

APRIL/MAY 2023



# mission *Kansas*



## NATURAL GROCERS

More than a food store to Mission

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## "ALL THAT" JAZZERCISE

Jenny Searles keeps workout program  
alive and kicking in Mission

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# HELLO, MISSION FRIENDS AND NEIGHBORS, AND WELCOME TO 2023!

I can tell you we look forward to sharing every issue of the Mission Magazine throughout the year, but this first one is always a great reminder of how fun it is to tell the unique stories of our residents and businesses. This year, the editorial board has taken a slightly different approach to selecting content, and each of the five issues in 2023 will have a specific theme. I'm excited to see what will be featured this year and hope you will enjoy it too!

Our first issue is dedicated to Health and Wellness: physical health, nutritional health, mental health, and community connections. All of these things are important to living a healthy and balanced life. Our cover story highlights Mission's Natural Grocers, which opened in Cornerstone Commons in 2015. Nutritional Health Coach Stephanie Ricke shares information about the programs and services offered by Natural Grocers. Stop in and check out all they have to offer, including in-store classes twice a month – in fact, the classes are what drew Ms. Ricke to work for the company in the first place.

Our next feature story highlights the Jazzercise studio which recently relocated along Johnson Drive. Thanks to the passion and perseverance of owner Jenny Searles, her customers, who are like family, have found a permanent home here in Mission. The workouts incorporate strength training, Pilates, yoga, kickboxing, and interval training – all set to popular music. Not only do participants enjoy the connections built during Jazzercise classes, they are often getting together socially to patronize and explore other Mission businesses.



In January, I had the pleasure of attending the ribbon cutting for Clinical Counseling Associates at their Mission location in the office tower at Broadmoor and Johnson Drive. It was exciting to learn more about the innovative therapy techniques that co-owners Jill and Sheena have assembled and made available. I know you'll enjoy learning more about their story and services as you read their article. As a dog lover, I was pleased to learn about the services they offer using a variety of emotional support animals. I was also impressed by their work with first-responders and their families.

This issue also includes a brief highlight of the services and amenities available at the AdventHealth Shawnee campus. Although not technically in Mission, these leaders in healthcare serve a much broader community, and have long been supportive of the Mission Magazine.

The last story in this issue highlights the success of a 2022 Community Clean-up Event that collected more than two truckloads of trash and debris picked up by more than 118 volunteers. Proving to be a great community-building event, sign-ups for the 2023 event are now open. I hope to see you in Beverly Park on Saturday, April 22! It's a great opportunity to give back and as a bonus you get an amazing Mission t-shirt!

This issue of the magazine offers some important reminders that taking care of ourselves – our whole selves – is what allows us to pursue the things we enjoy and have a passion for. I challenge you to find your passion in 2023 and go for it!

*Sollie*

-Sollie Flora, Mayor

## On the cover:

Stephanie Ricke, Nutrition Health Coach at the Natural Grocers in Mission.

Photo by  
Kathy Delorenzo



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APRIL/MAY 2023

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Copyright © 2023 Town Square Publications  
P.O. Box 280, Arlington Heights, IL 60006  
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Additional copies of the Mission Magazine are available at participating advertisers. You can also view it on the City's website, [www.missionks.org](http://www.missionks.org). To advertise in Mission Magazine, contact Angie Riffel at 913.951.8446 or [ariffel@metromediapublishers.com](mailto:ariffel@metromediapublishers.com). If you have a story idea, contact Laura Smith at 913.676.8352 or [lsmith@missionks.org](mailto:lsmith@missionks.org).





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# Natural Grocers

*more than a food store to Mission community*

By Mike Danahey

Stephanie Ricke was working for Kansas State University in the SNAP Education program when she visited the Natural Grocers store in Wichita and attended its nutrition classes.

"I was so impressed by the class, the nutrition information and the company's dedication to health that I searched out openings in Kansas," Ricke said.

Ricke now works at the Johnson Drive location in Mission as Nutrition Health Coach for the growing chain, which was first opened in 1995 in Golden, Colo. by Margaret and Phillip Isley, young parents looking for ways to improve their health.

In her role at Natural Grocers, Ricke offers free, one-on-one nutritional coaching sessions and nutrition education classes while leading the charge with



community outreach.

"Outreach can also mean 'in-reach.' Teaching onsite nutrition classes or doing seasonal recipe demonstrations here at our store, as well as supporting local community events like elementary school 5K fundraisers or community health fairs, benefits our community," Ricke said.

The Mission Natural Grocers typically offers in-store classes twice a month,

usually on Saturday mornings. Topics have included bone broth, probiotics, general health, cooking classes, heart education and a three-week series called "21 Days to a Healthier You."

The store, which opened in 2015, has also lent its support to Raise the Roof for Tiny Pantry Times, Vegan Fest, the Granny Basketball Tournament, the Independence Run and Run the Parkway. Classes have been offered to Girl Scout Troops and at senior living communities.

"My role in the community helps show that we are much more than a grocery store," Ricke said.

Ricke also does independent research and reading, as the nutrition department is dedicated to offering science-based nutrition information, she said. And she imparts her knowledge to store staff, too.

Natural Grocers collectively calls its



Natural Grocers Good4u Crew members say the chain's "Commitment to Always Affordable Pricing" provides is a benefit to customers.





Natural Grocers not only offers 100% organic produce but a variety of vitamins and supplements as well.

employees and each other, its "Good4u Crew" and has 16 crew members at the Mission location.

In 2022, the company won two Impact Awards from the Progressive Grocers magazine: The Workforce Development Award, honoring the company's commitment to its employees, and the Food Security and Nutritional Leadership Award.

Crew members said the latter award shows the chain maintains affordable prices and is also able to share with others by supporting local food banks.

As for food Natural Grocers does offer, the chain stresses sustainability, supporting regenerative farming practices and standards with the products it sells, and staying away from items on which pesticides have been used.

The Good4u Crew said this means investigating how to properly cultivate soil, raise animals and offer products that support the health of the planet. Natural Grocers also offers fair-trade food items and supports small health food product companies, which can apply to the home office to sell their products in Natural Grocers stores.

Natural Grocers also stays away from chemicals that don't break down and can be toxic. The group doesn't provide

**"Outreach can also mean 'in-reach.' Teaching onsite nutrition classes or doing seasonal recipe demonstrations here at our store, as well as supporting local community events like elementary school 5K fundraisers or community health fairs, benefits our community." - Stephanie Ricke**

plastic bags. Instead, it has bag-free checkouts, where customers can bring their own reusable bags or use recycled boxes the store provides.

In these inflationary times, Good4u Crew members also note that Natural Grocers' "Commitment to Always Affordable Pricing" isn't just a marketing gimmick. They suggest stocking up on favorite items when they are on sale and paying attention to sales to maximize them to the fullest.

"Also, train yourself to be more conscious about food waste. Planning meals ahead of time and planning out meals with the ingredients you have on hand already, are all great things you can do to stretch your dollar," Ricke said. We truly believe in everyone having access to affordable, quality food and education."

Natural Grocers is located at 6819 Johnson Drive in Mission.



# NATURAL GROCERS



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# "ALL THAT" JAZZERCISE

**Jenny Searles keeps workout program alive and kicking in Mission**

By Mike Danahey

**J**azzercise — the dance-based fitness program with its roots in the 1970s — is alive and kicking in Mission, thanks to longtime practitioner Jenny Searles.

Searles is the owner of the new Jazzercise Center location, 5340 Johnson Drive, which opened in January.

"I started Jazzercise after my first child was born, 23 years ago, and I became a Jazzercise Instructor soon after," Searles said. "Growing up, I loved dancing, and then as an adult I worked in corporate training. So, after my first class, I knew almost instantly that I wanted to become an instructor, as it was a good blend of my

talents and abilities."

Prior to its January opening, the business had been without a dedicated space for 18 months.

Searles said an online plan proved successful during COVID-19 with live-streamed classes offered via Facebook Live. Several Mission instructors streamed classes



from their homes for six weeks, until the studio reopened in June, 2020.

"For those customers who did not feel comfortable returning to in-person classes, they were able to livestream our classes held at the studio," Searles said. "Through it all, our customers recognized how important their regular workouts and this community are to them. They found a way to work out with us, either in-person or online, and kept our business alive."

Jazzercise incorporates strength training, Pilates, yoga, kickboxing and interval training set to popular music.

"For every class and every routine, our certified instructors demonstrate options for different intensities and skill levels. You'll see people of all ages, working at different levels and intensities in our classes, feeling challenged, working hard and having fun," Searles said.

One concept that may surprise newcomers is Jazzercise has no mirrors in any of its studios.

"This is fundamental to the origin of Jazzercise, and it stays true today," Searles said.

Searles said her customers are like family connecting multiple times a week

**"We want to be a presence and make an impact in support of the city and those who frequent it."**

**- Jenny Searles**

for classes. Members share and celebrate the big and little events and have fun supporting local sports teams or other global events.

"I've been a member for two years and love working out with other Mission residents," said Cindy Long, who is a member of the Mission Parks, Recreation & Tree Commission.

Supporting other Mission businesses and the broader community are among Searles goals as a small business owner.

"I am beginning to collaborate on some special events where we can organize mutually beneficial opportunities. Whenever possible, when our team or customers get together socially, we like to patronize Mission businesses," Searles said.

Searles said she's excited about all the



**Cindy Long helped celebrate Jazzercise's return to Mission in January.**

growth and energy she's seen building in town over the last few years.

"We want to be a presence and make an impact in support of the city and those who frequent it," Searles said.





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Co-owners Sheena Kirkendoll (l) and Jill Robinson (r) are fulfilling their vision by offering innovative, modern, therapy services.



# Clinical Counseling Associates offer unique, therapeutic mental health services in Mission

Photos provided  
courtesy of CCA

By Mike Danahey

**T**o meet the growing need for mental health services, in March 2022, Clinical Counseling Associates, or CCA, opened an office in Mission, its second location.

"We chose Mission because it is very accessible and central to anyone in the Metro area," said Sheena Kirkendoll, who co-owns the practice with Jill Robinson. "People are more likely to commit and continue with services if they are receiving good care, and it is accessible."

The two said their main goal is to build a practice with several service options and different types of counselors to meet the specific needs of every client that walks through the door.

They also work to help other clinicians get started in private practice. CCA incorporates a unique model that makes private practice achievable and allows clinicians to focus on providing client care without being responsible for extra administrative tasks. This allows its clinicians to focus on the reason they got into the field — helping clients.

The practice offers individual, couples, family, substance use disorder, sex therapy, medication management, psychological assessments, group sessions and classes. Unique service options include a pet therapy program, EMDR therapy, play therapy and military and first responders services.

"The presence and interaction with an animal alone is therapeutic. However, there are specific therapy interventions that can be used," Kirkendoll said.

As an example, Robinson said that with animal assisted therapy, clinicians use specially trained animals to work with clients on a range of issues, including improving communication, self-esteem, anxiety, depression and frustration tolerance.

Kirkendoll explained that EMDR (Eye Movement Desensitization and Reprocessing) is a type of therapy to help individuals process through upsetting memories or life events. With it, a therapist guides clients through some type of bilateral stimulation (such as moving the eyes or tapping hands back and forth, right to left) while the client thinks about the memory or event.

"This process helps individuals work through the memory and unpleasant

**"In addition to providing counseling services to first responders, several clinicians at CCA provide critical incident debriefings, training, groups, classes, (they) attend peer support interviews and more,"**

**— Sheena Kirkendoll, Co-Owner**

emotions. EMDR is helpful for a variety of conditions, including trauma or PTSD, grief, phobias, pain, substance use disorder and anxiety," Kirkendoll said.

Play therapists are trained in recognizing each child's developmental level and finding ways to best communicate and interact with children, using play.



**CCA offers specialized services for first responders, military personnel and their families.**



Robinson said this therapy is a useful intervention for a variety of behavioral problems and disorders including anger, grief and loss, divorce, trauma, ADHD, autism, anxiety and depression.

For military personnel and veterans, first responders and their respective families, CCA provides its usual array of services, along with trauma-informed care.

"In addition to providing counseling services to first responders, several clinicians at CCA provide critical incident debriefings, training, groups, classes, (they) attend peer support interviews and more," Kirkendoll said. "The first responder clinicians on the team go above and beyond to be present in the community to break down stigma and offer support."

Kirkendoll said CCA offers such an array of services because staff recognizes that all people and their life experiences are different.

"One type of therapy may work well for one person and not another," Kirkendoll said. "Having lots of options available helps the person achieve optimal well being. Additionally, if a client becomes stuck or is not progressing in therapy, they may need to explore alternative treatments. By having all these services available at the same location, it makes it comfortable and accessible to add to the course of treatment."

CCA also prides itself on being embedded in the community, Kirkendoll said. To that end, the practice became a member of the Mission Chamber of Commerce, which has provided valuable networking opportunities.

"We hope to find local organizations that we can partner with to further our mission," Kirkendoll said. "Our goal is to make your therapeutic journey unique to your life

experience while providing guidance along the way. I think we are helping everyone in their journey just by interacting with them daily, but (we) always want to do more."

Clinical Counseling Associates is located at 5800 Foxridge Drive, Suite 420. You can follow them on Facebook, Instagram or visit their website at [www.clinicalcounselingassociates.org](http://www.clinicalcounselingassociates.org) to learn more about their services.



**Niko, Feline Therapist is just one of several emotional support animals you will find at Clinical Counseling Associates.**



**Mission Mayor Sollie Flora and Councilmember Ken Davis recently joined the Northeast Johnson County Chamber to celebrate a ribbon-cutting for CCA's Mission location.**



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Mission City Council (l to r): Trent Boultinghouse, Mary Ryherd, Debbie Kring, Ben Chocie, Sollie Flora (Mayor), Ken Davis, Lea Loudon, Kristin Inman, and Hillary Thomas.

### COMMITTEE MEETINGS

Community Development,  
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First Wednesday every month 6:30 p.m.  
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### 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.  
Visit the calendar at [www.missionks.org](http://www.missionks.org)  
for a complete listing of meetings.

## 2022

was another great year in the City of Mission! Please take a few minutes to visit the website at [www.missionks.org](http://www.missionks.org) to check out the highlights and accomplishments. The Mayor and Council look forward to continuing to serve you in the year ahead. Please feel free to contact them with questions or concerns.

## Keeping Up with development projects in Mission



The Community Development Department maintains information and updates on the City's website on private developments that are under construction or are in the planning phase in Mission. Residents can learn more about the project details, the development process

and opportunities for public comment. Information and the calendar for regularly scheduled Planning Commission and City Council meetings may also be found on the site. Visit [www.missionks.org](http://www.missionks.org) and search "current projects."



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## Mental Health Co-Responder Program a Valuable Asset for Mission Residents and Police

What is a mental health co-responder? In Johnson County, a co-responder is a licensed mental health professional embedded with a law enforcement agency that seeks to improve outcomes for people in crisis. Often, the co-responder will respond alongside the law enforcement officer to scenes when behavioral health concerns are identified as a factor in a call. Co-Responders do not go on all calls, only those in which mental health concerns are identified.

Co-Responders do not enter the scene until law enforcement deems it safe, and the co-responder will never respond without law enforcement at their side. The co-responder's involvement does not end at the scene. They will often follow up with individuals to assist with locating resources to improve an individual's chances of success.

Prior to the co-responder program, police officers frequently handled calls for service that involved persons in crisis. Officers handling these calls had few resources and little training to help them resolve these incidents effectively. As co-responders began to embed with police departments, officers became more aware of situations where a co-responder would be valuable. Officers also started receiving training classes that familiarized them with ways to identify persons in crisis as well as strategies on how to best approach these situations.

Currently, Mission shares two co-responders with the cities of Merriam, Roeland Park, Fairway, Westwood, Westwood Hills, and Mission Woods. In addition to the call response, co-responders conduct outreach for victims of trauma, suicide/overdose survivors and their families, evictions, and work with municipal courts when there are cases involving a mental health component.

In 2022, co-responders responded to 127 emergency calls, were responsible for 13 persons getting services instead of going to an emergency room, provided service to eight persons instead of going to jail, followed up with 111 individuals, and outreached with 67 persons who were believed to need mental health resources. Co-responders also made connections with 131 persons for other reasons such as trauma follow ups, suicide survivor, and care coordination with families, friends, and hospitals.



**"The co-responder program is having a positive impact on our community. Having a co-responder available allows for important collaboration between the police, mental health professionals and social services."**

**– Chief Dan Madden**





In need of a ride? Check out RideKC Micro Transit! It is an affordable ride-hailing transit option with curb-to-curb service, available in parts of Johnson and Wyandotte counties, including in the Mission area.

- Fares: \$3 or \$5, payable within the RideKC Micro Transit App, or exact cash on board
- Service Hours: 6 a.m. to 8 p.m., Sunday-Saturday.
- Service Area Boundaries: State Line Road on the east, County Line Road on the north, 151st on the south. Renner Road is the western boundary from County Line Rd. to College Blvd. South of College, the zone will include K-7, and south of 135th the route will be expanded along I-35, and will include the Edgerton Intermodal Area.
- The Plaza and Ward Parkway Shopping Center are also in the Micro Transit service area.
- Visit the RideKC website for a complete map.

In 2022, Johnson County's Micro Transit earned an outstanding public transportation achievement award from the American Public Transportation Association. For complete details on the program, visit [ridekc.org/rider-guide/micro-transit](https://ridekc.org/rider-guide/micro-transit).

## Championship Tree Award

Congratulations to Countryside residents Charles and Lynn Bain for having their majestic pin oak tree selected as the 2022 Championship Tree!

The tree, which towers over their backyard, was a major factor when selecting their home ten years ago. Everyone who has a chance to experience this tree is awed by its splendor.

If you know a tree worthy of recognition, you can find a nomination form and more information on the City's website at [www.missionks.org/city-services/sustainable-mission/tree-programs/](https://www.missionks.org/city-services/sustainable-mission/tree-programs/)





## "If I Were Mayor I Would..." Poster Contest

Have you ever thought about what you would do if you were elected to the top leadership position in the City of Mission? As Mayor what would you change? What would you do to make our City a better place? What are your "big ideas?"

For the last several years, the Mayor has championed the "If I Were Mayor I Would..." student poster contest for elementary students in grade K-6. Mission students (public, private or home-schooled) are invited to submit an entry by Friday, April 28, 2023. Poster submissions must be:

- A minimum of 17" and a maximum of 28" in height or width.
- Students are encouraged to be creative and may use any art medium (e.g., poster paints, felt pens, colored pencils, pastels, crayons, three-dimensional art, etc.). The poster may be in color or black and white.

The student's name and a daytime phone number or email address for their parent or guardian must be included with the submission. Entries will be judged by the Mayor and other city officials, and the winner in each grade level will be eligible to receive a \$100 prize. For full contest rules and deadlines, please visit the City's website at [www.missionks.org](http://www.missionks.org).



## Rushton Rebuild and Park Improvements to be Coordinated



The Rushton Elementary School rebuild is well underway! Students began attending Westwood View Elementary school in January, and are expected to return to the newly constructed Rushton to begin the 2024 school year. More information on the amenities to be included in the new learning facility can be found on the City's website at

[www.missionks.org/current-projects](http://www.missionks.org/current-projects). Thanks to voter renewal of the dedicated Parks + Recreation Sales Tax, the City will be completing major upgrades to Water Works Park to coincide with the District's investment in the new elementary school. A design contract was approved with Stantec in January 2023, and the updated park amenities will include restroom facilities, an expanded pavilion, updated playground equipment and amenities and an improved walking trail. The park improvements are expected to be completed by the time the students return to the newly rebuilt school in August 2024.



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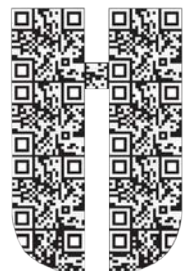


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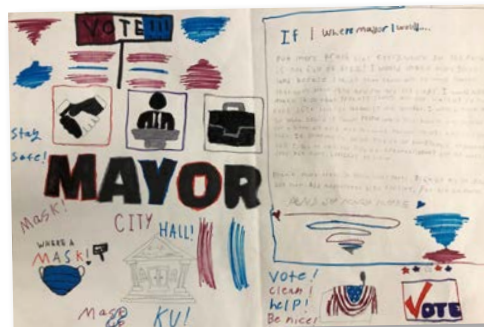
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GFL holidays observed:

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- Check website for how holidays impact collection dates.

# IF I WERE MAYOR CONTEST

We'd love to hear from our Mission elementary students! What would you do if you were the Mayor of our City? For complete details on how to enter the "If I Were Mayor" poster contest, please see page 20 of this magazine.



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Mission is pleased to partner once again with the Faith Always Wins Foundation for the 2023 SevenDays®-Make a Ripple Change the World, events. The goal of the SevenDays® initiative is to provide opportunities to increase kindness through knowledge, mindset and behaviors. Watch the City's website and social media pages for more information on how you can participate! Learn more about being part of that "ripple of kindness" at [GiveSevenDays.org](https://GiveSevenDays.org).



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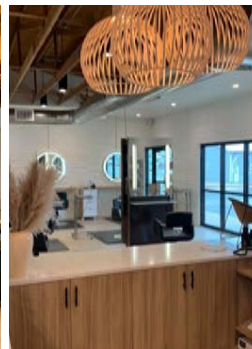
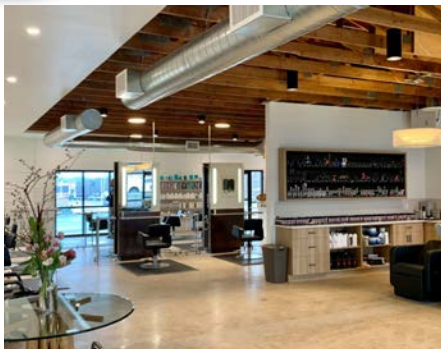
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# AdventHealth Shawnee Mission offers specialized care for body, mind and spirit

by Mike Danahey

AdventHealth Shawnee Mission has been serving the Kansas City community since 1962 with its faith-based mission of Extending the Healing Ministry of Christ. This forms the foundation for everything the hospital does.

AdventHealth promises to care for the whole person – in body, mind and spirit. You'll find whole-person care, dedicated teams and staff and a wide variety of medical and community wellness services at AdventHealth locations throughout the Kansas City region. Highlights include:

- AdventHealth Cancer Center Shawnee Mission is the area's only certified member of MD Anderson Cancer Network®, a program supported by MD Anderson Cancer Center – the top ranked cancer center in the country.
- AdventHealth Shawnee Mission Birth Center offers a Level III Neonatal Intensive Care Unit and delivers about 5,000 babies annually, more than any other hospital in the Kansas City metro area.
- AdventHealth Shawnee Mission provides advanced heart disease care, including heart failure and heart attack treatments, at the Kansas City area's first accredited Chest Pain Center. Its Stroke Program earned the Gold Seal of Approval from The Joint Commission for Primary Stroke Centers and the American Heart Association has recognized the hospital with its Mission: Lifeline Heart Attack Receiving Center Accreditation for meeting or exceeding specific criteria for lifesaving heart attack treatments.
- There are 31 AdventHealth Medical Group locations in the Kansas City area, offering specialties including Primary Care, Cancer Care, Cardiology, Endocrinology, Neurology, Psychiatry and Pulmonology.
- AdventHealth's northeast Johnson County locations include a 504-bed hospital at I-35 and 75th Street, AdventHealth Imaging Center in Roeland Park, AdventHealth Centra Care in Shawnee, and AdventHealth Medical Group locations at Shawnee Mission and in Prairie Village.

For more information, see [www.adventhealthkc.com](http://www.adventhealthkc.com).



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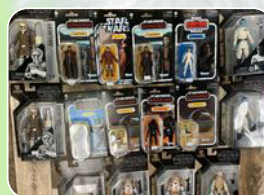
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# Make It Your Mission: Annual Clean-up Day Shines

by Kate Deacon

Scores of Mission residents made a clean sweep of the city on a windy morning last April, and many are gearing up to do it again on April 22, 2023. The City of Mission hosted its first citywide Spring Clean-Up Event on April 23, 2022, in celebration of Earth Day and as part of an ongoing effort to create more opportunities for residents to engage with one another and support the community.

Mission residents formed teams of families, neighbors, school and community groups, or signed up as individuals to lend a helping hand to help beautify areas throughout the city. The morning kicked off in Beverly Park, with lively music and a light breakfast, to get the crowd ready for action. Participants received a complimentary T-shirt, along with their assignments for the morning, then set out in groups with trash bags in hand to tackle the tasks.

"The kick-off at Beverly was a lot of fun," Deputy City Administrator Emily Randel said.

"I'm not sure when we've had a bigger group photo in the city of Mission!"

The morning activity proved to be a good fit for all ages and abilities, with



Students clean-up along 51st Street an on-going "Adopt-A-Street" project for Rushton.

the short two-hour time frame providing plenty of time to make a difference.

"We know that Mission residents really care about their community and would relish the chance to celebrate service together," Randel said. "There are so many volunteers in Mission who give their time in various capacities and in different corners of the city, through the schools, neighborhood groups, boards and

commissions and more. One of our goals was bringing together those who have an interest in caring for our community but are often working in separate corners."

Community Development Coordinator Nilo Fanska devised a plan that sent 118 volunteers to tackle 17 locations.

"We focused on city-owned properties that tend to collect more litter than our maintenance crews can keep up with and



could really use some extra attention," he said.

Many hands indeed make light work, and within the hour and half timeframe Fanska said, "It was surprising to see how much our volunteers were able to collect, even from areas that didn't look all that bad."

Once teams completed the routes, Public Works crews made their way around the city to collect trash bags at designated locations, tallying at least 50 large bags of litter in two truckloads. Sustainability Commission member Ellen Parker gathered her Alta Vista Heights neighborhood group, Known as the

Barkley Street Bandits, for the occasion.

"We started to get together annually for a block party using the neighborhood grant funds in 2017," Parker said.

"Through that, we've really become a pretty tight knit block."

The group took advantage of the clean-up day to hit the streets together. Formed by more than a dozen Barkley Street residents of all ages, the group thoroughly enjoyed the event and plan to do it again this year. As Barkley Street Bandit Peter Burger recalled, "It was really rewarding to be a part of something so simple and that made a

visible difference in just one morning."

Not only does this significant clean-up beautify the community, it protects the streams and waterways.

"What goes in our storm drains ends up in our waterways," Randel noted. "So keeping these areas free and clear of litter also helps keep our waterways clean and safe for Mission residents."

The 2022 event was such a success that the city anticipates this year's event will make an even bigger impact. Want to Make It Your Mission this year? Join in the fun as an individual or group by registering online at [www.missionks.org](http://www.missionks.org)!

**2023 EVENT DETAILS:**  
**Saturday, April 22, 2023**  
**9-11am**

Kick-off breakfast at Beverly Park  
(5935 Beverly Ave.)

**REGISTRATION DETAILS:**

**Feb.15- April 1:** Register online at [www.missionks.org](http://www.missionks.org)

All registered participants receive a free event T-shirt and complimentary breakfast!

**April 21, 8am-5pm:** Event T-shirts and route designations available for early bird pick-up at City Hall.



The Mayor and members of the City Council team did great work at last year's clean-up event.



Volunteers checked in the day of the event to get their T-shirts and clean-up assignments.



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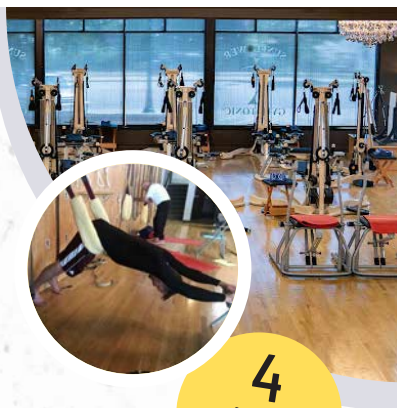
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# Spend Your Spring with Mission Parks + Recreation!

## MFAC Season

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Membership and Super Pass pricing will be adjusted for the 2023 season. Information will be updated on the [missionks.org](https://missionks.org) website and through emails.

## Bunny Eggstravaganza

This egg-citing holiday event features egg hunts for all ages, clowns, music and more! Bring your camera and pail to hold all your eggs, candy, and prizes. Activities and special visitors including: face painting, children's inflatables and more!

- SAT: April 8, **Egg Hunt Times:** 10AM – 12PM (see website for age/times)
- Broadmoor Park / **FREE**

## Spring Clean-Up

Help us celebrate Mission's trees and 21 years of Tree City USA membership by cleaning city-wide parks and sidewalks.

- SAT: April 22, 9 – 11AM
- See website for more details.

## Kids to Parks

Lots of fun nature-themed activities including track casting, nature walks, scavenger hunts and more!

- SAT: May 20, 10AM – 12PM
- **FREE** (registration not required)
- Streamway Park (Rainout location at PCC)



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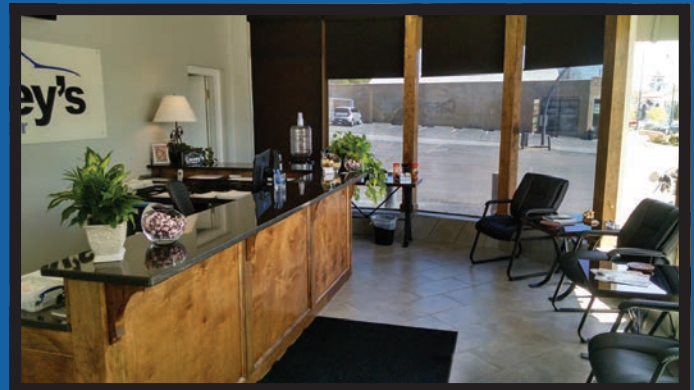
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