



# THE LINK

ISSUE 35 August 2010

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## Quotable Quotes

The difference between **school** and life? In **school**, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson. *Tom Bodett*

## Have any good recipes?

The City of Gladstone needs your recipes for their cookbook. Also needed is a name for the cookbook. Any recipes or ideas, please contact Paige Robbins at 423-4084.

## Newsletter Ideas?

Contact

Chris Reeves

436-0250

CLReeves\_KC@hotmail.com

## BOLLING HEIGHTS

### "BACK TO SCHOOL" BLOCK PARTY!

Saturday, September 11, 2010

1:00—3:00 PM

67th Terrace & North Holmes



**Bicycle Parade! Decorate your Bicycle or anything with wheels on it!**



**Ice Cream, Cookies**



**Games, Prizes**



**Water Balloons**



**Face Painting**



**AND MUCH MORE!**



A prize will be awarded to the winner of our coloring contest. Please color the last page of this newsletter (sign your name anywhere on the other side) and bring it with you to our "Back to School Block Party". Make additional copies for your friends to color. Adults may also color, but sorry, we can't award you a prize!

**Please invite your friends and family to this fun day in Bolling Heights. It's a great time for kids and adults alike to get to know their neighbors and community!**

A special THANK YOU to NNI (Northland Neighborhoods, Inc.) who prints our newsletter and is responsible for connecting people to resources in the community, and assisting neighborhoods, community leaders and businesses in the Northland. (www.nni.org). One of the best ways to show our appreciation is through volunteering our time when NNI needs assistance at the many community events it sponsors throughout the year and through donations. Let's help out when we can!

Do you develop a feeling about a house visually by looking at it from the street? If you do, it's either good, bad or indifferent. Try walking up onto the front porch and you may find that whatever feeling you had from the car or sidewalk might have changed the closer you got. You may be tickled pink to be in the warm inviting atmosphere of a particular home or you may begin to wonder if the people living in this house care about where they live with so many weeds and overgrown shrubs and piled up newspapers. What can't be seen from the street is evident on someone's front porch.

If we want people to feel welcome when they come to our home, we need to make sure essential details are looked at. If we don't, that welcoming feeling we strive to give our guests will fly right off our porch!

Recently, as I passed out flyers and had the opportunity to actually walk onto porches throughout the Briarcliff neighborhood, I realized how important this "welcoming feeling" is. When a property is clean of debris with freshly painted doors, clean windows, a nice wreath or ornament hanging on the front door, shrubs and plants that are maintained, a nice hanging basket, a lawn that has been mowed and a nice "Welcome" sign makes you actually "feel welcome".

Some houses boasted welcome signs but had debris and junk scattered around, dirty windows and very overgrown shrubs, among other needed repairs. An inviting atmosphere they were not and did not make their guest feel welcome on their porch.

So, what then is the difference between a house and a home? A house is simply a place where one goes to take care of daily business and sleep. It is a place where one lives. A house transcends the stigma of plainness without a unique appeal to its visitors.

On the other hand, a home is a welcoming place where visitors are drawn in to linger, talk, laugh and feel at ease. The dictionary states it as: "a place where one wants to be, a restful or congenial place."

I loved walking in the cool morning air gazing at the many unique homes that stood out with vibrant colors in their gardens as well as on their exteriors.

Some of the creative ways in which homeowners created winding front paths to their entryway or shrubs lined sidewalks was very interesting. Some of the tasteful and unique garden art all made a person feel at complete ease!

When you see an average street with distinctive homes setting it apart, those homes say, "Hello, I'm an interesting home and I have interesting people who live inside me! Come get to know me!

The first thing I did after my walk was come home for a complete assessment of my own front entry by cleaning any cobwebs off, cleaning the screen door, sweeping the front step, cleaning the glass on the front door and making sure my guests have a warm feeling when they get to my front door!

I was surprised to find many homes that appeared to be OK from the street were not as nice close up. Things I noticed when houses boasting "Welcome" signs but were anything but. If your house could talk, what would it say to you or its guests?

Take the Chastain's entry for example. It has been an icon in our community with its meticulously maintained shrubs and seasonal flowers along its walkway. The clean fresh look makes their house a showstopper!

The economy doesn't help with the ability of residents to be able to plant flowers and shrubs due to the expense. Tidiness, however, doesn't cost a cent! Simply sweeping the steps and porch clean, cutting back overgrown shrubs, removing dead ones, cleaning out cobwebs along with windows and mowing grass cost very little but goes a long way when it comes to the persona of your home! A nice coat of fresh paint gives a real pop to the entry as well.

How we present our home is how we are perceived as the dwellers inside. If you want a great experience, take a walk through your community. Go to streets you have never walked on before or didn't know existed and you will be delighted. It will also instill a sense of urgency to help your community out in areas that really need it!

***Theresa Quintero***

## THE LINK

### Home(s) of the Month(s)! July— August



**Smith residence 801 NE 67th Pl.**



**Donelson residence 803 NE 67th Pl.**

### BHCL Board



**Julie Sherbo**  
President



**Ginger Stone**  
Treasurer

#### Members:

Joan Tierney   Mark Sherbo   Chris Reeves  
Marie Perry   Karen Farris   Sheryl Wagaman  
Jean Vinson   John Hulsey

Interested in joining the Board or other volunteer opportunities for our Bolling Heights Community? Please contact Julie Sherbo 436-3070.

### Report Potholes

Please call  
Gladstone Public Works  
816-436-5442 or email:  
[publicworks@gladstone.mo.us](mailto:publicworks@gladstone.mo.us)



### Better Health for Dog Walkers!



Everyday I see more and more in our community walking their dogs.

New studies show that dog walking lowers your risk of high blood pressure, trims the waistline and reduces chronic conditions.

“The big one is that people who did not own dogs had over 3 times the odds of being treated for diabetes than those who walked their dogs,” says Cindy Lentino, an exercise scientist at the George Washington University School of Public Health. She found that regular dog walkers had a lower body mass index (BMI) and fewer chronic conditions and depressive symptoms than their counterparts. They also sat less every day, used less tobacco and had more social support.

Lentino says her results indicate dog walking is something medical and health professionals should include when talking about activities that promote a healthy and active lifestyle. “There’s definitely something special about dogs. They are inherently active animals,” Lentino says. “Dogs give owners a sense of purpose in that they need to be walked and humans need exercise, so I think that is the key. “

## “BACK TO SCHOOL” COLORING CONTEST!

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