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## ALL THE NEWS THAT IS FIT TO PRINT

By Sharon Babbitt

200 Park Avenue

### THANKS

A few days ago, we experienced one of the worst snowstorms of the season. At least nine inches of heavy snow blanketed the area, making it beautiful but nearly impossible to get around. As usual, the City cleared the streets quickly, and we thank them for it. But, just about as important, the neighborhood's snow brigade swung into action as well. The sidewalks, driveways and those pesky piles of snow the plows left in our driveway entrances were cleared almost before the snow stopped falling. In some areas, it appeared the same snow blower did an entire block. And shovels didn't stop at one homeowner's property line, but continued on to their neighbors on either side. Not surprisingly, this equipment didn't operate by itself, and the unnamed heroes who helped out in this emergency, and in every emergency for that matter, are hereby thanked profusely until you are better paid. One of the things that makes this neighborhood a great place in which to live, wouldn't you agree?

### KIRN PARK

The City Parks Dept. recently held a meeting to update FPNA and GNA on the renewed plans for updating Kirn Park. Basically, they are the same plans they had before the recent flood put everything on the back burner. The new target date for beginning the renovation of the Park is August/September. Improvements will include: field grading, seeding and irrigation; tearing down the locker building and providing storage space in the lower level of the stadium; repairing the track; building parking spaces for 15-20 vehicles; replacing the back fence; replacing some broken bleacher boards; installing additional lighting both north and south; installing new signage for the Park overall; and painting the reveals (incised designs) on the stadium itself in a contrasting trim color.

The Parks Dept. is anxious to work with the NAs wherever possible. We will be asked to do the actual painting of the reveals (described above), and provide input on the design of the signage. These signs

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## ICE SKATING AT MAC

March 26, 28 7:00-8:30pm & March 30 11:00am-12:30pm and 3:00-4:30pm. \$5 per skater and \$3 skate rental. Call 712-323-0536 for more information.

## FAMILY WELLNESS FAIR

Saturday, April 27, 9:00am - 12:00pm at Thomas Jefferson High School (2501 W Broadway). Family Wellness Fair by Live Well Pottawattamie County. Free and open to the public. Featuring: healthy cooking demonstrations, vegetable gardening basics workshop, health screenings, vendor booths with tips for healthy living, fitness activities, kids fun: face painting, bounce house, fire truck, Hershey track meet (Parks & Recreation Department), YMCA kids day...and more. For more information please call 712-396-4369 or 712-328-4974.

## COUNCIL BLUFFS FIRE SAFETY

Each year across the country too many people die of smoke inhalation and fires in homes without working smoke detectors. As a result of several fires and the tragic deaths of two children in 2010, The Council Bluffs Fire Department, with the gracious support of several businesses, foundations and individual donors, started "Project Alex."

This project provides dual sensor detectors in homes with the hope of preventing further tragic loss of life. The Cbfd and American Red Cross are looking for volunteers who would be interested in helping out with their next neighborhood smoke detector campaign.

On March 23rd Cbfd is hoping to have enough volunteers to knock on the doors in three areas of Council Bluffs that have had a high fire loss history. One area is around Franklin School, one around Longfellow School and the last is the Play Land Park area.

If interested please contact Angela Day at 712-435-5676 or email her at [angela.day3@redcross.org](mailto:angela.day3@redcross.org) to sign up for the event.

"Attitude is a little thing that makes a big difference"

Winston Churchill

## Legislative Coffee 2013

Legislative Coffees are designed to give all citizens an opportunity to hear the latest news from the Legislature and to have their questions and concerns heard. 9:00am - 10:30am at Woodrow Wilson Middle School Auditorium (715 N 21st St). Remaining Dates :

March 23

April 6

## PREVENT CHILD ABUSE MONTH

Join Mayor Tom Hanafan and Mayor Jim Suttle on Saturday, April 6th, 11:00am, at the Bob Kerry Pedestrian Bridge as they help raise awareness of efforts to reduce child abuse and neglect in our community. This event will include a joint mayoral proclamation and an opportunity to plant a blue pinwheel (a symbol of child abuse prevention) at the Pedestrian Bridge. You are encouraged to wear royal blue for increased awareness! This is a public event sponsored by Prevent Child Abuse Pottawattamie County, Shaken Baby Task Force, and the Metropolitan Child Advocacy Coalition. For more information, contact: Kate Gronstal, FAMILY, Inc. (712-256-9566 Ext 206 or [kgronstal@familyia.org](mailto:kgronstal@familyia.org) or Susan Pawloski (712-242-1040 or [spawloski@lfsneb.org](mailto:spawloski@lfsneb.org)

## RAILS WEST MUSEUM EASTER EGG DASH

Saturday, March 30, 10:30am - Noon. The Rails West Railroad Museum located at 16<sup>th</sup> Avenue and South Main Street will be holding its 2nd Annual Easter Egg Dash and Scavenger Hunt. Admission is \$2 per child, adults free. The Easter Bunny will be on hand for pictures so bring your cameras and have some fun.

# RIVER'S EDGE PARK GRAND OPENING

The City of Council Bluffs along with Con Agra Foods Foundation and the Iowa West Foundation are proud to announce the acclaimed Playing With Fire concert series will bring world-class jazz, blues, soul and funk music to celebrate the Grand Opening of River's Edge Park at the foot of the Bob Kerry Pedestrian Bridge in Council Bluffs by offering a free Memorial Day concert on Monday, May 27, 2013.

Playing With Fire was founded in 2004 from the vision of Council Bluffs businessman Jeff Davis as a gift to the Omaha and Council Bluffs community: a free concert series, assessable to everyone. It has grown to become one of the community's music showcases, and is known as a mainstay of summer

The headliner of the Playing with Fire concert is Sharon Jones and the Dap-Kings, who have appeared on The Tonight Show with Jay Leno, Late Night with Jimmy Fallon and The Late Late Show with Craig Ferguson. Also appearing is special guest Vintage Trouble, who recently appeared on Late Show with David Letterman and opening across the country for The Who. To complement the headliners, Omaha's own premier local funk and party band Satchel Grande, and popular veteran of the local blues scene, Mojo Bag, will open the show. Guests will enjoy a special appearance from harmonious and soulful M2J. Gates open at 3:30 p.m. and Mojo Bag kicks off the festivities at 4:00 p.m.

To find out more about River's Edge Park and when other events for the Grand Opening are announced, visit us on the web at [www.cbparcsandrec.org](http://www.cbparcsandrec.org) or like us on Facebook at <http://www.facebook.com/RiversEdgeParkCB>.

## The President's Corner

**Kyle Muschall**

**332 Glen Avenue**

I have a few topics to share with you this month so I'll get to it. The FPNA has volunteered to provide a meal for all the dedicated folks at Habitat for Humanity for their March 23<sup>rd</sup> Blitz Build event. We received a generous donation from Will Reger (315 Park Avenue) that will cover almost all the costs of the sub sandwich sack lunch. Thank you very much Will. We have other folks that have donated items as well; sacks, napkins, Baggies, and plastic cutlery. We've got our favorite bakers on dessert duty to provide the people a tasty treat during their long day of construction.

Saturday April 13<sup>th</sup>, 9:00 a.m. will be our Annual Look Out Point Clean Up Event. The FPNA will be providing donuts, juice and milk to get folks energized about hauling up all the debris and trash that has accumulated over the year. We've adopted Look Out Point because we are proud of the vistas that the point provides and want to maintain that scenic beauty.

Another volunteer effort will be our Food Drive. We have it scheduled for June this year. We will be gathering food items for the Care and Share House at 600 Main Street. The Care and Share House is a volunteer-based organization that delivers food orders on a monthly basis to residents at local subsidized apartment units. They collect the pantry orders and distribute the food on site to assist those who do not have access to transportation.

On a final note, the FPNA continues to work with the Community Development Organization on the 400 Block of Park Avenue project. Your FPNA representatives have attended City Council study sessions and have been communicating with Don Gross the head of the Community Development Department who is heading up this endeavor. The FPNA has formed a committee of concerned and affected residents to address this project and will keep everyone informed on the progress. Thanks for your time.

# HOW DOES YOUR (VEGETABLE) GARDEN GROW

By Sharon Babbitt

200 Park Avenue

**F**or those of us who live anywhere in this neighborhood, the answer to the above question is probably, “not at all.” How could anybody grow a vegetable garden worth bothering about in our small plots of earth? Well, guess what? Somebody has done it and is willing to share their secrets.

Rob and Georgie Hoag own a nice, big house at 242 Park, which fills up their corner lot from end to end. Yet they grow enough vegetables to feed a family of four, and they don't even use *dirt*. But more on this later.

Rob does most of the gardening and he modestly credits everything he knows to a book by Mel Bartholomew entitled “Square Foot Gardening.” From this book Rob has learned how to grow every vegetable known to Man, or at least known to the American salad bowl. He grows ten varieties of tomatoes, lettuces of all kinds, peas, green beans, cucumbers, egg plant, peppers, beets, rhubarb, strawberries and raspberries—everything but deep root plants like potatoes or carrots.

He begins by building or buying 4-foot square forms made from cedar wood (buy at Menard's or Home Depot). To the under side of these forms he securely attaches chicken wire mesh fencing to deter underground mining of his plants by varmints. He then spreads black plastic over the area of his garden and flips his square forms right side up. He's now ready to add the *dirt*, which is a well mixed formula of 1/3 blended compost; 1/3 coarse vermiculite; 1/3 peat moss.

Meanwhile, his seedlings (he plants his veggies from seed) are thriving under gro-lights in his basement. Some years he will utilize his portable

green house, which has been set up on his east-facing, uncovered front porch. As soon as there is no danger from frost, out they go into the wide world, where they will now also be protected from wildlife by a combination of 3-ft. high plastic fencing to keep deer away, and plastic mesh over the top to discourage the birds—all of this is supported by pvc pipe posts on each corner of each wood square.

The only fertilizer required is a little Miracle Grow for the tomatoes. Nearly all the water is collected from rain and stored in several barrels; Rob collects about 150 gallons of rain water in this way.

When the vegetables are ready to harvest, Georgie takes over with the cooking and preserving. Sometimes there is such an abundance that the mailman and other passers-by get the excess—if they are lucky.



# HOW DO YOU “CORN” BEEF

The Straight Dope

by Cecil Adams

According to our dictionary, the “corn” in corned beef isn’t the pride of Iowa. It refers to the salt used to preserve the meat. Why don’t they call it salt beef then? We’ll get to that. First we’ll cover food production, then etymology.

We start around the year 700 AD, give or take a century, when salt production saw a great technological advance. Salt in those days was obtained by trapping seawater in a pond, closing it off, and waiting for the sun to evaporate the water. The great advance was building a series of ponds, with pumps and sluices. The water in the first pond evaporated a little, increasing its salinity, then was moved to the next pond, while a new batch of seawater was let into the first pond. Call it an assembly line, way before Henry Ford. When the brine became dense enough, the salt crystallized and fell to the bottom of the pond to be scooped out. The process probably took a year or more using only solar heat. Of course, this would be done most efficiently in an arid climate with no rainfall to dilute the ponds. The process produced coarse salt, nowadays also called “kosher salt,” not the fine-grained table salt you’re used to.

Now we leap to the Middle Ages, when the Irish started salting beef and pork. Basically, they de-boned the beef and soaked it in brine for several days (this is called “curing” or “pickling”). That was the origin of what is today known as Irish corned beef, sometimes called pickled beef. Corned beef was highly valued because it didn’t spoil. By the mid 1500s, Irish salted beef was traveling around the world. The French used it as a cheap, high-protein, durable food for slaves in the profitable sugar colonies of the Caribbean. The British navy fed it to sailors.

Later, the Hawaiian Islands took up the process, providing salted food to British, French, and American ships traveling the Pacific. Richard Dana, writing in *Two Years Before the Mast* in the 1830s, described the terrible salted beef that sailors had to eat in the Pacific, which they called “salt junk.”

The name “corned beef” arose in the 1600s. “Corn” comes from the Anglo-Saxon word for granule or pellet, referring to the grains of salt used to make the brine in which the beef

soaked. As the Master has taught us Europeans used the word “corn” to mean any common grain. When they came to the New World, the commonest grain was the maize the natives grew. Europeans called it “Indian corn” and later just “corn.”

Today, one distinguishes between Irish corned beef and English spiced beef. Either one is a far cry from the “salt junk” of two hundred years ago, partly because of modern refrigeration, which permits use of a much weaker brine. Less salt means a more palatable end product. Recipes are available for making your own corned beef from scratch. You can find several online.

First, you need brine - water, coarse salt, and seasonings. An Irish recipe by Theodora Fitsgibbon, quoted by Mark Kurlansky in his wonderful book *Salt: A World History* (2002), calls for adding bay leaves, cloves, mace, peppercorns, garlic, allspice, brown sugar, and saltpeter to the brine. The meat is usually a brisket - ribs and meat from the chest of the cow - which you soak in the brine for a week. (Other recipes use other cuts of meat and different periods of soaking. One recipe we saw called for four days, another for four weeks. We presume it has to do partly with the amount of meat.)

After the soaking period, wash the meat thoroughly under running water to remove the surface brine. Then cover it with fresh water, add carrots, onions, and herbs, and simmer for five hours. During the last hour, add a half pint of Guinness, says Fitsgibbon. (To the meat, silly.) Serve hot or cold.

One caution: don’t use too much salt, a common mistake of beginners.

While we’re at it, pastrami is cured in a completely different way. There’s no brine involved, but rather a dry mix of sugar, crushed peppercorns, chopped garlic and coriander seeds (again, recipes differ). The pastrami is smoked for several hours, then simmered in fresh water or steamed. Frankly, we’ll stick to buying ours at the kosher deli, thanks very much.

# **FIT TO PRINT**

**Continued From Pg.1**

are a project funded by the Iowa West Foundation and will involve area artists. See the March 10<sup>th</sup> edition of the Nonpareil (page 7A) for complete details.

There is some graffiti on the stadium, which will be painted out by the Parks Dept. when the weather warms up. They ask anyone who sees vandalism or other illegal activity taking place in the Park to please notify employees John or Tracy about it. The security camera is trained on the stadium and its photos can help to identify the perpetrators.

## **IT PAYS TO DO BUSINESS LOCALLY**

When we were purchasing the stuff necessary to make our pole project a reality, we needed to buy the poles from a company in another state but they didn't furnish flower baskets, which was an integral part of our package. We turned to Sherbondy's Garden Center for the baskets and all was proceeding nicely, when Kip Sherbondy called to say they observed that the baskets they originally recommended had a design flaw. She knew we wouldn't want to spend our money on something that might only last a couple of years and, she was correct. She recommended a better flower basket, we approved the sample she provided, and we're good to go. But there's more. Sherbondy's is also going to plant the baskets for us, and keep them in their greenhouse until we're ready. Wait, there's even more. John Sherbondy has offered to loan us the use of his auger to dig the holes for the footings for our poles, at no charge to us! How's that for a home town business working hand-in-hand with local citizens, in this case US?!

## **PEOPLE IN THE NEWS**

Congratulations to Fred Maher for recently being inducted into the Abraham Lincoln High School Hall of Fame. Fred has been active and innovative at all levels of education in our community and beyond. He richly deserves this honor, and we are pleased to say he's "one of us."



# DATES TO REMEMBER

Ice Skating at Mid-American Center  
March 26,28 7:00-8:00 p.m.  
1 Arena Way

Rails West Museum  
Easter Egg Dash  
March 30th. 10:30 a.m.-Noon

Prevent Child Abuse Event  
April 6th. 11:00 a.m.  
Bob Kerry Pedestrian Bridge

FPNA Look Out Point Clean Up  
April 13th 9:00 a.m.

Family Wellness Fair  
April 27th. 9:00 a.m.-Noon  
2501 West Broadway

River's Edge Park Grand Opening  
May 27th 3:30 p.m.

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**"Be bold in what  
you stand for  
and careful what  
you fall for"  
Ruth Boorstin**

## RESTORE OMAHA 2013

By Michelle Mutchler-Burns

445 Glen Avenue

Those who attended this year's Restore Omaha Reception and Conference had the opportunity to be part of history and history in the making. Our Reception, held at the Scottish Rite Masonic Center, doubled as a study and celebration of the work of John Latenser and several members of the Latenser family were able to join in the celebration.

### History

Three of Omaha's Latenser Buildings, Central High School, the Douglas County Court House and the Scottish Rite Masonic Center all met their 100 year milestone this year and the Scottish Rite graciously allowed us to celebrate along with them. We were treated to a tour of the entire building, floors of terrazzo with green marble and black marble borders, beautiful dentil molding, and their newly renovated Auditorium. The balcony level of the Auditorium retains the original narrow, theater-style seating with leather upholstery and the main floor has been updated with reproduction-period-type seating upholstered in dark blue velvet.

### History in the Making

Reception attendees were surprised by the announcement that Restore Omaha has joined Landmarks, Inc. and Omaha Urban Neighborhoods to form an umbrella organization, Restoration Exchange Omaha, a 501(c)(3) organization, which will allow us to continue our mission to Educate, Advocate and Invigorate the public regarding the preservation of older buildings.

Conference goers heard keynote Nore Winter discuss preservation and urban design, as well as attended breakout sessions on cleaning and preserving finishes, the renovation of the Nebraska State Capitol Building in Lincoln, historic hardware and the history of beer in Omaha and many others, including the exterior restoration of 301 South 8th Street, here in Council Bluffs.

As usual, we ended the day with our inspiring Restoration JAM!, often advertised as "five minutes, five slides", where homeowners can talk about their project and what worked, what didn't, and what they would have done differently. Watch your newsletters for information and possible volunteer opportunities for our fall tour!



**THE Fairmount Press**  
 The Newspaper of the Fairmount Park Neighborhood Association  
 332 Glen Avenue Council Bluffs, Iowa 51503  
[www.fairmountparkna.org](http://www.fairmountparkna.org)

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**Have an Opinion?  
Please Share!**

**W**e 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.

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**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: \_\_\_\_\_

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