



Visit us Online at www.fairmountparkna.org

ALL THE NEWS THAT IS FIT TO PRINT

By Sharon Babbitt

200 Park Avenue

SOME CASUALTIES OF WINTER

We all know what problems this past severe winter has brought into our lives—buckled sidewalks, wet basements, roof and gutter problems, to say nothing of our attitudes. We know people who used to say that winter was their favorite season and who have completely reversed this sentiment. But here is one casualty we haven't given much thought to—scheduling FPNA meetings. Yes, this little chore has taken a back seat to the winter woes. There are some plans in the works but, meanwhile, what to do?

Here's the short term solution: Since our next scheduled event is the cleanup of Lookout Point, where many of us will be together, why not just pretend this is a meeting. Or maybe we don't even have to pretend? We can discuss a little business while we pick up the tires, paper trash and dirty diapers that we know await us after this long winter!

So, set aside the morning of Saturday, April 13th, at 9:a.m., for our meeting and cleaning duty. Donuts and juice await us.

FPNA has been cleaning up Lookout Point for so long that we may not remember why this has become a yearly ritual. First and foremost is that our park needs us to help keep it beautiful, and it is gratifying to note that the amount of trash has decreased from our early clean-ups. But another reason is that, as a 501c3 nonprofit organization, we are required by law to do some sort of community service and this fills the bill. In past years we have also made sandwiches for the Habitat for Humanity construction crews, and collected shoes for a charity drive, among other things, but we never fail to include Lookout Point, our "old faithful" in our schedule.

CHRISTMAS WREATHS ON POLES

Another casualty of the extreme winter was the fate of our beautiful wreaths/bows that we hung from the 15 poles that comprise FPNA's neighborhood identification project. We could never seem to coordinate the volunteers needed for the take-down with a good day in which to do it. They finally came down, about three months later than planned, and by some miracle they are still mostly intact. Thanks, Dave.

SO LONG, POLLINATION GARDEN PROJECT

Remember all the troubles we've had with our pollination/wildflower project? Not only did foxtail take over our garden

Continued On Pg.6

THE PRESIDENT'S CORNER

Michelle Mutchler-Burns

407 Glen Avenue

Hello neighbors. Spring has finally arrived and although we expected there would be wet conditions, I'm sure no one expected the flooding that Iowa and Nebraska has seen.

Those of you that live in the vicinity of Glen and High School have probably noticed a pickup truck and camper parked on the east side of the street. It's a small inconvenience for us, but that camper is temporary housing for family of our neighbor after their home was lost due to flooding. I ask that you refrain from calling law enforcement and understand that it's parked in our neighborhood because the campgrounds aren't open for the season or they are flooded as well; please welcome these folks and be grateful that we have our homes.

The last time we met was in January. Our annual meeting is always a special occasion and we thank Kyle and Cindy for their hospitality. At that meeting, we said "goodbye" to Board members Marilyn Abbott, Greg Myers and Shari Hansen and thanked them for their dedication to our neighborhood. Shari Hansen was named "Person of the Year" and Marilyn Abbott was named "Volunteer of the Year". We welcomed Cindy Muschall, Ryan Pozzi and Tali Washburn to the neighborhood Board.

Your Board met in March and chose the 2019 FPNA officers; Michelle Mutchler-Burns, President, Ted Duitsman, Vice President, Dave Huggins, Treasurer and Cindy Muschall, Secretary. Other Board members are Toni Allen, Ryan Pozzi and Tali Washburn, and Sharon Babbitt is our Special Representative.

We have a busy calendar for 2019 and will begin with our annual Lookout Point Clean Up on April 13th. As usual, we hope to have our flower baskets up on our banner poles by Mother's Day and we would love to see someone step up and take on the task of watering the baskets; please reach out if you are able to help.

On May 14th we will participate in Clean Sweep (held in conjunction with PRIDE week) and will meet to clean up trash from neighborhood streets. August 6 will be our 3rd annual Block Party, which will correspond with 2019's National Night Out.

Additionally, we have several meetings planned in neighborhood homes and we may even have the opportunity to visit a wonderful historic home outside our neighborhood; details to follow.

Our pollination garden will take on a new identity for 2019 (see Sharon's article) and we are looking for suggestions for neighborhood improvement projects.

Please reach out if you have ideas for events, projects or volunteering!

Michelle

UNUSED OUTDATED MEDICATIONS?

WHAT TO DO WITH UNUSED OUTDATED PRESCRIPTION MEDICATIONS

Consumers and caregivers should remove these medicines from their homes as quickly as possible. This will reduce the chance that others misuse potentially dangerous medications.

You can do your part by properly disposing of any waste. First, check for Pharmacy Take-Back Programs (ask your local pharmacy) or Household Hazardous Waste Collection Programs (contact your local waste management authority for collection sites and events).

When the previous options are unavailable, follow these steps for home pharmaceutical waste disposal:

1. Remove the medications from their original containers.
2. Mix the medication (do not crush tablets or capsules) with an unpalatable substance like coffee grounds, kitty litter, or sawdust to discourage consumption.
3. Put the mixture in a sealable package, such as a plastic zipper bag or empty margarine tub.
4. Place it in the trash right before your garbage pickup time.
5. Scratch out personal information on the empty medicine container and dispose.

A small number of medicines have specific instructions to immediately flush down the toilet when no longer needed and a take-back option is not readily available. These medicines may be especially harmful and, in some cases, fatal with just one dose if they are used by someone other than the person for who they were prescribed, for example, controlled substances.

For a list of those medicines and more information, visit the U.S. Food and Drug Administration at www.fda.gov/Drugs/ResourcesForYou.

Source: FDA.gov

THE FOUR HORSEMEN OF FORGETFULNESS

Worried that you're getting more forgetful lately? Ironically, worry itself can trigger memory slips. Stress, anxiety, depression, and sleep deprivation are the four horsemen of forgetfulness in aging brains but the same can be said about brains of all ages.

Stress and anxiety. For older adults, disturbances in mood are among the most common causes of memory problems. Stress and anxiety affect memory because they make it harder for you to concentrate and lock new information and skills into memory. You may end up forgetting something simply because you were not really paying attention or had too much on your mind.

Depression. The symptoms of depression often include forgetfulness. Most people think of depression as a stifling sadness, lack of drive, and lessening of pleasure in things that you ordinarily enjoyed. But the signs can change with aging.

Sleep Deprivation. Lack of restful, high-quality sleep is perhaps the greatest unappreciated cause of memory slips. Sleeplessness can become more of an issue with aging.

Alcohol. Having more than the recommended number of daily drinks can contribute to memory loss. For men, the recommended limit is no more than two standard drinks per day, defined as 1.5 ounces (1 shot glass) of 80-proof spirits, a 5-ounce serving of table wine, or a 12-ounce serving of beer.

Medications. Tranquilizers, certain antidepressants, and some blood pressure drugs can affect memory by causing sedation or confusion, which interfere with your ability to pay close attention to new things. Talk to your doctor or pharmacist if you suspect that a new medication is taking the edge off your memory.

Thyroid disorder. Faltering thyroid hormone levels could affect memory as well as cause sleep disturbance and depression, which both contribute to memory slips. Although thyroid function is usually not the cause, your doctor may want to rule it out.

Source: *Harvard Health*

Fairmout Park

LOOK OUT 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

APRIL 13th 9:00 A.M.



OBITUARIES IN THE MODERN ERA AND HOW THEY ARE CHANGING

By Sharon Babbitt

z

200 Park Ave-

Do you read the Obits in the daily paper to see if your name is there? That's an old and tired joke, but, really, do you read them? If so, you may notice a certain sameness, as though they're all written by the same two guys. Well, the times they are a'changing my friends. Read on.

First, a little history. The word "obituary" comes from obits, the Latin word for death. Brief announcements of death were published in America as early as the 16th century. By the 1880's, "death journalism" in England and the U.S. focused on the graphic and morbid details of a person's demise.

Newspaper obits began appearing with regularity for soldiers, public servants, celebrities and adventurers, often sentimental or religious, but the majority of obituaries remained focused on the aristocracy. They would include the basics—name and address; dates of birth and death (with cause); personal history and so on.

Finally, in the late 1900's, "Common Man" obits began to routinely recognize ordinary people as well. Standard procedure was to have the family members provide the funeral home with information for the newspaper. A journalist, usually a cub reporter, would write it, following a standard template.

Guidelines were stringent, but today that's not the case. The cut and dried obit has turned into the "Personalized Obituary". Here are some phrases seen in obits of the "modern era":

"My brother died in a motorcycle accident. The family warned him about the dangers but he was incredibly stubborn."

"My brother was loved by everyone he met, despite his incessant need to argue with anyone about everything."

"I crammed a four-year education into seven years." And "I'm going to be cremated. If you want to see me, you have to come by the house where my wife will have me displayed somewhere." (Obviously written ahead of time.)

"My father checked himself out of the hospital and was seen boarding a plane for Rome, accompanied by his companion of many years, a woman yet to be identified."

(In truth, her father died in a hospital, surrounded by his loved ones, but that would have sounded too ordinary for this woman's eccentric parent!).

Bottom line—what do you want your obit to say about you? If you care about such things, consider writing it in advance, with a solemn promise extracted from your survivors to print it as written, no matter what you've said!

Sources: Voices from the Prairie, Humanities Iowa interview

ALL THE NEWS THAT IS FIT TO PRINT

By Sharon Babbitt

200 Park Avenue

Continued From Pg.1

in the two years of its existence, but we also had trouble with weed notices from the City, culminating in a nerve wracking court appearance by landowner John. Many of us also appeared in court supporting him at the hearing. After that ordeal, John decided to cut back the entire garden and it was heartbreaking to know that it had to be done when the garden was about to enter the mature stage of its existence. While John intends to keep some form of wildflower cultivation in the future, it is not going to be an FPNA project.

So, do we give up on this environmentally friendly project, or do we find another way of offering a food source for the butterflies and bees who were starting to feast there? We know of at least three spots in the neighborhood where small wildflower gardens are starting to pop up (no pun intended). Could you find a space in your yard for our insect friends? FPNA doesn't want to totally give up on this idea. We also have some mason bee houses that want to be installed in whatever small plots we can devote to this worthwhile idea. If you wish to participate, please let Michelle or any Board member know to get started.

WINTER AND THE BAD INSECTS

One more winter related tidbit and then we'll put winter behind us! The bad insects to which we refer are those Japanese beetles and Emerald ash borers. Did the recent extreme cold kill them off? Well, no, according to Iowa State University entomologist Donald Lewis. He says the cold temperatures always kill some insects, but enough survive to repopulate the area in the next breeding cycle. He says the Japanese beetles known for their voracious appetites already have grubs about 4-to-6inches underground, so those won't be affected by the cold air. And, according to Lee Frelich with the University of Minnesota, Emerald ash borers are unlikely to die off in extreme cold, although their numbers might be reduced.

SPRING AND SUMMER ARE MOSTLY GOOD BUT

Poison ivy will be lurking about, just waiting to give some of us a rash to die for, or that will be what we may wish for if we are among the chosen highly allergic few. Even if you are not in that category, poison ivy is something to avoid. Here's what to look for:

Poison ivy plants always have leaves of three. No poison ivy plants have more than three leaves. Remember the old adage—leaves of three, let them be.

Poison ivy always grow left, then right. That means that the stem/branch of leaves closest to the root will always lean left. Subsequent stems/branches can lean right. Stems/branches of poison ivy leaves are never side by side.

Poison ivy plants never have thorns. The edges of poison ivy leaves are never saw-toothed or scalloped. In spring the leaves will appear red and, as the seasons progress, the leaves will gradually appear more green. Come fall, the green leaves will look as if they were brushed with red.

Keep your eyes open for any of the above signs, and stay away from this bad boy!

WE PAID OUR DUES

Our annual dues remain \$20/year for single or family membership. Many folks pay at the annual meeting, but dues are accepted at other times of the year as well. Our treasurer doesn't care when you pay, just so you do so. You may drop your check in his mail box at 150 Park Ave. anytime. Please make checks payable to FPNA. We are pleased to add the following names to our paid list:

Harold Beck

Justin and Allie Hoyt

Betty McKee

Continued On Pg.7

YES – STILL MORE FIT TO PRINT

Continued From Pg.6

POZZI FAMILY FOUNDATION

Ryan Pozzi, a new FPNA Board member, tells us this about his newly launched family foundation: “Our foundation launched at the beginning of this year to support—through funding and through business consulting and mentorship—arts, culture, and community growth projects in Nebraska, Iowa, and Illinois. I’m personally interested in work we can support here in Council Bluffs since it’s our new home. A basic picture of what we’re working on and how to work with us is available at

“Managing the foundation, on behalf of our family, is my primary project these days so if you have questions please feel free to reach out to me.” ryantpozzi@gmail.com

CONDOLENCES

We wish to extend our condolences to the Don Angerth family on the tragic death of their son, Adam, in January. Our prayers are with you all as you deal with this ongoing tragedy.

“Opportunity is missed by most people because it is dressed in overalls and looks like work”

Thomas Edison

FAIRMOUNT PARK BOARD MEETING MINUTES

February 21, 2019 – 6:00 PM - Location
Tali Washburn’s house – 439 Glen Avenue

Board member selected:

President – Michelle Mutchler-Burns

Vice-President – Ted Duitsman

Treasure – Dave Huggins

Secretary – Cindy Muschall

Board member – Toni Allen

Board member – Tali Washburn

Board member – Ryan Pozzi

Special Representative – Sharon Babbitt

2019 event calendar:

Saturday, April 13 – Look Out Point clean up – 9:00 AM start time

Saturday, May 4 – Serve Saturday – church volunteers – start time - TBD

Tuesday, May 14 – Neighborhood Clean up / Pride Week – start time – TBD

Tuesday, August 6 – Neighbors night out / Block party – start time – TBD

September – Kirn Park Picnic with FPNA and Gibraltar Neighborhood - date / start time - TBD

Projects in discussion:

John’s lot or hanging bat houses

Undetermined event – Porch Fest – neighbors / artists playing instruments or singing on their front porch

Neighborhood meetings: No set dates at this time

March – Wayne Andersen’s house discussed but not confirmed

June or July – Toni Allen’s house

October – Ryan Pozzi’s house

January, 2020 – Kyle and Cindy Muschall’s house

Items discussed:

Treasures report – \$2426.88 in checking / \$157.00 in petty cash
Order 2 mail boxes for poles

712 non-profit mailing is ready – price per mailing – 11.9 cents per newsletter / brochure with cover letter to increase new memberships

Walk Ability project – 712 grant money:

Possible ideas – new historical house signs, planting trees along the right ways, park benches throughout the neighborhood, replacing sidewalk concrete

THE Fairmount Press
The Newspaper of the Fairmount Park Neighborhood Association

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

Michelle Mutchler-Burns	President
Ted Duitsman	Vice President
Cindy Muschall	Secretary
Dave Huggins	Treasurer
Kyle Muschall	Publisher
Sharon Babbitt	Editor
Michelle Mutchler-Burns	Board Member (2020)
Ted Duitsman	Board Member (2021)
Dave Huggins	Board Member (2020)
Cindy Muschall	Board Member (2021)
Ryan Pozzi	Board Member (2021)
Tali Washburn	Board Member (2021)
Toni Allen	Board Member (2020)

COPIES PROVIDED BY



**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 Publisher:
 Kyle Muschall : kmuschall@cox.net



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