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ALL THE NEWS THAT IS FIT TO PRINT

By Sharon Babbitt

200 Park Avenue

ANNUAL MEETING COMING UP

Really, it seems like only last year that we had an annual meeting. Where has the time gone? But Saturday, January 16th is the day, 4:30 p.m. is the time, 332 Glen Ave. is the place. Kyle and Cindy have planned a delicious feast of soup, sandwiches, appetizers and cookies, drinks as well. They are good enough to prepare all this food for us, so we should be good enough to show up, right? Lots of important stuff going on, such as:

Election of Officers: Here's how it works. There are seven members of the FPNA Board of Directors. Each year the terms of a certain number of them expire, always leaving some experienced Directors on the Board. This year, the terms of four Directors expire: Sharon Babbitt, Terri Dowell, Dave Huggins and Michelle Mutchler-Burns (in alphabetical order). Election to fill these positions always takes place at the annual meeting. Any number of nominations will be accepted and the vote will be by secret ballot. If you wish to run for one of these positions, please say so at this meeting—don't be shy, now. Following the meeting, the new Board will retire to a sequestered location (Kyle's living room) to elect the officers and to discuss the agenda for 2016. You see, not a hard process, but an important one.

Annual Dues: Dues continue to be \$20/year for individuals or families. We like to collect dues at the annual meeting but this money also filters in at various times throughout the year. Technically, people aren't eligible to vote, such as for the above, unless they have paid their dues. FPNA is pretty casual, though, and we confine our voting to those present at the meeting, even if they've forgotten their money.

Dues for 2016 have already been paid by Zelma Bolton, Rob and Georgie Hoag, and Ed and Lori Hassett. The Hassetts also donated to the Fairmount Park fund. Thanks to all.

Donations: We have received over \$400 in donations toward the Fairmount Park renovation fund. Our name has already been engraved on the donors' sign at the Park, with the understanding that FPNA will honor its commitment to pay \$1,000 toward this renovation. We made our down payment and are well on our way to getting the rest of the money thanks to your donations. If you wish to do your bit, now's the time.

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The President's Corner

Sharon Babbitt

200 Park Avenue

THE YEAR IN REVIEW

Time for a look back at 2015 and review what we've done and left undone.

*We began by electing three New People to the FPNA Board.

*We ended our door-to-door newsletter delivery system. Beginning in January, our newsletters were sent electronically with print copies placed in four boxes installed near some of our poles. Unfortunately two of these boxes were destroyed. Two functioning boxes remain.

*We cancelled our annual clean-up of Lookout Point twice (April 25/May 2) because of rain. We participated in Clean Sweep Council Bluffs on May 12, and included a clean-up of the top part of Lookout Point then.

*We looked for the missing KOIL tower pads but none were found, except for the one on Huntington. We reported our findings or lack thereof to the Pottawattamie County Historical Society.

*We published two articles in the PCHS newsletter, one on the KOIL pads and one on the history of Fairmount Park.

*We represented FPNA at three seminars—Iowa West Foundation on grant writing; Neighborhoods USA fall conference; and Habitat for Humanity chili cook-off and meet-and-greet.

*We cancelled our annual picnic twice because of rain.

*We began removing the wood historic signs on September 15; six have been removed to date.

*We unveiled the first draft of a replacement design for these historic signs at the meeting on April 11.

*We recognized four Yard of the Month front yards during the year.

*We named our Person of the Year at the annual Christmas party.

*We chose the home that won the Exterior Holiday Decorating Award.

*We donated shoes to the Live Well CB shoe drive, and toys to the Micah House for their Christmas toy drive.

*We donated \$1,000 to the Fairmount Park renovation project and paid the first installment in September. FPNA's name was engraved on the donors' plaque at the Park and we were there for the presentation.

*We continued to make our presence known with our monthly newsletters, our Facebook account and started adding members to a new social media site "NextDoor"

**"If you carry
your childhood
with you, you
never become
older"**

Tom Stoppard

You're Invited

To A New Year Celebration

Let's get together for the January

Fairmount Park Neighborhood Meeting

We will be electing new Board members
contributing to dues
and forming committees
for the coming year

Bring your appetite as we will be having
soup, sandwiches, appetizers and
cookies for dessert

January 16th
4:30 p.m.
332 Glen Avenue

How Can I Avoid Holiday Hangover

Source: The Straight Dope

Cecil Adams

Is there any reason to believe that any particular sort of booze will cause a worse hangover than any other sort? What about the old saw that mixing different kinds of booze (gin and beer, say) will guarantee a hangover? What, if anything, will prevent or cure one?

— Dean M., Chicago

Cecil replies:

Most scientists would rather ponder the origins of the universe than do hangover research, Dean — these people just have no sense of priorities — so we still don't have definite answers to these questions. It's widely believed that Scotch, for instance, will cause a worse hangover than vodka, and that red wine will afflict you more than white. But the clinical studies on this point are inconclusive. The problem is that judging the severity of a hangover is highly subjective, and the differences among individuals are enormous. Some folks, supposedly, can quaff Rotgut Red with ease but get sick from white wine. Even mood can play a role.

Numerous substances in alcohol have been suspected at one time or another of making hangovers worse. Some think, for example, that hangover severity is related to substances called congeners, which are the organic alcohols and salts that give alcoholic beverages their flavor. Congeners are present in greater quantity in "brown goods" such as Scotch and bourbon than in "white goods" like vodka and gin. By the same token, some think histamines, which are found in greater quantities in red wine than white, account for the suffering differential in vino. Others blame sugar, which is relatively abundant in champagne, widely regarded as the most lethal of all alcoholic beverages. No firm evidence, however, has been adduced to support any of these notions. The congeners hypothesis, after some years on the outs, seems to have come back into fashion, but I haven't seen any scientific evidence to support it. For what it's worth, most experts doubt that mixing your liquor makes hangovers worse.

The phenomenon of hangover itself is not clearly understood. Some say you get a hangover because alcohol restricts the flow of blood to the brain. Others say you get one because alcohol causes the body to dehydrate. Alcohol also causes your blood sugar to drop and your blood acidity to rise, which may play some role as well. In short, the situation is totally confused. The hell with theory, you say. What I want is a cure. Yeah, you and about 50 million other people. Cecil offers no cure-alls, and for sure no guarantees, but here's a few tips, culled from sundry sources, some more reliable than others.

(1) "Hair of the dog" — i.e., a little nip of whatever it was you had the night before—may actually do you some good on the morning after, many researchers agree. What you're really doing is applying anesthesia. Remember, a LITTLE nip.

(2) Drink lots of fluids to rehydrate yourself. Many claim the best way to minimize hangover is a glass of water right before bed, another glass if you wake up in the night, and another glass in the morning. Other beverages might be salubrious, too, provided they're not acidic. In other words, ixnay on the tomato or orange juice. If you want to have a little aspirin with your water, OK. But no aspirin BEFORE drinking — one study found preventative aspirin actually increased the amount of alcohol delivered to the bloodstream. Remember also that alcohol irritates the stomach lining. However, do NOT, under any circumstances, use Tylenol (acetaminophen) instead. Tylenol in combination with alcohol can cause severe and potentially fatal liver damage. While we're on the subject of things not to do, don't head for the sauna on the theory that you'll sweat the alcohol out of your system. You'll just give yourself an even worse case of dehydration.

(3) Try eating a little honey. (The kind in a jar, silly.) Supposedly the fructose helps reduce hangover symptoms. Studies have failed to find much benefit but some people swear by this, so what the hell.

(4) Take your vitamins. This is recommended mostly by guys selling vitamins. The experts are pretty scornful. Then again, it's not like anybody really has a better idea. If you're game, try this recipe I found in an old issue of the noted scientific journal Esquire:

- One 100-milligram tablet vitamin B1
- One 100-milligram vitamin B6
- One 250-milligram capsule BHT (butylated hydroxytoluene, a common preservative)
- One capsule Twinlab MaxiLife multiple vitamin.

It's claimed this completely eliminates the effects of light to moderate consumption of alcohol.

Naturally, Cecil will be pleased to receive field reports on any and all of the above. We cannot achieve progress unless we are willing to take the occasional risk.

— Cecil Adams

DATES TO

13th Annual Winterfest Bike Ride
January 16th 11:00 a.m.
Wester Historic Trails Center
3434 Richard Downing Avenue

Fairmount Park January Meeting
January 16th 4:30 p.m.
332 Glen Avenue

Winterfest Frozen Golf Classic
January 23rd 10:00 a.m.
Dodge Riverside Golf Club
2 Harrah's Blvd.

Winterfest Snowball Adult Softball Invitational
January 30th
Bahnsen Park 1720 Avenue L

For more information on all Winterfest Events
Call 712.328.4650
or
www.cbparcsandrec.org

BACK PAIN

Source

Anthem Blue Cross

At some point, most of us will suffer from back pain. It can happen because of something as small as sleeping in a strange position. Or, it can be from something more serious like an accident or injury.

How to avoid problems

*Exercise on a regular basis to increase muscle strength and balance.

*Use good posture.

*Eat a healthy diet with plenty of calcium and vitamin D to strengthen your spine.

*Don't lift anything heavy. Be sure to support your back by keeping it straight when you do have to lift heavy objects and always lift with your leg muscles.

*Stay at a healthy body weight.

*Moderation! Don't be a weekend warrior with sports or overdo it with chores around the house

*Keep your core muscles strong.

Common causes of back pain

Injuries: Most causes of back pain are simple muscle or ligament strains and fractures that can cause short-term or long-term (chronic) pain. Strains are tears in the ligaments that support the spine. They can happen when you twist or lift the wrong way. Fractures can be caused by osteoporosis or from falls or other accidents.

Problems with your spine: A common problem that happens as we age is intervertebral disk degeneration. That's when the disks between the vertebrae break down and lose their cushioning ability. Other problems include muscle spasms, tension and ruptured or herniated disks.

Other health conditions: Scoliosis, arthritis, pregnancy, kidney stones or infections, endometriosis, osteoporosis and fibromyalgia can all cause back pain. Spinal stenosis, a narrowing of the spinal column, puts pressure on the spinal cord and nerves.



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Continued From Pg.1

Holiday Decorating Award

Our neighborhood looked so good this holiday season! Don't you agree? The Board had to make the hard choices about who would win our award for 2015, with the privilege of enjoying the traveling plaque engraved with the winner's name and the \$100 check that goes with it. We saw an extravaganza of lighting, bows, snowflakes and other décor but narrowed it down to two especially outstanding candidates. We liked the beautifully placed bows, garlands, luminaria and other lighting of 332 Glen (the Muschalls) and the perfectly balanced color combinations of LED lights at 126 Park (Nate Watson). Voting was close but the Board chose 126 Park for this year's award. Congratulations to Nate for his hard work and for taking on the increased electric bill that he may be facing. The plaque will be presented to him at the upcoming meeting.

Christmas Party Fun

Twenty or more party goers came to FPNA's annual Christmas party on December 5th. We enjoyed good food, good company, and beautiful surroundings—so much that some of us continued to visit and enjoy late evening wine (furnished by Melissa) well past bedtime.

If you didn't attend, your loss and ours. But there's always next year and we'll remind you.

Dog Poop in the News

Once again, we hear complaints about uncollected dog poop. Folks, it is the height of rudeness to leave the leavings of your dogs on other people's property!!! How many times must we say it!!! The rest of us have to step in it, smell it, mow over it—you name it. And, not cleaning up after your dogs subjects you to a hefty fine as well. Maybe we should start snapping photographs and taking names! Dogs, being dogs, will leave their mark where other dogs have been, so this means that one pile turns into several over time. Ugh! Unfortunately, we can write about this till doomsday but not everyone gets this newsletter. Therefore, it might be a good idea to draw this problem to the attention of the dog owners themselves if we see it happening. Another good idea is to thank those who do pick up after their dogs when we see that happening. It's nice to be appreciated because, after all, it isn't a pleasant thing to do.

This 'n That

Congratulations to Jeff and Stephanie Gorman on the birth of their daughter Savannah Joan on November 4th. She joins her not-so-big brother in calling our neighborhood home.

Condolences to Brett Emsick on the loss of his brother Richard on December 22nd. At 67, he was way too young.

**"What lies behind us and what lies
before us are tiny matters compared
to what lies within"**

Ralph Waldo Emerson

How Much Holiday Fun Can You Get With a kWh

Source

Mid-American Energy.com

Every month, your bill tells you how many kilowatt hours (kWh) you've used. But the question is how efficiently are you using your kWh? Here are some ways you can use a kWh to bring fun to this holiday season.

Spin an evening's worth of holiday classics

Break out the vinyl. Fire up the turntable and enjoy the sounds of your youth for nearly 5 hours worth of music on an average stereo set-up.

Build 2 Gingerbread Houses

Deck the halls...or at least a 1 square foot gingerbread version of a hall. With one kWh you can bake 8 walls and 4 roof pieces.

Enjoy a week's worth of holiday aroma

You can run an electric potpourri warmer for almost 6 hours a day for a full week with just one kWh worth of energy.

Treat your party guests to the safety and comfort of a TV fireplace

It's not a real fire it just plays one on TV. Real fires are pretty, but they can be hot. Why not find that station that just plays an HD fire instead? You can get more than 6 hours on a 50-inch LED for just one kWh.

Pop 170 yards of popcorn garland

With just one kWh you can air pop 16 batches of popcorn. Each of which adds up to roughly 32 feet when strung together. Of course, we didn't factor in the popcorn you'd sneak from the bowl, so maybe 100 yards of garland is more accurate. With just one kWh you can air pop 16 batches of popcorn. Each of which adds up to roughly 32 feet when strung together. Of course, we didn't factor in the popcorn you'd sneak from the bowl, so maybe 100 yards of garland is more accurate.

Provide a snowman with a day's worth of life

Instead of a magic top hat, this snowman requires just one kWh worth of an air blower for 10 hours. But still, look at that snowman glow.

Light your tree from dusk until bedtime

Or use 500 mini lights to make your tree shine for more than 5 hours... Or... Drumroll please...

Decorate your entire house for the whole weekend

Switching to LEDs can make your season brighter and more energy efficient. You can display 2,000 LED lights for more than 12 hours with just one kWh. They sure are pretty, Clark.



THE Fairmount Press

The Newspaper of the Fairmount Park Neighborhood Association

332 Glen Avenue Council Bluffs, Iowa 51503
www.fairmountparkna.org

Sharon Babbitt	President/Editor
Michelle Mutchler-Burns	Vice President
Kelli Deere	Secretary
Dave Huggins	Treasurer
Kyle Muschall	Special Rep/Publisher

Sharon Babbitt	Board Member (2016)
Kelli Deere	Board Member (2017)
Dave Huggins	Board Member (2016)
Terri Dowell	Board Member (2016)
Greg Myers	Board Member (2017)
Shari Hansen	Board Member (2017)
Michelle Mutchler-Burns	Board Member (2016)

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.

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Council Bluffs



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