

A Cry for Help from Mother Earth

PART 2

By Marie Huggins

150 Park Avenue

Last month we printed a list of several ways we can slow down the effects of global warming on our planet. Here are more tips about what we can do to help solve this growing problem.

HOME HEATING AND COOLING

1. Don't overheat or overcool rooms. Adjust your thermostat (lower in winter, higher in summer). CO2 reduction (for each 2-degree adjustment): 500 lbs./year.
2. Clean or replace air filters as recommended. Cleaning a dirty air conditioner filter can save 5% of the energy used. CO2 reduction: About 175 lbs./year.
3. Install programmable thermostat to automatically adjust temperatures. CO2 reduction: 600 lbs./year.
4. Caulk and weather strip around doors and windows to plug air leaks. CO2 reduction: Up to 1350 lbs./year.
5. Replace AC (12.0 SEER or above). CO2 reduction: 185 lbs./year.
6. Insulate your walls and ceilings; this can save about 25% of home heating bills. CO2 reduction: Up to 2000 lbs./year.
7. If you need a new furnace, install ENERGY STAR furnace or boiler. CO2 reduction: 2000 lbs./year.
8. Yearly furnace tune-up. CO2 reduction: 300 lbs./year.
9. If you need to replace your windows, install the best energy-saving models. CO2 reduction: Up to 10,000 lbs./year.
10. Plant trees next to your home. Evergreens to the N & W, deciduous trees to the S & W. CO2 reduction: about 2000 lbs./year.
11. Add air-gap window films to seal leaky windows in winter OR add low-e films. CO2 reduction: 400 and 380 pounds a year, respectively.
12. Add basement insulation. CO2 reduction: 750 lbs./year.
13. Seal and insulate warm air heating ducts. CO2 reduction: 800 lbs./year.

Continued on Pg.7

BLACK ANGEL LORE

Visit

www.prairieghosts.com/oakland.html

For a compelling history and lore of the Ruth Ann Dodge Memorial and other Iowa monuments



Photo by Kyle Muschall

Free Immunizations

If you have any questions regarding possible free immunizations, please contact

Tanya or Rachel

at

712-328-4666

with the Council Bluffs Health Department to find out more information.

President's Corner

By Nate Watson

126 Park Avenue

Last month, I had the opportunity to tell you about the first session of Neighborhood Builders, a four-week program that the members of your Board attended. Many folks have asked me to write about the remainder of the sessions.

First of all, I want to take this opportunity to thank Michelle, Chad, Sharon, and Tracy for attending! I want all of us to know how much time and effort they put into making our neighborhood association work smoothly. The wonderful people at The Neighborhood Center, particularly Ron, Ryan, and Jessica, are invaluable, and from them we continue to learn how better to serve you. I also want to say how very much cross-river activities such as this allow us to break down artificial barriers that may exist between different parts of our community. I know that we made many new friends, and I trust this will further community efforts.

During the last three sessions, we were encouraged to learn about how we as a neighborhood might better be more inclusive. We also learned about conflict resolution. Though at first blush it might appear that our neighborhood lacks diversity, I think you will agree with me that diversity comes in many forms. We are a neighborhood made up of people from different places, different walks of life, and different experiences. We are certainly people with definite ideas. Occasionally, we might even disagree. Yet, rather than being a liability, our diversity is a source of strength. Indeed, we are fortunate to have the benefit of so many different perspectives and experiences.

Finally, permit me to add a word about The Downtown Neighborhood Alliance (DNA). Our neighborhood, along with the other three existing downtown neighborhood associations, has decided to form an alliance. Rest assured that each neighborhood remains independent. The point of an alliance is to work together on those issues that cross boundaries, and to work together with the grassroots efforts taking place all around us, including in downtown. I want personally to thank Amy Dixon, of Huntington Avenue, for agreeing to be our Special Representative to The DNA for 2009; Amy continues to be a passionate and articulate advocate for our neighborhood!

A community is only as strong as its neighborhoods. A vibrant community includes the active voice and support of its neighbors. We, you and I, have chosen to step up, to make a positive difference. Let us continue to work hard and look forward.



From Left: Tracy Dreessen, Ryan Willar, Nate Watson and Sharon Babbitt



From Left In Foreground: Nate Watson, Sharon Babbitt and Tracy Dreessen



From Right: President of the Lincoln-Fairview Neighborhood Association Ken Freundeberg and two members of the association.

Photos by Michelle Mutchler-Burns

ALL THE NEWS THAT'S FIT TO PRINT

By Sharon Babbitt

200 Park Avenue

MEETING INFO

Listen up, neighbors! It's meeting time again! Our next meeting will be held at 7:00 p.m., April 4th, at the home of Nicole and Joseph Josselyn, 162 Glen Ave. Joseph works for Deaf Missions and Nicole is a home schooler, midwife, and advocate for natural foods. She makes her own flour and even keeps chickens in her back yard, except for that pesky rooster that woke everyone up early every morning. Don't ask what happened to him but let's just say it was something organic. Nicole has promised to make some tasty treats for us to snack on at the meeting, so there's no need to bring any food.

The house at 162 can be described as a late Victorian "cottage" which may not be considered "stately" but which would have been built for the comfort of a family in mind. It has been updated inside while still retaining its original charm, and there is plenty of room for all of us. We look forward to getting better acquainted with the Josselyns.

By the way, if you haven't yet paid your FPNA dues, don't forget to bring your \$20 with you. We hate to nag but.....

THE STRAIGHT DOPE

Fred Floyd of the Office of Community Development has clarified the often-asked question about the time frame surrounding the Iowa West Grants. The funds must be committed and spent by July 1, 2010. This should put an end to all rumors to the contrary.

PARTY TIME

Okay, maybe it's not time to party just yet, but you may like to know the schedule regarding the status of the nomination to get our neighborhood onto the National Register of Historic Places. Mary Lou McGinn sends us this info. The first draft of the nomination has already been submitted by the Tallgrass Historians. It is expected to be finalized by April 1st, at which time it will be routed back to the City to pass on. June 12th is the actual State review meeting, with the National review meeting to take place on July 12th. Tallgrass representatives will follow the nomination through by being present at each meeting.

Now, about that party; don't you think we will have something to celebrate when this is all done? A heartfelt thanks to Mary Lou for all the hard work she did in researching our history.

SPECIAL REPRESENTATIVE

Amy Dixon was just named by your Board to be our new Special Representative to the Downtown Neighborhood Alliance (DNA). Amy will serve for the balance of the year in this position. The DNA is an alliance of all four neighborhood associations and each one has a representative. This group was formed for the purpose of cooperating to protect the interests of all. Thanks, Amy, for representing the FPNA in this capacity.

Continued On Pg.5

EXTREME MAKEOVER GRANTS EDITION '09

The Neighborhood Center will host a workshop that is designed to help you with your grant application (s).

Volunteers will be on available to help you develop a plan, review and edit your application(s) and offer suggestions.

The volunteers will **NOT** write your application and computers will **NOT** be available. So, bring materials, your ideas and drafts of your applications. You will be helped on a first come first served basis.

**Monday March 23, 2009
5:30 to 7:30 p.m.**

**Sessions will be held at the
Neighborhood Center
115 South 49th Ave
Omaha, NE**

Parking is available in the lot directly to the north of the building or on the street.

For more information please contact the Neighborhood Center at 561-7582.

If you are unable to drop by on Monday 3/23/09 you may call and schedule an appointment with one of the Neighborhood Center staff members. 115 South 49 Ave

Taxes : Constitutional?

A Monthly Op-Ed by Chad Fent

439 Glen Avenue

At times, there can be a great deal of confusion surrounding what is happening in our financial markets. And the remedies proposed by Congress, the US Treasury, and the Federal Reserve rarely do anything to clear up the confusion. It is my intention to try and help explain the mess we find ourselves in, offer insights (read: predictions), offer solutions, and most importantly, to arouse poignant thought and questions regarding the validity of the actions taken by specific parties. Though, as with anything else, I must add this disclaimer: The views reflected in the articles you will read are not necessarily those of your elected board of directors, nor the editors of this newsletter. This is simply meant to be an opinion column, and is not intended to be investment advice.

If you've been reading my past articles, you may have noticed that I'm not one to focus on superficialities regarding our economic state of affairs. I'm someone who attacks a problem at the core. This month, I'm attacking taxes, yes, taxes. Before you roll your eyes and tear up the entire newsletter right now, let me get this out.

I've heard lots of rhetoric in the last two years about taxes in that they are unconstitutional. Could this really be true? I was skeptical at first. But, luckily, I have enough distrust of government at the Federal level that I decided to pursue this. During his presidential campaign, I heard Ron Paul speak of Social Security, and his belief that young persons should be allowed to opt out of this bankrupt system (Notice how I loaded that

sentence with a claim that I'll address next month). That sounded quite appealing to me. After all, I don't invest anything in a 401k (heresy, you say!), because I understand the tremendous pitfalls of that system, so why am I *forced* to invest in another system in which I do not believe I will ever see any benefit from, let alone my initial investment? Herein lays the biggest problem I have with direct taxes at a Federal level; their insistence that *they* know better what to do with *my* hard earned money than I do. Before I let this article just turn in to a rant, let me address my point, taxes and Constitutionality.

Exhibit #1: Article 1, Section 8 of the US Constitution, Powers of Congress; "The Congress shall have the power to lay and collect Taxes, Duties, Imposts and Excises, to pay the debts and to provide for the common Defense and general Welfare of the United States; but all Duties, Imposts and Excises shall be uniform throughout the United States."

You might think this is the end of the argument. Yep, we should pay our taxes and shut up, no doubt about it. But wait, this leaves too many questions unanswered. Let's dig a little deeper.

Exhibit #2: Article 1, Section 9 of the US Constitution, Limits on Congress; "No capitation, or other direct, Tax shall be laid, unless in Proportion to the Census or Enumeration herein before directed to be taken."

So if it is not direct (meaning, taxes laid directly to the people from the Federal government), then how do they get it? Well, the way I (and

many others) translate this is that the Federal government collects the taxes from the state, and that those taxes are apportioned from each state in the same manner as the Electoral College. This represents the true nature of the Federal government. It is not the know-all, be-all, end-all answer in government. What this means is that the Federal government is subservient to the states, not the other way around! We are the United States of America, not States under the power and duress of the will of the Federal Government. But, this opens up a host of other issues such as unconstitutionality of Presidential Executive Orders, and States re-declaring sovereignty, so I'll digress. What you should be thinking now is "okay, taxes are Constitutional, but we should not be taxed directly by the IRS (the way the Federal Government collects direct taxes)." So why are we? Well, conveniently, my exhibit #2 is "clarified" by amendment 16.

Exhibit #3: Amendment 16 to the US Constitution, Status of Income Tax Clarified. Ratified 2/3/1913; "The Congress shall have the power to lay and collect taxes on incomes, from whatever source derived, without apportionment among the several States, and without regard to any census or enumeration."

Doesn't that sound like a slap in the face? Big Brother knows best, so don't ask questions and nobody gets hurt. If you'll pardon me, does this not sound tyrannical in its very nature? I thought the Boston Tea Party was representative of disdain for taxation without representation or enumeration.

ALL THE NEWS THAT'S FIT TO PRINT



By Sharon Babbitt
Continued from Pg.5

200 Park Avenue

GARAGE SALE SET

Bill Mann and Bob Pashek are planning a two-day garage sale on May 30-31. They have invited the entire neighborhood to participate, and those of us at the last meeting thought it was a good idea. Here's how it will work: If you wish to participate, you will have your sale in your own garage or front yard. You will place identifying balloons at your own location. If you wish to have the sale for only one day, that is okay—just take your balloons down when you're done. All participants will share the cost of the advertising.

A portion of your sales will be donated to the FPNA, maybe 10%, but we will talk about this as the date approaches. If you don't want to sell anything, you may wish to help those who do. A bake sale to be held at the garage sale sites was also mentioned but needs further discussion. Other neighborhoods have held similar sales with success, so why not us? Be thinking about this as you clean out your closets and basements. Remember the saying—"one person's junk is another's treasure".

NEIGHBORHOOD SIGNS

We recently heard about a grant that the Mutual of Omaha Neighborhood Grant Program is offering for the purpose of beautifying and identifying neighborhoods. For the first time, this grant will be open to Council Bluffs neighborhood associations as well as to those in Omaha. Your Board believes that the FPNA could be one of the lucky recipients of a grant and has decided to apply. After discussions among ourselves, representatives of the Office of Community Development, and those members who attended the last meeting, we have come up with a plan. Yes, everybody needs a plan.

Working from the information gathered by the Tallgrass Historians during their recent study of our neighborhood, we thought that hand crafted signs identifying those homes that were mentioned as individually eligible for National Register status should have these signs in their yards. The purpose would be to enhance the status of the individual homes and, thus, our neighborhood, as passers-by tour our streets. Bill Mann and Bob Pashek have been selected to make the signs and their proposed design is very beautiful and period appropriate. There will be 20 signs in all. Our grant application is due by March 31st and applicants will be notified in June if they have been chosen.

Wow! This could be a very exciting year for our neighborhood! Improving our property with Iowa West grants; achieving National Register status; and showing pride of place with unique signage—how will we be able to stand it all?!

**"Decision is the spark that ignites
action. Until a decision is made nothing
happens."**

Wilfred A. Petersen

DATES TO REMEMBER

March 23rd.
Extreme Makeover
Grants Edition '09

April 4th.
F.P.N.A April Meeting

April 15th
Taxes Deadline

May 9th
F.P.N.A May Meeting

July 12th
National Review for F.P.N.A
Historical Places Designation

NEED FREE TAX ASSISTANCE?

If you or someone you know needs some assistance with their tax returns, free tax preparation and free e-file are available at:

The Center
located at
714 South Main Street.
Their phone number
(712) 332-1437.
They will provide assistance
1/26/2009 thru 4/15/2009.
Hours are M-F,
10 AM to 6 PM
and Saturday
10 AM to 5 PM.
No appointments needed.

February Meeting Minutes

By Tracy Dreessen

164 Park Avenue

Socialize, visit, and enjoyed homemade pies and pastries made by Teresa and Karl Dowell.

and to use caution. As they have been open to the elements for quite some time.

Sharon gave update on grant that would possibly pay for Historic Homes in our neighborhoods to have hand made signs made by Bill and Bob from Park Ave. The signs would be made of reclaimed wood and all hand painted. The information on the signs would be but not limited to; name of house, year built, address, etc.

Nate touched on the recent “crimes of opportunity” that have been happening in our neighborhood. We had a flyer sent out to all people letting them be aware of the incidents and to take caution. Remember! We can deter a lot of these incidents from happening if we keep walking our sidewalks with our children and pets, look out for one another, and keep in mind the simplest of all that is to keep porch lights on and doors locked.

Sharon read the list of 21 homes that were deemed Historic by the Tallgrass Historians.

The general group visited the idea of having a Neighborhood Watch Program but a lot of what we already do is what a program such

as that would condone. The idea of a printed directory of phone numbers to hand out to paid members of the association might help. (Optional for those who wish to participate)

Nate told us about the other 3 neighborhoods around us that have formed or re-organized their associations.

Nate introduced the idea of the Downtown Neighborhood Alliance (DNA) that would consist of a “special” representative from each neighborhood that works with local businesses to work for together for common goals with the city of CB. Our neighborhood has chosen Amy Dixon from Huntington Ave.

Continued on Pg.7

Taxes : Constitutional?

Continued from Pg.4

Let me ask you something. Do big bank bailouts represent your needs, wants and desires? What I mean to say is; are your elected representatives really acting in a manner that is representative of your wishes whilst they sit in Congress? Congressional approval ratings are at all-time lows, so I would bet not. Look, I’ve got no problem with taxes in their basic nature. But we’ve got to get back to a true Constitutional sense of what they are. To “pay the debts and to provide for the common Defense and general Welfare of the United States.” I love our country, and what made it great, but I take great issue with the direction we’ve been heading. We are straying much too far from what made it great in the first place. I am confident that you know better what to do with your money than does Congress or the President. Do you really like the idea that you work roughly 3 to 4 months of the year just to satisfy your tax burden? Have you noticed that a great deal of the people being appointed to the President’s cabinet have been “ousted” for not paying taxes? At first glance you might think that reprehensible. But truthfully, it is not. They know something that most of us have never questioned; they know that a Federal direct income tax is not constitutional. This is not uncharted territory, remember, liquor was abolished in amendment 18, and that was later repealed in amendment 21. We can repeal amendment 16 if we feel strongly enough about it. I feel obligated to point out, that the IRS is a government arm that can seize your property and liberty without due process of law. What happened to “Innocent until proven guilty”?

I’ve not been given a great deal of feedback on these articles unless I pry. What do you want to know about? Email your treasurer! cfent80@yahoo.com

A Cry From Mother Earth

Continued from Pg.1

WATER

1. Reduce shower time by 5 min/person.
(Showers acct for 2/3 water heating costs.)
CO2 reduction: 250 lbs./person/year.
2. Wash clothes in warm or cold water, not hot.
CO2 reduction (for two loads a week):
500 lbs./year.
3. Turn down your water heater thermostat; 120 degrees is hot enough. CO2 reduction
(For each 10 degree adjustment): 500 lbs./year.
4. Install low-flow shower heads to use less hot water. CO2 reduction: Up to 300 lbs./year.
5. Install faucet aerators. CO2 reduction: 20 lbs./faucet/year.
6. Wrap your water heater in an insulating jacket (only if it is over 5 years old). CO2 reduction: Up to 1000 lbs./year.
7. Replace standard electric hot water heater with on-demand hot water heater. CO2 reduction: 3600 lbs./year.
8. Switch from electric/oil hot water heater to gas hot water heater. CO2 reduction: 1400 lbs./year. OR switch from an old gas water heater to a new ENERGY STAR hot water heater. CO2 reduction: 200 lbs./year.

February Meeting Minutes

Continued from Pg.6

We are planning on another clean sweep this spring and Celebrate CB is going to provide bags, gloves, and maybe even T-Shirts!

Nate brought up the possibility of making our downtown area more visited. The idea of moving the farmer's market to the Hay Market was just one of many ideas that were shared.

Finally, the Neighborhood Garage Sale has been set. (Please see column "All the news that's fit to print" by Sharon Babbitt for more information.

A Message from Michelle

By Michelle Mutchler-Burns Vice President

407 Glen

I had the opportunity to attend Restore Omaha which was held the last Saturday of February. This was the fourth annual workshop co-sponsored by the Metropolitan Community College Foundation and The Reader. The mission of Restore Omaha is to preserve, restore and maintain pre-1950 homes. The workshop offers a variety of do-it-yourself sessions, such as wood conservation, repairing and painting exterior woodwork, porch reconstruction, window glazing and repairing sash cords, along with informative panel discussion sessions on topics such as federal state and local incentives for neighborhoods. Preservation Basics touched on the National Register of Historic Places and the National Trust for Historic Preservation.

The featured presentation was the restoration project at the Gamble House, a 1903 Arts and Crafts Bungalow in Pasadena, California, designed by architects Greene and Greene. The presenter, Kelly Sutherlin McLeod, was the lead architect on the project and actually lived in the home during her senior year of college.

The day concluded with a "rap session", which consisted of a before and after slide presentation of Omaha homes which had undergone restoration projects. The homeowners spoke of their projects, what went well and what didn't. We were also treated to a special sneak peak into the Brandeis Mansion. The home is currently undergoing restoration and will be featured as the next Designer Showcase home. The cost of the workshop was \$35 (\$25 for early registration) which included coffee and juice in the morning, a box lunch and fruit, cheese and desserts during the "rap session". Check out http://restoreomaha.org/content/2009-educational-sessions_ (<http://restoreomaha.org/content/2009-educational-sessions>) for a list of internet sites, resources and an overview of this years workshop, make plans now to attend next year.

"Faith is taking the first step even when you don't see the whole staircase"
Martin Luther King

THE Fairmount Press

The Newspaper of the Fairmount Park Neighborhood Association

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Sharon Babbit	Board Member (2010)
Kyle Muschall	Board Member (2011)
Chad Fent	Board Member (2010)
Nate Watson	Board Member (2011)
Michelle Muchler-Burns	Board Member (2010)

Have an Opinion? Please Share!

We welcome any submission from a member that constructively furthers a topic of current public interest. Of course, opinions expressed are not necessarily those of the Association or its membership. Any submission must be received by the first day of the month for inclusion.

FROM THE EDITOR

Imagine I might be going out on a limb here but we have been having monthly neighborhood meetings for *ALL* to attend for over a year now, and we seem to see the same people at every meeting. The meetings are set for different days of the week so that if you can't make it on Fridays, for example, we'll have it on a different night of the week to include more people.

Maybe your reason for not attending is because you don't know anyone. The fun part about these meetings is that you can grab your neighbor and come, because everyone is invited. At almost all of the meetings, we have had some sort of FOOD involved which always makes for a good gathering.

You might say, "What do they talk about?" We talk about all kinds of topics. Mostly concerns about our neighborhood and what we can do to better it. We also hear about upcoming things the City has in store for our neighboring downtown areas. What happens downtown, impacts *our* neighborhood in particular because of our close proximity to it. We have a Board of Directors as well as other "special" positions that help to keep everything organized. All of these positions are voted on by YOU. We are all volunteers and it is a lot of fun to be involved with the people around you. It doesn't take much to get involved. Everyone is respectful that we all have Day Jobs or in some cases Night Jobs. Whatever your situation, we hope that you would come to one of our meetings and see what's going on around us! Hope to see you at the next meeting! – APRIL 4th



Yes! I want to be an active member of the Fairmount Park Neighborhood Association. Please find enclosed a check for annual dues in the amount of \$20.00 per household.

My Name and Spouse's/Significant Other's Name: _____

Children's Names and Ages: _____

Address: _____

Telephone Number: _____ Email Address: _____

Remit to: Chad Fent, Secretary Treasurer, 439 Glen Avenue Council Bluffs, Iowa 51503



Yes! I want to purchase a Fairmount Park Neighborhood Association banner.

Please find enclosed a check for the Banner fee of \$10.00

(Or additional amounts of _____ for additional banners totaling _____.)

You must be a paid member to purchase a banner

My Name: _____

Address: _____

Telephone Number: _____ Email Address: _____

Remit to: Michelle Mutchler-Burns, Vice President, 407 Glen Avenue Council Bluffs, Iowa 51503 or to Sharon Babbit, Board Member, 200 Park Avenue Council Bluffs, Iowa 51503