



Carriage Hill 7-9 Homes Association, Inc.

**2010 GLADSTONE STRIVE TO THRIVE  
WELLNESS CHALLENGE**



Strive to Thrive is a four-week friendly fitness competition amongst small teams of businesses, civic groups, churches, neighborhoods and other community groups within the City of Gladstone. The challenge will be held during the month of May 2010. The winning team is the group with the highest average number of walking minutes (per participant) over the four-week program. Gladstone will announce the winning team at the ribbon cutting for the new Shoal Creek Trail on June 5.

How it works

Strive to Thrive motivates you and your team to become more active while building community camaraderie. Together, over the four-week program, you and your team members will record the number of daily minutes dedicated to walking (or other aerobic activity) and the

number of servings of fruits/veggies you are consuming daily.

A team has been formed for Carriage Hill 7-9 Homes Association. Please go to [http://www.gladstone.mo.us/strivetothrive/signup\\_form.php](http://www.gladstone.mo.us/strivetothrive/signup_form.php) and sign up as a team member before April 30. Then, during the month of May, record the number of minutes spent walking or exercising each day, and the number of servings of fruits and vegetables consumed each day. These numbers must be submitted each week.

Let's get out there and show that we're the best in Gladstone!

**GARAGE SALES**

A listing of area neighborhood garage sales is available on the Northland Neighborhoods, Inc. website at <http://www.nni.org/news/community-garage-sales.html>.

Don't forget that our neighborhood garage sale is Friday and Saturday May 7 and 8. If you are planning to participate, you will need to get your free garage sale permit from the city of Gladstone.



## WELCOME NEW NEIGHBORS

Andrea and Don White at 4004 NE Shady Lane

## INTERESTED IN HELPING YOUR COMMUNITY DURING A DISASTER C.E.R.T.

The Community Emergency Response Team (CERT) program is designed to train each member to act as individuals first, then later as members of teams. Trained CERT volunteers can fan out within their assigned areas, extinguishing small fires, turning off natural gas inlets to damaged homes, performing light search and rescue, and rendering basic medical treatment. Class is May 1 8:00am to 5:00pm, May 6, 6:00pm til 10:00pm and May 8 from 8:00am to 5:00pm. Classes will be held at City hall.

To Register of for more information call Chuck Duddy at 816-423-4081 or email [chuckd@gladstone.mo.us](mailto:chuckd@gladstone.mo.us)

Gladstone clean-up Days are April 30, May 1<sup>st</sup> and May 2<sup>nd</sup>.

Gladstone pays money each year so that Gladstone residents can dispose of hazardous waste for free at the Household Hazardous Waste location across the Chouteau Bridge. You have to call ahead and let them know you are coming and live in Gladstone; otherwise, it costs \$10.



## GLADSTONE CITY MARKET

Starting May 1<sup>st</sup>, Gladstone will have its own City Market at 70<sup>th</sup> and Locust. Hours will be Wednesdays 3:00 p.m. to 7:00 p.m. and Saturday's from 7:00 a.m. to noon. The produce will be locally grown.

## DON'T LET BARKING DOGS LIE

Dogs bark. It's a fact of life. But if it's your dog that's barking, please bring them indoors or otherwise see to their needs. Continuously barking dogs can be an annoyance to your neighbors.



## NEXT BOARD MEETING

The next Carriage Hill Homes Association Board meeting is scheduled for Monday May 17, 2010 at 7pm. Meetings are held at Meadowbrook United Methodist Church at 2800 NE 64th Street (by the PriceChopper parking lot)

## HELP WANTED

Northland Ear Nose and Throat, P.C. is looking for a medical office biller with at least 3 years of experience. If you, or someone you know, may be interested, please contact Theresa Coats at (816)781-1001 or [TCoats@northlandent.com](mailto:TCoats@northlandent.com)

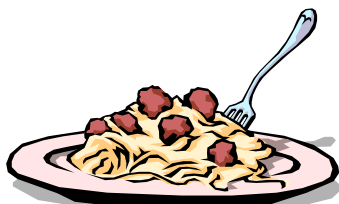
### SPRING AT LAST

The NorthStar Community Band will be presenting its Spring concert, "Spring at Last" on Friday, April 30, 2010 at the Oak Park High School Auditorium. The concert is free, and so are the refreshments. Oak Park High School is located at 825 NE 79th Terrace.



### DINNER MEETING

Approximately 45 residents enjoyed a catered dinner provided by Olive Garden at March 7th's dinner and Board Meeting. Chris Cox from Friends of the Atkins-Johnson Farm was there to share some of the history and future of our local historical preservation project.



### E A S T E R E G G H U N T 2 0 1 0

Several children from Carriage Hill 7-9 and Carriage Hill Ellington Estates gathered on March 27 to visit with the Easter Bunny, color eggs, decorate cookies, and of course hunt for Easter eggs.



