

MPNA GRAPEVINE
February/March EDITION
BI-MONTHLY
MAPLE PARK NEIGHBORHOOD ASSOCIATION
4937 N. FREMONT
KANSAS CITY, MO 64119
VOLUME 14, ISSUE 1

The MPNA meets the third Tuesday of every month. The February 19 and March 18 meetings are at Maplewood Elementary School and the Board of Directors meet first Tuesday of each month at the Tower View Baptist Church.

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If you wish to subscribe or unsubscribe to this newsletter, you may do either on the MPNA Website, www.maplepark.org or you may call 510-1910. This newsletter is a free publication.




THE MPNA GRAPEVINE

Local Businesses

The businesses you see advertising in our newsletter pay the postage to make mailing our publication possible. Support their business and mention you saw their ad in our Neighborhood Newsletter. Their support is important to us and our support is important to them. They provide excellent products and services. We encourage you to support these businesses near Maple Park. We want them to be successful and to stay with us. It really does make a difference where you spend your money.

MPNA has scheduled a Spring Cleanup

The tentative date is May 3, 2008. There will be two dumpsters. One will be for trash and one for brush. Christy Harris is the chairperson for this event. These events are held at Maple Park School. For further information contact Christy. Further information will follow.

Cooper		Automotive
Car Problems? We can help!		Present this Coupon for \$10 Off on \$50 or more in service.
Open Monday-Saturday		Coupon Expires May 15, 2008 One Coupon per Visit
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TACO TUESDAY		Open Tuesday-Saturday 7am-9pm
452-9745		
EL SOMBRERO RESTAURANT		
79 E. 69 Hwy, Claycomo, MO 64119		
Owned and Operated by the Barrera Family for 43 Years!		
Best Mexican Food North of the River!		
Reservations and Call-in Orders Welcome		

Thanks to all who helped with the MPNA Christmas Dinner!

I would like to thank everyone for the for the time and effort that went into planning and preparing our annual Christmas Dinner. What made it really special was not the pretty decorations or even the great food. What made it so special were the smiles on everyone's faces, and the laughter of the children. I recall one little boy who was so happy he had won a prize. He was just beaming with excitement. We are truly blessed to have such a wonderful caring neighbors. The Christmas season is a time of sharing and giving thanks for what we have. Thanks to your generosity were able to provide Christmas Dinners to families in our neighborhood who may have gone without. I would also like to thank our police officers for taking the time out of their busy schedules to come and have dinner with us. This is our way of saying thank you for protecting our neighborhood. We appreciate everything you do for us.

Pat Foiles, MPNA Secretary

Visit the MPNA Website

The Maple Park Neighborhood Association website has many links to information both in our area and within the Kansas City and Missouri areas. You will find information about city services and local businesses. Along with MPNA information, there is also a connection to the Missouri Sex Offender Database. The internet is a fantastic resource. Visit our website!

Newsletter Information

Maple Park Neighborhood is really committed to making some changes to this newsletter. It will better serve the neighborhood if it includes CURRENT LOCAL NEWS. Anyone have a new job or a promotion, a new baby or grandbaby, visitors from out of state? Did anyone retire? Is anybody getting married or divorced that wants to share this news with us? Do you have any new neighbors, or old neighbors that are moving? Anyone have children or grandchildren doing something they are proud of. Did anybody graduate from anywhere, get engaged? Anyone buy their first house? These are things we would love to put in this newsletter, but, guess what, if you don't tell us this stuff we can't announce it. Please help us gather this information and together we can make this a much more interesting newsletter.

It would also be cool to have articles of a historic nature regarding Maple Park. Who has been here a long time? What used to be where your home now sits? What do you find interesting that others may not know about Maple Park? What was here at the turn of the century? How long has your family lived here, or someone else's? If anyone has any stories to tell we would like to hear them. We will listen and we will write the article. You really don't have to do any work for this to happen. All you need to do is call Larry at 510-1910 or contact any board member, make a pot of coffee and sit and reminisce about the old days and we will do all the writing. We would love to hear and share your stories. This newsletter is about YOU.

How to Boost your Metabolism

To burn more calories eat small meals throughout the day. Eat every 3 to 4 hours. Never let yourself go hungry this will slow down your metabolism. When you don't eat your body perceives this as a threat of starvation and slows your metabolism in order to hang on to what ever calories you do consume.

(816) 452-8226

Chinese Garden Restaurant

Dine In and Carry Out

405 NE 69 Highway
Claycomo, MO. 64119

A Special Day

If you think LOVE really does make the world go around February 14th is the day for you. Let's all take a little time out of our busy schedules and let those loved ones know how we really feel about them. Many of us have been married for so long by now we tend to take each other for granted. This is NOT the day for that. Make it special. I guarantee the reward will be yours. I hope we get this newsletter out in time to help you remember.

Nelle Belle's Diner Home-Cookin'

150 NE 69 Hwy
Claycomo, Missouri

Dixie Edwards
Owner

Calendar:

February 15 - KKCS D No School (Staff Development)

February 18 - Presidents Day, NKCS D No School

February 19 - MPNA meeting.

March 4 - MPNA Board Meeting

March 17-21 - NKCS D No School, Spring Break

March 18 - MPNA meeting

April 1 - MPNA Board Meeting

Need a stove? This one is free!

Do any of you know anyone that needs a stove? I have a yellow electric stove in very good working order that I want to give away. It just needs one oven knob and some cleaning. Call Larry @510-1910. I can even deliver it to anyone in the neighborhood that needs it.

Is it time for a New Years resolution to make a change?
Do you want to help someone (even yourself) stop smoking?

Start New Years Resolutions off right this time!

Are You Ready to Get Rid of BAD Habits Once and For All?

It can be a great gift to yourself or someone you care about!

*I invite you to consider Clinical Hypnosis to address these issues and more. If you are interested, give me a call or visit my website. If you are not interested in hypnosis, but prefer traditional counseling, feel free to contact me for those services as well.

Choices & Changes

Professional Counseling and Clinical Hypnosis

Babette M. Hiles, Psy.D.LPC, NBCCH

244 NE 69 Highway 201D, Claycomo, MO. 64119 (816)436-2630

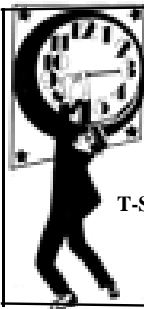
www.choiceschanges.com

Holiday Special Offer
35% off initial visit with this coupon!

Recipe of the Month

Skinny Chicken Stroganoff

4 slices turkey bacon, cooked and crumbled
6 ounces uncooked extra-broad cholesterol-free egg noodles
3/4 cup reduced-fat sour cream
1/4 cup all purpose flour
1 can (14 1/2 ounces) 99% fat-free chicken broth
1/4 teaspoon salt
1/8 teaspoon ground black pepper
8 ounces mushrooms, sliced
1 cup chopped onion
1 pound boneless, skinless chicken breasts, cut into 1/4-inch strips
1 clove garlic, pressed
2 tablespoons snipped fresh parsley
1. Cook bacon oven medium heat until crisp. Crumble and set aside.
2. Cook noodles according to package directions; drain and keep warm.
Meanwhile in small bowl whisk together sour cream and flour until well blended. Gradually whisk in chicken broth until smooth. Stir in salt and pepper; set aside.
3. Slice mushrooms and chop onion. Slice chicken into 1/4-inch strips. Heat skillet over high heat until hot. Add chicken; cook and stir 5 minutes or until no longer pink. Remove from skillet and keep warm.



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Richard Nigro, President

4. Reduce heat to medium. Add mushrooms, onion and garlic. Cook and stir 3 minutes.

Return chicken and reserved bacon to skillet. Stir in sour cream mixture; bring to a boil. Reduce heat and simmer 2 minutes, stirring constantly.

Stir in parsley; serve over noodles.

Yield: 6 servings

Nutrients per serving: Calories 300 (22% from fat), Total fat 7 g, Saturated Fat 3 g, Cholesterol 70 mg, Carbohydrate 31 g, protein 27 g, Sodium 590 mg., Fiber 3 g

Diabetic exchanges per serving: 2 starch, 3 low fat meat (2 Carb)

Child Safety in Maple Park

Bob Geist, principal of Maplewood Elementary School is putting together a Mo Chip event. This is where a record of children's DNA, dental records, pictures etcetera are gathered and filed. In the event that at some future date a tragedy should befall one of these children this information is readily available to those who will need it. This is done at no cost to the parents. Bob's idea is to have a BBQ and make a day of it. He knows from previous experience that if he just asks parents to do this very few participate. Bob's goal is to process 5000 children. He knows that if he gets 100 done it will be a success. All of this costs money and requires volunteers. He estimates \$750.00. He is working on food donors and other help. MPNA would love to support this event. This is a good cause. Our children are our future. Since we are a 501c3 charity any money you wish to donate to this cause thru us is tax deductible. If you want to give directly to the school or if you want to volunteer call Bob at 413-4800 or call Larry at 510-1910. The tentative date for this event is May 10, 2008. All donations and volunteers must be in place by April 1, 2008. There will be more information to follow. I do not know a lot about how this works and hope I have made an accurate assessment. For more information call Bob.

Come to the MPNA membership meetings!

The Maple Park Neighborhood meeting is on the third Tuesday of each month. The February meeting is February 19 and the March meeting is March 18. The location of the neighborhood meetings is at the Maplewoods Elementary School at 52nd and Fremont. If you live in Maple Park and are 18 years old or older, you are a member of the MPNA. The MPNA meetings are open to everyone, even if you do not live in Maple Park.