

NEW YEAR, NEW PLANS, NEW HOPES

The Arnold Heights Neighborhood Association wishes each of our neighbors, friends and acquaintances the best of wishes for the New Year coming. Can you believe it, seems like we were just ringing 2011 in and here we go again. The year was full of activities and changes in our area.

The new Arnold school continues to grow adding additional classrooms again this year. New school Principal JJ Wilkins assumed the lead role at this ever growing facility. How soon this school needs to be expanded may depend on

when housing starts begin again in our area.

Bowling Lake continues to rise and fall, making it a sore subject with many in our area. Intentions were good and the site is an improvement over past years, but the stability of the water level continues to be a problem. Hopefully that issue may stabilize this upcoming year. We are also hopeful to have the "Angler's of the Blue Moon" get their handicap accessible project off the ground this year. The Family Fishing events provided by Nebraska games and Parks were enjoyed by many

and they plan to offer 3 or 4 of these events this year.

Health Care became a service available in our neighborhood as Nebraska Urgent Care opened their doors this spring. The double bonus of having both urgent care services in our area, plus having family practice services provided at the same location is a benefit few other neighborhoods have.

We continue to be thankful for the retail and services opportunities that we have gained as we all work towards expanded and varied services in the future.

ARNOLD SCHOOL PROJECTS

The new Arnold Elementary School is a wonderful facility and fills the needs for many in our community. The facility serves as a school, a public library, meeting space as well as providing before and after school programming. The building is used year round providing many services and programs throughout the summer as well as during the school year. It truly is an asset to the entire community.

All of us have a responsibility to see this asset succeed for the benefit of current and future generations.

One simple way to help is participate in fundraising activities from the school. The Arnold PTO does a fall fundraiser and it's obvious that the community supports that activity because it does very well for the school every year.

A simple way that everyone in the community

can do to support the school is through the collection and redemption of manufacturers premiums. Probably the best known and easiest to do program is "Boxtops For Education". These redemption coupons are affixed on a num-



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COLDS STRIKING BACK

This excellent mild weather is just so good and it's just like spring. Will these cool days roll on? Well even though the days are mild and joyful, we are still in the season winter. You might think you could finally kiss the flu goodbye for one season, but just not yet. We are still in the flu season and there is still more to come.



This warm weather is just the best setup for the worst blizzards yet. Next everything will be the most chilly and bizarre winter you've ever seen. These upcoming frigid days will carry the flu with them like the plague. Just to remind you the flu season is still not over. If you've been thinking that those flu shots you got were useless, think again. When the bitter weather approaches colds will flow through each and every one of you. So now remember this maybe the last time

you'll be seeing bathing suits in the winter, so bundle up and wait for the worse. Alix Cui, age 10

Let's go back to the basics: The common cold is a group of symptoms caused by a number of different viruses. Children under six years average six to eight colds per year (up to one per month, September through April), with symptoms lasting an average of 14 days. This means that a child could be ill with intermittent cold symptoms for nearly half of the

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Nebraska
Urgent Care
 Center

The Arnold Heights Neighborhood Association meets on the first Tuesday of each month at 7:00 PM in the Carol Yoakum Family Resource Center at 4621 NW 48th St. Our meetings are somewhat informal and are always open to visitors. We encourage anyone who resides in Northwest Lincoln to attend. We hope that you have an opportunity to learn more about your community, your city and yourself.

ARNOLD SCHOOL PROJECTS (CONT'D)

ber of products including grocery items, office supplies and even some clothing. Simply save the "boxtops" coupons and they can be redeemed by the school for cash. Arnold Elementary has been the benefactor of over \$6,000 in this way over the past 10 years.



The funds generated from this program go to the student council and that group of student leaders determines where the money is spent. It is typical for them to purchase playground equipment, but their goal is to provide for items that

benefit the majority of the students at the school and not individual class projects. In an effort to increase participation in this program and hopefully enhance funding for programs at Arnold School, the AHNA has partnered with

IGA Marketplace to provide a more central collection point which may reach a larger segment of our population. In the upcoming weeks you will see a collection bin appear near the store exit where you can place your "Boxtops". The collection bin will also have information on

the "Boxtops" program including a list of products that participate in the program. Stop by and pickup a product list as you are shopping in IGA.

The Arnold School Student Council will sort and redeem these coupons and with their staff advisor, make recommendations on how the money will be spent. Consider the products that you purchase and think about not just the product in the box, but the value on the box that can help to make our neighborhood school, a better place for our children, our neighbors and our friends to expand their opportunities for the future.

COLDS STRIKING BACK (CONT'D)

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days in this time period, without cause for concern.

Colds are most contagious during the first two to four days. People with colds typically carry the cold virus on their hands, where it is capable of infecting another person for at least two hours. Some cold viruses can live on surfaces (such as countertops, door handles, or toys) for as long as one day. Droplets containing viral particles can be exhaled into the air by breathing, coughing, or sneezing.

The signs and symptoms of a cold usually begin one to two days after exposure. In children, nasal congestion is the most prominent symptom. Children can also have clear, yellow, or green-colored nasal discharge. Fever (temperature higher than 100.4°F or 38°C) is common during the first three days of the illness. Other symptoms may include sore throat, cough, irritability, difficulty sleeping, and decreased appetite. Most children who have colds do not develop complications. However, parents should be aware of the signs and symptoms of potential complications,

including ear infections, asthma, sinusitis, and pneumonia. There have been few clinical trials of cold medications (antihistamines, decongestants, cough medicines, and expectorants) in infants and children, and there are no studies that demonstrate any benefit in infants or children. We do **not recommend** their use in infants and children because of the lack of proven efficacy and the potential risk of dangerous side effects.

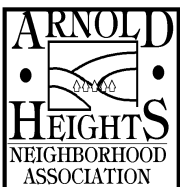
Parents may give Acetaminophen (sample brand name: Tylenol®) to children older than three months or Ibuprofen (sample brand names: Advil®, Motrin®) to children older than six months to treat discomfort associated with fever. Humidified air can improve symptoms of nasal congestion and runny nose. Parents should encourage their child to drink an adequate amount of fluids; it is not necessary to drink extra fluids. Antibiotics are not effective in treating colds. They may be necessary if the cold is complicated by a bacterial infection, like an ear infection, pneumonia, or sinusitis. Parents who think their child has developed one of these infections should



contact their child's healthcare provider. Inappropriate use of antibiotics can lead to the development of antibiotic resistance, and can possibly lead to side effects,

such as an allergic reaction. A number of alternative products, including zinc, vitamin C, and herbal products such as echinacea, are advertised to treat or prevent the common cold. None of these treatments has been proven to be effective in clinical trials; their use is not recommended. Simple hygiene measures can help to prevent infection with the viruses that cause colds, including hand washing or use of an alcohol-based hand rub and limiting contact with others who are ill. If you have any questions or any concerns, Nebraska Urgent Care Center is just around the corner and we would like to be helpful. If you haven't had flu vaccine this season, it's not too late to have one.

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