



Prairie Hills Homes Association

FALL 2007

NEIGHBORHOOD NEWS

A Newsletter published for the residents of the Prairie Hills Homes Association

LEAF VACCUMING PROJECT TO BEGIN IN PHHA

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After several years of trying to get a leaf pickup project up and running we finally have good news to report. PHHA has found a landscape and lawn maintenance company who can undertake the project of vacuuming the leaves from our curb sides.

The weather has been a bit warmer this year than in the past causing many of the trees to not entirely drop all of their leaves at the time of publication. We are in high hopes that all the remaining leaves will be on the ground and ready to be sucked up by the pickup date.

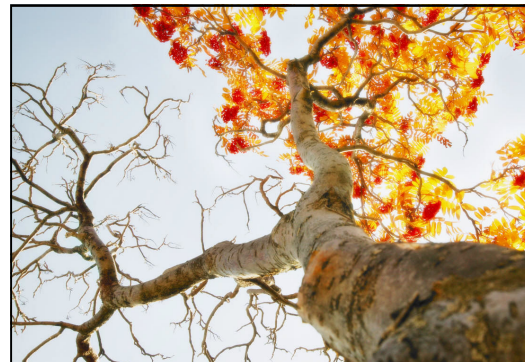
Benjamin Lawn & Landscaping will be in the neighborhood on Monday, December 3rd to vacuum up our fallen foliage.

This is a free service the PHHA is offering this year. The Board will evaluate how well the project works this year and hopefully continue to offer this valuable service in future years.

Leaves should be raked or blown to the curbsides. Please try and keep the sidewalks clear of fallen leaves. Many of

our neighbors walk and if you've ever tried to walk a four pound dog through a pile of leaves it's not easy. It's also hard to see any cracks or raised sidewalks under leaves. No one wants a "fallen neighbor" in the middle of their leaf piles.

If you are interested in this free service please contact Wesley Piercy at 913-488-0566 or e-mail him at wesley@welseypiercy.com. You will need to provide your name, phone number and home address. A list of interested residents will be compiled and delivered to the cleanup crew for a December 3rd pickup date.



IMPORTANT DATES

December 3
PHHA Leaf Pickup

December 9
Holiday Homes Tour

December 10
Holiday Lighting
Contest Judging

Do Have Important Dates
for the next Neighbor-
hood News?
Let us know!

LOCAL RESIDENT WINS NEIGHBORHOOD SPIRIT AWARD

My fellow board members know how lucky we are to have Loring Leifer on the Home Owners Association. It is not only the board who is lucky but all the residents of Prairie Hills Homes Association.

Loring received the Jim Gary Neighborhood Spirit Award for her excellence in making Prairie Hills a great place to live.

The Board Members attended the HACCD All Boards Member Dinner on November 7th. After meeting and exchanging ideas from other members, we gathered for dinner and the awards ceremony. The highlight of the meeting was seeing our very own Loring Leifer win the "Oscar of the evening". Next time you see her out walking, congratulate and thank her for her hard work.

PREPARE YOUR HOME FOR THE WINTER MONTHS

Although we traditionally think of spring as the season for home maintenance, there are steps you should take in the fall to make sure that your home is ready for the winter months. By performing these common maintenance tips each autumn, you can help protect your home's value and prevent major repairs.

Roof and Gutters

Rain, ice, snow and wind can all cause damage to your roof and gutters. Now's the time to trim back all tree limbs and vegetation away from the roof. You also should remove debris, such as leaves and sticks from your gutters and downspouts. Clogged gutters don't allow water to properly drain away from the home, which can cause seepage in your ceilings and walls. You can also invest in gutter guards, a screen that prevents debris from entering the gutter and directs the flow of water away from the house and into the ground.

Water Heater

You don't want to find out that your water heater isn't operating properly when you need it most. So use this time to perform an annual inspection, which includes having your tank's pressure and temperature relief valve checked. In addition, remove sediment from the bottom of the tank by draining two gallons of water to improve heat transfer and the efficiency of your heater.

Heating and Cooling System

If you have a forced warm-air heating system, you should check the exhaust vent and air shutter openings for dirt and dust. Clean any lint and dirt from the blower blades, motor and burner (if you have a gas heater). Vacuum air passages and check and replace, if necessary, fan belts. To prevent airborne dirt from circulating throughout your home, replace your disposable air filters.

Doors and Windows

To help control heating costs, you want to make sure that your doors and windows are properly sealed. Now is the time to repair or replace weather stripping around door bottoms and jambs and window frames. Check for loose or missing glazing putty and caulking for deterioration. If you have storm windows, install them.

Water Pipes

Frozen or burst pipes can cause major damage to your home and be expensive to remedy. Before frigid weather hits, protect your pipes in unheated areas from freezing by adding insulation, which reduces heat loss from hot-water pipes and condensation on cold water pipes. This can be accomplished by wrapping the pipes with heating tape or blanket insulation and duct tape or by encasing the pipes with preformed plastic foam. In addition, examine your pipes for cracks and leaks.



Fireplace

Before you light the logs and get ready to settle in front of a cozy fire, make sure that your fireplace is in good working order. Clean the chimney flue and if needed inspected and repaired. Check the seal on your flue, which is designed to keep out drafts. Replace the seal if it is loose or damaged.

If you decide to do the fall maintenance yourself disconnect the power for any electrical or gas systems. In addition, before inspecting, cleaning or making any repairs refer to your owner's manual for all equipment for proper instructions, which should be the final authority on any maintenance. Although this list is merely a guide, it can help you keep your home in good shape and have a winter free of major repairs.

PRESIDENT'S MESSAGE ~ DEEDS DO'S AND DON'TS

When J. C. Nichols launched Prairie Hills in 1950, most of the neighborhood went up at the same time. And the look and feel of the neighborhood was under the control of one man—J. C. Nichols. He chose the house styles, colors, and materials. He set rules in the form of deed restrictions that were designed to retain some of his original vision, but also to allow the people who would occupy the homes to put their own stamp upon them.

There's a lot of confusion about these deed restrictions. Here are four of the most common myths about them:

Many new homes are in violation of the deed restrictions. As they are defined, there are no homes that violate the setback, side lot, or height requirements as set forth in the deed restrictions.

The deed restrictions specify the design and style of houses. J. C. Nichols didn't set any aesthetic guidelines for the homes in Prairie Hills, and we do not have an architectural review board like Mission Hills.

City building codes super cede homes association restrictions. Homeowners are required to be in compliance with both sets of

rules: the Prairie Hills deed restrictions and the City of Prairie Village building codes and zoning laws.

No one is enforcing deed restrictions any more. As part of the sale of the J. C. Nichols company, the enforcement rights for all its home associations were transferred to the Homes Associations of the Country Club District, our parent organization. The HACCD relies on the recommendations of the Prairie Hills Board of Directors to rule on enforcement issues.

The board works very hard to enforce the deed restrictions. We review plans and sometimes work with homeowners to bring their visions into compliance. We also work with the city to make sure new houses and renovation projects start out in compliance to save homeowners time and reworking costs. And, in doing so, we are exercising our responsibility as a board to keep real estate values up for the neighborhood—in addition to hosting picnics, garage sales, movie nights and annual meetings and publishing newsletters, directories, and e-mail bulletins.

~Loring Leifer, PHHA President

P.V. AT THE FOREFRONT OF CLIMATE PROTECTION

The City of Prairie Village recently voted to sign the Mayors Climate Protection Agreement and join the national campaign to reduce greenhouse gas and air pollution emissions. The agreement specified urging federal and state governments to enact policies and programs that will reduce global warming pollution levels to 7 percent below 1990 levels by 2012 and to reduce the United States' dependence on fossil fuels and accelerate the development of clean, economical energy resources and fuel-efficient technologies.

The agreement specifies that cities commit to several mandates that include:

Conducting a global warming emissions inventory in City operations and in the community and establishing a greenhouse gas emissions reduction target with a plan to meet it.

Adopting land-use policies that reduce sprawl, preserve open space, and create compact, mixed-use and walkable urban communities.

Promoting transportation options such as bicycle trails, commute

trip reduction programs, incentives for car-pooling and public transit.

Increasing recycling rates and energy conservation and making energy efficiency a priority.

Practicing and promoting sustainable building practices using the U.S. Green Building Council's LEED program and National Association of Home Builders (NAHB) Model Green Home Building Guidelines or similar systems city as Prairie Village.



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DUTCH TEACHER AND WIFE VISIT PRAIRIE HILLS



In October a Dutch Exchange teacher and his wife spent eight days on Cherokee Drive. Their

goal was to learn about the nursing program at Johnson County Community College as well as experience life in Prairie Hills. You may have seen Jan Van Densen walking the streets of Prairie Village with a Sheltie dog belonging to Colleen Duggan, a long time Prairie Hills Resident. Colleen hosted Jan

and his wife during their stay.

The Dutch Nursing Professor led a group of four nursing students as they learned about the similarities and differences between health care in the United States and Holland. The group visited several hospitals in the area as well as learned about nursing during classroom sessions at Johnson County Community College where Colleen Duggan teaches. They were able to see nursing care given to a "patient" by JCCC nursing students as they worked on the human patient simulator

in the college's new simulation lab.

Jan and his wife took pleasure in seeing the sites of Kansas City including the American Royal Rodeo and bull riding contest. They enjoyed dinner at "The Jazz" at 39th and State Line as well as numerous shopping trips to the local malls and Prairie Village Shopping Center. Mr. and Mrs. Jan Van Densen enjoyed their stay in the neighborhood and were impressed by the warmth and friendliness of the neighborhood.

I LIVE ON A CORNER IN THE BROOKSIDE AREA

There are two lovely stretches of my yard where, usually in the cover of darkness, my fellow dog owners think leaving their dog waste is okay! This may come as news but the days of "my dog is just fertilizing the yard" are gone!

On September 20, 2007 the Kansas City Water Department Services published a conceptual plan called the Overflow Control Program. It is estimated to take over 25 years to complete the work of separating sewer and storm water systems in a 56-square-mile area in south

Kansas City, bounded by the state line to the west, 85th Street on the south, the Blue River on the east and the Missouri River on the north. Even at the projected cost of between \$2.4 and \$3 billion dollars the City admits that this proposed Overflow Control Program will not fix the water pollution problem, namely the bacteria *E coli* and *coli* form, both fecal contaminants. According to the plan the probable source is pet waste leeching into the storm water systems that drain the entire

metropolitan area, including Kansas communities.

Recently we've all become better environmental stewards. We're taking the stairs instead of the elevator, if it's only a couple of floors. We say "Paper" instead of "Plastic". We sort our trash into recyclables and non recyclables. Here's another behavior change that will have a more significant impact on our environment and health, particularly the water quality: Promptly pick up your pet poop! Discard it in your trash.

I purchased biodegradable doggie bags online, a roll of 120 bags for \$8.99. I plan to buy an attractive container and place a roll of these bags on my fence. Maybe my fellow dog owners will consider using one next time, in the cover of darkness, when their dog decides to...well, you know. I better put a night light on that container.

*Submitted by: Peg Horner
President, Country Club Homes*

**Want to
advertise?**

**Space available
in the next
newsletter.**

**Contact Wesley
Piercy for details.**

RESIDENT SPOTLIGHT ~ FROM BILBAO TO CHEROKEE

Dawn Taylor never forgot how gracious her host family when she was an exchange student in Madrid many years ago. She vowed that she would return the favor by hosting one of her own someday.

This year, the Prairie Hills resident made good on her promise. She became a host to 17-year-old Haizea, a Bilbao native who is spending her senior year at Shawnee Mission East.

Haizea has quickly become a big sister to Dawn's daughters: Sarah, an 8th grader at Indian Hills, and Emily, a 5th grader at Belinder School. The three girls watch YouTube videos, play cards, make up dances, and listen to music together.

"The experience has taught me the world is much more the same than different," says Dawn, who works as the director of development and membership at the Kemper Museum of Contemporary Art. "Haizea has told me stories about her school that could have happened at any American high school."

An only child, Haizea is enjoying the experience of having siblings. She's an excellent student and has interested the younger girls in Spanish. She speaks four languages and hopes to become an interpreter or translator.

Before Haizea arrived, Dawn she sent her links to the Prairie Hills Web site to see pictures of the neighborhood.

"Your village looks nice," Haizea told Dawn.

"She thought were in thatched huts," says Dawn, who lives on Cherokee. "She was amazed at how big and spread out the area was. East is three times the size of her Spanish school and has many more activities. Haizea has joined the school's International Club and the Swing Dance Club.

Dawn has not only enjoyed getting to know Haizea, but she's gotten a glimpse of what life will be like when her own daughters become teenagers.

"I will be an absolute expert on Shawnee Mission East," says Dawn. "From how to choose classes to which door to enter when you are running late, I'm getting a crash course two years in advance of my own daughters going there."

"I hope this is the start of a lifelong friendship with Haizea and her family," says Dawn, who is hoping to take her family to Bilbao in the next year of two. She hopes others will consider becoming hosts to foreign exchange students. The variety of programs available let you choose your level of commitment from a few weeks in the summer to an entire year.

If you're interested, contact Dawn at 831-9343 or dawntaylor@kc.rr.com for information on exchange programs.



WHAT'S WITH THE "NEW LOOK" OF THE NEWSLETTER?



By now most of you have noticed there is something a little bit peculiar about this issue of the Prairie Hills Neighborhood News. Is it a different font? The columns are wider? It has more photos? It's thicker? Can't quite put your finger on it? Well you are correct about all of those and a few other changes as well.

When the privilege of the newsletter was bestowed upon me a few years back I remember thinking to myself, "This will be so much fun." "I will totally revamp the newsletter and make it look even more

spectacular than it already does." It has taken me a little longer than planned to start making those changes.

The PHHA Board attended the HACCD All Boards Dinner on November 7th. After the meeting I had a chance to look at some of the other association newsletters and gather some ideas. I have incorporated a few of those already and more to come in the future.

I would like help from you to make our Neighborhood Newsletter even better. If you have suggestions for the newsletter or want to submit an article for the next newsletter please email me at wesley@welseypiercy.com. I welcome all suggestions and comments.

~Wesley Piercy, PHHA Vice President

WELCOME TO PRAIRIE HILLS NEW NEIGHBORS

These folks have recently purchased homes in our neighborhood:

Erin Ballard, 3111 West 72nd Terrace

Laura Byran, 3018 West 71st Terrace

Ronald & Barbara Comer, 3100 West 71st Street

Clarissa Lorenz, 2900 West 73rd Street

Karen Schotsch, 3116 West 73rd Street

Melissa & Susan Tate, 7155 Cherokee Drive

If any newcomers want to be added to our e-mail newsletter list, please send your phone number and e-mail address to Loring Leifer at leifer@sprintmail.com.

HOT HOME FACTS

Here are some quarterly statistics on the housing market from Miles Krivena and Lynne White (<http://krivenawhite.yourkwagent.com/home>):

Average price for a home in Johnson County, \$266,800

Homes on the market, 4,586 Homes sold, 1,751

Average days on the market: 85

Average price of a home in 66208: \$276,700

Down -3.45% from the previous quarter

95 homes sold

Average days on the market were 70

Houses sold at 96.4% of asking price



HIGH RISE PROPOSED FOR PRAIRIE VILLAGE

A standing-room only crowd turned out this week for the City of Prairie Village Planning Commission meeting, which included a request to redevelop Meadowbrook Country Club. Developers submitted a plan that would require the city to alter building codes, which currently don't allow buildings more than three stories tall. The plan includes:

- A seven-story, 258-unit senior living center located directly at the corner of Somerset and Nall
- Two four-story condos totaling 96 units located adjacent to the new clubhouse in the

middle of the reconfigured golf course

- One road going into the development off of Somerset that would add at least 1,730 car trips to that road every day.

The Planning Commission voted unanimously to deny the rezoning request and site plan, according to Andrew Wang, a Ward III city councilman. According to a group opposed to the plan, the project would increase traffic in the area and diminish green space in the city. It would also require residents to fund the initial phases with tax dollars. The item will go

before the City Council in December at which time the council will have the following options.

- Approve the application (to override the recommendation of the PC, a 2/3 majority vote of the City Council is required)
- Send back to the planning commission with specific items to discuss
- Deny the application (simple majority)
- Table the item until a future meeting.

Plans for the proposed redevelopment project are available for review in the

City Clerk's Office. For more information, contact the Municipal Offices at 913-381-6464 or send an email to: cityclerk@pvkansas.com.



SHAWNEE MISSION SCHOOL DISTRICT DATES



Dec 18-20	High School Semester Exams Early Dismissal, Grades 9-12	March 14	End of Third Quarter No School, Grades K-8 Early Dismissal, Grades 9-12
Dec 21-Jan 2	Winter Break Schools/Offices Closed	March 17-21	Spring Break Schools/Offices Closed
Jan 21	Martin Luther King, Jr. Day Schools/Offices Closed	March 24	School Improvement Day No School, Grades K-12
Feb 15	Parent Teacher Conferences No School, Grades 7-12	March 31	Kindergarten Enrollment Week
Feb 18	President's Day Holiday Schools/Offices Closed		

SURFS UP ON THE PHHA WEB SITE

Check out the useful new web site for the Prairie Hills Homes Association. You'll find a board roster, newsletter archive, meeting minutes, treasurer's report, event calendar, and a map—in case you get lost.

Be sure to thank Mark Stiles, board member, for bringing us this useful site.

Web address: prairiehillshomes.org

HOLIDAY FITNESS TIPS

Keep an Honest Food Diary:

Write down everything you eat, when you eat it and why. There may be a pattern to your snacking, for example: reaching for crunchy foods when you feel anxious. The more mindful you are of every calorie you take in, the better your chances for keeping overeating at bay.

Take a Diet Vacation:

The holidays are stressful enough for most people without the pressure of trying to lose weight on top of everything. Instead, allow yourself to enjoy all of the fun holiday foods you like, just make sure to practice portion control and eat only in moderation.

Avoid Alcohol:

Alcoholic drinks can be anywhere from 100-300 calories per serving. Plus, drinking can

lower your inhibitions causing you to forget how much you are eating. Try wine spritzers or fruit-flavored seltzer water instead.

Eat Before You Go Out:

Showing up at parties on an empty stomach can make any and all food seem appetizing and therefore, cause you to overeat. Also, alcohol is absorbed more quickly on an empty stomach that can exacerbate the "munchie" effect. The best way to combat this is to have a light snack before you leave, consisting of protein, carbohydrates, and fats such as an apple and some low-fat cheese or whole-wheat crackers with peanut butter.

Fit in Exercise Whenever You Can:

If you can't get to the gym, try walking off the calories instead. Park your car the farthest distance you can from the mall. Take the

stairs instead of the elevator. Start wearing a pedometer and try to get in 10,000 steps per day.

Be a Social Butterfly:

While it may be tempting to flirt and hang around the buffet table, it also plays havoc with your ability to watch portions. Instead, fill a plate with a small sampling of your favorite foods and walk around the party.



HAVING TROUBLE SLEEPING? 7 TIPS THAT MAY HELP



Tip 1. Go to sleep and wake at the same time each day. Keeping a regular sleep schedule, even on weekends,

may help develop a sleep-wake rhythm that encourages better sleep.

Tip 2. Avoid caffeine late in the day. Caffeine — contained in tea, cola, and chocolate, as well as in coffee — is a stimulant and can cause problems for people trying to fall asleep.

Tip 3. Watch your diet. A heavy meal or spicy foods before bedtime can lead to

nighttime discomfort, and fluids can require disruptive trips to the bathroom. A light snack, however, can prevent hunger pangs and help you sleep better.

Tip 4. Exercise regularly. Regular exercise has been shown to improve sleep. Exercising in the morning or afternoon — at least three hours before bedtime, so you won't be too "revved-up" — may help you get a deeper, more restful sleep.

Tip 5. Create a relaxing bedtime routine.

Read a book

Listen to music

Practice relaxation techniques

Take a warm bath

Keep the temperature in your bedroom at a comfortable level: extremes can disrupt your sleep. It also helps to minimize distractions, such as noisy clocks, bright lights, and uncomfortable clothing or bedding

Tip 6. Get out of bed if you're not sleeping. If you don't fall asleep within 15-30 minutes, get up. Get back into bed when you feel sleepy.

Tip 7. Talk to your doctor or healthcare provider. Discuss your sleep problems with your doctor or healthcare provider and find out if AMBIEN CR is right for you and how it may help put your sleep problems to rest.

Don't Forget!

Holiday Homes Lighting Contest

December 9th.

Put your lights up before
and win prizes!

SIMPLY SAUTÉED CHICKEN CUTLETS

Ingredients:

- 4 skinless, boneless chicken breasts, about 5 ounces each
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 tablespoons olive oil

Cooking Instructions:

1. Place the breasts between wax paper or saran wrap and flatten with a mallet.
2. Season the chicken cutlets with salt, pepper and then drizzle with olive oil.
3. Place a sauté pan large enough to accommodate all the cutlets over medium high heat. Add the chicken cutlets and lower the heat to medium. Cook until well-browned on one side, about 4 to 5 minutes. Turn the cutlets over and cook 2 to 3 minutes more.

Nutritional Information

Number of Servings: 4

Per Serving:

Calories 202	Carbohydrate 0 g
Fat 7 g Fiber 0 g	Protein 33 g
Saturated Fat 1 g	Sodium 238 mg



WHO'S WHO IN PRAIRIE HILLS

Board of Directors

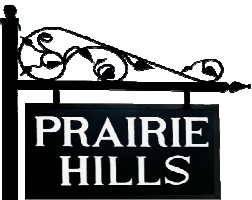
President	Loring Leifer, 831.7272 leifer@sprintmail.com
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Secretary	Colleen Duggan, 236.4851 plazaart@hotmail.com
Treasurer	John McMahon, 831.6192 jmcMahon@primary.net
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Alt. Directors	Craig Johns, 362.5444 craig@craig-sara.com Cory White, 831.2829 coryawhite@hotmail.com

Committee Chairs

Communications	Loring Leifer
Holiday Homes	Jane Argotsinger, 789-8125
Maintenance	Mark Stiles
Directory	Loring Leifer
Newsletter	Wesley Piercy
New Neighbor Welcome	Bev Vyhanek, 362.7397
Garage Sale	Marsha Bjerkan
Islands	Mark Stiles
Volunteer Coordination	Greg Colston, 722.0165 gcolston@kclife.com

Meeting Schedule

The PHHA Board meets at 7:00 p.m. on the second Monday of the month at the Prairie Village Municipal Offices, 7700 Mission Road. All meetings are open to PHHA residents.



**PRAIRIE
HILLS**

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