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ENJOY THE SPACE YOU'RE IN!

Photography by Amber J Deery



There's something about being home, a feeling of comfort and peace. This has not always been the case for me. I used to be overwhelmed, almost more stressed out than anything, when I was at home. It is as if I would walk in the door, and I immediately felt like I had an infinite number of things I thought I just had to get done.

When the kids were younger, I had it in my head that all the toys needed to be picked up when they were done with them. We all know how that goes; they are never done with them so I would be picking them up so that they could be dragged out again hours later. Now, I miss the toys being out because they are getting to the age where it is more video games and playing basketball or baseball outside, sometimes in the house.

I used to never sit down, always staying busy picking up this, wiping down that, or organizing or rearranging something. Now, I just do not have the energy, but I think part of it is that I'm wiser. Life is too short. I have realized that I need to sit down, relax and

enjoy the space I call home. I think I'm starting to find a balance between getting all my daily steps in just by doing things around the house and kicking my feet up to read or watch the next thing on Netflix or play a board game with the family.

The thing is, the house will never be perfect. It may look perfect to others, but I can always find so many things that I think need to be done. Well, they will be there later or tomorrow. Soon, the weather will get warmer and

spring cleaning seems to be a must; find time to enjoy your home. Be okay with saving the laundry for tomorrow. Kick your feet up and relax. After all, we all deserve to once in a while.

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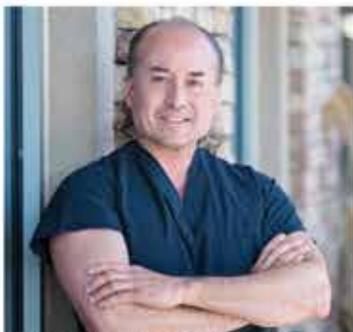
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FASHION IN KC

BY LISSETH VILLALOBOS-AZAB | PHOTOGRAPHY BY BROOKE CALLISTER

Hello, my name is Lisseth Villalobos-Azab, I am managing director for CREATE TWENTY-TWO, a fashion and beauty consultancy company out of Los Angeles, California, regional director for Fashion Group International, and now fashion blogger for HERLIFE Magazine. I am very thrilled to contribute to this amazing magazine that supports and elevates women. My goal is to bring you insights, inspiration and resources that will help you have the fashion updates and trends at your finger tips.



Our new year calls for new beginnings, starting with our appearance and wellbeing. That can start with physical form, becoming healthier in our habits, exploring new styles with makeup techniques, or new beauty regimens and, of course, our fashion style and wardrobe.

I would like to bring to you some of the fashion and beauty insights we can look forward to this coming year. We clearly ended and started the year with the famous pink obsession. Every major fashion house featured a pink moment, Valentino with its collaboration with Pier Paolo Piccolio and campaign with Zendaya; Versace had their pink moment with their infamous pink platform shoes and bags to match, as well as Christian Siriano with a beautiful tea-length dress.

As we move into the new year, we will see more bright colors; think about highlighter colors! We have seen this trend already start, but we will see this head-to-toe in brights, dresses, suits for men and women, jumpers, bodysuits and more. We will also see button-up shirts reworked and added into wardrobes with a special twist, which will be great for the new looks that will be coming out for working attire. We will start to see much softer pieces coming into summer with crochets, soft fabrics, flower patterns and lots of bounce in the garments.

We have some beautiful resources in Kansas City and surrounding areas where we can find some of these trendy items along with some great professionals around town who can help you in creating new looks and planning out the essentials you will need for your closet this year.

We love the idea of supporting local and regional woman-owned businesses. A few we have learned about for these special pieces are Clairvaux, a boutique with all the new trends from bouncy fabrics to florals and work essentials. Another place we love to visit is Dear Society, named by Vogue one of the 14 small businesses to shop in the Midwest. Last but not least, the newly found Flighty Apparel, an online shop where you can find those special statement pieces for a fun night out or casual work pieces with a pop.

We also have professional stylists and closet organizers to help you successfully build out your dream closets, purge what no longer serves you and create looks for your lifestyle. Abby Wood, who you may know from her fashion blog in HERLIFE the last few years, is a professional stylist and personal shopper. Amani Skalacki is a wardrobe stylist, prop and set stylist and editorial stylist. We also have access to The Real Real in Kansas City with their representative Anna West.

I hope I can help start your new year with a new set of tools for your fashion needs! ♦



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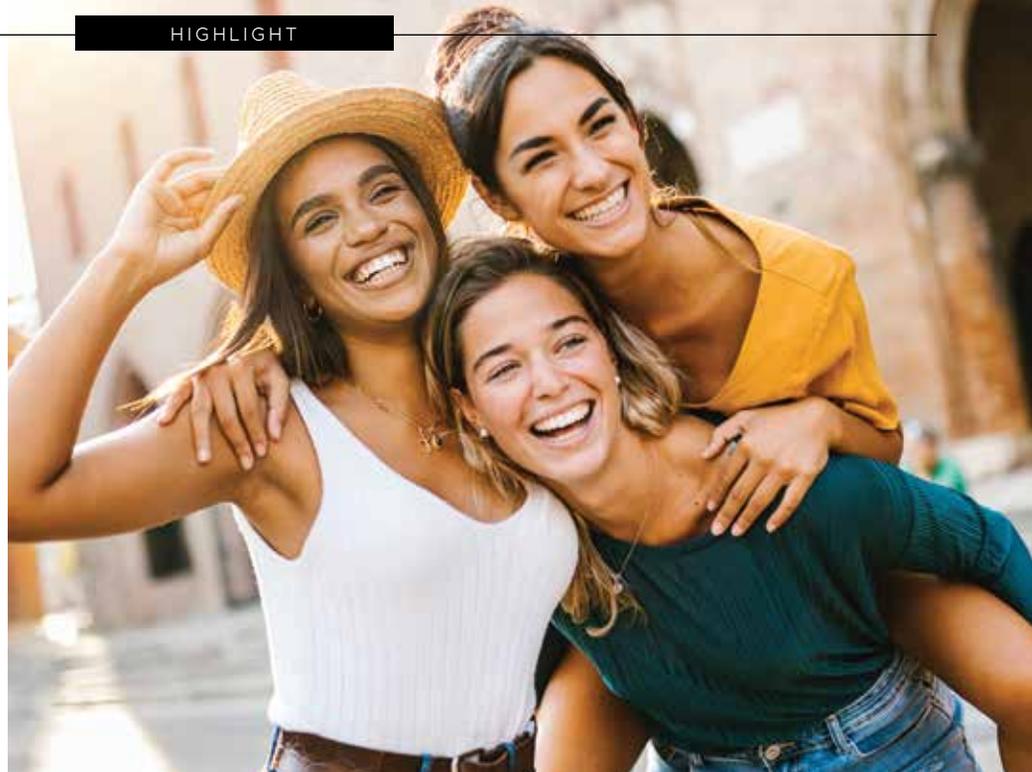
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Photo by Amber Deery



Girl Tripping!

It's how two small business owners cater to the health and friendships of other women.

Eileen Burns and Val Katzer Foltz of Garnett, Kansas, share a close bond of friendship and a passion for creating curated weekend getaway bundles for others to enjoy. Eileen owns the historic Kirk House, and Val is owner of Monroe 816, a home-styling boutique, located just a few blocks apart. As both women are wives, busy moms, community volunteers and small business owners, they certainly appreciate the importance of a weekend girls' getaway and how good it is for the soul.

These two friends agree that a weekend getaway is not only fun but necessary to recharge the female mind and body. There has been an abundance of research conducted to confirm that a girls' weekend not only promotes an outlet to share feelings, gain new perspectives, recharge, unplug from chaotic lifestyles and release feel-good hormones, but it also more than likely brings with it all

— ❖ —
These two friends agree that a weekend getaway is not only fun, but necessary to recharge the female mind and body.
 — ❖ —

the health benefits of a good laugh! We all know how that feels!

Eileen and Val have collaborated to provide girls' weekend getaway themes centered around being able to escape the demands and craziness of everyday life. Their getaway packages typically combine a relaxing weekend stay at the Kirk House with an activity and shopping experience in downtown Garnett. Imagine a weekend with your besties in a beautiful historic home in a quiet small town with plenty of places to shop and eat. They have designed weekend bundles



Photo by Amber Deery

themed around Little Luxuries, Moms and Mimosas, Fall Crafting, VIP shopping, and these thoughtful women can even create custom packages.

They not only share a love of bringing people together and do so regularly in their personal lives, but they also understand how recharged they feel after spending time with girlfriends who keep them grounded and lift each other up. Why not let them help you plan your girls' getaway at the Kirk House and Monroe 816?

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DON'T DISMISS HEART SYMPTOMS: TRUST YOUR BODY AND INTUITION

BY LISA BUTLER

Three years ago, on her 76th birthday, Mary was not feeling well. She told her daughter, Roxsen, her symptoms. Roxsen, aware of the signs of a heart attack in a woman, immediately drove her mother to the emergency room. After an evaluation and testing, Mary was released and was advised by the ER doctors to get a GI screening. Even after Roxsen disagreed, the medical staff determined Mary was not having a heart attack and sent the pair back home.

Two weeks later, Mary, in excruciating pain, phoned her daughter at work. After Roxsen called 911, Mary was rushed to the hospital, suffering a heart attack. Her heart had rare damage solely from being left untreated earlier. Mary died a few days later.

THE STATS

A woman dies every minute from heart-related problems, a morbidity level that's five times higher than breast cancer. Even with these statistics, women and the people around them will often chalk up the heart attack symptoms they are experiencing to less life-threatening conditions such as acid reflux, the flu or normal aging.

Doctors are people, and people make mistakes, but research suggests women are more likely than men to be on the receiving end of those medical miscalculations. Compared to men, women are 50 percent more likely to receive the wrong diagnosis following a heart attack, according to a study from University of Leeds in the UK. To add to the dilemma for women, past guidelines to treat heart disease have often come from studies geared toward men. Statistics are improving yearly, but in 2020, only about 38 percent of clinical trial subjects were women.



But what was once considered a man's disease is finally being connected to women on a more regular basis. Doctors now know that post-menopausal women are at high risk for heart attacks, and more recently, that heart disease is appearing in much younger women during pregnancy and postpartum.

THE SIGNS

We've all watched the movie scenes where a man holds his chest, screams and falls to the ground when he's having a heart attack. But a heart attack victim can easily be a woman, and the scene may not be very dramatic, like Mary's scenario. By now, many of us can signal the symptoms, but we generally leave it up to medical workers to advise us how to proceed. Getting help immediately can be life or death, even if the signs are subtle, such as those noted in the sidebar.

THE BATTLE

With growing numbers of female doctors and women in medical research, it's likely more emphasis will be placed on women when it comes to diagnosis and treatments. Experts also recommend that older women have a child or other loved one act as a health advocate, since older adults may have trouble remembering symptoms and

health issues. Caregivers should also make a point to be involved in their loved one's medical plans or insurance. In Mary's case, she might have not gotten the care she needed (or deserved) from that initial emergency room visit, simply because of a recent change in her insurance plan.

More recent research says there is a definite connection between a woman's stress levels and heart disease. Females with depression are 48 percent more likely than a male to suffer heart problems. Experts recommend women work on reducing stress, especially lingering high levels of tension and anxiety over the last three years of the pandemic.

THE GOOD NEWS

Ninety percent of heart disease cases can be prevented with a healthier lifestyle, more exercise, better diet, no smoking and regular appointments with our doctor. With certain changes, we can put more control in our own hands. By being proactive about our own health, we can better receive the care we need in a timely and respectful manner.

Three years later, Roxsen's experience with her mom's heart attack and the way it was handled is still raw and painful. Regardless of the challenges we face, it's important to learn, focus and, perhaps more importantly, be persistent. When we know our own bodies and trust our gut, our heart may be in better hands. ♦

SOURCES: *heart.org, everydayhealth.com, mayoclinic.org and theguardian.com*

AMERICAN HEART ASSOCIATION ADVISES WOMEN TO BE AWARE OF THESE SYMPTOMS.

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women may experience other symptoms that are typically less associated with heart attack, such as shortness of breath, nausea, vomiting and back or jaw pain.



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MK SALON ESSENTIALS

Achieve the Sophisticated Look You Want!

BY CHRIS WESTWATER | PHOTOGRAPHY BY AMBER DEERY

When you want to look and feel your best, put yourself in the capable hands at MK Salon Essentials. Krissy Dechant, co-owner of the salon, has cultivated a welcoming atmosphere in which she and her team provide high-end cosmetology services that will leave you looking great and feeling rejuvenated. Visit MK Salon Essentials for your next hair, nail or facial wax service. "I strive to bring out my clients' natural beauty by providing unparalleled service at an affordable price. My commitment is to make you look and feel your best every time you leave our salon," Krissy said.



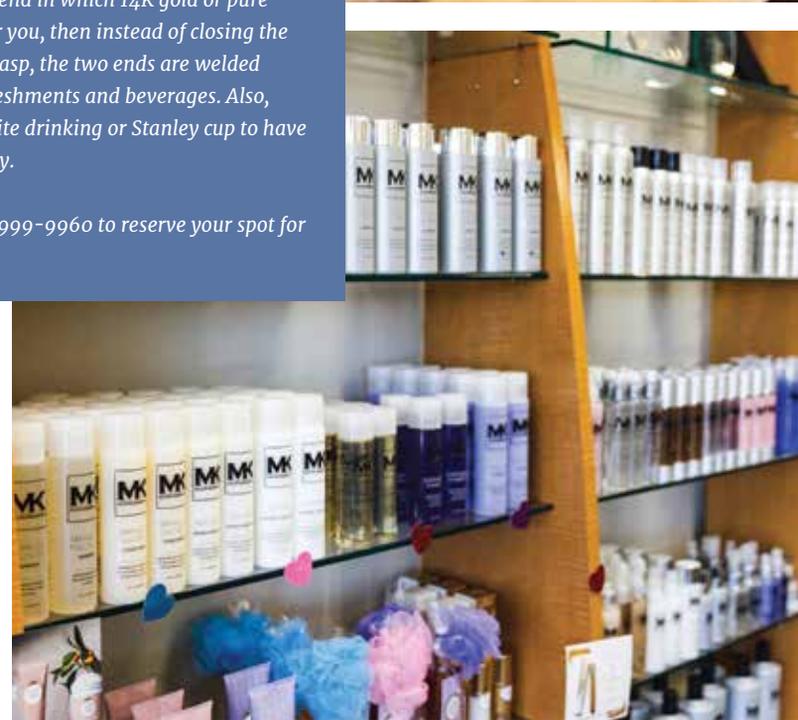
Krissy and the MK Salon Essentials team can help you achieve the look you desire, be it a style, cut or color you've always wanted, gorgeous nails for every day or a special event or hair extensions. "Our salon is a haven for anyone to feel beautiful," Krissy affirmed. "We provide a professional yet personal atmosphere where every individual is truly cared for." In addition to custom-made top-of-the-line products, she and her team have years of experience making people feel attractive. From balayage

to beard trims, pedicures to highlights, hair extensions to semi-permanent color and more, MK Salon Essentials has you covered.

THE MK SALON ESSENTIALS STORY

Some of the best stories revolve around romance, and the creation of MK Salon Essentials is no exception. It started in November 2020 with a Facebook wave from Marion Martinez to Krissy. After messaging on Facebook, they decided to meet for their first date. The connection was instantaneous, and that date led to many more. "Over the months, I watched Krissy work hard at the salon she was working at, and I decided to buy a salon for her because I knew she would be successful," Marion smiled.

With almost three decades working as a cosmetologist and almost 20 years with her own cosmetic line, Dechant Sheer Minerals, Krissy was an expert at running the customer-facing portion of the business. Marion brought his myriad experiences in management from restaurants to car dealerships and many things in between to handle the other aspects of running a company. Put the two together and they were ready for a partnership in business and pleasure. In preparation for launching their salon together, they had a haircare product line created exclusively for the salon. MK Salon Essentials opened its doors on May 23, 2022, by the



happy couple and co-owners, Krissy and Marion.

STAFF, SERVICES AND PRODUCTS

Krissy prides herself on making the salon relaxing and beautiful, with regularly updated décor, uplifting essential oils diffused throughout the salon and a gorgeous waterfall that clients always appreciate. Up-beat music and a friendly “hello” greet you when you walk in the door. “Yes, my salon looks like a salon, but it is so relaxing it also can make you feel like you’re at home,” Krissy said.

Krissy and her team stay aware of upcoming trends. “Our mission is to provide the highest-quality service and the most up-to-date techniques available in the industry today,” Krissy said. “Our advanced master stylists have extensive experience in color, cuts, highlights, balayage and hair extensions.” Additionally, MK Salon Essentials’ experienced estheticians and nail technicians provide comprehensive facial hair removal and nail services.

The MK Salon Essentials exclusive, custom-made haircare products are sulfate-free, vegan, plant-based and paraben-free, and leave your hair looking and feeling wonderful. “I’ve had Dechant Sheer Minerals for 19 years; I have a chemist who makes our mineral makeup line with vitamins A, C and E and green tea extract,” Krissy related. “We do not have such ingredients as aluminum starch, corn starch or bismuth chloride. Our minerals are a higher grade, which helps treat your skin while wearing you’re wearing it.” Dechant Sheer Minerals use European standards but are made in the U.S.A. “MK Salon Essentials is dedicated to providing customer satisfaction by rendering excellent service and high-end, exclusive products in a relaxing atmosphere,” said Krissy. Conveniently located off Pflumm Road and 127th Street in Overland Park, the salon is easily accessible and offers private parking. Krissy and the team at MK Salon Essentials invite you to book an appointment online or by calling the salon today. ♦

Visit mksalonessentials.com to learn more.

GALS' AFTERNOON OUT WITH MK SALON ESSENTIALS AND REVITALIZ3

Join MK Salon Essentials and Revitaliz3 for a fun afternoon on Saturday, March 4, from 3:00 p.m. to 6:00 p.m., with permanent jewelry, Dechant Sheer Minerals demos, Botox (\$8 a unit), paraffin dips and chair massages.

Permanent jewelry is a hot new trend in which 14K gold or pure silver chains are sized perfectly for you, then instead of closing the bracelet, necklace or ring with a clasp, the two ends are welded shut. “We’ll have door prizes, refreshments and beverages. Also, don’t forget to bring in your favorite drinking or Stanley cup to have permanent jewelry on,” said Krissy.

Call MK Salon Essentials at (913) 999-9960 to reserve your spot for this fun event. ♦





Lily Mueller

AN ARTIST IN SO MANY WAYS

BY CINDY MCDERMOTT
PHOTOGRAPHY BY AMBER J DEERY

She has exhibited at impressive galleries, including Jackson Junge Gallery in Chicago and Charlotte Street Foundation and Troost Gardens in Kansas City. In a few months, Weinberger Fine Art, already representing this up-and-coming artist, will host her first solo exhibition at its impressive Kansas City gallery. Meet Lily Mueller, a Kansas City, Missouri, artist, creator and quilter employing hand-dyed fabrics with a unique composition of color and texture.

“These quilts are hand dyed using mostly natural fiber fabrics such as cotton and silk. Sometimes, I incorporate found fabrics that may be polyester but not very often. My process always begins with drawing, whether it’s on paper with Crayola® markers or using Procreate® on the iPad. I’ve been drawing for a long time, and it is the process that feels most innate to me, making it easy to work through different ideas and designs,” Lily noted. “Even though I start with a drawing plan, I leave room for the piece to change and grow as it evolves into a quilt. This might mean changing a shape or color in the original design, or changing the shape of the entire quilt.”

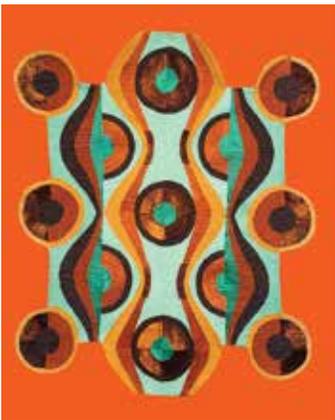
But when she digs down to the roots that allowed her to sew together successes, her design influence is inspired by colors and how they morph when paired with others. Her precise mixing of color intensity, saturation and hue develops into mesmerizing works of art, playful for the eye yet enticing for further evaluation.

BINDING TOGETHER HER FOUNDATION

The most significant impact on her relatively young yet successful career as an artist, the foundation for all things creative, was made by her parents. “I’ve always loved to make from as early on as I can remember. There’s something very therapeutic about zoning out and getting lost in the creation of

something. You get to shut out the world for a second and be very present in time.

“Seeing what other people have created inspires me to make. I love how art evolves from one interpretation to another. It’s almost like its own language,” she advised. “My biggest motive of all is probably my upbringing. My family has always encouraged me to create and make things. I grew up in a very creative home. My dad is an architect and a musician, and my mom studied fashion design and merchandising. We used to sing and play instruments, draw and build things a lot when I was little. I think creating will always remind me of how special and happy that time in my life was. I feel very lucky to have had that. They really nurtured my creativity at such a developmental time in



my life.”

In addition to her parental support, Lily found creative instruction and inspiration at the

Kansas City Art Institute, or KCAI, where she received her BFA. KCAI has an impressive lineage dating back to its foundation in 1885. It is accredited by the National Association of Schools of Art and Design and Higher Learning Commission, with about 700 students and 75 faculty members. It was here that Lily discovered traditional quilting techniques balanced with her own quilting language that moved her work to another level.

“I learned to quilt during my time at the Kansas City Art Institute. I took the quilting elective with Kim Eichler-Messmer and instantly fell in love with the process. One of the first things we learned was how to do some traditional piecing techniques such as the Log Cabin, which is blocks made up of narrow strips of fabrics, or logs, formed around a central square, and Drunkard’s Path, symbolizing a drunk’s staggering walk in fabric. These two traditional methods of piecing really stuck out to me and helped me develop my own patterns in quilting and my ‘quilting language.’”

AN IMPRESSIVE SHOWING

This summer Lily will offer a showing at the Weinberger Fine Art gallery, located in the heart of Kansas City’s Crossroads Arts district and housed in a renovated historic industrial building. Weinberger Fine Art is committed to showcasing diverse and high-quality work from both emerging and established artists, and Lily fits perfectly within the gallery’s objectives. She sees the representation and the showing as the push she needs to obtain another higher level in her career.

“I sought out representation from Weinberger not only because I wanted to reach a larger audience but also because I wanted to sup-

port and be a part of a women’s business enterprise. I’ve always been drawn to their gallery and the way they curate artwork,” she stated. “The gallery itself is architecturally beautiful and the walls are always being painted beautiful bright colors. I just started my representation with them and I look forward to having my solo show in June. They have already been so helpful to me in terms of giving me feedback and helping me grow as an artist.”

Creatives enjoy expressing themselves through the pieces they fashion, and Lily fits into that mold. While she is in the blossoming time frame of her career, she has pieced together many fine points not only in her quilting capabilities but in her business acumen to land such impressive showings. She is quick to share advice for other female entrepreneurs who are entering creative careers or in other fields.

“It’s okay to accept the feeling of being uncomfortable or feeling a lot of pressure in your field. I think those are natural emotions that occur and we try to ignore them and shut them out. I try to remind myself that pressure can be good and it is an opportunity to grow, she advised. “I think it is always very important to find good mentors in your life. I have had so many wonderful mentors who have given me great advice and helped push me. The advice they give you might not click in at that moment but further down the road you’ll be glad you remembered. I still have so much to learn and lean on their advice and suggestions more than ever.”

A PART OF OUR HISTORY

Quilting is an important part of American life. Using scraps and pieces from garments or fabrics that featured segments in a woman’s life such as leftovers from a child’s christening gown or a husband’s Sunday’s best, women used quilting to record the history of their families or to enable them to overcome hardships in life. Now, many men are picking up needle, thread and fabric to tell their stories as well. Lily draws on that historical inspiration to tell her story.

“I’m very inspired by other forms of design such as architecture, fashion and interior design. I love mid-century modern design, arts nouveau and art deco. They all have a very elegant yet playful quality about them, which I try to replicate in my quilt designs,” Lily noted. “I also love to create because I feel like it’s a way to share my joy with the world. Not only do I love to make, but I love to create with people. I don’t limit that to just visual art; I love to sing and play music with people as well.”

Whether you are a quilter, wall artist or another type of female businessperson, Lily urges all attempting to express themselves through art to always keep your eye on the prize at the end. This can be your own goal or passion but ensure that you are focused on achievement whether that is completing a project or participating in a solo exhibit at a fine Kansas City art gallery.

“Don’t give up on the things you’re passionate about doing. If your passion doesn’t become your career, that doesn’t make it unsuccessful. Our passions and aspirations are part of what makes us unique human beings and they are qualities we need to feed into and nurture,” she commented. “For all the women reading, we need to stick together and build each other up. You will not be successful by tearing other people down. Listen to advice, accept love and give love back. What goes around comes back around.” ♦



“Don’t give up on the things you’re passionate about doing. If your passion doesn’t become your career, that doesn’t make it unsuccessful. Our passions and aspirations are part of what makes us unique human beings and they are qualities we need to feed into and nurture.”

Urban Egg

*CUISINE THAT'S Sweet, Savory
AND OH SO Satisfying*

Few things have the possibilities of an egg. Aside from the obvious ability to become a chicken, eggs are the perfect start to your day and the perfect dinner! They are amazing all by their sunny little selves, whether fried, deviled, poached, soft or hard boiled and they're also an integral ingredient in most of the foods you enjoy. They provide leavening, binding, aeration, or fluffiness, texture, flavor and color. So much possibility in the palm of your hand!

When rich, delicious, pasture eggs are placed in the hands of the innovative culinary team at the Urban Egg, there seems to be no limit to the eggstraordinary things that can happen!

Standards are high at the Urban Egg, and it starts with the eggs! Pasture-raised hens produce an egg that is more rich and creamy, plus they boast nutrient levels that are double that of cage-free eggs. The Urban Egg sources local ingredients and they partner with small producers offering fresh, chemical-free, delicious produce, meats and cheeses. Their high standards for quality ingredients are matched by their standards for innovation and flavorful presentation.

The Urban Egg team wakes early each day to prepare their made-from-scratch approach to breakfast. The philosophy is simple. Each plate for each guest, focusing on innovative

BY SHERYL HAMMONTREE
PHOTOGRAPHY BY AMBER DEERY



flavor profiles with elevated presentation. They strive to serve America's best breakfast.

Yes, I've set your expectations high, but I can't overstate how much I enjoyed my Urban Egg experience. I look forward to sitting on their spacious patio in the warmer days to come and maybe switch out my coffee for a Ginger Splash, fresh-blended carrot and ginger with local honey. I'll get to the brunch

menu, but first I'd like to tell you about the founder, Randy Price.

Randy grew up in KC, has a radiant smile, is full of energy and he cannot wait to serve you the best breakfast you've ever had. From what I can see, the vibe starts at the top and flows through the entire staff. "My wife and I love Kansas City," Randy affirmed. "It was a natural choice for us as we looked to venture out of Colorado with the expansion of Urban Egg. Having gone to high school here, moved back out of college to work with the Houston's restaurant group, we knew Kansas City would embrace our culinary-driven and quality-first approach to breakfast. There is so much heart in this town. KC is truly a town that embraces quality and welcomes restaurants that wish to prepare the most flavorful, innovative food. It is a very educated and sophisticated market when it comes to brunch. We felt it was a natural fit for Urban Egg and we are stoked to be part of such a great community."

Randy's passion clearly extends well beyond the kitchen. We talked about Midwest values and the importance of demonstrating a strong sense of community. He shared the many ways Urban Egg gives back to the communities surrounding each of their eight restaurants in Colorado, focusing on helping those in foster care and investing in libraries, open green space and education. Randy and his wife have some terrific ideas for their Kansas



City community.

While the name may suggest they only do egg things such as bennies, omelets and scrambles, that's just not the case. Urban Egg was voted Best Pancakes in both Colorado and Kansas last year and it's easy to see why. The Gourmet Pancake Flight includes three pancakes, your choice of Strawberry Cheesecake, Blueberry Streusel, Cinnamon Swirl, Dutch Apple or Fred's Hawaiian featuring pineapple and toasted coconut. If you're a French toast fan, order the Stuffed French Toast, local farm-to-market brioche with infused cream cheese, caramel drizzle, fresh berries and crème anglaise, maple syrup and whipped cream.



While Randy and I were talking, the Chicken and Waffles arrived. I stopped mid-sentence and just stared. There were two Eggs Benedict sitting proudly atop the chicken with the perfect amount of Hollandaise running down the sides. I lowered my head to check out the waffle as Randy said, "The waffle will be the best you've tasted. It is an artisan-inspired Belgian waffle made with caramelized pearl sugar." As I cut into the poached egg, the bright, golden-orange yolk slowly ran to the fried chicken, and I managed a small piece of the waffle in the same bite. Sweet, savory and satisfying. He was right, that was an amazing waffle.

If you like it spicy, try the Denver Hot Chicken Eggs Benedict. The waffle is swapped for a buttermilk biscuit and the chicken gets its kick from the roasted chili buffalo sauce. The creamy ranch hollandaise sauce with blue cheese crumbles balances the heat and adds a creamy touch to the crunch, simply delicious.

The Espresso Martini,

Bloody Mary or BC Aperol Spritz are a great way to start your brunch. If you must wait to be seated, have a seat at the bar and Tony will get things started! Need to get back to work? Get your morning rolling with a latte, cappuccino or chai; Urban Egg proudly brews locally roasted, fair trade coffee from KC's very own, The Roasterie! Looking for a vitamin boost? Try the staff favorite, The Cure, with pineapple, vanilla, orange juice and coconut water. Want something refreshing? Order the Cucumber Invigorator or the house-made Strawberry Basil Lemonade.

Say the next four words out loud. See if anyone near you spins and says, "What?" Bloody. Mary. Grilled. Cheese. Yes, it's as amazing as you're imagining. This past week I was small talking with a couple at the gym. One asked about a restaurant recommendation, and I quickly asked if they'd been to Urban Egg and had the Bloody Mary Grilled Cheese. Before they could say a word, someone behind me said, "Bloody Mary Grilled Cheese? You talkin' about Urban Egg? That place is DOPE!" Yes, sir. It is truly dope. It has everything you

The Gourmet Pancake Flight includes three pancakes, your choice of Strawberry Cheesecake, Blueberry Streusel, Cinnamon Swirl, Dutch Apple or Fred's Hawaiian featuring pineapple and toasted coconut.

expect in a great breakfast or brunch plus many things you're not expecting!

Urban Egg doesn't take reservations, but they love knowing that you're coming by, so check out their website and get in line. If you visit in the month of April, be sure to wish them happy birthday; they've been in KC one year! Urban Egg is looking to add four to five additional locations to the Kansas City market. Randy is happy to be bringing America's Best Breakfast back home to Kansas City. ♦

Find Urban Egg at 4921 W. 119th Street, Overland Park, Kansas, 913-586-7500 and overlandpark@urbaneggeatery.com.



Art director, illustrator and entrepreneur Sheryl Hammtreee is happiest when creating. As a freelancer, she creates visual styling and targeted messaging to strategically solve challenges for clients. As the owner of Thoughtful Threads, she creates expressive apparel to empower people and build a community of kindness. Sheryl heads outside to find energy, inspiration and calm; whether in the garden or on a trail, her soul is fed by creating memories with her husband, Joel, family and friends.

STRAWBERRY BRUSCHETTA

RECIPE & PHOTOS BY LAUREN LANE | LAUREN-LANE.COM



PHOTO BY JANIE JONES

INGREDIENTS

1 pound strawberries, washed and sliced
 1 tablespoon sugar
 1 tablespoon olive oil
 Kosher salt
 1 loaf Italian or French bread, cut into 12 slices
 1 cup goat cheese, room temperature
 2 teaspoons fresh thyme, basil or mint leaves, plus more for serving
 Good balsamic or balsamic glaze
 Salt and freshly ground pepper to taste

DIRECTIONS

Combine strawberries and sugar in a small bowl and set aside. Brush bread with olive oil and a sprinkle of kosher salt. Position oven rack a few inches below broil and preheat broiler. Align bread slices on a baking sheet. Broil first side until golden brown, about 1 minute; don't walk away but keep an eye on them; they will brown quickly. Flip bread slices to the opposite side and broil opposite sides until golden brown. Spread cheese on toasted bread. Add black pepper, salt and herbs to the strawberry mixture. Spoon the strawberry mixture over the cheese-topped bruschetta. Garnish with additional herbs. Drizzle lightly with balsamic vinegar. ♦

TIPS

1: Substitute peaches for strawberries in the summer or figs in the fall

2: Substitute mascarpone cheese or even cream cheese mixed with a couple tablespoons of honey for the goat cheese as a variation.



After 25 years in creative design and management with Hallmark Cards, Lauren Lane quit to pursue her lifelong passion for food and entertaining. Lauren has reinvented herself at 50 and now pursues her dream of teaching others how to cook easily and entertain effortlessly. Follow her on Instagram, Facebook and her blog so you don't miss any of her recipes and cooking tips and tricks.

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INSPIRED CLOSETS

Simplify Life with Beautiful and Functional Spaces

BY CHRIS WESTWATER | PHOTOGRAPHY BY AMBER DEERY

If you want to make your home more livable for you and your loved ones, consider the best way to optimize your space. Inspired Closets knows how to create beautiful and functional spaces from your entryway to your entertainment center and everything in between. Alleviate the stress of daily tasks by installing a custom solution from Inspired Closets. Christine Fee, owner of Inspired Closets Kansas City, said, “We love transforming people’s spaces into beautiful, functional areas that create a positive impact on their daily lives.”

The Inspired Closets team works with homeowners, real estate agents, builders and interior designers to create attractive solutions for your closet and pantry, garage and laundry room, home office and entertainment area, mudroom or entryway. They even offer Murphy beds to optimize space in guest rooms or smaller bedrooms. “Our solutions really help reduce stress and provide a great value to our clients at a great price,” Christine affirmed.

SPRING CLEANING WITH INSPIRED CLOSETS

With the advent of spring often comes spring cleaning. Maybe the change of seasons is the reason you need to reorganize your garage or garden shed to prepare for your garden, or maybe you’re ready to spruce up your home office or master bedroom closet and spring into a fresh start. Let Inspired Closets help. When you visit their showroom, you’ll be greeted with a smile. Christine said, “When potential clients enter the showroom they always go, ‘Wow!’” It’s

beautiful, welcoming and amazingly organized.

The first step toward your own Inspired Closets solution is to enjoy a free consultation with an Inspired Closets certified designer with whom you will discuss your needs and wants, consider layout, color and finishes, and review samples of their premium products. “We have the best products,” Christine described. “We have thermally fused laminate instead of melamine. All our edge banding is 2 mm, which really distinguishes our product from others. We also pay attention to the details when it comes to trim. Our goal is to make sure that everything looks just perfect.”

With your designer, you’ll create a design customized to your needs that includes a 3D rendering of your custom closet. Christine and her team will help you prepare for the installation, which is handled by certified installers. When everything is complete, you’ll be left with a clean and gorgeous space that makes every inch count. “We want our customers to be 100 percent satisfied. We invest in our employees to help them exceed the client’s expectations,” she smiled. One way Christine guarantees her clients’ satisfaction is through affordability. “We always offer the best pricing from the very beginning.”

TRENDING IN 2023

Christine and her team have their fingers on the pulse of what’s new in organizing beautiful and functional spaces. “In 2023, you’ll see closets draw inspiration from other



GIRLS' NIGHT OUT AT INSPIRED CLOSETS

On Thursday, March 30, 2023, from 4:00 p.m. to 5:30 p.m., join Christine and her team to take a tour of their gorgeous showroom and learn more about how you can optimize your spaces, or your clients' spaces, with Inspired Closets premium products and systems.

Light appetizers and wine spritzers will be provided along with fun prizes. RSVP to showroom@inspiredclosetskc.com.





areas of the home as homeowners seek to bring their favorite design ideas into their most personal space. Things like lighting will include overhead light fixtures, recessed lighting, lighted shelving and task lighting that can be dimmed as needed. Center islands in closets also give the homeowner the added counter space for packing and folding clothes and offer additional storage underneath,” Christine continued.

“As you see in home design, lighter wood tones, like our New Natural color, will combine with brushed gold accents to create a warmer feel,” she said. “Outside of closets, garage organization will become a bigger conversation as many homeowners look to maximize every square inch of space, and custom, built-in coffee bars pull from restaurant trends and help homeowners navigate the reality of hybrid work schedules.”

LET INSPIRED CLOSETS INSPIRE YOU

Conveniently located off 91st Street and Quivira Road, the Inspired Closets showroom is a feast for the eyes and filled to the brim with inspiring ideas. “The adorable children’s closet is right in front of you when you walk in with the very functional yet beautiful entryway on your left,” Christine described the showroom. There’s also a master closet, laundry room, pantry, office with a Murphy bed, a built-out garage and, finally, an entertainment center. The showroom feels welcoming, attractive and efficient, just like you want your spaces to be. Schedule a consultation today by calling the showroom or booking an appointment online and let Inspired Closets design a custom organization solution around you and your life. ♦

Visit inspiredclosetskc.com for more information.



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PHOTOGRAPHY
Amber Deery

MODEL
*Madelyn Parmentier of Voices&
@voicesandmodels*

HAIR AND MAKEUP
*Jennifer Conroy of Hello Lovely
@hellolovelykc*

















EVERLEIGH DESIGN STUDIO

Elegantly Refresh Your Space

BY CHRIS WESTWATER | PHOTOGRAPHY BY AMBER DEERY

If you're keen to update your home, the team at Everleigh Design Studio is here to help. With over 20 years of combined experience in the home renovation business, they can enliven your space, leaving you more in love with your home. "We specialize in creating an elegant, high-end look at an affordable price," said Sara Kline, general manager. From a cozy guest bathroom upgrade to a living room makeover or from a full kitchen remodel to a new home master bath design, the Everleigh Designs team is knowledgeable, professional and delivers excellent results.

Everleigh Design Studio's design specialists work with homeowners, real estate agents and builders to breathe new life into existing spaces and create entire rooms for new homes. Everleigh Designs does it all from flooring to cabinetry, windows to tile, kitchens to baths, painting to countertops, and small spaces to full-house renovation. "We also do new home construction design from the basement to the attic," Sara said. "We're a one-stop shop. I always tell people that anything that stays in your house when you move out, we can sell to you, install and design. Although we specialize in the refresh niche, we do it all."

THE UNIQUE EXPERIENCE

Everleigh Design Studio services the KC Metro area from their location in Blue Springs, Missouri, and visiting their showroom is ab-

solutely worth the drive. You'll be greeted upon entry and personally walked around showroom to touch and feel the samples and discuss your needs. You may simply come to the showroom to purchase the excellent products. "If you were doing a backsplash, you could bring your paint and other samples and we would help you match your backsplash," said Sara. However, if you're like most of Everleigh Design's clients, you're also looking for Everleigh Design's expertise and concierge-like approach. Sara continued, "You could walk in and say, 'I need help. I know I want to revamp my kitchen.' And we will help you from beginning to end."

During your visit, a design specialist will take the time to consult with you on every aspect of your project, from the beginning design through the selection and purchase of materials to the installation. Once you've agreed to a project, a design specialist or project manager

will be assigned to keep everything running as smoothly as possible through installation. “We carefully vet our installers, so we know the quality of work that is being done meets the standard we want to see,” said Sara. The end product proves that the Everleigh Design Studio delivers.

The best part is that you don’t have to break the bank to revive rooms in your home. “We believe in making a space look like you’ve spent more than you did,” Sara asserted. “We want your space to look high-end, but don’t want you to be stressed about the financial aspects of the project.”

TRENDS AND TIPS

Everleigh Design Studio’s showroom is open to anyone. If all you need is to purchase tile or flooring for a project you’re handling yourself, Everleigh carries premium products. Some are sourced from U.S.-based businesses. A significant portion of their products are environmentally friendly, both in terms of sourcing and as the impact to your home. Some of the brands you can find include Emser Tile, Roca, DreamWeaver by Engineered Floors, Mohawk Flooring, Audacity, Portercraft, Silestone by Cosentino, Mannington and Stanton and Hardware Resources.

Many homeowners today are focused on renovating their kitchens and primary baths. Greige is a trending color that’s often paired with lighter-colored floors. “We’re seeing a big increase in laminated vinyl plank, or LVP, sales because it’s a well-made, durable product

available at a reasonable price; it’s an alternative to hardwood flooring planks,” said Sara. LVP and its tile counterpart, laminate vinyl tile, come in a variety of appealing patterns and can be combined in innovative ways to create something unique for your home.

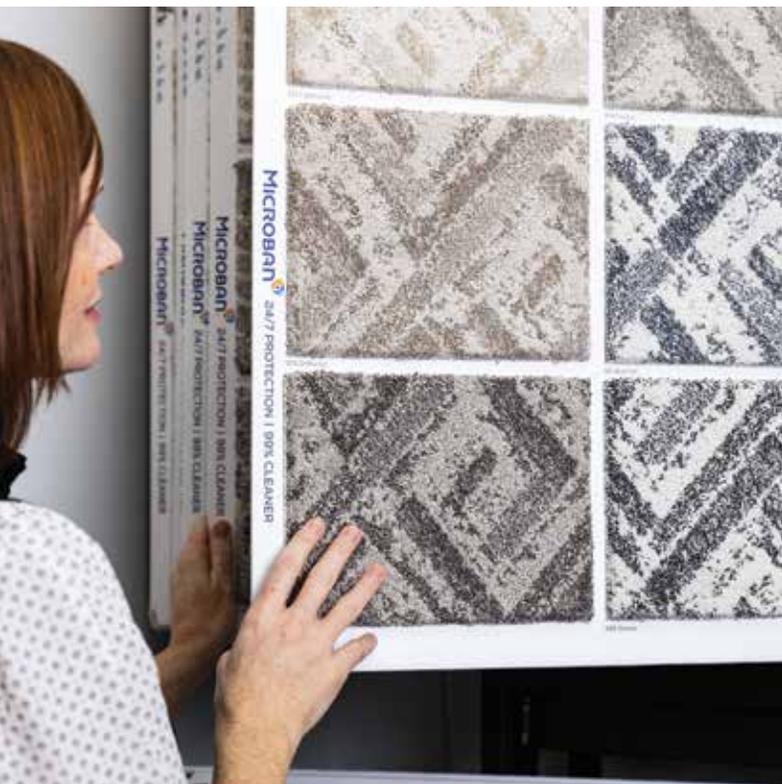
“To make your design really stand out in an affordable way, focus on using higher-end tile on your backsplash, your shower floor or even your fireplace. Those are smaller areas, and they really stand out. You can transform your whole space since it’s not a lot of square footage,” said Sara. “Another way to upgrade your space at lower cost is to change the way you lay the tile. You can pattern it, perhaps a herringbone, on your fireplace or backsplash, to make it pop.”

EXCELLENT RESULTS

The team at Everleigh Design Studio loves what they do. “The most rewarding thing is when you see the before and after pictures,” Sara affirmed; find these on their website. If you’re ready for your own home transformation, Everleigh Design Studio can help. “Our niche is the homeowner who really loves their space and wants to create an elegant look without overextending. We can deliver your custom refresh, leaving you to fall in love with your home all over again.” ♦

Visit everleighdesignstudio.com to learn more.

Our niche is the homeowner who really loves their space and wants to create an elegant look without overextending.”



HINGE WOODWORKS

CUSTOMIZING YOUR SPACES

BY TOM MOODY



Q

What makes cabinetry “high-end”?

A

Many features will make a cabinet high-end. Here are a couple of examples to show the difference. Tight tolerances in gaps usually are the quick analysis of the quality of the cabinet. Also, if it is a wood veneer, grain matching can be another quick reference on the quality. For higher-end work, we want the cabinets to feel like furniture and all the grain of the wood to line up.

Instead of having to stay to the standard 30” cabinet height and cabinet widths of 18”, 24”, 30” and 36” to fit the space they go in, custom cabinets will use all the space and are made to any specific width or height to keep all the lines tight. If a client would like a mitered countertop that is 3 inches thick instead of 3mm thick, the cabinets get adjusted in the design phase to account for all conditions. If a client is shorter in height and a 36” countertop is not desired, we account for that as well and make it whatever height is comfortable.

Q

What is the newest trend you see today?

A

Today we are seeing more customized closets that incorporate a coffee bar. If the master bedroom is far away from the kitchen or on a different level, clients will add the coffee bar to their closet. Typically, this will have a small sink, refrigerator drawers and the coffee station. ♦



Tom Moody, the owner and founder of Hinge Woodworks, graduated from Kansas State University with a degree in interior architecture. Hinge Woodworks takes the millworker industry back to high-quality craftsmanship and specializes in architectural millwork, custom furniture, remodels and high-end cabinetry. The goal of Hinge Woodworks is to provide quality design and craftsmanship that withstand the test of time.

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- June 2, 2022 -



Adriane Ritchie *and* *Jay Stephenson*

A deep friendship lasting 22 years led to a special wedding ceremony for Adriane Ritchie and Jay Stephenson on a sun-kissed beach one gentle tropical June day.

WRITTEN BY MARILYN ISAMINGER

Adriane grew up in Prairie Village, Kansas; she lived in Miami and Ft. Lauderdale, Florida, for many years and returned to Overland Park, Kansas, where she established Advanced Aesthetics Medical Spa and Adriane Advanced Skincare, through which she empowers and builds self-esteem for clients. Adriane's passions and hobbies include philanthropy, supporting small businesses, traveling and hanging out with the couple's two 13-year-old daughters and their kitties.

Jay Stephenson was born in Germany, where his father was stationed during the Vietnam conflict. His family moved to Wichita, Kansas, where he was raised. He attended K-State and Wichita State University, where he played baseball for the Wichita State Shockers, the College Baseball World Champions. He received his degree in economics, which led him to a career specializing in biosecurity and safety. His hobbies include watching sports, hanging out with Norburt, his dog, and being a girl dad.

Adriane and Jay met 22 years ago in a mutual friend circle

and have remained close friends throughout the years. Each has a 13-year-old daughter; the girls have birthdays one month apart and are very close friends. Jay has a 27-year-old daughter and 2 grandsons, 4 and 11.

Jay proposed to Adriane on a private beach in Islamorada, Florida, the village of islands in the Florida Keys. The setting,

under a sky of thick dense stars, with the sound of silence and gentle waves, was perfect.

The blissful couple tied the knot on June 2, 2022, in a private elopement ceremony on the beach where Jay proposed. The bridal party included only Adriane and Jay, their children and grandsons. Then, on June 18, 2022, the couple held an elegant

reception for close friends and family at the Grand Street Event Space on the Country Club Plaza.

Adriane and Jay escaped for their honeymoon to the remote island of Grenada in the West Indies, enjoying its 85° weather, white sand, turquoise waters, rainforest, waterfalls, five-star accommodations and once-in-a-lifetime excursions. ♦

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JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS
PHOTO BY LAUREN FRISCH PUSATERI

Growing up, we moved around a lot. My parents divorced when I was around eight years old. Even while they were together, we lived in three different houses.

Then, with remarriages for both, that meant moving (five or six more times). At 18, I moved to Florida where I lived in three different places. My husband and I made our way to Kansas City—add two more addresses to the list.

We built the home we live in now and have been settled in it for the past nine years.

It feels good to have one residence. One home base. As a child of divorced parents, I never had that stability. I lived with my mom on Mondays and Tuesdays, my dad on Wednesdays and Thursdays and I alternated weekends. I used to carry a little suitcase to school as I shuffled back and forth. I feel sadness for younger me. I longed for one place to call home. I feel gratitude that I have that now

and I'm able to provide it to my own children.

A few things I've learned along the way:

It doesn't matter if it's an apartment or a big ol' house; regardless of budget, any living space can be cute and cozy. There are so many creative and inexpensive ways to decorate.

Home is where the love is.

Home is where your people are. ♦

Jenny Matthews co-hosts The Morning Drive with Mike Kellar + Jenny Matthews on Q104 New Hit Country, weekday mornings from 6 - 10am. Connect at www.jennymatthewsonair.com and check out The Morning After with Mike Kellar + Jenny Matthews podcast!

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Avenue of Life

HELPING FAMILIES ACHIEVE STABILITY



Avenue of Life is the backbone of the Impact KCK collective impact strategy, which was established to eradicate student homelessness. This collective impact strategy has been successful in reducing student homelessness in Wyandotte County by over half within its first three years of operation, thanks to partnerships with more than 90 organizations including schools, non-profits, for-profits, government entities, faith-based groups and investors. Impact KCK's goal is to increase family stability and reduce trauma, leading to higher high school graduation rates and a reduction in poverty.

Between 2015 to 2021, Impact KCK provided support to 1605 families through prevention and diversion programs, housed 509 families, and helped 449 families find employment. In the 2019-2020 school year, prior to the COVID-19 pandemic, there were 860 McKinney-Vento Act students in the KCK public schools, with 116 living in shelters and 22 living in unfit housing. Despite the challenges posed by the pandemic, Impact KCK's youth services at Wyandotte High School saw a 100 percent graduation rate for case-managed McKinney-Vento seniors, and 84 percent of McKinney-Vento students across the district were safely housed.

With student homelessness on the rise caused in part by the economic effects of the pandemic, effective models for ending homelessness are needed more than ever. Impact KCK is a unique solution to homelessness in Wyandotte County; it is the only collective impact

approach and the only program to offer a centralized location for extensive collaboration, comprehensive case management and wrap-around services. Homeless families often face difficulties ac-

cessing the numerous social services available to them, but Impact KCK aims to bring these agencies together in one place so that families can receive a wider range of services at once, making it easier for them to find the help they need.

In addition to housing, Impact KCK provides a range of services, including healthcare assistance, trauma-informed case management, nutrition assistance, behavioral health counseling, employment services, legal assistance, youth mentoring, transportation, furniture and emergency relief. The program also offers life skills classes, including Housing 101, Employment 101, Finance 101, Healthcare 101 as well as nutrition and parenting classes.

Avenue of Life has teamed with other organizations to replicate the successful Impact KCK program in different public school districts across the country. One such partnership is with the Kansas City Public Schools district in Missouri, where a pilot program called KCPS Empowerment Program has been established. Avenue of Life aims to end child homelessness, one school district at a time. ♦

Your support can help transform lives and restore families in Kansas City. To learn more about how you can get involved, visit avenueoflife.org.

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MARCH 2023

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CAPRICORN
(DEC. 22-JAN. 19)

This is the month when you will feel the gears shifting in your life. Whereas you've been a take-charge, do-things-my-way kind of person, now you will find that you are just the opposite. This is the time to focus on home and family.



TAURUS
(APR. 20-MAY 20)

You are going to feel pressure to get things done, and this is not going to work to your advantage. Be wary of overcommitting your finances toward something. You are going to have constant money flowing to you throughout the year, so if you need to pass on something right now, do it. With most of the planets moving forward in your Eastern hemisphere, it's a great time to move forward with your own personal plans.



VIRGO
(AUG. 23-SEPT. 22)

March is going to be one of your favorite months so far, Virgo! This is the month where your projects will yield results. Financially you are strong this month, thanks to Venus's close transit to Uranus. Money may literally drop into your lap.



AQUARIUS
(JAN. 20-FEB. 18)

This is a time to slow down and consider your pace and your way of life. If you aren't "living the dream," ask yourself why that is so. Most of the planets are in the Eastern sector of your chart, making your dream very achievable.



GEMINI
(MAY 21-JUN. 20)

Up until the 14th your momentum slows slightly. Take this time to clarify what you want. Nearly all of the planets are above the horizon of your chart, meaning that you can have most things your way. You will see a fabulous month unfolding for you in the career and financial sectors. News that comes to you on the 6th should be filed away for use later.



LIBRA
(SEPT. 23-OCT. 22)

If you deal with administrators, keep in mind that they will test your patience until after the 14th, when things will ease up. It is okay to focus on career, work and finances during this month, as your family will understand and the universe will support your diligence.

STAR JOURNEYS

BY MELODY BUSSEY

With 90 percent of the planets on a forward march, this month is going to be a good one for most signs. The influence of Jupiter combines with the forward momentum of the rest of the cosmos to keep things moving. Financial gains, personal gains and achievement of dreams are what this month is all about.



PISCES
(FEB. 19-MAR. 20)

This will be a month of realizing how grateful you are for the events that are beginning to unfold. Your energy will be high and a sense of destiny will make you feel invincible. As a bonus, you are going to receive a financial windfall toward the end of the month or early in the next month.



CANCER
(JUN. 21-JUL. 23)

You aren't going to have to work hard to win friends and influence enemies. Most of the planets are moving forward right now, allowing you to focus on career objectives. Take care to double check all electronics and vehicles. If you are single, you won't be for long, and finances will take a turn for the better around the 20th.



SCORPIO
(OCT. 23-NOV. 21)

The tendency this month is to overcommit to things and allow yourself to get worn down. If you have taken the time to get in touch with your higher self, then the finances will take care of themselves. In many areas of your life you are coming to some decisions where you are going to have to make some hard choices.



ARIES
(MAR. 21-APR. 19)

Hold onto your hat, Aries, because this month's pace is going to be blistering. With all the planets moving forward, change and progress are going to happen right before your eyes. You will see your confidence soaring to new heights, so take advantage of that to press issues, forge new alliances and break new ground. Financially, you will begin to have a sense of freedom and stability, especially after the 23rd.



LEO
(JUL. 24-AUG. 22)

Hold off on decisions until after the 14th, when Mercury will return to a forward rotation. Things will unfold for you the best if you will not force issues. You will find that there is a conflict between love and work, so head it off at the pass and decide some ground rules.



SAGITTARIUS
(NOV. 22-DEC. 21)

Now is the time to revel in the social nest that you've been creating. It is easy for you to put others first, and you should follow your instincts. Take time to redecorate your immediate area, or plan to have a get-together with significant friends and others.



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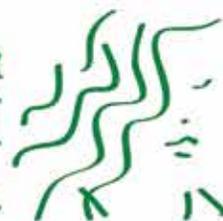


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