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Welcome!

Shawnee Mission North High School – Continuing a tradition of excellence!

What constitutes a community? Mission is a great place to live, shop and raise a family and that is due, in part, to our excellent schools. Although **Shawnee Mission North High School** is not located within the city limits, Mission students comprise a large part of the school's student population.

Principal Richard Kramer reports that the school's students continue to excel, as evidenced by its rising test scores and National Merit Finalists. **Lizzy Braden** is one of our Mission residents who excel at this school. We are pleased to be able to share some of her accomplishments with you in this issue.

Shawnee Mission North students recognize the importance of giving back to the community. For the third consecutive year a SM North student – this year **Anne Marie Fleming** – serves as a student intern with the Convention and Visitors Bureau. Other SM students have painted houses, help repair/paint Mission's outdoor pool, designed and help implement plans for a trail, and painted rain barrels and chairs for the MCVB auctions.

Casha Mills just recently won the state championship in the Poetry Out Loud Competition and will represent the state of Kansas in Washington, D.C., in April. The **NJROTC** program will be competing in the National Championship for the fourth consecutive year in Pensacola, Fla., in April and best of all they will be marching in the **Mayor's Spirit of Mission Days** community parade in May. (Don't forget to stop by the carnival that weekend, too!)

Dr. Kramer invites Mission residents to see SM North students and the school in action by enjoying one of the many spring activities planned for the final semester of this school year. As the slogan goesShawnee Mission North... "Where tradition began and excellence continues."

On behalf of the Mission Convention and Visitors Bureau, I want to thank you for all the fantastic comments you sent us about our very first edition of *Mission: Your Hometown Magazine*. We will continue producing a quality product and once again, we ask you to share with us the people, businesses and activities you think should be showcased in our magazine. Please e-mail your ideas to us at missionmagazine@missionks.org.

Suzie Gibbs

*Mission Convention and Visitors Bureau Chair
Councilmember, Ward IV*

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Mission

Your Hometown

APRIL 2010

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Shoppers enjoy visiting the Mission Hy-Vee's large, beautiful store for a variety of reasons including its luscious produce and gorgeous flowers.

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Our Mission Hy-Vee *is awesome!*

The Mission Hy-Vee at 6655 Martway St. is beyond a doubt Mission's hometown grocery store. Its slogan, "A Helpful Smile in Every Aisle," is true in every possible way. While the Hy-Vee name is synonymous with quality products, low prices and superior customer service, the name means much more than that in Mission. A great community partner, Hy-Vee never fails to show its support to the City of Mission. The corporate sponsor for **Spirit of Mission Days** (May 6-9), Hy-Vee supports a variety of city and civic causes including youth programs, the American Cancer Society's Relay for Life, the Mission Convention and Visitors Bureau Adopt a Family holiday project and the annual Mission Battle of the Brisket competition. Hy-Vee also believes in shopping local and has become a loyal customer to many Mission businesses. Hy-Vee employees are friendly, knowledgeable and



helpful. The store is large, always clean and bright, and it's easy to enter and exit the parking lot. Shoppers always run into friends and neighbors whenever they are in the store — whether they are picking up a few groceries, getting a prescription, buying flowers or eating in the café. So the next time you need to stop by the Mission Hy-Vee, tell them how much you appreciate the hometown grocery store's support of the Mission community!

Share with us the reasons you love to work, shop and live in Mission. Please send us an e-mail at missionmagazine@missionks.org.

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Spirit of Mission Days

May 6th – 9th



Schedule of Activities:

Thursday, May 6:

Carnival Hours: 5 to 10 p.m.

Friday, May 7:

Carnival Hours: 5 to 11 p.m.

Battle of the Bands: 5 to 10 p.m.

Saturday, May 8:

Carnival Hours: 11 a.m. to 11 p.m.

Shawnee Mission Rotary Club

Pancake Breakfast: 7 a.m.

Mayor's Parade: 11 a.m.

Vendors Open: Noon

Shawnee Mission North bands play 1 to 6 p.m.

Souled Out performs at 7 p.m.

Sunday, May 9

Carnival Hours: Noon to 5 p.m.

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The 2010 Spirit of Mission Days is a fun-filled event featuring music, food and a community parade. Presented by Mission Convention and Visitors Bureau (www.missionCVB.org) and Hy-Vee, all events are open to the public and many are free.

The carnival features 13 rides, cotton candy, snow cones and funnel cakes. Tickets, which are sold on site, are required for all rides. Carnival vendors as well as food purveyors will also sell everything from brats and hot dogs to books to children's items. The event will be held in the south parking lot of Ceres, 6201 Johnson Dr.

The annual Shawnee Mission Rotary Pancake Breakfast, to be held at Beverly Park, begins at 7 a.m. Saturday morning. It's followed by the Mayor's City of Mission Days Community Parade at 11 a.m. The parade will start at Capitol Federal, 5251 Johnson Drive and continue to Johnson Drive & Beverly.

M





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EasyRide will pick up or drop off at any location, including your own home, within the Northeast Johnson County service area. Popular destinations include the Sylvester Powell Community Center, downtown Mission, Mission Pool, Johnson County Library, Fairway Pool, Merriam Community Center, Merriam Pool, Roeland Park Community Center, Roeland Park Pool, Fairway Shops, Merriam Town Center, Roeland Park Shops, Target, Wal-Mart, Hen House, Hy-Vee, Price Chopper and Shawnee Mission Medical Center.

Buses run Monday through Friday from 9 a.m. to 1:30 p.m. Rides must be scheduled at least the day before you want to ride and up to seven days in advance. Each scheduled ride may include up to two destinations. Rides are scheduled based upon availability. To schedule a ride, call (913) 397-7300 or toll-free (866) 615-7300.

EasyRide is \$1 per trip. There is no reduced fare on this route.

For more complete information regarding scheduling and routes, visit Johnson County Transit's Web site at <http://www.thejo.com/Fares/easyride.shtml>. **M**



Cash for trash

Did you know **Rushton Elementary School** earns cash and valuable prizes just by collecting Box Tops and Labels for Education? You can help Rushton, too, by looking for the Box Tops logo or Labels for Education logo on hundreds of products when you do your grocery shopping. The Rushton PTA uses the money to fund such things as cultural arts programs, field trips, educational grants for the faculty and new T-shirts for all students and staff.

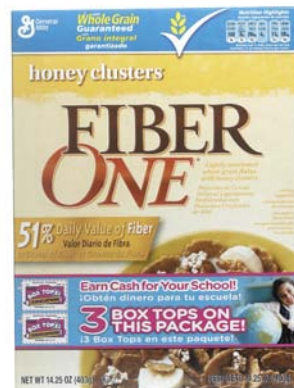
Last fall the Labels for Education collection, found on many Campbell's products, earned Rushton students 14 sets of playground balls worth \$400. The elementary school earns 10 cents for each Box Top clipped. The school earned \$935 for the 2008-09 school year.

Box tops can be found on hundreds of quality products from brands like Betty Crocker, General Mills, Hefty, Pillsbury and Ziploc. A complete list of participating brands can be found at www.boxtops4education.com.

Soup labels can also be redeemed for a variety of valuable items. Simply clip the 1-point or 5-point product UPC code off the label from participating Campbell's products. A complete list can be found at www.labelsforeducation.com.

Box Tops and Labels for Education UPC codes can be dropped off at the school's front office or mailed to: Rushton Elementary School, 6001 W. 52nd St., Mission, Kan. 66202. You may also take labels to the following Mission businesses: Art Glass Productions at 5812 Johnson Drive and Casey's Auto Repair, 5917 Beverly.

For more information contact Jenny Wilson, co-president, Rushton PTA, (913) 993-4900. **M**



Mission business in the spotlight

Three Mission businesses – **SalesForce Solutions**, owned by Troy Harrison; **Thinking Bigger Business Media, Inc.**, owned by Kelly Scanlon; and **Workplace Strategies**, owned by Becky Beilharz --have been recognized by the Greater Kansas City Chamber of Commerce as one of 100 candidates for the prestigious Small Business of the Year and Mr. K Award, named for philanthropist and entrepreneur Ewing Kauffman. A total of 100 companies

were selected as candidates for the Small Business of the Year from more than 1,000 nominations. A panel of judges from the chamber will soon be selecting 10 of the 100 candidates to become finalists, the Top 10 Small Businesses. At the chamber's awards luncheon in May, one of those 10 will take home the Mr. K Award and be named The Chamber's Small Business of the Year. Congratulations to SalesForce Solutions, Thinking Bigger Business Media, Inc., and Workplace Strategies. **M**

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Mission Pet Mart

By **Ruth Baum Bigus** • Photos by **Ben McCall**

SOMETIMES THE WORKPLACE CAN SEEM LIKE A ZOO.

For Chad Owens, his workplace truly is a zoo. As co-owner of **Mission Pet Mart**, Owens is surrounded every day by hundreds of fish, birds, hamsters and puppies. The Pet Mart, located in the heart of Mission, keeps Owens and his wife and co-owner Joyce very busy taking care of their menagerie.

Mission Pet Mart is a full-service pet store with a large inventory of animals. The store sells everything — saltwater and freshwater fish, reptiles and small animals including hamsters and gerbils, birds and puppies. The store also carries pet supplies and offers grooming, boarding and daycare services.

Over the years, the store has been successful. Top sellers include saltwater fish and corals as well as puppies. Owens loves dealing with the fish and takes pride in stocking out-of-the-ordinary species such as South American cichlids and piranhas.

About Mission Pet Mart

Mission Pet Mart is located at 6900 Martway St. It's open Monday through Friday, 10 a.m. to 8 p.m., Saturday 10 a.m. to 6 p.m. and Sunday noon to 5 p.m. Contact Mission Pet Mart at (913) 236-PETS (7387) or visit the Web site, www.missionpetmart.com.

The place
to be if
you're in
the mood
for pets



Koral Owens and Lidia Rugland examine starfish in the store's fish department (at left).

Mission Pet Mart owner Chad Owens visits with customer Martha Brown as she picks up her dog, Izzy, from doggy day care (at right).



“I love this part of town – you’re close to everything. It’s not a cookie cutter area where everything looks the same.”

– Chad Owens



Lidia Rugland plays with a lizard while Mission Pet Mart employee Maegan Laughlin supervises.

Owens first started working in the pet business while he was attending junior college.

“I worked at the Menagerie (pet store in Kansas City, Mo.) for five years and realized there wasn’t much opportunity for me to take that business over,” Owens said.

So Owens took his experience and created his own business opportunity across the state line in Mission – the community in which he was born and raised. It was 1973 and he was just 24 years old.

“We scraped together what money we could,” Owens said.

Chad and Joyce purchased inventory and fixtures from a pet store that closed and moved into Mission Pet Mart’s first location at Woodson and Johnson Drive. After 21 years at that location, Owens moved the store two blocks east and bought the building.

As the Pet Mart grew, the Owens changed locations to accommodate the growth but they’ve always stayed within the Mission neighborhood.

“I love this part of town – you’re close to everything,” Chad said. “It’s not a cookie cutter area where everything looks the same.”

About two years ago Owens moved the business again. The current location increased the space to 9,800 square feet and allowed for even more business growth.

“We did boarding in the old store but now we have over double the runs. We’re able to offer daycare, which we hadn’t before, and we expanded our fish section,” Owens said. “The location is much more visible than before.”

Over the years Pet Mart has acquired a number of loyal customers including **Molly Sheehan Corkill**. She bought her first dog from the Owens 21 years ago.

“He’s very honest and he’s good with information,” Molly said. “He’s not just trying to sell me something. He tells me what works.”

Recently Corkill bought a new puppy from the Pet Mart, a Lhasa Apso named Rose. In making the purchase, Corkill said Owens helped her every step of the way.

“He’s wonderful,” said Corkill of Owens. “It’s a very family-friendly business.”

Owens has had lots of help with the Pet Mart from his wife. Joyce put her own touches on the business by way of the mural that graces the outside of the building.

“She does painting as a hobby. She got a couple of friends and they would start at 5 in the morning and it was arduous,” Owens said.

While Owens puts in many long hours at the Pet Mart, he enjoys the business.

“I like dealing with people and knowing you’re answering their questions,” he said.

M

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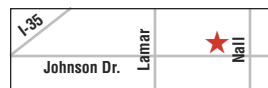
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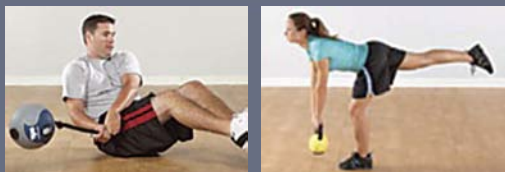
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The Johnson County Sheriff's Department will participate in the annual Mayor's City of Mission Days Community Parade on Saturday, May 8.

Important Dates in Mission



THURSDAY-SUNDAY, MAY 6-9

Spirit of Mission Days

Beverly Street between Martway and Johnson Drive

The 2010 Spirit of Mission Days will be filled with spunk, energy and spirit. A unique variety of activities and entertainment will be available for people of all ages. A carnival – with 13 rides, cotton candy, snow cones, funnel cakes and much more – will kick off the annual festival at 5 p.m. May 6. Activities resume again Friday evening and feature the carnival and jazz combos along with vendors, children's activities and food purveyors. The popular Shawnee Mission Rotary Pancake Breakfast is at 7 a.m. Saturday morning; followed by the Mayor's City of Mission Days Community Parade (on Johnson Drive) at 11 a.m. For exact times and more information, contact Suzie Gibbs at (913) 671-8564.

MAY 13, 14 & 15

City of Mission Citywide Garage Sale

Residents may register for this citywide sale no later than Thursday, May 6, by calling (913) 676-8350, visiting City Hall at 6090 Woodson or e-mailing msumrall@missionks.org. Garage sales registered for this event will not be counted against the two garage sales allowed per resident per year. A complete list of garage sales will be available at Mission City Hall, the community center or on the Web site on Wednesday, May 12.

MAY 15

Junk in Your Trunk

Sylvester Powell Jr. Community Center
East Parking Lot (Off Beverly Lane),
8 a.m. to noon

Junk in Your Trunk is 30 community garage sales in one location! You'll find everything you are looking for from furniture, children's toys, clothing, gifts, electronics and collectables! Registered participants will be selling items out of the trunks of their vehicles. Admission is free for shoppers. Registration is \$10 per carload and registration is limited to the first 30 participants. To reserve a space, call or visit the community center, (913) 722-8200.

WEDNESDAY, MAY 19

Mission City Council Meeting
City Hall, 7 p.m.

SATURDAYS, JUNE 12, JULY 10 & AUGUST 14

Music in Downtown Mission
11 a.m. to 3 p.m.

Bands will be scattered throughout the downtown area for your listening enjoyment. Shop, eat and enjoy the afternoon! Visit www.shopmission.org for more details.

WEDNESDAY, JUNE 16

Mission City Council Meeting
City Hall, 7 p.m.

JUNE 25

Mission Backyard Campout
Andersen Park, 5 p.m.

Kids, bring a tent and your family out to the Mission Backyard Campout at Andersen Park. Teach your parents the basics of camping, enjoy a grilled hot dog meal, prepare your own s'mores over our roaring campfire (ingredients provided) and watch a family-friendly movie under the stars. No cost to participate, registration is requested. Contact the community center at (913) 722-8200.

JULY 10

Mission Family Picnic
Broadmoor Park, 6 to 10 p.m.

Free entertainment, free food and fun for all ages. The City of Mission brings the fun to you with live music, a traditional summer cookout, water games, family games and activities. A hot dog supper will be provided by the City of Mission and will include hot dogs, chips, soda, water and ice cream sandwiches for dessert. The evening wraps up with a fireworks display. For more information, call Scott Deschenes at (913) 722-8228 or e-mail sdeschenes@missionks.org.

WEDNESDAYS JULY 14 - AUGUST 4

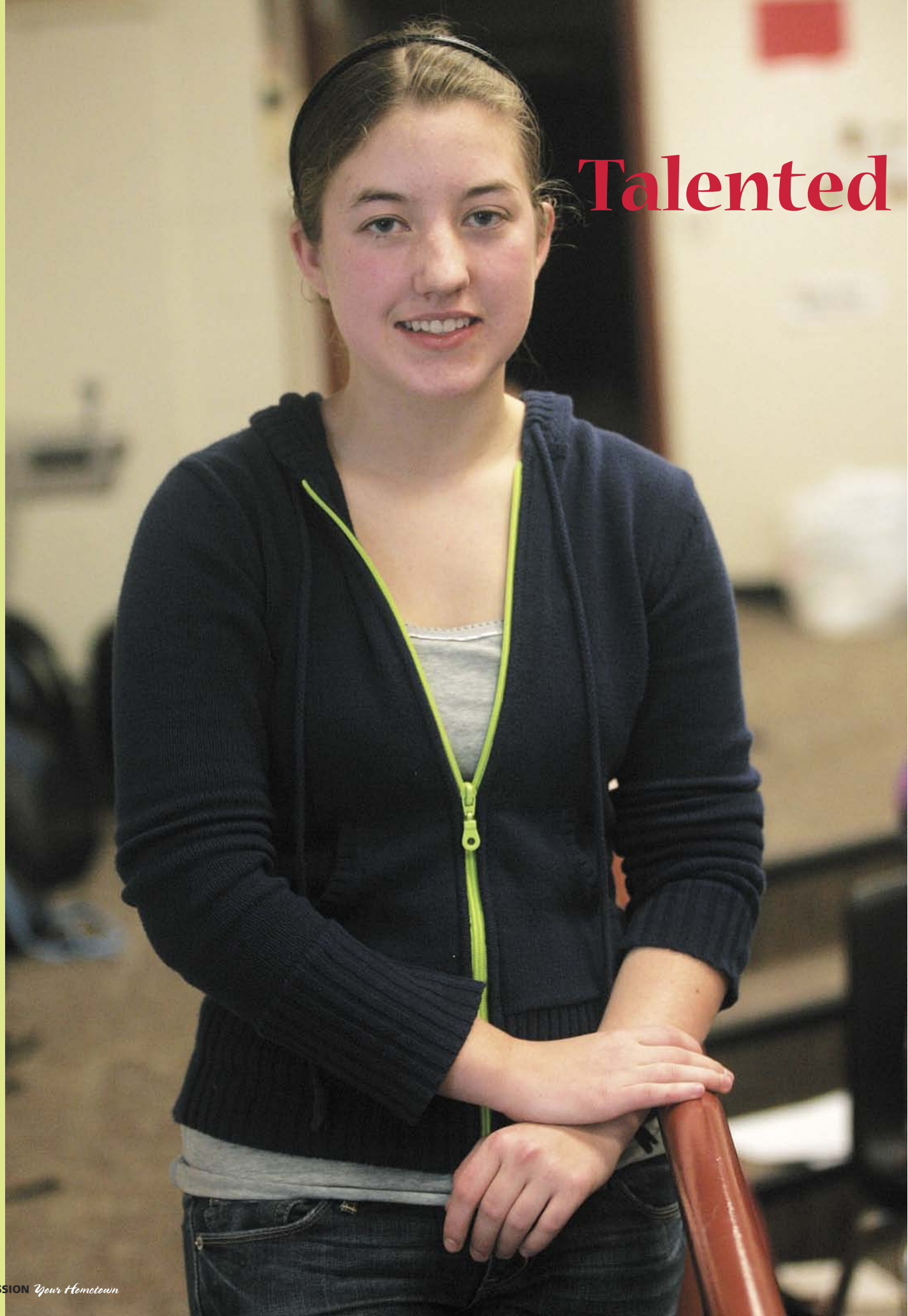
Aqua Jamz

Mission Municipal Pool, 6 to 7:30 p.m.

Cool off while listening to some hot tunes this summer! Come join us for a free night of music at the Mission Municipal Pool. The concession stand will be open so you can purchase dinner as well.

JULY 14 - Dino O'Dell; **JULY 21** - Sugar Free All-Stars; **JULY 28** - The La Las; **AUGUST 4** - Mr. Stinky Feet

Talented



teen **Lizzy Braden:** Being the best she can be

By **Dana Campbell** • Photos by **Ben McCall**

Fourth grade was a pivotal year for **Lizzy Braden**. She remembers clearly how **Mrs. Reinecker**, her fourth-grade teacher at Rushton Elementary School advised the class that it was time for them to “work really hard and step it up.” She motivated the class by connecting things they were interested in with learning. She planted the seed in Lizzy that helped her realize she had the drive to not just do OK, but do her best at everything she tried. If Mrs. Reinecker could see her now....

Lizzy, 17, is the valedictorian of her senior class at Shawnee Mission North (SMN) High School, and she still tries her best at everything she does. With a 4.73

GPA, her academic accomplishments include National Honor Society member, National Merit Commended Student, Governor’s Scholar Award recipient and GOAL Scholar. She is part of the Categories Team and has taken part in the Academic Decathlon.

The accolades don’t end there. Lizzy’s interests extend far past academics. She is a four-year member of the cross-country (2009 co-captain) and swim teams.

“I joined cross country my freshman year because my dad ran cross country in high school and he wanted me to try it. I didn’t really want to, but I went because I thought it’d be a good way to meet people.” Lizzy clicked with the group immediately, and even muscled her way through a few injuries to participate all four years. She’s currently on the swim team, which requires practice five days a week, along with swim meets.

If Lizzy had to pick a favorite activity, it would be playing her viola. An accomplished musician, she is a member of Strolling Strings, All-State Orchestra and the Youth Symphony.

Karen McGhee-Hensel, director of SMN’s orchestra and Strolling Strings, noted that Lizzy is extremely hard working and goal oriented. As an example, McGhee-Hensel said when Lizzy discovered her junior year that the musical pit orchestra score did not call for a viola part, the young musician took it upon herself to learn violin so she could participate.



Orchestra conductor Karen McGhee-Hensel works with Lizzy Braden during a strings class at Shawnee Mission North.



Michael Jones (left) jokes with Lizzy Braden during a class break.

“This year when the same thing happened, she volunteered to be assistant conductor where she did setup and takedown at every rehearsal as well as running extra rehearsals for the different sections that needed extra help,” McGhee-Hensel said.

As a member of the Strolling Strings, Lizzy performs for a variety of audiences with varied musical tastes.

“She is able to present herself as a professional musician and at the same time she can bend down on her knees next to an elderly person at a table and play directly for them. She smiles into the eyes of the audience members and enjoys seeing them smile back,” McGhee-Hensel said.

In the genes

Lizzy credits her parents, Ann and Stuart, with helping her get involved in a lot of activities as a child.

“They were always involved in something, so they encouraged me to do the same. Sitting at home playing video games was not something they wanted for me,” she said.

Another major influence in her life is her grandmother.

“My grandma attended Ohio State University in 1944 and majored in chemistry. She was one of only a few women in her whole department, and that showed me that you can accomplish anything if you have the drive. She still encourages me to be the best I can be.”

As a role model in her own right, Lizzy has felt some academic pressure, but she believes it has been good for her. Her take on peer pressure is level-headed.

“I think people make it harder than it is. Your real friends won’t pressure you to do bad things, so it’s important to find the right group of friends. It doesn’t mean that you can’t hang around other people that do some things that you don’t, but you just have to choose when to hang out with them. Maybe a Saturday night is

not the best time.”

Lizzy’s brother, **Collin**, is a freshman at SMN, and she sometimes forgets she also is a role model for him.

“Little brothers are supposed to annoy you and make you mad, but it’s not always that way. I know I have some influence with him, and I try to use it to make sure he knows how to make good choices about the people he hangs around with and that he can succeed at anything.”

Moving on

College is Lizzy’s next big step.

“Even though I love the viola and I feel like there is a lot I can do with it, I’m not going to be a music major. I’m leaning toward biochemistry or biomedical sciences.”

A lifelong Mission resident, Lizzy doesn’t plan to stay too close to home when she chooses a college.

“I’ve applied to Duke, Northwestern, Boston College, Washington University in St. Louis (not too far!) and Harvard—that’s my reach school. I think sometimes you have to go away and find out how to be independent. I want to learn how to make connections and live life on my own.”

She thinks she’ll end up wherever her job takes her after college, but says she wouldn’t mind coming back home someday. “I really like Mission because being in Kansas City still gives you the urban feel, but in a smaller town. I love the Mission Arts & Eats Festival and the carnival (Spirit of Mission Days).”

By the time this article is printed, Lizzy will know where she will be in the fall but, at this writing, things are still up in the air.

“It’s been a long (time) waiting to find out where I’ve been accepted. Even if I get in to all of them, it’ll be hard to decide. I liked something about every one of them.” **M**



Vanita Whitsell (left) receives speech therapy from Cynthia Ryan at the American Stroke Foundation.

ASF's Mission:
To empower stroke survivors and their families to overcome ongoing challenges of life after stroke and rejuvenate their lives.

ASF

A safe haven for stroke survivors

By **Dana Campbell** • Photos by **Ben McCall**

Patrick Ayers might be the only person in town that wishes he was out of a job. It's not that he doesn't love his role as president/CEO of the **American Stroke Foundation**. He just wishes his job wasn't necessary. He'd prefer that someone in the United States didn't have a stroke every 40 seconds. Or that, on average, every three to four minutes, someone didn't die from a stroke. Those are frightening statistics, to be sure, which is what makes Mission's own American Stroke Foundation an even more valuable treasure in our community.

Stroke is the number one cause of adult disability in the United States. A stroke is a condition where a blood clot or ruptured artery or blood vessel interrupts blood flow to an area of the brain. A lack of oxygen and glucose (sugar) flowing to the brain leads to the death of brain cells and brain damage. The outcome after a stroke depends on where the stroke occurs and how much of the brain is affected. Smaller

strokes may result in weakness in an arm or leg. Larger strokes may lead to paralysis or death. Many stroke patients are left with weakness on one side of the body, difficulty speaking, incontinence and bladder problems.

Johnson County publisher **Stan Rose** suffered two strokes in the last two years of his life before passing away in 1998. His wife, **Shirley**, and children **Robbie Small** and **Steve Rose**, scoured the country for resources for stroke survivors and supporters. They discovered Kansas City offered exceptional hospital and rehabilitation facilities for stroke survivors, then they promptly hit a brick wall. Nothing existed that helped stroke survivors deal with day-to-day activities once they left rehab. Already a philanthropic family, they established the American Stroke Foundation (ASF). Their goal was to provide hands-on delivery of services to stroke survivors.

That was 1997. For the past 13 years, ASF has been the only non-profit organization providing well-



Life after a stroke often means re-learning skills necessary for daily living. Here ASF Program Director Kathy Parker helps Edith Wheeler take a pie out of the oven.

ness services to stroke survivors. Open Monday through Friday in the heart of Mission, approximately 100 people take advantage of the activities at ASF including fitness programs, verbal communications classes, occupational activities of daily living classes, reading, writing, support groups and caregiver programs. For just \$65 a month, ASF provides a warm, inviting atmosphere in which stroke survivors can re-learn the skills that were taken away from them so suddenly, as well as meet and mentor new friends. Additionally, no one is turned away for financial reasons, and many participants pay a reduced fee.

With a small staff of six, ASF relies heavily on volunteers. A local speech pathologist volunteers her time three days a week delivering non-traditional speech therapy. Other volunteers monitor survivors in fitness classes.

“Our fitness facility is a safe haven. We have the right equipment for people with disabilities, and everyone gets personal attention. We make it comfortable for people to work out here without feeling self-conscious or judged. The laughter people hear at our facility is that of people laughing with them, not at them.”

Stroke survivors sometimes lead classes. “Those classes are very inspiring,” Ayers said. “It’s really hard work to build yourself back up after a stroke, but that shows everyone that it’s possible.” According to Ayers, that also demonstrates one of the most important things for a stroke survivor to remember. “There is hope, and there is opportunity. You can get better. You may never return 100 percent to the person you were before your stroke but, if you consider surviving the stroke the beginning for you, the only place to go is up. And it can happen, but you have to keep working.”

ASF is a tax-exempt, charitable organization so it receives no federal assistance. A **United Way** agency as well, it relies on several sources of funding, including individual contributions, grants, fundraising and participation fees. “Our participation fees are minimal, which is intentional. We don’t want our services to be

cost-prohibitive,” said Ayers. He added that the monthly fee is often an incentive. “Many days it’s hard to get up and get moving, but if people are paying to be here, they like to get their money’s worth.”

Fundraising efforts have taken a giant leap in 2010. Along with its annual “Walk on the Wild Side” and other third-party fundraisers, ASF is involved with bringing the first balloon festival to Kansas City. **The Great Midwest Balloon Fest** will take place Sept. 10-12 in southern Johnson County. According to Small, immediate past president and board member, “This is going to be an incredible event that could bring in more than 35,000 people. The weekend will be filled with balloon launches, live entertainment, a kid zone, a military flyover and a balloon glow.” The festival will be free to the public. ASF, along with **The Boys and Girls Club of Kansas City** and **Kansas City Hospice**, will benefit from the corporate sponsorships and concessions.

After a few moves throughout the city, the ASF found its home about four years ago in Mission at 5960 Dearborn St. Ayers said the organization feels very comfortable in Mission, and they hope to be there for a long time. Through its membership in the **Northeast Johnson County Chamber of Commerce** and other local networking groups, ASF has increased its visibility which, in turn, has brought in many volunteers from the Mission area. Ayers views networking as an investment in ASF.

“People may not need us now but, if and when they do, I want them to know about all of the services we offer,” he said. “And it couldn’t be better time. May is Stroke Awareness Month.”

ASF also operates a Missouri Wellness Center on Tuesdays and Thursdays at 59th and Swope Parkway in Kansas City. The public is welcome and encouraged to visit the Wellness Center to see firsthand how ASF is making a difference in the lives of stroke survivors. To learn more about ASF, visit www.americanstroke.org or call (913) 649-1776 or (866) 549-1776. **M**

What's cooking in Mission's kitchens:

By **Beth Lipoff**

COOKING HAS BEEN A LIFE-LONG DISCIPLINE FOR MAMIE SHIPLEY.

"My mom said I was cooking when I was 5 years old," Shipley said.

Shipley, a Mission resident, grew up in a rural area near Savannah, Mo., where being a learned cook included knowing how to make cheese, sauerkraut and even butchering meat.

"I never enjoyed sewing or crocheting. I thought, 'I'm

going to go to the kitchen and cook,' " Shipley said.

Because her mother was often ill, Shipley says she basically taught herself how to cook.

Once she went to a potluck dinner with an uncle visiting from Switzerland. She'd made a Watergate Salad, and a stranger came up and asked who had made it.

"I slouched in my chair. I wasn't going to own up to

Shipley enjoys sharing recipes with others



Mamie Shipley's rhubarb pie and angel buns are both family favorites.

Strawberry Rhubarb Pie

- 1 ½ c. sugar
- 3 T. Minute tapioca
- ¼ t. salt
- ¼ t. nutmeg
- 1 lb. rhubarb (cut in 1/2-inch pieces to make 3 cups)
- 1 c. sliced fresh strawberries
- 4 or 5 slivers of butter to dot on filling
- Sugar for sprinkling over crust
- 2 pie crusts (see recipe below)

Mix all of the above filling ingredients together and let stand 20 minutes. Place in an unbaked pie crust and dot with butter. Add top crust and sprinkle it with sugar. Bake 35 to 40 minutes in preheated 400-degree oven.

Pie Crust

- 1 c. plus 2 T. flour
- ½ t. salt
- 1/3 c. oil
- 3 T. ice water (not cold water)

With a fork, mix dry ingredients and stir in oil and ice water and form into a ball. Place dough between two pieces of waxed paper and roll into a 12-inch circle. (Do not add any extra flour for rolling.) Peel off the top layer of waxed paper and pick rolled crust up by the bottom and flip into the pie plate. Don't panic if it breaks. It can be pushed together with your fingers. If using this crust for a fruit pie, do not bake it before filling. (If using for a cream pie, prick so the crust doesn't puff up and bake in a preheated 400-degree oven for approximately 10 minutes or until brown.) Makes one 9-inch pie crust. (This recipe needs to be doubled for a rhubarb pie.)

Angel Buns

- 5 c. flour
- ¾ c. shortening
- ½ t. baking soda
- 1 t. baking powder
- 2 t. salt
- 3 T. sugar
- 1 package dry yeast
- ½ c. warm water
- 2 c. buttermilk (shake well before pouring from carton)

Sift dry ingredients together. Cut in shortening. Dissolve yeast in warm water. Add yeast mixture and buttermilk to flour mixture. Mix well with spoon until all flour is moistened. Put in bowl and cover. Place in refrigerator and chill. (Dough can be kept in the refrigerator for two to three weeks) Take out the amount wanted. Roll out ½-inch thick and cut with glass or biscuit cutter. Place on a greased cookie sheet with sides. Let rise until double in size (will take approximately two hours.) Bake 12 minutes in preheated 400-degree oven.

it," Shipley said.

Her uncle volunteered her as the cook, and the woman said it was the best salad she'd ever had.

From the beginning, Shipley was always meticulous about the details of her food.

"Presentation was always the utmost thing in my mind," she said.

When she makes a pecan pie, Shipley carefully arranges each pecan half on the top, so it looks neat, orderly and appetizing.

"Some people just throw (the pecans) on. Just take a few extra minutes and make it look pretty," she said.

One of her most beloved dishes is angel buns, which she describes as a hot buttermilk roll. It's a recipe she got from her mother-in-law more than 50 years ago

"My kids don't know what they would do without angel buns for Thanksgiving," she said.

When Shipley makes these rolls, she said it's important to shake up the buttermilk before using it in the recipe. She said that's a trick that people often forget.

Another of Shipley's favorite recipes is strawberry-rhubarb pie, a dessert that garners many compliments from her friends. She's been making the pie for more than 40 years and got the recipe by watching the **Betty Hayes Show** which aired on WDAF-TV in Kansas City.

"It seems like every place I take it, people really seem to like that pie," she said.

To distribute her recipes to her seven children and other friends, she compiled her recipes into a cookbook in 1989.

"The kids were always calling to ask how to make things, and I thought, 'Mom's not always going to be around,' " Shipley said. "My kids always want to 'fix it like Mom does.' "

In addition to cooking for her large family over the years, Shipley worked as an administrative assistant for about 30 years. She also managed the stenography bureau at the University of Kansas in the 1950s.

Though she retired from her administrative assistant career more than 10 years ago, she found retirement boring. Now active as ever, she works part-time at the **Sylvester Powell, Jr. Community Center**.

"As long as I can keep going, there's no point sitting around dwelling on aches and pains. I just get out and keep moving," she said.

These days, she likes to share her cooking at senior pot-luck activities at the community center.

"I take different things (each time). Last time, I took a cottage cheese salad. People ask for the recipes," she said. "It's nice, because we're seniors, and we all have different cooking styles."

Sharing the food she's cooked is the best part of the pot-luck events for Shipley.

"I think when you make something you know people have really enjoyed, that's the satisfaction in taking the time to make it," she said.

M

Do you know a Mission cook that should be featured in the magazine? E-mail your suggestion to missionmagazine@missionks.org.



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