



# Entertainment/Lifestyle

## KC Youth Jazz Completes Successful Season

### Auditions Open for the 2020 KC Youth Jazz Program Season



SCENES FROM THE 2019 LP RECORDING SESSION--(LEFT PHOTO, SECOND FROM LEFT) Christopher Burnett, founder and director of KC YOUTH JAZZ poses for a photo with the students and some members of the production crew.

Local students can sign up to audition now for the 2020 KC YOUTHJAZZ program, a private applied music education and performance firm specializing in teaching the art of jazz ensemble performance and the craft of jazz improvisation to a select group of KC area youth artists.

The 2019 Spring/Summer season resulted in many accomplishments including the recording of an LP album. Clips from the recording session may be viewed at: [www.Youthjazz.us](http://www.Youthjazz.us).

YOUTHJAZZ is comprised of student musicians who are among the top jazz artists of their generation. Members are determined by a rigorous audition process before the start of each annual performance season. The Youth Jazz repertoire consists of creatively arranged versions of existing jazz masterworks and commissioned original compositions that are performed and recorded.

There is no fee for youth selected for the program. Students interested in auditioning for the program, and individuals or businesses who want to support the program, may contact the program's founder/director, Christopher Burnett at 913-250-5141, or visit the website at [www.Youthjazz.us](http://www.Youthjazz.us)

## Family Meals Matter

### FAMILY FEATURES

For busy families, finding time to eat together isn't always easy, but coming together around the dinner table regularly isn't just about keeping hungry bellies full. Family meals nourish the spirit, brain and overall health.

Children who grow up sharing family meals are also more likely to exhibit prosocial behavior as adults, such as sharing, fairness and respect. Research has also shown that with each additional family meal shared during the week, adolescents are less likely to show symptoms of violence, depression and suicide, less likely to use or abuse drugs or run away, and less likely to engage in risky behavior or delinquent acts.

In addition, adults and children who eat at home more regularly are less likely to suffer from obesity, and increased family meals are associated with greater intake of fruits and vegetables.

If you struggle to make family meal time happen, try these tips from the experts at the Food Marketing Institute Foundation, creators of the National Family Meals Movement, which aims to help families reap the benefits of enjoying more meals together at home. Or you can find inspiration to make one extra family meal happen each week with recipes like Barbecue St. Louis Ribs, Meatballs or Turkey Pot Pie from the family-focused cookbook "Family Table by Robert Irvine."

**Plan ahead.** Prepare staples or extras of your favorite recipes that you can refrigerate or freeze to use when you're rushed for time.

**Mix and match.** Challenge yourself to see how many different ways you can use a grocery item until it's gone.

**Embrace convenience.** Grocery stores have many time-saving solutions, and frozen and canned produce can be quick additions to many recipes.

**Involve the kids.** Involve your children in shopping, meal planning and meal preparation whenever possible.

**Make nutritional balance easy.** Plan your family's plates by making sure you are getting all the food groups over the course of the day.

"By quitting the actor and being truly present with the people around us, simple tasks you might normally take for granted — like preparing a good meal on the table — take on a deeper meaning," Irvine writes in his book. "The meal comes to be a time for physical nourishment and becomes something that feeds your family's soul. It's not possible to forge that kind of a connection if you've got one eye fixed on your smartphone at the dinner table."

Look for more tips and meal planning resources at your favorite grocery store.



### Meatballs

Recipe courtesy of "Family Table by Robert Irvine" on behalf of the Food Marketing Institute Foundation

Serves: 6

- 1 Spanish white onion
- 3 cloves garlic, minced
- 3 cups diced bread (such as baguette)
- 2 large eggs
- 1/2 cup ricotta cheese
- 1/2 cup Parmesan cheese
- 1 pound ground pork
- 1 pound ground veal
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh Italian parsley, chopped
- 1 tablespoon fresh oregano, chopped

- 2 tablespoons grapeseed oil
- 3 cups basic tomato sauce

In small saucepan over medium heat, sweat onion and garlic.

In large bowl, soak bread in water 1-2 minutes. Squeeze excess liquid.

In separate large bowl, add eggs, ricotta cheese, Parmesan cheese and onion-garlic mixture. Combine then add ground meat, soaked bread, extra-virgin olive oil, parsley and oregano. Mix thoroughly.

Divide mixture evenly to form 10-12 meatballs and use hands to roll into shape.

In large sauté pan over high heat, brown meatballs in grapeseed oil on all sides.

Place browned meatballs in separate saucepan with basic tomato sauce. Bring to simmer and finish cooking, about 1 hour.

### Barbecue St. Louis Ribs

Recipe courtesy of "Family Table by Robert Irvine" on behalf of the Food Marketing Institute Foundation

Serves: 12

- Barbecue Sauce:
  - 2 cups ketchup
  - 2 cups apple cider vinegar
  - 1 cup Dijon mustard
  - 1 cup brown sugar
  - 2 tablespoons cayenne pepper
  - 2 tablespoons kosher salt
  - 1 tablespoon black pepper

### Spice Rub:

- 1/2 cup kosher salt
- 1/4 cup ground mustard
- 1/4 cup paprika
- 1/4 cup black pepper
- 1/4 cup cayenne pepper
- 1/4 cup ground white pepper
- 1/4 cup seafood seasoning
- 1/4 cup ground cumin
- 4 full racks St. Louis-style ribs

To make Barbecue Sauce: In bowl, mix ketchup, vinegar, Dijon mustard, brown sugar, cayenne pepper, salt and black pepper. Transfer to thick-bottomed saucepan over medium-low heat. Allow sauce to warm and mix over heat 10-15 minutes, stirring continuously. Remove and cool.

To make Spice Rub: In bowl, mix salt, ground mustard, paprika, black pepper, cayenne pepper, white pepper, seafood seasoning and cumin. Keep dry and covered until ready to use.

Remove silver skin from bottom side of ribs. Evenly rub each rack with 1/3 cup Spice Rub on top and bottom. Wrap each in plastic wrap and keep overnight in refrigerator or cooler.

Heat smoker with pecan or other fruit wood to 465 F and maintain temperature. Remove plastic and place ribs in smoker 4 hours then check doneness. Ribs should be cooked but not falling off bone.

Remove ribs from smoker and glaze each rack with 1/2 cup Barbecue Sauce. Return to smoker 30-40 minutes. Remove and glaze again with 1/2 cup sauce for each rack and cook 20 minutes.

Remove ribs from smoker. Allow to rest 5 minutes then cut into single or double bone sections and serve.

### Turkey Pot Pie

Recipe courtesy of "Family Table by Robert Irvine" on behalf of the Food Marketing Institute Foundation

Serves: 4

- 2 tablespoons butter
- 1 Spanish white onion, chopped
- 2 celery ribs, medium diced
- 2 carrots, small diced
- 2 cups cooked, shredded turkey (dark meat preferred)
- 2 tablespoons fresh sage, chopped
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh parmesan, chopped
- 4 egg whites

- 4 cups turkey stock (or leftover gravy)
- 2 potatoes, peeled and medium diced
- 1 square prepared puff pastry
- 1 egg, beaten

Heat oven to 375 F.

In medium saucepot, melt butter; add onion and sweat 4 minutes. Add celery and carrots; cook 4-5 minutes. Add turkey and cook 4 minutes. Add sage, parsley and all-purpose flour; cook 4 minutes. Add stock and bring to simmer. Add potatoes and simmer until fork tender.

Pour filling into pie pan and top with pastry. Brush pastry with egg.

Bake pie 20-30 minutes, or until crust is golden brown.



Family Table by Robert Irvine



Family Table by Robert Irvine



### New Red Bridge Branch Library Announces Dedication Ceremony

Mid-Continent Public Library announces the opening of its new Red Bridge Branch in South Kansas City, located at 453B Red Bridge Road within the Red Bridge Shopping Center. Previously located around the corner at 11140 Locust Street, MCPL's former Red Bridge Branch closed about a month ago to move its materials from the old building into the new. The Library will host a **Dedication Ceremony** for the new Red Bridge Branch on **Wednesday, September 25, from 4:30 to 6:30 p.m.**

During the celebration, attendees will have the opportunity to participate in a "book brigade" ceremony, where Library customers and staff will line up to pass the last few books from the old location to the new. Afterward, Library leaders and local officials will give some brief remarks in the community room of the new Red Bridge Branch, followed by refreshments and family-friendly activities, including face painting, a visit from the Library's mascot, Marty the Martian, an "I Love My Library" selfie station, and a balloon artist. The new Red Bridge Branch will officially open for its first full day of public service on Thursday, September 26, at 9:00 a.m.

"We're so excited to welcome our customers to this incredible new building, which we think will be a tremendous resource for residents of South Kansas City," said Sherry Bridges, Red Bridge Branch Manager.

During the Dedication Ceremony on Wednesday evening, the Library will give away special commemorative tokens (one per person) that can be used one time to clear all Library fines and fees up to \$10. In addition, the Library will offer a mobile scavenger hunt through the free GooseChase app, which customers can participate in to qualify for a \$50 gift certificate to Crows Coffee. The Red Bridge Branch Scavenger Hunt will kick off at the dedication ceremony on September 25 and run through October 4, 2019, at 6:00 p.m.

More information about the Red Bridge Branch's opening can be found at [mymcpl.org/Community](http://mymcpl.org/Community).

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