



## WHAT'S UP AT THE CREEK?

The Community Newsletter of Southcreek Office Park and Town & Country Bank Building



**Daylight Savings  
Time ends on  
November 1, 2009**

### **Operation Flu Shot:**

**November 4—5, 2009**

The nurses with *Healthy Solutions, Inc.* have assured us they are bringing enough shots for everyone who signed up for one this year! Please remember to wear a shirt/blouse that will permit easy access to receive your shot in the arm.



### **Happy Anniversary!**

The Park is celebrating the following anniversaries this month. We thank each of you for choosing Southcreek Office Park or the Town & Country Bank Building and look forward to providing many years of quality leasing services and property management to you and your staff... Here's our **November** Anniversary Crew!



West Coast Life / Empire General (11/95)

CIENA Communications, Inc. (11/00)

Frischer & Associates, Chartered (11/00)

McAuley & Crandall, PA (11/01)

Natgun Corporation (11/02)

Central States Thermo King/Velocity (11/07)

Company Keys, Inc. (11/07)

Krantz Enterprises, Inc. (11/07)

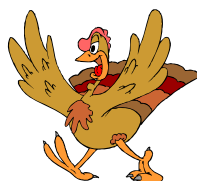
ETF Portfolio Solutions (11/08)

Paul Binner, dba All State Agent (11/08)

### **4th Annual Turkey Giveaway...**

**Sign-up Deadline: November 6, 2009**

**Winners Announced: November 24, 2009**



The drawing is open to ALL CURRENT EMPLOYEES working within buildings managed by DDI Realty Services, Inc. in Southcreek Office Park and in the Town & Country Bank Building.

If your office did not receive the Turkey Ticket Form, please call or email our office, and we will fax or email the form to you. Up for grabs this year are **40 turkeys**, along with 20 gift cards to *Nick & Jakes* or *Wil Jenny's*! Winners will be contacted on November 24, 2009. **Good luck!**

**2009 Southcreek Holiday Building Lights:** In light of the downturn in economic conditions the entire country is experiencing, we felt it would be best to forego our annual park-wide holiday lights this year.

At times such as these, we must look to do that which is best for our client's needs. Therefore, in a continuing effort to keep electricity expenses down, we felt this was the most practical and economically feasible thing to do.



Dean Development Incorporated will make a donation to Harvesters on behalf of their tenants who reside in Southcreek Office Park and the Town & Country Bank Building for the holiday season in lieu of the traditional light display.

We will look forward to the 2010 Holiday Season with hope that it will present us with improved economic conditions allowing us once again to light the buildings in our cherished holiday tradition!



### **Please Join Us in Welcoming...**

The following tenants have recently arrived or will be arriving within the next couple of months. We are honored to have them join us here at Southcreek!



Premier Tech, Inc. (11/09)

The Murphy Law Firm, LLC (11/09)

VHA, Inc. (11/09)

The Hanover Ins. Co. (12/09)

Victor F. Swyden II, CPA (12/09)

*Your vision will become clear  
only when you can look into  
your own heart.*

# Happy Thanksgiving!



**'On Board' at Southcreek:**

Please contact our Property Manager at (913) 685-4100 for more details or to place an item or service onto the community bulletin board.

Although Southcreek Office Park does not recommend, endorse, or warrant any services or products listed, we are pleased to provide this forum for our tenants. Telephone us at (913) 685-4100; fax us at (913) 685-1232, or email us at [ddirealty@ddirealty.com](mailto:ddirealty@ddirealty.com).

**Don't forget...** to check out the official website for Southcreek Office Park at [www.SouthcreekOfficePark.com](http://www.SouthcreekOfficePark.com).

While you're there take time out to tour the website for pictures and information regarding the buildings, grounds and lake.

You can also read and/or download the latest newsletter. Past issues are also available online as well. We encourage you to 'click on by' and share your comments with us!

**HUMANA** Our Southcreek neighbor – *Humana* – will be hosting a **Big Brothers Big Sisters donation drop-off drive** on Friday, November 20, 2009 from 10am to 12noon, on the East side of Building XVI (7311 W. 132<sup>nd</sup> St.) For more than 100 years, **Big Brothers Big Sisters** has been America's preeminent national youth-serving organization.

For more information regarding this event, please contact Chris Gardner, FMP: 913-217-3202 or email [cgardner1@humana.com](mailto:cgardner1@humana.com).

**Acceptable Donated Items Include:** clothing; shoes/boots; electronics (TVs, radios); CDs, tapes, records; household items: area rugs, pots/pans, small appliances; bed sheets, comforters, pillows; toys; books; knickknacks; jewelry.



**Unacceptable Donated Items Include:** major appliances: refrigerators, washers/dryers, stoves, dishwashers; cribs; walkers; playpens; car seats manufactured after 1986; swing sets; waterbeds; mattresses or box springs; heavy equipment; furniture; construction items; tires; paint/chemicals; food.

**Check Out This Month's Flyers...**

Please review the special offers extended to readers of this newsletter from the following companies:

- |                                   |                     |
|-----------------------------------|---------------------|
| <b>Awaken Higher Brain Living</b> | <b>913-385-2500</b> |
| <b>Contract Furnishings</b>       | <b>913-526-7343</b> |
| <b>Jazmin Kellis, LMT</b>         | <b>816-694-5078</b> |
| <b>KC Boot Camp</b>               | <b>913-209-9149</b> |
| <b>Konica Minolta</b>             | <b>913-563-1875</b> |
| <b>Peels &amp; Crates</b>         | <b>913-523-3941</b> |

**EXPERIENCE SOUTHCREEK**



**WHAT'S UP AT THE CREEK?**

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**Harvesters Food Drive...** Southcreek Office Park is hosting a 2009 Harvesters Food Drive which will end on November 18, 2009. You are invited to help fill the barrels that will be located inside the lobby areas of each building within Southcreek Office Park and the Town & Country Bank Building during this food drive.



Some of the most needed items this year are: canned vegetables/fruit; boxed meals; canned meat/tuna; peanut butter; canned soup; cereal – hot/cold; soap; deodorant; shampoo and toilet paper. Thanks to everyone in advance for helping feed the hungry this season!

**Southcreek Recycling Center!**

Container located behind Building XVI (7311 W. 132<sup>nd</sup> St.)



**Our Biggest Light Show Ever!**  
**11/7/09 - 12/30/09**

**Silver Dollar City...**

**An Old Time Christmas®** at Silver Dollar City is nationally recognized by media from *USA Today* to *Good Morning America* and *Southern Living* as one of the best holiday light shows in America! See the dazzling **5-story, special effects Christmas tree** and an all-encompassing sound and light show on the Square. Features also include the colorful **Holiday Light Parade**, a dramatic production of **The Living Nativity**, the interactive musical show **Frosty** and **over 4 million lights** throughout the park.

The acclaimed production **A Dickens' Christmas Carol** is an original musical adaptation of the famous classic by Charles Dickens. In addition to festive feasts and holiday treats, you can learn new recipes for your Christmas celebrations at Silver Dollar City's **Culinary & Craft School** (small fee applies).

**Discount tickets available at the Management Office:**

**Silver Dollar City Adult** 2-day pass: \$50.00  
**Silver Dollar City Child** 2-day pass: \$40.00 Child ages 4-11  
[www.silverdollarcity.com](http://www.silverdollarcity.com)

**If You Know** anyone interested in office space, please have them contact DDI Commercial, Inc. and ask for either Elaine Sight or Kathy Woodward, SIOR. Don't forget to visit us at either [www.ddicommercial.com](http://www.ddicommercial.com) or [www.southcreekofficepark.com](http://www.southcreekofficepark.com). Our offices are located at:

7200 West 132<sup>nd</sup> Street, Suite 300  
Overland Park, KS 66213  
Telephone (913)-685-4100—Fax (913) 685-1232

E-Mail [DDICommercial@ddirealty.com](mailto:DDICommercial@ddirealty.com)  
[Elaine@ddirealty.com](mailto:Elaine@ddirealty.com) [KathyW@ddirealty.com](mailto:KathyW@ddirealty.com)



contract**furnishings**

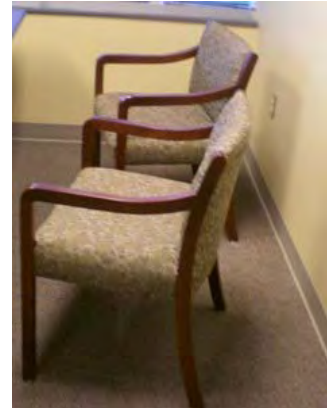
Southcreek Office Park and Town & Country Bank Building Special  
**Used Office Furniture Inventory**  
**Currently located at Southcreek**



**HON Pillowsoft Midback  
Conference Chairs**  
Fabric: blueish grey  
**\$150 each**  
Quantity: 8



**HON Pillowsoft Highback  
Chair**  
Fabric: Grey  
**\$150 each**  
Quantity: 7



**Wood Guest Chairs**  
**\$125 each**  
Quantity: 21



**L-shape desk, wood with laminate  
inlay. 1) B/B/F & 1) F/F**  
**\$650 each**  
Quantity: 3



**U-shape desk, wood with laminate  
inlay. 1)B/B/F & 1) 2-drawer lateral**  
**\$900 each**  
Quantity: 4

**Please call to schedule an appointment.**

**Kathy Roney— [roneyk@contractfurnishings.com](mailto:roneyk@contractfurnishings.com)**

**913-526-7343 cell**

**Charles Johnson — [johnsonc@contractfurnishings.com](mailto:johnsonc@contractfurnishings.com)**

**816-304-6119 cell**

# Creating Peace & Vitality: Massage & Coaching Services!

**Southcreek Office Park and Town & Country Bank Discount: \$10 off All Services**

SERVICE	FEE
<p><b><u>HEALTH COACHING</u></b> (1-hour)</p> <p>This service is fun, light &amp; successful! A typical session includes an overview of current lifestyle, routines and health history. This information creates a foundation for setting VERY reachable goals in the quest for optimal health and happiness. Methods used: the mind-body connection, tricks of the trade and many years of personal implementation and training.</p>	<b>\$70</b>
<p><b><u>GUA SHA TREATMENT</u></b></p> <p>Please read the article: <i>The Wonderful World of Gua Sha?</i> Session includes application of Arnica crème &amp; post-care instructions.</p>	<b>\$50</b>
<p><b><u>GUA SHA: CELLULITE &amp; STRETCH-MARK TREATMENT</u></b></p> <p>Session specifically geared towards reduction in appearance of these skin conditions as well as 'stuck' energy and toxins. For optimal results, I generally recommend the treatment plan of 1-month of weekly sessions (4 sessions). You can choose the per session plan or the discounted bundle.</p>	<p><b>\$80 per session</b> ----- <b>1-Month Bundle Deal:</b> <b>\$288</b></p>
<p><b><u>MUSCLE TESTING</u></b></p> <p>Using the innate intelligence of your own body, I am able to tap into what it is that you truly need, from supplementation to the right color to paint your wall! I am available for in-store &amp; at home consultations. Individual needs vary, thus a fee will be determined based on the type &amp; location of the project. <i>*Article on Muscle Testing coming soon!</i></p>	<i>Consult fees vary</i>
<p><b><u>HOT STONE &amp; ENERGY MASSAGE</u></b> (1.5-hour)</p> <p>The Cadillac of massages. This extreme relaxation session includes hot stone treatment, aromatherapy and slow, energy inclusive strokes. Get ready to be stress free!</p>	<b>\$100</b>
<p><b><u>TOWLIE MASSAGE</u></b> (20 - 30 Minutes)</p> <p>Named after a favorite cartoon-comedy character, this 'quick fix' is my all-time favorite technique. A myofascial release trick that I love so much, I decided to have a whole session devoted to it. You will feel like you have received a full body massage without any oily residue &amp; in half the time.</p>	<b>\$25</b>
<p><b><u>30 MINUTE MASSAGE</u></b></p> <p>Perfect for 'spot-treatment' or focused work. Also, ideal for parties of 2 or more. Make a day of it!</p>	<b>\$40</b>
<p><b><u>CORPORATE CHAIR MASSAGE</u></b> <b>Relaxation &amp; relief for you and your hard working crew!</b></p>	<b>Call for details</b>

Try one of the great services other Southcreek community members have already experienced!

*\*Testimonials & references available upon request.*

Jazmin Kellis, LMT

8043 Pawnee

Prairie Village, KS. 66208

[jazminkellis@gmail.com](mailto:jazminkellis@gmail.com)

816.694.5078



How are you  
living?

How do you  
want to live?



Be our guest at a FREE one-hour demonstration of a revolutionary technique called H.E.A.R.T. (Human Emergence and Rapid Transformation)

**You'll learn how others are moving from  
Lower Brain Mentality to  
Higher Brain Living!**

Join us on Thursday, November 5, 2009  
6:30pm

**RSVP-913-385-2500**

What others experience with H.E.A.R.T.

- *reduced stress*
- *increased energy levels*
- *a growing sense of confidence*
- *more clarity*

Please visit our website for Demonstration dates in December and January!

[www.higherbrainliving.com](http://www.higherbrainliving.com)

 **AWAKEN**  
HIGHER BRAIN LIVING

6700 W 121<sup>st</sup> Street, Suite 102, Overland Park, KS 66209

Southcreek Office Park and Town & Country Bank Building Special!  
(please bring coupon to demo)

If you bring a friend, you will both receive a coupon for a free 40-minute massage\* at  
**Like a Day at the Beach!**

\*Thermal Jade Acupressure/Massage beds are a hands free, oil free alternative to traditional massage



Southcreek Office Park and  
Town & Country Bank Building  
Special: **3 WEEK TRIAL OFFER**

## How It Works

- > Call (913) 523-3941 to set up your trial, a great way to test fresh fruit in your office.
- > We'll stay in touch throughout the trial to answer any questions.
- > No hassle start-up. If you want to continue the benefit of fresh fruit in your office after the trial, just let us know and we'll get your regular service started.

## Why Choose Us?

- > **Exceptional quality.** Highest quality organic fruit, hand-selected with our customers in mind.
- > **Consistency.** Unlike traditional fruit suppliers, our prices remain constant on a weekly basis to help you stay within your budget.
- > **Fruit Variety.** Each crate varies slightly based on seasonality to ensure the best fruit available for your money.
- > **Easy Payment Options.** Pay online with our simple order form or choose to be invoiced per order, per week or per month. Invoices will be sent to your preferred email address, and payments can then be made via credit card, debit card, bank transfer, or PayPal.

Peels & Crates is a  
**low-cost initiative to  
promote workplace  
wellness.**



## Fruit Facts



### Did you know?

Fresh apples float because 25% of their volume is air. (This makes bobbing for apples possible!)



### Did you know?

Only 20% of oranges are sold as whole fruit. The rest are used for juices, extracts, and preserves.



## SOUTHCREEK OFFICE TENANTS

You have Just Found The Body Toning, Weight  
Losing, Make You 10x's Stronger And Healthier  
*Indoor-Boot Camp* You've Been Searching For"

And I'll Let You Try It Out For

**1 Week For \$1**

Just To Prove It!

Here at KC Boot Camp we use cardio, weights and stomach flattening exercises all in one workout. You will save time by burning fat, toning muscle and flattening your stomach all at once.

**Can you picture how strong, toned and healthy you are going to look and feel?**

We meet Monday thru Friday from 5:30am-6:15am or 5:45am - 6:30am (for those who need another 15 minutes in bed).

Call 913-209-9149 and ask for David or you can go to [www.kcbootcamp.net](http://www.kcbootcamp.net) to sign up!

