

DUNDEE- MEMORIAL PARK ASSOCIATION



DMPA Meeting

This Month's Meeting
February 14th

Speaker:

Jeff Koterba,
Omaha World Herald

Location and times:

Dundee Presbyterian Church
53rd & Underwood Ave
7:00 PM - Social
7:30 Meeting

Bring a friend or two.

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Members!**

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Membership Form
Inside Back Page

Dundee-Memorial Park Association Newsletter

"Dedicated to Preserving the Community"

www.dundee-memorialpark.org

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President's Message

The Dundee Dads' 2011 No Limit Hold'em Poker Tournament kicked off in early January and I for once was in the thick of things. Normally, I'm an easy mark and one who usually gets to "observe" the more seasoned players in between games after I have been eliminated. Believe me, there are a lot of very good players in the Dundee Dads. However, this time I was able to hang in there for a while, ultimately finishing 5th out of about 18 players in the first game. The lesson I learned this evening was not to bluff with two queens showing on the flop because someone may actually have another queen in their hand. Ouch! And I had come so far, too! It was a great night (we won't discuss how I did in the second game) and another reason why I love the Dundee-Memorial Park neighborhood. It's fun to get together with friends and play some poker, some bridge, or some Bunco or whatever else you may like to do. It's the people that make the event.

Snowstorms hit the Omaha area pretty hard recently. If you have feedback on the City of Omaha's Snow Removal plan please let me know (benjamin.rouch@tdmaeritrade.com).

Unfortunately, because of the inclement weather, we had to cancel our last Association meeting. I apologize if this inconvenienced anyone but we felt this was the right decision. That's too bad because we had some great speakers scheduled with Katie Weitz White from Building Bright Futures and Kara Eastman from the Healthy Kids Alliance. We will try to schedule them again in the near future. On February 14th, Omaha World-Herald editorial cartoonist Jeff Koterba will be our featured speaker. This should be an entertaining and informative presentation. Judy Alderman, President of the Midtown Neighborhood Alliance, will also be hand to give an overview of the organization as well as update the DMPA on their current initiatives.

On Thursday, February 24th, the Omaha Chamber of Commerce will be hosting the 2011 Metro Area Transportation Update at Security National Bank. There will be a panel of experts prepared to "give you the inside scoop" on what to expect when it comes to the 2011 metro area construction season, including Dan Kuticek, Douglas County, Bob Stubbe, City of Omaha, Tim Weander, State Department of Roads, and Dennis Wilson, Sarpy County. For more information or to register for the event, please visit <http://omahachamber.org/chamber/EventDetail.aspx?EventDateID=19265> or contact the Chamber.

The Neighborhood Center's education program, Neighborhood Builders, kicked off in January with a new format. Instead of being

Continued on page 4.

Dundee-Memorial Park Association

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DMPA MEETINGS CALENDAR

February 14th

Jeff Koterba,
Omaha World Herald

March 14th

Jack Becker,
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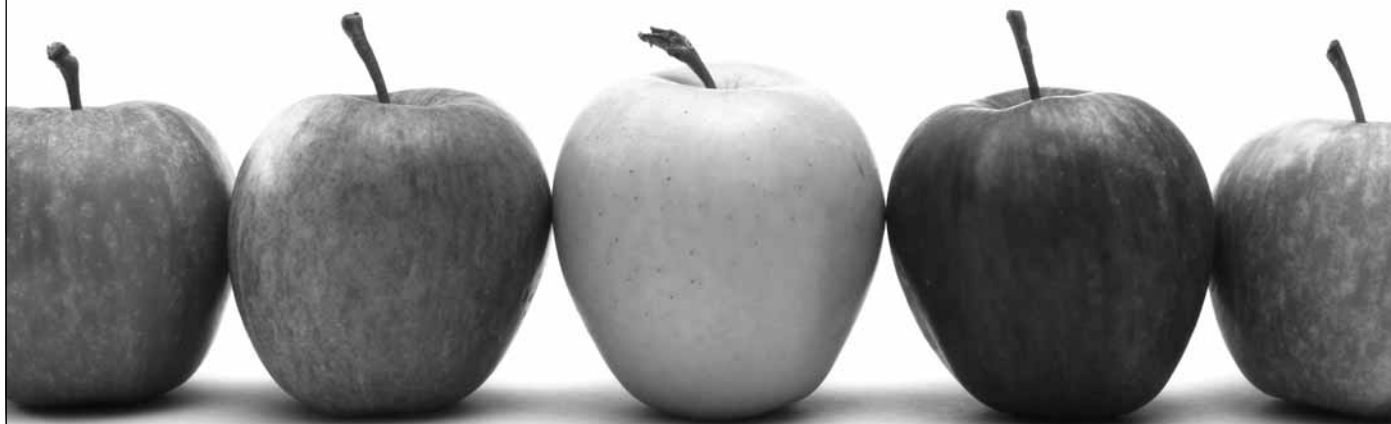
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Questions call 551-5246 or email: elimci@cox.net

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President's Message

Continued from front page.

conducted over four Saturday's in February, the program will now run all year long meeting once a month on a different topic. Upcoming sessions include Strengthfinder (Feb 12), Money 101 (March 24) and Marketing 101 (April 28). The goal of the Neighborhood Center and the Neighborhood Builders program is to provide resources and education to help one be a "successful neighborhood and community leader." Scholarships are available. Please contact Ron Abdouch at 561-7582 for more information. I encourage you all to get involved and help build a better Dundee-Memorial Park neighborhood together.

This year's flower basket planting will be held on March 11th and 12th at Indian Creek Nursery. Jen Goodman is leading the way this year so please let her know if you're interested in participating (jen.goodman@cox.net). She has lined up lunch for the crew and it should be a good volunteer opportunity for everyone involved. If you haven't already contributed to the Flower Basket fund, please contact your Block Captain or contact Pete Manhart (350-3890).

Finally, I wanted to recognize Dave Schinzel for his work on the Retree Omaha project in association with the Midtown Neighborhood Alliance. Dave has helped secure trees for the Dundee-Memorial Park in 2009 (From Underwood to Davenport on 52nd Street) and 2010 (From California to Leavenworth on 50th Street) and is already working on our behalf for 2011. Full grown trees are one of the things that distinguish our neighborhood and Dave has done a great job of making sure that will continue for future residents. The Lorax would be proud.

Ben Rouch

Reminders...

DMPA Meeting - February 14th

DMPA Meeting - March 14th



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A Food Community in Dundee

By Sarah Newman

One of the things we love about our Dundee neighborhood is its sense of community and can-do attitude, as evidenced by its flower basket program and streetcar wall fundraising. It is a neighborhood where new ideas or ways of doing things are possible because of the creative thinking and civic engagement in our community.

So try this: Imagine a future Dundee where, come dinnertime, you wander over to a neighbor's house to cut your fresh salad greens or pick some ripe apples for dessert, and where everyone has access to a wholesome diet.

Could it be done? Could we create a new way of getting our produce here in Dundee? Could we have same-day-picked food at every meal?

With the surging interest in vegetable gardening in the past couple of years, people have been changing their ideas about how and where to get their food. No longer are folks limited to the local supermarket's produce offerings. Farmer's markets have been popping up all over Omaha, as have backyard vegetable gardens, and our own Dundee Community Garden. With the help of the Internet, now may be the time to consider ways we can capitalize on these trends in Dundee to obtain fresher food for all.

Here are some ideas to think about:

Sharecropping

There are many Dundee residents anxious to garden who have no access to a sun-filled yard for growing vegetables. They either have a shaded yard or are apartment dwellers. Other residents may have a perfect yard for gardening, but are uninterested or unable to undertake the activity. Why not connect those neighbors who wish to garden with those who are willing to offer their yard and hose in exchange for part of the harvest? A win/win situation.

Fruit Tree Registry

Walking the neighborhood in the fall, one often sees trees laden with fruit, which goes unpicked. My block alone has a couple of cherry trees, an apricot tree, mulberry trees, apple and crabapple trees. Some locales have experimented with creating a fruit tree registry. Fruit tree owners list their tree locations. When the fruit is ready for harvest, the owners notify the registry to invite interested neighbors to pick the excess fruit.



Pickers get free fresh fruit, and the property owner has no need to clean their lawn of rotting fruit.

Seed Exchange

Most gardeners with small plots end up with extra seed from their seed packets. An online seed

exchange could help people save money by swapping seeds, as well as increasing the variety of produce a gardener can try growing in his or her yard.

Vegetables and Herbs for Barter or Sale

With more fresh vegetables and herbs being grown in the Dundee neighborhood—in backyards and in the Dundee Community Garden—an online market could be created on the DMPA website where gardeners could list vegetables, herbs or other produce they are willing to trade or sell to other gardeners and neighbors. Rather than waiting for a weekend farmer's market, Dundee residents could walk over to a neighbor's house to select the produce for their supper.

Swap Market

Along the same lines, neighbors with extra produce could gather once a week, perhaps at Sunken Gardens (aka the Sunks), for a local market to swap goods or services. Even if someone is a new gardener or has little room to grow something, a single cucumber plant or zucchini will produce plenty of extra to trade for other produce. If someone has no food to trade, they could offer a coupon of service—mowing a yard, running an errand, walking the dog, whatever is of value to another neighbor. If food is sold, prices could be half what the same fresh produce costs in the stores, allowing everyone in the neighborhood the chance to afford a healthful diet.

* * *

So, what do you think? Call or email me your reactions and ideas. Let me know if you think you would participate in any of these exchanges. If there is enough interest in a local food community, effort will be put into developing the website links and applications—contact Sarah at 553-8284 or sarahnewman@cox.net.

Flower Basket Planting

Join the Fun!

Volunteers Needed

Join the fun of planting the 475 begonia flower baskets that adorn our Dundee historic street lights.

Location: Indian Creek Greenhouse
303 N. Saddle Creek Road
(Greenhouse is on the SE corner of the property)

Dates: Friday, March 11, 2011
Saturday, March 12, 2011

Time: 10 a.m. – 3 p.m.

Volunteers insert 40 begonia plants around the perimeter of each basket. Baskets are then filled with soil, and more begonia plants and ivy are added to the top. The baskets are stored in the Indian Creek Nursery greenhouse until mid-May, when they are placed on the lamp posts.

To volunteer for one or both days, sign up at the February DMPA meeting, or email Jen Goodman at jen.goodman@cox.net.

Blood Donations Needed

Severe winter weather in the Midwest, South and East causes a shortfall in blood donations.

Severe winter weather last week shut down many Red Cross blood drives in the South, Midwest and East. Through the Red Cross national network, blood and platelets can be sent from other areas of the country to where they are needed when severe weather strikes. While local blood needs are always met first, your donation can also help ensure patients at hospitals in affected areas and throughout the country will receive the blood products they so desperately need.

A day or two of severe winter weather can cancel enough donations to impact blood product availability. That's why it's important for all eligible donors to make an appointment to give blood soon, helping to ensure a sufficient blood supply for patients.

Upcoming Blood Donation Opportunities

To view available times and to schedule your donation appointment, please click here http://www.membersfor-life.org/midamerica/mobilesch/bdc_sc.php?id=3 or visit www.redcrossblood.org <http://www.redcrossblood.org/>

Not sure if you are eligible to donate? Go to <http://www.redcrossblood.org/donating-blood/eligibility-requirements> <http://www.redcrossblood.org/donating-blood/eligibility-requirements>



The LOCAL Campaign would like to extend a big thank you to all those who came to the January 6th neighborhood meeting. The stories we gathered and the experiences we heard in relation to alcohol's impact on neighborhoods will be used to shape a zoning ordinance that reflects our community's needs and Let Omaha Control its Alcohol Landscape.

As you may know, the campaign emerged from a growing frustration about the increasing number of problem alcohol outlets in Omaha, adding to the decline of our neighborhoods, reducing the economic viability of the community and contributing to the violence in our streets.

But there is hope. Municipalities in Nebraska have the ability to regulate community standards with regard to liquor outlets by using land-use, or zoning, ordinances. Nebraska statute gives express direction to the state to consider local zoning ordinances when granting liquor licenses.

The ordinance will have conditions in place that align with our community standards. We may choose, for instance, to reinstate a distance restriction from churches to liquor outlets. The state just removed this restriction.

We continue to be thankful for those who share their time and energy with us as we work to make this ordinance a reality. We hope by spring to have the ordinance before the Omaha City Council. Although, we're getting closer to crafting the ordinance, there's still work to be done. Bottom line, the ordinance will not be successful without the help of all of you. If you or your organization/association would like to be involved, please send us a note at thelocalcampaign@gmail.com <mailto:thelocalcampaign@gmail.com> or join our Facebook page at "The LOCAL Campaign" to receive important updates.



elers: rust and corrosion.

With spring coming soon, you're probably anxious to pull out those bikes from the back of the garage. Or for the "exercise-challenged": the aluminum lawn chairs. But maybe the old Schwinn or the chaise lounge doesn't look so hot. Here are five ways to stop rust and corrosion.

1. **Protect Lawn Furniture.** Even if the job looks formidable, cleaning up and repainting metal isn't such a bad job since you don't have to remove all the rust. First clean the furniture using a wire brush and paint thinner. (A rotary wire brush on your electric drill makes this an easier task.) All loose rust must be removed, but you don't have to go down to bare metal. If the metal only has minor rust spots use a clean metal primer. If some rust remains use a rusty metal primer. After the primer has thoroughly dried apply at least two topcoats. The easiest way to apply this is with an aerosol spray paint. But keep a paintbrush handy to brush out any runs. After the paint has fully cured (I'd wait at least two weeks) apply an automotive paste wax to protect your renovation work.

2. **Clean Up a Rusted Grill.** As long as the bottom isn't rusted out, you can probably save that old grill. First clean the grease with oven cleaner. Be sure to follow label instructions this is strong stuff. Light rust will usually yield to treatment of naval jelly (available at most hardware stores.) Again follow label instructions because naval jelly contains phosphoric acid. If some rust remains even after a couple of naval jelly treatments use a rust stabilizer. (Isn't chemistry wonderful?) Then prime and paint with a heat resistant spray paint.

3. **Renew Decorative Iron Grillwork.** Rotary wire brushes on an electric drill are the best way to get rid of rust on your porch railings. It probably is worth the few extra bucks to buy a small wire brush to get into the tight spots and a larger one for the flat rails and bigger parts. A variety of methods will work for repainting including spray cans, paint brushes or a painting mitt. If you spray paint be sure to mask other surfaces from overspray.

4. **Restoring the Sparkle on Chrome, Aluminum and Other Non-Ferrous Metals.** Aluminum, brass, copper and chrome don't rust but they will corrode. They can be restored and protected with commonly available handyman products. For aluminum a light wire brushing or an

Last month we investigated wood rot. (Now, you're well prepared for that cocktail party small talk!) This month we'll expose rot's fellow trav-

application of aluminum jelly will make the metal look new again. If you want to paint the aluminum don't polish the surface, just knock off the loose oxide. Chrome, copper and brass can be cleaned with any of the readily available polishes. Spraying the metal with a clear lacquer will dull the finish somewhat but will halt further corrosion.

5. **Painting Galvanized Metal.** Galvanized metal is special problem because it is difficult to get paint to adhere to new galvanized surfaces. Use special galvanized metal conditioners for new metal such as gutters, downspouts and flashing. Older, weathered galvanized metal will hold primers but specialized galvanized primers are recommended. Ask for them at your paint or hardware store.

Quick Tip: A power sprayer is a great tool for cleaning stucco and brick. It also works well for blasting off loose paint saving hours of tedious scraping. But be careful, the pressure is so intense it can gouge deep channels in soft wood if not used properly and the pressure can be enough to tip you off a ladder.

Connections

For an online archive of previous articles go to: <http://www.dundee-memorialpark.org/>

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Meet the Merchants

Dundee Massage -

Where Living is Easy

By Molly Romero, Marks Bistro

On a cold January Saturday, I stopped in to meet Theresa (“Tree”) Wertheim, the owner of Dundee Massage, on 50th Street, two blocks north of Underwood. I had an appointment to chat about her massage practice, and she had cleared her schedule to make certain we had enough time. Lucky me! We enjoyed talking massage, its history, Tree’s history, and other related topics, and when we finished our talk, Tree said she had the time, if I did, for me to experience a massage.

Wow! I am totally hooked. But, for now, back to the conversation Tree and I shared.

After working in other studios for 10 years, Tree opened her Dundee Massage studio in November 2009. She obtained her massage therapist license in 1999 from the Universal College of Healing Arts in Omaha. (As an aside, Nebraska and New York are the only states requiring a minimum of 1,000 hours instruction before granting the professional license required to practice massage therapy. On top of that, continuing education is also required.) The rigorous study program included anatomy, body mechanics, kinestheology, Chinese medicine, nutrition, the theory and practice of therapeutic massage, reflexology, pathology, the history and approach to massage found in numerous current and ancient cultures, along with relevant business practices, chi gong, tai chi, yoga and meditation. Tree’s training also required giving 80 massages for her practicum.

Tree came to massage therapy when she suffered a severe whip lash in an auto accident, causing chronic, painful headaches. For four months, she went regularly to both a chiropractor and a physical therapist, with no relief. A friend suggested massage and after the first one, she felt so much better that she altered her treatment program to be exclusively massage, with wonderful results. She is not suggesting that it would work that way for everyone, but “That is what worked for me,” she said, and it sent her on her new career path. “I was attracted to it because it is a helping profession and if I could do that, I wanted to do that to help people,” she added. Tree feels great empathy for people’s struggles, and receives personal enrichment by helping people, working with them one-on-one. As a single mom, it took faith, courage and determination to make the career choice, but she is so very glad she did. “I love what I do,” she said – more than once – and it shows.

So, a year ago last November, Tree took the daring step to go off on her own. It had taken her two years



to find the right spot. She knew she wanted Dundee, the neighborhood in which she lives and has reared her four children.

Tree said New Yorkers have a word for her philosophy of keeping close to home – “Borough Living,” meaning residents of a borough have no need to leave the borough for any of their desires or obligations. She (and I) are devotees of the “borough living” philosophy, working

close to home so we can walk or ride our bikes to get much of what we need. Dundee is a great place for “Borough Living” fans.

Back to my visit with Tree. When I stepped into her space, immediately I knew it would be restorative, even just to chat with Tree. The restful décor is enhanced with gentle, meditative music, creating a healing place that through all the senses, welcomes and comforts. Tree is a warm-hearted woman with subdued red hair and “Buddha head” silver earrings. She welcomed me with a glass of water as we settled into the couch to talk about massage therapy and the way she nurtures her clients. She has appreciative regulars, but is still in the process of building her client base. She explained that many people begin massage therapy to address some physical pain – and in the computer age, many clients suffer from “computer shoulder,” developed through hours of sitting at a desk, moving a mouse, typing on a keyboard, and leaning into the work, causing tensions and strain. She told me of some clients who approach her with carpal tunnel syndrome or tennis elbow (often from computer work, rather than tennis), and that a schedule of massage treatments has helped them to avoid surgery that had seemed inevitable.

The way she describes it, a client may come to her with a particular pain, and the treatment might be weekly massage for a month or two, graduating to twice monthly for a while, and finally coming to a schedule of monthly massages to keep the body and mind “tuned” to the body’s needs, and to keep those knots in the muscles from hardening. With a monthly massage, Tree can remove the muscle knots (formed when muscles swell and fill with toxins) by breaking them up with massage. Once they harden (which they do if not removed), it is not a one-time fix, but with attention and regular visits, the body recovers, learns to relax, thereby reducing the formation of the knots.

Tree’s goal is to “Create a business to comfortably support my family, doing something I love to do” she said. In addition to providing massages, Tree makes “comfort bags,” therapeutic “bean-bag” types of bags in

Meet the Merchants

five shapes and sizes – for neck, eyes, and other parts of the body. They can be used hot (microwaved) or cold (chilled in the freezer), depending on the purpose. She described coming home in the evening and putting a hot neck bag around the back of her neck where it compresses and warms the muscles, improves circulation and brings relief from muscle pain and spasms. For a pulled muscle, a cold “comfort bag” would help. The hot bags are terrific for migraines, sinus problems, and colds, as well as arthritis and relaxation. Tree makes some shaped like “critters” for children to use on cold nights, like the hot water bottle of old. They can snuggle up to the warmth of the bag, as its warmth spreads under the cool sheets. When heated, the bags’ corn stuffing creates a wonderful moist heat. Some bags are filled with flax seed along with fragrant lavender or mint (for migraines).

I asked Tree for a brief tutorial on kinds of massage and that launched us into a discussion of massage history going back to 3,000 bce. Hippocrates (of the “oath” fame), in about 400 bce, described massaging the body, with specific instructions on how to do it and how not to do it, including using herbs and oils. His healing philosophy was focused on diet, exercise, and massage. For centuries, massage was integral to good health in many cultures, ancient and relatively modern. It fell from favor in the late 19th and early 20th centuries, but has been coming back into healing’s mainstream since the 1970s.

Tree offers massage appointments seven days a week, with the first at 10:00am and the latest at 7:00pm, with new-client prices of \$50 for one hour and \$75 for 90 minutes. She is not able to accommodate walk-ins, and asks that clients call at least one day, preferably two or three in advance to allow her to set her schedule. For February, Tree is offering a special on “hot stone” massage, and in honor of Valentine’s Day, a special on “couples massage.” To make an appointment, she may be reached at 933-6666. Her studio is in the building at 807 N. 50th Street, Suite One, with her entrance located on the north side of the building, tucked behind the front. There is parking next to the building right near the front door. Tree says she “feels blessed that I have this place – in this neighborhood,” and would love to meet more “Borough Living” Dundee residents.

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Harrison Elementary

Harrison students are looking forward to some new clubs that are forming and to some fun events coming up. Harrison's staff will start up the Chess Club again with students participating in competitions later in the spring. One of our Girl Scout leaders is planning to start a drama club with the possibility of putting on a production at the end of the year.

In February Harrison will host the "Bash" spotlighting diversity with the theme "Around the World". We will serve food, offer games, and will have auction items for bid. Please come and join us for the fun!

Ellie Wolcott
Co-PTA President

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Mon - Thurs 8:30 am - 8:30 pm Fri 8:30 am - 5:30 pm

Kids' Activities

Storytime - Wednesdays, Feb. 2, 16 & 22 | 10:30 am

Read books, sing songs, play games and make crafts. Fun for toddlers/preschoolers.

Read to Dogs - Thursdays | 6:30 pm

Come spend some time reading to dogs at the Library! Every child will have a 15-minute one-on-one reading session with one of the dogs. As this is a literacy program, the child needs to have basic reading skills. The Library will provide a selection of books from a range of reading levels, or you can just bring your favorite book to read! Registration is required.

Gr. 2-5 Book Club - Thursdays | 4:30 pm Read and discuss "The Secret Garden" by Frances Hodgson Burnett.

Baby & Me Storytime - Fridays | 10:30 am

Mother Goose on the Loose. Parents, babies and toddlers will enjoy this nursery rhyme program, which incorporates rhyming games, puppets, songs and musical instruments.

Madeline Storytime - Wednesday, Feb. 9 | 10:30 am

Come to the Library and meet Madeline! Remember to bring your camera!

LEGO Club - Wednesdays, Feb. 9 & 23 | 4:30 pm

(All Ages) Use your imagination to build anything you want with LEGOs. Snack provided.

Valentine's Day Party - Thursday, Feb. 10 | 10:30 am

Come to the Library and Rec Center for a Valentine's Day themed storytime, craft and game!

Jump Rope Contest - Thursday, Feb. 10 | 4:30 pm

Prizes will be awarded in three age groups: Gr. K-2, Gr. 3-5 and Gr. 6 & Up.

Movie Day: "The Secret Garden" - Friday, Feb. 11 | 2 pm

Watch a movie about a young orphan who discovers a secret garden. Popcorn will be provided.

Movie Day: "Mary Poppins" - Saturday, Feb. 12 | 1 pm

Watch a movie about a nanny who teaches some young children valuable lessons. Popcorn will be provided.

Movie Day: "The Incredibles" - Saturday, Feb. 26 | 1 pm
Watch a movie about a family of superheroes and how they fight against evil. Popcorn will be provided.

Teen Activities

Homework Hangout - Tues, Feb. 1, 8 & 15 | 4:30 pm

(Gr. K-12) Get basic homework help, use Tutor.com or type a paper on one of our teen computers.

Wii Fit Club - Saturday, Feb. 5 | 2 pm

(Gr. K-12) Have fun while working out! Try out yoga, do

strength training, aerobics and even balance games.

Teen Valentine's Craft - Saturday, Feb. 12 | 4:30 pm

Come to the Library and make a Valentine's craft to celebrate Valentine's Day!

Gr. 6-12 Gaming Lock-In - Feb. 18 | 6-9 pm

Come to the Library and hang out with your friends! Enjoy pizza and refreshments while playing Just Dance 2 for Wii and Guitar Hero for Wii. A signed parental permission slip is required!

Teen Book Club - Saturday, Feb. 19 | 2 pm

Read & discuss "The Hunger Games" by Suzanne Collins. Snacks and refreshments will be provided.

Teen Advisory Board (TAB) - Saturday, Feb. 19 | 3 pm

Join TAB and see what it's all about! Enjoy snacks and refreshments while talking about issues, sharing your ideas and helping out at the Library.

Game Time: "Michael Jackson The Experience" - Tuesday, Feb. 22 | 2-4 pm

Compete against your friends to see who has the best Michael Jackson moves!

Adult Activities

Under the Dundee Sun Book Club - Tues, Feb. 1 | 4:30 pm

Read and discuss "American Home Front 1941-1942" by Alister Cooke.

Movie Day for Adults: "Baseball" - Wednesdays | Feb. 2, 9 & 16 | noon

Watch three different episodes from Ken Burn's baseball documentary. Popcorn will be provided.

The 6th Inning: The National Pastime, 1940-1950

The 7th Inning: The Capital of Baseball, 1950-1960

The 8th Inning: A Whole New Ballgame, 1960-1970

Adult Game Time: "Scrabble" - Thursdays | 1 pm

Join us at the Library for some fun with the classic board game Scrabble!

Sorensen Readers Book Club - Saturday, Feb. 5 | 1 pm

Read and discuss "A Wrinkle in Time" by Madeline L'Engle.

HisMys Book Club - Saturday, Feb. 12 | 10:30 am

Read and discuss "Dark Matter" by Philip Kerr.

Plains Pages Book Club - Saturday, Feb. 19 | 1 pm

DMPA Merchandise for Sale

This decorative flag has the DMPA logo on both sides and will certainly enhance the front of any residence. Each flag is \$45.00 plus tax and can be purchased at Dundee Bank. When the flower baskets are down for the winter, why not replace the basket with a colorful Dundee-Memorial Park flag.



Also available is the DMPA logo, long-sleeved tee-shirt. It is a charcoal gray shirt with the logo on the front. It comes in medium and large sizes for \$20.00 plus tax. The extra-large and 2X large sizes are \$22.00 plus tax. They are also available at the Dundee Bank. Wear the DMPA logo proudly!



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