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ALL THE NEWS THAT IS FIT TO PRINT

By Sharon Babbitt

200 Park Avenue

Welcome to 2017, everybody!!

FPNA kicked off the New Year at its annual meeting with a nice crowd of about twenty people. We all enjoyed a scrumptious food made by Kyle and Cindy. A few of us sneaked home with extra cookies and more, but Kyle said it was okay. What else could he say after the theft had already taken place? We thank Kyle and Cindy for their hospitality and for saving their dynamite Christmas decorations for us to admire.

The main purposes of our annual meeting

were to pay dues and elect Board members. The terms of three Board members had expired. Greg and Shari agreed to serve again, and Kelli resigned due to other responsibilities. Ted Duitsman was elected to this empty slot and all of the above will serve two-year terms.

The other big moment came

when we presented our Exterior Holiday Decorating Award for 2016. This year, the award went to Yarden and Abby Medieros at 150 Glen. Abby accepted the award and gave Yarden credit for all the lighting. This may mean he was also responsible for the "leg lamp" in their front window, an inspired touch!

The next FPNA Membership meeting

will be hosted by John, 206 Park Ave. It will take place on March 25th or thereabouts. Details will be provided later. Other hosts throughout the year will be Ted and Lorraine, 231 Park Ave., and Dave and Marie, 150 Park Ave. And, of course, there is our annual picnic and Christmas party. Looks like we will have something for everyone, so no excuses my friends!

Wounded and dead deer

a sad subject that has come up lately and here is some information you should know. If you spot a *wounded* deer, call Animal Control at once. If they can find the deer they will tranquilize it and then euthanize it. If you spot a *dead* deer, Animal Control will remove it when possible; otherwise, they will place lime on the body to prevent the smell. Believe it or not, all these unpleasant issues have been brought to our attention lately, so it is a fact of nature, folks.

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Minutes of FPNA Board Meeting

January 14th 2017

The Board convened its first meeting of 2017 with an immediate naming of officers. They are as follows:

President: Sharon Babbitt
Vice-President: Michelle Mutchler-Burns
Secretary: Terri Dowell
Treasurer: Dave Huggins

Ted Duitsman was welcomed as the new member of the Board, and outgoing Board member Kelli Deere was thanked for her past service.

The following committees will continue: pollination, flower basket, yard of the month, and neighborhood signs. This means that the pollination garden is still on track, flower baskets will be planted and hung by late May, the yard of the month awards will encompass the months of May through August, and the neighborhood signs will continue to come down and eventually be replaced.

A sign for the yard of the month award will be created and will be placed in the winning yard each month. Its design was discussed and will be built in-house, with Greg spearheading the project. Kelli agreed to continue scouting the neighborhood for winners during the season.

Several times in the past, winners of the Holiday Exterior Decorating Award have donated the accompanying \$100 cash award back to the FPNA. While this generous gesture has been appreciated, the Board believes that the winners are entitled to this money. Therefore, a decision was made that now and in the future the winners will be encouraged to keep the \$100 and FPNA will not accept the donation. Great effort is made by these homeowners to present the neighborhood with the beauty of their holiday décor. That is all we ask.

Holiday Decorating Award 2016

Sharon Babbitt

200 Park Avenue

The winner of this award for 2016 is the home at 150 Glen Ave., owned by Yarden and Abby Medieros. The award includes a traveling plaque engraved with the homeowners' names and a check from FPNA for \$100. This was presented to the homeowners at the annual meeting on Jan. 14th. Congratulations to Yarden and Abby for giving the neighborhood a beautiful light display for us to enjoy throughout the Christmas season.

This light display is truly magnificent and must have taken hours to put together. The silver stars enhancing the upper walls of the home are set off by the silver icicle lights along the roof line. The bushes that landscape the front façade are set off by a bevy of colored lights. The combination of white and colored lights is esthetically pleasing, but the surprise of the *leg lamp in the front window* was what finally put this home in the winners' circle for the FPNA Board members who were scouting the neighborhood for the top contender. Who says we can't have a sense of humor amid the hustle and bustle of the hectic holidays! And thanks to all of you for making our neighborhood festive for the season!



Is that Black Line down the back of a Shrimp What I think it is?

The Straight Dope

By Cecil Adams

They say the truth is ugly, but they forgot to mention that sometimes it's also disgusting. I mean, I've heard of a crab log, but a shrimp log is something entirely different. The absolute straight dope is that the black line found in most shrimp is its intestine. And yes, sometimes that puppy is so full as to threaten to practically burst, taking out the shrimp and anything within several inches of it. Not a pretty sight, but welcome to the shadowy trenches that lie between science and journalism.

To be accurate (and this is the Straight Dope, after all), the black stuff is the contents of the intestine and not the intestine itself. If you've ever spent any time preparing shrimp, you would know that after tearing off their heads, ripping off their shells, and then eviscerating their little corpses, every so often you come across one without the dreaded black tract. That's because the actual colon is a transparent tube of cells and that particular shrimp's colon was empty. More demonstrable evidence can be found in those shrimp whose intestinal contents are incomplete; sometimes that little black line looks more like a sequence of dots and dashes instead of one long continuous line. Yet, when you remove one, it all comes out, held together by a nearly-invisible strand.

There are several reasons for removing the intestine, the most obvious being the aesthetic appearance of the poop chute (I mean, how can you NOT look at it?!). In addition, the shrimp's colon and its contents can impart a disagreeable taste and gritty texture to the meat or dish.

What is that grit? Dirt, mostly. If you've ever had occasion to chew on something with even one grain of sand, you know that the grain feels like a pebble in your mouth. Generally speaking, however, you'll find decayed vegetation and decomposing bits of dead animal. Sorry, but most shrimp are scavengers, acting as Nature's garbage disposals. Vegetarianism is sounding better by the minute, I'm sure. Calling that black tract a vein isn't exactly true, but it's not exactly wrong, either. The shrimp's dorsal vein runs

alongside the intestine, so unless you're a crustaceal surgeon and can remove the vein without removing the intestine, you shouldn't waste your breath complaining about it.

Is shrimp doody safe to eat? Yes, but the shrimp should be cooked thoroughly. Otherwise, you may experience problems with your own digestive tract.

Shrimp colon is far from the grossest form of seafood. Ever heard of *ama ebi*? It's a type of sushi that presents a raw prawn on a small block of seasoned rice. The little morsel is deheaded, peeled, and deveined. Still hungry? *Ebi odori* ("dancing shrimp") uses a prawn so fresh it's alive. The Japanese regard this is a rare treat. To be served properly, it must be prepared so quickly that it reaches the table still twitching. Be still my stomach.

A final tidbit: In Europe, the first native variety of shrimp to make its way from the fishing net to the dinner plate was *Crago vulgaris*. This particular species is fairly small, so the new tasty shellfish was called *schrimepe*, the Middle English word for "small, puny person." Thus, the insult predates the food! Since some species of shrimp can grow to 15 inches in length, the old oxymoronic joke about "jumbo shrimp" owes its origins to its etymology and not some comedy routine.



HEALTHIER WAYS TO CLEAR SNOW

Excerpt from "This Old House" magazine

After 2 minutes of shoveling, a fit person's heart rate jumps to 86 percent of its max capacity. For less strain, says John Forrest, M.D., a heart-health expert at Yale University, push the snow forward. If you must lift, pay attention to these tips:

Choose the right tool:

An ergonomic shovel encourages proper form.

Think small:

A heavy load can cause you to lose your balance or pull a muscle. And be wary of snow that's wet, as heavy lifting can push blood pressure levels up too high.

Lift smart:

To avoid injuring your lower back, as you lift, bend at the knees and hips. Always avoid twisting your torso. Turn your whole body instead.

Throw it low:

Instead of building one big pile, which requires throwing your load higher and higher, distribute the snow over a wide area, alongside a path, for example.

Switch it up:

You're likely to feel most comfortable with your dominant hand on, say, the handle, but your shoulders will thank you if you periodically swap hand positions and give that arm a break.

Give it a rest:

Listen to your body and take breaks. One benefit of regular exercise is that you know what's normal for you. In any case, do not ignore chest pains.

Treat yourself:

Soothe sore muscles with a heating pad and an anti-inflammatory pain reliever. Hot cocoa with marshmallows is worth considering.

TRASH COLLECTION IN WINTER

Council Bluffs Recycling Center Newsletter

To ensure proper and timely collection of solid waste during inclement weather, the following guidelines must be met:

Residents must clean and maintain a place free of snow and ice for their garbage and recycling containers.

Containers or garbage bags on top of or behind snow banks is unacceptable.

Garbage and recycling must be within 5 feet of the traveled roadway with a path wide enough to accommodate collection and the waste containers.

BRRRRR.....

The lowest temperature recorded in Iowa was -47 degrees in Washta on January 11, 1912.

"Each day is
a new canvas
to paint upon.
Make sure your
picutre is full
of life and
happiness"

Author Unknown

SLAM THE SCAM

**DON'T GET
SCAMMED!**

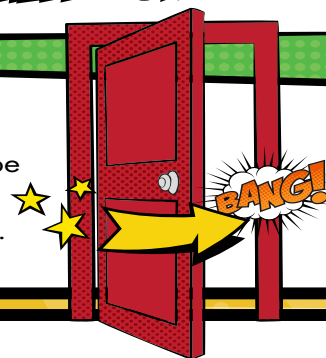
- ★ Scammers may pretend to be MidAmerican Energy employees and demand payment by threatening to disconnect service immediately.
- ★ MidAmerican Energy will never threaten immediate disconnection. We contact customers by mail and phone before disconnection takes place.
- ★ Scammers may try to trick you by using a phone system that mimics MidAmerican Energy's and displays our name on your caller ID.
- ★ If in doubt, hang up and call us directly by looking up our number in the phone book or on our website.

HANG UP ON SCAMMERS

- ★ A scammer's favorite ploy is to demand money by either a credit card or prepaid debit (Green Dot) card.
- ★ MidAmerican Energy does not accept prepaid debit cards as a payment option.

KNOW WHAT YOU OWE

- ★ Know what you owe. Scammers may quote an amount that sounds like your typical bill.
- ★ Log in to My Account or call us at 888-427-5632 to check your account balance.
- ★ Not all scams happen over the phone. Scammers may ring your doorbell or show up at your business and request immediate payment or claim to be an energy auditor.
- ★ MidAmerican Energy employees carry an employee ID badge at all times. Ask to see identification.



Think you are being targeted by a scammer? End the conversation by "slamming" down the phone or "slamming" the door shut. Call MidAmerican Energy at 888-427-5632 to check on your account. Call local police to report the scam.

JOIN US IN THE FIGHT AGAINST SCAMS!

Educate your family, friends and neighbors on what to do if they are faced with a scammer.

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OBSESSIVELY, RELENTLESSLY AT YOUR SERVICE®

www.MIDAMERICANENERGY.com/scams



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200 Park Avenue

Continued From Pg.1

We paid our dues

ere are the names of those who paid their dues at the annual meeting. As we all know by now, dues remain at \$20/year per family. If you name does not appear here, we hope to hear from you soon. There is no deadline and many people pay their dues as far into the future as the Fall. But, remember, dues are paid yearly. Just because you once paid in 2007 doesn't mean you are still a member in 2017.

Karl Allen-Terri Dowell
John Huggins
Kelli Deere
Mike and Linda Ring

Dave and Marie Huggins
Michelle and Brian Burns
Greg and Vicki Myers
Mark and Shari Hansen

Sharon Babbitt
Kyle and Cindy Muschall
Ted and Lorraine Duitsman

Congratulations to Will Prine

for receiving a scholarship to the University of North Dakota, where he will play collegiate football and study engineering. He'll start classes at the Grand Forks campus next fall.

Did You Know?

that Red Oak, Iowa, lost more of its sons, per capita, in World War II than any other city in the United States? Red Oak must have been devastated but, in retrospect, proud.

That Indispensable Dryer Sheet

Where would we be without soft clothes? Wearing stiff and scratchy clothes, of course, and so let's call dryer sheets "indispensable" for the sake of our own comfort. And, further, not to make an endorsement, let's call them for what they are—Bounce.

Now, what else are Bounce sheets good for? Plenty if you look over this list. You can:

Put them in a vacuum cleaner bag or canister for odor control.

Wipe TV screens to prevent dust from settling on them.

Wear them through a belt loop on your pants to repel mosquitoes.

Place them inside a car that's been parked for a long time to repel mice.

Place them under the front seat of your car to freshen the air.

Rub across surfaces to collect cat hair.

Clean venetian blinds to prevent dust from resettling.

To remove burned on food from a cooking pan, place a Bounce sheet and a small amount of water in the bottom of the pan, bring to a boil, remove from heat and let set overnight. They say it works.

Now, let's look at the other side of the coin. Some people believe that the chemicals in Bounce dryer sheets are carcinogenic. If you are among them, forget all of the above and get some wool dryer balls to soften your laundry. They can be purchased at Target, Amazon or Bed Bath & Beyond. Or you can even make your own if you are so inclined. You'll find directions by researching the Internet.

THE YEAR IN REVIEW 2016

The Pollination Garden

was the first item of business to be decided upon at the first Board of Directors' meeting of the new year. We began with the vision of a glorious wildflower garden growing on the vacant lots on Park. Reality set in as we progressed through our research, getting permission from the City Council, bids for the tilling, purchasing of seeds, and all the rest. The Board concluded that it was not feasible to plant those vacant lots as we'd envisioned. Bottom line is that we have scaled back to one small lot on Glen owned by John Huggins, who has offered it for our use. It is a beginning.

The Donors' Plaque in Fairmount Park

contains the Fairmount Park NA name, after the final installment of our \$1,000 donation was delivered to the Parks Department. When we see our name on the plaque near the splash pad, we can be proud to know that it was all dues and donations that made it possible. FPNA's name will still be there generations from now.

The Clean-up of Lookout Point

took place in May, with no bad weather to hamper our efforts. A good crowd, including kids from Roots and Shoots and our own neighborhood, showed up with gloves and a willingness to rid beautiful Lookout Point of two years of accumulated litter. A few days later, more volunteers walked our streets for the annual *Clean Sweep event*. It's pretty clear that we don't like litter!

The Neighborhood-wide Garage sale

which occurs every other year, was a huge success in June. Every street in the NA was represented. The *annual picnic* was held in August, this time by the splash pad. The location was an inspired choice and may become a tradition.

Various awards

were given throughout the year. The *Yard-of-the-Month* award recognized four inspiring front yards during the spring/summer season. The *Person-of-the-Year* award was given to Dave Huggins at the annual Christmas party.

Neighborhoods USA

will hold its annual conference in Omaha in May 2017 and on their agenda will be several tours of neighborhoods in the metro area. *The Fairmount Park, Gibraltar and Bayliss West neighborhoods* submitted their joint application in November and were accepted. This project spills over to 2017 so we will be hearing a lot about this as the New Year progresses.

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
Terri Dowell	Secretary
Dave Huggins	Treasurer
Kyle Muschall	Special Rep/Publisher

Sharon Babbitt	Board Member (2018)
Ted Duitsman	Board Member (2019)
Dave Huggins	Board Member (2018)
Terri Dowell	Board Member (2018)
Greg Myers	Board Member (2019)
Shari Hansen	Board Member (2019)
Michelle Mutchler-Burns	Board Member (2018)

**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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THE **7th** INITIATIVE



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 Number: _____ 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 Number: _____ 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