m

Happy AugustBirthdays

THE HOMES, INC August 2015

NEWSLETTER

THE HOMES, INC ∙660 MANORCREST, KANSAS CITY, KS 66101 ∙913-321-2471∙www.thehomesinc.com

**NIGHT OUT AGAINST CRIME**

**TUESDAY, AUGUST 4TH**

**5:00-8:30PM**

**FREE FOOD, GAMES AND PRIZES**

**NATIONAL GUARD ARMORY**

**18TH & RIDGE**

Inside This Issue

Neighborhood Watch 2

Board Meeting Minutes 3-5

Events 6

Q.H.F.C.U 7

Helpful Hints About Living in The Homes 8

Cooling Centers, Spray Parks and Pools 9

Tips on How to Beat the Heat 10

Public Service Announcements 12

Units for Sale 13

Calendar 14

**IF YOU HAVE A NEED TO CALL THE AFTER HOURS MAINTENANCE PHONE, ALWAYS LEAVE A MESSAGE.** The after hour’s maintenance phone is for **EMERGENCIES ONLY**. Turning on your outside water, etc. are not emergencies. A clogged toilet is an emergency. Please be mindful of this.

**IMPORTANT TELEPHONE NUMBERS**

THE HOMES INC 913-321-2471

AFTER HOURS MAINTENANCE 913-948-2211

Q.H.F. CREDIT UNION 913-342-3421

KCK POLICE DEPARTMENT 913-596-3000

KCK ANIMAL CONTROL 913-321-1445

POTHOLES 913-573-8307

CITY QUESTIONS & COMPLAINTS 311

STREET LIGHTS/POWERLINES 913-573-9522

BPU 913-573-9000

KS GAS SERVICE 1-800-794-4780

REMEMBER TO MOW YOUR LAWN ON A REGULAR BASIS. IF THE HOMES HAS TO MOW YOUR YARD THE FIRST TIME CHARGE IS $75 AND EVERY OTHER TIME IS $150.

THE HOMES

BOARD MEETING

August 17, **6:30pm**

IN THE CLUBROOM

Stockholders and residents are welcome

FOLLOW US ON ...  AND 

**NEIGHBORHOOD WATCH NEWS**

**Tuesday, August 4**

**Come join us at National Night Out Against Crime**



1. How many double units are for sale?

MINUTES OF THE BOARD OF DIRECTORS

THE HOMES, INC.

July 20, 2015

President Kayla Ross called the regular monthly meeting of the Board of Directors of The Homes, Inc. to order at 6:30 p.m. on July 20, 2015.

Present were: Kayla Ross, Elaine Hines, Frank Moss, Charles Sawyer and Effie Barber, Board Members; Elizabeth Bothwell, Manager; Greg Goheen, Attorney; and Karen Brokesh, Transcriber.

Twelve stockholders attended the meeting.

President Ross welcomed the stockholders and occupants to the meeting. President Ross also asked all persons in attendance to hold their questions and comments until after the finish of regular business at which time anyone who wishes to speak will be allowed to make a statement.

President Ross reminded all attendees to state their name and address so that the minutes can accurately reflect all comments made during the open session. Everyone was asked to hold their comments until executive session or to speak with the manager one-on-one if they did not want their comments reflected in open session.

Stockholders are reminded that if they have a problem with their unit, to please report it to the office during regular business hours.

It was announced that the work order report for June, 2015 has been posted.

Minutes of the regular meeting of June 15, 2015 and the June 15, 2015 Executive Session had previously been distributed to all board members. Elaine Hines moved to approve the minutes as submitted. Seconded by Charles Sawyer. Carried unanimously.

Treasurer Moss reported that the financial statement for June has been reviewed and found to be in good order. Frank Moss moved to accept the financial report as presented. Seconded by Elaine Hines. Carried unanimously.

The stockholder change requests approved by the manager this month are:

9 Reidcrest: Install central air – Arline Ayers. Work will be done by John Clair Heating & Cooling.

3159 N. 9th Street: Install 8 x 10 shed – Raymond Garcia. Work will be done by self.

There were no stockholder change requests for board consideration.

Prior to this board meeting, the board voted unanimously to foreclose on the shares of stock owned by Rick Elleman at 906 Manorcrest and Benjamin Cantwell at 3140 N. 9th Street. Elaine Hines read the stock transfer approvals as follows:

|  |  |  |
| --- | --- | --- |
| **ADDRESS** | **TRANSFER FROM** | **TRANSFER TO** |
| 906 Manorcrest | Rick Elleman | The Homes, Inc. |
| 3140 N. 9th Street | Benjamin Cantwell and Keith Thompson | The Homes, Inc. |
| 15 Summitcrest | Joni Olivarez | Quindaro Homes Federal Credit Union |
| 17 Summitcrest | Joni Olivarez | Quindaro Homes Federal Credit Union |

|  |  |  |
| --- | --- | --- |
| 27 Summitcrest | Daniel Michael Renfro and Cynthia McGrew Streeter | Cynthia McGrew Streeter |
| 29 Summitcrest | Daniel Michael Renfro and Cynthia McGrew Streeter | Cynthia McGrew Streeter |
| 54 Viewcrest | Oscar R. Osorio and Martha P. Houtchens | Quindaro Homes Federal Credit Union |
| 68 Viewcrest | Susanna Jeanette Neely | John B. Neely and Lori Kay Neely |
| 121 Viewcrest | Jose Israel Garcia and Adalberto Aguirre | Adalberto Aguirre |

After being informed that the stock transfers were in order, it was moved by Elaine Hines and seconded by Effie Barber that the Corporation waive its option to purchase the shares of stock and approve transfer of 15 Summitcrest, 17 Summitcrest, 27 Summitcrest, 29 Summitcrest, 54 Viewcrest, 68 Viewcrest and 121 Viewcrest and to purchase the shares of stock at 906 Manorcrest and 3140 N. 9th Street. Carried unanimously. The manager was reminded that all original signed stock certificates must be stored with the credit union if the stockholder has an outstanding loan.

*Reports and Announcements:*

The Neighborhood Watch Committees will use the $2,725 grant it received from the Neighborhood Horizon Fund to purchase a commercial grade swing set. It will be ordered soon.

The Finance Committee did not meet this month.

The Lawn of the Month committee announced the following winners for this month:

 1st place – 3141 N. Allis 2nd place – 87 Viewcrest 3rd place – 3164 N. Allis

There was no report from the Bradford-Coffelt Memorial Tree Committee.

The winner of the stockholder trivia drawing this month is 127 Viewcrest who will receive $25.00 of next month’s maintenance fee.

Manager announced that the Doggy Day Out and cookout scheduled for July 25 has been cancelled due to a conflict with the Humane Society.

Stockholders were reminded that the speed limit in The Homes is 20 mph and please look out for small children playing outdoors.

Trash may not be kept outside unless it is kept in a trash container with a lid. Garbage and trash should be placed at the curb no earlier than 4:00 p.m. the day before scheduled pick-up. Stockholders are responsible for cleaning up any trash left at the curb for any reason (dogs, wind, trash, spillage) by 8:00 a.m. If, for any reason, a garbage can is left at the curb after 8:00 a.m. the day after trash pickup, the maintenance men will pick up the can, along with any toys, bikes and other items left lying in the common areas as rubbish.

All dogs must be leashed. It does not matter if your dog is small or is always friendly to everyone. If the dog is outdoors, it must be either on a leash or a tie out. Please be careful leaving dogs tied up outdoors alone, as wild dogs have been known to attack pets in the neighborhood and several small dogs and cats have been killed this way. If stockholders do not comply, they will lose their pet privileges. If you do not remove the pet, the board will pursue eviction.

*Old Business to be Discussed:*

The spring inspections are planned to begin this week.

Public Works issued a letter stating that all streets in The Homes are city owned and maintained. Manager has sent this letter to several police officers to assist them with enforcing parking laws. Manager has created a petition to circulate to request repairs to the parking and streets. The petition will be kept in the office and all are encouraged to stop by and sign it.

*New Business to be Discussed:*

The annual corporate report has been filed with the Kansas Secretary of State.

At the end of July, occupancy forms will be sent to all residents along with a disaster preparedness guide. It is very important that residents return their occupancy form to the office by August 15, 2015. Please review the disaster preparedness guide.

Recently, one of the nets was stolen from the soccer goal. The corporation pays for this equipment so it is in everyone’s best interest to protect the equipment.

The 2016 budget for the Unified Government is increasing funding to the Parks and Recreation Department. Manager has requested to have the bathrooms at Roswell Park removed.

Le Vo, 87 Viewcrest, would like to remove railroad ties and stones at the bottom of her yard and add it back to the common ground so she no longer has to maintain this area as a garden any longer. This should not create a mowing issue. Elaine Hines moved to approve this request. Seconded by Charles Sawyer. Carried unanimously.

*Comments from Directors and Attorney:*

None.

*Comments from Stockholders:*

Dottie Reynolds, 38 Summitcrest, inquired about the status of tree removal after the recent storms.

Sherry McCool, 12 Summitcrest, thanked all staff for all they did during the recent storm and noted that tree trimming and removal over the last few years really helped minimize the damage.

Bob Anver, 110 Viewcrest, asked about the status of the new picnic table.

Bob Whittington, 127 Viewcrest, reported a sidewalk that needs repairs and reported a power line that needs to be checked near his unit.

Beverly Waltrip, 25 Viewcrest, thanked all the staff for their help during the storm cleanup and asked about when the Viewcrest parking would be installed.

John Delameter, 16 Summitcrest, thanked all staff for their help during the storm cleanup.

Jerry DeMeyer, 4 Summitcrest, asked residents to report all dangerous limbs to the office.

No further business to come before the board the board adjourned into executive session.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

R. ELAINE HINES, SECRETARY

APPROVED:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

KAYLA ROSS, PRESIDENT

Transcribed by Karen Brokesh

**EVENTS**

**06/12/15 to 08/29/15 - 75 years of flight: the B-25 Bomber**

[Wyandotte County Historical Society & Museum](http://visitkansascityks.com/directory/historical/122/wyandotte-county-historical-society-a-museum), 631 North 126th, Bonner Springs, KS 66012, 913-721-1078. [http://www.wycomuseum.org](http://www.wycomuseum.org/). The B-25 bomber planes were manufactured here in Wyandotte County during World War II at the North American Aviation plant in Fairfax.  This exhibit will look at the plane and the impact of our local community during the war.  2015 is the 75th anniversary of the first flight of the famed B-25 bomber. Exhibit will include historical photographs, archival materials, and models of the plane.

**06/19/15 to 09/04/15 - Our County's Quilted Culture**

Wyandotte County Historical Society & Museum, 631 North 126th Bonner Springs, KS 66012, 913-721-1078 <http://www.wycomuseum.org>. View current quilts from local community members in this invitational exhibition.

**06/02/15 - 10/14/15 - KCK Farmers Market**

Tuesdays, 2220 Central Ave., 66102, 7:30 am-sellout

Wednesdays, 6th and Barnett, 66101, 7:30am-sellout

Thursdays, Campus Blvd & Argentine Ln., Kansas City, KS 66112, 7:30am-sellout

[http://www.kckfarmersmarket.com](http://www.kckfarmersmarket.com/). The KCK Farmers' Market operates THREE locations in Wyandotte County.Markets open the first week of June and remain open through mid-October.

We accept cash, debit, SNAP (food stamps), Kansas Senior Farmers' Market Nutrition Program vouchers,

**08/08/15 8:00am - Summer Fest**

[Grinter Place Historic Site](http://visitkansascityks.com/directory/meeting-facilities/185/grinter-place-historic-site), 1420 South 78th Street, Kansas City, KS, 913-299-0373
[http://www.kshs.org/grinter place](http://www.kshs.org/grinter%20place). Celebrate summer with a visit to Grinter Place! From 8-10 a.m. gobble up all you can eat pancakes and sausage with coffee, juice and milk for $8.00. Enjoy kite flying, croquet, games for kids, and a motorcycle and classic car show from 10 a.m. - 4 p.m. Stick around for an ice cream social and performance by the Wyandotte County Community Orchestra on the lawn. Bring your blankets, lawn chairs, and enjoy the music and family fun. Donations welcome. Regular admission fee applies to Grinter home tour during this time.

**08/10/15 10:00am to 08/14/15 8:00pm - Home School Days at Schlitterbahn Water park**

[Schlitterbahn Kansas City Waterpark](http://visitkansascityks.com/directory/family-fun/107/schlitterbahn-kansas-city-waterpark). 9400 State Avenue, Kansas City, KS 66112, 913-312-3110. [http://www.schlitterbahn.com](http://www.schlitterbahn.com/). Home Schoolers gather on these special days for a fun and educational day at the park and significant savings! Package Includes:

o    Special group rates for groups of 15 or more, only $20.99, SAVE $21!

o    Promo code discount for groups less than 15, only $24.99, Save $17!

o    One free chaperone admission for every 15 paid admissions.

o    FREE Aqua Lab Workbook to make your visit educational.

o    Add a meal option for only $7.99\*.

**08/22/15 10:00am to 08/23/15 8:00pm - Girl Scout Days at Schlitterbahn Waterpark**

[Schlitterbahn Kansas City Waterpark](http://visitkansascityks.com/directory/family-fun/107/schlitterbahn-kansas-city-waterpark), 9400 State Avenue, Kansas City, KS 66112, 913-312-3110. [http://www.schlitterbahn.com](http://www.schlitterbahn.com/). Girl Scouts gather on these special days for a great day together at the park at significant savings! Package Includes:

o    Special group rate for groups of 15 or more, of only $21.99\*, SAVE $21!

o    Promo code discount for groups less than 15, of only $25.99\*, SAVE $17!

o    One free chaperone admission for every 15 paid admissions.

o    A FREE Scout Day patch for everyone in your group.

o    Add a meal option for only $8.99\*.

Schlitter Regatta (Saturday, August 22 only) Build a model boat at the park with provided materials. Race your boat in the river after park closing for a chance to win great prizes! Contact your group sales representative for your chance to participate in the Schlitter Regatta. Group sales: 913.312.3091

2. What can lower your air conditioners energy consumption by up to 15%?

**08/22/15 11:00am to 08/23/15 1:00pm - High Tea at Strawberry Hill Museum**

[Strawberry Hill Ethnic Museum & Cultural Center](http://visitkansascityks.com/directory/historical/111/strawberry-hill-museum), 720 North 4th Street, Kansas City, KS 66101

913-371-3264. [http://www.strawberryhillmuseum.org](http://www.strawberryhillmuseum.org/%22%20%5Ct%20%22_blank). Take time out of your day to enjoy various savory small meat sandwiches, fresh butter and cucumber finger sandwiches with delicious desserts and teas from different countries. August 22nd & 23rd. Cost for High Tea is $15.00 and if you would also like a tour of the museum, a combined fee for both that and the High Tea is $20.00.  Pre-paid advanced reservations can be made by calling the museum Monday through Friday 9:00 a.m. – 4:00 p.m.

**8/29/15 - WIPEOUTRUN KANSAS CITY**

Crash, smash and splash your way through a 5k course featuring larger-than-life obstacles and elements inspired by the hit TV show Wipeout! Now you can experience the hilarity inspired by the hit TV show Wipeout right in your city! Kansas Speedway, 400 Speedway Blvd., Kansas City, KS 66111.

**QUINDARO HOMES FEDERAL CREDIT UNION**

**JUNE 30**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Assets: |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | LOANS |  |  |  |  | 515,965.39 |
|  | ALLOWANCE FOR LOAN LOSSES |  |  | -11,615.06 |
|  | SECURITY BANK  |  |  |  | 32,674.28 |
|  | CHANGE FUND |  |  |  | 200.00 |
|  | COMMUNITY AMERICA CU - SAVINGS |  |  | 85.99 |
|  | COMMUNITY AMERICA CU - CD |  |  | 256,938.16 |
|  | Academy Bank |  |  |  | 54,520.93 |
|  | KCCU CASH MANAGEMENT |  |  |  |
|  | QUEST CREDIT UNION |  |  | 11.28 |
|  | INDUSTRIAL STATE BANK |  |  | 35,203.11 |
|  | INTERSTATE FEDERAL SAVINGS & LOAN |  |  | 1,557.40 |
|  | INTERSTATE FEDERAL SAVINGS & LOAN |  |  | 100,000.00 |
|  | M&I Bank |  |  |  |  | 100,473.09 |
|  | COMMERCIAL STATE BANK OF BONNER SPRINGS |  |  | 100,000.00 |
|  | PREPAID INSURANCE |  |  | 2,552.50 |
|  | FURNITURE & EQUPIMENT |  |  | 413.79 |
|  | NCUSIF |  |  |  |  | 11,845.77 |
|  |  |  |  |  |  |  |
|  |  | **TOTAL ASSETS** |  |  | **1,200,826.63** |
|  |  |  |  |  |  |  |
| Liabilities: |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | AUDIT FEE - PAYABLE |  |  | 650.00 |
|  | FEDERAL & KANSAS TAXES DUE |  |  | 165.00 |
|  | SHARE DIVIDENDS PAYABLE |  |  |  |
|  | MEMBERS SHARES |  |  | 938,694.01 |
|  | REGULAR RESERVES |  |  | 31,510.21 |
|  | RESERVE FOR COTINGENCIES |  |  |  | 26,500.00 |
|  | UNDIVIDED EARNINGS |  |  | 202,531.12 |
|  | NET INCOME |  |  |  | 776.29 |
|  |  |  |  |  |  |  |
|  |  | **TOTAL LIABILITIES** |  |  | **1,200,826.63** |

3. What is the name of the tea that will give your skin a tingly, cool feeling?

![C:\Users\The Homes\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DRN7Q8BA\MCj04420360000[1].wmf]() HELPFUL HINTS ABOUT LIVING IN THE HOMES

**HOUSEHOLD HAZARDOUS WASTE COLLECTION** days for Wyandotte County residents includes the following Saturdays: May 16, June 20, July 18, August 15, September 19, and October 17. The site will be open from 8:30 a.m. to 1:00 p.m. on these collection Saturdays. The site is located at 2443 South 88th Street in Kansas City, Kansas. (South on 88th Street from K-32) or (East of I-435 using Woodend exit near Kaw River) When bringing items to the collection site please label or identify all items. Items accepted include tires (limit of 10 tires and rims need to be removed), motor oil, batteries, antifreeze, degreasers, paints, varnishes, solvents, lawn & garden insecticides/ pesticides, and household cleaning products. For additional information call 573-5400.

**BURN PILE AND DUMPSTER.** Contact the office before dumping items in the burn pile located at the office. DO NOT PLACE BUILDING MATERIALS IN THE BURN PILE. DO NOT OVERFILL THE DUMPSTER LOCATED IN THE OFFICE PARKING LOT.

**STICKS AND LIMBS:** Place sticks/limbs in 4 foot bundles to the curbside for pickup by maintenance.

**TOYS & BIKES:** Please do not leave toys & bikes in the parks. They create a mowing hazard and a opportunity for thieves. If you have lost a toy or bike in a park, check the office to see if it was picked up.

**TRASH**. Do no put your trash to the curb until 4:00 p.m. the day before pickup.

**AUTOMOBILE REPAIR**. It is against the rules to work on your vehicle in The Homes. If your vehicle needs repair then you will have to go out of the neighborhood or take your vehicle to a mechanic. Unless you are changing a flat tire you should never put your vehicle on a jack in the Homes.

**PARKING:** The Homes does not have assigned parking. Please be considerate of your neighbors and their parking needs. Try not to park in a spot that is normally used by your neighbor. If you have guest, have them park in the overflow lots. **NEVER PARK IN YARDS OR COMMON GROUND.**

**PLUMBING:** **DO NOT FLUSH FLUSHABLE WIPES**. The pipes in our homes are over 70 years old. They do not have the capacity to wash away any other material. **Do not flush baby wipes, feminine hygiene products, diapers, paper towels, Q tips, etc.** **The sink and tub drains are only for water disposal. Do not force items down the drains.** If maintenance finds these items consistently causing a back up in your pipes you may be charged for the repair.

**KEEP FURNANCE AND WATER HEATER AREAS CLEAN.** Having too many clothes, boxes, or general clutter in your utility area can be a fire hazard. Please keep yourself and your neighbors safe and keep your utility areas clean. **DO NOT PILE CLOTHES OR OTHER ITEMS ON TOP OF THE WATER HEATER OR FLU AREA.**

**YARDS & PORCHES:** Please take the time to clean up/organize your yard and porch. The size of our porches do not allow for you to keep many items on them before they start to look cluttered and messy. If you do not have a shed an affordable idea to store your items in are: deck and patio boxes. They range in cost from $30 to $100 and can be purchased on-line or at your local discount store. Items that should not be on your porch: **appliances, boxes, buckets, mops, paint containers or any other "non outdoor" items**. The office offers free paint for the porches.

4. How many free spray parks are in Wyandotte County?

**COOLING CENTERS, SPRAY PARKS AND POOLS**

Wyandotte County, Kansas - 2015

The KCK LIBRARIES are open. People will be asked to use library resources while there, and sleeping is not allowed. Libraries are a great place to stay cool and read.

**Main Branch**: 625 Minnesota Avenue, KCK

8:30 AM - 8:30 PM Monday – Thursday, 8:30 AM - 5:00 PM Friday and Saturday, 1:00 PM - 5:00 PM Sunday

**Wyandotte West Branch**: 1737 North 82nd Street, KCK

9:00 AM - 9:00 PM Monday – Thursday, 9:00 AM - 5:00 PM Friday and Saturday, 1:00 PM - 5:00 PM Sunday

**South Branch**: 3104 Strong Ave, KCK

9:00 AM - 9:00 PM Monday – Thursday, 9:00 AM - 5:00 PM Friday and Saturday, 1:00 PM - 5:00 PM Sunday

**Turner Community Library**: 831 South 55th Street, KCK

10:00 AM - 8:00 PM Monday – Thursday, 10:00 AM - 5:00 PM Friday, 10:00 AM - 2:00 PM Saturday

Closed on Sunday

Wyandotte County Parks & Recreation:

**Eisenhower Community Center** - 2901 North 72nd, KCK

9:00 AM - 9:00 PM Monday – Friday

**Joe E Amayo Argentine Community Center** - 2810 Metropolitan, KCK

9:00 AM - 9:00 PM Monday - Friday

**Armordale Community Center** - 730 Osage, KCK

4:00 PM - 9:00 PM Monday – Friday

**John F. Kennedy Community Center** - 1310 North 10th Street, KCK

12:00 AM - 9:00 PM Monday – Friday

**Turner Recreation Commission**: 831 South 55th Street, KCK

8:00 AM to 8:30 PM, Monday through Thursday, 8:00 AM to 5:00 PM, Friday, 8:30 AM to 2:00 PM, Saturday

Closed on Sunday

**Kansas City Kansas City Hall Lobby** - 701 North 7th Street, KCK
8 AM - 5 PM Monday – Friday

**Willa Gill Center** - 645 Nebraska, KCK
9:00 AM - 1:00 and 2:00 PM - 5:00 PM Monday – Friday, 9:00 AM - 12:30 PM Saturday, Sunday and Holidays

**Public Housing High Rise** - Cafeteria Area, 915 Washington Blvd, KCK
9:00 AM - 4:00 PM Daily

**Juniper Gardens Community Center** - 1980 North 2nd Street, KCK
9:00 AM - 2:00 PM M - F

**Salvation Army** - 6723 State Ave, KCK
8:00 AM till 4:30 PM, Monday, Tuesday, Thursday, Friday, 9:30 AM till 6:00 PM Wednesday

**YMCA of Greater Kansas City** – Must show photo ID at the Welcome Center. Ages 15 and younger must visit with adult age 18 and older.

Spray Parks & Pools:

Free Spray Parks Are Open 9 AM to 9 PM Daily Until Labor Day:

**Eisenhower Spray Park**, 2901 N. 72nd Street (behind Eisenhower Middle School)

**Heathwood Park**, North 10th & Parallel Parkway

**Pierson Spray Park**, 1800 South 55th St, KCK

Swimming Pools:

**Parkwood Pool**, 950 Quindaro, KCK

12:00 PM – 8 PM Tuesday - Saturday

2:00 PM – 8 PM Sunday

5. What TV show, featuring a 5k course, can you experience at Kansas Speedway?

**TIPS ON HOW TO BEAT THE HEAT**

Beat the heat: Drink more water

You know how important it is to stay hydrated all year round. When you’re sweating a lot, either because of exercise or the summer heat, drinking enough water becomes even more important. As the CDC suggests, think of your body like an air conditioner: Whenever your body heats up from physical activity or the hot weather outside, your internal air conditioner turns on and you begin to sweat. And remember, now that your air conditioner is using its coolant (your sweat), it is important to refill the tank — by drinking lots of H2O. As with other hydration myths, water isn’t your only option, but it’s free and easily accessible for most of us. Even if you have to trick yourself into drink more water and learn to love the taste of it, you’ll be much more comfortable if you keep refilling your water glass.

Beat the heat: Peppermint tea mist

Brew a pot of peppermint tea, then stick it in the fridge. Once it's nice and cold, [Wonderhowto.com](http://thesecretyumiverse.wonderhowto.com/how-to/8-weird-ways-cool-down-for-summer-0129206/) suggests pouring some into a spray bottle and misting yourself with it. Better than water, the menthol in the tea will give your skin a tingly, cool feeling.

Beat the heat: Chrysanthemum tea

Whether it's hot or cold, chrysanthemum tea is served to lower body temperature, according to [China Daily](http://europe.chinadaily.com.cn/epaper/2012-12/07/content_15994165.htm). It's also been said to soothe heat rash, experts told [Natural Health](http://www.naturalhealthmag.com/beauty/how-treat-heat-rash).

Beat the heat: Breathe like a yogi

Next time you feel overheated, do a few minutes of yogic breathing, recommends [Art of Living](http://www.artofliving.org/yoga/yoga-and-lifestyle/yoga-in-summer). Curl your tongue by pulling both sides upward toward the middle, then breathe in through your mouth. Hold your breath, and slowly exhale through your nose. Repeat five to 10 times.

Beat the heat: Chill your mattress

Put soft gel ice packs on top of the mattress and underneath the sheets; try under your legs, neck, or lower back for maximum comfort. [Real Simple](http://www.realsimple.com/work-life/23-ways-to-beat-heat-10000001630362/page12.html) also suggests freezing a cotton sock filled with rice, then slipping it between the sheets. The rice will hold a chill longer.

Beat the heat: DIY air-conditioning

Freeze a couple of water bottles and place them in front of a floor or desk fan, and you'll enjoy a much cooler breeze with your makeshift air-conditioner. [Wikihow.com](http://www.wikihow.com/Make-an-Easy-Homemade-Air-Conditioner-from-a-Fan-and-Water-Bottles) advises adding salt to the water first to beat the heat longer; [Apartment Therapy](http://www.apartmenttherapy.com/beat-the-heat-without-turning-89459) skips the bottles altogether in favor of a bowl of ice water.

Beat the heat: Aloe vera

You know aloe vera soothes sunburn, and its cooling properties also work to help you beat the heat. Blogger Crunchy Betty offers different recipes to make spray of it, combining witch hazel and peppermint oil.

Beat the heat: Spicy food

If you're already sweating, why would you want to sweat more? Professor of food science at Penn State University Luke LaBorde offers this answer: eating spicy food increases blood circulation and makes you sweat, so you'll feel cooler as the sweat dries. Dr. Oz explains that the capsaicin in hot peppers encourages your body to sweat more without raising your body temperature.

Beat the heat: Pressure points

Lifehacker.com's solution to lower body temperature is to apply a bottle with ice-cold water on points like your ankles, wrists, back of the neck or behind the knees.

6. How many farmers market are in Wyandotte County?

Beat the heat: Ice-cold sheets

Chill your bed by folding sheets and pillowcases, placing them in plastic bags, and sticking them in the freezer for a few hours, according to Mother Nature Network. Then make up the bed just before you go to sleep for sweet (and cool) dreams.

Beat the heat: Take a cool shower

When all else fails, take frequent cool showers to keep your body temperature down and rinse off the sweat.

Beat the heat: Keep excessive sweat at bay

For many of us, sweat-inducing humidity is the worst part of summer. Even if you don’t have excessive sweat issues, you can get the sweating under control with a few tricks, like applying antiperspirant at night so it works more effectively and wearing breathable clothing materials, such as cotton.

Beat the heat: Optimize your fan

Did you know that if you face your fan out, rather than in at night, your room will stay cooler and you might be able to sleep more comfortably? Day or night, you can use a temperature controller (or build one yourself) to automatically turn the fan on or off based on the temperature and save your energy—literally. If you have a ceiling fan, run it counter-clockwise (the “summer” higher-speed setting) for optimum cooling.

Beat the heat: Optimize your windows

You might not need to run your air conditioner if you pay a little more attention to your windows in the summer. Close the windows and use insulated drapes to keep the sun out during the day and open them at night when the sun is down. You can also hang a damp towel in front of the window to cool the air flowing into your home and open opposing windows or windows on the top and bottom floors for maximum air flow.

Beat the heat: Cool your car

This trick will get your oven-like car closer to bearable temperature. Roll down one window and open and close the opposite door a few times to cool that car down.

**BPU Tips on How to Stay Cool This Summer**. Your air conditioner — including the filters, coils and fins — needs maintenance to function effectively, particularly during the hot summer months. The following tips will help you avoid a decline in air conditioning performance and increased energy use.

**Filters:** To achieve optimum performance, you must routinely replace or clean your unit’s filters. Dirty filters block normal air flow, reducing efficiency, and the air that does get through will carry dirt directly into the evaporator coil, impairing its heat-absorbing capacity. Keeping the filter clean can lower your air conditioners energy consumption by up to 15 percent. Clean or replace your air conditioning system's filter or filters at least every month or two during the cooling season.

**Coils:** Your air conditioners evaporator coil and condenser coil will inevitably collect dirt, reducing its efficiency. A clean filter helps, but the coil should be checked annually and cleaned if necessary. Outdoor condenser coils can also become very dirty — if dirt is collecting on its fins, it should also be cleaned. Remove debris from around the coil and trim foliage back at least two feet for adequate air flow.

**Coil Fins:** The aluminum fins on evaporator and condenser coils are easily bent, blocking air flow through the coil. Use a fin comb (sold by air conditioner retailers) to return them to nearly original condition.

**Drains:** Occasionally pass a stiff wire through the unit's drain channels to remove any clogging debris.

**Window Units:** In-window units need proper sealing between the air conditioner and the window frame to keep things cool. Inspect the seal to ensure it makes contact with the unit's metal case. Also, don’t forget to prepare the unit for winter by either covering it or removing and storing it.

7. What is the speed limit in the Homes?

|  |  |  |  |
| --- | --- | --- | --- |
| **Type of Service/Repair** | **Company Name** | **Contact/Address** | **Phone Number** |
| **Appliance Repair** | Glenn’s ApplianceArt Tucker |  | 913.321.7462913-334-4186 |
| **Automotive** | Herrera’s Service ShopTomahawk Auto ServiceTomz Toyz Race & Repair | 1516 Central Ave4301 Swartz Rd | 913.562.4202913.233.0190913.279.1663 |
| **Carpet Flooring/Tile Installation** | Reliable Flooring | Marvin SmithShawn Walters | 913.548.3195913.944.1970 |
| **Computer Repair** | Heartland On-Site Services | Joe Dix | 913.735.7121 |
| **Electrical** | Shogren Electrical | Perry Shogren | 913.238.7014 |
| **Haircuts for Homebound Seniors** |  | Juanita Priolo | 816-606-0026 |
| **Lawn Service** | JerryBlake EdwardsGreen Brothers MowingOscar HernandezSarah Franklin | JerryBlake EdwardsJuan VerdeAntonio MandujanoOscar HernandezSarah Franklin | 913.304.4558816.882.9176816.522.5006913.944.8082913.660.6244816.808.9947 |
| **Locksmith** | A Shamrock Locksmith | Ronny Peters | 913.215.1479 |
| **Painting** | Unity PaintingJerrySarah Franklin | AnnaMarieMoyaJerrySarah Franklin | 816.810.8872816.335.5155913.998.3848816.808.9947 |
| **Personal** | Artistry CosmeticsAvonBabysitting/Infant CPR CertifiedCupcakes by FredrickJewelry & Watch RepairPix by Dee DeeHousecleaning/Babysitter/Dog WalkerSell It On EbayTina’s Alteration & RepairHome Health Care | Mary Jane WatsonKaren AnverReagan AdamsWilliam FredrickTammy EklundDee Dee JohnsonAnnaMarieBob AnverRosita Pineda | 913.281.4405913.342.2660913.832.9266913.248.5416913.342.2326816.716.8865816.810.8872913.342.2660913.633.1495913.514.4020 |
| **Recycling** | C&E Recycling | ChrisEric | 913.904.8501913.907.6764 |
| **Siding & Windows** |  | Mario | 913-486-3174913-488-5563 |

**New and Used Building Materials & Workshop:** Habitat for Humanity Restore, 4701 Deramus Ave. K.C, MO or 303 W. 79th St. K.C., MO, 816-231-6889. Hours are Monday – Friday, 10am – 6pm (Donations/purchase pick-up until 5pm); Saturday, 9am – 4pm (Donations/purchase pick-up until 3pm)

**Medicare Savings Program Application Assistance** is offered by appointment, over the phone, or in your home. Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering older Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. Please call the SHICK Hotline at 1-800-860-5260 to speak to a volunteer. If you are a resident of Wyandotte or Leavenworth County, you can reach a local volunteer at 913-573-8531.

8. How many change requests for board consideration were there in the month of July?

8. After a tornado passes, you should not use this at any time?

**SERVICE AND REPAIR**

9. When is Night Out Against Crime?

**COMMUNITY RESOURCE LIST**

**Crisis/Support/Hotlines Shelters**

24-hour Crisis Line (Any crisis) 913-268-0156 Friends of Yates (domestic violence) 913-321-0951

Abuse Hotline (Child, adult, elder) 800-922-5330 Rose Brooks (domestic violence) 816-861-6100

Local Domestic Violence Hotline 816-468-5463 Homeless Hotline 816-474-4599

MOCSA (Rape crisis line) 913-642-0233 Kansas City Rescue Mission 816-421-7643

National Domestic Violence Hotline 800-799-7233 Salvation Army (Homeless) 913-232-5400

Wyandot Center Crisis Line 913-788-4200 Shalom House (single men) 913-321-2206

|  |  |  |  |
| --- | --- | --- | --- |
| **ONE BEDROOM** | **Owner** | **Phone** | **Price** |
| 3164 N. Allis (C/A, Stove, Fridge, W/D, Shed) | Cantwell | 913.499.7704 | $8000 |
| **TWO BEDROOM UP** | **Owner** | **Phone** | **Price** |
| 875 Manorcrest (No C/A, Stove, Smoker/Grill) | McGrew | 913.558.1029 | $7,500 |
| 884 Manorcrest (C/A, Stove, Fridge, W/D, Shed) | Wheeler | 913.827.2185 | $12,000 |
| 3020 N Allis (C/A, Stove, Fridge) | Connor | 1.913.215.4742 | $ 8,000 OBO |
| 3109 N 9th (C/A, Stove, Fridge) | Parast | 913.710.6216 | $4,500 |
| 3116 N 9th (C/A, Appt Only) | West | 913.548.5407 | $8,500 |
| 5 Reidcrest | The Homes | 913.321.2471 | Make Offer |
| 112 Viewcrest (Newly Remodeled) | The Homes | 913.321.2471 | Make Offer |
| 113 Viewcrest (C/A, Stove, Fridge, W/D) | Millan | 816.803.2697 | $9,500 |
| **TWO BEDROOM DOWN** | **Owner** | **Phone** | **Price** |
| 831 Manorcrest (C/A, Basement, Stove, Fridge) | Linder | 913.548.6064 | $10,000 |
| 3000 N Allis | Walther | 856.278.1040 | $10,500 |
| 3140 N. 9th (C/A, Driveway) | The Homes | 913.558.1029 | $6,000 |
| 60 Viewcrest (C/A, Stove, Fridge, Shed, Patio) | QHFCU | 913.321.2471 | $8,500  |
| 88 Viewcrest (C/A, Stove, Fridge, Dishwasher, Deck, Shed) | Eklund | 913.909.4687 | Contact S/H |
| 115 Viewcrest (No C/A, Stove, W/D) | Ramos | 816.721.7991 | $8,770 |
| **THREE BEDROOM** | **Owner** | **Phone** | **Price** |
| 788 Manorcrest (C/A, Patio, Appliances) | O’Brien | 913.620.8521 | $9,000 |
| 832 Manorcrest | QHFCU | 913.342.3421 | $6,000 |
| 822 Roswell (C/A, Appt Only) | Gallegos | 913.638.0521 | $14,500 |
| 827 Roswell (No C/A, WD) | Bolton | 913.396.3919 | $8,500 |
| 830 Roswell (C/A) | Llamas | 913.260.7144 | $7,200 |
| 19 Viewcrest “AS IS” | Linderman | 816.898.5163 | $2,000 |
| 22 Viewcrest (C/A, Stove, Fridge, Patio) | Bame | 913.562.4810 | $5,000 |
| 54 Viewcrest (C/A) | QHFCU | 913.321.2471 | $3,000 |
| 68 Viewcrest (Newly Remodeled, Stove, W/D, Fridge, Appt) | Neely | 816.456.5525 | $15,000 |
| 134 Viewcrest (C/A, Stove, Fridge) | Rebeck | 913.709.0226 | $13,000 |
| 137 Viewcrest (C/A) | Barnes | 816.808.3542 | $2,000 |
| 139 Viewcrest (C/A, Fridge) | Mora | 816.419.9387 | $11,000 |
| **DOUBLE UNIT** | **Owner** | **Phone** | **Price** |
| 6/8 Summitcrest (2 bdrm, 2 bath, C/A, 2 Sheds, Deck, Appointment) | Green | 913.321.6947 | $22,000 OBO |
| 15/17 Summitcrest (C/A, Stove, Fridge, W/D, 5 bedroom) | Olivarez | 913.689.8895 | $16,000 |
| 23/25 Summitcrest (C/A, No C/A on 25, 4 bedroom) | Rios | 913.375.0218 | $8,000 |
| 84 / 86 Viewcrest, 2/2 Bedrm (C/A, Shed) | Eberhardt | 913.281.5847 | Make Offer  |

THE HOMES UNITS FOR SALE

|  |
| --- |
| August 2015 |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |  Saturday1 |
| 2 | 3 | 4NEIGHBORHOOD WATCH -NATIONAL GUARD ARMORY18TH & RIDGE5PM-8:30PM | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17THE HOMES BOARD MEETING IN THE CLUBROOM 6:30PM | 18 | 19CREDIT UNION MEETING 4:30 IN THE CLUBROOM | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |  |  |  |  |  |

NEWSLETTER INFORMATION: This newsletter is intended to inform and notify in an unbiased form. It is published in cooperation with The Homes, Inc., The Quindaro Homes Neighborhood Watch, The Quindaro Homes Federal Credit Union, and the stockholders of The Homes, Inc. No discrimination against any person or group is intended or tolerated. If a stockholder would like to submit material for the Newsletter, please submit to the office in writing no later than the 20th of the month. Newsletter Editors, Elizabeth Bothwell and Debbie Walters

10. What is the phone number to BPU?