



2401 Gillham Road  
Kansas City, Missouri 64108  
(816) 234-3000

## DIVISION OF CHILD NEUROLOGY

Sept. 25, 2017

Dear CNS Colleagues:

On behalf of the Division of Child Neurology at Children's Mercy Kansas City, we are excited to welcome you to the 2017 CNS meeting! Although most of the time spent in Kansas City will be with the CNS meeting, if you have a free afternoon, evening or are in need of a change of scenery, below are a few suggestions of other places to stay, things to do and places to eat, from your local colleagues.

Things to keep an eye out for:

- **The Brain Bus:** Take advantage of the "Brain Bus," complementary shuttle from the Kansas City Airport to the Sheraton Crown Center. For detailed information look in the CNS e-newsletter, CNS meeting app or visit <https://www.childrensmercy.org/CNS-conference/>.
  - **Tuesday, Oct. 3, 2017:** Shuttle hours: **3– 7 p.m.**
  - **Wednesday, Oct. 4, 2017:** Shuttle hours: **8: 30 a.m. – 5:30 p.m.**
    - **Terminal B:** pick up outside of Southwest baggage claim (approximately between gates B45 –B52)
    - **Terminal C:** pick up outside of Baggage claim (approximately between gates C70– C72)
- **The Children's Mercy Tour:** We would love to extend an invitation to visit and take a tour of Children's Mercy—a short walk across the street (and up a small hill) or shuttle bus ride from Crown Center. We are a unique free-standing, not-for profit, 367-bed children's hospital with art influenced by our neighbor and benefactor, Hallmark and the Hall family, including a resident artist for the hospital. The tour will be **Thursday, Oct. 5 at 1 p.m.** We will meet in the lobby of the Sheraton. Signup at <https://www.childrensmercy.org/CNS-conference/> or stop by the Children's Mercy Booth #325 at CNS.

We can't wait to see you here in Kansas City for the CNS meeting! Please reach out to me with any questions, or stop by the Children's Mercy booth #325 during the meeting if there is anything we can assist with.

Regards,

A handwritten signature in blue ink, appearing to read "Steve Shapiro".

Steve Shapiro, MD

## Other Places to Stay

Couldn't get into the Sheraton Crown Center? No worries there are other options close by, minutes from the Sheraton Crown Center.

- Westin Crown Center, (<http://www.westincrowncenterkansascity.com/>) is a perfect second choice.
- Another option is to search for other hotels using the Visit KC site: <https://www.visitkc.com/visitors/where-stay>

## Getting Around Kansas City

If you arrive outside of Brain Bus operation hours, here are other transportation options to consider from the airport:

- Chauffeured sedan service: \$81 for KCI arrivals, all-inclusive of 20 percent gratuity and \$3 airport entry fee
  - Contact: (800) 575-4845 or visit: <http://www.kclimo.com>
- Taxi: \$55+, depending on time of day and traffic volumes
- Uber: \$24 - \$77, depending on class of vehicle
- Lyft: \$26 - \$76, depending on class of vehicle
- Super shuttle: \$18 for a shared-ride van, other options available <https://booking.supershuttle.com>.

## In the Downtown and Crossroads Area

- KC Streetcar: Hitch a **free ride** on the Kansas City Streetcar. It starts at the Union Station, walking distance from the hotel, and goes through the Power and Light District to the River Market Area. KC Streetcar connects all the downtown neighborhoods with 16 platform stops and 2 miles of track. The ride is about 30 minutes from start to finish, with arrivals every 10-15 minutes. For details visit <http://kcstreetcar.org/>.
- KC B-Cycle: B-Cycle is a 24/7 public bike share system for short trips. They have 33 stations serving Downtown, North Kansas City, Westport, the Country Club Plaza, Kansas City Ari Institute and The Nelson-Atkins Museum, 18th & Vine Jazz District, and the Trolley Track Trail. There is a station at Crown Center Plaza, a quick walk from the hotel. Visit <https://kc.bcycle.com/> for additional details and pricing.
- Zipcar: a car-sharing service, cars can be booked by the hour or day. There is a Zipcar location at Union Station, within walking distance from Crown Center. Find out more by visiting the website: <http://www.zipcar.com/>.

## Places to Eat and Drink

In addition to the City of Fountains, Kansas City is also the city of barbeque; make sure to visit some of the local favorites! We also have a lot to offer beyond barbeque. KC is the home of many good, locally-owned restaurants. There is a plethora of options in the nearby Crossroads area, Downtown Kansas City and the Country Club Plaza.

Here are some favorites within our neurology team at Children's Mercy:

1. **Crossroads Art District** in the historic converted Freight House, there are three notable restaurants, a 10 to 15-minute walk (through the elegant and historic Union Station) from the Sheraton Crown Plaza.
  - a. Lidia's Kansas City: Lidia Bastianich, founder and president of an entertainment company that produces "Lidia's Italy," an Emmy-nominated PBS television series, cookbooks and a flourishing food and entertainment business. Lidia is the chef/owner of four acclaimed New York City restaurants — Felidia, Becco, Esca & Del Posto, as well as Lidia's Pittsburgh & Lidia's Kansas City. Lidia can sometimes be seen in the restaurant. All the food is good, and a Kansas City favorite of frequent customers is their signature dish, Lidia's Pasta Trio, unlimited daily pasta selection served tableside. Open for lunch and dinner, (816) 221-3722; <http://lidias-kc.com/>.
  - b. Fiorella's Jack Stack Barbeque: Jack Stack serves remarkable Kansas City barbecue plus steaks, fresh seafood, award-winning lamb ribs, and side dishes like hickory pit beans and cheesy corn bake, and boasts the largest, full-service wood cookery in the industry, (877) 419-7427; <http://www.jackstackbbq.com/>.
  - c. Grünauer: Authentic Germanic cuisine is a namesake Viennese Gasthaus in the historic Freight House. The restaurant is the second iteration of the family's restaurant of the same name in Vienna's artsy Neubau neighborhood, (816) 283-3234; <http://grunauerc.com/>.
2. **Crossroads: Other nearby restaurants**
  - a. The Rieger: This restaurant is in the historic former Rieger Hotel, opened in 1915. The building has a long, rich history and much of the décor, including the tile floor and bathroom fixtures, remain original. The menu is varied, with steaks, seafood, classic dishes, hand-crafted cocktails and some unusual menu items. A 10-minute, 0.5-minute walk north on Main Street or one stop on the free KC Streetcar, (816) 471-2177; [theriegerkc.com](http://theriegerkc.com).
  - b. Manifesto: Located in the basement of The Rieger, is a small, intimate cocktail lounge that was operated as a "Speakeasy" during Prohibition, and was frequented by the likes of Tom Pendergast and Al Capone. The Manifesto is known for their inventive cocktails, and Esquire Magazine has named Manifesto one of the "Best Bars in America." They accept online reservations through at <https://theriegerkc.tocktix.com/> or you can reserve a table by texting (816) 536-1325.
  - c. Anton's – In addition to dry-aged, delicious steaks, they are focused on sustainability and even have an aquaponics system and butcher counter, (816) 888-8800; <https://antonskc.com/>.

### 3. River Market

- a. Garozzos: Great Italian food and ambiance. Chicken Spiedini is their signature dish, (816) 221-2455; <http://garozzos.com/>.
- b. Il Lazzarone: Authentic Neapolitan pizzeria, one of the best pies in the city, (816) 541-3695; <http://illazzarone.org/>.
- c. Habashi House: Offers Mediterranean dishes and is a must in the River Market area. Try their Shawarma combo and kabobs, (816) 421-0414; <http://www.habashihouse.com>.

### 4. Financial District

- a. The Majestic Restaurant: A classic Kansas City steakhouse. There is Jazz Club at the restaurant seven days per week with a full menu, cocktails and jazz trios every night of the conference. The Pendergast Club is a unique private dining facility located on the top floor named for legendary political boss Tom Pendergast, (816) 221-1888; <http://majestickc.com/>.

### 5. Jazz District – 18<sup>th</sup> and Vine

- a. Arthur Bryant's Barbeque: One block, 0.4 mi from the Jazz Museum is the most famous and iconic barbeque joint in Kansas City, and one of the best in the country. Presidents, vice presidents, actors, directors, have all stopped here through the years, and many have their pictures on the wall. This is totally "un-fancy," with a limited menu of barbeque and a few sides and beers. In my opinion, they have the best "burnt ends" in town, I think this Kansas City favorite originated there, and noted pulled pork sandwich aficionado Rob Rust has proclaimed that he had the best pulled port sandwich ever at Arthur Bryant's, (816) 231-1123; <https://www.arthurbryantssbbq.com/>.
- b. 1½ blocks closer to Arthur Bryant's are the American Jazz Museum, The Blue Room Jazz Club and the Negro Baseball League Museum, see below.

### 6. Around the City

- a. Justus Drugstore, A Restaurant, Smithville, Mo., a 22-mile 32-minute drive but worth it, if you can get a reservation. Written up in Bon Appetite, NY Times, Wall Street Journal. I think it's the best restaurant in the area, (816) 532-2300; <http://www.drugstorereRestaurant.com/>.
- b. Joe's KC – another BBQ must try, the original is located inside a gas station at the corner of 47& Mission, (913) 722-3366; <https://www.joeskc.com/>.
- c. Q39 – located in midtown, about 10 minutes from the Sheraton Crown Center, is one of the newest BBQ joints in KC, born out of competition barbeque passion from a classically trained chef. Also maintains a made-from-scratch kitchen, (816) 255-3753; <https://q39kc.com/>.
- d. The Westside Local - you must try the Westside Local for the farm-to-table experience. It has an eclectic vibe with a vintage feel. The poblano and spinach dip is a must-have followed by the jalapeno and jam burger, (816) 997-9089; <http://thewestsidelocal.com/>.
- e. Café Provence –for an intimate French Bistro, (913) 384-5998; <https://www.cafeprovencekc.com/>.
- f. Rye KC –for in-season farm-to-table cooking, (913) 642-5800; <http://www.ryekc.com/>.

## 7. Westport

- a. *Bluestem* – nationally renowned husband and wife chefs, 3-5-7 course prix-fixed meals with or without wine pairings, in Westport, Kansas City, Mo., about a 7-minute drive from Crown Plaza. Bluestem has received local and national accolades including being named as a 2015, 2016, & 2017 James Beard Semifinalist for “Outstanding Restaurant” for an invigorating marriage of cuisine and hospitality. They also operate Rye in Leawood, Kan., (816) 561-1101; [bluestemkc.com](http://bluestemkc.com).
- b. *Westport Ice Cream Bakery* - the best ice cream in KC, (816) 214-8887; <https://www.icecreamkc.com/>.
- c. *Filling Station* - for baked goods and lattes/cappuccinos that can't be beat. Or grab an avocado turkey sandwich and enjoy the patio seating, (816) 931-4335; <http://www.fillingstationcoffee.com/>.
- d. *Beer Kitchen* for a relaxed atmosphere that will please vegans and carnivores alike, (816) 389-4180; <http://beerkcrestaurants.com/beerkitchenkc/>.

## 8. Crown Center/Union Station

- a. *American Restaurant* – Conveniently located at Crown Plaza. Long-standing upscale New American restaurant in an elegant Crown Center venue with skyline views. The restaurant's design was conceived by renowned architect as a huge lace valentine, with white oak columns branching into a canopy of elongated hearts. Three-story floor-to-ceiling windows offer a spectacular view of the Kansas City skyline. A perennial Mobil 4-Star and AAA 4-Diamond designee, (816) 245-7331; <http://theamericankc.com/>.
  - b. *Fritz's Railroad Restaurant* – a family-friendly must-see for kids and adults, where your meal is delivered via a train, running along a restaurant-wide railroad! Serving up old-fashioned hamburgers, cooked to order, (816)474-4004; <http://www.fritzskc.com/>.
  - c. *Pierpont's at Union Station*, an upscale steak and seafood restaurant, (816) 221-9779; [www.pierponts.com](http://www.pierponts.com).
- 8. County Club Plaza, 12-minute drive from Crown Center.** Also the KC Max bus runs from the hotel to the Plaza, \$1.50 per ride cash or you can use the RideKC App., <https://countryclubplaza.com/>.
- a. *Café Trio* – good food, local restaurant, Jazz piano
  - b. *Cheesecake Factory*
  - c. *Fiorella's Jack Stack on the Plaza*
  - d. *Brio Tuscan Grill*
  - e. *McCormick and Schmick's*
  - f. *Kona Grill*
  - g. *Eddie V's Prime Seafood*
  - h. *Capital Grill*
  - i. *Jax Fish House and Oyster Bar*
  - j. *Seasons 52*
  - k. *Chas* at the Raphael Hotel, usually with a Jazz duo or trio
  - l. *Andres* - for cheese pie and macaroon cookies

## Fun Things to Do

- **River Market:** About 2 miles away and at the other end of the free Trolley line that you can catch on Main Street next to Union Station, this has a number of good restaurants. Saturday morning there is a Farmer's Market with a variety of ethnic restaurants, street musicians (buskers), and an interesting Arabia Steamboat Museum; <http://kcrivermarket.com/>.
- **First Fridays:** Kansas City has First Fridays in the Crossroads and Power and Light Arts District on the first Friday of each month, which will be Friday, Oct. 6 during the CNS conference. Walk down to 20<sup>th</sup> street, 0.4 miles down Main Street, or the bridge to the Freight House, and you'll be there. There are many art galleries, food and music. <http://kccrossroads.org/this-first-friday/>.

Chocolate lovers, try not to miss Christopher Elbow Chocolates, beautiful (and expensive). The chocolates are unique and beautiful. The owner, Christopher Elbow, started his store in Kansas City, and has one other in San Francisco. Consumer Reports ranked 36 boxed chocolates last year, and ranked Christopher Elbow's #2; they wrote, "Not for the faint of heart. Artistic looking, ultra-smooth chocolate houses an array of bold, unusual flavor combinations such as buttery caramels that taste of rosemary or balsamic vinegar. Well-blended with a notable flavor variety but definitely not typical mainstream chocolates." (Fleur de sel caramel chocolates are my favorite). Their truffles usually sell for about \$2.50 a piece, but usually although not always during First Friday's, they sell them for \$1 each. They open their store at 5 p.m. and usually sell out fast. (816) 842-1300; <http://www.elbowchocolates.com/>.

- **Jazz District – 18<sup>th</sup> and Vine:** Sharing the same building in the historic 18<sup>th</sup> and Vine Jazz District are American Jazz Museum, The Blue Room Jazz Club and the Negro Baseball League Museum. It is a 2.5-mile, 7-minute car or cab ride from the Westin. For The Blue Room schedule visit: <https://americanjazzmuseum.org/blueroom>.
- **Kauffman Center for the Performing Arts:** Two performing halls designed by Moshe Safdie who designed the Sydney Opera House. The symphony hall, designed by the Japanese acoustician who designed the Hollywood Bowl, is said to be one of the acoustically best concert halls in the world. Visit: <http://tickets.kauffmancenter.org>.
  - Wednesday, Oct. 4, 2017
    - UMKC Conservatory Orchestra directed by Robert Olson
    - Eugene Onegin
  - Friday, Oct. 6, 2017
    - Eugene Onegin
    - Jump'in Down Route 66
  - Saturday, Oct. 7, 2017
    - Brian Stokes Mitchell with the Kansas City Symphony - A benefit concert for Kansas City Young Audiences
- **Nelson-Atkins Museum:** One-half mile east of the Country Club Plaza, one of the best fine arts museums in the country, known for its outdoor sculpture. It is large, free with lots to see, including a new impressionist art exhibit. Lunch or dinner at Rozzelle Court in the style of a 15th-century Italian courtyard, is very nice (816) 751-1278; <https://nelson-atkins.org/things-to-do/rozzelle-court-restaurant/>. Nearby, the Kemper Modern Art Museum, a much smaller museum, has an excellent café open for lunch, dinner and brunch periodically throughout the week, Café Sebastienne, (816) 753-5784; <https://www.kemperart.org/cafe>.
- **Kaufman Gardens:** Across the street from the Nelson-Atkins, small but lovely formal garden.
- **The National Museum of Toys and Miniatures:** Exhibits and preserves one of the largest collections of antique toys and fine-scale miniatures in the world, <http://www.toyandminiaturemuseum.org/>.

- **College Basketball Experience:** This is not a museum. The College Basketball Experience is a high-energy interactive facility where fans—from the casual to the passionate—of any age can immerse themselves in the game, 1 mile, 5 minutes by car, accessible two short blocks from a Trolley stop. (816) 949-7500 <https://collegebasketballexperience.com>.
- **Crown Center:** You could easily spend a day at Crown Center, a “city within a city” featuring 60+ shops and restaurants, live theater and the *Hallmark Visitors Center*. Kids can be kids here, too, thanks to the side-by-side attractions *LEGOLAND Discovery Center* and the city’s first aquarium, *SEA LIFE*; <https://www.crowncenter.com/>.
- **Union Station:** Next door is, KC’s historic train station, which now houses a children’s science center, plus theaters, touring exhibits and Amtrak. To the south is the *National World War I Museum and Memorial*, an American treasure and the country’s only museum dedicated to the Great War; <http://www.unionstation.org/>.
- **Federal Reserve Money Museum:** a big hit with kids, every visitor walks away with a complimentary bag of shredded currency—\$165 worth. Talk about a priceless souvenir, free; <https://www.kansascityfed.org/moneymuseum>.