

COMING SOON to your LCNFC...

- Lincoln Student/Staff Game (1-19)
- Lincoln Valentine's Dance (2-10)
- Easter Egg Drop (4-15)

What's Goin' on in December?



HOLIDAY FAMILY NIGHT!
 Tuesday, December 6, 6 p.m. Lincoln Elementary. Join the LCNFC and Beacon Learning Center for an evening filled with holiday spirit – crafts, cookie decorating and holiday music! Bring the whole family!!!



LEI'GACY HOLIDAY CONCERT! Friday, December 9, 6-9 p.m. The Commons. A great way to celebrate the season, Lei'gacy (the Cox Family Singers) will perform a FREE concert! Over 40 family members will participate in this memorable evening. Bring your family, friends and neighbors!

Weatherization Assistance

Weatherization is a program offered by Human Services, Inc. that helps families keep their heating bills lower over the winter by making sure their houses are well insulated. An auditor will come to your house and check how much insulation is in your attic and in your walls. If you don't have any or if you don't have enough, Human Services will insulate your home. If you qualify, there is no charge to the homeowner. Families must meet income guidelines to qualify for the program. Families who qualify for weatherization can be "red flagged" if their furnace quits working. HSI's goal is to begin the repair process by having the furnace audited as soon as possible; an audit is necessary to determine if the furnace can be repaired or occasionally a furnace must be ordered. For further information, contact HSI's Weatherization Department at 372-8407.

kidscommons connection...

○ Happenings at our children's museum downtown...
 ○ Explore! Create! Collaborate!
Friday, December 2—FREE ADMISSION
 from 4 to 6 p.m. Sponsored by The Commons Centre.

Sunday, December 18—Camp kidscommons—a multi-sensory experience of winter fun at kidscommons! Story! Art Activity! More! Free with paid admission.

Hours!
 Tuesday through Saturday—10 a.m. to 5 p.m.
 Sunday—1 to 5 p.m.
 Admission is \$6 per person for ages 1-99
 Call for more info at 378-3046 or www.kidscommons.org

Taking Charge of Your Health

Simple cuts can become not-so-simple infections, so it is important to know how to treat them properly. Minor cuts damage only the skin and the fatty tissue beneath it. They usually heal without permanent damage. More serious cuts should be examined by a doctor.

There are three major concerns in treating cuts: stop the bleeding and apply pressure, avoid infection by cleaning thoroughly, and promote healing by bringing edges of wound together.

Self-Care Tips

- Stop the bleeding: cover wound with gauze or clean cloth, press hard to stop bleeding, raise wound above heart level.
- Clean the cut with soap and water or hydrogen peroxide. Make sure there is no dirt in the cut.
- Bandage the cut by crossing bandages to bring edges of wound together.
- IF WOUND IS DEEP or you feel numbness, see a doctor immediately!

If you have additional questions about cuts, you can also contact your doctor or Columbus Regional Hospital's Ask-A-Nurse at 379-1210 or 1-800-365-0202.