

COMING SOON to your LCNFC...

- Yes Comedy Showcase (3-31)
- Easter Egg Drop (4-15)
- Bill Stearman Shootout (7-22)

What's Goin' on in February?



VALENTINE'S DANCE Friday, February 10, 6-7:30 p.m. Lincoln Elementary. The annual dance for Lincoln's 5th and 6th graders. Live music! Food! Photos! FREE!



YES COMEDY SHOWCASE! Friday, February 17, 9 p.m. Yes Cinema. Laugh the night away at another LCNFC fundraiser! See Headliner Artie Widgery, the Feature Jeff Oskay and Special Guest (Columbus' own) Jeff Bodart! Tickets are \$10 in advance (\$12 at the door) and available at Hoosier Sporting Goods, Yes Cinema and LCNFC.

kidscommons connection...

○ Happenings at our children's museum downtown...
○ Explore! Create! Collaborate! ○
Friday, February 3—**FREE ADMISSION** from 4 to 6 p.m.

Saturday, February 4—Science with Mr. McWiz—Larry McClellen will be sharing many of his science activities with participants ages 6-12. Free with paid admission.

Sunday, February 26—Camp kidscommons—Story! Art Activity! Snack! For children of all ages from 2 to 3 p.m. 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 and more activities at
378-3046 or www.kidscommons.org.



DADS AGAINST DRUGS

Tuesdays, 5:30 p.m. @ LCNFC (1039 Sycamore St.)

A support group for men who have fought addiction.

OPEN TO ANYONE!

Call the LCNFC—379-1630—for more info.



Taking Charge of Your Health

A charley horse is a painful muscle cramp caused by bruising of the thigh. In addition to cramping, charley horses are often accompanied by swelling, pain, stiffness and skin discoloration (from the bruising). It is recommended to apply the RICE method (Rest, Ice, Compress, Elevate) right after any significant blow to the thigh.

Self-Care Tips

- Apply ice to the entire muscle (or as much of it as you possibly can) right after the injury to slow blood flow and swelling.
- Rest the area; don't work through the pain.
- Take anti-inflammatory drugs
- If not better in seven to 10 days, see a doctor.

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