

Sherry Stark - Initially, Sherry worked behind the scenes with the Focus 2000 Committee to help lay the foundation for the Children, Youth & Families Initiative. Sherry could have just stopped there but she didn't. Like many of the other honorees, she made it her business to get to know many of you on a first name basis. She supported the LCNFC professionally but even more importantly, she supported us on a personal level! Fifteen years later, Sherry serves as mentor, confidant and friend. She is in tune with what we do and in these incredibly difficult times, Sherry and her staff at the Heritage Fund are constantly looking for ways to help non-profits better prepare themselves for an uncertain future.

Also honored that evening were two fellas many of you know quite well... Jackie Combest & Terry Anderson. Terry & Jackie are two of our original founding fathers so their contributions have been discussed here many times over. I can't imagine a Lincoln-Central Neighborhood or for that matter a Lincoln-Central Neighborhood Family Center without Jackie & Terry. They will always be a part of something incredibly special.

We also want to thank all of our current and past Board Members, volunteers and supporters. We hope that you know in your hearts how much you are truly appreciated. So, every time a family enjoys a movie at YES Cinema or a student learns how to get and keep a job through Legacy or the more than 10,000 Bartholomew County contacts receive services through the LCNFC each year, please know that YOU helped make it all happen! All we can say at this juncture is THANKS and promise we will continue our mission of providing the best quality programming to all Lincoln-Central residents!

BCSC PreKindergarten Preregistration

- If your child will be 4 years old before August 1, 2010, you can sign them up for PreKindergarten.
- Go to your neighborhood school the evening of Monday, March 1st from 6:30-7:30 p.m. (you can also go to the school office March 2nd- 4th from 9:00 am-2:00 pm.
- Bring your child's birth certificate, immunization records and proof of your residency (such as a utility bill or lease agreement).
- PreK staff will have more information about the actual class, such as fees and transportation, during preregistration.
- For additional info... please call Cathne at 376-4217.

Taking Charge of Your Health

There are many reasons that cause an earache. The most common is an infection of the middle ear. Middle ear infections result from a build up of fluid in the ear that gets infected. Fluid build up is caused by congestion that blocks the natural channel (Eustachian tube) that allows air and fluid to go in and out of your middle ear. This requires medical attention and treatment with antibiotics.

Colds or allergies are almost always to blame for the congestion and fluid build up. That's why ear infections show up on the 2nd or 3rd day of a cold.

Self-Care Tips

- If your doctor prescribes an antibiotic, take as directed to reduce the risk of recurring problems
- Follow your doctor's recommendations for follow up exams.
- For temporary relief, try ear drops!

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