



# THE LINK

ISSUE 29

MAY, 2009

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## Quotable Quotes:

I love spring anywhere, but if I could choose I would always greet it in a garden. ~Ruth Stout

If I had my life to live over, I would start bare-foot earlier in the spring and stay that way later in the fall. ~Nadine Stair

All through the long winter, I dream of my garden. On the first day of spring, I dig my fingers deep into the soft earth. I can feel its energy, and my spirits soar~Helen Hayes

Newsletter  
Ideas/Articles?  
Contact  
Chris Reeves  
436-0250

## Bolling Heights Garage Sale/Bake Sale! May 16, 2009 8:00 a.m. to 5:00 p.m. 6507 N. Campbell (Jim & Joan Tierney)

### Clean Up Time!

Please gather up all slightly used items (no bulky items, please) and bring to **6507 N. Campbell** (Tierney residence) for our 1st Annual Community Garage Sale.



All proceeds from the sale of these items will go to the Bolling Heights Community Link for future events, entrance sign costs, etc. You may begin delivering your items the week of the sale. Any of your donated items that do not sell, may be picked up at 5:00 p.m. or will be given to a charity of our choice.

*One Man's Trash is Another's Treasure!*  
If you have no items to donate, come by and browse. You never know what you may find!

### Bake Sale

Those of you who have been to our bake sale know it's the best! Stop by and stock up on the sweets!

**If you need help delivering your items to the sale, please call Joan 436-0158**

## Entrance Signs Neighborhood Identity Making Progress!

A meeting was held with Sam Aylett, Sam's Surveying Company, to discuss the easement survey to place our entrance sign at 401 NE 67th Place. All is moving swiftly, and BHCL President, Winnie Estep, said, "Sam is great to work with." The small sign at the Harrison/Campbell split will be installed first, as no survey will be required. Thanks to Sam Aylett for his professionalism and prompt attention.  
**IN NO TIME AT ALL, EVERYONE WILL KNOW WHERE BOLLING HEIGHTS IS!**



## Recipe of the Month! Thanks to Marian Murphy

### CRUSTLESS STRAWBERRY PIE

You will need:

- 2 boxes sugar free strawberry Jello gelatin
- 2 boxes sugar free vanilla pudding (Cook & serve kind)
- 4 cups cut up fresh strawberries
- Fat free Cool Whip
- 9 x 13 Pan
- A whisk to mix together

Add Jello gelatin mix to 3 cups boiling water and mix well

Add pudding to 1 cup cold water, mix well and then microwave for about 2 minutes. (It is best to whisk pudding about every 30 seconds during the cook time. It should look like pudding when it is cooked enough).

Add cooked pudding mixture to the Jello mixture and whisk well, until pudding is dissolved into Jello. Set aside to cool while you are preparing the strawberries. Whisk it from time to time to keep the pudding mixed up and to help cool the mixture.

Put the cut up strawberries in the pan, pour Jello/pudding cooled mixture over them and chill at least 2 hours before serving.

Top with 6 tablespoons Cool Whip (Sugar free, etc.) and a few slices of strawberries before serving.

One half of the pie is only 227 calories, 0 fat, 0 cholesterol, 695 MG sodium, 17grams carbohydrates, 3 grams sugar, and 4 grams protein.

**Low in calories, but  
non-dieters will love it too!**



Are reverse mortgages too good to be true or are they worthwhile financial options for seniors?

## May Senior Workshop - Reverse Mortgages

Find out at the May 13 senior workshop, 9 a.m. at NNI, 3015 NE Vivion Road. Robert Todd with Urban Financial Group will lay out the facts about reverse mortgages. Todd will separate truth from fiction in his discussion of the "Top 10

Myths About Reverse Mortgages." As an added bonus, he will give out a \$20 gift certificate to Hereford House as a door prize.

## Thanks to All!

Who help our community by cleaning up brush, mowing and hauling off leaves for those who are unable or don't have the means to do it themselves. The **Bolling Heights Beautification Committee and volunteers** have worked countless hours

improving our neighborhood. Thanks to all!

**Those wanting to help with clean up events, or those needing help removing brush and leaves from their property, please contact Ron Murphy 436-3261.**

**Codes Violation:** Grass, weeds and other rank vegetation must not exceed 10 inches in growth on any property.



## How to Stay Young

Try everything twice.

Keep only cheerful friends. The grouches pull you down.

Keep learning: Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. An idle mind is the devil's workshop.

Enjoy the simple things.

Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with him/her.

The tears happen: Endure, grieve, and move on. The only person who is with us our entire life is ourselves. LIVE while you are alive.

Surround yourself with what you love: Whether it's family, pets, keepsakes, music, plants, and hobbies, whatever. Your home is your refuge.

Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

Don't take guilt trips. Take a *trip* to the mall, or a *trip* to the next county or a foreign country, but NOT to where the guilt is.

Tell the people you love that you love them, at every opportunity. *Unknown*

### What Keeps our Neighbors Young (at Heart)?

#### Henry Smithmier

“Family”, says Henry Smithmier. “They’re a joy!” He should know..Henry recently welcomed Thomas Robert Smithmier to his family, **great grandchild #25**. Never one to sit still for long, Henry has always been an avid golfer, and was featured in an Excelsior Springs newspaper, being the “oldest” member playing at a tournament there. Henry fondly remembers caddying at the first night golf game in the U.S. held in Kansas City, at the Eastwood Hills Country Club, **in 1930!**

#### Winnie Estep

“Young at Heart”, Winnie Estep, says the following keeps her young:

“Getting up each morning with a purpose; Doing for others.”

“Being happy with yourself—knowing you have made someone’s day with your kindness. Happiness in your own heart extends to others.”

“A good recipe for life is family & friends. Caring thoughts about those in your life.”

*Don't you know that's its  
worth every treasure on earth*

*To be Young at Heart*

*For as rich as you are  
It's much better by far*

*To be Young at Heart*



*Henry Smithmier*

## Electronic Waste Collection Event

**Saturday, June 20<sup>th</sup> 9AM—2 PM**  
**Metro North Mall (next to recycling center)**

**Safely dispose of your old computer, television, and other electronics. Open to the Public**  
**Some fees apply:**

Computer Monitors .....	\$12
Televisions up to 19" .....	\$10
Televisions up to 32" .....	\$15 \$20
Above 33" and console televisions .....	\$25 \$30
Desktop printers, large faxes & scanners...	\$6
Larger printers .....	\$25
Hard Drive Cleaning .....	\$6
Hard Drive Destruction .....	\$10
Microwaves .....	\$10
Cables, Keyboards .....	Free

Congratulations to the Bolling Heights Community Link Board of Directors. Elections were held April 16th.

### Members:



Winnie Estep  
President  
436-3271



Joan Tierney  
Vice President  
436-0158



Sheryl Wagaman  
Treasurer



Julie Sherbo  
Secretary

Ron Murphy  
Mark Sherbo  
Chris Reeves  
Jeanine Sifers  
Karen Farris  
Marie Perry  
Ginger Stone

**Any concerns, questions or suggestions, please give us a call.**



## Prescription Discount Card

The City of Gladstone has a new program to offer savings on prescription drugs to residents who are without health insurance, a traditional benefits plan, or have prescriptions that are not covered by insurance.

The Prescription Discount Card is made available to residents by the City of Gladstone in collaboration with the National League of Cities (NLC) and is made possible through Gladstone's membership in NLC.

The card is FREE to all City of Gladstone residents, regardless of age, income or existing health insurance. By using this card you may save an average of 20% off the regular retail price of prescription drugs at participating pharmacies.

This is not insurance. Discounts are only available at participating pharmacies. By using this card, participants agree to pay the entire prescription cost less any applicable discount. Savings may vary by drug and pharmacy.

**Residents may pick up a card at the following locations:**  
**City Hall, Community Center, or Public Works.**