

## Shawnee City Services

### Shawnee Police Department

- Emergency: 911
- Non-Emergency: (913) 631-2150
- Lost Pet Voicemail: (913) 742-6098

9-1-1 and non-emergency lines are answered 24/7

9-1-1 includes TTY capabilities

<https://www.cityofshawnee.org/departments/police>

### Shawnee Fire Department

- Emergency: 911
- Non-Emergency: (913) 631-1080

<https://www.cityofshawnee.org/departments/fire>

### Citizen Service Requests

Shawnee partners with SeeClickFix to provide faster and more convenient options for citizens to submit service requests.

[https://www.cityofshawnee.org/residents/citizen\\_service\\_requests](https://www.cityofshawnee.org/residents/citizen_service_requests)

### Parks & Recreation

The Parks and Recreation Department oversees more than 1010 acres of city parks, Shawnee Town 1929 Museum, the Civic Centre and the City's two state of the art aquatic facilities. We also offer over 500 classes, programs and special events for youth, adults and seniors.

[https://www.cityofshawnee.org/Departments/Parks\\_Recreation](https://www.cityofshawnee.org/Departments/Parks_Recreation)

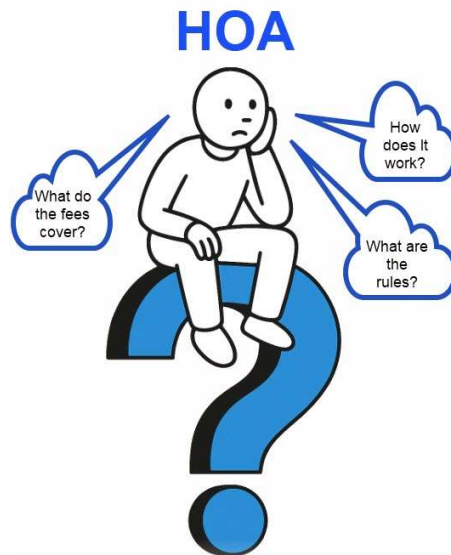
Additional City information can be found at

<https://www.cityofshawnee.org>



## Homeowners Associations: Love Them, Hate Them, or Don't Understand Them

In neighborhoods across America, homeowner's associations, or HOAs generate much debate. Depending on who you ask, they're either the backbone of a well-maintained community or the source of endless frustration. But whether you champion their cause or roll your eyes at the latest compliance notice, one truth remains: HOAs matter.



At their best, HOAs uphold property values, preserve the character of a neighborhood, and foster a sense of unity through shared spaces and events. The pool gets cleaned, the entrance stays landscaped, the bills and taxes are paid, events planned, and there's place to report when the neighbor's camper or boat overstays its welcome. Its structure intended for peace of mind.

It's also important to remember that in Crimson Ridge, the HOA board is made up of homeowner volunteers—your neighbors—who donate their time and energy to keep the community thriving. These are not outsiders or paid professionals, but fellow residents with a shared interest in maintaining a beautiful and functional neighborhood.

The HOA board decisions are driven by the Crimson Ridge Homes Association Declarations as well as by a desire to balance fairness, consistency, and the greater good.

Equally important is a shared commitment to compliance. Adhering to the Declarations—whether it's about lawn maintenance or architectural guidelines—is what allows our neighborhoods to maintain their integrity and curb appeal.

That's why homeowner engagement is not just encouraged—it's essential. HOAs function best when residents participate in meetings, share constructive feedback, and take active roles in committees or leadership positions. This involvement ensures that policies reflect the needs and values of the community, not just a vocal few.

In short, the HOA isn't "them." It's us—a collective of neighbors building something bigger than our individual homes.

Love them or hate them, HOAs offer a lens into how we share space, manage differences, and build community. With the right approach and a little participation, we can learn to appreciate the good—even if we still grumble about the garbage bins.

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## Crimson Ridge Board Member Shout-Outs



Thank you, Michaela Reynolds, for another season of clean, cool, azure blue pool waters. Thank you also for the new pool furniture research and ordering.

Thanks to all that assisted with the unpacking and setup as well as the removal of all aging furniture.

Thank you to all board members volunteered their time to remove the rotting pergola, providing more usable space for seating prior to the pool opening.



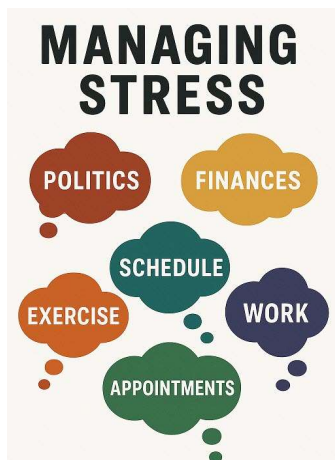
Thank you, Yvette Clifton, for another incredible Crimson Ridge pool party, complete with food truck and DJ.

Please take a moment to review the [Crimson Ridge pool rules](#).

Have a safe and enjoyable pool season!

# Peace in the Pace

Stress is a natural part of life—but managing it doesn't mean eliminating it altogether. Instead, it's about developing everyday skills that help us navigate life's ups and downs with more confidence and calm.



Left unchecked, stress can pile up quickly. But here's the good news: small, positive actions compound too. Just a few moments each day can strengthen our ability to stay grounded, even when life gets overwhelming.

Following are some techniques that may help manage stress more effectively. These aren't big life changes—they're straightforward practices that can be weaved into a daily routine.

### Focus on the Positives

In a world where we're often bombarded with bad news and daily pressures, choosing to notice the good—no matter how small—can be a powerful way to protect our well-being. This simple yet effective stress-relief skill involves intentionally tuning in to the bright spots in your day, whether it's a friendly wave from a neighbor or a moment of quiet with your morning coffee.

### Relish Joyful Moments

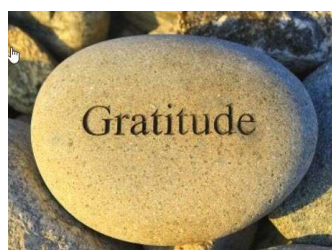
Relishing is about making the good moments last longer and feel more intense. It's like savoring a delicious piece of food instead of chewing it up and gulping it down.



### Cultivate Gratitude

Gratitude is more than just a feel-good habit—it's a way to boost well-being and reduce stress. By focusing on what we have, rather than what we're missing, we train our minds to see the good that surrounds us.

Even simple moments of appreciation can shift our mindset and strengthen emotional resilience over time.



### Practice Mindfulness

Mindfulness isn't just a trend; it's a tool for reducing stress and improving well-being. At its heart, it means being fully present in the moment, without judgment.

In today's fast-paced world, that can be challenging—but even a few mindful moments each day can make a meaningful difference.

### Set Achievable Goals

When life feels overwhelming, setting realistic goals can help restore a sense of control. It's all about breaking big tasks into smaller, manageable steps that align with what truly matters to you.

Start with your core values, then turn those into clear, actionable goals—one step at a time. Consider following the SMART criteria when making your goals:

1. Specific
2. Measurable
3. Achievable
4. Relevant
5. Time-bound

### Embrace Self-Compassion

We all make mistakes—but how we respond to ourselves in those moments matters. Self-compassion means offering yourself the same kindness you'd give a friend: not harsh criticism, but patience and encouragement. Next time that inner voice gets loud, pause and ask—is this really true? Then gently shift to words that uplift rather than undermine.

These strategies aren't magic wands that banish stress, but they're like lanterns on a winding path—illuminating moments of ease and helping you spot joy tucked between the challenges of daily life.

Embrace the journey, flaws and all. Growth is happening, even in the smallest steps.





# Tips To Manage The Summer Heat

As temperatures climb and humidity rises, here are some ways to stay safe, cool, and energy-conscious this summer:

**Hydrate Like a Pro:** Drink water regularly—even before you feel thirsty. Consider electrolyte-rich drinks like coconut water if you're outdoors.

**Dress for the Heat:** Choose loose, light-colored clothing made of breathable fabrics like cotton or linen. Don't forget a hat and sunscreen.

**Cook Smart:** Skip the oven and opt for no-cook meals, microwaves, air fryers, or outdoor grills to avoid heating up your kitchen.

**Check on Vulnerable Neighbors**

## Time Your Outdoor

**Activities:** Avoid strenuous activity between 10 a.m. and 4 p.m., when the sun is strongest. Early mornings and evenings are best bet for outdoor activities.

## Keep Your Home Cool

**Efficiently:** Consider setting your thermostat to 78°F during the heat of the day for a balance of comfort and energy savings.

## Use Window Wisdom:

Close blinds or curtains during the hottest part of the day to block out heat. Sealing gaps around windows and doors can also help keep cool air in.

**Find a Cool Spot:** If your home gets too warm, visit family, a friend, neighbor or even a hotel. You could also visit a local library,

mall, or designated cooling center. These public spaces can offer much-needed relief during extreme heat.

## Know the Signs of Heat

**Illness:** Watch for symptoms like dizziness, nausea, or heavy sweating. If you or someone else shows signs of heat exhaustion or heat stroke, seek shade and medical help immediately

**Protect pets' paws:** If you can't hold your hand on the pavement for five seconds, it's too hot for your pet's paws. Walk them early or late, and consider booties for extra protection.

Do your research before you venture out in the heat. Stay safe neighbors!

## Easement Maintenance

Crimson Ridge easements or installation and maintenance of utilities and drainage facilities are reserved on the front, side or rear of each tract. The easement area of each lot and all improvements in it shall be maintained continuously by the owner of the tract, except for those improvements for which a public authority or utility company is responsible.

The lawn and landscaping within the easement area should be maintained to regulations set for in the Crimson Ridge Declaration of Restrictions ("Declarations") and stated below.

Section 2.V. states, "*Lawns shall be kept in good condition as soil, climate and other natural conditions permit, and grass shall not be permitted to reach a height of six (6) inches or more or otherwise create an unsightly appearance.*"

Action should be taken to ensure the lawn within the easement area of your property is maintained according to the easement's requirements. This includes regular lawn mowing, weed removal, sod maintenance and removal of obstructions.

Maintaining the easement area is crucial for the efficient and safe functioning of utility services and drainage channels.

For questions or clarification regarding the easement or maintenance responsibilities, please refer to section 3 of the Declarations or submit a general request via [payHOA.com](http://payHOA.com).

## Shawnee Restaurant Highlight – District Pour House + Kitchen



The District Pour House + Kitchen offers a casual and inviting atmosphere and is known for its comfort food with a creative twist. Think hearty dishes like pork chops, duck risotto, seafood dip with bread, beef short rib ravioli, truffle fries and dessert options. They also offer Saturday and Sunday brunch.

The District Pour House + Kitchen is located at 11101 Johnson Drive, Shawnee, Kansas 66203 and is open for business daily. Check out their website for hours and full menu.

