Happy July Birthdays

THE HOMES, INC July 2014

NEWSLETTER

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



**The new playground equipment has been installed in the upper Viewcrest park. Thanks to The Homes maintenance staff and the United Way.**

**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

**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.

**YOU MUST REGISTER YOUR DOG(S)**

**IF YOU HAVE NOT REGISTERED YOUR DOG(S) WITH THE OFFICE, YOU ARE IN VIOLATION OF YOUR LEASE. SEE PAGE 3 OF THE NEWSLETTER FOR MORE INFORMATION.**

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THE HOMES

BOARD MEETING

July 21, **6:30pm**

IN THE CLUBROOM

Stockholders are welcome

FOLLOW US ON ...  AND 

**NEIGHBORHOOD WATCH NEWS**

**Tuesday, August 5th 6:30pm**

**Ice Cream Social at the clubroom**

**Come and enjoy refreshing ice cream and good neighbors.**

**Night Out Against Crime**, August 4th from 4 p.m. to 8 p.m. at the National Guard Armory near 18th and Ridge.

Night Out promotes community partnerships with the police and crime prevention. It's an opportunity for neighbors to get to know each other and get outside, give them additional information on programs going on with the city for crime and drug prevention.

**Join NEXTDOOR.COM**

Nextdoor is the private social network for you, your neighbors and your community. It's the easiest way for you and your neighbors to talk online and make all of your lives better in the real world. And it's free. Thousands of neighborhoods are already using Nextdoor to build happier, safer places to call home.

People are using Nextdoor to:

Quickly get the word out about a break-in

Organize a Neighborhood Watch Group

Track down a trustworthy babysitter

Find out who does the best paint job in town

Ask for help keeping an eye out for a lost dog

Find a new home for an outgrown bike

Finally call that nice man down the street by his first name

Nextdoor’s mission is to use the power of technology to build stronger and safer neighborhoods.

**BE ALERT!** Some stockholders have been the victims of theft. Sheds have been broken into. Call the police 913-596-3000 and report suspicious behavior.

PARENTS: REMIND YOUR CHILDREN TO WATCH OUT FOR CARS WHILE PLAYING OUTSIDE and to BE RESPECTFULL TO RESIDENTS AND THEIR PROPERTY!

**LIGHT DRIVES AWAY CRIME**

It costs less than 20 cents a month to have a 60 watt light on the porch at night.  A dusk-to-dawn adapter is only $11.00 and the Neighborhood Watch will install it and test it for you. There are adapters for incandescent lights as well as the new curly florescent lights.

Our neighbors, Francisco and Reina Garcia at 83 Viewcrest were victims of a kitchen fire on April 11. They did not have insurance. If you would like to help, you can make a monetary donation or drop off new kitchen necessities at the office.

SPECIFICATIONS FOR PET OWNERSHIP IN THE HOMES, INC.

* Pets are to be penned, on a tie out or leash at all times they are outdoors.
* Dogs at large (not on leash, a tie out or in fenced area) are handled through Animal Control. Complainant should leave name and phone number, telling the dispatcher they want to file a complaint against the dog’s owner. Pets should not be tied near street-side sidewalks. These sidewalks are for public pedestrian use and are not to be obstructed.
* Residents are allowed no more than two (2) dogs or five (5) cats per unit. Any combination of up to five (5) pets is allowed as long as no more than two (2) are dogs.
* No excessive barking between the hours of 11 p.m. and 8 a.m.
* Excessive dog barking is not handled through Animal Control. Complaints should be referred to Mr. Greg Carr, Dispute Resolution, 913-573-5225. Complainant should leave their name, phone number and the address of the barking dog with Mr. Carr. Mr. Carr will contact the dog’s owner. The complainant remains anonymous.
* Pets required by city ordinance should be licensed and vaccinated for rabies yearly.
* Injured and stray-confined animals are handled through Animal Control. Complainant should follow up with Animal Control within 2 hours of first call.
* Defecation should be removed from the yard on a regular basis. If the stockholder is unable to do this work for any reason, there are services listed under pets in the yellow pages that do this work for a nominal fee.
* If The Homes has to remove excessive pet waste from a stockholder’s yard, there will be a $50.00 charge for each occurrence. Flagrant violations of these specifications can result in eviction under the nuisance clause of The Homes, Inc. Rules and Regulations.

**6. What cooling center is located at 701 N. 7th Street?**

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My Favorite Things

Raindrops on noses and whiskers to the ground

Bright sunny days and smells all around

Running through fields, you know what that brings

These are a few of my favorite things

Fresh growing grass and Frisbees to chase

Dog treats and toys, all over the place

Kongs filled with cheese or a raw chicken wing

These are a few of my favorite things

Long walks at sunrise, and smelling good spots

Jumping in pools or ponds when it’s hot

Barking like crazy when the doorbell rings

These are a few of my favorite things

When I’ve done wrong, when I’m crated

When I’m isolated and feeling sad

If I’ve been given my favorite things

I’ll stay busy and I won’t act bad

**THE HUMANE SOCIETY**

Offers a groomer - Terry 816-582-1367

Has small pet carriers for sale $7.00

**DOGS RUNNING LOOSE**

The Homes has an epidemic of dogs running loose. In order to contact the owner/stockholder we need to know where the dog lives. At its May 19 Board meeting, the Board revised Rule 11 of The Homes, Inc.’s Rules and Regulations which deals with pets. R**esidents were required to register their dogs with the office on or before June 30, 2014.** This registration includes a requirement that a photograph and description of the dog be provided to the office. **RESIDENTS WHO FAIL TO REGISTER THEIR DOGS BY THIS DATE WILL BE IN VIOLATION OF THEIR LEASE AND SUBJECT TO EVICTION.**

Notice was sent to all stockholders along with the registration.

The registration is only for identifying dog’s that are running loose

MINUTES OF THE BOARD OF DIRECTORS

THE HOMES, INC.

June 16, 2014

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 June 16, 2014.

Present were: Elaine Hines, Kayla Ross, Frank Moss, Karen Anver and Rob Tavis, Board Members; Elizabeth Bothwell, Manager; Gregory Goheen, Attorney; and Karen Brokesh, Transcriber.

Eleven stockholders attended the meeting.

President Ross welcomed the stockholders to the meeting and announced that, as provided by the By-Laws of the corporation, only stockholders of record are entitled to attend the board meeting. President Ross also asked all stockholders 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 the stockholders to state their name and address so that the minutes can accurately reflect all comments made during the open session. Stockholders were 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 May 2014 has been posted.

Minutes of the regular meeting of May 19, 2014 and the May 19, 2014 Executive Session had previously been distributed to all board members. Karen Anver moved to approve the minutes as drafted. Seconded by Rob Tavis.Carried unanimously.

Treasurer Tavis reported that the financial statements have been reviewed and were found to be in good order. Karen Anver moved to accept the financial report as presented. Seconded by Elaine Hines.Carried unanimously.

The stockholder change requests approved by the manager are as follows:

836 Roswell: Install cable television – Claudia Pineda. Work will be done by Time Warner Cable.

866 Manorcrest: Plant four bushes and two trees – Mary Hahner. Work will be done by self.

837Manorcrest: Install satellite dish – Heather Watson. Work will be done by Dish Network.

The only stockholder change request for board consideration was that of Daniel Wade, 838 Manorcrest, to close off the area between his unit and shed with a wooden four foot high fence. The installation of this fence would close off the area but a gate could be installed. The board discussed the difference between this type of fence and a privacy panel which can be walked around. Elaine Hines moved to deny the request. Seconded by Karen Anver.Carried unanimously.

Elaine Hines read the stock transfer approvals as follows:

|  |  |  |
| --- | --- | --- |
| **ADDRESS** | **TRANSFER FROM** | **TRANSFER TO** |
| 5 Reidcrest | Larry Keating | The Homes, Inc. |
| 7 Summitcrest | Robert Englehardt | The Homes, Inc. |

After being informed that the stock transfers were in order, it was moved by Elaine Hines and seconded by Rob Tavis that the Corporation waive its option to purchase the shares of stock and approve transfer of same. 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.

*Announcements:*

This month’s winner of the stockholder trivia was the stockholder at 876 Manorcrest who will receive $25.00 of next month’s maintenance fee.

Bob Anver provided the Neighborhood Watch Committee report. Neighborhood Watch will have an ice cream social at its August meeting. On August 4, 2014, the Night Out Against Crime event will be at the 18th Street Armory. There will be free food and door prizes. Everyone is invited to attend.

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

1st place – 3133/3141 N. Allis

2nd place – 773 Manorcrest

3rd place – 840Manorcrest

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

There is no assigned parking. Stockholders were asked to use overflow parking for guests.

Guests that are staying in units longer than 30 days need to be registered on an occupancy form. The occupancy policies only allow two persons in each bedroom.

Everyone was reminded that all dogs must be kept on a leash. This is a policy the Board is strictly enforcing. If you do not comply, you may lose your pet privileges. Stockholders should be careful leaving dogs tied up outdoors alone due to several wild dogs in the neighborhood.

Stockholders observed a moment of silence in memory of stockholders William Bradford and Jeannie Coffelt who passed away recently.

*Old Business to be Discussed:*

The playground equipment has started to be installed and should be done by the July 4 holiday.

The registration of all dogs pursuant to the new pet policy is ongoing.

The vacant lot near North Allis has appraised for $500.00. This lot could be purchased and turned into additional parking. Elaine Hines moved to offer up to $500.00 to purchase this property. Seconded by Frank Moss.Carried unanimously.

Public Works is still working on processing the request to turn Viewcrest into a one way street to create additional parking.

Manager met with the insurance adjuster and contractor to discuss the repairs to 83 Viewcrest. A final bid should be ready to be accepted next week.

Manager provided an update on the Kansas Fiber-Optic Cable class action settlement. The Homes could be awarded $3,087.90.

*New Business to be Discussed:*

Manager is obtaining bids to have 65 trees trimmed or removed around the neighborhood.

Manager is also obtaining bids for cement repairs to porches and stairs.

The board discussed Rule No. 33 which requires the utilities to be on in all units at all times and winterizing of units. Elaine Hines moved to change Rule No. 33 regarding utilities in units to now read that if the unit is left vacant for any reason during the months of October through March and the utilities are turned off, the stockholder must schedule to have the unit winterized for a charge of $35.00. If the winterization is not scheduled and the unit is found to have no utilities during these months, the unit will be winterized at a charge of $135.00. If residents leave their unit for longer than 5 days but will be returning, the water heater must be set to the vacation setting. Seconded by Karen Anver.Carried unanimously.

*Comments from Directors and Attorney:*

None.

*Comments from Stockholders:*

Effie Barber, 877 Manorcrest, thanked the board for its help with her complaint.

Dottie Reynolds, 38 Summitcrest, asked whether there would be a neighborhood garage sale this year.

Sherry McCool, 12 Summitcrest, commented on the huge improvement in the yards this year.

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

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R. ELAINE HINES

SECRETARY

APPROVED:

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

KAYLA ROSS

PRESIDENT

Transcribed by Karen Brokesh

**EVENTS**

**6/27/14 – 7/5/14 - Independence Day at Lanesfield**

Every Friday & Saturday from 1:00 pm until 5:00 pm at Lanesfield School Historic Site (18745 S. Dillie Rd. Edgerton, KS). Drop in to see the school decorated for an old-fashioned Independence Day. Make a craft to take home.

**6/28/14 – 7/5/14 Flags 4 Freedom**

Merriam Marketplace (5740 Merriam Drive Merriam, KS.). The Flags 4 Freedom flag display, celebrated with patriotic programs and ceremonies, is created by an enthusiastic group of local volunteers. This event is well suited to families, military personnel, veterans, individuals, businesses, and community citizens. Everyone is invited to stop by during the week of July 4th to view an astonishing display of patriotism and community pride.

**7/2/14 – 7/5/14 - Parkville July 4 Celebration**

Downtown Parkville (110 Main Street Parkville, MO). Four Days of Family Fun! Bring the whole family for a taste of good old-fashioned Americana. Our traditional salute to Independence Day includes a parade, carnival rides, fireworks and more! Historic Downtown Parkville kicks off the annual July Fourth Celebration on Wednesday, July 2 when the carnival opens in the parking lot at the south end of Main Street. In addition to the carnival, this family-style celebration includes a community parade, a pancake breakfast, a variety of food vendors and a big firework finale.

**7/4/14 - KC River Fest**

Richard L. Berkley Riverfront Park (1298 Riverfront Dr., KC, MO). KCRiverFest brings our community together for a fun, family celebration on our nation's birthday. Located at Richard L. Berkley Park, KCRiverFest has become Kansas City's Riverfront Tradition, known as the only place in downtown Kansas City to celebrate Independence Day weekend with fireworks and family entertainment. Enjoy great rock, alternative, country and ragtime music, delicious food, carnival rides and games, and one of the largest fireworks shows in the area. The festival also includes a special children's activities in the Kids Zone. Come early before 3 p.m. either day and enjoy FREE admission! To buy tickets online, go to www.kcriverfest.com and "like us" on facebook www.facebook.com/kcriverfest. Admission: $5.

**7/4/14 - Pierson Hall Fireworks Display**

1800 South 55th Street, Kansas City, KS, 913-596-7077, [www.turnerrec.org](http://www.turnerrec.org). The annual Fireworks Display is sponsored by Turner Recreation Commission at Pierson Park. Visit website for more information.

**7/4/14 - Fireworks Display at Lakeside Speedway**

5615 Wolcott Drive, Kansas City, KS 66109, 913-299-9206, [www.lakesidespeedway.net](http://www.lakesidespeedway.net). Check out the action on the track and stay for the Fireworks display that will shoot into the air at Lakeside Speedway on July 4th after the races at the Lakeside Speedway. Visit website for more information.

**7/12/14 - Tractor Daze & Touch-A-Truck**

National Agricultural Center & Hall of Fame , 630 Hall of Fame Drive, Bonner Springs, KS 66012, 913-721-1075, [www.aghalloffame.com](http://www.aghalloffame.com). Tractor Daze & Touch-a-Truck (9am-4pm). Swap Meet & Mud Run (Mud Run starts at 4pm) Family Fun! Come see all types of Trucks and big equipment. Kiddie Pedal pull, garden tractor pull, miniature train rides, and hay rides. Admission: Adults $ 6, Youth 4-16 $4, under 4 FREE, with Mud Run: Adults $10 Youth $5.

**7/12/14 - Psycho Summer Run Toto Run**

Wyandotte County Lake and Park, 91st & Leavenworth Road, Kansas City , KS 66109, 913-573-8327, [www.wycokck.org/parks](http://www.wycokck.org/parks). The Trail Nerds present a challenging course at Wyandotte County Lake for the 50K Run. 10-Mile Run, and 20-miler. Races start July 12th at 9:00am. [www.psychowyco.com](http://www.psychowyco.com).

Wyandotte County Back to School Fair is set for Saturday, August 9th from 9:00am-1:00pm. at either of the following locations: Kansas City Kansas Community College, 7250 State Avenue or Boys & Girls Club Wyandotte County, 1240 Troup Avenue. If you would like to volunteer at the fair or stuffing backpacks on August 7th & 8th contact Cathi Hahner, 913-371-3674 ext. 1308 for more details.

**COOLING CENTERS, SPRAY PARKS AND POOLS**

The KCK LIBRARIES are open and available the below hours for Cooling Centers. People will be asked to use library resources while there and sleeping is not allowed. It is a great place to stay cool and have plenty to read.

Main Branch: 625 Minnesota Avenue, KCK. 8:30 AM till 8:30 PM, Monday through Thursday. 8:30 AM till 5:00 PM, Friday and Saturday. 1:00 PM till 5:00 PM, Sunday.

South Branch: 3104 Strong Ave, KCK. 9:00 AM till 9:00 PM, Monday through Thursday. 9:00 AM till 5:00 PM, Friday and Saturday. 1:00 PM till 5:00 PM, Sunday.

Wyandotte West Branch: 1737 North 82 Street, KCK. 9:00 AM till 9:00 PM, Monday through Thursday. 9:00 AM till 5:00 PM, Friday and Saturday. 1:00 PM till 5:00 PM, Sunday

Turner Community Library: 831 South 55 Street, KCK. 10:00 AM till 8:00 PM, Monday through Thursday. 10:00 AM till 5:00 PM, Friday. 10:00 AM till 2:00 PM, Saturday. Closed on Sunday

SALVATION ARMY has an open Cooling Center: 6723 State Avenue, KCK. 8:00 AM till 4:30 PM, Monday through Friday

Wyandotte County PARKS & RECREATION - Community Centers:

Eisenhower Community Center - 2901 North 72, KCK. 9:00 AM till 2 PM and 5:00 PM till 9:00 PM, Monday through Friday

Joe E Amayo Argentine Community Center - 2810 Metropolitan, KCK. 9:00 AM till 9:00 PM, Monday through Friday

Armordale Community Center - 730 Osage, KCK. 3:00 PM till 9:00 PM, Monday through Friday

John F. Kennedy - 1310 North 10th Street, KCK. 2:00 PM till 9:00 PM, Monday through Friday

Turner Recreation Commission: 831 South 55 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 till 5 PM, Monday through Friday.

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

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

Juniper Gardens Community Center, 1980 North 2 Street, KCK. 9:00 AM till 2:00 PM, Daily

Mt. Carmel COGIC, South Wing, 2025 North 12 Street, KCK. 10:00 AM till 5:00 PM, Monday through Friday

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

Providence YMCA/Ball Family Center, 8601 Parallel Parkway, KCK. 1:00 p.m. - 4 p.m. daily. Sunday: Closed.

8th Street Family YMCA, 900 N 8th Street, KCK. 1:00 p.m. - 4 p.m. daily.

Free Spray Parks and Pools: open 9 am to 9 pm daily, and they are free

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. Tuesday through Saturday: 12:00 PM to 8:00 pm. Sunday: 2:00 pm - 8:00 pm

Bonner Springs Aquatic Park, 1200 South 134th Street, Bonner Springs, Fee Required. Open Swim Hours: Noon - 8 PM Monday – Thursday. Noon - 7 PM Friday-Sunday.

Turner Aquatic Center, 2211 South 55Street, KCK - Commons Area. Daily 12:00 PM to 6:00 PM

**SUMMER TIPS FOR BEATING THE HEAT**

Block the sun. Closing curtains and blinds (ideally with sun-deflecting white on the window side) can reduce the amount of heat that passes into your home by as much as 45 percent, according to the U.S. Department of Energy.

Don't Blow Hot Air. Make a makeshift air conditioner. If it's hot but not humid, place a shallow bowl of ice in front of a fan and enjoy the breeze. As the ice melts, then evaporates, it will cool you off.

Give your A/C some TLC. Clean or replace the filter in room and central air conditioners about once a month during the summer. If you have central air-conditioning, have the ducts checked for leaks, which can reduce a system's efficiency by as much as 15 percent, according to the U.S. Department of Energy. Seal any cracks between a window unit and the frame with peelable caulking or a sealant strip. These steps help ensure good airflow and keep the coils cleaner, which means more efficient and more effective cooling.

Close everything. Whether the air conditioner is on or off, keep windows and doors shut if the temperature outside is more than 77 degrees Fahrenheit (most people start to sweat at 78). Whenever the outside air is hotter than the inside air, opening a window invites heat to creep in.

Give a Squirt. Spritz yourself. Keep a spray bottle in the refrigerator, and when the going gets hot, give yourself a good squirt. "It's all about thermal regulation," says John Lehnhardt, an elephant expert at Disney's Animal Kingdom, in Lake Buena Vista, Florida. "As the water evaporates, it cools you." While elephants wet their ears first by blasting water from their trunks, humans should begin with their wrists to quickly cool down the blood flowing through their veins.

Fan strategically. If the day's heat is trapped inside your home, try a little ventilation at night or when the temperature drops below 77. A window fan can help; the trick is to face the blades outside to suck warm air out of the house and pull cooler air in. "Kind of surprising," says Bill Nye, the Science Guy, a scientist, engineer, comedian, author, and inventor. "Having a fan blowing in is a good idea―but it's not as effective as one that's blowing out."

Vent a Lot. Run a fan and an air conditioner simultaneously. You can use the air conditioner at lower power and still feel cool if the fan is blowing over you. That's because the air conditioner removes humidity from the air while the fan helps evaporate sweat and moves heat away from your body. (Note: Fans don't cool a room; they just make people feel cooler, so shut them off before you leave.) Turn on the vent in the bathroom. When taking a shower, be sure to use the vent fan: It helps sticky moisture escape.

Let your computer take a nap. Set it to go into low-power "sleep" mode if you are away from it for more than 10 minutes and it will give off less heat. When you're finished for the day, shut the machine down completely. Despite what some IT guy may have told you years ago, properly shutting down and restarting modern-day computers won't put undue strain on the hardware. And forget about working with a computer on your lap―it's too darn hot. "That's why they changed the name from laptop to notebook," says Justin M. Solomon, a 19-year-old undergraduate at Stanford University who took first place in computer science at the 2005 Intel International Science and Engineering Fair.

Skip the drying cycle on the dishwasher. Instead, leave the door open to let the dishes dry. And put off using the dishwasher until evening, when the air is cooler. Or simply wash your dishes the old-fashioned way: by hand.

Dress right. Wear one of the widely available synthetic fabrics designed to wick away sweat and that sticky feeling (examples include Coolmax and Nano-Tex); they're not just for athletes anymore. If you prefer cotton,

make it thin, light colored, and, most of all, loose. "The best thing is to have sweat evaporate directly from skin to air," says Larry Kenney, a professor of physiology and kinesiology at Pennsylvania State University,

in University Park. "The next best thing is for the sweat to move quickly from your skin to clothing and then evaporate. Loose, billowy clothes allow air movement next to the skin and help with evaporation."

Shuck your shoes. As the sweat on your feet evaporates, it cools the skin and the blood in your feet. Blood vessels then whisk that blood to other parts of the body, so "you're getting a greater sensation of coolness," says Donald R. Bohay, M.D., a member of the American Orthopedic Foot & Ankle Society.

Spice it up. As people who live in scorching climates, such as those of Mexico and India, know well, eating hot stuff can cool you down. "Chili peppers contain capsaicin, a chemical compound that helps us to perspire more readily," says Rick Bayless, the James Beard Award-winning chef of Frontera Grill, in Chicago. When this sweat evaporates, you experience brief relief.

Swig often. To replace the moisture that you lose as you perspire, be sure to drink. As you lose water to dehydration, your body temperature rises, so replacing fluids is essential to keeping cool. Avoid beverages that contain alcohol, caffeine, or lots of sugar, which are dehydrating. "Also opt for hydrating foods," says Deena Kastor, a marathon runner and an Olympic bronze medalist. "Try a smoothie for lunch, and add more fruits and vegetables to all your meals. Watermelon has the greatest water content of any food out there."

Eat light. There's a reason we reach for salads in the summer. They're easier to digest than, say, a fatty hamburger, which leaves you feeling sluggish in the high heat. Instead, go for fruits and vegetables, which are watery and help keep you hydrated (and cooler), says Robert Kenefick, a physiologist at the U.S. Army Research Institute of Environmental Medicine, in Natick, Massachusetts, which studies the effects of extreme climates on soldiers' bodies.

Give your oven a summer vacation. If you cook, use the stovetop, the microwave, or a barbecue. "Grill some extra vegetables when you're making dinner," says the author of Vegetable Soups from Deborah Madison's Kitchen. "The next day, mix them with a little Feta cheese and olive oil for a great, cool snack."

Shut off the lights or change the bulbs: Long-lasting compact fluorescent bulbs produce about 70 percent less heat than standard incandescent.

Give the clothes dryer a break, too. Hang a clothesline and let your towels and sheets flap in the breeze. "They smell wonderful," says Paul Hooker, whose company, Sferra, sells sheets made in Italy, where, he adds, almost everyone hangs them out to dry.

Make a "cold compress." Fill a cotton sock with rice, tie the sock with twine, and freeze it for two hours before bedtime. Then slide it between the sheets. Rice retains cold for a long period because it's dense and starchy, says Jim Hill, Ph.D., an associate dean of the College of Agricultural and Environmental Sciences at the University of California at Davis.

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

**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.**

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

**LITTERING.** Think twice about throwing your trash out your car window or into someone's yard. First, it's rude and selfish. Someone will have to pick it up and most of the time it is the maintenance staff. This takes time and money away from other residents needs. Second, it is against the law. Littering is a Class C violation that is punishable by a fine up to a $500.00. If you are witnessed littering the police will be called and you will be charged, by The Homes, for the time it takes to pick it up and dispose of it.

**NOISE.** Please be mindful of the level of noise you create. It is our responsibility to keep the sound we make to a reasonable level so we are not disturbing our neighbors. Sometimes, simply communicating with your neighbors and working out an understanding can resolve this and many other problems.

**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.

**SECURE YOUR HOME.**  It is very important that you have a trusted family member or friend on your stock certificate. In the event of your death, if you are the sole person on the stock certificate your home will go into probate. Probate can be messy, expensive and time consuming to relatives and friends. Plan for the future.

**SPEEDING.** The speed limit in The Homes, Inc. is 20 mph. It only takes a few seconds for a distracted child to dart out in the road. Please be aware and safe while driving.

**AUTO**

|  |  |  |  |
| --- | --- | --- | --- |
| **Type of Service/Repair** | **Company Name** | **Contact/Address** | **Phone Number** |
| **Air Conditioner** | AM Mechanical |  | 913.371.5885 |
| **Appliance Repair** | Glenn’s Appliance |  | 913.321.7462 |
| **Automotive** | Herrera’s Service Shop  Tomahawk Auto Service  Tomz Toyz Race & Repair | 1516 Central Ave  4301 Swartz Rd | 913.562.4202  913.233.0190  913.279.1663 |
| **Carpet Flooring/Tile Installation** | Reliable Flooring | Marvin Smith  Shawn Walters | 913.548.3195  913.944.1970 |
| **Computer Repair** | Heartland On-Site Services | Joe Dix | 913.735.7121 |
| **Electrical** | Shogren Electrical | Perry Shogren | 913.238.7014 |
| **Handyman** |  | Brandon Deal | 913.707.2669 |
| **Haircuts for Homebound Seniors** |  | Juanita Priolo | 816-606-0026 |
| **Lawn Care** | Green Brothers Mowing  Greenwood Lawn Service | Juan Verde  Antonio Mandujano  Travis Greenwood  Oscar Hernandez | 816.522.5006  913.944.8082  816.442.1052  913.660.6244 |
| **Painting** | Unity Painting | AnnaMarie  Brandon Deal  Moya | 816.810.8872  913.707.2669  816.335.5155 |
| **Personal** | Artistry Cosmetics  Avon  Babysitting/Infant CPR Certified  Cupcakes by Fredrick  Custom Made Jewelry & Watch Repair  Freeze Frame Photography  Housecleaning/Babysitter/Dog Walker  Sell It On Ebay  Tina’s Aleration & Repair  Home Health Care | Mary Jane Watson  Karen Anver  Reagan Adams  William Fredrick  Tammy Eklund  Dee Dee Johnson  AnnaMarie  Bob Anver  Rosita Pineda | 913.281.4405  913.342.2660  913.832.9266  913.248.5416  913.342.2326  816.716.8865  816.810.8872  913.342.2660  913.633.1495  913.514.4020 |
| **Recycling** | C&E Recycling | Chris  Eric | 913.904.8501  913.907.6764 |
| **Siding & Windows** |  | Mario | 913-486-3174  913-488-5563 |

**Guaranteed Foods A la Carte Home Delivery Foodservice**, 913-888-5000, [www.guaranteedfoods.com](http://www.guaranteedfoods.com)

**Schwan’s** Home Delivery Foodservice, [888-724-9267](tel:1-888-724-9267), www.schwans.com

**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.

**SERVICE AND REPAIR**

|  |  |  |  |
| --- | --- | --- | --- |
| LOANS | 510,716.79 | AUDIT FEE – PAYABLE | 487.50 |
| ALLOWANCE FOR LOAN LOSSES | -11,615.06 | NCUSIF PREMIUM PAYABLE | 0 |
| SECURITY BANK | 152,693.76 | FEDERAL & KANSAS TAXES DUE | 110.00 |
| CHANGE FUND | 200.00 | SHARE DIVIDENDS PAYABLE | 456.79 |
| COMMUNITY AMERICA CU – SAVINGS | 85.97 | MEMBERS SHARES | 1,118,215.47 |
| COMMUNITY AMERICA CU – CD | 255,777.55 | REGULAR RESERVES | 31,510.21 |
| BANK MIDWEST | 54,357.11 | RESERVES FOR CONTINGENCIES | 26,500.00 |
| KCCU MEMBERSHIP SHARES | 11,428.85 | UNDIVED EARNINGS | 198,436.13 |
| KCCU CASH MANAGEMENT | 1,469.98 | NET INCOME | -214.01 |
| CREDIT UNION 1 SAVINGS | 11.28 |  |  |
| INDUSTRIAL STATE BANK | 84,972.35 |  |  |
| INTERSTATE FEDERAL SAVINGS & LOAN | 1,555.06 |  |  |
| INTERSTATE FEDERAL SAVINGS & LOAN | 100,000.00 |  |  |
| M & I BANK | 100,200.94 |  |  |
| COMMERCIAL STATE BANK OF BONNER SPRINGS | 100,000.00 |  |  |
| PREPAID INSURANCE | 2,421.00 |  |  |
| FURNITURE & EQUIPMENT | 874.62 |  |  |
| NCUSIF | 10,351.89 |  |  |
| **TOTAL ASSETS** | **1,375,502.09** | **TOTAL LIABILITIES** | **1,375.502.09** |

QUINDARO HOMES FEDERAL CREDIT UNION

AS OF MAY 31, 2014

LIABILITIES

ASSETS

* Window air conditioning unit for sale $30, 913-999-4340
* Stockholder is looking for original doors from The Homes, with or without door knobs. Resident is willing to pay up to $30 per door. 503-709-2290
* If you would like starters from the following plants: Aloe, Christmas cactus, and Asparagus ferns call 913-626-0043. Stockholder is looking for starters from Airplane (Spider) plants.

THE HOMES UNITS FOR SALE

|  |  |  |  |
| --- | --- | --- | --- |
| **ONE BEDROOM** | **Owner** | **Phone** | **Price** |
| 3109 N Allis (C/A, Stove, Fridge, W/D) | Norris | 913.800.0477 | Contact S/H |
| **TWO BEDROOM UP** | **Owner** | **Phone** | **Price** |
| 3010 N Allis (C/A, Stove, Fridge) | Vazquez | 913.220.6918 | $10,000 |
| 3109 N 9th (C/A, Stove, Fridge) | Parast | 913.710.6216 | $11,000 |
| 3116 N 9th (C/A, Appt Only) | West | 913.375.8723 | $8,500 |
| 5 Reidcrest | The Homes | 913.321.2471 | Make Offer |
| **TWO BEDROOM DOWN** | **Owner** | **Phone** | **Price** |
| 783 Manorcrest (C/A) | Deal | 913.707.2669 | $10,000 |
| 789 Manorcrest (C/A, Stove, Fridge, Jacuzzi) | Hudson | 816.898.5524 | $10,000 |
| 954 Manorcrest (C/A, Basement) | Ramos | 913.621.4532 | $13,000 |
| 3000 N. Allis | Walther | 913.278.1040 | $11,500 |
| 3143 N 9th | Olivarez | 913.689.8895 | Contact S/H |
| 1 Summitcrest | Robleado | 816.830.2092 | $9,000 |
| 7 Summitcrest | The Homes | 913.321.2471 | Make Offer |
| 16 Summitcrest (C/A, Stove, Fridge, Shed) | Rodriguez | 913.961.4588 | $11,000 |
| 28 Summitcrest (C/A, Fridge, W/D, Shed, Patio) | Allen | 816.728.8174 | $9,500 |
| 60 Viewcrest (C/A, Stove, Fridge, Shed, Patio) | Hernandez | 913.375.3904 | $10,000 NEGO |
| 80 Viewcrest (C/A, Stove, Fridge, W/D, Shed) | Vandaveer | 816.721.3759 | $9,500 |
| 88 Viewcrest (C/A, Stove, Fridge, Dishwasher, Deck) | Eklund | 913.909.4687 | Contact S/H |
| **THREE BEDROOM** | **Owner** | **Phone** | **Price** |
| 822 Roswell (C/A, Appt Only) | Gallegos | 913.638.0521 | $14,500 |
| 827 Roswell (No C/A, WD) | Bolton | 913.396.3919 | $15,000 |
| 19 Viewcrest “AS IS” | Linderman | 816.898.5163 | $2,000 |
| 22 Viewcrest (C/A, Stove, Fridge, Patio, Appt Only) | Bame | 913.562.4810 | $9,500 |
| 139 Viewcrest (C/A, Fridge) | Mora | 816.419.9387 | $11,000 |
| **DOUBLE UNIT** | **Owner** | **Phone** | **Price** |
| 84 / 86 Viewcrest, 2/2 Bedrm (C/A, Shed) | Eberhardt | 913.281.5847 | $17,000 REDUCED |
| 112/114 Viewcrest 2/2 Bedrm (Shed, Patio) | Lewis | 913.216.3733 | Contact S/H |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| July 2014 | | | | | | |
| Sunday | Monday | Tuesday  1  NEIGHBORHOOD WATCH MEETING  6:30 PM | Wednesday  2 | Thursday  3 | Friday  4  HAPPY 4TH! THE HOMES AND CREDIT UNION OFFICES CLOSED | Saturday  5 |
| 6 | 7 | 8 | 9 | 10 | 11  NON-DENOMINATIONAL BIBLE STUDY @ CLUBROOM 1PM | 12 |
| 13 | 14 | 15 | 16  CREDIT UNION BOARD MEETING 4:30PM | 17 | 18 | 19 |
| 20 | 21  THE HOMES BOARD MEETING 6:30PM | 22 | 23 | 24 | 25  NON-DENOMINATIONAL BIBLE STUDY @ CLUBROOM 1PM | 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

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