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Your Hometown

February / March 2018

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Dr. Richard is a Board-Certified Family Physician who enjoys caring for patients of all ages. She is committed to preventative health maintenance, and has a particular interest in mental health and women's care. Dr. Richard grew up in East Tennessee, attended the University of Tennessee at Martin, where she studied biology and art, and went on to earn a Master of Science degree at Murray State University in Kentucky. Dr. Richard obtained her medical degree from Kansas City University of Medicine and Biosciences and completed her residency at Truman Lakewood. She will be accepting patients for wellness visits, acute care, and chronic disease management at the Mission, KS location.

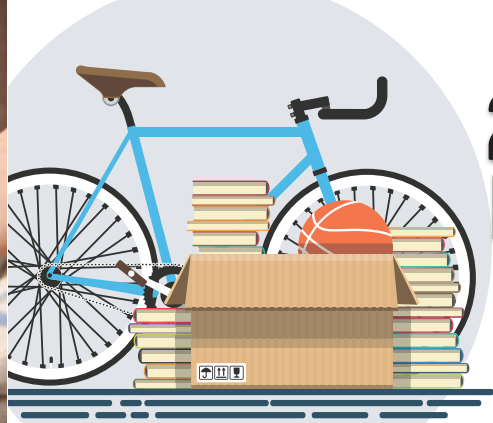


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2018 New Year's Resolution No.3: Purge!

According to Webster, purge means to clear yourself of unwanted things. So, I am here to help you!

Christmas wrapping: Do you know how many pieces of paper, gift bags and ribbon it takes to wrap presents for over 200 individuals? A lot! It's February, so you've probably stored your Christmas giftwrap away for the year, but next time you come across it, consider donating some, or ALL, of it to our 2018 Holiday Adoption program.

Boxes: Small boxes, large boxes, shoeboxes, tiny boxes — we can use them all. Gather those boxes and gift-wrap and drop them off at the Sylvester Powell, Jr. Community Center.

Regifting: What do you do with that vase Aunt Mable gave you that just isn't your taste? Or maybe you got three of the exact same wedding gifts. If this is you, think about donating those items (new, please), and we would be happy to help you re-gift it! Among all of our families, I am certain we will be able to find just the right home for it!

Bicycles: Yes, we are still collecting bicycles! The City of Mission is sponsoring a Bike-A-Thon at The Bar on Thursday, April 7 — giving you the opportunity to "donate a bike, take a bike," while making a donation to our Bike Fund, which enables us to purchase new bikes for our youth at Christmas!

Adopt a child; buy them a coat: Did you know that many kids right here in our local schools go without coats, hats and gloves every day?

The holidays may be over, but there should not be any child in our community who doesn't have a coat! So, if you would like to contribute, Kathy Lockard at the Community Center will be happy to take your donation, and one of our Family Adoption Committee members will be more than happy to take the family shopping.

Yarn! Each year, we have two ladies who love to knit. One provides our families with scarves and the other with knit hats. We would like to provide them with free yarn — so, again, you may drop your yarn off at the Community Center.

Books: I am sure you probably have a lot of books you have read and re-read and would love to donate so your Mission neighbors can enjoy them. Did you know you may take them to the Community Center where you can donate books? Or you may donate a book and take a book — enhancing your own literary experience.

Does your home feel lighter? Even though the holidays are over, spring cleaning is just around the corner, and we will accept your kind donations throughout the year. And I am certain that, like me, you do not want to see a child going to school without a coat, hat or gloves. As you "purge," think of our Family Adoption Program and all our residents you are helping. That's such a great way to start a new year! Thank you so much!

Suzie Gibbs
Chair
Mission Magazine Committee

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On the cover:

SUMYA AND HER SON MATTHEW ANANI IN THE BOXING ROOM OF THEIR BUSINESS, LEARNING2FLY, WHERE THEY TEACH A CLASS FOR PEOPLE WHO HAVE BEEN DIAGNOSED WITH PARKINSON'S DISEASE.

Mission

Your Hometown

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If you have a story idea, contact Suzie Gibbs at 913-671-8564 or sgibbs@missionks.org.

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PUNCHING PARKINSON'S

Learning2Fly offers classes comprised of boxing, meditation and more for people with parkinson's disease

By Kris Baker | Photos by Sarah Reeves

Nadine Clapp throws a punch at Matthew Anani, then shuffles her feet and throws an uppercut. She throws a couple more jabs; Nadine, 67, is participating in an intense boxing workout. She has been coming to this class for about two years after hearing about it on Facebook. When she started attending, she learned the class includes workouts in a number of disciplines — including boxing, yoga, aerial aerobics, Pilates, calisthenics and meditation. Nadine had always enjoyed an active lifestyle and had practiced yoga before; however, there was a specific reason she wanted to come to this class.

Nadine has been diagnosed with Parkinson's disease, and this class, Body and Brain Fitness – Boxing for Parkinson's Disease, is specifically designed to help people with this affliction. The class, held at Learning2Fly in Mission, has been a great benefit to Nadine as she deals with her diagnosis.

"It keeps me strong," Nadine commented on the class. "It's good to get out and get moving, and this class does that and keeps me sharp."

The fitness class for Parkinson's patients is the creation of Sumya Anani and her son, Matthew. Sumya is the owner of Learning2Fly, 4711 Lamar Ave. She competed as a professional boxer from 1996 to 2006, during which time she was a four-time world boxing champion. After her career in the ring ended, Sumya decided she wanted to step into the arena of teaching and began her training to become a fitness instructor.

"I wanted to take what I had learned through my years of training and share that with others," Sumya said. "I had such a great teacher and I know how much a person like that can inspire people."



Sumya and Matthew Anani of Learning2Fly. Matthew is a two-time Kansas City Golden Gloves champion and won the Ringside World's Amateur tournament. Sumya is a four-time world boxing champion and inductee into the Boxing Hall of Fame.

After finishing up with boxing, Sumya, a Kansas City native, attended an aerial fitness class in Colorado. Inspired by this new kind of exercise and all the fun people had with it, she wanted to bring this growing movement to her hometown. All Sumya needed was a place to hold her classes; fortunately, one location stood out immediately.

HOME IN THE HEARTLAND

The white geodesic dome stands above Lamar Avenue, the sunlight twinkling off its triangle-shaped windows. Inside, people are flying through the air, swinging on silk ropes. This dome is the home of Learning2Fly, a unique business in a distinctive building, where Sumya teaches aerial fitness classes. Students get a good workout and have fun climbing, hanging and swinging from silks tethered to the ceiling high above. During a full class this Mission business resembles a small Cirque du Soleil performance.

"I love this building," Sumya said. "You look at it from the outside and you want to see what it's like inside."

The domed building is interesting inside and out. On the ground floor is a large, open room where the aerial aerobics classes are held; Learning2Fly also hosts K-12 field trips, aerial fitness parties, and youth camps when kids are out of school. Go up a few flights of stairs where you will reach the top of the dome. The room looks like one you might see in a "Rocky" movie; those triangle-shaped windows let the sun in, shining off the mirrored walls and illuminating the heavy boxing bags.

This room is where the Parkinson's classes are held. Sumya started the classes two years ago after reading an article titled "The Incredible Shrinking Disease." The article discussed how people with Parkinson's become hesitant to go out in the world because of their embarrassment about their physical limitations. This article also mentioned how beneficial exercise, in particular boxing training, can be to people with Parkinson's. A lightbulb went off in Sumya's head.

"Here was a way I could put all my boxing training to use," Sumya explained. "I read there are 40,000 people with Parkinson's in Kansas City; this seemed like my way to help some of those people."

Sumya recruited her son, Matthew, who is a two-time

Nadine Clapp hits the heavy bag during a class at Learning2Fly. Nadine comes every Wednesday to this class for people with Parkinson's.

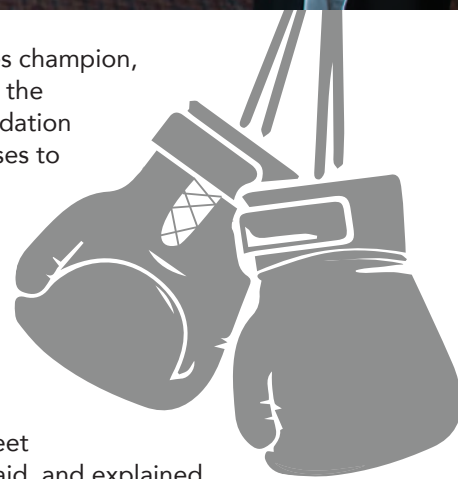


Kansas City Golden Gloves champion, to help. The two met with the National Parkinson's Foundation and attended special classes to become certified to teach Parkinson's patients. With the Foundation's help and through trial and error, they designed the class that Matthew now teaches.

"We do a full-body workout; we start at the feet and work up," Matthew said, and explained that the Parkinson's class begins with foot stretches. "We work out the face muscles; working out every muscle is so important."

After the feet and more stretching, there is a light workout that leads up to the boxing.

"Boxing training is particularly beneficial because you have to use your mind and your body — both get a workout," Sumya offered. "It takes hand-eye coordination. You have to be thinking about what punch to throw, when to move your feet. During normal aerobics, when people are on the treadmill, their mind wanders (and) they are not present. Here you must be present, and that helps people with Parkinson's because it keeps that connection between body and mind during the workout."



**"IF YOU
THINK YOU
CAN DO
IT, YOU CAN."
— SUMYA ANANI**

The class averages three to five members and meets at 10:45 a.m. every Wednesday. Though boxing is involved, Sumya and Matthew don't want that to intimidate anyone. "We go at your own pace, and because the classes are small, everyone gets personalized attention. We tailor it for each person," Matthew said. "And no one is actually getting punched, except maybe me."

Sumya said she has seen mobility improve for her regular class goers. Many have told her that getting out and being able to move better has gone a long way to fighting their "Incredible Shrinking Disease."

"People take on a whole new identity when they are diagnosed," Sumya revealed. "People tell me the class has them feeling like themselves again."

On the Learning2Fly website, www.iamlearning2fly.com, there is an expression Sumya believes speaks to this kind of positive affirmation.

"When they examined the bumblebee, they found that it should not be able to fly," Sumya said. "Its wings are not big enough to support its body. But the bee doesn't know that, so because he thinks he can fly, he can. People need to try and be more like that. If you think you can do it, you can. Believe that something can happen, and it will. It's the power of positive thinking."



BODY AND BRAIN FITNESS — BOXING FOR PARKINSON'S DISEASE

Learning2Fly is offering a revolutionary new mind/body fitness program designed for anyone who has Parkinson's disease. This program introduces 10 key elements to support and help management of the disease.

1 - FOOT FITNESS

Keeping the feet limber can improve balance and help avoid trips and falls. Foam rollers are used to work on mobility and stimulate the many nerve endings in the feet.

2 - FLEXIBILITY

Chair yoga improves breathing, which can reduce anxiety. Regular stretching is vital to relieve tension and increase range of motion. Aerial silks will be used to traction the spine safely.

3 - BOXING

Boxing has been shown to be beneficial for patients who are trying to beat Parkinson's.

4 - STRENGTH TRAINING

Stronger muscles improve walking skills and make general daily activities easier. The focus is on big muscle groups and core strength, which promotes ease of movement.

5 - FACIAL YOGA

Facial yoga can counteract rigidity of the face and loss of control over facial muscles. This may improve control of facial expressions such as blinking or smiling.

6 - MEDITATION

Each class includes a singing meditation that is recommended by the Alzheimer's Research and Prevention Foundation. This can increase voice volume and speech clarity.

7 - ART THERAPY

At the end of the fitness portion of class, the class works with beads, colors, draws or paints. This activates fine motor movements, teaches focus and boosts self-esteem.

8 - AROMATHERAPY

Oils are diffused in the classes. Certain oils have been shown to uplift moods and to have other beneficial cognitive effects.

9 - NUTRITION

Information regarding good nutritional habits is shared.

10 - COMMUNITY

This class encourages participants to establish friendships and feel a sense of community.



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BRILL EYE CENTER ADOPTS NEW TECHNOLOGIES FOR SPECIALIZED EYE TREATMENTS

By Kris Baker | Photos by Cathy Donovan

Something happened three years ago to make Ingrid Rubiano, a resident of Panama, suffer terribly with dry eyes. She went to eight eye doctors in the countries of Columbia and Panama to solve her extremely painful condition. She was losing vision and the ability to function in her job. She tried every kind of recommended eye drop with no relief in sight. Her online research led her to correspond with Dr. Raymond Brill, who proposed steps she should take to solve her worsening condition. In October 2017, she decided to make the journey to Brill Eye Center in Mission. His detailed dry eye analysis and LipiFlow treatment solved the root cause of her problems with a 12-minute spa-like treatment. She was given prescriptions and a protocol to follow for blinking and eyelid hygiene. The treatment plan was a success, and now Ingrid has her vision back and a new lease on life.

Brill Eye Center specializes in dry eye treatments with sophisticated, new technology. The LipiFlow thermal pulsation treatment unblocks the oil-producing glands which create an evaporative dry eye. Brill Eye Center is one of the few locations in the country performing this procedure.

"We are an early adopter of new technology in eye care," said Dr. Brill, owner of Brill Eye Center at 5820 Lamar Ave. "We look at the research and what is working, adopting those new practices. This means people come from all over for treatment here."

This is not a unique story for these patients.

"I have been to a couple of other ophthalmologists in the area who were highly recommended," Sharon, 66, said in a video testimonial. "I couldn't be more impressed with Dr. Brill and his staff. ... When I left Dr. Brill, my eyes felt like they were when I was 20."

Brill Eye Center is applying pioneering treatments in several areas of eye care. Another woman could never find contact lenses that worked with her eyes after her LASIK procedure left her totally disabled. After an examination, Dr. Brill

Dr. Raymond Brill with Enchroma® lenses. These are specialty lenses that help those with color-vision deficiencies.



prescribed specialty Scleral lenses for her. This patient was literally able to see the world in a new way and now works as a professional photographer.

Dr. Brill's journey to help people see clearly began when he got his first pair of glasses at age five.

"The glasses allowed me to see the lines between bricks and leaves on trees. I remember telling my optometrist that I was going to help people improve their vision when I was just 8-years-old. 2018 is my 40th year since graduation. My passion to help people with their vision problems is greater than ever."

ADDING SOME COLOR

One of the new specialties Dr. Brill is

Brill Eye Center offers a variety of services from eye exams to deep eye cleaning for those suffering with dry eyes.



working with is specialty glasses and contacts that help people with color-vision defects. While full color blindness (people who only see in black and white shades; these people generally have very poor vision) is rare, some kind of color-vision deficiency occurs in one in 12 men and one in 200 women. There are a variety of types of color vision deficiencies, but the most common is an inability to distinguish between red and green. These conditions are often inherited genetically.

For years there was no answer for people facing color-vision problems, and many considered this only a minor disability. Dr. Brill disagreed and is now able to make a detailed diagnosis of the type of color vision defect. Once diagnosed, a patient can then be prescribed a pair of Enchroma© glasses or specially-

colored contact lenses. People have travelled from all over the surrounding states to try out this remarkable technology. The change is often instantaneous and allows people to see the world in a different way for the first time.

Dr. Brill recently organized an antique auto show to raise money for those with color-vision defects, while helping 23 people with this condition.

"Our goal is improving patients' lives by impacting their activities of daily living," Dr. Brill

noted. "It's a miracle to give the gift of good vision to a person who sees

poorly."

SEEING IS BELIEVING

After completing his post-doctorate optometry training, Dr. Brill served four years in the U.S. Army at Fort Riley, Kansas, as the First Infantry Division Optometrist. After spending a year with a pediatric ophthalmologist at St. Luke's Hospital and Children's Mercy Hospital, Dr. Brill began his own practice.

"I had a dream of having my own practice. That dream came true 35 years ago when I opened my practice in Mission," he revealed. "We love being in northern Johnson County with a diverse socio-economic mix of residents, while most of my colleagues settled in the more affluent communities. It has been rewarding to be involved in the Chamber of Commerce and previously on the Mayor's planning committee."

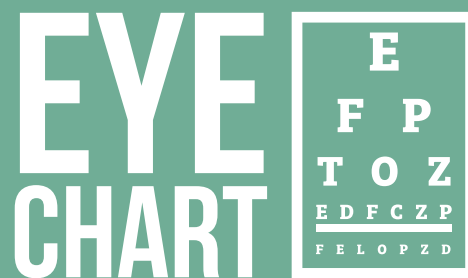
Perry Brill, Dr. Brill's son and office manager, creates a concierge experience within the practice.

The personalized service includes working with professionally trained opticians that understand optics, fashion, and functionality when selecting eyewear.

"We display nearly 2,500 pairs of glasses in our eyewear gallery" Perry said. "I attend several professional

**"IT'S A MIRACLE
TO GIVE THE GIFT
OF GOOD VISION
TO A PERSON WHO
SEES POORLY."**

— DR. RAYMOND BRILL



Brill Eye Center emphasizes many aspects of routine and specialty eye care.

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international eyewear exhibitions a year and work directly with the designers to bring back high fashion and high-tech eyewear from around the world."

Perry also noted Brill Eye Center offers custom design services for eyewear enthusiast that want to create a pair from scratch, just like you would design a custom suit.

"The people of Mission like to support local businesses," Dr. Brill stated. "Whether or not you have vision insurance, an annual eye exam will allow us to detect medical conditions like diabetes or glaucoma before they are a real problem. Most medical problems we find have no outward pain or symptoms, much like having undetected high blood pressure. We appreciate the trust the public has in Brill Eye Center and go the extra mile to impress every patient and invite them to return and refer others."



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Mission City of Mission Newsletter

MISSION WELCOMES NEW MAYOR AND COUNCILMEMBERS

Mission's new Governing Body members were sworn into office at a Special City Council Meeting on Monday, Jan. 8. Mayor Ron Appletoft (right) will serve as Mission's Mayor for the next four years. He previously served on the City Council representing Ward IV and as a planning commissioner.



Ken Davis (below) was appointed as Ward IV Councilmember at the Jan. 17 City Council Meeting. Councilmember Davis fills the unexpired seat vacated by Mayor Appletoft.



Councilmembers Sollie Flora, Ward IV (from left); Debbie Kring, Ward III; Arcie Rothrock, Ward II; and Hillary Parker Thomas, Ward I, also took their oaths of office on Jan. 8. This is the first term for Councilmembers Flora and Thomas. Councilmember Rothrock was elected to her second term, and Councilmember Kring is serving her seventh term.



Prior to leaving office, Mayor Steve Schowengerdt, Councilmember Suzie Gibbs and Councilmember Tom Geraghty received plaques recognizing and honoring their service to the City of Mission.



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COMMUNITY DEVELOPMENT COMMITTEE & FINANCE & ADMINISTRATION COMMITTEE MEETINGS

First Wednesday every month, 6:30 p.m.

(overflow business considered on the second Wednesday of the month as necessary, 6:30 p.m.)

CITY COUNCIL MEETINGS

Third Wednesday every month, 7 p.m.

COUNCIL WORK SESSIONS

Fourth Wednesday every month, 7 p.m.

All meetings are open to the public.

GOVERNING BODY

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Hillary Parker Thomas.....913-961-4520

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Nick Schlossmacher.....913-788-6425

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COUNCILMEMBERS WARD IV

Ken Davis.....913-669-7095
Sollie Flora.....913-735-4882

THE MAYOR'S CORNER

Question: What led you to becoming the Mayor of Mission?

I grew up in a military family, and we moved frequently until we settled in a small town in South Dakota where I attended high school and college. I have always lived in small communities, so when I graduated college and moved to the Kansas City area, I was looking for a community with a small-town feel. I moved to the City of Countryside in 1980 and then moved one block south into Mission in 1994.

My small-town background fostered a sense of community where everyone helps their neighbor and you get involved with your community to make it better. Shortly after moving to Countryside, I was given the opportunity to become the treasurer for the City until its merger with Mission in 2004. Also during my time in Countryside, I served on their City Council.

After moving to Mission, I served on the Planning Commission and later served on the City Council beginning in 2002.

When I moved into Countryside, I began working at WaterOne, our local water provider. At that time the administrative offices for WaterOne were located at the site of the north gym of the Sylvester Powell, Jr. Community Center. WaterOne is a municipality similar to a city. I worked for WaterOne for almost 37 years until my retirement last year. During my career at WaterOne, I served as Senior Accountant, Manager of Internal Audit, lobbyist to the Kansas Legislature and during my final 12 years as Director of Finance/CFO.

I rejoined the Mission City Council in April of 2016 and filed for Mayor in June 2017.

I love Mission and have been involved in our community throughout the years. I have spent my adult life gaining the education, experience and knowledge to undertake this tremendous opportunity. I am honored to be the Mayor of Mission and look forward to our exciting future.



Photo provided by
the Shawnee Mission Post

If you have a question you'd like the Mayor to respond to, please forward your name, contact information and question to City Clerk Martha Sumrall at msumrall@missionks.org or by calling 913-676-8350.

SUPPORT MISSION'S AMERICAN FLAG DISPLAY

The City displays American flags along Johnson Drive during the summer for Memorial Day and the Fourth of July, and in the fall in honor of Veterans Day. You can help with this program by making a donation to support the purchase and future replacement of flags.

Donations may be made by check or credit card and may be made in honor or in memory of a veteran or service member, or any person you would like to recognize. Notification of this tribute will be sent to a person of your choice, and your information and honoree will be listed in the Mission Magazine and on the City's website.

For additional information or to make a donation, contact Emily Randel at erandel@missionks.org or 913-676-8368.



CITYWIDE GARAGE SALE FIRST WEEKEND IN MAY

This year's annual Citywide Garage Sale is scheduled for Thursday, May 3, through Saturday, May 5. Register your sale online at missionks.org, by emailing the city clerk at msumrall@missionks.org, or calling 913-676-8350. Be sure to provide us with your address, the days you will be participating, and a few of your "top picks" for our listing of sales. A full listing of registered sales will be available May 1 online, at City Hall and the Community Center.

TREE/PLANT SALE AND SEEDLING GIVEAWAY



The Mission Parks, Recreation and Tree Commission, in partnership with the Shawnee Mission Rotary Club, will be holding a Tree/Plant Sale and Seedling Giveaway on Saturday, April 21, in conjunction with Arbor Day and Earth Day. In addition to the sale/giveaway, there will be demonstrations on proper tree planting, tree identification and composting, as well as arts and crafts projects. Watch for additional information on the City's website and Facebook.

HELP YOUR PET BE A GOOD NEIGHBOR TOO!

• **Purrs and Wags, not Yips and Howls** — Pet owners must ensure that their dog does not disturb neighbors by barking, howling or making other loud and frequent noises which might disturb the peace of any neighbor between the hours of 10 p.m. and 7 a.m.



• **Safety First, Leash at all Times** — All animals are required to be properly leashed and controlled.

• **Pick Up, Clean Up** — Owners must pick up and dispose of pet waste; this includes cats who are not be allowed to roam freely.

• **Shipshape and Up to Date** — All pets must have current rabies vaccinations. Pet owners are encouraged to enter their pet or pets into the City's database at www.missionks.org — this will assist Animal Control Officers in safely returning lost pets to their homes. If you have questions or concerns about any of these regulations, please contact City Hall at 913-676-8350.

COMMUNITY REBATE PROGRAM

Income-eligible residents can now apply for the Community Rebate Program. This year, \$20,000 in rebate assistance is available to qualified applicants. A full rebate of telephone, electric or gas franchise fees, and Mission property taxes, and a partial rebate of solid waste utility fees, is available within the program guidelines. Residents must meet income guidelines to qualify and the program is administered on a first-come, first-served basis. For additional information, contact Neighborhood Services Officer Nilo Fanksa at 913-676-8358 or [nfanksa@missionks.org](mailto:nfanska@missionks.org).



WARD MEETINGS SCHEDULED

Plan to attend and get the latest information on activities throughout the City! Below is a listing of upcoming ward meetings.

WARD I

Hillary Thomas — hthomas@missionks.org
Pat Quinn — pquinn@missionks.org

- March 1
- Additional dates to follow

WARD II

Arcie Rothrock — arothrock@missionks.org
Nick Schlossmacher — nschlossmacher@missionks.org

- March 29
- June 28
- Sept. 27
- Dec. 27

WARD III

Kristin Inman — kinman@missionks.org
Debbie Kring — dkring@missionks.org

- April 19
- July 19
- Oct. 18

WARD IV

Ken Davis — kdavis@missionks.org
Sollie Flora — sflora@missionks.org

- May 8
- Aug. 14
- Nov. 13

All meetings are at the Sylvester Powell, Jr. Community Center – 7 p.m.

DON'T FORGET YOUR PERMIT FOR DUMPSTERS AND PORTABLE STORAGE CONTAINERS

If you are planning on having either a dumpster or "POD" delivered to your property, a permit is required before delivery. The information below will help you as you move forward with your project or move:

- Permits for portable storage containers are available for up to 14 days, two times per year.
- When undertaking a home renovation project, dumpsters and portable storage containers may be kept on the property during the dates of your active building permit.
- Containers must be placed in the driveway, or the street if approved by the City. Containers may not be placed in any yard area.
- Containers placed on the street must have traffic cones on all corners of the container. These can be furnished by the City with a deposit.

To apply for your permit, stop by City Hall, Monday through Friday, 8 a.m. to 5 p.m. There is no fee required for these permits. For additional information, contact Neighborhood Services at 913-676-8360.



JOHNSON COUNTY RESIDENTIAL PROPERTY VALUATION



If you're looking for a home in Johnson County, there's about

a two-month supply of homes for residents. Due to strong demand, residential property values continue to rise. In 2017, 95 percent of residential real estate values increased.

The Johnson County Appraiser's Office formed the Residential Reappraisal Advisory Committee in August 2017. The purpose of this committee comprised of realtors, lenders and fee appraisers is to advise the county of current residential market trends.

The appraiser's responsibility is to value property at fair market value -- the price it would bring on an open, competitive market. In order to arrive at that value, county staff review sales activity.

By March 1, residents will receive a Notice of Appraised Value. If a homeowner disagrees with the valuation, he or she has 30 days to file an appeal with the county. This hearing is an informal conversation about the property.

For more information, see www.jocogov.org/appraiser.

BUSINESS IMPROVEMENT GRANT AVAILABLE

The City offers a Mission Business Improvement Grant (B.I.G.) to local businesses to help fund exterior building repairs or improvements and qualified energy efficiency upgrades.

Applicants will be reimbursed at one-half (50 percent) of their approved costs, with the City's share not to exceed \$10,000 per project annually or \$2,000 per sign.

Applications will be accepted and reviewed in batches throughout the year. The first round of applications will be accepted Feb. 1 through Feb. 28.

Once the application deadline has passed, grant awards will be assigned based on project scores until all funds are committed. Grant scoring criteria are listed in the program details on the City's website.

Contact Danielle Sitzman in the Community Development Department with any questions at 913-676-8360.



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Mission Bulletin Board



Meeting Notice

Mission City Council Meetings:

7 p.m. at City Hall

- March 21
- April 18

Give-A-Bike, Take-A-Bike Event!

Do you have an adult bike you're not using, but still has some life in it? Do you need or want a gently used bike to get yourself riding this spring?

Come to the Give-A-Bike, Take-A-Bike Event! Donate gently used adult bikes so they can be matched with a new rider! Browse the donated bikes and choose one that will work for you! Bikes will be available on a first-come, first-served basis. Volunteers will be on hand to do basic maintenance, adjust seat height, air tires, etc.

Donations will also be collected at the event to be used to purchase new bikes for kids as part of the City of Mission's Holiday Adoption Program.

Time: 5:30 to 7:30 p.m.

Date: Thursday, April 5

Place: The Bar — 6101 Johnson Drive

Co-sponsored by the City of Mission, BikeWalkKC and The Bar

DO YOU HAVE ENOUGH SMOKE DETECTORS IN YOUR HOME?

The single most important factor in safely escaping a house fire is the presence of an operational smoke detector. Smoke detectors should be installed in every bedroom and in the hallway outside of the bedrooms. Furthermore, there should be one smoke detector installed for every 500 square feet of living space.

CFD2 is happy to provide a smoke detector to those in need.

For information on how to obtain a smoke detector, call the CFD2 administrative office at 913-432-1105, send an email to ContactUs@cf2.org or visit the website, CFD2.org.



Congratulations!

The Johnson County Branch of NAACP recently presented Jose Ramirez, CEO of Moss Printing, with its Philanthropic Award, for his generosity and assistance with NAACP events.

WAY TO GO JOSE!





TOASTY TOOTSIES

Socks are among the most needed items at homeless shelters, yet among the least-often donated. With the help of St. Michael's Men's Ministry, more than 4,000 pairs of new white socks were collected and donated to Uplift, an organization that helps the homeless.

Happy Anniversary!

CONGRATULATIONS to Mary Horvatin and Yoga Fix, on the yoga studio's fifth anniversary in Mission.



Anyone up for a Downward Dog?

Can you spell C-H-A-M-P-I-O-N?

Charlee Ray, a sixth-grader at Santa Fe Trail Elementary, has won the school's spelling bee not once, not twice, but three years in a row! Winning the school's spelling bee qualified Charlee to compete at the Johnson County Spelling Bee.

Congratulations Charlee!



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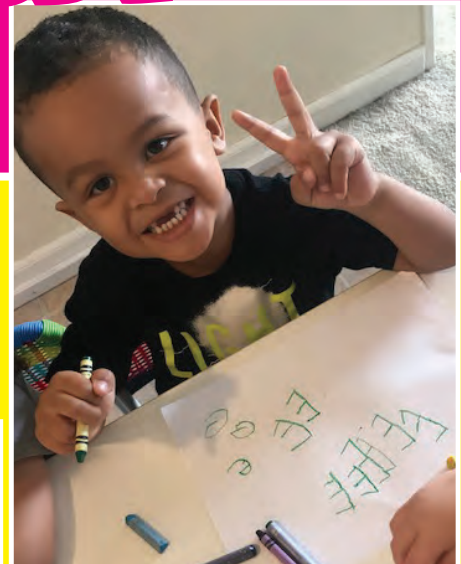
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Life in Bickford at Mission Springs

Residents, staff and caregivers all come together as family at the senior living community.

By Kris Baker | Photos by Sarah Reeves

The classic piano movement “Clair de lune” by French composer Claude Debussy plays from the overhead speakers. In a special side room, a Veterans Wall of Honor is adorned with photos and service records of proud fighting men and women. At a white baby grand piano, a resident plays one of her favorite tunes.

These are just some of the elements that make up the world at Bickford at Mission Springs, 5350 W. 61st Place, a senior living community that focuses on assisted living and memory care. The care Bickford offers is determined through discussions between the resident, family and staff.

“We start with listening to their stories, getting to know them and their families, what their occupation was and what makes them who they are,” explained Ricky Turley, executive director of Bickford at Mission

Springs. “Residents have a voice here and they tell me all the time they appreciate their needs being heard.”

Found on a wooded lot north of Shawnee Mission Parkway and east of Nall, the buildings of Bickford at Mission Springs contain 89 apartments — including single- and multi-person apartments, a bistro, a private dining room, family areas, three salons, a patio area that is popular during the warm months and a whirlpool spa area. Registered nurses

are on site to provide care coordination, as some residents need more assistance than others.

“This is their home with residents taking ownership of their own care,” Ricky confirmed.

HOME AT BICKFORD

Resident Eleanor Lowe can often be found sitting at the white baby grand piano near the facility’s main entrance. The 82-year-old has lived at Bickford for about a year and plays the piano nearly every day, tickling

Bickford at Mission Springs resident Eleanor Lowe plays on the white baby grand piano at Bickford.



Staff members at Bickford at Mission Springs are known as BFM (Bickford Family Members). They include Meredith Brennan, assistant director (from left); Rocio Palacio, certified nursing assistant; Debbie Ingraham, prep chef and Ricky Turley, executive director; of Bickford at Mission Springs.



the ivories to the same sheet music she has used since she was young. Playing the piano has been a passion for Eleanor her whole life, and she was overjoyed to be able to continue her music at Bickford.

"I play for myself (and) I was very happy when I saw this piano here," Eleanor recalled, noting it helps keep her active.

She said it was easy to become acclimated to her new surroundings following her move to the senior living community.

"Life is easier; everyone is so helpful here."

Music is a big part of the Bickford experience. All the Bickford properties are named for Mary Bickford, a harpist whose signature song was "Clair de lune," which is why it is played on the speakers in the hallway and is used as the hold music for their phones.

"Music can be used as a great form of therapy," said Meredith Brennan, assistant director of Bickford at Mission Springs.

She said playing music can be particularly helpful to someone suffering from memory loss.

"We had one resident who told us she couldn't remember how to play at all," Meredith said. "We sat her down at the keys and she immediately started playing. It was beautiful."

Music is just one form of care at Bickford. The monthly activity calendar is filled with exercise programs, a weekly visit to a local restaurant (usually one in Mission), movie nights and get-togethers to keep their entire community engaged. Mealtime is another important element in creating the happy home environment envisioned for Bickford.

"The food is really good," Eleanor added.

"Because we are not very big, everyone gets to know everyone," Ricky said. "The residents get to know one another and bond with each other. They also have the chance to bond with our 'BFMs.' BFM's are what we call our staff — Bickford Family Members."

Meredith believes that everyone at Bickford really feels like family members.

"I wake up each morning and I can't wait to get to work and see everyone," she said.

Two of the longtime BFM's are Rocio Palacio, who started at Bickford in 2003, and Debbie Ingraham, who has worked there over 21 years.

Debbie, who works in the kitchen as a prep chef, said she learns something new every day.

"I love the residents, and finding out about their lives is so interesting," she said.

Rocio, a certified nursing assistant, agreed with Debbie, saying they fall in love with the residents and treat them like family.

"We are there for them and they are here for us," she said. "I had one resident who told me he wanted to adopt me."

Ricky, the executive director, said Bickford has received "tremendous support" from the City of Mission. Every Valentine's Day, members of the the Mission Police Department personally deliver each female resident a rose. The residents like to give back to the community, as well. Those who were able recently passed out 600 pairs of socks in downtown Kansas City, Missouri.

"Learning a lot about our residents is one of the biggest lessons I have received at Bickford," Ricky said. "As soon as someone does something for them, they are right there ready to return the favor."

Editor's note: Meredith Brennan, who is quoted in this article, is no longer an employee of Bickford at Mission Springs.



The POW/MIA table at Bickford.



The Veterans Wall of Fame in Bickford.

Veterans' Wall of Honor

All military veterans who live at Bickford at Mission Springs have a plaque on the Wall of Honor listing their name, military branch and years of service.

Most of the veterans here served during World War II and represent every branch of the military. Also pictured is a woman who was a military nurse during the war, a rare example for that time.

This area also features a prisoners-of-war/missing-in-action (POW/MIA) table, fulfilling a tradition since the end of the war by having a separate table set up in their honor. Everything on the table is a special symbol to help remember those who could not be there. An authentic World War II uniform also is displayed near the POW/MIA table.

"People love to come here to sit and read, or just reflect on the past," said Meredith Brennan, assistant director of Bickford at Mission Springs. "This is one of our most popular spots."



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NOT JUST Desserts

Nothing Bundt Cakes produces sweet confections, warm atmosphere and more.

By Kris Baker

Photos by Sarah Reeves



Jim Edwards, one of the owners of Nothing Bundt Cakes.

Jim Edwards knocked on the apartment door. As owner of the bakery Nothing Bundt Cakes, he doesn't get to make as many deliveries as he wants, but this one would be a treat for him. A woman answered the door, and as soon as she saw the specialty cake Jim was delivering, a huge smile came across her face. The cake was from her daughter for her birthday, helping to make the day special for her, and for Jim, as well.

"We want to deliver the 'wow' factor," Jim offered. "I am delivering a cake, but I am also delivering something which will add to the memories of the celebration. Their event is special, so our contribution to that event must be just as special and memorable."

Nothing Bundt Cakes has been a sweet addition to the family of businesses in Mission. Nestled into their location off Johnson Drive, this bakery is filled with unique gifts and the aroma of freshly made Bundt cakes. The rich atmosphere of the store is highlighted

by colorful items such as their displays of platters, candles and unique greeting cards, as well as shelves of University of Kansas, University of Missouri and Kansas State University paraphernalia. The décor is designed to be somewhat nostalgic.

"We have great vendors," Jim said. "We are always looking for new things that fit our brand, things that make sense for our customers."

In the middle of the front counter, a display case filled with delicious-looking cakes catches the eye immediately. All the cakes are baked on site and fresh daily; their baker arrives every morning at 6 o'clock to prepare the day's wares and ensure their quality. After baking, the cakes are decorated with their signature drizzling technique. Nothing Bundt Cakes always uses frosting, not icing, on their cakes.

"People get the two confused," Jim explained. "Icing is made with oils, while frosting is made from butter and cream. If it's not made from dairy, it's not frosting."

Jim owns Nothing Bundt Cakes along with his wife, Bev, and their son, Alex, who is helping oversee their third store in Tiffany Springs, Missouri, which recently opened.

"We have a great staff, very professional," Alex revealed.

"They are very welcoming to everyone who comes in."

The goal, Jim agreed, "is to say hello to everyone as soon as they come in."

"We operate under some pretty classic rules of doing business, and we pass them on to our employees. Wherever they go next, whoever hires them will be getting a great employee."



*"We are
in the joy
business."*
— Jim Edwards

ADD A LITTLE FROSTING

While they offer other things, Nothing Bundt Cakes lives up to its name. Here, the Bundt cakes come in all shapes and sizes. There are 8-inch Bundt cakes, 10-inch cakes, tiered Bundt cakes, Bundtlets, Bundtlet Towers wrapped in cellophane that can be one, two or three cakes high and Bundtinis, which are bite-sized cakes. Flavors always available at Nothing Bundt Cakes include red velvet, chocolate chocolate chip, lemon, marble, pecan praline, carrot, classic vanilla, confetti and white chocolate raspberry. Other flavors rotate in and out seasonally.

The cakes can be designed to suit any occasion. To surprise your sweetheart on Valentine's Day, give them the "Love You to Pieces" cake topped with red satin and a pink heart puzzle; to be a big hit at your Super Bowl party, get the "MVP-Football" cake, which can be customized with the colors of your favorite team; or to celebrate someone on their special day, choose from one of the numerous "Happy Bundtday" cakes. Over 40 decoration options allow customers to individualize their special cake for special occasions.

These cake crafters only ask for 24 hours' notice for specialty orders.

"Tailgating, weddings ... what's not better with a cake?" Alex said.

"Our cakes are the star," Jim added. "I have two goals: to make good cakes and to get people into our store and see everything we are about."

NO IFS, ANDS OR BUNDTS

Jim said he and his family have felt so welcomed by the Mission community, he has endeavored to return the gesture. He appreciates that his business affords him plenty of gift items.

"I can't imagine giving away wrenches or auto parts," Jim said. "We are lucky because we can give our cakes and make people happy. We are in the joy business."

Nothing Bundt Cakes has used their Bundts for good on both sides of the state line, according to Jim. He supports High Aspirations, a group that helps inner city youths in Kansas City, Missouri, as well as being a donor to the Overland Park Arboretum. He has sponsored programs for local schools and, all told, he estimates he works with about 50 different organizations.

As new businesses come into Mission, Jim wants to be at the forefront of welcoming them to the neighborhood, shaking their hand with one hand and handing them a red velvet Bundtlet with the other.

"Money is important, of course, but money is not why we do this," Jim smiled. "We run the store to provide jobs to people, to help others and leave this place better than it was before."



THE BUNDT TRUTH

Nothing Bundt Cakes opened at 6850 Johnson Drive in 2015. Owners Jim and Bev Edwards already had a location in Overland Park and knew they wanted to expand. Ultimately, they were looking for three locations and believed Mission was the natural choice for their second one.

"It's centrally located, it's close to the highway, (and) there are a lot of things around here. The City Council has been great to work with. It has been a nice fit," Jim said.

Nothing Bundt Cakes is open 9 a.m. to 7 p.m. Monday through Friday and 10 a.m. to 6 p.m. Saturday; they are closed on Sunday.

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FOSSIL FIND

Mission amateur fossil hunter discovers new species of plant near Parkville university

By Kris Baker

Photos by Cathy Donovan

Tim Northcutt, amateur paleontologist, with one of the thousands of fossils in his personal collection.

The paleontologist dug into the hillside outside Park University, carefully removing debris from the pieces he uncovered. Since 1988, he had been a part of many digs at this location, finding numerous fossils of plant life from millions of years ago, but on this day in July 2016, he discovered something special. Chipping off another piece of stone, this amateur paleontologist, lifelong Mission resident Tim Northcutt, found something he had never seen before. In fact, there is no record of anyone ever having seen this.

As Tim looked up from his dig, he knew that hill in Parkville, Missouri, had taken on a new significance in his life.

"It was quite a thrill," Tim offered. "I knew immediately it was something different. I didn't know what it was. It was so unique from anything I had seen before; everyone agreed it was paleontologically significant."

What Tim unearthed was something that existed before there were mammals or dinosaurs. It existed even before there were flowering plants. Tim held up the stone. Inside was the pristine fossil of a brush-like plant, described as a seed fern with pollen organs at the end of its fronds. The fern lived 306 million years ago; there is nothing known like it on earth today.

"The details on the find were in great condition," Tim remembered. "It's unusual to find a fossil preserved so well. I knew people would want to see this and find out what it's all about."

This is how Tim's adventure with his fern fossil began, and how his name became forever connected with a new species.

THE ARTIST AND THE FOSSIL

Tim took his newly discovered fossil to his friend, Rudolph Serbet, a paleobotanist at the Natural History Museum and Biodiversity Institute at the University of Kansas. Rudolph and his colleagues were able to classify the plant as a completely new genus and species. Rudolph worked with Professor Scott Hageman, associate dean of the School of Natural, Applied and Social Sciences and associate professor of geology at Park University. Together with other researchers, they published their findings in the November 2017 issue of the *Review of Paleobotany and Palynology*.

When it came time to name the new species, both Tim and Park University received a special honor: The plant was officially named the *Parkvillia northcutti*. Having his name listed in science books means a lot to Tim, who worked professionally as an artist for 20 years but found a new passion when he went on his first fossil dig.

"I sort of lucked into this field," Tim said. "I had some friends who invited me to go along with them, and being at these amazing sites, I became hooked. Studying fossils, you see a glimpse of how the planet was millions of years ago. It's like traveling back in time."

Tim has now gone on hundreds of expeditions, digging out different fossils across the Midwest. Some finds definitely stuck out. At one site, Tim and his companion got out of their car and decided each would start walking in a different direction. Tim walked about 100 steps and stopped short as he saw an enormous mammoth tusk sticking out of a hole in the ground.

"That was a big one," Tim laughed.

Tim's storage facility has been transformed into his own museum, housing thousands of the fossils he has found. Walls are filled with boxes containing these treasures, and long tables hold stones that Tim is still working on. From one box he pulls out a dragonfly fossil from 130 million years ago. Beside that is a fish that was indigenous to this area millions of years ago, when Mission was tidal swamp land on the

continent of Pangea. Leaning against the wall is a stone with the impression of bark from a tree, which before it went extinct towered over redwoods. He estimates he has 10,000 pieces in his collection.

"All these pieces tell a story," Tim said. "You can learn a lot about our current world by looking at the clues (in the fossils) we

have to the ancient past."

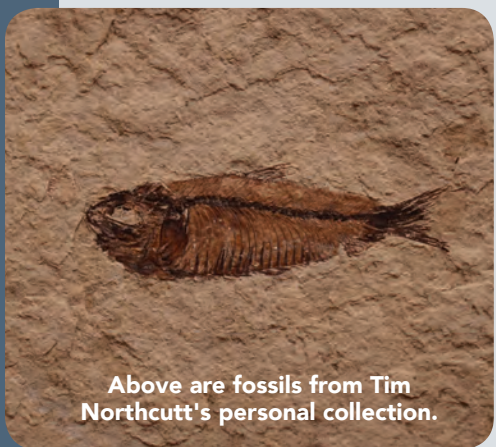
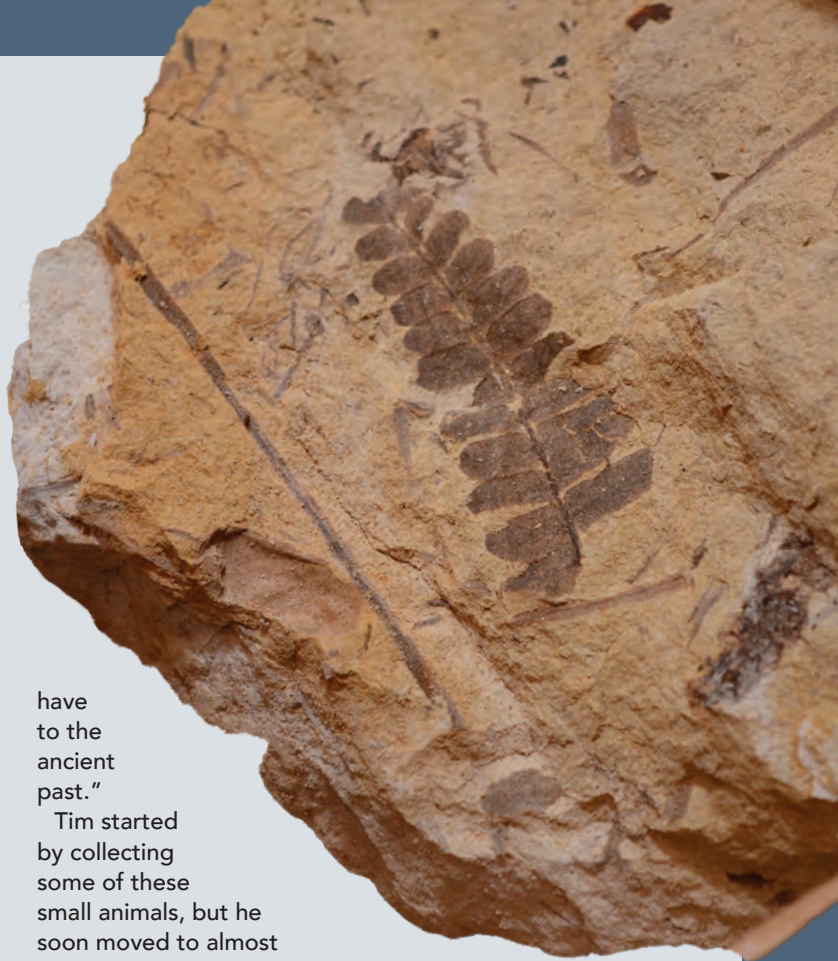
Tim started by collecting some of these small animals, but he soon moved to almost exclusively dig for the extinct plant family Lyginopteridaceae, of which *Parkvillia northcutti* belongs. Park University is a hotbed for finding these specimens, and Tim got permission as the only amateur paleontologist allowed to dig there. None of his experience prepared him to find *Parkvillia northcutti*. Tim donated his new find to KU, which is the regional depository for fossils. KU holds the piece in its collection and loans it out for display.

Tim, along with Rudolph Serbet and Scott Hageman, gives lectures on the *Parkvillia northcutti*. Tim recently gave a presentation at the National Archives in Kansas City. In these lectures he explains about how the type of preservation needed to keep this shrub-sized plant intact makes this a rare find. The Park University site is the only location these species have been found.

"Odds are there won't be too many of these ever found," Tim said. "This plant is so unique everything we learn from it will be very precious information."

"STUDYING FOSSILS, YOU SEE A GLIMPSE OF HOW THE PLANET WAS MILLIONS OF YEARS AGO. IT'S LIKE TRAVELING BACK IN TIME."

- TIM NORTHCUTT



Above are fossils from Tim Northcutt's personal collection.



HELPING HANDS & Loving HEARTS

Mission volunteers help families enjoy a magical holiday

"We were blown away with your generosity. The kids were so happy; we will have the best Christmas we have ever had. Please tell everyone involved that I wouldn't know what I would do without this program. We now have presents underneath the tree!"

That's an example of just one thank you note from among the families who were assisted by 2017's Mission Holiday Family Adoptions project. Since the program was established in 2010, the number of Northeast Johnson County families that Mission's "elves" have helped has grown from eight to 86 this past year. It's a program residents and government officials alike think is important.

"No other city in Johnson County has a family adoption program," explained Mission Mayor Ron Appletoft.

In addition, no other nearby city collects bikes, said Holiday Family Adoptions Committee Chair Suzie Gibbs.

"You should see these kids' eyes sparkle when they find out they are getting a bike," Suzie added. "This is so important that we plan to continue collecting bikes this spring and again next Christmas."

Seventy-three families were blessed with Thanksgiving baskets, enabling them to have a bountiful meal. Thirteen more families received food for Christmas.

"My kids have been wanting a ham for Christmas and now we have one! We don't eat a lot of meat because its

expensive, but now we can have a fantastic Christmas dinner! Have a blessed holiday season," said a grateful recipient.

Forty-four families also received Christmas gifts — including something for their pets — ranging from vacuums to pots, pans, cleaning supplies, socks, hats, gloves, coats, toys and toiletries. A total of 145 hand-knit scarves were given to the families, as well as Christmas stockings filled with toiletry items.

A large number of Mission residents, volunteers, businesses, churches and organizations contributed to the success of this project. Besides in-kind gifts and services, \$18,000 was donated to help make this the most successful Holiday Family Adoptions project yet. Every single dime goes to the families; nothing goes toward administrative costs of any kind — not even for a roll of Scotch tape!

Mission's Santa's helpers also came through with donations for the homeless in 2017, filling a truck with sheets, blankets, towels, candles and white socks for Uplift, an outreach organization for the homeless in Kansas City, Missouri.

"Each year as the need to help others grows, our community voluntarily steps up to make sure these families have happy holidays," Suzie reported. "We thank each and every one who helped, who showed these families how much they are loved, from the bottom of our hearts."





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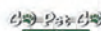
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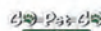
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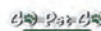
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Bunny Eggstravaganza

Saturday, March 31, 2018
10:00 a.m.-12:00 p.m.

Sylvester Powell, Jr. Community Center
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www.missionks.org



Free Admission

Bring the family for the annual Bunny Eggstravaganza!! This exciting holiday event features egg hunts for all ages, clowns, balloon artists and a visit from two very special Bunnies!! Bring your camera and a pail to hold all your eggs, candy and prizes.

Egg Hunt Times

10 & Older Scavenger Hunt	10:15 a.m.
8 Months-1 ½ Yrs. (with parent)	10:20 a.m.
1 ½- 3 Yrs. (no parents)	10:40 a.m.
1 ½- 3 Yrs. (with parent)	10:40 a.m.
4-5 Yrs.	11:00 a.m.
6-7 Yrs.	11:20 a.m.
8-9 Yrs.	11:40 a.m.

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