

Monthly Distribution

Established 1986

Haymarket Area

Abesque Variations
Asha Salon
Crescent Moon Coffee
From Nebraska Gift Shop
Family Services
Haymarket Pilates & Yoga Center
Honest to Goodness Massage
Ivanna Cone
Licorice International
New Age Design
Scooters
SouthPointe Family Resource Center
Ten Thousand Villages
The Mill
The Strand Hair Salon
Visitor Center

Downtown

Aging Partners
Atrium Building
Beuthe & Associates Insurance Co.
Cline Williams Wright Johnson &
Oldfather Law
College of Hair Design
Cost Cutters
FACTS/Nelnet Business Solutions
Firestone
First National Bank
Foundation For Educational Services
Gemini Enterprises
Grateful Greens
Great Western Bank
Juice Stop
Kim's Nails
Lincoln Children's Museum
Lincoln Community Foundation
Lincoln Electric System
Lincoln Federal Savings
National Research
NE State Fire Marshall
Nebraska State Office Building
Nebraska Diamond
Pearl Vision
Physicians Network
Pinnacle Bank
Pioneer House
Post & Nickel
Sartor Hamann Jewelers
Scooters
State Capitol Building
Swanson Russell Advertising Agency
Sway Hairspa
Sweet Jane Salon

The Cookie Company
Tico's
United Way
UNL Health Center
UNMC College of Nursing
Wells Fargo
YMCA
West O Street/Capitol Beach Area
Community Action Partnership
Dept. of Motor Vehicles
Prairie Life Fitness
Volin Chiropractic
Wachel Pet
West Gate Bank
West Gate Dental
Zeal Nails

North Lincoln

A-1 Chiropractic
Anderson Ford
AnyTime Fitness
Autumn Ridge
Balance Massage & Aesthetics
Baxter Toyota
Belmont Chiropractic Clinic
Beauty Nails
Belmont Veterinary Center
Blood Bank
Blu Velvet
Bridal Gown Outlet
Carpet Land
CHI Health/St. Elizabeth Sports and
Physical Therapy
CK & Co. Salon
Company Care
Complete Children's Health
Cornhusker Bank
Clear Vision Eye Care
Cutting Crew
Dialysis Center
Edward Jones
Eyecare Specialties
Fallbrook Dental
Fallbrook YMCA
Great Clips
Hair Masters
Hairport
Highlands Animal Hospital
Husker Auto
Husker Nail & Spa
Husker Rehab
Jazzercise
Juice Stop
Kepler Chiropractic

Kids Stuff Super Store
Lexus of Lincoln
LincCare
Lincoln Mitsubishi
Madonna Physical Therapy
Max Tan
Mo Java Cafe & Roasting Co.
Nail Lounge & Spa
Nebraska Safety Council
New Beginnings
Northgate Garden Estates
Opt Nails
Palm Beach Tanning
Performance Jeep/Dodge
Plum Creek Gifts
O Nails & Spa
Rumor's Hair Design
Sally Beauty Supply
Salon Avalon
Schworer Volkswagon
Scooters
Sport Clips
Studio 27 Eleven
Stylish Nails
Sun Tan City
Superior Chiropractic & Acupuncture
Superior Cuts
Superior Vet Care
Sutton Ryan Dermatology
Teledyne
The Northside Cafe
UNL College of Dentistry
US Bank
Williams Cleaners
Wellness Pharmacy

O Street/Gateway Area

AAA Motor Club
Academic Advantage Child Development
Access Family Medicine
Advantage Personnel
Allergy Asthma Associates
America's Best Contacts
American Nails
Ameritas
Animal Care Clinic
Aspen Dental
Attitudes
Austad's
Avenue
B&R Stores
Backstage Salon & Spa
Baja Salon
Barberettes Salon

Barber & Barber
Beauty First
Beauty Image
Behavioral Health Resources
Beth's Salon
Bethany Animal Clinic
Bethany Vision
Brown's Shoe Fit
Bubbles & Blocks Daycare
Cali Nails
Capitol Animal Clinic
Catherine's
Center For Mind Body & Soul
Centre Place Dental PC
Cherry Hill Beauty Salon
Cherry Hill Dentistry
Child Guidance Center
Children's Dental
Circle Me
CJ Banks
Comfort Plus Shoe Center
Complete Children's Health
Complete Nutrition
Cool Kid Cuts
Cost Cutters
Creative Innovations Salon & Spa
Liberty First Credit Union
Darold's Jewelers
David S. Wood, Inc.
David's Nails
David's Bridal
Dentistry for the Family
Designers on the Avenue
Dialysis Center of Lincoln
Dept. of Motor Vehicles
Eileen's Cookies
Elder Jewelry
Elegant Face Permanent Cosmetics
Elegant Optics
Enterprise Rent-A-Car
Envision Open MRI
Eyecare Specialties
Eye Glass World
Eyes On Lincoln
Farm Bureau Insurance
Fashion Nails & Hair
Ficke Orthodontics
Findlay Chiropractic
Firestone
First National Bank
Flowerworks
Frontier Home Medical
Gastroenterology Specialists
Gateway Internal Medicine
Gateway Manor
General Dentists
Gold's Gym
Good Things

Graham Tire
Great Clips
Great Western Bank
Hair Market
Happy Nails
Hart Family Health
Health Connect at Home
Hearing Aid Specialists
Heartland Urgent Care
High Profile Hair & Nails
Hope Health Care Center
Home Real Estate
inMOTION Auto Care
Jenny Craig
Jim's Home Services
JoAnn Crafts & Fabrics
Juice Stop
Adams Dental
Kim's Nails & Spa
Krystal's Nails
Lane Bryant
Lee Loudon
Lancaster County Health Department
Lincoln Counseling Center
Lincoln Dental Associates
Lincoln Endoscopy Center
Lincoln Family Medicine
Lincoln Federal Savings Bank
Lincoln Foot Clinic
Lincoln Hypnosis
Lincoln Nephrology
Lincoln Psychiatric Services
Lincoln Vision Center
Mahoney Golf Course
Marvin Jewell & Co.
Mastercuts
Max Muscle
Max Tan
McCashland & Associates
Merle Norman
Michael McNally DDS
Midas
Morning Glory Dental
Nails By Lynn
Nebraska Scooter Mart
Nebraska Community Blood Bank
New Image Salon & Spa
New Victorian Suites
Noble Nails & Spa
Northern Exposure Tanning
NuSpine
Optimum Pet Health
Palm Beach Tan
Pearls & Pebble Finer Things
Pediatric Dental Associates
Pet Doctor
Physicians Lab
Pink Flamingo

Pinnacle Bank
Play It Again Sports
Psychology Center
Racquet Corner
Regis Salon
Riddle's Jewelry
Roper & Sons Funeral Home
Sally's Beauty Supply
Salon MohVi & Spa
Schaefer's TV & Appliance
Security First Bank
Southeast Community College
Southeast Nebraska Cancer Center
Sprint
St. Elizabeth Wound Center
Stacie Bleicher, MD
Stanley Health Solutions
Strong Dermatology
Stevens Creek Family Dental
Strawberry Patch Salon
Sun Tan City
Super Cuts
T.O. Haas Tire
The Joint Chiropractic
The Pharmacy
The Vickeridge
Tila Nails
Tom Kruse Physical Therapy
Total Foot Care
Trinity Chiropractic
Tuesday Morning
United Benefit Services
Verizon
West Gate Bank
Women's Clinic
YMCA
Young Voices
Southeast Lincoln
Active Life Family Chiropractic
Advanced Medical Imaging
Affordable Dentures
All Feline Hospital
Angelic Nails
Ann's Nail Spa
Another Home
Antelope Creek Veterinary Healthcare
Aquatrec
Aspen Child Development Center
Atlantic Day Spa
Bagels & Joe
Behavioral Pediatric
Blush Bridle
Bickford Cottage
Big Red Nails & Spa
Body Basics
Bubbles & Blocks Daycare
Capitol Medical Clinic
Cartridge World

Cause For Paws
CEDARS Youth Services
CharterWest National Bank Mortgage
Children First Pediatrics
Classic Styles Hair Studio
College of Hair Design
College of Massage Therapy
Complete Physical Therapy
Consolidated Kitchens
Cornhusker Bank
Cost Cutters
Crazy 4 Consignment
Cupcakes & More
De Nova Skin Spa
Design Edge Salon & Spa
Diamond Vogel
Dietz Music
Earl May
East Lincoln Family Health
Eastview Family Dental
Edgewood Dental Group
Edgewood Family Physicians
Edible Arrangements
Edward Jones Financial
Eileen's Cookies
Ellyne Bridal
Envy Hair Studio & Spa
Eve, A Salon
Excel Chiropractic
Family Health Physicians
Fields Floral
Fireplace Center
Firethorn Golf Club
First State Bank
Four Star Gift
Franchon's Nails
Frederick Mausolf, MD
Frontier Bank
Gallup
Gold Smith Jewelers
Goldenrod Pastries
Grand Lodge at the Preserve
Great Clips
Habitat for Humanity
Hair Graphics
Handprints & Footsteps
Hangers Gallery
Harrington's
Hart Dance Academy
Headlines Hair Design
Heads Up Barber Salon
Heart & Health Solutions
Herbs & More
Hi-Mark Golf Course
High Plains
High Society Cheesecake
Hobby Lobby
Home Real Estate

Jazzercise
Juice Stop
Larson Chiropractic & Acupuncture
Larson Lifestyle Center
Le Cupcake
Lee Douglas Interiors
Legacy Retirement Home
Lexington Retirement Home
Liberty First Credit Union
Lincoln Federal
Lincoln Internal Medicine
Lincoln Pediatric
Little Kingdom
Majesty Nails & Spa
Messiah Lutheran
Minute Clinic in CVS
Morgan's Salon
Mosier Timperly Chiropractic
Mr. Goodcents Subs
National Rural Electric Cooperative
Association
Nebraska Municipal Power Pool
Nebraska Nursery & Color Gardens
Nebraska Animal Medical Center
Nebraska Heart Hospital Institute
Nebraska Hematology/Oncology
Nebraska Mental Health Center
Nebraska Title Company
Nutri Shop
NuVibe
Ocean Nails & Spa
Orchard Park
Orr Psychotherapy Resources
Party America
Pattino Shoe Boutique
Paul Mitchell School
Peak Physical Therapy
Perry Reid Properties
Petco
Pilatesworks
Pine Ridge Dental
Pioneer Greens Dentistry
Pioneer Gymnastics Academy
Prairie Lake Family Medicine
Prairie Orthopaedic & Plastic Surgery
Premier Hair Studio
Premier Psychiatric Group
Purses & More
Rachel's Boutique
Racquet Club
Red Dirt Running
Revitalize Massage & Spa
Sally Beauty Supply
Salon Chic
Security First Bank
Serenity Salon
Shelter Insurance
Sherwin Williams

Sit Stay
Snap Fitness
Southlake Village & Rehab
Spa K-9
Spectrum Paint
State Farm
Suisu Hair
Sunny Sewing Studio
Sutter Place Interiors
Swimtastic Swim School
T.O. Hass Tire Company
Tanning Zone
The Ambassador
The Coffee Roaster
The Coop
The Fort
The Funky Sister
The Great Escape Spa
The Mane Event Styling Salon
The Mill
The Yarn Store
Tiger Rock Taekwondo Academy
Tip Top Tux
TLC Cleaners
Trade Center Automotive
Travel & Transport Vacations
Uniform Connection
Union Bank
Unique Nails
Urban Rack
US Bank
Utopia
Von Hair
Walker Tire
Wellness One Chiropractic
Wells Fargo
Williams Cleaners
Women's Center
World of Knowledge
Wright's Jewelers
Yours Truly

Trade Center

Blush Bridal Boutique
Cornhusker Bank
Graham Tire
Hilary Johnson Dance Studio
Hug-A-Bunch Daycare
Interim Health Care
Jazzercise
Milkworks
Pilates Method
Rainbow Nails & Spa
Sportsman's Haircut
Sunny Sewing Studio
Trilogy Hair Salon

Central

Advanced Radiology
Alzheimer's Association
Art of Optics
Augustyn Law Office PC
Blissful Nails & Spa
Brentwood Estates
Bryan Health East Campus
Capitol City Fitness & Performance
Center for Maternal & Fetal Care
Century Sales & Management Co.
CHI Health St. Elizabeth Hospital
Clabaugh Orthodontics
Comfort Chiropractic
Complete Endocrinology LLC
Complete Family Foot Care
Computer Hardware Inc.
Consolidated Companies
Consultants in Gastroenterology
Consultants in Infectious Disease
Contemporary Healthcare for Women
Cost Cutters
Cotner Pet Care
Deck Family Practice
ENT Nebraska
ENT Specialities
Eye Surgical Associates, PC
Family & Implant Dentistry
Family Dentistry
Family Health Associates
Fournier Family Dentistry
General Surgery Associates
Glamour Nails
Goodrich/Colby Ridge
Grace Point
Gramercy Hill
Groom Room
Gynecology & Fertility, PC
Hanger Orthotics and Prosthetics
Hangers Cleaners
Hilltop Dental
Holmes Lake Family Health Center
Husker Rehabilitation
Infusion Center
Integrated Women's Health
Legacy Estates
Lincoln Anesthesiology Group
Lincoln Family Medicine Center
Lincoln Family Wellness
Lincoln Mobility
Lincoln OBGYN
Lincoln Orthopaedic Center
Lincoln Pediatric Cardiology
Lincoln Physical Therapy & Associates
Lincoln Surgery Center
Lincoln Surgical Hospital
Lincoln Surgical Group
Lollipop Children's Hair

Midwest Physical Therapy & Sports
Nebraska Children's Home Society
Nebraska Maternal & Fetal Medicine
Nebraska Farm Service Agency
Nebraska Forensic Medical Service
Nebraska Orthopaedic & Sports
Medicine
Nebraska Pain Consultants
Nebraska Surgery Center
Neurology Associates
Northrup & Associates
Obstetrics & Gynecology
Ophthalmology Associates
Partners 'N Hair
Pediatric Dental Associates
Pediatric Group
Physicians Choice
Physicians For Women
Pierce Family Practice
Pinnacle Bank
Pioneer Periodontics
Plastic Surgery Associates
Prairie Dental Group
Prairie Life Fitness Center
Quest Diagnostics
Ross Internal Medicine
Salon One
Scooters
Special Occasions
Spectrum Salon Systems
Stover Chiropractic
Surgical Associates, PC
Sutton Ryan Dermatology
Tabitha
Teichman Martin Law Firm
Telcos
The Hair Gallery
The Harbor Coffee House
Tip Top Nails
Trinidads Salon
UPS Store
Valentino's Corporate Office
Veteran's Hospital
Village Independent Living
Wellness One
Williams Cleaners
Windcrest Assisted Living

Southwest Lincoln

1st Nebraska Educator's Credit Union
33 Hair Studio
9 Round Fitness
A-4 Animal Hospital
Akala Jewelry
Ambiance Nails
American National Bank
Anderson Auto Group
Andrew Glenn, DDS

Antelope Creek Family
Anytime Fitness
Apria Health Care
Art Around the Corner
ArtFX
Aspen Builders
Bank of the West
Beads Boutique
Beauty First
Beyond Beauty
Black Dahlia
Body Nouveaux Spa
Bonsai Pool
Briggs of Lincoln
Brunmeier Dental
Bryan West Campus
Burgher Family Dentistry
Butherus Maser & Love
C&T Nail Salon
Campbell's Nursery
Capital Title
Cattle National Bank
Cheer & Dance Express
Cheney Ridge Family Medical Center
City Bank & Trust Co.
Clark Jeary
Cleaning Ninjas
Colorful Minds
Community Blood Bank
Complete Children's Health
Complete Family Eye Care
Complete Nutrition
Continental Western
Corky Canvas
Cornhusker Bank
Cosmo Professionals
Cost Cutters
Creative Thinking
Da Vita South Lincoln Dialysis
Dancewear
DaVinci Nails
DHHS of Nebraska
Dialysis Center of Lincoln
Distinctive Dental
Dog Gone Gorgeous
Douglas Baehr Salon
Duteau Subaru & Chevrolet
Ehlers Animal Care
Elder Jewelry
Elite Nails & Spa
EMO Flooring
Emsud's Clothiers
Extreme Physical Therapy
Eyecare Specialities
Family Health & Wellness Center
Fetish Nails
First National Bank
Fiserv

Friedman Law Offices
 Fyzical Therapy
 Gentle Dental
 Gotcha Covered
 Great Western Bank
 Hair Masters
 Hair Specialists
 Hangers Cleaners
 Harris Music Studio
 HBE Investment Advisors
 Hex Salon & Spa
 Hi-Lites Hair Salon
 Home Care Assistance
 Horizon/Evolution Fitness
 Husker Automotive
 Illusions
 Inspire Insurance
 Intermix Dance Co.
 Jazza Nail Salon
 Jenny Craig
 Jensen Tire
 Jilly Socks & Such
 Jim Ager Junior Golf Course
 JMisko Surgical Design
 Joyride Bicycles
 Juice Stop
 Karen McWilliams Dance
 Keller Williams Realty
 Kidspark
 Knowledge Beginnings
 Krueger Development
 Krueger Family Dentistry
 Kumon Math & Reading Center
 La Bell Nail Spa
 Lancaster Rehab
 Laguna Nails & Skin Care
 LifePointe Fitness
 LifeSpan
 Lincoln Aesthetic Surgical Institute
 Lincoln Endodontics
 Lincoln First Realty
 Lincoln Glass
 Lincoln Internal Medicine
 Lincoln Mattress Co.
 Lincoln Memorial
 Lincoln Physical Therapy Associates
 Lincoln Yoga Center
 Lost In Fun
 Luxury Heating & Air
 M & J Photography
 Madonna Outpatient Therapy
 Madonna ProActive
 Marriage & Family Clinic
 Max Muscle
 Max Tan
 May's Alterations
 McBride & Associates
 MedSpa at Bryan LifePointe

Members Only Credit Union
 Metcalf Chiropractic Center
 Michaels Craft Store
 Midwest Bank
 Mindy's Nails
 Motions Dance Academy
 My Gym
 National Pharmacy
 Nationwide Insurance
 Naturally Yours Salon & Spa
 NBC Bank
 Nebraska Cheer Center
 Nebraska Dept. of Education
 Nebraska Dermatology
 Nebraska Hand & Shoulder Institute
 Neemann & Sons
 NuSpine Chiropractic
 Oculi Vision Rehabilitation
 Oceans Dental
 Olberding Dental
 One More Time Consignment
 Optimal Dental
 Oreck Vacuum
 Oscar Nail Spa
 Parkview Animal Hospital
 PetSmart
 Pharmacy Solutions
 Physicians Weight Loss Center
 Pine Lake Health
 Pine Lake Medical Center
 Pinnacle Bank
 PK Flynn
 Powercycle
 Prairie Skies Dental Center
 Prairie Surgical
 Precious Pets
 Primary Care Partners
 Premier Orthotics and Prosthetics
 Psychotherapy Associates
 Rainwood Interiors
 Regeneration, PC
 Revitalift
 Ritchie Bros. Auctioneers
 Rustad Dermatology
 Sally Beauty Supply
 Salon Deja Vu
 Salon K
 Salon Plush
 Sandals Nails
 Savannah Pines
 SBW Consulting
 Schrock Innovations
 Security First Bank
 Sid Dillan Buick Nissan Hyundai
 Southeast Nebraska Cancer Center
 SouthPointe Family Physicians
 Southwest Chiropractic
 SP Group

Stokes Swim School
 Strasburger Orthopaedics
 Studio 19
 Sun Tan City
 Supercuts
 Southwest Family Physicians
 Sylvan Learning Center
 The Fine Line
 The Hair Lounge
 The Landing Wellness Center
 The Waterford at Williamsburg
 Spectrum Cable
 Tip Top Tux
 Tips & Toes
 Tracy's Auto Body
 Tranquility Spa
 True Dance Co.
 Turning Point Hair
 U.S. Dept. of Veteran Affairs
 Ulta Beauty
 Union Bank
 Urology P.C.
 US Bank
 Von Maur
 Voss Lighting
 Wayne Videtich Podiatry
 Wilderness Ridge Country Club
 Williams Cleaners
 HyVee
 Williamsburg Village Dental
 Williamsburg Family Physicians
 Williamsburg Behavior Psychology
 Williamson Honda
 Women's Health Care Center
 Woods Bros. Realty
 World Nails
 Yankee Candle
 Yankee Hill Country Club
 YMCA
 Zen Nails & Spa
 Zesto

In addition to hand delivering magazines each month, we mail over 1000 copies to businesses in and around the Lincoln area including Beatrice, Crete, Eagle, Hickman, Milford, Seward, Waverly, Adams, Roca, Beaver Crossing, Benedict, Bennet, Wahoo, Fairbury, Elmwood, Malcom, Dorchester, Ramond, Friend, Cortland, Cozad, Utica, Tecumseh, Syracuse, and Wilbur.

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