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K-STATE BOUND

Eight years ago this month, Jack and I were given the opportunity to raise a 10-year-old, sixth-grade girl who brought with her little understanding of life, school or family. I like a challenge, however this was more than a challenge. After raising two sons, having a girl around brought a lot of drama, not to mention bringing her up to standards in our school system. So, on our behalf, we would like to publicly give a very big thanks to all of you who have shown her your support and given her your words of wisdom to guide her onto the next phase of her life — college!

Fast forward to today and I am happy to report Kelsey, who was in the top 10 percent of her graduating class at SM North, has enrolled at Kansas State University, where she will major in English and minor in French and Music. To say the least, our house is much quieter, which we miss! In going over her last week before heading to Manhattan, she chose the dinner menu for the night before we headed west: BBQ chicken, broccoli-rice casserole and stewed okra! To please Grandpa we included a salad!

The quote: “you are what you eat” seems to be on everyone’s radar, so I am wondering what the dieticians have to say about this dinner! Interesting enough, two of our stories this issue are sending our readers

the same quote. Daisy (Oregano & Thyme) says: “It is

not only what you eat, but who you eat it with and how you eat it.” And Lisa (O’Brien Pharmacy) agrees, “You are what you eat.” Daisy elaborated a bit by telling Kelsey to sit down when you eat and respect your food.” Great words of wisdom not coming from Grandma!

What do you do without the teenage daily drama and antics you have gotten so used to over eight years? When we interviewed Russ Simmons, Fox 4 movie critic, I asked what entertaining movies I would enjoy that speak to my era? He quickly gave me two: The Greatest Showman (a story of Barnum’s creation of the Barnum & Bailey Circus) and Mama Mia. Kelsey and I watched them both before she left and I can honestly say if you haven’t seen The Greatest Showman, put it on your bucket list; it is wonderful. So, Russ, I will need a few more movies to fill the quiet evenings.

Interviewing the two Special Olympics athletes, I asked if they cooked and what were their favorite dishes. Spaghetti! And mac & cheese! Both are easy dorm dishes! So, Kelsey packed those ingredients in her box of goodies as well!

To all of you who have sent your prides and joys off to college, I wish them well! It is a great experience, however, not one that should include McDonalds every night! To you, who are left at home, grab your dose of healthy foods and enjoy our latest issue of the Mission Magazine. Our college children/grandchildren will be missed but they will survive!

On the cover:

CRITIC RUSS SIMMONS IS WELL-PREPARED FOR A MOVIE SCREENING AT CINEMARK MERRIAM THEATERS.
PHOTO BY CATHY DONOVAN



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Mission

Your Hometown

SEPTEMBER 2018

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Additional copies of Mission: Your Hometown magazine are available at participating advertisers. You can also view it on the city’s website, www.missionks.org. To advertise in Mission Magazine, contact Angie Riffel at 913-951-8446 or ariffel@metromediapublishers.com. If you have a story idea, contact Suzie Gibbs at 913-671-8564 or Suziegibbs1@gmail.com.

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MISSION'S MOVIE MAN

Russ Simmons reviews films, interviews stars for KC audiences

By Steve Hale

The scene unfolds a few weeks back in Washington, D.C., at the Smithsonian National Air and Space Museum. This is red carpet time for the premier opening of the film "Mission: Impossible Fallout." Tom Cruise, star of the series of Mission: Impossible movies, is his usual suave and dapper self as he is ushered from one interviewer's microphone to the next.

Cruise, having broken his ankle on the "Impossible Fallout" set while performing his own stunts, is asked about the incident. The mega celebrity gives a demure grin and pans that he suffered no such injury, coyly indicating a different line of questioning was preferred.

The man with the microphone deftly turns to the camera and tells viewers, "This is for the insurance company, by the way."

Touché! Cruise laughs heartily and settles in to answer questions in a straightforward manner. Cue this headline: "Star of Mission Impossible succumbs to interview skills of Russ Simmons, Mission, Kansas."

Russ Simmons is one of Mission's most recognized residents.

Russ is a movie critic for Fox 4 Kansas City, WDAF TV. He, along with Shawn Edwards, co-hosts a segment of Fox 4 morning news called "Screening Room." Every week since 2005, the Russ/Shawn duo has reviewed the latest movies coming to Kansas City. "Screening Room" airs regularly at 8 o'clock during the morning newscast and is then repeated at noon, 5 p.m. and 9 p.m. Twice Russ and Shawn have won the National Entertainment Journalism Award as "Best Television Film Critics" as presented by the Los Angeles Press Club.

"Oh, yeah — I'm recognized often," Russ humbly admitted. "I'll be walking down the street or at the airport or someplace and people will say, 'See any good movies lately?' or 'What do you recommend?'"

During his career, Russ has reviewed thousands of movies and interviewed scores of actors and actresses. His standing in the profession and his active involvement in the Broadcast Film Critics Associations, which is responsible for the annual Critics Choice Awards as airs on A&E, began with an inherent love of movies. Russ has fond memories of growing up in

Bonner Springs when his parents often dropped him and his sister off at the Rio Theater for a double feature.

"That was our big Friday night thing," Russ remembered. "The only movie my mom wouldn't let me go see was 'What Ever Happened to Baby Jane?'"

Now Russ typically watches at least three movies a week. The preponderance of those viewings is in a theater with a preview audience. Here promoters schedule screenings two or three weeks in advance of the Kansas City opening and invite a select group of reviewers and, on occasion, a general audience. Russ increasingly is forwarded streaming videos for viewing on his home computer.

If that sounds like a good gig, Russ won't argue. But he'll also point out virtually all the screenings are in the evenings. He's required to write his copy for the Fox 4 segments and spends a lot of time in the studio both recording his weekly shows and screening and editing his taped interviews with actors. He also prepares a film review segment on KKFI-FM called "Freeze

Red-carpet interviews, including Tom Cruise, are just part of a day's work for Russ Simmons.



Frame" and appears regularly on "Central Standard" on KCUR-FM.

Lots of travel is required of Russ. He routinely takes part in junkets where he and fellow movie reviewers from across the country are brought together to view films and conduct interviews.

One annual trip Russ always enjoys is to Santa Monica for the televised Critics Choice Awards. It's an opportunity for Russ to connect with peers and filmmakers "when they're off" and can relax.

Russ notes how being a movie critic opens him up for feedback good and bad. There is no shortage of Fox 4 viewers and Facebook followers offering their critiques of his movie reviews and rankings.

"Everybody has seen enough movies to have at least somewhat of an informed opinion," Russ noted. "People have no problem letting us know if they agree or disagree with our Fox 4 reviews. My favorite was a guy who said, 'These guys wouldn't know a good movie if it walked up and slapped them in the face.' All I could say was thanks for watching."

Russ and Shawn rate movies on a sliding scale of one to five "Popcorn Bags." While a five-Popcorn Bag rating from Russ is rare, it's likely because he considers the "overall arc of what constitutes a movie."

"George Clooney told me it's a miracle anything ever works because there are so many ways a movie can go wrong," Russ said. "You have the screenplay. You have the direction. You have the acting. You have the cinematography. Any one element of that can go wrong and make a good film a bad film."

Friends, acquaintances and people Russ sometimes hardly knows routinely ask him questions about current releases, what movie stars he's met and opinions about movies in general. He's always prepared to answer the often-asked question about his choice for favorite movie of all time.

"'It's a Wonderful Life,'" Russ answered without hesitation. "If I were stranded on a desert island and I could only take one movie with me to watch, that would be the one. Every time I watch it I feel better about life."

Movie Critic Russ Simmons, left, on the Fox 4 News "Screening Room" set with John Holt, news anchor, and his co-host Shawn Edwards.



Russ Simmons TOP LIST

RUSS'S ALL-TIME FAVORITE FILMS

- 🍿 It's a Wonderful Life
- 🍿 On the Waterfront
- 🍿 The Bicycle Thief
- 🍿 King-Kong (1939)
- 🍿 The Graduate

RECENT MOVIES GETTING FOUR OR FIVE POPCORN BAGS RATINGS FROM RUSS

- 🍿 The Big Sick
- 🍿 La La Land
- 🍿 Ex Machina
- 🍿 Inside Out
- 🍿 12 Years a Slave

RUSS'S TOP FIVE FAVORITE MALE CELEBRITY INTERVIEWS

- 🍿 Robin Williams
- 🍿 Johnny Depp
- 🍿 Leonardo Di Caprio
- 🍿 Jackie Chan
- 🍿 Chris Rock

RUSS'S TOP FIVE FAVORITE FEMALE CELEBRITY INTERVIEWS

- 🍿 Sandra Bullock
- 🍿 Drew Barrymore
- 🍿 Meryl Streep
- 🍿 Shirley MacLaine
- 🍿 Cate Blanchett

SEPTEMBER MOVIE RELEASE RUSS SAYS HAS PROMISE
WHITE BOY RICK – Oscar winner Matthew McConaughey stars in a true story set in Detroit during the 1980s crack epidemic.

See "Screening Review" at 8 a.m. on Fox 4 News on September 14.



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By Steve Hale

No one expected the casual conversation to turn emotional, but when a few members of the committee behind Mission's Family Holiday Adoption program were recalling stories, several memories caused eyes to moisten and voices to crack.

- The mother who was excited her gift basket included a gallon of milk because her daughter wouldn't have to eat dry cereal.
- High schoolers who put personal care items and makeup at the top of their Christmas lists.
- A mom receiving a beauty-shop makeover when all she wanted for Christmas was "to feel pretty for a day."
- A dad breaking into tears when a volunteer handed him a roll of gold dollar coins when he was already overwhelmed by others' generosity.

Those few recollections from hundreds of similar stories are individually heartwarming and collectively demonstrate Mission is truly a community willing to step up to help its neighbors.

"A lot of people are one car repair away from homelessness even here in Johnson County," said Lynn Kring, a member since the Family Holiday Adoption program was initiated in 2006.

"People need help."

Kathy Lockard, a volunteer since the first year, said when families pick up their gifts, "90 percent of the time there are tears."

"We get lots of hugs," Kathy said. "Then we cry and they cry." With the holiday season still months away, the eight-person committee even now is starting to turn attention to annual efforts to bring joy to struggling families needing assistance at Thanksgiving and during the Christmas season. They remind longtime volunteers and their big-hearted neighbors the Family Holiday Adoption program will again seek their assistance.

"The thing is we really don't have to ask," noted Cathy Casey of Casey's Auto Repair, a longtime and active committee member. "The businesses and people of Mission step up and contribute every year."

Last year, 82 families were "adopted" for the holiday season, a number expected to increase this coming season. Detailed wish

lists of all members of the respective families are channeled to the committee by counselors and social workers representing Mission-area schools. Hocker Grove Middle School will be included in the program for the first time this year. Other schools involved are Shawnee Mission North and Horizons high schools and Highlands, Roesland, Rushton and Santa Fe Trail elementary schools.

With lists in hand and thanks to steady and trusted guidance from the Family Holiday Adoption committee, the ❤️ of Mission takes over. Individuals, businesses, organizations, churches, public safety officers and other City departments practically pounce on the lists to ensure all wishes are filled and the adopted families have plenty of food for holiday meals.

Tags containing descriptions of requested items are posted and picked up throughout the season at the Sylvester Powell, Jr. Community Center. Several Mission businesses adopt entire families while others can be counted on to donate turkeys, contribute financially or provide requested items and in-kind services. In 2018, without benefit of a fundraising event or advertising, the Mission community contributed \$18,000 allowing the committee to purchase food, clothing, supplies and various items from families' lists.

"This is not just a committee effort; it's a community effort," Kathy Lockard explained. "People come to the Community Center every year to take tags off the trees or they'll stop by the desk and say, 'Here's \$50. Put it where you need it.'"

More information about Mission's Family Holiday Adoption Program will be announced with the approaching of Thanksgiving and Christmas. Residents of neighboring Roeland Park will be included in the communication loop as that city has volunteered to be part of the program.

"Everyone involved gets much joy out of this," Lynn admitted. "That's not necessarily the reason anyone on the committee or the volunteers or the people of Mission are involved, but sometimes it seems we get as much out of this as the families we help."

For additional information or questions about the Family Holiday Adoption program, contact Suzie Gibbs, 913-671-8564 or suziegibbs1@gmail.com.



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SPECIAL MISSION

MISSION IS HOME BASE FOR GOLDEN WORK OF KANSAS SPECIAL OLYMPICS

By Steve Hale | Photos by Cathy Donovan and Steve Hale

Shannon Pittman holds down a full-time job, has a two-bedroom apartment near downtown Mission and enjoys cooking her favorite dishes. Shannon is blessed with an indomitable spirit and confident nature.

Credit Shannon's independence to her experience as an athlete, a special athlete to be precise. Like thousands of special needs individuals across Kansas, her life has benefitted from active and ongoing involvement in events and programs sponsored by an organization with headquarters in her hometown: Special Olympics Kansas (SOKS).

Rare is the individual who is not familiar or aware of Special Olympics. From relatively obscure beginnings exactly 50 years ago this year, Special Olympics has evolved into a movement of international scope providing training and athletic competition in a variety of Olympic-style sports for children and adults with intellectual disabilities. In the United States, Special Olympics is an umbrella organization for independently operated programs in every state.

From its home base at 5280 Foxridge Drive, (SOKS) has distinguished itself. The nonprofit organization oversees scores of events encompassing 20 sports and involving more than 4,000 athletes and their extended families, 2,300 certified coaches and an estimated 17,000 volunteers. More than 1,600 law enforcement officers across Kansas — including the Mission Police Department — work closely with the organization and last year raised \$550,000 and provided thousands of hours of volunteer time.

"It all starts and ends here in Mission," said John Lair, President and CEO of SOKS. "One of these days, we ought to count how many people come through this office from all over the state for things like training, seminars, coaching certification and fundraising."

John has 23 years of Special Olympics experience and took the helm of SOKS in May 2017 following the retirement of his predecessor, Chris Hahn. Chris, who led the organization for nearly 30 years, is considered by John and others to be "a legend" for his stewardship and leadership of SOKS.

Those were big shoes to fill, no question, but John's background as a coach (2014 Special Olympics North America Coach of the Year), supervisor and fundraiser have served the organization well. Most important is his obvious passion for improving the lives of special needs athletes. He was "hooked" on Special Olympics when, as a student at Pittsburg State University, he was a volunteer helping with a spring track meet.

"I fell in love with Special Olympics when an athlete took me by the hand and looked at me with a big smile on his face," John recalled. "I'm addicted to it. Helping these athletes is such a great feeling."

Talk to any of the 17-member staff at the SOKS headquarters



Medal winner Michelle Quick's pride is shared by John Lair, CEO and President, Cougar Gray and Heather Waters of Special Olympics Kansas.

and similar sentiments quickly surface.

Cougar Gray, special events coordinator for SOKS since earlier this year, has a background as a case manager working with special needs adults in group homes. He finds personal and professional fulfillment working with individuals "who have no filter" and are inherently of good heart. Landing a position with Special Olympics has been a career goal.

"I've talked to many athletes' families over the years and know this is the highlight for their loved ones," Cougar explained. "Maybe these athletes have a job of some sort, but you can tell how much Special Olympics means to them. I've had folks on my caseload who never take their medals off. Just like their shoes in the morning, those medals go on."

"When they win, it's like they've won the (real) Olympics," he said. "It means that much to them. What's great is even when they don't win, there's so much camaraderie they're just as happy with a sixth-place ribbon. It's win-win."

Mission, with its small-town hospitality and where "everybody has a smile on their face," is in John's estimation the ideal location for the organization's headquarters. He said the community is welcoming of the organization's many visitors from across Kansas and is generous with volunteer efforts, financial contributions and in-kind contributions.

The Mission Police Department is certainly at the forefront as a Special Olympics supporter through the Kansas Law Enforcement Torch Run. Several Mission businesses host fundraisers every year. SOKS always counts on support from the Knights of Columbus-St. Pius X Parish.

Big news for SOKS is the start of a renovation of their headquarters building. Built in 1994, the building is getting a new exterior, windows and a refresh of the outdoor patio. The facility will be made ADA compliant with the interior undergoing a major makeover throughout, including technology upgrades. The project is being funded by grants and private donors, most notably the Kansas City-based Sunderland Foundation and longtime Special Olympics supporter Gene Bicknell of Pittsburg. John looks at the ever-growing support for and awareness of Special Olympics as a sign the organization has a bright future. He is especially enthused by the SOKS push for "unified

sports," where Special Olympics athletes play with partners who do not have disabilities. Currently, 28 schools across Kansas have adopted unified sports activities with excellent response. Stories coming back to his staff tell of "life-changing" experiences as kids come to truly understand the meaning of inclusion.

"It almost makes me choke up," John confessed.

"Inclusion," according to John, is ultimately what Special Olympics Kansas is all about. The sweat, hustle and effort that come with athletes doing their best with the support of a team and the encouragement of a cheering crowd have immeasurable impact, he said.

"We have so many people who thank us because Special Olympics has been a start for their child or brother or sister," he said. "Our athletes can do anything: highly motivated; great employees; show up on time; and demonstrate responsibility. They take that job to heart. Sports give them the confidence. It's all about being accepted and not being left out."



MISSION OLYMPIANS

MICHELLE QUICK



Michelle Quick and Marcia Reeves

According to Michelle and her mom, Mission resident Marcia Reeves, Special Olympics played a big part in Michelle's current style of independent living. She has her own living quarters in a group home and is busy holding down a job. At one time she had a cleaning job at the Special Olympics Kansas headquarters in Mission.

If you want to see determination in the eyes and expression of Michelle Quick, bring up the topic of bocce ball. "That's MY game," Michelle will say with pride. "No one messes with my game!"

Michelle actually has lots of games. A longtime Special Olympics athlete, she has scores of medals in track and field, bowling, volleyball, swimming and cheerleading.

"When we found out she was a special needs child, I thought she would live with me forever," Marcia admits. "Special Olympics made Michelle more independent and more social."

SHANNON PITTMAN



Shannon and Donna Pittman

Shannon's mom, Donna Pittman, has even higher praise for Special Olympics. She's convinced the organization gave Shannon the confidence to become independent and a good worker (Shannon is employed at Children's Mercy Hospital) and to live a good life.

"Special Olympics is always willing to help these kids out, show them new ways to do things, keep them on their feet and keep them going," Donna pointed out. "They're just wonderful people."

As often happens in Special Olympics, Shannon's friendships resulted in a larger circle of parents, family and friends. In this case, those relationships proved to be life changing. Together with other parents of Special Olympics athletes, Donna Pittman helped start Project Mission, a program that has enabled Shannon and other capable adults with developmental disabilities to live independently and safely in their own apartments near downtown Mission.

Mission resident Shannon Pittman has lots of friends. Special Olympics is a big reason for that.

A Special Olympics athlete since age 13, Shannon has participated in such sports as softball, basketball, tennis, golf, swimming, volleyball and bowling. She doesn't consider herself overly competitive but loves Special Olympics because it allows her to make friends and be with teammates.

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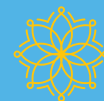
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M. CITY OF MISSION NEWSLETTER

MISSION IS A COMMUNITY FOR ALL AGES

Did you know that the City of Mission has been recognized as a Community for All Ages? Since 2015, the City has participated in the Communities for All Ages program, led by the Mid-America Regional Council, KC Communities for All Ages, and the First Suburbs Coalition. In

cities across the metro, the program helps to focus improvements in service delivery for citizens of all ages and abilities. In both short term and long term activities, we've asked how Mission can increase mobility, productivity, and the health and well-being of our residents and visitors.

Here are a few examples of what Mission has done recently to better serve all of our residents:

- Added a section to each agenda item that goes before the City Council to consider Communities for All Ages for the topic at hand.
- Constructed protected sidewalks along the first phase of the Foxridge Drive reconstruction project.
- Installed seating at the Mission Market site including an accessible picnic table along the Rock Creek Trail.
- Added youth members to the Sustainability Commission and Parks, Recreation, and Tree Commission.
- Translated court documents into Spanish.
- Formed a partnership between the Parks and Recreation Department and the American Stroke Foundation.
- Included Communities for All Ages language into the Parks and Recreation Master Plan.

Where else can we improve? What other agencies or groups can get involved? As you or others in your family age, how easy will it be to live, work and play in Mission? Share your thoughts through a brief survey on our website. Please visit missionks.org/cfaa to complete the survey and to learn more.

Questions, contact Emily Randel 913-676-8368 or erandel@missionks.org



MISSION CITY HALL

6090 Woodson Road, Mission, Kansas 66202

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P: 913-676-8350 • F: 913-722-1415 • www.missionks.org

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

Mayor Ron Appletoft.....913-677-1706
City Hall Office.....913-676-8350

COUNCILMEMBERS WARD I

Pat Quinn.....913-207-3106
Hillary Parker Thomas.....913-961-4520

COUNCILMEMBERS WARD II

Arcie Rothrock.....913-568-2872
Nick Schlossmacher.....913-788-6425

COUNCILMEMBERS WARD III

Kristin Inman.....816-510-7698
Debbie Kring.....913-722-6901

COUNCILMEMBERS WARD IV

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



On August 16th, Mission residents of all ages participated in a ribbon cutting for the new bike fix-it station at the market site.

THE MAYOR'S CORNER

Q: I would like to volunteer for the City, but I'm not sure how to get involved. How can I help?

The City of Mission relies on volunteers to help with a variety of programs and processes, and we welcome residents who are looking to make a difference in their community. One of the easiest ways to volunteer, often right in your own neighborhood, is through our Leaf Buster and Snow Angel programs. These help elderly and disabled residents to maintain their yards in the fall and shovel snow when needed. We work to match you with someone living nearby and the commitment is seasonal. Fall and winter are just around the corner, so now is the perfect time to register. If you can volunteer for these programs, please register on our website at www.missionks.org/volunteer.

Last year, the City initiated our Adopt-A-Street and Adopt-A-Park programs. These provide great options for your church, scout, workplace or civic organization to help maintain and improve our roadways and parks. We provide the training and supplies needed, and you get to work as a team to give something back to Mission. Applications for these programs are available on our website at www.missionks.org.

Although the 2018 season for the Mission Market is winding down, we are already planning for next year. Volunteers are a very important part of our market's success and they make a real difference on Thursday evenings in helping our staff as "market ambassadors" – welcoming shoppers and answering questions, and assisting with set-up and tear-down. If volunteering at the Market sounds like fun, you can sign up for the entire season or just a few days throughout the summer when your schedule allows. For more information on becoming a market volunteer, please contact Emily Randel at 913-676-8368 or erandel@missionks.org.

Mission also has several volunteer commissions and committees who address and promote various issues, and recommend policies and programs to the City Council. These require a commitment to regular meetings and appointments are typically for two years. Our commissions' membership requirements ensure that all wards are represented, so vacancies are often for a specific ward (neighborhood). If you are interested in serving on a commission, please email me at rappletoft@missionks.org – we are always looking to involve new members.

I hope that one of these volunteer opportunities has peaked your interest. There are also other times throughout the year – special events, neighborhood clean-ups, community festivals – where we need volunteers. I think you will find volunteering not only helps to make Mission a better community, but provides an opportunity to get to know your neighbors and make a real difference for others. Please take a few minutes to register as a volunteer on our website so we can match you with the volunteer activity that is right for you.

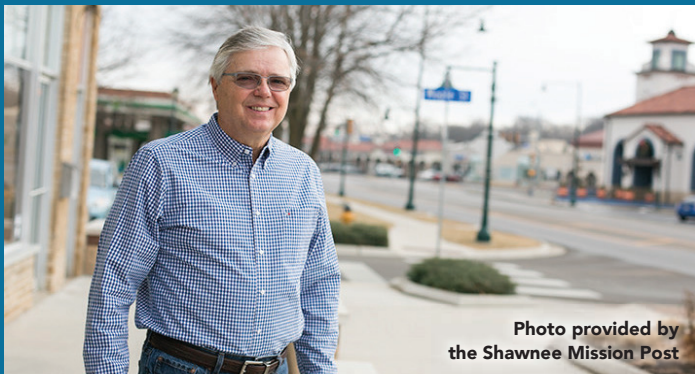


Photo provided by
the Shawnee Mission Post

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.



Officer Samantha Kunzler was awarded Mission's first ever Purple Heart for her bravery and extraordinary performance during a call for service earlier this year. Officer Nathan Fleming also responded to the incident and was awarded a Certificate of Commendation for his bravery and professionalism.

NEIGHBORHOOD GRANT PROGRAM

Mission is committed to the preservation and renewal of our neighborhoods. The Neighborhood Grant Program provides up to \$500 to help resident-based groups build and preserve community relations through various programs and activities. Examples include starting neighborhood newsletters or email lists, sponsoring block parties, information workshops, or other community-building activities. Grants are awarded on a first come first served basis, and must be used in the qualifying year.

Funds still remain for the 2018 year so please contact Neighborhood Services at 913-676-8360 if you have a neighborhood activity you think would qualify.



PET TIPS

Mission does not require household dogs and cats to be registered, but they are required to have current rabies vaccinations, and it is recommended that all pets be tagged and microchipped. If your animal does become lost, contact Animal Control at 913-728-0720 and check with local shelters as soon as possible to notify them of your lost animal. They may have already been found and surrendered to a shelter. Certain social media sites may also be helpful in alerting neighbors about lost pets, and some even have specific pet registries.

If you see a stray animal or animal wandering loose, contact Animal Control at 913-728-0720. Animal Control will contact the owner if the animal is tagged.

Please remember that City

ordinances require all dogs, cats and other domesticated animals to be leashed and kept under control outside of their yard. This includes while in our parks, and you must clean up after your pet.



Each year, the Mission Marlins Swim Team ends the season with an event recognizing the achievements of individual swimmers and the team as a whole. The Marlins also recognize those team members of who exemplify character through sportsmanship and commitment. 2018 awards included:

- **John Comstock Award** – Peter Williams received this award for his character, commitment to the team, and generosity with goggles and swimsuits he no longer needed. Peter donated these items to the team to be given to other swimmers.
- **Alissa Ruffin Award** – This award is given to a younger swimmer modeling the same characteristics as the John Comstock Award. Haydon Beckley was recognized for trying his best, being a positive role model to his peers, and displaying leadership qualities.
- **Marlin of the Year Award** – Presented to a parent volunteer who goes above and beyond in helping with the team, this year's recipient was Shannon Reel. As the Tuesday night volunteer coordinator, Shannon ensured that every volunteer spot was filled and if one was vacant, she didn't hesitate to fill in despite the long hours she already put in – she is a pillar of positivity. Congratulations to Peter, Haydon, Shannon, and all the Mission Marlins.

INFRASTRUCTURE IMPROVEMENTS AROUND TOWN

In 2018 the City focused the annual street maintenance program on a variety of improvements to the transportation network – streets, sidewalks, curbs, and ramps. Keep an eye out for these projects around town:

- **Highland Sidewalk Replacement** - as part of the Safe Routes to School Phase I Study, improvements will be made to two sidewalks that connect Cedar Street to the Highlands Elementary campus.
- **60th and Roe ADA Ramp** - this ADA ramp to the sidewalk has been damaged over the years by turning trucks, but will be rebuilt with a modified design to alleviate the problem.
- **52nd Street Mill and Overlay** - this street will be improved with a mill and overlay treatment to withstand the wear from heavy trash trucks that make tight turns in the cul-de-sac.
- **Traffic Striping** - four intersections with high pedestrian and vehicle traffic will be restriped to improve visibility and safety: Johnson Drive & Nall, Johnson Drive & Martway, 51st Street & Lamar, and Foxridge Drive & Lamar.
- **Spot replacements of damaged curb** throughout the City.
- **Refreshed painting on the steps** along Johnson Drive for improved safety.
- **Removal and replacement of the brick entrances** to City Hall and the Police Department. These areas have deteriorated over the years and will be replaced with concrete that not only looks better, but also provides a safer entrance.

THE IMPORTANCE OF GOOD DATA

Collecting accurate data on the conditions of our streets for future improvement programming is essential to ensure the annual street maintenance program addresses streets most in need of repairs while working within the program's budget. Council recently approved a contract to complete geotechnical analysis of the roads. Data from the 2017 Stantec inventory, which rated the surface conditions of the streets, will be combined with geotechnical data (core samplings of the road base) to provide the full picture of each road's condition. You may see crews in your neighborhood collecting samples in the coming weeks.

SAFETY TIPS FOR CHILDREN WHO ARE HOME ALONE

Many children get out of school and are home alone for several hours. Here are some things parents and kids can do to keep safe during that time.

- Trusted neighbor(s) are invaluable. If you have a neighbor that is home during the day talk to him/her and let them know your children will be home alone. Ask if they are willing to help if your child has a concern (lost key, minor injury, a child gets scared, etc.). Help your child get to know the neighbor so they feel comfortable going there if necessary.
- Most homes no longer have a landline telephone, which makes it very important for your child to know his/her address if they need to call 911 from a cell phone. While technology exists to help first responders locate a cell phone in an emergency, it can delay the response.
- Have a check-in procedure, or use technology to be able to make sure your child gets home. There are many inexpensive products that allow you to see and/or hear what is going on inside and outside of your home. Many of these products allow you to have a two-way conversation as well. Video doorbells, security cameras, and even voice assistants (Amazon Alexa type devices) are a good way to check in on your child.
- If your child has a cell phone, use location tracking apps that allow you to check their progress. Some allow you to be notified when your child arrives home.
- Practice for emergencies. Make sure your child knows what to do in the event of a fire, inclement weather, power outage, crime, etc. Preparation and practice help both the parent and child feel more confident when handling these unlikely, but serious situations.
- Set rules for how your child handles more routine situations that arise. Let your child know what to do if a stranger comes to the door. This situation is always a difficult topic for Police because we don't want the child to open the door, but we want the person at the door to know someone is home. Technology can help with this too. A video doorbell allows the parent to communicate with a stranger at the door. It's also a good idea for your child to make noise in the home (out of view of the person at the door) to let them know someone is inside.



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Principal Matters



Dr. Chris Kase,
Hocker Grove
Middle School

Experienced leader happy to land at SMSD's Hocker Grove Middle School

If one's bucket list is reflective of the person who keeps it, there's a lot to make of Dr. Chris Kase. Should the new principal at Hocker Grove Middle School manage to complete even a few of his bucket list items, he'll be quite the adventurer:

- Scuba dive in the Great Barrier Reef
 - Hike the entire Appalachian Trail
 - Walk on the Great Wall of China
 - Surf the North Shore of Hawaii
 - Climb a volcano in Iceland
- That's for starters!

Perhaps this explains why Dr.

Kase seems not the least bit intimidated by the challenges of being principal of the middle school serving Mission-area students. Indeed, he's eager to begin his new role as the number one Hocker Grove Eagle.

"What I look forward to most is meeting new people," Dr. Kase said. "Students. Parents. Teachers. It's great being in a new place with new challenges and opportunities."

Dr. Kase and his wife, Jo, are actually returning to this area. In the early part of his 16-years as an educator, Chris was with the nearby Atchison and Leavenworth school districts. Dr. Kase then accepted positions with the Cape Girardeau, Missouri, School District, most recently as principal at Cape Central High School.

Dr. Kase has an undergraduate degree from Southeast Missouri State University, a master's from Missouri Baptist University (St. Louis) and a doctorate from the University of Kansas.

"I'm excited to be a part of the Shawnee Mission School District," Dr. Kase acknowledged. "I have looked from afar for a long time at this district and always viewed it as one of the top-notch districts in the Kansas City metropolitan area."

Now, Dr. Kase is turning attention to his first challenge: learning

the name of every Hocker Grove student.

"One of my goals every year is to know every single student's name," Dr. Kase explained. "I didn't quite get there at Cape Central with 1,100 kids, but with 800 students at Hocker Grove, that's doable."

Dr. Kase welcomes returning to the middle school environment. He appreciates having a hand in helping kids define themselves.

"Kids at the middle school level are starting to have conversations and thoughts about what they want to do and their lifelong goals, but they're also making decisions about who they are as a person," Dr. Kase noted. "At the elementary level it's more about what my parents want me to be. At the middle school level they are stepping away from what the parents have said they are and are really making their own decisions about their independence."

Keeping the attention of middle school-age students has always been a challenge, but Dr. Kase acknowledges it's become more difficult in this age of high-tech communication, video games and social media. Each student at Hocker Grove is provided a MacBook Air laptop computer, but even these advanced learning tools can't always compete for a teenager's attention when up against a smart phone.

"It's OK to tell kids they can stay plugged in, but approach it as a positive," Dr. Kase said. "Kids today will use that technology somewhere down the road. We need to tell them that. I also tell them to look at the power they have when they have the discipline to set it aside. Sure, there's entertainment value, but recognize technology also has the power to open doors."

Dr. Kase said he will take a collaborative approach to leadership as he becomes familiar with what for him is a new school and a new district. He acknowledges relying heavily on returning Assistant Principal Matt Engler and new Associate Principal Dr. Laura Brogdon to learn the lay of the land.

"Obviously, not knowing the culture of the building and not yet knowing the teachers well enough, every decision that comes to me I need to pick the brains of the assistant principal who's been here or teachers or teachers leaders," Dr. Kase explained. "I will be very collaborative. I don't want to solve one problem and create five different ones."

In his spare time, Dr. Kase enjoys running. He's competed in full and half marathons and, to a lesser degree, triathlons. Perhaps there's a reason he physically trains and keeps fit. Have you seen the man's bucket list?

Dr. Jeremy Higgins,
Shawnee Mission North



With experience at East and West new principal comes home to North

Please excuse 6-year-old Carter Higgins if he's getting a little confused with high school mascot allegiances.

Carter has been a Shawnee Mission East Lancer, made the jump to a Shawnee Mission West Viking and this fall will become a full-fledged Indian as he cheers for Shawnee Mission North.

Blame (or credit) Carter's dad for the changing of team colors on Friday nights and throughout the school year. Dr. Jeremy

Higgins, the incoming principal at North, brings with him a wealth of experience from other high schools in the Shawnee Mission School District (SMSD). Now Dr. Higgins expects young Carter, as well as his wife, Ashley, and their 3-year-old daughter, Reese, will be donning the cardinal, black and white of SM North for many years to come.

"My kids are at the age where they love coming to stuff," Dr. Higgins said.

Dr. Higgins has been in the SMSD for 12 years, the bulk of that with SM East as a chemistry teacher, baseball and football coach, athletic director and assistant principal. The two years prior to accepting the principal

Meet the three new leaders at Mission-area public schools

position at North, Dr. Higgins was associate principal at SM West.

Since last March when learning of his appointment to North, Dr. Higgins was given license to spend as much time as possible at North for what remained of the 2017-18 school year. This provided a much-appreciated opportunity for the incoming principal to become acclimated to the facility, staff and students.

"When the eighth-graders came up and did their visit at North I was the one who actually spoke with them," Dr. Higgins said.

"I have met with a couple different student groups and was able to get to know the building. It was a tremendous advantage just being able to transition over when I did."

Dr. Higgins grew up in Lyons, Kansas, a town of less than 4,000 residents located practically in the very center of the state.

Colleagues may be aware of his small-town upbringing, he said, but don't likely know he was involved in 4-H and raised, showed and sold cattle, sheep and hogs.

Dr. Higgins played baseball at Cloud County Community College in Concordia, Kansas, and then transferred to Wichita State University where he received an undergraduate degree in secondary education. He received a master's degree from Baker

University and a doctorate degree from Southwestern College in Winfield.

Dr. Higgins looks forward to coming to SM North to work with the kids, his fellow educators and the community.

"North is the flagship institution in the district," he noted. "I'm excited to be part of that tradition."

As principal, Dr. Higgins intends to continue a leadership style in which he strives to build relationships and be approachable.

"While I know some things about North, I don't know everything," he said. "I intend to listen to what other people have to say and take in their feedback. For sure I want to develop relationships with the kids."

While acknowledging the various Shawnee Mission high schools have different "personalities," Dr. Higgins said the core principles associated with preparing students for life remain. The challenge, he said, is keeping students motivated and engaged.

"I tell kids I've already been through high school once and this is your four years," he said. "What do you want to make it like? We want to get kids' input. And if we can make things happen they want to see happen, we'll see what we can do."

Rushton Elementary principal committed to kids, community

Kristy Fornal, the new principal at Rushton Elementary School, describes herself as a "small-town girl." She's confident her upbringing in a rural Iowa town with fewer residents than the number of students at Shawnee Mission North makes for a good fit with the character of the school.

"I was really excited to discover Mission has that small-town feel," Kristy revealed. "Rushton is the same way."

Kristy takes the helm at Rushton Elementary having spent the past two years specifically preparing for the role. She comes to the 350-student, K-6 school having worked as an administrative intern at the much larger Rising Star Elementary in Lenexa.

"This will be my first principalship," Kristy explained. "I'm excited because I'm inheriting a wonderful staff. I've gotten a chance to speak with all of them and you can tell they love kids. They're there for the right reasons, which is to make sure our kids get what they need."

A graduate of Northwest Missouri State University, Kristy has been in K-12 education for 18 years. She was an assistant principal at Earl Lawson Elementary in Leavenworth and has experience as an instructional coach, a reading interventionist, a special education teacher and a third-grade teacher.

Kristy describes her leadership style as one revolving around collaboration, especially with the teaching staff.

"We've all got to be on the same team and work together in a way that we do what's best for kids each and every day," Kristy explained. "Everything has to be a partnership between the parents, the teachers, the kids and myself. That's the only way we're going to make it work."

The Rushton Elementary principal also intends to connect with her students and encourage an atmosphere where the learning experience is enjoyed.

"I want the kids to see me on a daily basis and know I'm there if they need anything," she said. "I want school to be a place where the kids are breaking down the doors to get in."



Kristy is pleased with the resources available at Rushton Elementary. She notes the building itself may appear older, but "inside there's a lot of innovation going on." She is also convinced it's to Rushton's advantage to be part of the Shawnee Mission School District, where the technology and resources of a larger district are available.

"In the Shawnee Mission district we look at the whole child, their social and emotional wellbeing as well as academics," Kristy observed. "If kids aren't ready emotionally to learn we're not going to get anywhere with academics."

Step One for Kristy in her new position as principal is also what she considers her biggest challenge: making sure Rushton Elementary stays on track with its mission.

"Whatever we say we're going to do we have to make sure we're doing and monitoring and meeting those goals," Kristy insisted. "A lot of the day-to-day stuff can weigh you down. My challenge is to make sure we're moving forward."

Kristy and her husband, Eric, like to go hiking with their son, Cole, who will be a senior at Shawnee Mission South, and their 7-year-old daughter, Charlotte. A huge Chiefs football fan, Kristy also enjoys "anything on the water, namely swimming and kayaking."

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Compounding Success

Acclaimed Mission pharmacy specializes in custom prescriptions

By Steve Hale | Photos by Scott Fishman

Thousands of vehicles daily pass by O'Brien Pharmacy with drivers and passengers giving it nary a glance. Little do the masses of commuters realize the nearly 56-year-old business, discretely situated for the past 11 years just northeast of the busy intersection of Shawnee Mission Parkway and Nall, is one of Mission's most renowned, innovative and sought-out businesses.

The key word when it comes to O'Brien Pharmacy is "compounding," the science of preparing and mixing personalized medications to the exact dosage as prescribed by a physician. Compounding pharmacists work with patients and their doctors to customize medications to meet the patient's specific needs.

Lisa Everett Andersen, co-owner of O'Brien Pharmacy along with her brother, Eric Everett, said at one time every pharmacy compounded prescriptions. This was before the "big revolution" in the late 1950s and early 1960s when drug companies started making one-size-fits-all medications. Compounding declined as mass-produced medications became the norm, as chain pharmacies became prevalent and prescriptions were increasingly dispensed in what Lisa calls "count, lick and stick" fashion.

Through this pharmaceutical industry evolution, O'Brien Pharmacy held firm. Compounding remained the Everetts' focus even though it necessitated dropping insurance affiliations. "We jumped off the insurance bandwagon in the '90s so we could become pharmacists again," Lisa recalls. (Many insurance policies do allow for compounded prescriptions and will directly reimburse patients.)

This was also when the Everetts established a second and integral component of their business, the Kansas City Holistic Centre.

"We created the Holistic Centre so we could partner with like-minded physicians and help patients recover and reclaim their health," Lisa said. "What patients ubiquitously want is to not have to take so many medications. They want to know another lifestyle."



Lisa Everett Andersen, at home in her office at O'Brien Pharmacy



O'Brien Pharmacy is regarded nationally as a premier compounding pharmacy. The 23 employees at O'Brien's Pharmacy — including nine licensed pharmacists — collaborate with doctors across the United States to prepare prescriptions based on individual patients' needs. Both Lisa and Eric have garnered industrywide respect for their acumen in pharmaceutical compounding and emerging holistic health practices. O'Brien Pharmacy is a national leader in several other areas, including sterile products, natural health and natural hormone replacement.

Lisa, currently an adjunct clinical professor at both University of Missouri-Kansas City and the University of Kansas schools of pharmacy, is in demand as a lecturer, adviser and personal health consultant. Her role in the pharmacy to a large degree is providing consultation to patients dealing with the likes of cancer, Parkinson's disease or multiple sclerosis. Her current work schedule is devoted to writing a book about maintaining lifelong health and detailing remedies and healing techniques that have helped her patients.

Lisa started working for her father as early as second grade, learning to pull expiration dates, alphabetizing inventory and dusting shelves. The Everett siblings ultimately received their degrees in pharmacy and took over the business. Their education proved ongoing as they undertook post-graduate work in clinical nutrition. O'Brien Pharmacy moved into the Mission facility in 2007 to accommodate expansion needs, quickly realizing a doubling in business.

Harry Everett, who passed away 15 years ago, was a Mission businessman before becoming a pharmacist. Lisa points to what is now the Keyhole Tavern just off Johnson Drive. That was once Harry's Place, one of two bars her

father owned, the other being the Hitching Post across the street from the courthouse in Olathe. She said her grandparents at one time operated the Pride and Joy Shop, a clothing store on Johnson Drive.

Lisa obviously holds great respect for her father being a "forward thinker" in his approach to pharmacy, for his willingness to stand strong in compounding medications and for his unbending commitment to customers' needs. He was obviously an influence on her approach to the business.

"My dad used to call me the 'un-pharmacist,'" Lisa recalled. "When one of the first major antacids hit the market there were so many drug interactions involving that antacid I would tell people it was just totally unnecessary. 'You go home and change your diet first.' And they did. And they didn't need those prescriptions. So my dad would smile and say, 'There goes our bread and butter out the door.'"

"But he was the same way. He said these pills were to dispense not to take. We didn't take drugs like that in our family. We knew too much."

Lisa is not against prescription drugs and prefers an inclusionary approach to medicine over exclusionary. But she considers prescription drugs and surgery to be overused simply because those two remedies are typically "our only line of defense."

"My forte is looking at someone and studying their medical conditions, their family history, their genetics, their drugs lists and helping them reach their goals," Lisa explained. "We do a ton of drug tapers, getting people to the point they don't require the medications any more. It's all about getting them to understand **you are what you eat.**"

As far as the community at large not being aware of O'Brien Pharmacy, Lisa isn't totally buying it.

"Wherever I go it seems someone will recognize me or when I'm introduced they'll say, 'Oh, I know O'Brien Pharmacy.' We are well known. Part of it is nobody just walks in the door here and gets their Tylenol. Why would you walk in unless it's for a custom-made medication?"

She's also pleased to see growing numbers of patients actively question doctors about lifestyle and dietary issues rather than strictly seeking treatment. She believes a movement — in Kansas City and across the nation — to explore expanded models of reclaiming health is gaining momentum.

"O'Brien Pharmacy is not alone," Lisa said. "Many practitioners in this town believe the same way we do and practice accordingly. There didn't used to be."

O'Brien Pharmacy is tucked away just northeast of Shawnee Mission Parkway and Nall



Mission Bulletin Board

TIP-A-COP FOR SPECIAL OLYMPICS KANSAS

Getting "served" by police officers isn't always a good thing. Unless, that is, it's in association with the upcoming "Tip-A-Cop" fundraiser at Johnny's BBQ where members of the Mission Police Department will be servers for the evening.

Plan on having some great food for a great cause from 5-8 p.m. on Thursday, Sept. 27, at Johnny's, 5959 Broadmoor. All extra tips to the officers will benefit Special Olympics Kansas.

Bring the family! Invite friends!





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GUIDE TO MISSION ACTIVITIES

The City's 2018 Fall Activity Guides are now available.

Pick up your copy at the Sylvester Powell, Jr. Community Center, 6200 Martway.



Go Indians!

SM North High School on Parade

Strike up the band! The Shawnee Mission North Indians Homecoming Parade will be making its way through downtown Mission on Friday, Sept. 14.

The North Homecoming Parade will have it all: marching band, class floats, king and queen candidates, cheerleaders and more. Tina Keith, SMN Pep Club sponsor, said the parade will begin at 1:30 p.m. The route starts at the school, 7401 Johnson Drive, and heads east along Johnson Drive, turns south at Lamar and then circles back towards the school on Martway.

The big homecoming game — North vs. Lawrence Free State — starts at 7 p.m.



Mission Bulletin Board

Indian Mission Fall Festival

The annual Shawnee Indian Mission Fall Festival kicks off with a free bluegrass concert from 6-9 p.m. on Friday, Oct. 12.

Saturday and Sunday, Oct. 13-14, are the big days. From 10 a.m. to 5 p.m. both days, visitors will enjoy live music, local crafters and artists, children's

games and arts, living history, homemade baked goods and food trucks.

An interactive family campfire with mountain men reenactors takes place from 5-7 p.m. on Saturday.

Everything happens at the Indian Mission, 3403 West 53rd St. For Information: www.simfoundation.org or 913-262-0867.

Mission Fall Sidewalk Sale

Fall is the perfect season for hitting the pavement, especially along Johnson Drive between 10 a.m. and 3 p.m. on Saturday, Oct. 6. Businesses will be bringing their wares to the street — primarily between Lamar and Nall — for the Mission Fall Sidewalk sale. Expect to find sales, food samples and more.

JUDGE HURSH — ART PIECED TOGETHER

After the late Frank Hursh retired as Municipal Judge for the City of Mission, he became more interested in puzzles of all kinds to stay engaged and challenge his brain. One of Judge Hursh's most unique and intriguing puzzles — M.C. Escher's Relativity — is now prominently displayed in the central corridor of the Sylvester Powell, Jr. Community Center. The framed puzzle was donated to the City by Mary Alice Hursh in honor of her husband.

Information about Judge Hursh and the M.C. Escher piece accompanies the large puzzle.



Uplift Truck

for the homeless

Next time it's time to clean out the closet, keep Uplift in mind.

Uplift, an organization that helps the homeless, needs gently used clean clothing for adults as well as blankets, candles, matches, books, sleeping bags, coats, hats, gloves and shoes.

An Uplift Truck will accept these and related contributions from 8 a.m. to noon on Thursday, Nov. 15. The Uplift truck will be in the north parking lot of the Sylvester Powell, Jr. Community Center.



Patti Peters, right, has a knack for putting things together. First step: Read the instructions! Her on-site helper is Mary Murphy.

Get It Together

Super assembler Patti Peters is in the business of saving customers' time

By Steve Hale | Photos by Cathy Donovan

This busy mom did not intend to seek assistance but changed her mind after opening the box stamped "SOME ASSEMBLY REQUIRED." The intimidation factor quickly took hold. Confusing instructions. Multiple pieces. Bags filled with screws and hardware. Plus, the well-intended assembler was short on time and low on patience.

Patti Peters to the rescue!

This longtime Mission resident is an assembly technician extraordinaire. Patti's appropriately named company, Some Assembly Required, often gets the call when someone needs help putting together small or large items packaged in a box. Her forte — indeed, her passion — is expertly assembling desks, tables, beds, cabinets, shelves, toys, bikes and so much more.

"My typical customer is a woman who has a high-demand job, high-demand family responsibilities and is comfortable having another woman in her house," Patti revealed. "Even then, sometimes the first step is to use me to motivate a husband or spouse. 'Hey, if you don't get to this by the end of the month I'm going to call Patti.'"

The founding of Some Assembly Required coincided with IKEA coming to town in 2014. A licensed home inspector at the time, Patti saw IKEA with its ready-to-assemble inventory of furniture, kitchen appliances and home accessories as an ideal opportunity to do what she loves doing. She changed her business license to Some Assembly Required and is licensed, bonded and insured.

Patti's timing was on target. IKEA customers put her to work assembling their purchases and even now, four years later, about 20 percent of her business is putting together IKEA furniture. More important, Some Assembly Required has benefitted from a culture that increasingly places a higher value on time.

"People are getting less and less satisfaction in 'stuff' and more satisfaction in being able to free up their time," Patti observed. "If that means paying someone else to do something they find frustrating or difficult, and can do it in half the time, they consider it a value."

Patti considers her biggest challenge is to get customers to call before they start assembling and discover they're in over their head and realize their time would be better spent with family or elsewhere.

"Putting things together is usually not a very good experience

for people," Patti said. "They do it because they think they have to."

Patti has been professionally assembling things since 1999 when she approached Toys R Us about putting together bicycles, kids' furniture and toys during the holidays. (She can assemble a bike in less than 10 minutes.) She's kept at it because she has the right skill sets and, more important, "I love it."

Patti charges \$40 per hour — a bit more if much travel is required — and takes pictures of her progress every 30 minutes to verify time and for her own future reference. What she will not do is stand on ladders, work over her head or tackle plumbing or electrical projects. She balks at outside work but admits she is often called on to put together patio and poolside furniture.

What's the most difficult project Patti has taken on? She admits being challenged by large compartmental desks, filing cabinets and beds with steps and drawers. Shelves do not bother her in the least, especially if from IKEA.

"Pretty much every single shelving unit from IKEA is exactly the same," she said. "Once you've built one — it doesn't matter what size it is — it's the same process."

Having the right tools also helps. Patti's favorite tool is a rubber mallet, followed closely by a short Phillips screwdriver and her trusty Milwaukee cordless drill. Of course, the best tool of all is always included in the box.

"I find the instructions first thing," Patti admitted. "Reading the instructions is always the place to start."

Patti's website is someassemblykc.com.





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Thyme for a Taste of Europe



Oregano & Thyme owners bring love of Mediterranean cuisine to Downtown Mission

By Steve Hale



One of the finer offerings of Oregano & Thyme Mediterranean Market & Deli is not found on the shelves stocked with a variety of imported canned, dried and packaged foods and seasonings from southern Europe. Nor is it behind the deli case glass among imported charcuterie and unique cheeses.

Arguably the most unique aspect of this one-of-a-kind store at 6116 Johnson Drive is the married couple who brought Oregano & Thyme to life. Owners Ted Galvalas and Daisy Rodriguez eagerly share with customers their understanding and passion about the cuisine and culinary culture of Greece, Italy, France and Spain because, truth be told, they've lived it.

Ted's and Daisy's journey is a unique story in its own right. Ted,

a native of Greece, and Daisy, who grew up in Puerto Rico, met nearly 40 years ago while attending Syracuse University in New York. The couple followed the bouncing ball of life as determined by military obligations, employment opportunities,

personal aspirations and family ties. Ted and Daisy lived at various times in the United States and Greece with a two-year stay in Puerto Rico added into the mix.

While living in Greece from 1997 to 2012, Ted was an international sales manager with primary responsibilities in southern Europe.

"I ate my way across Italy, France and Spain," Ted chuckled.

Meanwhile, Daisy acquiesced to Greek protocol and became a stay-at-home mom caring for their daughter, Amalia. Daisy honed her family-influenced culinary skills while gaining deep appreciation of Greek foods and customs.

In 2012 Ted accepted a job offer and the family came back to the States. But 18 months after a transfer to Kansas City, Ted's employer eliminated his division. Suddenly an idea Ted and Daisy had been harboring for many years gained legs. It was time to turn their dream of opening a market featuring Mediterranean foods of the southern European variety into reality. A clean-yet-vacant storefront in Downtown Mission proved to be ideal. Ted and Daisy opened their store during the 2017 holiday season.

"The concept we had for the store was to be in a walking distance kind of situation where you get to chat and know people by their first name," Ted explained. "It's an old European way of shopping."

Oregano & Thyme is most assuredly the Ted and Daisy show. They share a familiarity with the selectively imported items on the grocery side of the business. Shoppers will discover a wide



selection of olive oils, spices, Italian durum wheat pastas, very fine and hard-to-find “00” brand flour, European condiments, sauces, Spanish paella and an array of southern European foods. Ted is an FDA-licensed agent and works directly with European suppliers to import products — some exclusively — to the Mission store.

“From the study we did there are no other grocery stores like this in Kansas City,” Daisy said. “You can find the Italian grocery store or the Middle Eastern grocery store, but for one to have things from southern Europe, this is it. All the Greeks now know we’re here, and we have a lot of customers of Italian descent because here they find foods they can’t find anywhere else.”

Daisy, the one and only chef at Oregano & Thyme, no doubt acquired her love for foods and for cooking from family. Her father’s family is from Spain and settled in Puerto Rico as cheese makers and pineapple farmers. Her mother’s family owned a sugar plantation.

“Both my parents were excellent cooks, and in our home the food and the meals were important to the family,” Daisy reflected. “So here we talk a lot about food and we share. The best food is food you can share.”

Daisy will often attach to store shelves her favorite recipes featuring products found in the store.



“I spend a lot of time speaking to people about our products and how they can use the different ingredients,” Daisy said. “One of my favorite things is talking about food.”

The grocery side of Oregano & Thyme is by design the store’s primary attraction. Unique product offerings pull in customers from across the Kansas City metro and have helped build a solid clientele from

the likes of North Kansas City, Brookside, the River Market, Lee’s Summit and Overland Park. That said, Daisy’s fresh-made dishes caught many customers’ fancy. Her ever-changing daily specials and homemade soups have attracted a brisk lunch crowd. Daisy finds herself busier than expected preparing party trays and catering events. Wednesday is her big day in the kitchen as she prepares breads, pies, quiches and more to take to the following day’s Mission Farmers Market.

Ted and Daisy are appreciative of the support and assistance of their fellow Downtown Mission merchants and the community’s overall small-town friendliness. They recently moved from North Kansas City to Mission and say they immediately felt right at home.

“We’re having fun!” Daisy exclaimed. “Every day I wake up and I’m happy to get dressed and get here as soon as possible.”

NEW TO MISSION

THE RUNNING WELL STORE

6009 JOHNSON DRIVE

Downtown Mission is the newest location for The Running Well Store, where the goal is to help every runner find shoes best suited to his or her stride. Other locations are on Barry Road in the Northland and in Lee’s Summit. Owner Kathy Gates said the Mission location is the largest of the three stores and serves as the “inventory hub” for all three locations.

The Running Well Store offers all major lines of running shoes with an emphasis on the Brooks brand. Specialty and niche brands are also available.

Staffed by runners and coaches, the store offers free “stride analysis.” Customers have their strides recorded while walking, jogging or running on an in-store treadmill. This analysis reveals each customer’s biometrics and allows staff to recommend the best style of shoe.

Kathy said the store has a no-questions-asked return policy but it’s seldom needed. “We get it right the first time.”

The Running Well Store also offers a variety of running accessories and apparel. The Mission store features a countertop station where runners can compare notes and check out the features of the latest Garmin running devices.

More information is online at therunningwellstore.com. Hours are 10-8 weekdays and 10-6 on Saturday. Sunday hours are noon to 5.

BOMBSHELL BOUTIQUE

5918 W. 59TH TERRACE



It could be questioned whether there’s such a thing as a fitting room in the newly opened Bombshell Boutique. Kerry Doan, owner, might consider “launching pad” to be more accurate.

“I expect my customers to have a certain reaction when they try something on and step out of that room,” Kerry insists. “I want everyone to feel like a bombshell.”

Bombshell Boutique has experienced a gradual opening over the past several months as Kerry gets inventory squared away and establishes an online sales process. Her shop features an ever-changing inventory of clothing with sizes ranging from XS to 3X along with “other neat stuff.” Shoppers can expect to find a variety of unique brands including some exclusive ZIP Code restricted brands.

Bombshell Boutique is a bit off the beaten path, located in a quaint storefront on 59th Terrace, a half block south of Johnson Drive between Woodson Road and Dearborn Street.

Kerry expects good things once word of the store gets out and when its website — bombshellboutique.style — is up and running. The boutique can also be found on Facebook and Instagram.

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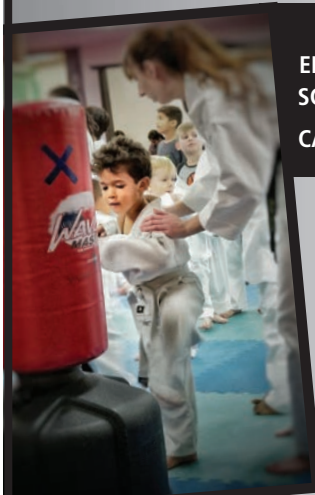
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Spooky Swim Halloween Event

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Friday, October 26, 6:00-9:00pm

(Registration Deadline: Monday, October 22)

Red Devil Group (Ages 6-12), \$5/person
Carnival & Swim (6:00-7:15pm)

Green Goblin Group (Ages 6-12), \$5/person
Carnival & Swim (7:30-8:45pm)



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Thursday, November 22

8:00am / Doors open at 7:30am

Holiday Lights & Festive Sights

A night of fun for all ages; come out to SPJCC to enjoy local choirs, a visit from Mr. & Mrs. Claus, balloon artists, hot chocolate & s'mores, indoor playground, swimming and much, much more! FREE!

Friday, December 7, 5:00-8:00pm

Grinch Candy Cane Hunt

OH NO! The Grinch is planning to steal the Candy Canes from Beverly Park. Help us find them before it's too late. Then we'll warm up with some hot chocolate and cookies and enjoy "How the Grinch Stole Christmas" at the Sylvester Powell, Jr. Community Center. Parental supervision required. Ages 5-12.

Thursday, December 13th

Registration Fee: \$5 per child

6pm: Check - In / 6:30pm: Hunt / 7pm: Movie

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