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November 2019

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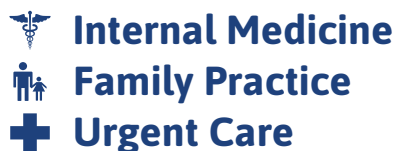
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Happy HOLIDAYS!

As you can see by our Mission magazine cover, it is once again time to bring you information about our Northeast Johnson County families whom we so love and help during the holidays.

From the simplest gift of a tube of toothpaste to the most elaborate item of a piano donated by a local church, we try to make the holidays special for every family. Each year we hear such heartwarming stories from these families, and I would like to share a few with you:

- * A teary eyed mother, who saw her name on some Christmas gifts, told us she hadn't received a gift for Christmas since her mother passed away.
- * Another mother wiped away tears when she was given a gallon of milk, saying now her daughter could put milk on her cereal.
- * With the help of a Mission business, a family who had been evacuated and left with nothing received beds, mattresses, tables, chairs, pots and pans and food.
- * A young boy who had seen his mother shot and was living with his grandmother had been eating ramen noodles for weeks. A grocery card was an angel from heaven for them.
- * An outstanding high school athlete wished for a letter jacket. Thanks to a local garden club, we were able to give her the jacket along with all the accessories.
- * One mother wished for a musical instrument like the one she

played as a child, while a small child just wanted a dollhouse! Done!



On the cover:

Mission's Family Adoption Program Committee members Kathy Bauer (left) and Lynn Kring wrap gifts for families in Northeast Johnson County. Photo by Denise Elam.

- * Another mother wished for a Bible; thanks to a businessman she was given a large Bible with her name engraved on the cover.
- * And we don't forget the animals: Thanks to two caring families, stockings filled with goodies are passed out to them as well.
- * Did you know that the most requested wish items are toothpaste, toothbrushes and toilet paper! Items you and I take so for granted!

Does this give you an idea of the magnitude of our Family Adoption Program? Your dollars, gifts and gift cards helped 91 families enjoy the holidays in 2018 — affecting 267 individuals. Think of all the families we could assist in 2019 with your help!

Grocery carts are eager and waiting to be filled with canned goods at the Community Center (thanks to our local grocery store for helping keep us on budget); and Christmas wish tags will be on display there as well after Thanksgiving. Don't like to shop? Share your dollars with us and we will shop for you. Purchase a package of white socks — we collected over 4,000 pairs last year to give to the homeless. Or bring your scissors and wrap packages. Thanks to Shawnee Mission North, we have plenty of wrapping paper, and thanks to Horizons High School, we don't need Scotch tape!

In 2018, more than 100 volunteers made our holiday events a day to remember for many of our residents. Volunteers such as the Mission Police, Public Works, Parks & Recreation, staff and Fire District #2 load the cars and deliver if needed. We can find a job that will suit you to a tee!

From all our Northeast Johnson County families, thank you and may you all have a happy holiday!

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Mission

Your Hometown

NOVEMBER 2019

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Help others experience the Spirit of the Holidays with Mission's Family Adoption Program

By Denise Elam

Thirteen years ago, a small group of people gathered together in Mission's City Hall to wrap gifts. Sitting on the floor, cutting strings of ribbon and wrapping paper, the Mission Family Adoption Committee felt honored to make a difference in the lives of eight families who would soon tear into those boxes and jump for joy. That alone was enough to encourage the group to keep going.

In 2018, the Family Adoption Program provided a bountiful holiday season to 91 families. The committee hopes to double that number someday soon.

Lynn Kring, who has been a member of the committee since its inception in 2006, remembers that night 13 years ago quite fondly.

"I'm absolutely thrilled to have been a part of it from the start," he noted. "Maybe 10 people were involved in volunteering (then). Now we have up to 100 volunteers."

Kathy Bauer also has greatly enjoyed her time on the committee.

"It feels really good to be a member of a committee that does so much to help the community," she emphasized,

noting that the group continues to expand and come up with new ways to give back. The committee partnered with Harvesters — The Community Food Network twice in 2019, providing 13 tons of food to families in Northeast Johnson County. In October, the program hosted its first-ever fundraising event — a pig roast, with a silent auction and entertainment.

Lynn described the program as a "rallying point for the community," bringing people together from every walk of life to help out a good cause.

"The program lets people demonstrate what our community is about," he explained.

Kathy wholeheartedly agrees. Volunteering helped her get to know people in the community she'd never even met before.

"That's a nice thing too — you get to know people while volunteering," she noted. "(You meet) different people other than just your next-door neighbors."

In the next five years, the program aspires to help even more families, partner with neighboring communities while



sincreasing its volunteer base.

"We can diversify. There's a world of need out there and the city and people that are working on this effort have no problems with serving the need as much as we can," Lynn noted. "We've got the support of the city, community and volunteers. We just need to continue to scratch our heads and do what we did to move from eight to 91 families and make the move from 91 to 200 or 250 families."

It's your turn to help!

There are several ways you can help the Family Adoption Committee fulfill their goal of providing for families in Northeast Johnson County.

1. Place donation boxes inside your business! Donation boxes are available for your customers to share their non-perishable food items. Contact Cathy Casey — (913-927-0398) — and a box will be delivered to you with an informational flier attached.
2. Grocery carts are placed in the Sylvester Powell, Jr. Community Center for your generous donations of non-perishable items.
3. Submit a monetary donation. Kathy Lockard at the Community Center (913-722-8206) is more than willing to take your cash/check donation. No amount is too small.
4. Adopt a family — gift tags are available at the Community Center or contact Kathy Lockard who will be happy to match you up with a family.
5. Pick up extra laundry detergent and toilet paper on your next trip to the store; dropping them off at the Community Center. One of our families' greatest needs has been hygiene products, toilet paper and laundry detergent — items we so often take for granted.
6. Gas cards and store gift cards are always greatly appreciated.
7. Mark your calendars for Monday, Nov. 25, at 8 a.m. — We will be assembling and delivering Thanksgiving baskets at the Community Center.
8. Make plans to help! At 8 a.m. Dec. 20, we will again be at the Community Center wrapping gifts, assembling and delivering food baskets. Help is appreciated!

For more information or to ask questions, contact Suzie Gibbs (913- 671-8564) or Kathy Lockard.

On behalf of our adopted families, we wish you a beautiful holiday season!

The North Pole comes alive at Mission's Holiday Lights and Festive Sights

By Denise Elam

The wait is over. Santa Claus is coming to town.

One magical night this December, Mr. and Mrs. Claus will make a special stop at the Sylvester Powell, Jr. Community Center (SPJCC) for the City of Mission's annual Holiday Lights and Festive Sights.

The SPJCC will be transformed into the North Pole on Friday, Dec. 6, from 5 to 8 p.m. Jenny Smith, recreation program supervisor at the SPJCC, compares the night to a Hallmark holiday movie scene.

"It's very magical in the building," she emphasized, noting that the SPJCC's interior is decorated with ornaments, trees and holiday flair.

The night begins with a spectacular sight: a grand entrance by Mr. and Mrs. Claus atop a huge firetruck, followed by a tree-lighting ceremony on the northeast lawn. Council President Arcie Rothrock will open this year's ceremony. She will be aided by a few residents from the Mission Project, an organization enabling adults with developmental disabilities to live independently with support.

Once the tree is dazzling and bright, attendees are invited to cozy up next to the fire pits to make s'mores and drink hot chocolate while waiting their turn for a horse-drawn carriage ride down Beverly Street. Grilled hot dogs with chips will be available at no charge on a first-come, first-served basis.

The magic continues inside the SPJCC — with holiday-themed crafts and games, an indoor playground, choir performances from local schools and a chance to snap a photo with Mr. and Mrs. Claus.

"It's a lot of fun and very rewarding to see the community come together to celebrate the holiday season," Jenny emphasized.





The magic of CBD'

Retailers, including stores in Mission, say products help a variety of common ailments

By Barbara Bayer

It's everywhere! It's everywhere! What's everywhere you ask? CBD.

CBD, the abbreviation for cannabidiol, is one of the hottest products in holistic medicine right now. As you drive in and around Mission, you will see businesses with CBD in their names. Other businesses, such as grocery stores and drug stores, sell or will soon sell CBD as well.

What is CBD? According to health.com, CBD is a chemical compound from the cannabis plant. It's a naturally occurring substance that's used in products such as oils and edibles to impart a feeling of relaxation and calm. Unlike its cousin tetrahydrocannabinol (THC), it's not psychoactive, so it doesn't cause the high people get when using marijuana.

CBD products sold in Kansas must contain 0.3% or less of THC, so these products will not make consumers high. Other states, including neighboring Colorado and Missouri, allow higher levels of THC in CBD products.

According to WebMD, there are more than 100 cannabidiols in cannabis and they cause drug-like reactions in your body. Proponents say it helps with anxiety, insomnia, memory and chronic pain. People use CBD products to help with everything from arthritis and Crohn's disease to diabetes and multiple sclerosis.

There are at least three stand-alone retailers in Mission that sell CBD. Into the Mystic at 5727 Johnson Drive has been selling CBD products for three years. Two CBD American Shaman stores are located in Mission — one at 6027 Metcalf and the other at 5810 Johnson Drive. CBD American Shaman owner Vince Sanders says a majority of the customers at the Metcalf store come from surrounding areas, while a lot of the business at the Johnson Drive store comes from Mission residents.

As with any new medication, over-the-counter drug,



Into the Mystic, owned by Eddie Smith, carries a wide variety of CBD products for humans and pets.

supplement or herb, you should consult your physician before trying CBD. It's also important to note that CBD products are not regulated by the FDA, although the agency is receiving pressure from legislators and consumers to do so.

"We're the only CBD company that actually introduced a 70 page executive summary about what we think the FDA should do (regarding regulation)," Vince said.

In late September, the Arthritis Foundation did take a stand, releasing the first CBD guidance for adults with arthritis. (See page 10).

WHY USE CBD

Since FDA regulation "is looming," American Shaman's Vince is leery about being quoted about the benefits of CBD.

"You can certainly do research online about the magic of CBD," he said.

On the other hand, two Mission shop owners will jump at the chance to tout CBD's benefits. Into the Mystic's owner Eddie Smith has been in business in Mission for three years. He sells a variety of products, including CBD, which he said accounted for 50-60% of his total sales. He started selling CBD because it worked for him.

"My chiropractor turned me on to it," he said. At the time, he was taking prescription medications for arthritis and anxiety and he described the side benefit of treating these conditions with CBD was lower blood pressure, "so I didn't have to take my high



blood pressure medications anymore.”

Eddie explained when he discovered CBD he had a wow-like experience that he likened to a meditation session.

“It just calmed me down. I didn’t have near the social anxieties that I had before,” Eddie recalled. “I could sleep better. It was a game changer. I lost weight.”

CBD Solution co-owner Brandon Barkley has a similar story. A full-time sheet metal worker, Brandon noted he’s tried most, if not all, of the CBD brands available in Kansas City since he started using it three years ago.

“I need it for pain, anxiety and stress. My body goes through a lot of wear and tear,” Brandon said, adding he also had a traumatic brain injury caused by an accident. “It helped. That’s why we’re here today. I know how much it helps and how much it can help.”

Todd Chappell, Brandon’s business partner, has had success with CBD as well. CBD helped Todd cope with the adverse effects of chemotherapy following a diagnosis of stage IV lung cancer. Now Todd’s former tax office is the home of CBD Solution.

American Shaman’s Vince went into the business of selling and manufacturing CBD — American Shaman is now one of the largest manufacturers and retailers in the world — after he saw the results his uncle got from CBD. His uncle battled stage IV lung cancer in 2012.

“I was desperate, Googling anything I could find to help him and that’s what led me to this,” Vince explained. “It helped him tremendously. ... I had seen the true magic and I stayed glued on it for a couple more years until I figured it out, and here we are.”

There are other success stories. CBD Solution has a 10-year-old customer who suffers from a brain tumor. Brandon said the child’s doctors were not optimistic, but after some extensive research the child’s parents decided to give their son a high dosage of CBD.

“He’s no longer wheelchair bound and has the life of a 10-year-old. It’s crazy,” Brandon declared. CBD Solution’s customer base also includes nurses who are fans and recommend CBD to others.

Vince of American Shaman revealed many movie stars, musicians and famous people use their products. One customer is a former president.

“We send the product to a secret P.O. box. Secret Service agents actually pick it up and test it to make sure it isn’t poison, and then give it to (him),” Vince explained.

CBD OPTIONS

CBD comes in a variety of products, including oils, capsules, creams, lotions, bath bombs, food — cookies, candies, gummy bears, honey and suckers — and pet treats. American Shaman, whose products are manufactured just across the state line in Kansas City, Missouri, and has two full-time chemists on staff, also partners with other businesses, including Kansas City’s Roasterie, to produce products such as The Roasterie CBD Cold Brew and The Roasterie’s Signature Black Tea + Natural CBD Oil. Both are available locally at Roasterie cafes.

CBD lotions and creams are applied topically. Depending on the type of oil, it can be mixed with drinks or dropped under the tongue and swallowed. CBD oils may be vaped as well.

Prices, as well as sizes and types of products, vary by the retailer and the manufacturer. In addition, since these are not pharmaceuticals, insurance does not pay for them. To get an idea of prices, a 30 mL bottle of CBD water soluble oil generally sells for \$55 or more. A 2-fluid-ounce jar of cream sells for nearly \$100 and a 30-piece jar of gummies sells for about \$60. Some retailers, including CBD Solution, sell smaller doses of some products, which also come with a smaller price tag.

Like other consumer products, there are many brands to consider. CBD Solution carries two — Pure Spectrum and Medterra. One reason Brandon sells Medterra is because it offers a pill designed to help women with the discomforts that are specifically female.

Price is also important to Brandon. He believes Pure Spectrum and Medterra are more economical than other brands.

“I don’t carry anything that I don’t believe in,” Brandon stated. “Pure Spectrum will sponsor the U.S. Olympic Team beginning next year.”





Brandon Barkley, co-owner of CBD Solution, LLC, parks this old ambulance outside the business and takes it around town to events.

Into the Mystic carries American Shaman and Joy. Joy is less expensive than American Shaman. Joy sells better at Into the Mystic, Eddie said, because customers there believe it is more effective than American Shaman.

PERSONAL OPTIONS

If you go to Into the Mystic considering purchasing CBD to help treat an ailment, Eddie will ask you about it, make suggestions and give you samples.

"I don't want to sell you the wrong product and you'll never come back," Eddie said.

Eddie strongly believes in the powers of CBD, but he also believes in living a healthy lifestyle.

"It's one of the things that can help."

Since CBD is an all-natural product, the worst case scenario, according to American Shaman's Vince, is that it simply doesn't work for you.

"There's no side effects."

Vince believes consumers get the most benefits from CBD if they use them twice a day, just like brushing your teeth — first thing in the morning and again just before you go to bed. The time it takes to work varies by individual, but experts say creams may start to kick in within 15 minutes.

As this issue was going to press we learned that CBD Solution is moving its retail store, which was located on Dearborn in Mission. No other information was available at this time. The phone number remains the same at 913-980-4146.



CBD American Shaman is produced in Kansas City. Owner Vince Sanders holds a bottle of CBD infused hydrating body lotion next to shelves of products awaiting shipment to shops and customers.

Arthritis Foundations publishes guidelines for CBD use

While there are no established clinical guidelines for CBD use, the medical experts who worked in partnership with the Arthritis Foundation agree on the following points:

- CBD may help with arthritis-related symptoms, such as pain, insomnia and anxiety, but there have been no rigorous clinical studies in people with arthritis to confirm this.
- While no major safety issues have been found with CBD when taken in moderate doses, potential drug interactions have been identified.
- CBD should never be used to replace disease-modifying drugs that help prevent permanent joint damage in inflammatory types of arthritis.
- CBD use should be discussed with your doctor in advance, with follow-up evaluations every three months or so, as would be done for any new treatment.
- There are no established clinical guidelines to inform usage. Experts recommend starting with a low dose, and if relief is inadequate, increasing in small increments weekly.
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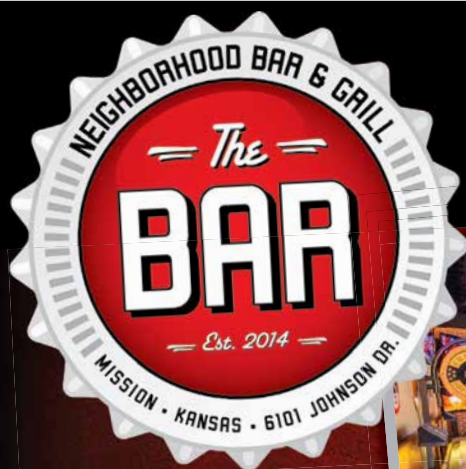
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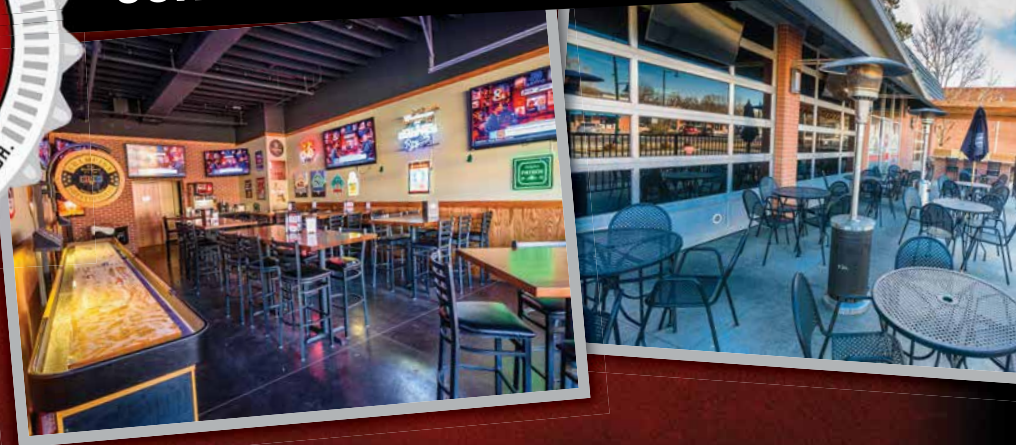
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The new face of Hy-Vee in Mission: Mike Huerter receives company's highest honor

Photos and story by Denise Elam



Mike Huerter, bakery manager of Hy-Vee in Mission, received a surprise welcome from his coworkers, family and management after receiving the Hy-Vee Legendary Customer Service Award.

Mike Huerter was on a mission to deliver cookies. Or at least, that's what he thought. His store director at Hy-Vee had sent him out to make surprise deliveries to Highlands and Rushton elementary schools earlier that morning. The cookies were meant to welcome teachers back to school.

"It wasn't anything out of the ordinary," Mike explained. "Because we do it all the time."

As the bakery manager of Hy-Vee in Mission, Mike was used to dropping freshly baked goods off at local schools, fire departments and police stations. So that morning he grabbed a couple trays of cookies and headed out to make someone's day.

Little did he know, back at Hy-Vee, a crowd was gathering to give him the surprise of his life: the Hy-Vee Legendary Customer Service Award.

Hy-Vee's highest honor, the Legendary Customer Service Award recognizes individuals who have provided service that far exceeds customers' expectations. Only 11 winners are selected each year out of more than 80,000 Hy-Vee employees across eight states. Mike's coworkers, friends and management had nominated him in secret. But he was about to find out.

"There he is!" someone in the crowd shouted. "Places everyone!"

The crowd — consisting of local news media, customers, Mike's coworkers, management and members of his family — went silent as Mike made his way into the building.

"When I walked in the door, Toni, my human resources manager, said, 'It's all you,' " Mike recalled. "The doors popped open and the first people I see is my mom and dad. And they live three hours away."

Mike rushed to greet everyone, tears welling up in his eyes. The crowd went wild.

"Everybody was hollering," Mike remembered. "That's when I saw the banners and everything."

Near the front of the produce section, members of Hy-Vee's upper management were waiting to congratulate Mike. His store director, Chris Wiltfong, read from his nomination letter.

"Mike Huerter is the example of what it is to be legendary," he had written in the letter. "From the way he treats customers, his staff, his friends, his community, the world. Mike puts absolutely everything else in front of his needs or wants."

Chris said he felt blessed to have Mike as bakery manager.

"I'm even more grateful that I get to learn from him each and every day on how to be a better person, and to truly embrace the helpful smile. Over his nearly 35 year career, Mike is most certainly deserving of the Legendary Customer Service Award," he noted.

After the ceremony, Mike and the crowd indulged in a custom-made cake created by members of his own bakery team. Amanda Jacobs, a bakery clerk in training with Mike to become a bakery manager, said the team created a fake order form for the cake so he wouldn't suspect anything.

"When he went on break, we finished icing and decorating the cake," she explained. "We put a fake price tag and name on it, then put it on the top shelf so he couldn't reach it."

Mike felt honored to receive the award, calling it the biggest moment in his career.

"In my 31 years, that's the best thing that's ever happened to me," he emphasized.

Having worked in the Mission store for 11 years, Mike is glad to call Mission his home. He enjoys visiting schools and teaching kids how to be a baker.

"I love Mission. I have great relationships with customers that I've met here over the years," he emphasized. "I visit with them; I know their families and their kids, so it's got that small-town feel."

Mike and the other recipients of the Legendary Customer Service Award will be inducted into Hy-Vee's Hall of Fame and will receive a golden name badge along with a custom-designed ring. Mike was also a guest of honor at Hy-Vee's service award dinner in October and will be recognized at the company's annual stockholders' meeting in December, where he will receive a travel voucher good for a trip to a destination of his choice. His photo will also be displayed on the side of Hy-Vee trucks in the Midwest.

The day after the ceremony, Mike was back in the bakery department bright and early at 3 a.m., preparing the breads and doughs. Working with a great team, he noted, is the icing on the cake.

"I have a great crew that comes in and gets right after it in the morning," he noted. "They make my job easier. I'm blessed to have them; I'd do anything for them."





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Chef Carl Scavuzzo is the executive chef at The Welstone at Mission Crossing. Photo by Cathy Donovan.



Food, Family and Good Stories

Chef Carl Scavuzzo
shares his favorite
holiday recipe

By Denise Elam



Some stories are best told over a warm meal and a full table. Carl Scavuzzo knows this firsthand. As executive chef of The Welstone at Mission Crossing, an independent living center for seniors, he's heard a lot of great stories over the years.

"I like to hear the stories from our seniors," he explained. "Food is always a warm and inviting atmosphere to do that with."

Food has always been a part of Carl's life. Born the youngest of four into a large Italian family, he was practically raised in the kitchen. The Scavuzzos owned several grocery stores throughout the Kansas City area, specializing in making their own Italian sausages. Carl's house was "the place to be" during the holidays.

"At Thanksgiving, we would have a turkey and a ham, a pasta course and all the other trimmings and fixings," he noted. "At our house, there would be 30-plus people throughout the course of the day, coming in and out. The dining room table would get set two or three different times."

As a child, Carl helped his mom with simple recipes, like making homemade raviolis. His job was to press into the dough with a fork to create the traditional ridges.

When he got older, cooking turned into more than just a family custom — it became his life's calling.

After graduating from the University of Kansas, Carl studied at the Culinary Institute of America in Hyde Park, New York. He lived on the East Coast for around 10 years, working as a chef in various hotels in the area. He returned to Kansas City in 1997 to help reopen the Hotel Muehlebach under its new ownership through Marriott Hotels.

"It was really hard work, because you'd go to a hotel two to three weeks before they opened and train the staff," he explained. "Seven days a week — constantly (working)."

Carl even had his own restaurant for a time — Scavuzzo's Italian Restaurant, in downtown Overland Park. But his true passion? Cooking for senior living facilities.

"I like to talk to people (in the senior living facilities) about their story, their lives, what brought them to this area of the country," he explained. "If I didn't become a chef, I would have become a history teacher."

According to Carl, food triggers memories of times gone by. When people reminisce, they don't think about the quality of their favorite meals served as a child, he explained. Instead, they remember the moment — where they were sitting, who prepared the food — and how it made them feel. For Carl, that trigger is fried chicken. The smell of it takes him back to days spent at his grandparents' house.

"Whenever I make fried chicken, it always reminds me of that time in my life," he emphasized.

Carl designed the entire dining program at The Welstone back when it first opened in 2016. He and his staff prepare gourmet meals daily.

"Monday through Friday, we cook lunch and dinner. Saturday, we prepare a lunch buffet only. Sunday we offer brunch," he explained, noting that heart healthy options, like turkey gyro, fish, quinoa and couscous, are available all day, every day. "We have anything from a fresh Atlantic salmon fillet to an omelet any way they want it."

When he's not whipping up delectable meals at The



A freshly prepared salad.
Photo by Cathy Donovan.

Welstone, Carl likes to cook for his family and friends, oftentimes inviting complete strangers over to enjoy his creations. He once made pizza with his own doctor.

"My doctor was telling me about this sausage he's started to make in his new pizza oven, so I kept teasing him ... 'You've never invited me over yet,'" he explained. "So I went over and tossed pizzas out onto his new pizza oven. It was so fun."

In his free time, Carl enjoys volunteering, both locally and internationally. In Mexico, he and a team of other men gather each year to help build houses for an orphanage. Locally, he volunteers his time and cooking skills at charity auctions, preparing a personalized meal for the highest bidder and their guests. He auctioned a complete, home-cooked meal for six during Mission's Family Adoption Pig Roast.

"I like my mission work; it keeps me moving forward," he noted.

This holiday season, you'll most likely find him back in the kitchen, preparing Italian Love Knots, traditional Italian cookies, with his daughters.

"In a nutshell, it's all about family," he emphasized.



Recipe from Chef Carl Scavuzzo of The Welstone at Mission Crossing

ITALIAN LEMON KNOT COOKIES

A traditional Italian cookie served at holidays and special occasions.

INGREDIENTS

- 1½ cups of melted butter, cooled
- 1 cup sugar
- 3 eggs
- One 1 ounce bottle of lemon extract
- Zest of 1 lemon
- 5 cups of all purpose, unbleached flour
- A pinch of salt
- 5 teaspoons of baking powder
- 1 cup of milk
- Sprinkles

LIMONCELLO ICING

- 1½ cups of powdered sugar
- 5 tablespoons of limoncello liqueur
- Zest of 1 lemon

TRADITIONAL LEMON ICING

- 1½ cups of powdered sugar
- Zest of 1 lemon
- ½ teaspoon of lemon extract
- Lemon juice for consistency

1. In a large bowl, cream butter and sugar together until fluffy. Add eggs one at a time, then the lemon extract and zest.
2. In a smaller bowl, whisk the flour, salt and baking powder, then slowly add to the creamed mixture alternately with the milk. You may not have to use all the milk.
3. When everything is incorporated, let the dough rest for 5 minutes or wrap and chill overnight. Dough can be chilled for a few minutes in the freezer.
4. Heat oven to 350 F. Place cookies on a parchment-lined baking sheet.
5. Use a cookie scoop to form the knots so all will be similar in size, then take the scoop of dough and roll it into a log about 5 or 6 inches long.
6. Take one side of the log and spiral it into a circle, you can tuck the other end up or down to form a knot.
7. Bake for 12 to 15 minutes according to your oven, ensuring the underneath is golden brown, not dark brown.
8. Cool on racks.
9. Add frosting of your choice, immediately adding sprinkles. Let frosting dry for about an hour.

Note from the chef: I taste my icing to make sure it has the right amount of lemon. You can always add more. I also like to brush the icing on instead of dipping – just a personal preference. You can keep cookies in tins with wax paper in between or you can freeze them in an airtight container right after they cool down, waiting to add frosting until the day before you eat them.

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CITY OF Mission NEWSLETTER

NEW RESIDENTIAL SOLID WASTE CONTRACT APPROVED

Mission's City Council recently approved a contract with WCA of Missouri for residential solid waste collection beginning January 1, 2020. The current contract with Waste Management/Deffenbaugh was set to expire at the end of the year, and bids for a new contract were solicited this past summer. The bid was structured to mirror the services currently provided which includes:



- Weekly solid waste collection (limited to one 65 gallon poly cart)
- Weekly recyclable collection (unlimited)
- Weekly yard waste collection (limited to 8 bags January—October and 12 bags November and December)
- Monthly bulky item collection (limited to 3 items)

As part of the bid process, a heavy emphasis was also placed on customer service standards, including requiring a toll-free phone number, email and other means

for communicating service requests or concerns. Three bids for these city-wide services were received, with WCA submitting the best and lowest bid.

The primary benefit of a city-wide residential solid contract is the competitive pricing afforded to residents. Solid waste fees are currently shared between residents and the City. The homeowner's portion is collected on the annual residential real estate tax bill. The WCA contract will result in savings for both the city and our residents.

Look for an introductory letter from WCA in the coming weeks, which will include information on the company itself, how new carts will be delivered and old carts removed, specific information on recyclable materials, etc., and contact information for WCA. The City and WCA will work to make the transition as seamless as possible. For questions regarding the new contract or solid waste and recycling services, contact Neighborhood Services at 913-676-8360.

PEARL HARBOR REMEMBRANCE EVENT SCHEDULED

December 7, 2019
11:30 a.m.
Sylvester Powell, Jr.
Community Center
6200 Martway

Please join our community as we host the annual Pearl Harbor Remembrance Event on December 7. A moment of silence will be observed at 11:55 a.m. followed by a program focused on keeping the history of Pearl Harbor alive for future generations. For additional information, contact the Community Center at 913-722-8200.



MISSION CITY HALL

6090 Woodson Road, Mission, Kansas 66202
 Open Monday through Friday 8 a.m. to 5 p.m.
 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.....913-676-8351

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

THE MAYOR'S CORNER

Q: I see a lot of construction/development activity occurring around the City. How do I learn more about what is happening?

A: These days, no matter where you are in Mission, you are likely to encounter construction of some type. Many of the projects are public, like street improvements, bridge repairs, or stormwater construction, but the City's public infrastructure work is also being complemented with private projects like the Mission Trails apartments or the Gateway.

It's exciting to see this kind of investment in our city. The "big" projects may be the ones to catch our eye, but Mission's homeowners are also making important investments and improvements to their properties as well. All of these things help contribute to a strong, and diverse tax base to support the delivery of City services.

There are several ways you can stay informed about the work in progress or the work that is planned for the future. For the most comprehensive update, you should visit the website at www.missionks.org and click on the link to "Current Development and Construction Projects" on the home page. There you will find a summary of the projects in progress at any given time. While you are at the website, you may also sign up for the Mission Monthly newsletter or e-notifications when there are updates to the website.

The City also uses various forms of social media to help communicate project impacts or issues in "real" time. Please follow us on Facebook or Twitter to get periodic updates on construction and development activity as well. If you would rather talk with someone in person, you are always welcome to pick up the phone and call us at (913) 676-8350 or stop by City Hall for a visit!

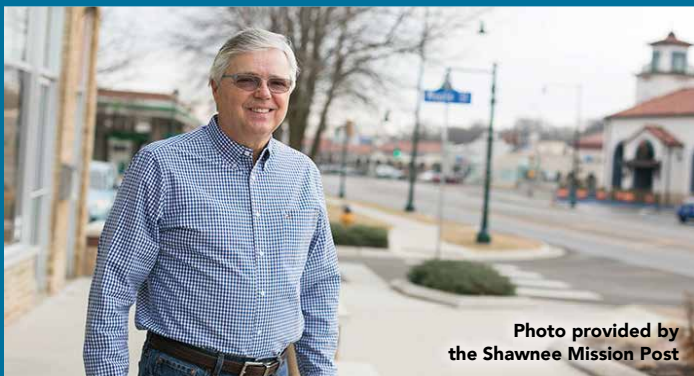
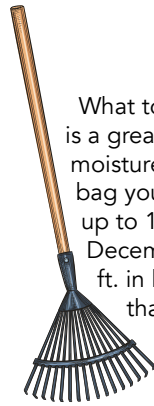


Photo provided by
the Shawnee Mission Post

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.

FALL YARD WASTE REMINDERS



What to do with all those leaves in your yard? Mulching is a great way to reduce yard waste, and it helps to retain moisture and adds nitrogen needed to fertilize soil. If you bag your leaves and yard waste, residents may place up to 12 setouts during the months of November and December. Bundles should not include limbs more than 4 ft. in length, larger than 18" in diameter and no more than 65 lbs., and should be tied with string or twine (no wire).

Stickers for additional bundles or bags are available at City Hall or the Community Center for \$1.50 each.



Members of Mission's City Council, Sustainability Commission, Planning Commission, staff and residents participated in the Metro KC Climate Action Summit on September 14. Ideas and initiatives from the summit will assist Mission with current and future priorities and programming.

COME CELEBRATE WITH US!

Reservations at the Sylvester Powell, Jr. Community Center and all City parks are available for your upcoming events. The Community Center has the perfect space for holiday parties, wedding receptions, birthday parties, meetings and team practices. Whether you need our large conference center (200 guests), the gym for team practices, the party room (up to 40), or space for your wedding reception (80-180 guests), the staff at the Community Center are here to meet your needs and help you create a memorable event.

For more information on pricing and availability, contact Natalie Lucas, Rental Coordinator, at 913-722-8215 or at lucas@missionks.org.



NEW DEPARTMENT DIRECTORS JOIN MISSION STAFF

The City recently welcomed two new members to its senior Leadership Team. Public Works Director Celia Duran and Parks and Recreation Director Penn Almoney joined the organization in September.

Ms. Duran comes to Mission from Belton, Missouri where she served as Public Works Director. She has also worked in the cities of Olathe, Gardner and Lenexa, Kansas. As a professional engineer, Ms. Duran brings skills and expertise to the Public Works Department that will enhance the City's efforts on a variety of capital improvement projects, including streets, stormwater, and various private development



Celia Duran

projects throughout the City.

Mr. Almoney has extensive experience in Parks and Recreation, most recently helping the City of Springville, Utah construct and open a new Recreation Center. His background includes recreation programming, facility management, and aquatics. As Director of Parks and Recreation in Mission, he is looking forward to helping to advance the development of the outdoor parks and elevating Mission's parks as premier destinations to serve our residents and others throughout the region.

Please join us in welcoming Celia and Penn to Mission as you see them around town!



Penn Almoney

CITIZENS POLICE ACADEMY REGISTRATION NOW OPEN

Have you considered participating in Mission's Citizen Police Academy? Now is the time to apply for the 2020 program. This is a ten-week program that meets on Thursday evenings from 6:30 -9:00 p.m., March 5 through May 7, 2020. Sessions are designed to be both educational and enjoyable. Program leaders will share their enthusiasm for the work they do while allowing participants an opportunity to better understand how the Police Department works. The academy will expose participants to topics such as:

- Criminal Investigations
- Patrol Operations
- DUI and Traffic Enforcement
- Less-Lethal Weapons
- Interview and Interrogation
- Death Investigations
- Firearms
- Defensive Tactics
- Search and Seizure
- Domestic Violence Situations/Response

Behind the scenes tours of the Johnson County Adult Detention Center, Emergency Communications Center, and Criminalistics Laboratory are also scheduled. Participants will graduate May 7, and will have future opportunities to assist the Police Department at volunteer events throughout the year.

There is no cost to participate in the Academy, but applicants must reside or work in Mission, be at least 18 years of age, and pass a background check. Applications are available by contacting Sergeant Rob Meyers at 913-676-8333 or rmeyers@missionks.org.

LEARN HANDS-ONLY CPR

Consolidated Fire District No. 2 offers free training for individuals and groups to learn Hands-Only CPR. The training takes only about an hour, and because 70-80% of cardiac arrest calls come from homes, the life you learn to save may very well be a family member. Immediate bystander CPR can double or triple the chance for survival. Training also includes how to use an Automated External Defibrillator (AED).

For additional information, contact Consolidated Fire District No. 2 at 913-432-1105 or visit cfd2.org.



SNOW PLAN SET FOR WINTER WEATHER

- Mission Public Works operates two snow shifts of 4-5 crew members. Each shift runs 12 hours: 7:00 am - 7:00 pm and 7:00 pm—7:00 am.
- Plows run four routes, two that focus on main thoroughfare streets and two that focus on the residential streets.
- Streets are prioritized by terrain, visibility, and amount of traffic. For instance, a street with hills and corners will take priority over a street that is flat and straight.
- Crews also remove snow from parking areas along Johnson Drive in the Downtown District, along sidewalks near schools, and along trails once streets have been cleared.
- All vehicles parked on streets must be removed when snow has accumulated to a depth of four inches or more, or any other time as declared by the Mayor or his/her designee. When snow removal operations have been completed, vehicles may park on the streets.
- Remember, when driving don't pass snow plow trucks and give them plenty of room to work. Their visibility is often limited and keep in mind that the road is much worse in front of them!



For additional information on Mission's Snow Plan visit www.missionks.org or contact Mission Public Works at 913-676-8375.

BATTERY RECYCLING PROGRAM



Mission has passed the **ONE TON** mark for our battery recycling program, sponsored by the Sustainability Commission. To date, we have diverted 2,160 lbs. of batteries from the landfill since the program began in 2016. The batteries are sorted by volunteers so that all the lithium battery terminals are taped before shipment to ensure safety.

The program is for residential recycling only and batteries can be dropped off at the Sylvester Powell, Jr. Community Center or City Hall. For more information on this program visit missionks.org or contact Emily Randel at erandel@missionks.org

ADOPT-A-PARK



Scouts from Rushton Elementary joined the City's Adopt-A-Park program and pledged to help keep Waterworks Park clean and in good repair. This program is open to groups from local businesses, non-profit and philanthropic organizations, and individuals over the age of 10.

If you are interested in adopting a Mission park, contact Penn Almoney, Director of Parks & Recreation at 913-722-8210 or palmoney@missionks.org.



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Mission resident shares secret to long life

Betty Benson, 98, shows no signs of slowing down

By Denise Elam

Sitting in a beige armchair in her living room, Betty Benson holds one of the last paintings she has created since her vision began to deteriorate a few years ago.

In the painting, a plump bluebird perches atop a porch railing, squinting, almost cross-eyed, at the viewer.

"I call it my self-portrait," Betty laughed.

The landlord, business owner and artist turned 98 this July. Despite her worsening eyesight, she still teaches four painting classes a week at her shop, the Artist Workshope, on Johnson Drive.

"I pray every day that I don't lose it all," she said. "(I pray) 'Just leave me enough (vision) that I can see to get along.' "

She advises the youth of today to take good care of their eyes.

"It's very, very important," Betty emphasized. "I don't think people take care of their eyes as much as they should."

Betty Benson is a household name in Mission. She's lived in the city since 1952. Aside from being a landlord, she has worked in personnel at General Motors and for a short time was a real estate agent.

"I didn't like being a Realtor because if I didn't like a house, I couldn't sell it," Betty recalled, smiling. "And if there was something wrong with the house, I wanted to tell them."

After purchasing several buildings on Johnson Drive in 1962, she worked to renovate them, bringing her units up to date by adding air conditioning and proper heating.

"Nobody had a furnace; everybody had potbelly stoves (in the buildings), so I had to start renovating everything," she explained. "I still do it."

Her current tenants include the owners of Urban Prairie Coffee, Mission: Board Games, Springboard Creative, Ocean & Sea, Mission iRepair, Barbers Four and Sandhills Brewing.

Betty has witnessed a lot of change in her 67 years in Mission. She can recall a time when the city was a more rural community.

"Johnson Drive was only one lane when I moved here," she noted. "And then shortly after that they made it four lanes."

She believes the people who work and live in Mission help make the city a great



Betty Benson, 98, holds her "self-portrait."
Photo by Cathy Donovan.

place to live.

"I'm proud of Mission," she emphasized.

Now, gazing adoringly at the artwork hanging on every wall in her home, she is also proud of her little "museum." Several paintings are her own creations. Betty began collecting art and antiques years ago, alongside her husband, Bud, who passed away in 2006. As the holiday season approaches, she is thinking about the massive decorative nutcracker collection she's amassed over the years.

"I bet I've got a hundred," she exclaimed. "Bud loved Christmas, too, so when we decorated ... I'd decorate the whole house, the kitchen and everything."

The secret to long life? Betty credits her vast supply of vitamins.

"I'm a vitamin nut," she admitted. "You know that guy on the Home Shopping Network? I buy all of his vitamins."

But her love of people is truly what keeps her going. She enjoys the outings to her shop each week, where she mingles with her art students and teaches painting techniques. Despite suffering a small stroke earlier this year, she has no intention of stopping anytime soon. Even cancer can't slow her down — she beat a stage IV diagnosis back in 1991.

"I have no plans of dying," she asserted.





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Mission Bulletin Board

Congrats OFFICER FLEER!

You're looking at the Kansas D.A.R.E. Officer of the year for 2019! Mission Police Officer Jay Fleer received the award from the Kansas Juvenile Officers Association July 25. Having been in law enforcement for a total of 28 years, Officer Jay was nominated for his commitment as being a positive and joyful role model to the students at Highlands Elementary. Way to go, Officer Jay!



THANKS FOR SENIORS

Want to enjoy a traditional Thanksgiving feast with all the fixings? Join the City of Mission at Thanks for Seniors, a special tribute to the seniors of Northeast Johnson County for their contributions to the community. Cost is \$12 per person. The meal starts at 11:30 a.m. Nov. 21, and includes entertainment, door prizes and a guest speaker.



GIVE THE GIFT OF WARM FEET

Help the City of Mission and St. Michael's Men in Ministry warm the feet of hundreds of homeless men and women this winter. Drop off new white socks at the Community Center before Nov. 21.



Helping the Hungry with Harvesters



Mission's Family Adoption program teamed up with Harvesters for a second time on Aug. 17, distributing more than 6 tons of food. Families and several refugees from Northeast Johnson County were served, including one refugee who had endured a 5 mile walk to get eggs for his family the week before. The Family Adoption Program received this thank you letter from Justine Koontz, an agency services coordinator with Harvesters:

"I just wanted to encourage you with knowing what you are doing is making a difference. Thank you for your kindness to the people in your community. Together we are a force for good!!! You are amazing!"



Residents at The Welstone at Mission Crossing were joined by the Mission Fire Department on 9/11 to remember and honor the victims of the terrorist attacks that took place Sept. 11, 2001. All men pictured are veterans.

Have a 'CAN-DO' attitude this holiday season



If every Mission resident donated five cans of vegetables or fruits, the Family Adoption Program could supply each adopted family in Mission/Northeast Johnson County with enough food for a month. So, don't forget to pick up extra canned food items during your next shopping trip. Donation bins are available at the Community Center and many local businesses.

UPLIFTING ASSISTANCE

Cold weather will soon be here, and the homeless served by Uplift Organization Inc. will need socks, tents, candles, blankets, sweatshirts, gloves, books, hats, matches, sweaters and coats. The Uplift truck will be in the north parking lot of the Sylvester Powell, Jr. Community Center from 8 a.m. to noon on Thursday, Nov. 21. Clean out your closets, load up your cars and help Uplift help others!



Holiday Concert at Countryside

Once again, the Disciples Women of Countryside Christian Church will host the Shawnee Mission North choir for a holiday program at 11:30 a.m. Thursday, Dec. 5, in the church sanctuary, 6101 Nall Ave. Please join us as we welcome in the holidays with this festive, fun and free concert.



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30 YEARS OF CRISPY FRIED CHICKEN



Popeyes Louisiana Kitchen still a treasured gem in Mission

By Denise Elam

In 1988, businessman Jim Eddy happened upon a building being vacated at the intersection of Johnson Drive and Broadmoor Street. As he watched movers take down equipment and shuffle it into their vans, he knew this would be the new site of his next business venture: Popeyes Louisiana Kitchen.

"Stop, I want the building," he told the movers. "I'll pay a deposit right now."

According to Ned Eddy III, Jim's nephew and the current district manager of Popeyes in Mission, the movers called the agent involved in the sale and Jim shook on it right then and there.

"In 1988, we moved our only Popeyes, which was way over on Independence Avenue, to Mission," Ned explained.

The eatery soon became a popular fast-food destination in the city. Even Sylvester Powell Jr. couldn't resist the Louisiana Kitchen's famous recipes.

"He was always a huge fan of Popeyes from what I understand," Ned emphasized.

Years ago, when the City repaved Johnson Drive, the road was shut down for a day or two. Due to the closure, people could not get in and out of the Popeyes drive-thru.

"We called Sylvester and the lane was opened 15 minutes later," Ned recalled, laughing.

Scott Womack purchased the fast-food establishment in 2013. As president of Womack Restaurants, Scott and his team operate several franchises across the Midwest. His restaurants received a lot of notoriety this summer, when Popeyes released the new fried chicken sandwich.

"I watched people at 9 o'clock in the morning, coming up and banging on the window, saying, 'Do you have the chicken sandwich yet?'" Scott recalled.

The new meal features an all-white-meat chicken breast marinated in a

blend of Louisiana seasonings, hand battered and breaded in a buttermilk coating and served with cured pickles and spicy mayonnaise on a warm brioche bu. Popeyes in Mission debuted the sandwich on Aug. 19, 2019.

"Word spread and our sales



Scott Womack (left), the owner of Popeyes in Mission, and Ned Eddy III, district manager. Photo by Cathy Donovan.

volume doubled overnight," Scott emphasized. At several locations, police were summoned to direct the long lines of traffic entering the fast food establishment.

On Aug. 27, the famous fried chicken sandwich was officially sold out, much to the dissatisfaction of fans everywhere. Nationwide, the company ran out of three months' worth of inventory in 10 days.

"It's unheard of," Ned exclaimed. "In all my years, I've never seen anything like it."

Now, more than two months later, people still stop in to see whether the sandwich has made its return.

"It'll be back permanently on the next roll (out)," Ned emphasized, noting that the company is reconsidering its relaunch plan and working to avoid the supply problems that came up during the first launch. "We want to make sure it's available everywhere (in the future)."

In the meantime, Scott and Ned guarantee Popeyes' tried and true best sellers — spicy bone-in chicken, red beans and rice, a warm and flaky biscuit— are sure to keep customers happy.

So far, they have: Popeyes in Mission is one of Scott's best-performing restaurants out of 14 in the Kansas City region.

"Mission has always been a solid area," Ned noted. "We definitely want to be here as long as we can."

Popeyes is open from 10:30 a.m. to 10 p.m. every day. For more information, or to inquire about catering, call 913-262-1661.



Photo by Cathy Donovan.

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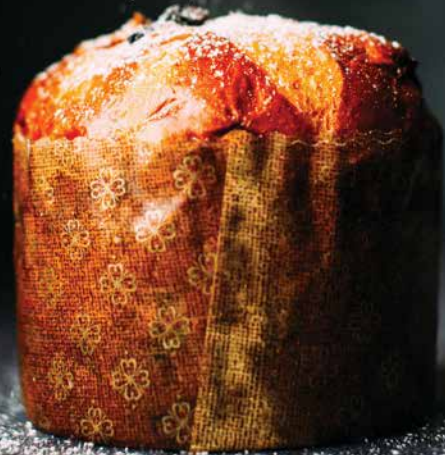
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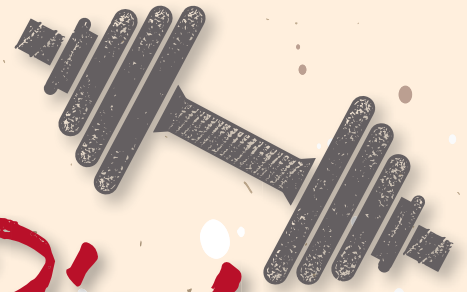
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Do it For the Pie!



Class at Sylvester Powell, Jr. Community Center offers free Thanksgiving Day workout

By Denise Elam

There's nothing quite like Thanksgiving Day. For many, the holiday morning begins with preheating the oven, preparing a delicious feast and spending precious time with family while gaining a few extra pounds. But for those enrolled in the Sylvester Powell, Jr. Community Center's (SPJCC) Burn Before the Turkey class, the morning begins with gains of a much different kind.

"We'll start out first with a warm-up ... then we'll break off into stations, (split) into different ability groups, then come back and do weights in a classroom boot camp setting," said Theo Pappas, a certified fitness instructor who has been teaching at SPJCC for five years.

Theo leads the Burn Before the Turkey class, a group workout designed to help people maintain their exercise routines on a day the center is typically closed. The class starts at 8 a.m. Thanksgiving Day and lasts approximately an hour.

"We close on Thanksgiving Day and a lot of our participants were like, 'Well, how am I going to get my workout in that day?' " explained Jenny Smith, recreation program supervisor at the SPJCC. "So we decided to open up the facility for an hour for a group-wide exercise class. People can come in, get a workout in before they go to dinner."

The class is free of charge, though participants are asked to bring in three non-perishable food items to go toward Mission's Family Adoption Program.

The class exercises change each year. Strength training, yoga and cycling sessions are all viable possibilities for this year's workout.

"We try to offer at least two different types of classes, depending on your fitness level as well," Jenny explained. "We may have a higher intensity and then a bit lower intensity, for those that don't want to hit it too hard that morning."

The class is designed for all ages and ability levels. Entire families often come together, creating a new holiday tradition. Theo's favorite part is watching clients return with their families and seeing the difference they make in the community with their canned donations.

"Meeting everyone's needs on that day, that means a lot to me," he emphasized.

Dory Sabata has attended Burn Before the Turkey for the past two years and plans to be at the SPJCC bright and early again this Thanksgiving.

"Theo Pappas gets us moving and feeling good about burning calories before the big Thanksgiving meal," she noted. "We have a variety of activities to do at our own pace, with a great group. It's good for you and gives

back to others. What a great way to start Thanksgiving Day."

Jenny explained that for her, the best part is just how grateful people are to be there.

"Some people are already signed up to come this year," she noted.

To sign up or to request more information, call the SPJCC at 913-722-8200.

Theo Pappas, a certified fitness instructor, helps lead the Burn Before the Turkey class each year.
Photo by Denise Elam.





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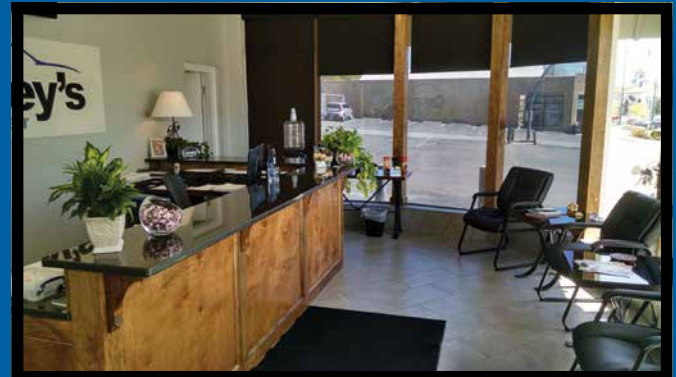
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