher Conferences
- Oct. 28 - Individual Pictures
- Oct. 3 - Custodial Worker Day
- Oct. 4 - Quilt Display in the Media - 12:30-2:30
- Oct. 4 - LPTSO Meeting - 6:00
- Oct. 4 - Parent Meeting about Bullying - 7:00
- Oct. 7 - Spirit Friday
- Oct. 7 - McDonalds Opening
- Oct. 10 - No School - Elementary Plan Day
- Oct. 13 - One Book One Family - 5:30-6:30
- Oct. 14-Nov. 4 - Candle & Pie Sales (pickup day is Nov. 19)
- Oct. 17 - Grade 3 to Morrill Hall
- Oct. 19 - Grade 5 to Morrill Hall
- Oct. 19 - New Report Card Meeting for Parents - 7:00
- Oct. 20 & 21 - Grade 4 to Heritage School
- Oct. 20 - Lights on After School  
at Haymarket Park - 6:00-8:00
- Oct. 21 - Spirit Friday
- Oct. 21 - Grade 1 to Pumpkin Patch - 9:15-2:15
- Oct. 24-28 - Red Ribbon Week
- Oct. 28 - End of Quarter
- Oct. 30 - Standard Time Resumes (set clocks back)
- Oct. 31 - No School - Quarter Break
- Nov. 10 - One Book One Family - 5:30-6:30
- Nov. 17 - CLC Family Night - Drive-In - 6:30-8:00
- Nov. 18 - Spirit Friday
- Nov. 19 - Candle & Pie Pickup
- Nov. 24-25 - Thanksgiving Break
- Nov 28 - No School - Elementary Plan Day
- Dec. 8 - One Book One Family - 5:30-6:30
- Dec 13 - Band, Chorus & Strings Concert - 7:00
- Dec. 16 - Spirit Friday
- Dec. 23 - Holiday Sing - 2:45
- Dec. 26-Jan. 3 - Winter Break

## *KIDS ACTIVITY*

### *COLLECTING AND PRESSING FALL LEAVES*

#### **Step #1**

Walk around your neighborhood or near by woods and collect colorful leaves. You can collect green ones too if you like. Try to get different types of leaves from a variety of trees.

Avoid leaves that are moldy or have rot.

Don't run through private property without permission from home owners.

If you can't find leaves on the ground, ask permission to pick leaves off trees on private property.

#### **Step #2**

Before you press your leaves it is a good idea to make sure they are dry and flat.

Place the leaves you wish to press between two sheets of newspaper.

Place heavy books on top of your leaves.

Allow to flatten and dry for at least 24 hours.

While you are waiting for the leaves to dry you can look online or in books to identify your leaves.

#### **Step #3**

Note: Adult supervision is needed when using a hot iron.

You will need:

- Dried, flat leaves
- Waxed Paper
- Hot Iron
- Ironing surface

Place selected leaves between sheets of waxed papers.

Gently press waxed paper with medium hot iron moving slowly over entire surface for about 10 seconds.

Repeat with remaining leaves you wish to press.

Keep hands away from hot surface of iron. Waxed paper will be hot after pressing.

Allow pressed leaves to cool before using.

#### **Step #4**

Once your pressed leaves are cool you can now show them off!

You can trim around the edges of the waxed paper and place your pressed leaves on cards to send Fall wishes to someone.

You can also place your leaves in a photo album or scrapbook with tags identifying your leaves.

Pressed leaves also make wonderful sun catchers! Attach a string to your pressed leaves and hang in the window.

*Enjoy your Leaves!*

*Kids' Turn Central Crafts & Projects*  
*www.kidsturncentral.com*

### *HOME FIRE SAFETY TIPS FOR FALL*

October 6 through 12 is National Fire Prevention Week. Check out these fire safety tips for fall:

Spring forward, fall back, and check your smoke and carbon monoxide detectors. When you change your clocks, also change the battery in your detectors. Developing this habit is a good way to remember a simple task that can save your life.

#### **Space Heaters**

Space heaters need space, too. As the weather gets cooler, space heaters come out of their summer hiding places. Remember to leave at least 3 feet of space around your heater. Unplug it when not in use.

#### **Clean Your Chimney**

Make a clean sweep for autumn. Give your fireplace a fall cleaning. Call your local chimney sweep and have your spark arrester checked and your chimney inspected for soot build-up.

#### **Do You Have Defensible Space?**

It's not too late to make sure that your roof is clear of leaves or pine needles and that there is a clear space of at least 30 feet between your house and the nearest tree.

### *HALLOWEEN FIRE SAFETY TIPS*

- Use a battery light instead of a candle in your favorite jack o' lantern.
- Make sure that children's costumes are made of flame-retardant materials.
- Make decorations of flame retardant materials or treat them with a flame-retardant solution.

*The Office of Environment, Health & Safety, UC Berkeley*

## TIPS FOR FALL GARDENING

Plant amaryllis bulbs. These big bulbs are easy to force and the plants grow quickly, blooming about six to eight weeks after potting. Keep a third to half of the bulb exposed above the soil mix after planting, and put the pots in a warm, well lit location. They need water, but be stingy until after new growth appears.

Bulbs from previous years that spent the summer outside should be retrieved in the fall. Lay the pots on their sides in a dark closet, garage or basement, and withhold water until new growth begins.

Fall is a good time to fertilize shade trees. Apply fertilizer at and slightly farther out than the tree's drip line, which is beneath the tips of the longest branches. Use dry fertilizer or a root-feeding device.

*MARTY HAIR*

*Detroit Free Press Garden Writer*

## HUSKER ATHLETIC SCHEDULE

### Football

Oct 1	vs Iowa State	TBA
Oct 8	vs Texas Tech (Homecoming)	TBA
Oct 15	at Baylor	TBA
Oct 22	at Missouri	TBA
Oct 29	vs Oklahoma	TBA
Nov 5	at Kansas	TBA
Nov 12	vs Kansas State	TBA

### Volleyball

Oct 01	Baylor	NU Coliseum	7:30 p.m.
Oct 05	Missouri	at Columbia, Mo.	6:30 p.m.
Oct 08	Kansas	at Lawrence, Kan.	7 p.m.
Oct 11	Creighton	NU Coliseum	7 p.m.
Oct 12	Texas Tech	NU Coliseum	7 p.m.
Oct 15	Texas	NU Coliseum	7 p.m.
Oct 19	Kansas State	at Manhattan, Kan.	7 p.m.
Oct 26	Kansas	NU Coliseum	7 p.m.
Oct 29	Texas Tech	at Lubbock, Texas	7 p.m.

### Soccer

Oct 02	Missouri	Nebraska Soccer Field	1 p.m.
Oct 07	Baylor	at Waco, Texas	7 p.m.
Oct 09	Texas A&M	at College Station	1:30 p.m.
Oct 14	Oral Roberts	at Tulsa, Okla.	7 p.m.
Oct 16	Texas	at Austin, Texas	1 p.m.
Oct 21	Oklahoma	Nebraska Soccer Field	4 p.m.
Oct 23	Ok. State	Nebraska Soccer Field	1 p.m.
Oct 28	Iowa State	Nebraska Soccer Field	4 p.m.
Oct 30	Texas Tech	at Lubbock, Texas	TBA

## SPOOKY HALLOWEEN RECIPES

### *EERIE EYEBALLS*

Yields approximately 9 dozen bite-sized eyeballs

- 3 oz lemon gelatin (can be sugar-free)
- 1 cup hot water
- 1/2 cup miniature marshmallows
- 1 cup pineapple juice
- 8 oz cream cheese (can be lowfat/Neufchatel)
- 1 cup mayonnaise (can be fat-free)

Dissolve lemon gelatin in 1 cup water in double boiler, add marshmallows and stir to melt. Remove from heat. Add pineapple juice and cream cheese. Beat until well blended. Cool slightly. Fold in mayo. If you have a truffle candy mold or round ice cube trays, pour the mixture in the molds and leave to set in the fridge. Otherwise pour into a deep ceramic dish and chill until thickened or firm enough for scooping into eyeballs. Using a melonballer, scoop full balls of the mixture and set aside for decoration. To decorate, use liquid food coloring and an old detail paintbrush and get creative. You will need black food coloring for the pupils. Also, if you are in a hurry, instead of painting the colored irises, you can carefully dip the ball in a small pool of food coloring to approximate the iris, but still paint on the pupils.

### *CREEPY WITCHES' FINGERS*

Yield: 5 dozen

- 1 cup Butter, softened
- 1 cup Icing sugar
- 1 Egg
- 1 tsp Almond extract
- 1 tsp Vanilla
- 2 2/3 cups Flour
- 1 tsp Baking powder
- 1 tsp Salt
- 3/4 cup Almonds, whole blanched
- 1 Tube red decorator gel (optional)

In bowl, beat together butter, sugar, egg, almond extract and vanilla. Beat in flour, baking soda, and salt. Cover and refrigerate 30 minutes. Working with one quarter of the dough at a time and keeping remainder refrigerated, roll heaping teaspoonful of dough into finger shape for each cookie. Press almond firmly into 1 end for nail. Squeeze in centre to create knuckle shape. Using paring knife, make slashes in several places to form knuckle. Place on lightly greased baking sheets; bake in 325F (160C) oven for 20-25 minutes or until pale golden. Let cool for 3 minutes. Lift up almond, squeeze red decorator gel onto nail bed and press almond back in place, so gel oozes out from underneath. You can also make slashes in the finger and fill them with "blood." Remove from baking sheets and let cool on racks. Repeat with remaining dough.

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