



## August-September 2024 EFNA Newsletter Volume 3, Issue 4

### Chalk the Block and Ice Cream Social:

We neighbors talked, laughed, blew bubbles, played cornhole games, drew chalk pictures and enjoyed ice cream bars. We had good fun June 29 on blocked-off Kellogg Drive. Thank our generous sponsor, Terry Johnson, State Farm Ins.



**Plan your own block party for NEIGHBOR NIGHT OUT, AUGUST 13. The City provide the barricades to keep your folks safe. Apply at [Wichita.gov/1197/Neighborhood-Night-Out](https://Wichita.gov/1197/Neighborhood-Night-Out). Firefighters, police officers and City Council members may stop by when you register your party.** Otherwise, you may join the 300 block of Erie near Lewis. Hosted by Jennifer, they invite East Front folks to their 6pm party.

- **VOTE:** Tuesday August 6 is the last day to vote in the **primary** election. Check your ballot and your polling place at <https://myvoteinfo.voteks.org/VoterView>. Also, watch the mail: you'll get a new card if your election site has changed.
- **HELP OTHERS VOTE:** **county needs election workers for the Nov 5 general election.** Pay is \$8.50/hour for workers 16 and older. See [sedgwickcounty.org/elections/become-an-election-worker/](https://sedgwickcounty.org/elections/become-an-election-worker/)
- **Register to vote or update voter registration** by **October 15** in order to vote in the Nov 5 election.

- **School starts Wednesday, August 14. Watch out for our kids!**
- Open Streets ICT, Sunday Oct 13. By temporarily removing the danger of vehicles, Open Streets is a novel type of public space that lets us view our Wichita through a new lens.

**STRESSED OUT? WALK IT OFF.**

This Monday try mindful walking to bring focus and calm.

1. Pick a time in your daily routine to practice mindful walking for at least five minutes.
2. Concentrate on the physical sensations of walking - the sights, sounds, and feelings of each step.
3. If your mind wanders, gently return your focus by repeating "left, right" as you walk.



DeStress Monday

DeStressMonday.org

#DeStressMonday

It's an effective, low-impact workout, and you don't need a gym membership or any equipment to do it. Yes, we're talking about walking. A prolonged daily walk has many health benefits, from a lower risk of cardiovascular disease to improved lung function and stronger hips and knees.

It's crucial to keep your walk fresh by listening to music, exploring new walking trails, and enlisting the company of friends, family and colleagues.

<https://www.mondaycampaigns.org/move-it-monday/monday-mile>

**CHECK YOUR YARD FOR STANDING WATER, WHICH BREEDS MOSQUITOES!!**



Each East Front newsletter issue is "underwritten" by friendly LOCAL businesses. Please patronize them and thank them for their neighborliness.

**Here's our August-September underwriter!**

(And thanks to Bruce's Tree Service, 316-207-8047: Bruce was last month's underwriter. He recently did clean work removing a very high tree limb.)



**EyeCare**  
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### **East Front Neighborhood Association CONTACTS**

Co-chairs: Krisha Griffith, 316-409-9084 and Shawna Williams, [williamsigiveyoumyhand@gmail.com](mailto:williamsigiveyoumyhand@gmail.com); secretary, vacant at this moment; treasurer Jake Nelson, [j.oliver.nelson@gmail.com](mailto:j.oliver.nelson@gmail.com); newsletter, Jane [urbanejane5@gmail.com](mailto:urbanejane5@gmail.com). Para ver este periódico en español, responde a Nery Colvin, 316-293-6909, [jlcwichita@gmail.com](mailto:jlcwichita@gmail.com). Cameron Jackson, District 1 assistant,

Look for "East Front Neighborhood Association" at [facebook.com/groups/eastfront](https://facebook.com/groups/eastfront). It's for folks who live or work within the bounds of East Front: Hillside, Kellogg, I-135 and Douglas.

**And check out our website, [efnawichita.com](http://efnawichita.com)!**

**AND apply here: there're openings on the East Front Neighborhood Association board!**  
**Neighbors—owners, renters, or business operators—may apply at [efnaict@gmail.com](mailto:efnaict@gmail.com).**