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## ALL THE NEWS THAT IS FIT TO PRINT

By Sharon Babbitt

200 Park Avenue

### A THING OF THE PAST

That would be the annual meeting hosted by Kyle and Cindy Muschall at their home on January 25<sup>th</sup>. If you attended, you would have enjoyed their excellent food and drink (even including a little wine—a rarity at our meetings). You would have listened to President Kyle outlining all our achievements for the past year, and they were impressive. You would have been able to make your wishes known regarding the 2014 Board members (see below). Last but not least, you would have been able to continue to show your support for your NA by paying your dues on the spot. But if you were not there, then we missed you.

Four Board positions were up for election. In alphabetical order, Sharon Babbitt, Dave Huggins, and Michelle Mutchler-Burns were re-elected to two-year terms. Carol Mattox declined to run and Terri Dowell was then elected as our newest member of the Board. Kyle Muschall, Linda Ring, and Nate Watson remain on the Board for one more year before their terms expire. After the meeting adjourned, the new Board retired to a hidden enclave surrounded by a security fence (only kidding—it was Kyle's living room) for their first meeting of the new year. The report of their meeting can be found elsewhere in this newsletter.

Cindi Ostronic and John Kmeicik, 420 Glen, won the award this year for best exterior holiday decorations and they get to enjoy the traveling plaque, listing their names and those of all the other award winners, for the rest of the year. Cindi confessed that John did all the exterior decorating this year, but no matter who was responsible, we got to enjoy their innovative style during the holiday season. Cindi and John have generously returned their \$100 check to the FPNA treasury and they are to be commended for their support. As we well know, our bank account has been greatly reduced because of our pole project so this donation is appreciated.

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# The President's Corner

**Kyle Muschall**

**332 Glen Avenue**

2014 is here, we've gotten the first FPNA meeting concluded and we are looking towards all the events yet to come this year. I want to welcome Terri Dowell onto the board. Terri has been an FPNA member from the beginning and she also did a tour as Newsletter Editor back in 2012. Welcome Terri.

As Sharon has mentioned in her article we're waiting for the CURB grant announcements after February 1<sup>st</sup> and then we plan to conclude the third and final phase of the identification pole projects. This will hopefully give us an additional four poles for a total of 15 locations spaced throughout the entire FPNA area at our entrances and key locations.

The Kirn Park Renovation is near completion. The remaining item is to finish the new Kirn Park art sign. The north entrance sign on High School has been poured and cured while the form for the south entrance at 5<sup>th</sup> Avenue has been secured in place and is waiting to be poured. I'm sure when the weather changes that the artist will then be able to apply the tiles and bring it to life. The FPNA will be talking to the Gibraltar NA and the Parks and Recreation department to see about having a grand opening celebration when the weather is warmer.

We will be planning the 2014 FPNA Garage Sale this year, tentatively for June but the date has yet to be determined. We received a lot of questions in 2013 about having a garage sale but we've found that every other year gives folks time to build up the merchandise. So start thinking about all the slightly used, slightly loved, slightly worn items that you can put up for sale and cash in on. All you bakers also be thinking about what you want to contribute to the bake sale that we have to go along with the garage sale

Our Look Out point Clean up was cancelled last year due to weather but we're determined to not let this happen in 2014, even if we have to schedule back up days to the back up days due to inclement weather. I'm sure the debris and detritus has grown and multiplied without the strong backs and tough hands of the FPNA to clear it out.

For our charitable events we will conduct our annual food and clothing drive for the Care and Share House that will most likely be around the late June/July time frame. We will have our Neighborhood Clean up as part of C.B. Pride week in partnership with Live Well Council Bluffs.

Terri Dowell has also brought to our attention another event in April that seems like a great cause to get behind. Terri is on the Youth and Family Committee for the Promise Partners organization. They want to hold a Wash Days Laundry Love event. This event targets homeless youth ages 18-25. They will need help to run the event, put together hygiene laundry bags and pamphlets to hand out to the participants and possible to serve food and beverages. The committee met early this month and she will report back when she has more info to share.

For the monthly meetings this year we thought we would change gears on some of the events and actually go out and about to visit local businesses. The Events committee is looking at possible locations to hold our events and speaking with the owners.

I want to end by thanking all the folks who participated over the last year in all our events and meetings, who donated to the pole project and paid their dues. Without your input, assistance and aid none of this would have been possible but, and there is always a but, there is more work to be done. Some of the current board members have been serving since the inception of the FPNA seven years ago. They have done tremendous work but now it is time to look for new talent and new ideas. That is why we have formed the nominating committee, headed up by Linda Ring. The committee will be looking to bring new people into the FPNA that haven't participated in the past or have only been involved in a single event. In order to remain active and relevant our organization is committed to involving all our constituents, as this is your neighborhood, your community and you are the ones who will make it a place where people choose to live, work and raise a family.

# HEATING SYSTEM TIPS AND TOOLS

**S**pace heating is the largest single energy user in most homes, accounting for 42 percent of residential energy use, according to the U.S. Department of Energy. While upgrading to a new, energy-efficient heating system is the best way to lower your winter energy bills; the following are six things you can do throughout your home to save money and improve the comfort of your family by increasing the efficiency of your current system.

-Maintain your system. Have your heating system cleaned and inspected by a qualified professional before the start of each heating season. Make sure a clean filter is in place and replace it according to manufacturer's guidelines.

-Increase insulation. Poorly insulated homes waste money and are less comfortable. Make sure your home is insulated according to recommended levels. Inspect the insulation in your attic and check the R-value. Evaluating wall insulation is more difficult. Shut off power to an outlet and check behind it to measure the thickness of the insulation in the wall. An insulation contractor can conduct a thorough analysis.

-Close the gaps. Openings around attic joists, electrical lines, and plumbing and gas pipes that enter from outdoors can result in significant air leakage. Seal these areas with a do-it-yourself spray foam insulation product.

-Weatherize doors and windows. Check for gaps around exterior doors and install weather stripping if needed. Inspect windows for cracked or missing caulk and re-caulk if necessary. Weather stripping and caulk are available at your local hardware or home improvement store.

-Seal air ducts. Over time, ducts can develop leaks, holes and poor connections. In areas you can reach, seal all ductwork with mastic or metal tape. Insulate ductwork in unheated areas, such as attics and crawlspaces. Contact a heating professional if you suspect more serious ductwork problems.

-Use window treatments. During the day, open shades and curtains on south-facing walls to let in the warming sunlight. Close them at night to help keep in warm air.

A home energy audit is a great way to identify opportunities for improving the performance of your heating system and the energy efficiency of your entire home. An energy auditor will perform a blower door test, an infrared inspection and other tests to locate areas in your home where energy is being wasted.

Source: [www.energy.gov](http://www.energy.gov)

## WINTER DRIVING TIPS

AAA recommends the following Winter Driving Tips:

-Avoid driving while you're fatigued. Getting the proper amount of rest before taking on winter weather tasks reduces driving risks.

-Never warm up a vehicle in an enclosed area, such as a garage.

-Make certain your tires are properly inflated.

-Never mix radial tires with other tire types.

-Keep your gas tank at least half full to avoid gas line freeze-up.

-If possible, avoid using your parking brake in cold, rainy and snowy weather.

-Do not use cruise control when driving on any slippery surface (wet, ice, sand).

-Always look and steer where you want to go.

-Use your seat belt every time you get into your vehicle.

-Check the weather forecast and road conditions before embarking on a trip.

-Always maintain a reasonable speed and safe following distance from the vehicle in front of you

-Be aware that ramps, bridges and overpasses may occasionally freeze before other roadway segments

-Turn on lights to see and be seen. Keep head and tail lights clear of snow

-Don't drive through "white out" conditions. Be patient, wait it out and travel safely.



# C.B.P.D CITIZENS POLICE ACADEMY

**D**id you ever wonder what is involved in a case that goes to the detectives or what it feels like to fire a police-weapon. What it is like to be in a dark building and look for a burglar or go on call and make the call to arrest someone. Here is your chance to do all those things and more. On February 27th, 2014 the Council Bluffs Police Department will hold the 2014 Citizens' Police Academy. There is no cost to take the class, and you must be 18 years old at the start of the class.

The Council Bluffs Police Department's Citizens' Police Academy program is designed to promote and enhance citizen understanding and become familiar with the various facets of the Council Bluffs Police Department's role in the criminal justice system, and the daily tasks of law enforcement officers.

The objective of the course is not to prepare graduates to become police officers, but instead, to instill in citizens a greater general knowledge of the many functions of the Council Bluffs Police Department. The program is a 13-week course, the classes that are held on Thursday generally run from 6:30PM until 9:30PM at the Southwest Iowa Law Enforcement Training Facility. Classes are taught by Council Bluffs police officers.

If you are interested in learning more about your police department you can go to [www:councilbluffs-ia.gov](http://www:councilbluffs-ia.gov) and download the application, fill it out and send to address below or e-mail Officer Mark G. Alba [atmgalba@councilbluffs-ia.gov](mailto:atmgalba@councilbluffs-ia.gov) with your address and Officer Alba will send you the application in the mail. Space is limited so don't delay in getting those applications in.

Officer Mark G. Alba  
227 South 6th Street  
Council Bluffs, IA 51501  
Officer Mark G. Alba

**"The love of  
a family is  
life's  
greatest  
blessing"**

**Author  
Unknown**

## **DATES TO REMEMBER**

HSAC Auto Buying Class  
February. 6, 2014  
Red Cross 705 North 16th. Street Council Bluffs

C.B.P.D. Citizen's Police Academy  
February 27th  
6:30 p.m.

Restore Omaha  
March 1st.  
Metro Comm. College South Campus  
27th and Q Streets

# FPNA January 2014 Meeting



From Left: Karl Allen, Terri Dowell, Sharon Babbitt, Amy Dixon, Maxine Gotto, Marie Huggins, Dave Huggins.

Cindy Ostronic accepting the 2013 FPNA Exterior Holiday Decorating Award from President Kyle Muschall



From Left: Clara Hobbs, Sarah Arnold, Michelle Mutchler-Burns, Matthew Burns, Cindy Ostronic



Photos by Kyle Muschall

# ALL THE NEWS THAT IS FIT TO PRINT

By Sharon Babbitt  
Continued From Pg.1

200 Park Avenue

## OTHER DONATIONS

We've already received donations from Karen Holmes and new members Rick and Nancy McCormick. Thank you so much for your support.

## POLE PROJECT UPDATE

As of this writing, it is not known whether or not CURB has approved our grant application for four more poles. We won't know until after February 1<sup>st</sup>. We are hopeful that, if we get this grant, we will be able to sprinkle even more poles around the neighborhood. Keep your fingers crossed.

## DUES

Yes, we're back to that old song and dance again. The response we received last year to our call for the payment of dues, both by established members and new ones, in addition to all the donations we received, was awe-inspiring, but the calendar has turned over to a new year and it's that time again. Our dues remain \$20 per year, as they have been since we began. Please send or hand-deliver your dues to treasurer Dave Huggins at 150 Park. You will be pleased to know that we are extremely careful with our money so that we are able, when the time comes, to initiate a wonderful but expensive project like the poles.

## WE HAVE PAID DUES SO FAR

Terri & Karl Allen  
Sharon Babbitt  
Zelma Bolton  
Amy Dixon  
Maxine Gotto  
Ed & Lori Hassett  
Richard & Clara Hobbs  
Dave & Marie Huggins  
Harold and Fran Beck  
John Huggins

Donald & Floy Irwin  
John & Margaret Labounty  
Rick & Nancy McCormick  
Mary Lou McGinn  
Greg & Julie Mooney  
Kyle & Cindy Muschall  
Michelle Mutchler-Burns & Brian  
Linda & Mike Ring  
Nate Watson

## OLLIE THE TROLLEY IS COMING

Watch for the Trolley Tours—coming up on the 4<sup>th</sup> Friday of each month from May through September, 10 a.m. – 5:30 p.m. Co-sponsored by Preserve Council Bluffs and the Bluffs Arts Council.

## HEALTH NOTE

Did you know? If you have had a hip replacement, don't bend your hips farther than a 90 degree angle, and don't cross your legs. This from FITSTUDIO by Sears.

## Super Bowl Crescent Pizza Pockets

by Kyle Muschall 332 Glen Avenue

**1 (8 ounce) can refrigerated crescent dinner rolls**

**1/4 cup pizza sauce**

**3/4 cup shredded mozzarella cheese**

**1/2 cup sliced pepperoni**

**1 teaspoon grated Parmesan cheese**

**-Heat oven to 375 degrees F.**

**- Unroll dough on cookie sheet and separate into 4 rectangles; press each into 6x4-inch rectangle, firmly pressing perforations to seal.**

**-Spread 1 tablespoon pizza sauce on half of each rectangle to within 1 inch of edge.**

**-Sprinkle each with 3 tablespoons cheese; top with 6 slices pepperoni. Fold dough diagonally over filling**

**-Firmly press edges with fork to seal.**

**-Sprinkle each triangle with 1/4 teaspoon grated cheese.**

**-With fork, prick top of each to allow steam to escape.**

**-Bake 13 to 15 minutes or until deep golden brown. Serve warm.**

## RESTORE OMAHA 2014

**W**here can you get ideas on how to make compatible additions and renovations to an older home? How do you repair an old window to make it more energy efficient? Where can you tour and hear about restoration projects happening now in Omaha? At the ninth annual Restore Omaha Conference, Saturday, March 1, at Metropolitan Community College's South Campus, 27th and Q Streets.

This year's conference opens with a reception from 7 to 10 p.m. on Friday, Feb. 28 sponsored by Lund-Ross Constructors featuring "Sneak Peek" tours of the KETV restoration of their new home at The Burlington Station. Participants will meet for drinks and hors d'oeuvres at the nearby Durham Museum.

Saturday's conference runs from 8 to 5 p.m. Bernice Radle, a young preservationist who is saving homes from demolition, will open the conference. Keynote lecture sponsored by AIA Omaha features Gordon Bock, editor of Old-House Journal. Attendees choose from three educational sessions, live demonstrations, and a host of exhibitors. Lunch will be provided.

Eighteen breakout sessions will happen throughout the day ranging from historic paint colors, recreating historic landscapes, remodeling kitchens in historic homes to the restoration of the Rose Theater and the Burlington Station. It all ends with the Restore Jam, where all attendees are invited to share before-and-after photos of their own restoration project.

Cost to attend both the reception and conference is \$60 (\$40 for conference only, \$25 reception only). Restoration Exchange members receive a discount.

For more information and to register, visit [www.restoreomaha.org](http://www.restoreomaha.org). or call (402) 679-5854.

**THE Fairmount Press**  
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 332 Glen Avenue Council Bluffs, Iowa 51503  
[www.fairmountparkna.org](http://www.fairmountparkna.org)

Kyle Muschall	President/Publisher
Michelle Mutchler-Burns	Vice President
Sharon Babbitt	Secretary/Editor
Dave Huggins	Treasurer
Cindy Muschall	Special Representative

Sharon Babbitt	Board Member (2016)
Kyle Muschall	Board Member (2015)
Nate Watson	Board Member (2015)
Dave Huggins	Board Member (2016)
Terri Dowell	Board Member (2016)
Linda Ring	Board Member (2015)
Michelle Mutchler-Burns	Board Member (2016)

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

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