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ALL THE NEWS THAT IS FIT TO PRINT

By Sharon Babbitt

200 Park Avenue

APRIL MEETING COMING UP

Shari and Mark Hansen, 322 Glen, have volunteered to open their home to the rest of us on Saturday, April 9th, at 4:00 p.m. At this time of day, it's too early for dinner and too late for lunch, so Shari and Mark will provide snacks for us to munch on while we visit and talk about all the activities coming up in our FPNA calendar year. We are also free to bring along some little tidbit we'd like to place on the menu. Come on, Shari and Mark don't have to do *all* the cooking.

We have a lot to talk about. Of particular interest will be our every-other-year garage sale, the many clean-ups that are right around the corner, and our latest neighborhood-wide beautification project. Have we tantalized you? Lots to hear about and participate in, so be sure to attend!

WE PAID OUR DUES

Dues continue to be \$20/year for individuals or families. Many people paid dues at the January annual meeting; some paid beforehand, and some after. We don't care when your money arrives, only that it does. Below is the list of those who've paid so far. Some names were already mentioned in the last newsletter and if their names appear twice, it doesn't mean they paid twice!

Karl Allen/Terri Dowell	Mark and Shari Hansen	Sharon Babbitt	Ed and Lori Hassett
Zelma Bolton	Rob and Georgie Hoag	Maxine Gotto	John Huggins
Michael and Angela Long	Michelle and Brian Burns	Dave and Marie Huggins	

If your name isn't on this list, you know what you must do.....

In addition to the above, these good people donated to the Return to Fairmount Park project so FPNA's name could appear on the donors' plaque:

Karl Allen/Terri Dowell	Sharon Babbitt	Harold Beck	Mark and Shari Hansen
Ed and Lori Hassett	Melissa Head	Greg and Vicki Myers	Kyle and Cindy Muschall
Joe and Mary Lou McGinn			

Continued On Pg.6

The President's Corner

Sharon Babbitt **200 Park Avenue**

Let's begin with the election of Directors and Officers for 2016. Since this took place at and after the annual meeting in January, it may appear to be "old news," but if you've never read it or heard it, then it's "news to you."

We called for nominations and volunteers to fill the four open positions on the FPNA Board. Nobody new volunteered and so we nominated the four people whose positions were expiring (Sharon Babbitt, Dave Huggins, Michelle Mutchler-Burns, and Terri Dowell). They were reelected by acclamation.

Yeah, you're saying—rigged, a put-up job, same-oh-same-oh—but if nobody new comes forward and these experienced people are willing to serve again, then that's the way it is. And, remember, we did elect three *brand new* people to the Board last year. Following this election, the new/old Board retired to a private location to choose the new officers and lay out the business for 2016. The same officers were named to their same positions, committees were set up, and the FPNA was ready to spring into action for 2016. All this is spelled out elsewhere in this newsletter.

One other important thing—remember the donors' plaque which is displayed at the newly renovated Fairmount Park? FPNA pledged a donation of \$1,000 toward this renovation. This was the minimum amount in order to get our name engraved on the plaque. FPNA made a down payment of \$400 toward our pledge last summer, with the hope of getting the rest of it through donations from members.

I'm pleased to announce that you came through, as you always do, and the remainder of the pledge (\$600) has been collected and delivered to the Parks Department! Our name on this donors' plaque stands for the centuries our neighborhood has endured and will continue to endure for many centuries to come.

DATES TO REMEMBER

Remembering the 1960's
March 22nd 6:30 p.m.
Council Bluffs Public Library

FPNA April Meeting
April 9th 4:00 p.m.
322 Glen Avenue

Blast from the Past for the Future
April 16 5:00 - 9:00 p.m.
100 Block of West Broadway

FPNA Look Out Point Clean UP
May 7th 9:00 a.m.

FPNA Garage Sale
June 4th 8:00 a.m. - 3:00 p.m.

FPNA Neighborhood Picnic
August 13th
Look Out Point

**"The Love we
give away is
the only love
we keep"**

Elbert Hubbard

FIVE POWER FOODS THAT BOOST IMMUNITY

Source: www.prevention.com

Although winter is nearly over, it is never a bad time to eat the kinds of foods that help us keep healthy no matter what the season. In addition to drinking 8 to 10 glasses of water daily, here are some foods to add to our meal plan:

Beef

Zinc deficiency is one of the most common nutritional shortfalls among American adults, especially for those who've cut back on beef, a prime source of this immunity-bolstering mineral. Zinc in your diet is important for the development of white blood cells, the intrepid immune system cells that recognize and destroy invading bacteria, viruses, and assorted other bad guys.

Your optimal dose: A 3-oz serving of lean beef provides about 30% of the Daily Value (DV) for zinc. That's often enough to make the difference between deficient and sufficient. Not a beef person? Try other zinc-rich foods, like oysters, fortified cereals, pork, poultry, yogurt or milk.

Chicken Soup

When researchers tested 13 brands, they found that all but one (chicken-flavored ramen) blocked the migration of inflammatory white cells—an important finding, because cold symptoms are a response to the cells' accumulation in the bronchial tubes. The amino acid cysteine, released from chicken during cooking, chemically resembles the bronchitis drug acetylcysteine, which may explain the results. The soup's salty broth keeps mucus thin the same way cough medicines do. Added spices, such as garlic and onions, can increase its immune-boosting power.

Your optimal dose: Have a bowl when feeling crummy.

Yogurt

Probiotics, or the "live active cultures" found in yogurt, are healthy bacteria that keep the gut and intestinal tract free of disease-causing germs.

Your optimal dose: Two 6-ounce servings a day.

Tea

People who drank five cups a day of black tea for two weeks had 10 times more virus-fighting interferon in their blood than others who drank a placebo hot drink, in a Harvard study. The amino acid that's responsible for this immune boost, L-theanine, is abundant in black and green tea—decaf versions have it too.

Your optimum dose: Several cups daily. To get up to five times more antioxidants from your tea bags, bob them up and down while you brew.

Garlic

This potent onion relative contains the active ingredient allicin, which fights infection and bacteria.

Your optimum dose: Two raw cloves a day and add crushed garlic to your cooking several times a week.



JOIN US!

for the
**Fairmount Park Neighborhood
April 9th Meeting**

Snacks and beverages will be provided
but feel free to bring that dessert or treat that
you'd like to share with your friends and neighbors

322 Glen Avenue 4:00 p.m.



2016 GARAGE SALE

JUNE 4TH FROM 8AM-3PM

We would like to invite everyone in the neighborhood to participate. We will be placing ads in the local newspapers throughout the metro area, on the web and will have ample signage/flyers/maps to get the word out.

All the folks from 2014 have commented on how wildly successful their sale was and how wonderful it was to see the neighborhood so active.

If you are interested in making some walking around money

Please contact:

Kyle Muschall

kmuschall@cox.net

712-323-4047

To cover the cost of advertising we are asking each participating household to donate what they feel is appropriate

BE SEEN

KEEPIN' IT CLEAN

fairmount park neighborhood association

2016

LOOKOUT POINT clean up

The FPNA will provide trash bags to collect refuse

We need volunteers to fill those bags and haul up the larger debris

Please wear appropriate shoes and gloves

Donuts and Beverages will be provided

MaY 7th 9:00 a.m

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200 Park Avenue

Continued From Pg.1

Thank you all for enabling FPNA to reach its goal of \$1,000! It was with great pride that our check was delivered to the Parks Department recently!

THE DATE HAS BEEN SET

The FPNA Board set the following dates for some of our important activities:

Lookout Point Clean-up
May 7th, 9:00 a.m
donuts and drinks furnished
Garage Sale
June 4th
Neighborhood Picnic at Lookout Point
August 13th
Citywide Clean Sweep
date not yet known

Details on these and other activities will appear in future newsletters.

THIS 'N THAT

Are a bloodthirsty man driven mad by grief and a sociopathic baker alive and well in our quiet neighborhood? Well, yes and no. Chris and Sarah Ebke, by day law abiding citizens, are transformed into Sweeney Todd and Mrs. Lovett by night, when they appear in the Chanticleer's production of "Sweeney Todd: The Demon of Fleet Street," March 11-20. This is an opera, believe it or not, and is not to be missed if you enjoy good theater.

Completely unrelated to the above-mentioned bit of fun, is the news that items were recently stolen from a parked car in our neighborhood. It's time for another reminder not to leave your valuables in any visible location in your vehicles. Also, remember to lock your vehicles, especially when they're parked on the street. Sometimes thefts occur no matter what we do, but we don't have to make it easy for the bad guys, do we?

LATEST BEAUTIFICATION PROJECT ANNOUNCED!!

The FPNA is in the discovery phase of a project to beautify the vacant lots in the 400 block of Park Ave., which have been a scar on our landscape for far too long. These five lots once contained Victorian era homes which had fallen into disrepair. The City became owners of the lots, removed the homes, and planted grass to help keep the hilly locations from eroding.

It doesn't appear that homes will be rebuilt on these lots any time soon, so we have begun negotiations with the appropriate City Departments to plant wildflowers there, in order to entice bees and butterflies to come to the spot to do what they do best, which is to pollinate and propagate. FPNA volunteers will be taking the lead on this "pollination garden," which is the working name we've given to the project. Stay tuned for further developments....and be ready.

FPNA Board Meeting Minutes January 2016

Kellie Deere

156 Park Avenue

The newly elected FPNA Board of Directors met on January 16, 2016, immediately following the adjournment of the FPNA Annual Meeting. First order of business was to elect new officers and name others to appointed positions.

Results are:

President:

Sharon Babbitt

Vice President:

Michelle Mutchler-Burns

Secretary:

Kelli Deere

Treasurer:

Dave Huggins

Special Representative:

Kyle Muschall

Publisher:

Kyle Muschall

Editor:

Sharon Babbitt

The following topics were discussed:

- A motion was passed to pay the remaining balance of the Fairmont Park Plaque out of the FPNA Funds.
- An idea was proposed to turn the vacant lots at the top of Park Ave into a Wild Flower Garden. Michelle Mutchler-Burns and Greg Meyers are to head up this project and propose the idea to the city for approval.
- Yard of the Month awards will begin with the month of May and will continue through August. Kelli Deere will coordinate this program.
- The neighborhood wide garage sales will continue to be held bi-annually, with the next one set for 2016. Kyle will head up the Garage Sale Committee. Michelle will host the bake sale again this year.
- The Picnic Committee was set for 2016. Shari Hansen and Terri Dowell will head up this committee. The picnic will be held at Lookout Point with a rain location at Shari's Church Hall.
- The regional conference of Neighborhoods USA will be held this year and FPNA representatives Sharon and Terri will attend.
- Treasurer report was read and the ending balance is \$1529.82

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