



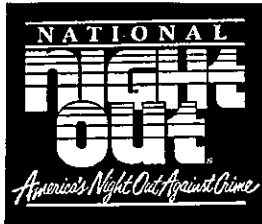
# Gifford Park's Pride

*Gifford Park Neighborhood: A Great Place to Live, Work, Learn and Play*

August 1998

A Publication of the Gifford Park Neighborhood Association

## 15th Annual National Night Out Set for Tuesday, August 4th



Tuesday, August 4, 1998, is America's 15th Annual **National Night Out**. The goals of National Night Out are to heighten crime and drug prevention awareness, generate support for, and participation in, local anti-crime programs, and strengthen neighborhood

spirit and police-community partnerships. This year Omaha's neighborhoods will be joining forces with over 30 million people in over 9,000 communities from all 50 states, U.S. territories, Canadian cities, and military bases worldwide to send a message to criminals letting them know that neighborhoods are organized and are fighting back.

During "America's Night Out Against Crime", residents are asked to spend the evening participating in outdoor activities with neighbors and police from 6 p.m. until 8 p.m., and to turn outside lights on from 8 p.m. until 10 p.m. The GPNA is counting on your support of this project - let's let everyone know that our neighborhood will not tolerate crime!

## Neighbors of the Month Set Good Example

Our August "Neighbors of the Month" are **Eric and Annemarie Noll**. Last fall, Eric and Annemarie bought their first home here after living in the area for several years while attending Creighton University. They have made many improvements to their new home both inside and out and have been involved with GPNA activities like the Easter Egg Hunt and cleanups. Eric is attending Creighton to be a physical therapist and Annemarie works at Eppley Cancer Research Institute.

We want to recognize Annemarie for something special she and her friend did that you may have seen on the news recently. Annemarie and her friend **Jennifer Fulton** were driving on their way to exercise about 7 a.m., when they found a lost two year-old boy wandering near 33rd and Davenport. They took the boy home, fed him, and contacted police.

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## Next Meeting

**Thursday, August 6  
7:00 P.M.**

**St. Joseph Hospital  
Dining Rooms A, B, and C**

**Refreshments  
Free Parking**

## Seasonal Health and Safety Tips... Heat-Related Illnesses

Heat illnesses are common in the summer. They are brought about through an increase in body temperature due to high humidity, high environmental temperature, and/or strenuous work. Three specific heat syndromes can result: heat cramps, heat exhaustion, and heat stroke. These conditions involve the body's loss of salt and water, or the failure of the body's heat regulation mechanism.

### STEPS TO PREVENT HEAT ILLNESSES:

- Become gradually acclimated to the heat (usually taking 5-6 days)
- Wear clothing appropriate to the weather
- Keep track of weight (excessive, rapid weight loss will increase susceptibility)
- Increase water intake
- Be aware of heat and humidity readings, as well as the relationship between the two, and modify activities accordingly
- Maintain a well balanced diet (fat intake should be reduced during high heat stress)

### SIGNS AND SYMPTOMS OF HEAT

**CRAMPS** (which usually involve the abdomen, arms, and legs):

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**GPNA OFFICERS****PRESIDENT**

Jim Wilwerding 551-1344

**VICE PRESIDENT**

Chris Foster 342-6006

**RECORDING SECRETARY**

Jean Peck 344-0722

**TREASURER**

Sandy Sauer 341-8939

**COMMITTEE CHAIRS****ADVERTISING**

Dar Sweazy 345-0125

**CLEAN-UP**

Chris Foster 342-6006

**COMPLIANCE**

Leo Wilwerding 345-1433

**COURTESY**

Candy Bacome 344-3233

**GRAFFITI**

Maureen Calabro 345-7238

**HISTORIAN**

Eva Swanson 345-1707

**MEMBERSHIP**

Chris Foster 342-6006

**NEWSLETTER**

Sue Wilwerding 342-2795

**NEWSLETTER DISTRIBUTION**

Mike Bacome 344-3233

**PARK**

Mike Bacome 344-3233

**PARKING VIOLATIONS**

Terry Wilwerding 342-2795

**PUBLIC RELATIONS**

Anne &amp; Linda Chapman 348-0464

**TOOL LENDING**

Tom Rose 932-6191

**WATCH GROUP**

Mike Wilwerding 341-8224

**WEEDS & LITTER**

Jim Wilwerding 551-1344

**From the Desk of the President**

I thought it might be informative to list of few of the association activities that were going on in July, when it might have appeared that nothing was going on.

The usual activities are carried on, of course. These include membership, weeds and litter, dilapidated property, and vehicle violation recording and reporting, along with apparent zoning violation reporting. The citizen patrol goes out each Friday and Saturday night. Obviously, the newsletter gets written, printed, and distributed. So far this month, I've talked to the Douglas County Sheriff's office, the Northeast Precinct Captain of the OPD, attended a meeting of the Omaha Coalition of Citizen Patrols, spoken with various staff members at the OPD Community Resource Center, several staff members of the Mayor's Action Office, and Ken Taylor at the city Permits and Inspection Department. I prepared and sent a letter to our city councilman in support of a city ordinance permitting city inspectors to write tickets to property owners who fail to comply with directives to bring property up to code, and expect to attend the city council meeting during which the ordinance will be discussed. Oh yes, I also talked with the new public relations director at St. Joseph's Hospital to assure that we have a meeting place in August (and the rest of the year), and I still need to line up a speaker for the August meeting as this is being written. I imagine Chris Foster is lining up volunteers and starting a list of participants for the tennis program. As you can see, plenty has been going on.

What's coming up? We need to discuss how we will celebrate our tenth anniversary, and devise some concrete plans. The tennis program is happening in August. I think it might be helpful to organize some of the other neighborhood association boards to attend a meeting with our new police chief, whenever one is appointed, to discuss our concerns. National Night Out will be on Tuesday, August 4, from 6:00 until 10:00 PM. Though I have decided that we will not have the 57 member GPNA marching band on parade this year, it would be nice to see a few more folks in evidence outdoors this year, and I'll have to see if we can't get the neighborhood patrol members to put in an extra shift that night.

I would like to get something off my chest. I read the article in the **Omaha World-Herald** a while back about the new principal at Yates, and the renewed dedication of OPS to improving the quality of education offered there. I think we can all agree that a better education for our younger residents is a good thing. But I was a little taken aback when I read that the decline in the school may have been a factor in the decline of the neighborhood. I thought we had all (and I mean ALL) been doing a pretty good job of improving the neighborhood, so it wasn't too keen to see someone say it had been declining. Fortunately brisk home sales in the neighborhood and ongoing improvements in property suggest that my opinion might be closer to the truth than the staff writer's.

Our next meeting is on August 6 at St. Joseph Hospital. I don't have a speaker lined up, but I may yet succeed in finding someone. If not, we'll just talk about things going on the neighborhood while we enjoy the cookies. Hope to see you there.

by Jim Wilwerding


**TOOL  
LENDING  
HOTLINE**


Tom 932-6191

Mike 344-3233

Chris 342-6006

Ron 558-6027

Mowers - \$5

Rent for most tools - \$3



## Health and Safety Tips...Heat-Related Illnesses

*continued from page 1*

- Muscle twitching
- Cramps and spasms
- Profuse sweating

### First Aid Treatment:

- Rest in shaded area
- Remove victim from any physical activity
- Increase intake of fluids, salt, potassium and calcium (electrolytes)
- Mild stretching and massage to affected area

### SIGNS AND SYMPTOMS OF HEAT EXHAUSTION

- Moist skin with profuse sweating
- Excessive thirst
- Dizziness, nausea, fatigue and fainting beginning up to ½ hour after activity
- Weakness
- Normal or subnormal body temperature
- Dilated pupils
- Reddish tone to skin

### First Aid Treatment:

- Remove victim from activity and hot environment
- Cool body with cool water or cool cloths
- Recline victim and elevate legs
- If conscious, cold liquids may be used
- Increase intake of fluids, salts, potassium, and calcium (electrolytes)

### SIGNS AND SYMPTOMS OF HEAT STROKE (A life threatening condition that needs immediate emergency response):

- Hot dry skin (no sweating present)
- High body temperature
- Rapid pulse and breathing
- Nausea and/or vomiting
- Irrational behavior
- Nervous system dysfunction, which may lead to coma or death
- Usually skin will be pale
- Weak, loose muscles
- May lose consciousness
- Seizures

### First Aid Treatment:

- Call 911 for Emergency Medical Assistance
- Cool victim quickly with cool cloths, cool water, and cool environment
- Apply ice packs to neck, armpits, and groin to bring body temp down
- Monitor vital signs (temp, pulse and breathing) and be prepared to give CPR
- Remove restrictive clothing
- Elevate head
- If conscious, give cool liquids to drink

**From: American Red Cross First Aid Tips/Heartland Chapter**

*by Kathleen Wilwerding*

## What's Happening in the Neighborhood ...

Summer is winding down quickly, school is just around the corner, and another **Sun Dawg** season is nearly at an end. Thanks to shack supervisors **Tonya Lumphrey** and **Chris Costello** for all their work in making Gifford Park a fun place to be for so many neighborhood kids this summer and thanks to the parents who were present to provide additional supervision.

Congratulations to **Tracy Johnson** and **Angela Bargaen**, who will be getting married in August. Tracy, who is **Loren Johnson's** son, manages **J'N'J' Grocery**.

Two of the neighborhood's commercial ventures, **California Tacos and More** and the **Shelterbelt Theater** were given very favorable reviews in the Living Section of the **Omaha World-Herald** this past month.

Thanks to **J'N'J' Grocery**, **California Tacos and More**, **California Bar**, and **Charles R. Kilgore Jr., Attorney at Law** for their continued support of the GPNA through their business memberships, advertisements, and donations.

**You are invited to an Informal Open House at**

**Yates Accelerated Learning Academy  
3260 Davenport St.**

**Come meet our new principal and staff and see our improvements**

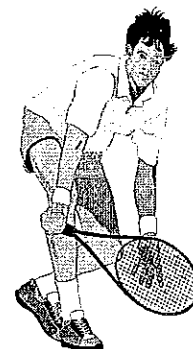
**Thursday, August 20th  
from 5:00 - 7:00 p.m.**

**Everyone is welcome!**

# 5th Annual Gifford Park Free Tennis Lessons



**For:** Youth ages 6 to 15  
**Dates:** Every Wednesday in August  
 (August 5, 12, 19, 26)  
**Time:** 6 - 7 p.m.  
**Where:** Gifford Park Tennis Courts  
 (33rd & Cass St.)



The Gifford Park Neighborhood Association is offering **FREE tennis lessons** and will provide tennis racquets, balls and instructors for each lesson. Parents are welcome to help.

**To be enrolled, YOU MUST complete the registration form available at J'N'J Grocery or California Tacos & More. Bring the registration form with you to the tennis lessons. Call 342-6006 for more information.**



**GIFFORD PARK NEIGHBORHOOD ASSOCIATION**  
 532 N. 33rd Street, Omaha, NE 68131  
**MEMBERSHIP APPLICATION**



*(Please print clearly)*

Membership year: \_\_\_\_\_ *(Membership year runs from June 1 through May 31)*

Type of membership: Single (\$5) \_\_\_\_\_ Family (\$8) \_\_\_\_\_ Business (\$25) \_\_\_\_\_

Name of business \_\_\_\_\_

Name \_\_\_\_\_  
 (Last) (First)

Spouse \_\_\_\_\_  
 (Last) (First)

Address \_\_\_\_\_  
 (Street) (City) (State) (Zip)

Telephone Number: \_\_\_\_\_  
 (Home) (Work)

In case of an emergency notify: \_\_\_\_\_  
 (Name) (Address) (Phone No.)

May this information be included in the GPNA Neighborhood Directory? Yes \_\_\_\_\_ No \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Neighbors of the Month

*continued from page 1*

KETV then showed a picture of the boy on TV which was seen by a relative. The mother and little boy were reunited a short time later. Because Annemarie and Jennifer noticed something that didn't seem right and took action, this story had a happy ending - it could have been much worse. This is an example of someone in our neighborhood being a good neighbor and doing the right thing. We congratulate Eric and Annemarie Noll for being "Neighbors of the Month" for August.

*by Chris Foster*