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On The Agenda

**MONTHLY LUNCHEON
MARCH 12TH**

**PRINCIPAL ROB KROLL
HILLCREST HIGH SCHOOL
EXPANSION**

11:30 - 1:00 PM
COX COLLEGE - FOUNTAIN ROOM

LUNCH \$12
BRING A GUEST

Stay Connected

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In The Future

**MONTHLY LUNCHEON
APRIL 9TH**

**COURTNEY PINKHAM
2020 CENSUS**

11:30 - 1:00 PM
COX COLLEGE - FOUNTAIN ROOM

LUNCH \$12

Northsider

Volume 29

March 2020

Issue 3

HEALTHY HEART TIPS

Our luncheon speaker not only has professional expertise when it comes to heart disease, but also a recent family experience which she revealed in the form of a case study example for the audience, Charity Hall a Family Nurse Practitioner with OCH Evergreen Clinic spoke candidly about her mothers recent health challenge as a way to relate the importance of knowing the warning signs of a heart attack.

According to Hall, Missouri has some startling statistics when it



February is American Heart Month and Charity Hall from OCH Evergreen Clinic spoke to our luncheon crowd about how to keep your heart healthy all year round.

the most recognizable risk factors for heart disease, like smoking, high blood cholesterol and poor

diet practices; she listed substance abuse, being over 65 and untreated sleep apnea as other top concerns.

Being familiar with some of the lesser known symptoms of a heart attack, such as, being unusually tired for no reason, nausea and light-headedness in addition to chest, neck and arms pains.

Hall said, "Seek help if you experience chest

pains for more than 5 minutes. She went on to share that 85% of all damage happens in the first 2 hours after a heart attack.

In north Springfield there are several places to go if heart attack symptoms present themselves; Cox North ER, and the OCH, Family Medicine and Mercy walk-in clinics.

25% of all Deaths in Missouri are Attributable to Heart Disease

14,000 Missourians Die Each Year from Heart Disease

Missouri Ranks 11th in the Nation for Heart Disease

Heart Disease is the #1 Killer in Missouri

continued on page 2

Macadoodles Wine Tasting

Our good friends and partners at Macadoodles north, 3080 N. Kentwood - (Glenstone and I-44), are hosting a Wine Tasting for NSBA on Sunday, March 22 from 2:00-4:00 pm. The cost will be \$20 to participate and there will be some great auction items. Board member Marcy Dollens-Rears is coordinating this event, and is looking for volunteers and would love you to consider donating a silent action item.

continued from page 1

Some preventative measures we can all take to help reduce heart disease; a diet low in sodium; exercise; avoid highly processed foods, eating lean meats; whole grains and fiber are important. Substitutes for sugar are cinnamon, nutmeg, mint, ginger, vanilla and fresh fruit. When it comes to getting active, Hall recommended starting out slow if you're not used to getting exercise, and for those that don't feel like they have time to exercise, she recommend "creative bursts" as a alternative. This is when a person breaks their activity in to 10, 10 & 10 minutes bursts throughout the day; which gets you a 30 minute workout. Other suggestions we walk in the office, walk in place, dance in your office. The bottom line is find something you enjoy and just start slow.

Creative Bursts of activity are breaking a recommended 30 minutes per day regimen into 10, 10 & 10 minute intervals.



The NSBA Betterment Awards recognize efforts to improve properties in north Springfield. If you'd like to nominate a property owner contact NSBA Board Member Brent Gilstrap.

Carla Smith, pictured left, looked for a long time for a home that was all she ever wanted, before finding the right one on north National. NSBA member Helen Votaw offices across the street from the Smith home and was pleased to present the Residential Betterment Award in February.



The Hillcrest Hornet Endowment Fund was established by Hillcrest High School alumni and other dedicated parties during the 2015 school year. The annual interest earned on the fund is used to assist current Hillcrest students with expanding and advancing their educational experiences. Decisions on the distribution of the funds is made by a committee of Hillcrest High School staff members.

Only current students are eligible to receive monies from the Hornet Endowment Fund. Students must have a record of good citizenship, exhibit an authentic interest in expanding his/her educational experience, and have a genuine need for financial assistance. Applications may be submitted by the student, a parent/guardian, or staff member.

Hillcrest High School Principal Rob Kroll will be our guest speaker at the March luncheon and he will have t-shirts available to purchase for \$10. 100% of proceeds go to the Hornet Fund.

Who We Are



Our Purpose:
To encourage and promote worthwhile and honorable endeavors which will make North Springfield a better place in which to work and live. Our intent is to be alert to our community's needs and well-versed and knowledgeable in order to take constructive action for community betterment.

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Northsider is published monthly and intended to encourage North Springfield business owners and residents to engage in activities, which better their community. All articles should be submitted to the editor three weeks prior to the scheduled luncheon.

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Letter from the NSBA President



We now have a save-the-date for our 50th Anniversary celebration - June 13th from 10:00 AM - 2:00 PM at Silver Springs Park. You'll start to see more about this exciting event in this newsletter, on Facebook and our website; including a call for north Springfield school students to place items in our time capsule!



Also, mark your calendar for the 23rd Annual Attendance Party on May 5th. Rick Fay and Dr. Courtney Martin are this years co-chairs. Some of the ways you can be involved with this event include, vendor sponsors and volunteers. Also, please consider joining the 100 Club - by giving \$100 or a new bicycle or scooter to be given away at the party.

Finally, we have board positions available at this time. Please see me about your interest in serving our association!

As always, thank you to everyone for what you do to make north Springfield a great place to live, work and raise a family!

Jacquie Breedlove-Harness, NSBA President

Nate's Notes



DID YOU

Students miss school for many reasons; like bullying, homelessness and feeling out of touch with the lessons and teachers. Other issues include cultural biases and misconceptions that sporadic absences in the younger grades is harmless.

- attendanceworks.org

NSBA Notes

Become an NSBA Member Today!

Membership Dues

Retired Individuals: \$25

Neighborhood Associations: \$25

Single Membership: \$75

Corporate for 2 individuals: \$125

Corporate for 3 individuals: \$150

Plus 3-person Corporate Memberships will get to present a 10-minute company profile at an NSBA General Meeting

Contact any board member for more information.

**A Single Membership is one person, with or without a company affiliation, who wants to join NSBA.*



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It's a New Year! Is it time to think about serving on a NSBA Committee?

Here are the various committees you can be involved with: Attendance Party, Betterment, Fundraising, Glenstone Islands, Membership, Program and Public Communication.