

# AROUND THE BLOCK

Shoal Brook II Neighborhood Association

Building Pride in Our Neighborhood

VOLUME 3, ISSUE 3

MAY 2010

## EARTH DAY RECYCLING REMINDERS

### Some EPA Recycling Facts:

Each of us uses approximately one 100-foot-tall Douglas fir tree in paper and wood products per year. Recycling 1 ton of paper saves 17 mature trees, 7,000 gallons of water, 3 cubic yards of landfill space, 2 barrels of oil, and 4,100 kilowatt-hours of electricity — enough energy to power the average American home for five months. Recycling one aluminum can saves enough energy to run a 100-watt bulb for 20 hours, a computer for 3 hours, or a TV for 2 hours.

### Kansas City's Recycling Program

#### Recycle these items in your bin:

Aluminum cans and other metal cans

Plastic bottles with a neck #1 and #2 (look for the number inside the chasing arrow symbol), such as water and soda bottles, milk jugs and detergent bottles. Please remove lids and rings.

Plastic containers #3 thru #7 (look for the number inside the chasing arrow symbol), such as yogurt and margarine/butter tub containers.

Office paper, junk mail, newspapers (without plastic rain bag), phone books, catalogues and magazines.

Cardboard (thick corrugated and thin cereal box-type)

Paper/Hardback books

Pizza delivery boxes without food

Cardboard egg cartons (Styrofoam egg cartons not accepted curbside but are accepted at Metro North)

Shredded paper in a paper bag that is labeled as shredded paper

#### Don't put these in your bin:

Glass, plastic bags, styrofoam, styrofoam egg cartons, motor oil bottles and other automotive product bottles, containers for household hazardous material, paper towels, tissues or napkins, plates or cups, aseptic and waxed containers, like milk cartons or

juice boxes, gift wrap, photographs, blueprints and hanging file folders, bags that contained pet food, fertilizer, charcoal or kitty litter.

#### How to participate:

Participation requires the use of a recycling bin. This is required, because it signals the truck to stop. If you would like an extra bin, or need a replacement bin, please visit your local participating Westlake Ace Hardware or Price Chopper store. Bins are \$9 each.

#### Recycle:

Take your recyclables to the curb every week on the same day as your trash pick up. Every can, every day: Always remember to recycle your high value materials, like aluminum cans and newspaper!

#### Too much for the bin?

Set extra recyclables in cardboard boxes, paper bags or plastic tubs next to the bin. If you have more than two bags of trash, purchase trash tags for the extra bags at Westlake Hardware or Price Chopper.

### SPECIAL POINTS OF INTEREST:

- *The neighborhood garage sale is May 15th.*
- *The neighborhood association will sponsor a trash dumpster on May 22.*

The next general membership meeting is scheduled for July 20th, 2010.

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## BOARD NOTE

*We are trying a new idea for our newsletter. Starting with this issue we will feature an article written by our various board members. It is our hope that, through this effort, you will come to know our board members a bit better. Please remember, however, we encourage any neighbor to submit articles of interest at any time as this newsletter is produced for your benefit.*

One rainy morning last August in Happy Rock Park I noticed a hawk in a tree not far from Shoal Creek. Actually the hawk was heard before it was seen. His cry was urgent, persistent and anxious - a sad variant of the piercing scream of a soaring hawk. Looking up I saw a big, wet, darkly feathered creature. He periodically hopped from branch to branch as he continued whining. It occurred to me that this might be a fledgling hawk demanding that his parents feed him. His parents were not seen.

On several mornings after that I was entertained by a pair of juvenile hawks learning to fly. They must have been staying close to the nest and their parents. They flew to the softball diamonds and sat on top of the batter's cages. They were being bullied by some crows and there was lots of cawing, squawking and crying. The hawks were outmatched and gave up their perches twice to flee their tormenters. They were learning to fly but they weren't soaring just yet and they had not come into respected raptorhood.

The hawks were probably red tailed hawks. A nesting pair of red tailed hawks will usually raise two young. The young fledge at about 45 days. When they leave the nest they can't fly for a while and the parents must feed the fledglings until they are able catch their own food. A couple of months later I observed two hawks gliding on air currents with all the grace and assurance of adult raptors.

I'm hoping the hawks will return this year to raise another family. Red tailed hawks tend to use the same nest year after year. They add leaves to the nest and it can become quite large. So if you discover their nest or have the opportunity to be entertained by our red tailed hawks please let me know.

Susan Fair, SBIINA Secretary

### Postscript

Shortly after writing this article I saw a red tailed hawk in the park. At first as it flew from tree to tree I thought it might be an owl but as I walked across the playing field on the west side of Antioch the big bird flew away and it was easily identified as a hawk. As it flew off another hawk joined it. If you look west toward the Prospect bridge you can see what may be a hawk's nest in a big sycamore tree

<http://www.mdc.mo.gov/>

<http://www.seattleaudubon.org/birdweb/>

## NEW HAPPY ROCK PARK WALKING TRAIL

Some neighbors have asked about the bridge construction at Happy Rock park. Gladstone and Kansas City are working together as partners in the MetroGreen initiative. **MetroGreen** is an interconnected system of public and private natural areas, greenways and trails linking communities throughout the Kansas City metropolitan area.

The 1,144-mile greenway plan covers Leavenworth, Johnson and Wyandotte counties in Kansas and

Cass, Clay, Jackson and Platte counties in Missouri.

The concept of a metro greenway system is not new. MetroGreen extends the "parkways and boulevards" concept of the 1894 Kessler Plan for Kansas City, Missouri; builds on existing local greenway plans and systems; and is the next step in a project begun in 1991 by the Prairie Gateway Chapter of the American Society of the Landscape Architects. The new walkway will extend from

NE 72nd, north along the west side of N. Antioch, over the bridge, through the west section of Happy Rock park and will eventually extend under the M1 overpass to connect with the trails that will be included in the new housing addition, Parkway Village, on the west side of M1.

Those of you who may want to know more about the MetroGreen project are directed to the website <http://marc.org/metrogreen>

## A CASE FOR CATS

I want to say first of all that I love, love, love animals but especially dogs, any and all dogs. So why am I writing about cats?

It all started a couple of years ago when I noticed two gray cats, a male and a female, in my back yard. They appeared to be stalking the birds who were feasting at my bird feeder. I began talking to them and leaving cat food for them in the hopes they would leave the birds alone. After a few months, only the female

would occasionally appear.

With lots of time, patience, and cajoling she will now sometimes nap on the potting table under the eaves. She'll even let me touch her as I place her food dish on the patio.

She doesn't visit me every day and I find I'm disappointed and worried when I don't see her. I've since noticed she graces others in the neighborhood with her presence. I'm glad to know I'm not the only one she considers

a friend.

Yes, I love dogs but, this one small gray cat has won a place in my heart. I hope she will continue her brief but touching visits for a long time to come. I guess cats aren't so bad after all. Who knew!



## NORTHLAND NEIGHBORHOOD PROGRAMS

Northland Neighborhoods, Inc., (NNI) offers some monthly programs that are worth checking out.

Every 4th Monday of the month is "Meet Your Councilperson" which is a chance to meet and discuss concerns with city council people.

Every 3rd Wednesday is "Cop Talk", a chance to sit down with local police and share law enforcement concerns.

Every 3rd Tuesday is "1st District Problem Solving", a morning spent with city personnel and 1st district councilpersons to discuss new road work and community issues.

Please consider taking advantage of many of the wonderful resources NNI offers. They are located at 3015 NE Vivion and can be reached at 454-2000 or on the web at [www.nni.org](http://www.nni.org).

drive a elderly person to their Doctor's appointment, help a school child learn to read, do the grocery shopping for a shut-in. The rewards far outweigh the cost of your time and effort. It will lift their spirits and yours, you'll make new friends and give you an indescribable sense of well being. Please consider sharing your talents with others.

## DID YOU KNOW.....

Wyatt Loar, son of David and MJ Loar, celebrated his 4th birthday April 15th.

The Madsen family's much-loved pet boxer, Race, recently died. The family's other boxer, Sadie, is very lonely without Race. Pets are often more like family members and we sympathize with the Madsen family.

We understand Bob Brenne-man is still dealing with some health issues. Please continue to remember Bob and his family in your thoughts.

Volunteering just two hours a week can add up to 7 years to your life expectancy. There are many opportunities in the city for volunteers; sit with a person in a hospice facility,

drive a elderly person to their Doctor's appointment, help a school child learn to read, do the grocery shopping for a shut-in. The rewards far outweigh the cost of your time and effort. It will lift their spirits and yours, you'll make new friends and give you an indescribable sense of well being. Please consider sharing your talents with others.

## SPRING VEGETABLE QUESADILLA

### Ingredients

Quesadillas:

3 tablespoon olive oil

1 cup julienned yellow onion

1 cup sliced asparagus

1 cup diced zucchini

1 cup frozen corn, thawed and drained

½ cup small diced yellow pepper

1 cup grape tomatoes, halved

¼ cup thick and chunky salsa

1 tablespoon minced garlic

½ teaspoon each of dried oregano, salt and pepper

4-10 inch flour tortillas

1 ¼ cups shredded Mexican cheese blend

Chipotle-Lime Sauce (recipe below)

### Directions

1. Heat 1 tablespoon olive oil in a large sauté pan over medium-high heat.

2. Add onions and sauté, stirring occasionally until golden brown.

3. Add asparagus, zucchini, corn and yellow pepper; cook until vegetables are lightly browned.

4. Stir in grape tomatoes, salsa, garlic and oregano.

5. Remove from heat, and season with salt and pepper to taste; let cool.

6. To assemble, place tortillas on a

flat surface; evenly spread vegetable mixture on half of each tortilla and sprinkle vegetables with cheese. Fold tortillas in half over vegetables.

7. Oil a flat griddle with remaining oil and heat on medium. Place quesadilla on griddle and cook 2 -3 minutes per side.

8. Cut each quesadilla into wedges. Serve with Chipotle-Lime Sauce and garnish with cilantro prigs, if desired.

### Chipotle-Lime Sauce

1 cup light sour cream

3 tablespoons fresh lime juice

¼ teaspoon sugar

¼ - ½ teaspoon chipotle chili powder



### THE NEW LOOK OF THE SHOAL BROOK NEWS

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#### WE'RE ON THE WEB!

[NEIGHBORHOODLINK.COM/KC/  
SBII](http://NEIGHBORHOODLINK.COM/KC/SBII)

If you provide a service, live in the neighborhood and would like to have your information published in the newsletter at no charge, please contact Trish Martin at 468-7993.

**BUILDING PRIDE IN OUR  
NEIGHBORHOOD**

### Contact Information

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Secretary—Susan Fair 436-8619

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### Helpful Numbers

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Shoal Creek Patrol 413-3400

Poison Control 1-800-222-1222

