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ALL THE NEWS THAT IS FIT TO PRINT

By Sharon Babbitt

200 Park Avenue

CHRISTMAS PARTY TIME

The annual FPNA Christmas party is only four weeks away! What? Can't be that close, but it's true. Saturday evening, December 2nd, 6:30 p.m., 200 Park Ave. Checking the details, we find that it is indeed coming up fast, but there's one good thing—we won't be exchanging presents so that means there will still be 23 more shopping days left till Christmas.

Our party will be hosted by Sharon and I know for a fact that she already has her decorations in place. Her theme, as always, is *Dillard's After Christmas Sale*, so there will be a few new baubles hanging about. Sharon doesn't cook, so she has asked that we all share some delicacy from our own kitchens. She will serve hot cider, but she doesn't furnish the hard stuff, if that's what you like, you'll have to bring it yourselves, rules of the house.

We don't conduct business at our party, but we will present an award or two. Also, the Christmas Boutique is set up at 206 Park, so anyone so inclined can take a look—may be a good time to start that Christmas shopping mentioned above!

ELECTION TIME

Once a year, at the annual meeting in January, the members get a chance to have their say when they elect the people who will serve on the FPNA Board of Directors for the following two years. The founders set it up so that the terms of office expire in alternate years and in this way there will always be some experienced members remaining on the Board each year. This year is no different, except that all four of the Board members whose terms expire happen to also be officers. That's some kind of a record and just one of those strange coincidences,

The expiring terms of office are: Sharon (President); Michelle (Vice President); Terri (Secretary); Dave (Treasurer). Sharon and Terri have decided not to run again, leaving Michelle and Dave, and two unknown new people. Now is the time, you unknown people, to step forward and volunteer to serve our wonderful Neighborhood Association! Your term will last two years. Anyone could do it for that long, wouldn't you say? Let's hear from you.



Time to hitch up the Reindeer
for the
FAIRMOUNT PARK HOLIDAY PARTY

Let's catch up with our Neighbors and Friends

*This is a Potluck so bring that dish, dessert or side that you
want folks to enjoy. Hot Apple cider will be served.*

The Christmas Boutique will be open later in the evening

DEC 2nd 6:30_{pm} 200 Park Avenue

GENERIC DRUGS WHAT YOU SHOULD KNOW

The USDA has strict guidelines for generics. In order to be considered equivalent to its brand-name counterpart, it must:

Contain the same active ingredients as the innovator drug

Be identical in strength, dosage form and route of administration

Have the same use indications

Be manufactured under the same strict standards as FDA's requirement for innovator products.

Here are some common questions about generics:

Are generics as good as brand-name drugs? **Yes.**

How do you know when to use them? **Go with generics because of cost savings. Some health plans actually mandate the switch from brand name whenever possible.**

Which are safer—brand names or generics? **No difference.**

Is the approval process for generics the same as brand names? **Simpler because generics don't have to repeat all the clinical trials.**

If you have a question about using a branded drug instead of a generic, talk to your pharmacist, who can help you decide if switching to a generic is a good idea in your particular case. If you believe your generic is not working correctly, talk to your doctor about switching back. The majority of generics work exactly the same as branded drugs and can save you a lot of money.

Sources:

Janet Engle, Chicago College of Pharmacy

John Norton, National Community Pharmacists Association

OnHealth publication of calPERS Health Plan Division

ANOTHER CHRISTMAS BOUTIQUE

LOCATED IN A BEAUTIFULLY RESTORED
VICTORIAN HOME AT
206 PARK AVENUE
COUNCIL BLUFFS, IOWA

DEC. 2 - 3, 11:00 - 5:00 EACH DAY
MEET-THE-ARTISTS PREVIEW, DEC. 1, 6 - 9 P.M.
FEATURING WINE AND HORS D'OEUVRES

THIS GIFT BOUTIQUE WILL BE INCLUDED IN
THE DEC. 3RD PRESERVE COUNCIL BLUFFS
CHRISTMAS HOMES TOUR
SO WATCH FOR CROWDS THAT DAY.

ORIGINAL WORKS FROM 12 AREA
ARTISTS

SANTAS, HOLIDAY AND HOME DECOR,
WEARABLE ART JEWELRY, BIRD HOUSES,
GOURDS, MIXED MEDIA,
AND MUCH, MUCH MORE!

A ONE-OF-A-KIND HOLIDAY SHOPPING
EXPERIENCE

(cash or checks only)

CALL SHARON AT 323-5912 FOR MORE INFORMATION

President's Corner

By Sharon Babbitt

200 Park Avenue

A study of the history of FPNA Presidents would read like a Who's Who of the neighborhood—or at least would reveal the names of those folks who were willing to volunteer their time, expertise and leadership qualities, or maybe were agreeable enough to say Yes when nobody else would.

The President is always a member of the Board of Directors. Each Board member is elected for a term of two years and can run again, ad infiniti, if elected. From that Board, as we all know, come the officers, first and foremost being the President. How long can, or should, that President remain in that position? We've never set a policy and it has become, in some cases, just as long as they are willing because who in the heck would want that job? (Really, it's not that hard).

Nate was a natural to be our first President. After all, he was most instrumental in starting the ball rolling. He served for two years. Next, came Sharon (me), one of the founding members, who just seemed to fall into the job. That went on for two years. After that, there was Kyle, another of the founding members, who stuck around for three years before he decided to move on. That brings up Sharon, who somehow followed Kyle and has served for three more years. Do the math—that means that your humble correspondent has been President for five years altogether, longer than anyone else. Time for a change.

In case you haven't read between the lines, I have decided not to run for the Board in January, which means that, as night follows day, I also will no longer be President. Not leaving town, just moving aside. This has been a hard decision for me because I've loved every minute in this job, truly. I will still be here until January, just in case you're wondering why nothing seems to have changed—yet!



DEATH BY WALLPAPER

By Sharon Babbitt

200 Park Avenue

Arsenic that is the culprit. It was used in the manufacture of wallpapers in 18th and 19th century England because it achieved the vibrant shade of green that was so popular at the time. This means that arsenic would have been present in most homes despite its adverse effects on health.

During the 1860's, England and France were notorious adversaries in the "war of the wallpaper." France produced luxurious designs on fine linens, while England, in the middle of the Industrial Revolution, changed their technology to provide beautiful designs accessible to the middle class; they ignored the growing evidence of the flaw in their designs—that the arsenic that produced that shade of green so much in demand was also affecting the health of the people who lived with it. What it came down to was commerce. The British Government wanted sales of their manufactured goods to flourish.

Public demand to remove arsenic from their products finally led to the abolishment of the use of this harmful substance in everyday items, such as soaps, medicines, pesticides, rat poison, beer, postage stamps, and more. As for the wallpaper, it is unlikely that anyone today would possess wallpaper with arsenic in it, so not to worry. Your Great Grandma might not have been so lucky.

Source: Victorian Homes magazine, Spring 2017 issue

"If you don't start out
the day with a smile,
it's not too late to
start practicing for
tomorrow"

Author Unknown

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200 Park Avenue

Continued From Pg.1

PAR OFFICER

Who is he and what does he do? PAR stands for Police Area Representative. Our PAR officer is Daniel Stuck, email djstuck@councilbluffs-ia.gov. He's the guy to call about annoyances such as barking dogs or trash that's been on the curb for too long. He's a member of the Council Bluffs Police Department whose job it is to work directly with neighbors to address our concerns.

WELCOME TO OUR NEWEST NEIGHBOR

Leila Gorman entered this world on October 30th, joining her older brother Braden, and sister Savannah. Mom Stephanie and Dad Jeff are also doing fine and looking forward to a couple of decades of no peace and quiet.

SHOW BIZ STARS

Sarah and Chris Ebke continue to make waves in their show business careers. Sarah recently played the starring role in the Omaha Playhouse's production of "Mama Mia," while husband Chris directed "Little House of Horrors" at the Bellevue Theater. These two musical stars are always busy and probably planning their next productions right now.

COUNCIL BLUFFS RANKS IN 100 BEST COMMUNITIES

Time's Money magazine recently named our City among its top 100 Best Places to Live in America, ranking it at No. 64. When City Councilman and neighbor Nate Watson was asked why he thought the City is a great place, he replied "Our people. We go out of our way to help one another."

To illustrate that point, Richard and Virginia Hestness recently lost their dog. As Richard was driving the neighborhood looking for the lost one, he saw Tali Washburn and explained his dilemma. She posted it on NextDoor, even including a photo of what the breed looks like. Low and behold, someone saw the posting and dog and owners were reunited.

WE PAID OUR DUES

We acquired two new members at the recent membership meeting. Thank you to Toni Allen and Ben and Tali Washburn for supporting the FPNA and its goals.

POLLINATION GARDEN WEED PARTY

ServeSaturday, a volunteer group from the First Christian Church, spent a raining Saturday morning in early October helping the FPNA remove a runaway growth of foxtail from its pollination garden. At least two dozen yard bags were filled with weeds that will never reseed themselves, giving new wildflowers a chance to prosper and attract the bees and butterflies in the coming year. Thanks, ServeSaturday, for saving our garden. Please enjoy the photos from the event on pages 6 & 7

ALL IN YOUR POINT OF VIEW

Back in the late 1800's, there was a desperado named Polk Wells. He earned his reputation by murdering several people, robbing banks and stealing horses. Mothers would threaten their children, saying they would give them to Polk Wells if they didn't behave. But from his prison cell at Anamosa, Wells said, "Aside from the overt criminal acts described and a too-liberal use of profanity, my life has been approximately pure and correct," adding that he never used liquor or tobacco.

FAIRMOUNT PARK POLLINATION GARDEN

2017



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2017



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. Please Contact the Editor:

Kyle Muschall : kmuschall@cox.net

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THE 7th 2nd 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