



ALL THE NEWS THAT IS FIT TO PRINT

By Sharon Babbitt

200 Park Avenue

THE GRAND PLAN, WHAT'S HAPPENING NOW

Last month we told you about the possibility of installing poles at our entrances to hold banners identifying our neighborhood. Grant applications are under way or have already been submitted to make this idea come true. Carol Mattox wrote a grant application to Mutual of Omaha, which was due in March and begins the process. This grant is for \$2,500, not enough for our grand plan but a piece of the puzzle. We'll know in June whether or not we have been awarded one of these grants. We are still going forward with our second grant application, which is to the Pottawattamie County Community Foundation (PCCF) and asks for \$10,000, their limit. Sharon Babbitt is writing this grant application.

We studied the price lists of the companies who supply the poles and the banners and soon realized that FPNA could only afford four poles (one at each entrance) for the time being. We are also considering the number of banners to affix to each pole and whether or not to include supports for flower baskets in our request. The FPNA Board will be meeting shortly to make a final decision about the direction in which to go. We are taking the long view, as we feel this is the fiscally responsible thing to do.

Always remember that there are many people behind the scenes contributing one thing or another to these applications, as there are lots of "I's" to dot and "T's" to cross before the final products can go forward. Thanks go to each and every one involved.

CONGRATULATIONS

To the Downtown Neighborhood Alliance (DNA), of which FPNA is a member, for winning one of four Neighborhood Innovation Awards and an accompanying check for \$250, no small thing. The award was presented at the recent Neighborhood Center Mayors' Breakfast in Omaha, which our FPNA president was in attendance. Kyle commented "It was very inspiring to see all the activity surrounding neighborhood associations in the metro area and rewarding to have the Council Bluffs DNA rewarded for their continued efforts in this area."

NEIGHBORHOOD GARAGE SALE

Although the date for this year's neighborhood garage sale hasn't yet been announced, it will happen very soon. It's time to start sorting and pricing so we'll be ready for the big day. In the April 8th edition of the Nonpareil, a great article about garage sale tips explained the ins and outs of a successful sale. A few of the many tips are: Place your tables in your front

NEIGHBORHOOD AWARDS

The third Neighborhood Center Mayor's Breakfast occurred Thursday, March 29, at the Tip-Top Ballroom in downtown Omaha.

The event featured Council Bluffs Mayor Tom Hanafan and Omaha Mayor Jim Suttle. "The Mayor's Breakfast is an opportunity for neighborhood people to interact with city officials in a casual atmosphere," said Ronald Abdouch, Executive Director of the Neighborhood Center. The breakfast also featured the first Neighborhood Innovation Awards.

Four neighborhood associations were recognized and received a certificate and a check for \$250. The Council Bluffs Downtown Neighborhood Alliance was one of the four honored at the event.

The Neighborhood Center serves Douglas, Sarpy & Pottawattamie counties. For more information, visit

www.unomaha.edu/ncenter

BLACK SQUIRREL ART CLASSES

The Black Squirrel Arts Classes, sponsored by the Bluffs Arts Council (BAC), are in session for April, May and June.

Classes range from watercolor for adults and kids to working with pewter to design jewelry and key chains. Crafts are on display for exploring Handmade Art Journals that combine collage, painting and bookmaking techniques that create a unique textured art journal.

Introduction to Character improvisation and creative writing are also on offer along with ceramics and copper sculpture.

Go online at www.bluffsarts.org to view the full list of classes that are offered and to register. You can pay with PayPal or you may also call the Bluffs Arts Council office at 328-4992 with your credit card information or mail a check to:

BAC at 209 Pearl,
Suite 106B, Council Bluffs, IA 51503.

Mini-Pineapple Upside Down Cakes

by Kyle Muschall 332 Glen Avenue

2/3 cup packed brown sugar	3 eggs
1/3 cup butter, melted	1/3 cup vegetable oil
2 (20 ounce) cans sliced pineapple	12 maraschino cherries, halved
1 (18.25 ounce) package yellow cake mix	

-In a small bowl, combine the brown sugar and butter; mix well.

-Spoon into 24 greased muffin cups.

-Drain pineapple, reserving the juice. Trim pineapple to fit the muffin cups; place one ring in each cup.

-In a large mixing bowl, combine the cake mix, eggs, oils and 1-1/4 cups of the reserved pineapple juice; mix well.

-Spoon over pineapple, filling each cup two-thirds full.

-Bake at 350 degrees F for 20-25 minutes or until a toothpick comes out clean.

-Immediately invert onto wire racks to cool.

-Place a cherry in the center of each pineapple ring.

Lend a Hand

2ND ANNUAL **Look Out** **Point** CLEAN UP

SATURDAY APRIL 14TH 9 AM

We will provide the trash bags to collect the refuse. We need volunteers to help fill those bags and to haul up the larger debris. Please wear appropriate shoes and gloves

DONUTS AND BEVERAGES WILL BE PROVIDED

C.B. CITIZEN POLICE ACADEMY

The citizens' police academy is designed to give people who live or own a business in Council Bluffs the opportunity to learn what police work is like in their community. The academy runs for 12 weeks and meets on Thursday nights.

The classes generally run from 6:30PM until 9:00PM at the new Southwest Iowa Law Enforcement Training Facility. The classes cover everything from community-oriented policing to special weapons and tactics teams and are taught by Council Bluffs police officers. Most of the classes are designed to be hands on experience for the participants.

If you wish to register for the CPA visit the citizens police academy website www.cbpolice.org/cpa3.asp and open the PDF, fill out the form and send it to: Officer Mark G. Alba 227 South 6th Street Council Bluffs, IA 51501.

If you have any questions, please feel free to call Officer Mark G. Alba at 712-329-1825

Registrations for the Spring 2012 CPA are being taken now.

VIVER BRAZIL

The Arts Center's 2011-2012 Youth Series presents Viver Brazil "Feet on the Ground" Experience an authentic taste of Afro-Brazilian history and culture by this award-winning dance company. You will be treated to colorful costumes, pounding live drumming and powerful dancing, fun and entertaining for the whole family. Admission is \$8 for adults and \$5 for children.

Wednesday April 25th. 6:30 p.m.

Find out more information by calling the Arts Center 712-388-7140 or 1-800-432-5852 ext. 7140. Brought to you by the IWCC Arts Center, Iowa West Foundation and Art Works.gov.

Mayor's Neighborhood Cabinet

Sheila Barak Graham

286 High School Avenue

Tuesday, March 6, 2012 7:00 a.m.

The City budget is set

- *Less tax asking from the City, no levy increase, but overall taxes may increase due to other factors not controlled by the City (e.g., County taxes and school district taxes)

At the state level, there is a proposal to reduce commercial property taxes by 40% over a number of years

- *Currently, the City gets no state assistance, and without state assistance in this area, the City would lose up to ~\$20 million if the plan passed

City Council held a planning (goal-setting) meeting March 5

- *Mayor Hanafan said the meeting was very productive, and it was only the second meeting of this type to take place since he has been Mayor

- *Several items were discussed at the meeting, including the following:

- *Separate housing codes for historic homes (will look into this and see what other cities have in place)

- *The establishment of a process to dispose of city-owned parcels (hopefully would speed up process)

- *The average home costs \$6,000 to demolish, so funding is always an issue

- *Rental inspections process will be examined

- *No other City in the state has a rental inspection process like ours, process in other cities will be examined

- *West Broadway and its future development

- *West Broadway street renovation and removing the Bunge grain elevators and the railroad tracks that run through this area would cost an estimated \$26 million alone (not including work on the storm sewers), so this is a very large project

- *Neighborhood identification signs

- *Discussion of City neighborhood signs used to identify neighborhoods and possibly including neighborhood awards on the signs

- *The Mayor's Neighborhood Cabinet neighborhood representatives and the Neighborhood Center will be meeting to develop a proposal for the signs and a neighborhood recognition program

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200 Park Avenue

Continued From Pg.1

yard so passers-by can readily see what you have; realistically set prices; be prepared to open early, at least by 8 a.m.; hold the sale on one main day, preferably Saturday, rather than stretching it into two or three days; think about a joint sale with neighbors because this enables a larger overall sale and, thus, a bigger crowd.

COULD THIS WORK?

Here is a treatment for burns that we've never heard of before, involving a new use for the incredible egg, or rather, egg whites. First Aid consists of first spraying cold water onto the affected area until the heat is reduced, which stops the continued burning of all layers of the skin. Then, spread slightly whipped up egg whites onto the affected area. Note, we aren't talking about the yolks. The egg white is a natural collagen (a placenta full of vitamins, if you will) and continued application of the substance onto the burned area will form a protective layer, reduce the pain, and begin the healing process. This kind of treatment is being taught to beginner firemen, so we're told. Another blessing conveyed upon mankind by the lowly chicken! She shall never be called Chicken Little again!!

The President's Corner

Kyle Muschall

332 Glen Avenue

It is time to give back. I've written previously about possible FPNA volunteer efforts and now we are moving ahead with one of these endeavors. This is one that every single resident of our neighborhood can help with. We are going to have a food drive for the Broadway Methodist Church located at Broadway and South First.

The church maintains an emergency food shelf to meet the short-term needs of people who have nowhere else to turn. They also run Phillip's Cupboard, which is located in the basement of the church, and provides non-food items to people in need. Donations of paper products, cleaning products, laundry supplies, diapers, and personal hygiene supplies are always in demand.

With next month's May edition of the Fairmount Press Newsletter we will include a plastic grocery bag. The goal is to have everyone fill that bag with unused non-perishable food items and non-food items. We will have two designated pick up days Saturday May 19th and Saturday May 26th. We would request that everyone donating items place the filled plastic grocery bags on their front porch so that it is easily viewable from the street before 11:00 a.m that morning. FPNA volunteers will then make the rounds throughout the neighborhood to collect the filled plastic grocery bags. We will then deliver the donated items to the Church office to help stock their shelves.

This gesture is a small way to thank the Church for the continued, tireless work they do for our community and as a personal thank you from the FPNA for providing assistance to us in the past. Back in 2010 before the FPNA was granted 501c3 designation Broadway Methodist Church acted as our fiscal agent when we sought PCCF grant money to build and install the elegant Historical Home signs that adorn over 20 of our National Register of Historic homes within our neighborhood. Without their support that worthy project would not have been realized.

As president of the FPNA I urge everyone reading this article to take note, to mark your calendars and as you are doing your weekly grocery shopping or clearing out your pantry shelves to consider that there is always someone right here within our community that needs a helping hand. Together, we each can make that small commitment to fill that plastic grocery bag with non-perishable food items and non-food items and give back to our neighborhood and our community.

CRIME INFORMATION

Visit the Council Bluffs Police Department website

www.cbpolice.org/avenues2.

to view crime information that reflects written reports by the officers of your police department in a given time frame (just click on the "Crime Information" links to open up the reports as PDF documents). There are five sections on the PDFs that are broken up to show case number, date and time report was written, general location of the incident, the district the incident occurred, and a description of the incident.

The Council Bluffs Police Department hopes the citizens of Council Bluffs find this information useful in keeping their neighborhoods safe. Remember if you see something say something.

If you see a crime in progress please call 911, if the crime has already happened (shed broken into) you can call the non-emergency number 712-328-5737. This phone is answered by

**"Make the most
of yourself,
for that is
all there is
of you"**
**Ralph Waldo
Emerson**

CLOROX VS. PEROXIDE

Clorox vs Peroxide, VERY interesting and inexpensive. The benefits of that plain little ole brown bottle of 3% peroxide you can get for under \$1.00 at any drug store. What does bleach cost? Have you Ever smelled bleach in a doctor's office? NO!!! Why, because it smells, and it is not healthy! Ask the nurses who work in the doctor's offices, and ask them if they use bleach at home. They are wiser and know better! Please think about this:

1. Take one capful of peroxide (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. No more canker sores, and your teeth will be whiter without expensive pastes. Use it instead of mouthwash.

2. Let your toothbrushes soak in a cup of peroxide to keep them free of germs.

3. Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.

4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.

5. Spray a 50/50 mixture of peroxide and water on feet fungus every night for one to two weeks and let dry. Watch the fungus disappear.

6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day.

7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.

8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold or plugged sinus. It will bubble and help to kill the bacteria. Hold for a few minutes, and then blow your nose into a tissue.

9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The

pain will lessen greatly.

10. If you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide-burnt blonde hair like the hair dye packages but more natural highlights,

11. Put half a bottle of peroxide in your bath to help rid you of boils, fungus, or other skin infections.

12. Add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

13. Use peroxide to clean mirrors. There is no smearing.

It is a little brown bottle no home should be without! With prices of most necessities rising, I'm glad there's a way to save tons of money in such a simple, healthy manner! Pass it on! Clorox vs peroxide, VERY interesting and inexpensive.

FREE SAMBA DANCE CLASSES

Taught by professional Afro-Brazilian dance company Viver Brazil. The Class is 90 minutes and accompanied by live drumming. Wear loose-fitting clothing and be prepared to dance barefoot. Viver Brazil will conduct a samba class that includes the popular samba de roda (circle samba) and the contemporary Bahian Carnival samba reggae and samba afro dances. Class is limited to 35 participants.

Sign up at the Arts Center box office 712-388-7140.

April 24

2:00 p.m. The Center- 714 South Main Street
Held in the Center Ballroom

4:00 p.m. IWCC Arts Center- 2700 College Road
Held in the Kanessville Center Aerobics room (1305)

DATES TO REMEMBER

Adopt-Look Out Point Clean Up
April 14th. 9:00 a.m.

Viver Brazil
April 25th 6:30 p.m.
IWCC Arts Center

Celebrate C.B. Clean Up
May 15th 5:00 p.m.

FPNA May Meeting
May 31st 7:00 p.m.

FPNA Garage Sale
June 9th 8a.m. - 3 p.m.

"Have great hopes and dare to go all out for them. Have great dreams and dare to live them. Have tremendous expectations and believe in them"

Norman Vincent Peale

Spring is Here

Let's meet at the home of Carol Mattox for the May FPNA meeting. Carol will provide the main dish so let's bring all those favorite side dishes and desserts to round out a great meal. We'll discuss the latest news and the plans ahead for our neighborhood.

**May 31st 7:00 p.m.
225 Huntington**

THE Fairmount Press
 The Newspaper of the Fairmount Park Neighborhood Association
 332 Glen Avenue Council Bluffs, Iowa 51503
fairmountparkna@aol.com

Kyle Muschall	President/Publisher
Linda Ring	Vice President
Carol Mattox	Secretary
Dave Huggins	Treasurer
Terri Dowell	Editor
Sharon Babbitt	Special Representative

Sharon Babbitt	Board Member (2014)
Kyle Muschall	Board Member (2013)
Nate Watson	Board Member (2013)
Dave Huggins	Board Member (2014)
Carol Mattox	Board Member (2014)
Linda Ring	Board Member (2013)
Michelle	Board Member (2014)
Mutchler-Burns	

**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. Please Contact the Editor.

COPIES PROVIDED BY THE



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 Numer: _____ Email Address: _____

Remit to: Dave Huggins, Treasurer, 150 Park 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 \$12.00

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

You must be a paid member to purchase a banner

My Name: _____

Address: _____

Telephone Numer: _____ Email Address: _____

Remit to: Kyle Muschall, President, 332 Glen Avenue Council Bluffs, Iowa 51503 or Dave Huggins, Treasurer, 150 Park Avenue Council Bluffs, Iowa 51503