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Photography by Amber J Deery



There's just something about family time. For me, it is about the only time that I unplug from work emails and anything else that involves being on my phone or computer. It's a time when I can be totally present. We do a lot as a family, but not enough dedicated family time.

What's the difference? Well, in my house, we are always doing things as a family. We go to dinner or eat at home all together, go to one of the many boys' baseball games, or spend time at home relaxing by the

pool. We are all together, but we aren't really all together because one of us is usually answering a question about work on our phone, or we are multi-tasking and not completely present.

It is the dedicated family time, time that is set aside to do an activity or something together, in which we all unplug. More often than not, it's because we can't have our phones on us based on what we are doing. These are the best times and the times that we all remember.

Recently, we made a dedicated day and planned it from start to finish. We went

to iFly and we all flew. It was a day that I know I'll always remember, but one that I know the kids will never forget. The kids can sense when we are there but our minds are elsewhere. They get frustrated when they want our attention and we are trying to give them some, as we answer a text or an email at the same time.

Family is the most important thing to me. I know that I need to make a conscious effort to spend more time with my family. I spend as much time with them as I can, as I have, but I need to spend more of that time unplugged and completely focused on each and every one of them.

I know that it is a struggle for us all, but we only have so much time, so we should make more of it count.

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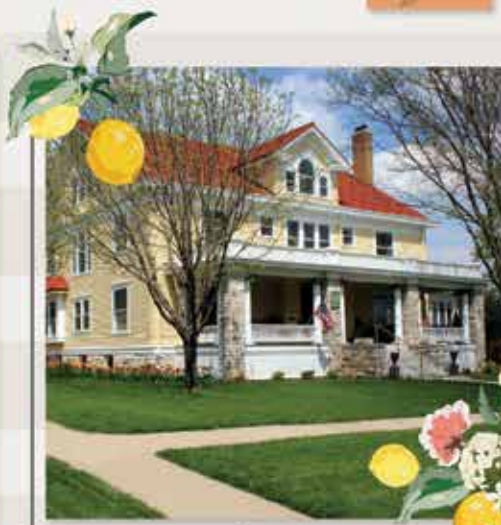


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SUBSCRIPTIONS


Subscriptions are available for \$20
(for 12 issues). Please go to herlifemagazine.com
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to the above address.

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GOODBYE FOR NOW

BY ABBY WOOD

Not many people know this, but in 2014, my best friend lost her life to domestic violence. She was 27 years old. She was smart, funny, hardworking and my partner in crime. We shared a love for fashion, style and shopping and had a knack for having the best time together. Losing her was one of life's cruel tricks but I was determined to learn from it. Her passing made me realize how quickly life can change. Her life changed in an instant. On that day, I decided I wasn't going to wait to take chances, that I was going to say YES whenever I could, and that I wasn't going to miss out on any opportunities. I was going to do the things she couldn't or never had the chance to do.



A few months later, I started dabbling in fashion blogging just for fun. Blogging is what it used to be called, anyway. My dream was to become a personal stylist and own my own business. I wanted to bring confidence and joy to people through personal style; I just didn't know exactly how I was going to make it work. After I left Nordstrom, I worked for a company that wasn't a great fit. I knew I was meant to do something else, and I wasn't going to sit around and hope for the best. I needed a plan. I started reaching out to people through social media. I attended networking events and women's entrepreneurial luncheons, and I met lots of creatives for coffee. Anytime someone asked me to go somewhere, I said yes. I met some amazing people that I still call my friends today.

One of my new friends reached out to see if I was interested in writing a fashion blog for *HERLIFE* Magazine. I was intrigued. I had always loved writing and what could be better than writing about something I love? I said yes. She introduced me to the publisher and editor-in-chief, who just happened to be an old coworker from Nordstrom that I had loved working with. The match was instant and in 2015 I was given my own two pages in *HERLIFE* Magazine to write about anything I wanted. And every month for the next eight

years, that is exactly what I did. I wrote about everything from styling tricks to how to find the perfect bra. It was fun and also gave me an outlet to showcase my talents and connect with women all over the city.

Along the way, I had the opportunity to style editorial shoots, work with amazing photographers and attend nonprofit events such as SAFE HOME that spoke to my heart. Being a contributor to *HERLIFE* was not just about submitting an article. It was about being a part of a group of strong women who supported each other. I will never forget the experiences or the connections that I made because of them. I will never regret saying yes to this opportunity so many years ago because I know in my heart it was something that helped me achieve my dream of being a stylist.

Over the past eight years, I am proud to say that I have grown my business to the point that it is now time to pass the baton to someone else to have their very own fashion blog. I will miss having a place to write my thoughts in print, but I know that it's time to move forward.

I want to give a very special thank you to Tammy McDonald. Tammy, you have a knack for building confidence in women and you were one of my number one supporters from the very beginning. I am

so unbelievably grateful that you took a chance on me and that you gave me the creative freedom to make this blog my very own.

And thanks to all of you for sticking with me and stopping by my little corner of style for the last eight years. I am so grateful for my readers and all the connections I made because of this magazine. You can always catch up with me at abbywoodwear.com or through Instagram.

Remember that old Steve Winwood song, "While You See A Chance"? The entire song has so much meaning to me but my favorite part says, "While you see a chance, take it, find romance, fake it, because it's all on you." Catching dreams does not just happen; you are the only one that can make them come true. Don't be afraid of saying yes. Go out and make things happen for yourself, because you never know what will to happen if you do. ♦

Cheers,



Abby Wood is a wardrobe stylist and style blogger in Kansas City, and her education in design plus retail experience make her an expert in fit, fabric, style and trends. Her professional experience in fashion began with an apprenticeship with a bridal designer, shifted to creating and showing her own line, moving up to management and training at a retail level and now professional styling as an independent consultant. Abby loves to help individuals develop and evolve their own sense of style.

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FILLERS AND LASER RESURFACING

The Dynamic Duo

BY DELANIE STOECKLEIN, AESTHETIC INJECTOR
& HANNAH BROWN, MEDICAL AESTHETICIAN

Dermal fillers and laser treatments are relatively well-known ways to effectively turn back the clock. Dermal fillers address the loss of facial volume, fine lines and wrinkles; meanwhile, laser resurfacing helps tighten, retexturize and revitalize the skin. Combining both treatments can be a great option for patients who are ready to age gracefully without surgery.

Dermal fillers provide immediate benefits, increasing the skin's retention of moisture by replenishing lost hyaluronic acid. They work beneath the skin, bringing volume back to the face. They are more effective at rejuvenating the appearance of the areas of the face that have become hollow, such as the medial cheek. Fillers are especially useful at smoothing out fine lines in the lips or around the mouth. Dermal fillers

Laser resurfacing is a non-invasive procedure that targets fine lines and wrinkles.

can give a great, natural-looking result.

Laser resurfacing is a non-invasive procedure that targets fine lines and wrinkles. This procedure is an effective way to tighten the skin by using laser light pulses to gently heat and stimulate moisture inside the collagen fibers, while also stimulating the body's natural production of collagen long after the actual procedure. It destroys layers of the skin that are dull, damaged and dead. The procedure is low risk with minimal down

time after treatment.

Dermal fillers and laser resurfacing treatments go hand in hand with one another. A good candidate for these procedures is anyone experiencing the common signs of aging such as static wrinkles, sagging skin, dull skin, brown spots and uneven texture. The number of treatments is specific to each individual. It is our job to give you realistic expectations and education from the start, so that you are fully satisfied with your services and results.

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SKF AND GOLF!

June 13 marked another year for the Supporting Kids Foundation annual golf tournament. This year's tournament was held at Blue Hills Country Club in Kansas City. A full field of golf participants included many new and returning participants and sponsors. A big thank you goes out to SKF's Kansas City-area business sponsors who continue to support the tournament, which couldn't happen without all of the sponsors, volunteers and donors. The only things as hot as the temperature that day were the hole prizes, raffle and reception following golf. Live music, dinner and drinks brought a fun-filled day to an end. Congratulations to all winners; another great experience is in the works for 2023. For more information, please visit supportingkids.org. ♦

PHOTOGRAPHY BY CHANDRA MASON





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"Who we are is not just what we do, it's more about why we do it," says David Reber from the corporate warehouse in Lenexa. "Ultimately, we do what we do to make a difference in people's lives. This comes through providing a seamless home improvement project for our homeowners and through providing career opportunities and great work culture for our team members. In both cases, we believe that when we deliver trust, care, respect and delight, we make a positive impact on people's lives. To excel at something and to matter in someone's life is a very fulfilling proposition. Having this opportunity in our chosen field is not something we take for granted. It's something we appreciate."

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The window and door installers at Renewal by Andersen are hand selected from the most experienced in the business. Then, training through Renewal by Andersen's Certified Master Installer program assures a quality installation is provided. The company does only windows and doors—not other projects like roofing, siding, gutters, etc.—so they specialize in the work they do. In many home improvement scenarios, the customer must buy their windows and then find a contractor to put them in, but this leaves too many openings for finger-pointing or blaming if things go wrong. With Renewal by Andersen, they engineer, manufacture, install and warranty the window, giving a one-stop-shop accountability and complete peace of mind for homeowners.

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- David Reber, General Manager

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David Reber, general manager at Renewal by Andersen of Kansas City and Central Missouri, has more than 30 years' experience developing, implementing and overseeing business operations and processes in a variety of industries. He's been the CPO and GM at Renewal by Andersen of Kansas City for the past 15 years.

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THE AESTHETIC PLACE

The Modern Refreshed Face, Art, Science and Ethics of Injecting

BY KRISTEN KNEIDEL, RN, BSN | PHOTOS BY SARAH PHOTOGRAPHY KC



understanding how to create balance; proportion; correct dosing; knowing when to say no to procedures; understanding safety; and knowing how to deliver proper injection techniques to give optimal results.

Know the questions to ask when sitting down for a consultation. As a consumer, don't be afraid to ask your medical professional what their training background is pertaining to that exact procedure. Many will market their provider as having x number of years of experience. Does this mean experience as a medical provider or experience running a laser, or experience actually injecting these products? How often are they actually injecting? Daily? Monthly? Feel free to ask your provider why they are recommending the products they are choosing for you, and don't be afraid to ask to see product packaging!

Some practices limit product offerings in order to maximize profits. This can limit an injector's ability to provide optimal results for the patient. Choose the injector that has access to all products and is picking the best product for you. Your face deserves it! Lastly, ask to see before and after photos, ask about potential risks, and ask how the provider would correct any unwanted results.

As our two-year anniversary of The Aesthetic Place approaches, I reflect on some of the trials and victories over the course of my career that have led me to this moment. It has been two years filled with learning, adjusting, growing, creating, laughing and embracing.

As I walk through the spa door every morning, all is quiet. I notice the morning light shining in the tall windows and breathe in the good energy in this gorgeous space. There is a feeling of pride and integrity. Freedom. My vision has come true. I am proud to be growing an inclusive environment where high standards, skill and ongoing training are paramount, and where kindness lives. ♦

Your face is unique. The techniques, products and strategies to enhance and refresh your look should be too. Since my journey in the injectable industry began in 2014, the number of providers has increased dramatically. How can you determine who to trust with your beautiful face?

I am surprised when I hear stories of medical injectables being offered in non-medical settings such as parties or events, or when I see that some reputable practices are hiring new injectors with little to no training. It makes it seem as if it is no longer a medical procedure, but rather a procedure that can be done anytime, anywhere, with any skill set. Many of these new injectors, desperate to get away from bedside care, are seeking out a simple course that "certifies" them to inject. Most are being hired by practices not offering mentorship programs and are provided only minimal training.

Key training and education factors include an understanding of facial anatomy; product knowledge; how to manage complications;



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IT'S PERSONAL: CLIMATE CHANGE AFFECTS OUR HEALTH

BY LISA BUTLER

Whether or not you realize it, climate change affects us all. When paired with natural and people-produced health stressors, climate change can weigh heavy on our physical and mental wellbeing.

As some existing threats intensify, others are just evolving. While not everyone is equally at risk, sooner or later we are all affected by our environment. Here are seven ways climate change impacts our personal well-being.

AIR POLLUTION

Most of us have seen or experienced air pollution, and some people live within it every day. We may imagine a brown haze looming over a busy city, but air pollution comes in many forms, including manufacturing pollution, vehicle emissions, wildfires and more. What does this mean for our health? It's considered a major trigger for issues such as decreased lung function, increased hospital admissions, emergency room visits for asthma and a rise in premature deaths. Nationwide, it is estimated that health-related costs of air pollution exceed \$6.5 billion yearly.

ALLERGIES

As temperatures rise, so does the pollen count. New research shows that pollen season will only get worse with climate change. A recent study published in the *Proceedings of the National Academy of Sciences* shows the U.S. will see a 200 percent increase in total pollen this century if the world continues producing carbon dioxide emissions at high rates. If so, the spring pollen season will start earlier and last longer, impacting the economy through rising health care costs, missed work days and physical and mental strain.

DISASTERS, STORMS, WILDFIRES

As the surface of the earth gets hotter, the chances of drought



increase and the intensity of storms rises. As extra water vapor evaporates into the atmosphere, it becomes fuel for powerful storms. Additional heat in the atmosphere and warmer surface ocean temperatures can lead to bigger wind speeds in tropical storms. Rising sea levels expose locations not usually affected by the power of the ocean to the erosive forces of waves and currents.

Droughts and heat waves are increasing around the world, nearly doubling the total area where dry land may go ablaze. As a result, wild-

fires are increasing in frequency, size and intensity around the world, while smoke seasons are getting longer. What does this mean for us? Smoke from wildfires is responsible for tens to hundreds of thousands of premature deaths around the world each year, especially for those who are most vulnerable.

DISEASE

Often, the emergence of diseases is linked to climate change. Weather extremes can provide the ideal conditions for infectious diseases to spread. As temperatures increase worldwide, sicknesses that once thrived in warmer regions are expanding to other climates.

WEATHER EXTREMES

Weather extremes disrupt our day-to-day health with excessively high temperatures, flooding and storms. Warmer average temperatures can mean shorter winters, hotter summers and more frequent flooding. These weather conditions tend to be more hospitable to mosquitoes and other vectors that can carry diseases. Neighborhoods with the fewest resources are most susceptible to extreme weather.

FOOD AND WATER ISSUES

In some parts of the world, we are already noticing the effects of climate change on the food and water systems. Higher temperatures can make crops even more vulnerable during dry periods. Certain species of insects and weeds benefit from hot weather and elevated CO₂, increasing their ability to damage crops. This means smaller crops for farmers, less food available and an increase in pricing for consumers.

MENTAL HEALTH

Aside from its effects on physical health, climate change can adversely affect mental health. Extreme weather events such as floods, droughts and fires can lead to psychological distress due to trauma, illness, loss of loved ones and property damage. A changing global climate can foster the mental health issues of stress, increased alcohol use, depression, anxiety and post-traumatic stress.

PREVENTION OFFERS PROTECTION

Climate change is generating major environmental, physical and mental concerns, but experts say there is hope. Addressing the imminent food and water crises can be accomplished, but a great deal of work is needed. This would include a major re-evaluation of land use and agriculture worldwide. Preventive actions such as developing extreme weather early warning systems and improving water infrastructure can help reduce the severity of harmful climate impacts. But this can take us only so far.

Our behavior as consumers also needs to adjust, even if it seems small. Experts say increasing land productivity, wasting less food and encouraging more people to eat less meat can help. Buying local, carpooling and educating ourselves on our climate impact are also important. There are many actions that are available to us now that can help us cope with looming climate change issues. They just require immediate attention and the will to change. ♦

SOURCES: cdc.gov, globalchange.gov, who.int, nature.com and betterhealth.vic.gov.au.



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BEAUTY FROM YOUR PANTRY

BY LAURA LEIVA

Have you ever looked at the ingredient list for your favorite beauty treatments and been hard pressed to pronounce them, let alone begin to know what they do? While some ingredients come with a fancy, scientific name yet perform simple and important functions, the truth is that many products are filled with ingredients and chemicals that are best avoided.

Want to do a beauty treatment at home using natural and pure ingredients? Look no further than the pantry and refrigerator! Chances are a number of basic staples in the kitchen are all you need to hydrate hair, moisturize and brighten skin, and even reduce the appearance of fine lines and wrinkles. Sound too good to be true? It's not; these everyday ingredients contain nutrients, such as vitamins, minerals and amino acids, which work to hydrate skin and encourage cell turnover.

With these natural beauty products, you can get a purer form of the nutrient from food in the pantry, plus it's economical and takes up minimal space in your house. Here are some of the most common ingredients that do a marvelous job at doubling as beauty treatments.

COFFEE

How often do you empty out the coffee or espresso grounds from the coffee machine each morning? Stop! Save the grounds and use them as an exfoliant for the skin! Coffee, while it has some amazing physiological effects when we consume it, also has beneficial perks when rubbed into the skin. The grounds gently slough away dry skin cells from the entire body and the caffeine content boosts circulation; it also provides a temporary tightening effect, which reduces the appearance of cellulite. Each morning, add used coffee grounds to a small jar filled with a nourishing oil, such as coconut or avocado oil, and then use it daily in the shower.



COCONUT OIL

Truth be told, coconut oil is the antidote for nearly everything in terms of beauty treatments. Use it as a deep conditioner for your hair; rub it into dry cuticles throughout the day to hydrate and nourish nails; apply it to dry elbows and knees for a powerful moisturizer and even consume it as a part of your daily diet! Use melted coconut oil (leave it outside of the refrigerator) as a weekly hair mask; massage it into the scalp for an extra-soothing

treatment and then rinse with your favorite shampoo. When you're done with your shower, rub a thin layer into towel-dried skin to lock in hydration for a healthy glow.

TURMERIC

This wonderful spice is a powerful antioxidant, so it makes perfect sense that you would want to use it on your skin. Turmeric features more than 300 different antioxidants and it was used as a beauty treatment in ancient cultures. It works to purify skin and reduce a number of skin ailments, such as acne, oily and dry skin, wrinkles and stretch marks. Create a simple turmeric face mask to fight back against dry skin and wrinkles by combining only a pinch of the spice with an egg white, two drops of oil, either olive or avocado oil, and a squeeze of fresh lemon; mix it together and then apply it to the skin. Once it dries, wipe it away with warm water and use your favorite moisturizer.

MAYONNAISE

Yes, you read that correctly. This popular sandwich spread also

works well as a beauty treatment, especially if you use an organic or homemade version. Egg yolks, one of the primary ingredients in mayonnaise, contain nutritional and hydrating properties that work well to moisturize skin and hair. Use mayonnaise as a deep-conditioning hair treatment, facial mask (especially when it's chilled from sitting in the refrigerator!), or massage the product into nails and cuticles for a strengthening treatment.

EGGS

If applying mayonnaise to your skin or hair sounds too frightful, you can also use eggs in a variety of beauty treatments. Egg whites are beneficial for tightening the skin and smoothing pores, while the entire egg, when added to a face mask with mashed avocado, banana and a few drops of olive oil, deeply hydrates and nourishes skin and hair. Have you been out in the sun too long? Soothe and calm skin by combining shredded fresh carrot with a few drops of pure aloe gel, followed with one egg white. Apply the concoction to the sunburned area and allow it to set for 15 minutes before rinsing with cool water.

These are just some of the most common ingredients that may also be used for beauty treatments. Any number of fruits, vegetables and dairy products, which contain beneficial lactic acid, can help soften and nourish skin. The next time you take a look at the ingredients in your favorite beauty product, consider switching it with something more natural! ♦

SOURCES: *coveteur.com* and *realsimple.com*.



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DULCINEA HERRERA

EMBRACING
DIVERSITY
AND CULTURE

BY CINDY McDERMOTT
PHOTOGRAPHY BY AMBER J DEERY
SHOT ON LOCATION AT CAFÉ CORAZÓN
110 SOUTHWEST BLVD, KANSAS CITY, MO

There's a melting pot gently simmering at Kansas City's Café Corazón. It brings to mind delicious drinks or mouth-watering dishes, but it's so much more. Expand your vision to an impressive variety of Latinx cultures, language, art, music and food, pleasing the taste buds and filling the soul. That's a huge part of the mission of Café Corazón, guided by co-owner Dulcinea Herrera, offering incredible eats and drinks while serving as an educational hub for Latinx culture from across the world.



"E very time our customers walk in, it's important that they think, 'Oh my gosh. I've never seen this before. I'm curious to learn more,' or 'This feels like home.' It was one of the main reasons we opened Café Corazón. We didn't know that at the time in 2016, but we knew that we wanted to do whatever we could to pay respect to our cultures and be welcoming to others. It was important to us to share our knowledge and experience with others." Dulcinea, a former Miss Kansas City Latina 2021, said. "This is more than a café to us. It's our ancestors; this is our life. This is our honor and respect to them. We're happy that we get to do this in Kansas City and share with people who don't have a clue about Latin culture. As well as be a safe place for those whose culture we share."

HEART OF THE MATTER

Café Corazón Westport, 1721 Westport Road, Kansas City, opened in 2019, followed soon after by Café Corazón Crossroads, 110 Southwest Boulevard, Kansas City. The basic offerings are the same at each, but the Crossroads location is the larger of the two and features an expanded food menu. However, each is known as the "café with heart."

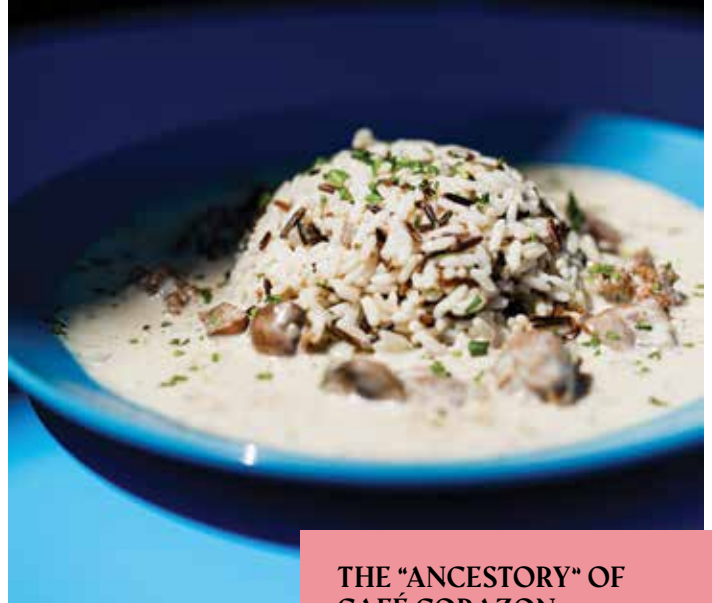
"Corazón means heart. We're the café with heart because we put so much heart, family and passion into this place. It's more than us; it's a community," she remarked. "We're not only welcoming to the Latinx and Indigenous cultures but to everyone in Kansas City. We want to represent our culture but also pay homage to the people making our products."

The brainchild of this endeavor belongs to Dulcinea's mother and father, Miel Castagna-Herrera and Curtis Herrera. They came to their daughter with the concept for a café featuring food and drink from their Latinx and Indigenous cultures. Her father, who also claims Mescalero Apache heritage, provided his contractor business knowledge and building skills to transform empty spaces into the warm and welcoming spots that Café Corazón now calls home. Dulcinea and her family are proud to be a part of the Kansas City Latinx and women-owned business environment by employing 30 people, most on a full-time basis.

"With family you can be more honest and open. I love it because I can trust them and we always have the best intentions for each other. I love seeing my parents and going to Café Corazón speaking about business," she noted. "It's beautiful for us and we're so connected to this place because we put so much love in to it."

And the same feelings of connection and respect come from the elder generation of Herreras for their daughter. "It has been such a joy working toward the mirroring of our cultures in Café Corazón with our daughter Dulcinea. Her creativity and work ethic know no bounds," her mother, Miel, said. Her father, Curtis, shared, "Dulcinea's been such a valuable partner in Corazón. She has learned how to run a business and





THE “ANCESTRY” OF CAFÉ CORAZON

As the Café Corazon website states, “Miel Castagna-Herrera, Curtis Herrera and Dulcinea Herrera give you a uniquely flavorful coffee drink and a comfortable environment in which to socialize, relax or work.” But the success of both cafes is built on the strong foundation of family. Miel’s father, Alberto José Castagna, grew up in the heart of Buenos Aires, Argentina, and immigrated to the United States when he was 16. He celebrated life as a multi-talented artist and an enthusiastic yerba mate consumer. Curtis’ paternal grandparents, Felipa and Aniseto Herrera, came to the United States from Guadalajara, Mexico, in the 1930s to work the railroads and farms of Western Kansas as well as his mother Rita, Mescalero Apache from New Mexico. They all celebrated their heritage through family gatherings brimming with tradition and flavor.

rience a nourishing and memorable one, satiated with sumptuous artisanal ingredients from Latin American countries but with an intense focus on using local ingredients. Dulcinea is proud to point out that only fair-trade coffee, roasted in Kansas City, is served at their establishments, along with many other delectable delights.

“You’re going to have an experience that you’re not going to have anywhere else in KC, maybe in the entire Midwest, but you’d have to drive very far to get it,” she stated. “You’ll be able to experience a culture that perhaps you’ve not experienced before and you’ll be welcomed into it and we’ll teach you. It’s more than coffee, you’ll experience family and culture and try something delicious.”

WHAT’S ON THE MENU

The menus are packed with delightful treats but a very classic South American drink is yerba mate, pronounced yer-ba máh-tay, from Argentina, Uruguay, Paraguay and Brazil. Yerba mate is an herbal tea made from the leaves and twigs of the *Ilex paraguariensis* plant. Indigenous people from South America have used it for centuries as a social and medical beverage. It’s noted to offer the strength of coffee, the health benefits of tea and the pleasure of chocolate. Dulcinea adds that it’s one of the healthiest teas in the world. Many athletes, especially soccer players, drink yerba mate right on the bench as the match is being played. If you’re looking to try new drinks such as yerba mate but remain a bit hesitant, Café Corazón features a flight



her marketing skills and knowledge have really helped to create the success of the cafes.”

A SIGHT TO BEHOLD

The walls of the cafes are covered by brightly colored murals by artists Rodrigo Alvarez and Issac Tapia. Paintings by Jo Morgan and Dulcinea, who’s been painting since she was 14, line the walls. All reflect the beauty, color and the passion of Latinx culture, a feast for the eyes.

This family-owned business promises to make your coffee exper-

of different beverages, perfect for sampling different cultures and discovering your new favorite Latinx beverage.

While the drinks are delightful, the menus at Café Corazón feature many “can’t miss” dishes. Dulcinea suggests trying Lupe’s Bison Ricen at the Crossroads location, a Native recipe loaned to the cafe by Lupe, who works at the Kansas City Indian Center. This popular native dish features local bison, cream, mushrooms and spices and is served on a bed of wild rice from farms in Kansas. Crispy, crunchy Argentinian empanadas are packed with beef, or fugazetta stuffed with mozzarella or a vegan option of ratatouille and served with a traditional chimichurri sauce. “It’s my mom’s chimichurri recipe and she makes the best in the world, in my opinion,” Dulcinea said. “It’s a dipping sauce, used especially in Argentina. It helps with digestion but tastes delicious.” For newcomers looking for beverages, she recommends the chocolate, hot or iced. If you like mocha, the Mocha Azteca is delicious and won best hot chocolate during a contest hosted by the *Kansas City Star*.

A RECIPE FOR SUCCESS

With two locations to help operate, Dulcinea has her work cut out for her. But with the support and knowledge of her family, the future looks very bright. As they worked through their first few years as café business owners, the experiences have taught Dulcinea much about making it through the tough times.

“Always have an open mind and be innovative. For example, COVID hit us very soon after we opened. We had to rethink everything we did. The CDC didn’t have a lot of information in the beginning of what we needed to do as a restaurant. So we came up with our own alternatives. We did curbside. We made sure all employees wore masks and gloves. We had to rethink in order to keep our business alive,” shared Dulcinea. “It showed us that you can’t just be stuck with one way of doing something; you have to be innovative and have an open mind. The world changes very fast around you and you have to change with it.”

Having an open mind is not only



treasuring your own authenticity, a company can help ensure success. “No matter whose culture it is, whoever you are, it’s beautiful, it’s gorgeous. You should always pay honor and homage to it. Don’t let anyone think that you shouldn’t. Be authentic to who you are. Once you are authentic to who you are, everything else will follow, including your business,” Dulcinea commented. “This is more than a café to us. It’s our ancestors; this is our life. This is our honor and respect to them. We’re happy that we get to do this in Kansas City and share with people who are learning about Latinx culture as well as those who call it their own,” she said. “And always respect other people’s cultures. They may be very different from your own, but don’t be afraid of it. Embrace it.” ♦



“This is more than a café to us. It’s our ancestors; this is our life. This is our honor and respect to them. We’re happy that we get to do this in Kansas City and share with people who are learning about Latinx culture as well as those who call it their own,” she said. “And always respect other people’s cultures. They may be very different from your own, but don’t be afraid of it. Embrace it.”

important to innovation, but it’s also a key part of how Dulcinea views the contribution that businesses can make to their communities. By welcoming all with respect and dignity, and

THE FAR-REACHING TENTACLES OF TOXIC PARENTS

BY CINDY MCDERMOTT

More than likely, every person you know has been directly or indirectly touched by a toxic parent. Perhaps a friend, acquaintance or co-worker endured cruel insults, threats or criticism from a parent. Maybe you experienced the damaging name-calling or manipulation they yanked from their toolbox of emotional negativity. At its worst, your child could be the victim of a toxic parent.



Toxic parents dish out neglect or verbal, emotional or physical abuse as they judge, disregard, lie, manipulate, demean, disparage or shame. They employ negative behaviors that cause lifelong emotional damage and taint the way a person sees himself or herself. “It’s not so much the person but their behaviors; it’s what they do and how they make the other person feel in a relationship. When you engage with this person, you somehow leave feeling worse,” noted Gregory Nawalanic, PsyD, clinical director of psychology and behavioral sciences, The University of Kansas Health System. “When it serves them, they can be as charming and appealing as they need to be, but as soon as they’re disappointed or something doesn’t work out the way they hoped, the toxicity comes out.”

LEARNING YOU

As a child, you form much of your sense of self based on feedback from others. Shaming, scary, threatening or controlling messages from our parents, especially in our formative years, are internalized and our sense of self is damaged. Toxic parents place their own needs before those of their children. Many are narcissists, which means pleasing themselves is their focus, and psychological abuse is one of the weapons they use, especially shame.

“Shaming is the lowest human emotion that we have. It’s not about the behavior; it’s about the person,” noted Dr. Nawalanic. “It’s important to recognize the distinction between correcting and

shaping behavior in a child as opposed to shaming the person. That’s a hallmark of toxic parenting.”

RECOGNITION

Many times, toxic parents learn their behaviors from their parents. It’s often multi-generational; great-grandparents did this to a grandparent who repeats the cycle with their children. But what enables adult children to

break that sequence?

“At times, parents see the brake lights go on and realize they’re doing the things they said they would never do with their children,” said Dr. Nawalanic. “Many folks are on autopilot and this is what they do and how they act. It’s a reenactment of the same circumstances they grew up in because that’s what they learned and saw. It’s not a conscious decision to be this way; it becomes automatic.”

PROTECTING CHILDREN

Some toxic parents have installed a sense of obligation and guilt into their children with the idea that more needs to be done for them. When the child has children, they find themselves in the middle, raising their own children and interacting with the grandparents. “The child of the toxic parent is trying to insulate their children from the grandparent,” he noted. “Now, it’s compounded because they’re having to tread between their toxic parent demanding attention and their child and that’s a great deal of stress.”

Some adult children control the situation by removing the parent

from their lives, a very drastic action. "Toxic parents can be cut out by the adult child because they have the awareness that, 'You're not good for me.' That isolation and seeing the loss of a relationship can be very powerful for the toxic parent. Perhaps for the first time, they have a consequence to their behaviors and sometimes it can be difficult to get that door to open again," said Dr. Nawalanic. "So the toxic parent works to make changes and may be able to get back into their adult child's life. But it may fail because the motivation wasn't about being a better person but reestablishing the connection. Ultimately, it goes back to being more about the parent than the child. It's so complex with so many levels and also with a lot of tears."

Even though they endured years of this torment, adults can find it difficult to realize or admit that he or she has grown up in a toxic household because of embarrassment. "No one wants to admit that's how they grew up or to shame their parents. For many toxic parents, they weren't bad all the time. There are good memories, and it doesn't serve us well to solely focus on the negatives," said Dr. Nawalanic. "However, you want to identify the flaws of your parents to better the chances you'll improve yourself. It allows us to separate from that experience—bit of forgiveness—a ray of light in the darkness of their childhood. If you have awareness, and acknowledging it is important, then you can stop the process of repeating it."

Next month, Dr. Nawalanic shares strategies to enable healing. ♦

SOURCES: If you need a qualified mental health professional, visit apa.org, adaa.org, thetrevorproject.org or nami.org.



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THE FARMHOUSE

LOCAL, FRESH, CREATIVE!

BY SHERYL HAMMONTREE | PHOTOGRAPHY BY AMBER DEERY

Large chalkboards artfully display the daily specials and proudly list the local farmers chosen as partners in the quest for serving fresh, locally sourced, ethically raised, seasonal fare that's unmatched in creativity. I'd been told The Farmhouse was a great spot for an even greater meal, so I looked forward to meeting the masterminds behind this 12-year success story and taste their genius.

You'll find The Farmhouse at the corner of 3rd and Delaware in the vibrant, urban village we love as Kansas City's River Market. The space is warmed by friendly conversation and a flood of natural light. This space is storied and historic; the old hardwoods creak a bit and the grand brick walls are the backdrop for original art and casual eclectic decor. Outside, the shaded patio is spacious, breezy and easy, but around the corner I found the first of many delightful surprises. They have their own garden! The staff helps care for the garden of herbs, greens and a bit of produce. Now, that's local!

The chill vibe of The Farmhouse is what you see and feel, but the focus, intention and effort that go into every bite are what you taste. Owners Chef Vincent Paredes and

Marty Enslein serve up the best brunch in KC and apparently I'm not the only one who thinks so; they have been voted "Best Brunch in KC" by multiple publications, each year, since 2017.

Now, where to begin! Every dish was a unique experience and each bite was both eye-popping "WOW" and eyes closed "woaaah." Personally, I love creative eggs so that's where I'll start! Marty and Vincent source their eggs from Buttonwood Farms; whether sunny side up, scrambled or poached, these eggs are amazing. The yolks are bright, creamy and oh so rich. Both weekend and weekday menus offer traditional eggs Benedict, featuring Golden Rule ham atop local challah bread from Bloom Bakery and drizzled with homemade hollandaise. Chef Vincent has also created two surprise "Benny" (eggs

Benedict) plates that may change your life. How do I know? Because they changed mine! Imagine swapping the traditional ham with a fried green tomato from Crum's Heirlooms Produce, or house-cured smoked sushi-grade salmon and Thane Palmberg onions on a local Meshuggah everything bagel. If you love eggs, The Farmhouse Benny plates are a must-order item. However, about the time you have made your final decision of which Benny plate you're ordering, one of their super-friendly servers will stroll by with a plate of signature Corned Beef Hash. That whiff of savory peppers, onions, squash, potatoes, cheddar cheese, Barham Family Farms beef, two Buttonwood Farm eggs on top and covered in an indescribable black pepper cream sauce could cause you to reconsider your order. Hold on, don't order yet; you'll need to ask about



Both weekend and weekday menus offer traditional eggs Benedict, featuring Golden Rule ham atop local challah bread from Bloom Bakery and drizzled with homemade hollandaise.



the Queso Fundido, Boulevard Brewery's KC Pilsner, Hemme Brothers' white cheddar, Green Dirt Farms tommie and homemade chorizo, smooth cheese, the right amount of spice, fresh diced tomatoes and avocado. Scrumptious!

Looking for something a little sweeter? Their French Toast is made with Bloom Bakery brioche and topped with local berries. Or consider the Parfait that starts with local yogurt from Belfonte and topped with house made almond granola and those same berries. Oh! You like something sweet with a savory twist? The Farmhouse cinnamon rolls are iconic and can be ordered with bacon crumbles on top.

I asked the chef if he had a favorite meal to create. With a big smile he said, "Oh! For sure it's brunch, because there are no rules! A brunch menu allows the most creativity; you can combine typical lunch and dinner items like steak, corned beef or queso with eggs, potatoes and bacon." My conversation with Vincent and Marty was inspiring and delightful. These two understand the importance of contrast, or push and pull. Contrast is something people are drawn to; it attracts the eye and creates interest. It's also something that isn't obvious or noticed, it's experienced. Push and pull creates that feeling of things working together exceptionally well in a complementary, balanced manner.

I believe contrast is the "secret sauce" for Vincent and Marty! The historic space is contrasted with the modern take on brunch; the chill vibe complements the effort and intention in every plate in the same manner the energetic, natural light enjoyed by the front tables complements the cozy lighting at the back for customers seeking a longer on-ramp to their day. On the menu, the Marteen is a chimichanga filled with scrambled eggs and burnt ends! Now that's a contrast that is going exceptionally well!

Vincent has spent his life cooking, creating and teaching the culinary arts. In contrast, Marty's background was corporate and while having all the desire to open a restaurant with Vincent, Marty recognized he lacked the experience and knowledge of the restaurant business. "I felt I needed hands-on experience, so I went to work at a local restaurant as a server, then the manager. Best thing I could have done." Four and half years after the conversation that started it all, Marty and Vincent went into business.

While these two, in fact brothers-in-law, are quite different, they share the same values. "Our employees, the farmers and our community are the most important things, since we consider this a family restaurant. The pandemic forced a reset and, while those were very challenging times, we made all decisions with those three things in mind. We brought back the entire staff when we reopened and at the first of this year, we adjusted to a brunch-only menu while maintaining focus on local, fresh and creative."

The Farmhouse is the perfect place to celebrate a special occasion or no occasion. This is where you bring out-of-town guests to show off Midwest hospitality and Kansas City's well-earned foodie-town status. ♦

Visit eatatthefarmhouse.com to learn more.



Art director, illustrator and entrepreneur Sheryl Hammtree 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 SALAD

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



INGREDIENTS

DRESSING:

- 1 tablespoon balsamic vinegar
 - 2 teaspoons strawberry (or other flavor) jam
 - 1/4 teaspoon Dijon mustard (optional)
 - 1 tablespoon cup chopped shallot (optional)
 - 1/4 teaspoon of kosher salt
 - 1/4 teaspoon of pepper, or to taste
 - 3 tablespoons extra-virgin olive oil (Cervasi recommended)
- Place vinegar, jam, Dijon mustard, shallot, salt and pepper in a large bowl or jar, then whisk in the olive oil.

SALAD:

- 1 pint (2 cups) strawberries, halved
- 5-6 cups chopped spinach or greens of choice.
- 1/3 cup or more of gorgonzola, feta, blue or goat cheese
- 1/2 -1 avocado, sliced
- 1/3 cup pecans, pine nuts or walnuts (optional)

DIRECTIONS

Place the strawberries and spinach in a serving bowl and drizzle with dressing. Toss and top salad with cheese, avocado and nuts if using. Add more balsamic, oil or salt and pepper as needed for your taste. ♦

STRAWBERRY PARFAIT GREAT FOR COOKING WITH KIDS

- 1:** Toss 1 quart of hulled and quartered strawberries with 3 teaspoons sugar in a large bowl and let sit for 5 to 30 minutes.
- 2:** Crush 10 cookies (gingersnap, graham cracker or any other cookie) in a zip bag.
- 3:** Sprinkle a layer of cookie crumbs in the bottom of a glass or parfait glass.
- 4:** Top with a layer of Greek yogurt and then a layer of berries.
- 5:** Repeat process. Sprinkle the top layer with more cookie crumbs, berries or whipped cream.



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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THE VEUVE CLIQUOT: A WOMAN OF RESILIENCE AND STRATEGY

BY MARILYN ISAMINGER

Once upon a time in 18th century France, and indeed in much of the civilized world, a woman's inherited property passed to her husband (or she was passed over in favor of males in the line of succession). What's a 21-year-old woman to do? Accede to societal mores and then devise a way to circumvent them.



Barbe-Nicole Ponsardin, born December 16, 1777, was the daughter of an affluent textile industrialist in Reims, France. It was the early years before the French Revolution, and she watched carefully as her father, Ponce Jean Nicolas Philippe Ponsardin, navigated the political climate and allowed his family to escape the ravages of the revolution and the erratic behavior of Napoleon Bonaparte.

Francois Clicquot, son of Philippe Clicquot, also a successful textile manufacturer and competitor of Ponsardin, and Barbe-Nicole married in 1768, the equivalent of an arranged marriage that consolidated the business power and finances of the two companies. According to some accounts, possibly fictional, Barbe-Nicole and Francois were childhood friends, and so a partnership as well as marital relationship developed. Francois was interested in developing his family's small wine-making business, and Barbe-Nicole was all in as she learned the craft of growing grapes and making wine, bolstered by her family's history. One of her grandmothers had been part of a wine-making operation in years past; it's said she had *Le Nez*, the extraordinary sense of smell that some vintners are born with. Barbe-Nicole might have inherited this sensitivity!

As the Napoleonic Wars churned on and created havoc for business in eastern and western Europe, Barbe-Nicole and Francois continued their efforts, until Francois fell ill with what most likely was typhoid and died. Both families were devastated, and Philippe Clicquot determined to end the wine-making sideline.

"Barbe-Nicole goes to her father-in-law and says, 'I'd like to risk my inheritance, I'd like you to invest the equivalent of an extra million dollars in me running this wine business.' And he says yes," explains Tilar Mazzeo, author of *The Widow Clicquot*, a 2008 business biography. "It's surprising that he would let a woman who has no business training take this on, and what it speaks to is that Philippe Clicquot was

no fool. He understood how very keenly intelligent his daughter-in-law was."

As *Veuve*, or *Widow*, Clicquot, Barbe-Nicole agreed to an apprenticeship under the well-known winemaker Alexandre Fourneaux, but after four years the business was floundering. She again approached her father-in-law for financing and he agreed once again. Savvy and forward-thinking, Barbe-Nicole recognized that the wars were ending and, as she had in her cellars what would become known as the legendary vintage of 1811, she gambled that the Russian market was ready for the kind of champagne she made, an extremely sweet champagne containing almost 300 grams of sugar.

Commercial shipping had been severely curtailed during the wars, so she took a huge gamble and smuggled most of the best wine to Amsterdam, and as soon as peace was declared, the bubbly headed to Russia. Tsar Alexander loved it, and the Russian court, the proving ground for the vintage, launched Barbe-Nicole Ponsardin Clicquot into international marketing.

As demand for her champagne grew, she realized the process of

fermenting and clarifying the liquid must be refined, improved and accelerated so she could meet the orders flowing in. Champagne is made by adding live yeast and sugar to bottles of white wine, creating secondary fermentation. The yeast digests the sugar, leaving alcohol and carbon dioxide, the bubbles. But then the yeast dies, leaving a bottle of sparkling wine and unappetizing dead yeast in the bottom. The winemaker's solution was to pour the champagne from bottle to bottle to get rid of the yeast, wasting time and bubbles, damaging the wine.

Barbe-Nicole's solution was to upend the way champagne underwent its secondary fermentation. Literally. She turned the bottles upside down into a device used today called a riddling rack, where they were gently rotated and the dead yeast collected in the neck of the bottle. "The invention of riddling allows the mass-production of an artisanal and luxury product, just not at the tiny quantities that they were dealing with before," Tilar Mazzeo explains. "Barbe-Nicole begins exporting wine around the world in large quantities and is known as being one of the great businesswomen of her century."

And she never remarried, although Rebecca Rosenberg, author of a delightful volume of historical fiction, *Champagne Widows*, hints at a flirtation with her sales manager. According to Rosenberg, Louis Bohne asked her to marry him, but Napoleonic Code was still in place; take a guess what she said. The novel is rich in historical detail and a fun read that brings life to this determined businesswoman. ♦

SOURCES: *smithsonian.com* and *wikipedia.com*.



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
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LOCKS & PULLS

SMALL TOUCHES MAKE
BIG STATEMENTS

BY CHRIS WESTWATER
PHOTOGRAPHY BY AMBER J DEERY



All building renovation or new construction projects are defined by decisions big and small. When you're entrenched in the decision-making process, it's easy to focus on the largest items, either in terms of size or cost, but it's important to remember that it's often the smaller items, the detail pieces, that make big statements and showcase the character of a home or business. Spending time to consider how unique cabinet or drawer pulls might make you feel in the morning as you're getting ready in your renovated bathroom or making dinner in your new kitchen is as significant as considering the look and feel of a door knob every time a customer enters your business or you go room to room in your home. These "little things" can take a space from functional to extraordinary.

Locks and Pulls, the area's premier source for decorative hardware, understands that if you want your household or business to truly represent you and your aesthetic, purchasing the right decorative hardware is worth the price, time and effort. Those personal detail pieces make a house into a home and transform a business from sterile to welcoming. At Locks and Pulls, you can find the best selection and inventory of ornamental door, bath and kitchen hardware in the Kansas City metro area. As their motto says, "If you can't find it here, you probably won't."

EXPERIENCED, KNOWLEDGEABLE STAFF

When you arrive at a Locks and Pulls store, expect to be greeted by an enthusiastic, knowledgeable employee ready to consult with you about your project needs. They will take the time to listen to your project plans and help you find the perfect hardware to fit your vision. From the smallest closet in a cozy condo to a top-tier executive suite, Locks and Pulls has the product selection and inventory to meet your needs. Homeowners, professional designers, residential and commercial builders all seek the expertise of Locks and Pulls staff to plan and source their projects.

If you want to refresh your kitchen or bath or build a mansion or condo, the experienced personnel at Locks and Pulls will sit down with you to view their vast selection of products and determine the perfect pieces to make your personal space more your own. These long-time professionals are knowledgeable about current trends, understand the pros and cons of using various hardware in one situation versus another, and have access to a varied selection of products, some of which are exclusive to Locks and Pulls beyond the metro area to one-state radius or more.

UNPARALLELED PRODUCTS, UNBEATABLE INVENTORY

Locks and Pulls has the selection and inventory to help you “make a statement by adding in the touches that add your character to your living space,” said Adam Hensley, owner of Locks and Pulls. Their curated collection of decorative hardware includes

more than 20,000 items from over 100 manufacturers that run from functional basics to unique and exclusive and from enduring classics to hot trends.

“The current trend is black. Black with black. Black with mixed metals. Black and gold. Black and polished nickel. Black and satin brass,” Adam shared. Customers also are drawn to modern, contemporary, clean lines. Locks and Pulls can help you update your space with trending five-inch, six-inch, or even seven-inch pulls. “By adding in these big, bold hardware statements, you truly add character to your living space.”

The knobs and pulls you find at a huge box store can also be found at Locks and Pulls for a similar or better price, and you can also find a wide array of unique and rare items from high-end manufacturers that you won't find elsewhere in the Midwest. Manufacturers they carry include Emtek, Classic Brass, Waterstreet Brass, Armac Martin, Ashley Norton, Rocky Mountain Hardware and many more.

Because they have the unmatched inventory to see your project to completion, there is no need to run from store to store to purchase enough product. Their staff will consult with you to ensure you leave with every item you need for your installation. Locks and Pulls strives to be your one-stop shop for all of your decorative hardware needs. “We do everything we can to not send somebody elsewhere. If we have access to a product, we're going to do everything we can to get it to the customer,” Adam said.

BEST LOCAL SOURCE

Locks and Pulls, locally owned and family operated, has been the premier retail source for Kansas City metro customers seeking everyday decorative hardware solutions and unique statement pieces for more discerning tastes since 1986. Visit one of their stores, conveniently located in Overland Park and Kansas City North, and let Locks and Pulls assist you in designing the small touches that will make a big statement in your home and let your character shine through. ♦

Visit locksandpullskc.com to learn more.



Adam Hensley,
Owner of Locks and Pulls



“The current trend is black. Black with black. Black with mixed metals. Black and gold. Black and polished nickel. Black and satin brass,” Adam shared. Customers also are drawn to modern, contemporary, clean lines.

IDEA MAKERS: 15 FEARLESS FEMALE ENTREPRENEURS

BY LOWEY BUNDY SICHOL

BY TERRI SCHLICHENMEYER

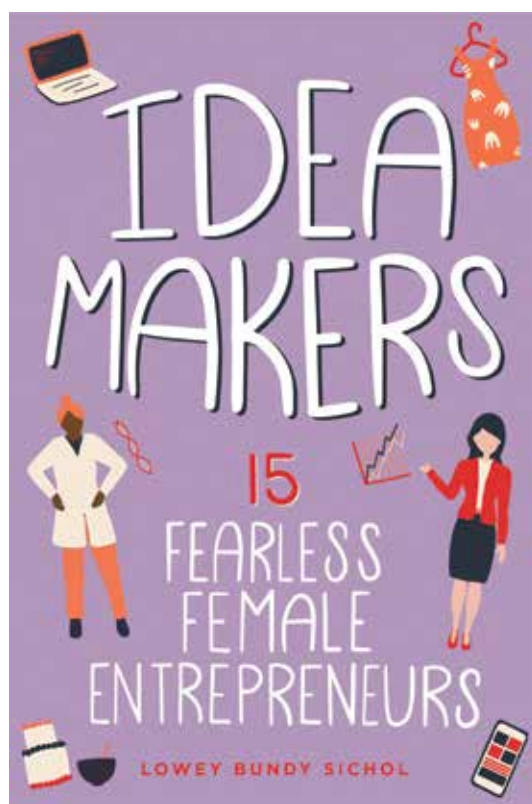
You're a problem-solver. You see something that you can make better and so you do. You've never met something that can't be improved, fixed or altered in some way, and the solutions always come easy. It's a gift, one that you're happy to share with people, so why not take a page from Idea Makers by Lowey Bundy Sichol and make it a career?

“I coulda thought of that!” You’ve probably said that a lot, especially after you’ve seen something that’s making somebody a lot of money. You could have created that. You could be rich like Mark Zuckerberg or Elon Musk. But what about female entrepreneurs? Says Sichol, about 40 percent of the businesses in the U.S. are run by women, generating nearly \$2 trillion a year. Their stories are just as exceptional – and just as inspirational.

To be an entrepreneur, Sichol says, solve a problem. Heidi Zak realized how inconvenient it was to buy a bra in person, so she founded ThirdLove. Jenn Hyman understood that designer clothing was expensive, and she sketched out Rent the Runway. If there’s something for which you have a passion, then look at the story of Alli Webb, who knew that women wanted fun, fuss-free beauty and so she founded the Dry Bar. Lisa Price followed her nose, quite literally, into Carol’s Daughter, an empire that offers wonderfully-scented beauty products specifically for African American skin. Jasmine Crowe knew the stats: millions of people go hungry every day in this country, and her Goodr helps fix that problem.

Finally, pay attention. Good ideas often come naturally when you work hard and keep your eyes open. It happened to Tate’s Bake Shop’s Kathleen King and Spanx’s Sara Blakely, and it could happen to you.

As you’re paging through *Idea Makers* and feeling quite inspired, one thing might eventually strike you: the women inside these pages are not necessarily household names. Some, in fact, may be totally unfamiliar to you which, in a way, makes its own point: fame isn’t a requirement for entrepreneurship. In her introduction and repeated-



ly through the profiles she shares, author Sichol also shows that gender has nothing to do with success, either, nor does speed. The stories of the women inside this book subtly show perseverance and dedication, two traits that are often ignored in many be-an-entrepreneur books. That honesty may, for readers who dream of being their own boss someday, be the best part of what you’ll read.

THE FIRST, THE FEW, THE ONLY: HOW WOMEN OF COLOR CAN REDEFINE POWER IN CORPORATE AMERICA

BY DEEPA PURUSHOTHAMAN

There’s no one like you. For most of your life, you’ve been told how unique you are, how wonderful, how important, all true. You’re one of a kind, singular, you’re

like no one else on Earth. And in *The First, The Few, The Only* by Deepa Purushothaman, that probably goes at work, too.

Most workplaces were made for men. If you’re a woman, you already know this. It’s evident in the height of the counters and the temperature of the rooms. But for Women of Color, or WOC, that statement is keener, especially if you’re the first, one of a few, or the only WOC there now. With no other WOC to bounce ideas with, how do you survive and thrive at work?

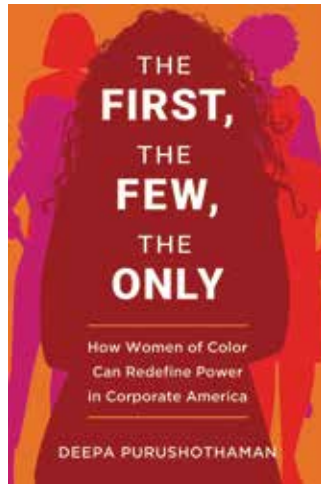
Says Purushothaman, there are three main ways. First, **Find Your Power**. Eliminate delusions that you or your bosses may hold, and hear the messages you’re getting. They can see you, when it comes to hiring. You can fit in without losing a part of yourself. Closely notice the lessons you’ve learned from your family and your culture, and be

sure that you're sending the right lessons to the next generation.

Take care of yourself **When Your Mind and Body Speak**. Look for your own joy, know the detrimental effects of racism and ignore the urge to work harder just because of your skin color. Know what to do about those microaggressions you seem to hear constantly.

Finally, seize **The Power of We**. Find your community in the corporate world at large. Be open to learning and changing the game from within. Know what six things to ask yourself if you're thinking about a new job. And never forget who you are.

The First, The Few, The Only can be a place for confirmation, if you're a WOC; Purushothaman speaks directly to your experiences and she offers sympathy and camaraderie. There's advice here that you can use, including tips for those hours when you aren't working. You can also consider this a primer if you're not a woman and/or not of color. Supervisors, CEOs and business owners who want to do better have a place to start here, with a dive into things you don't know, things you shouldn't do and irritations your new employee probably won't tell you. ♦



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JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS
PHOTO BY LAUREN FRISCH PUSATERI

It's so hard for me to believe my baby girl is starting middle school this month!

People weren't kidding when they told me it would go fast. At each age and phase, I always think back to my life at that particular time. What was I doing? What sort of things were going on in my mind and my life? I have lots of happy thoughts. But one that was unpleasant, to say the least, and stuck with me for many years, happened in sixth grade.

My social studies teacher asked the class a question. I raised my hand, sure I knew the answer. Apparently, I didn't. He stared at me for a few awkward seconds, then asked me to stand up. I remember thinking I had either just given the most intelligent, incredible answer, above and beyond the one he was looking for, or I was about to be embarrassed. The latter would be true. He asked me in front of all of my classmates, "Are you always this stupid or do you practice it?"

Mortified. Hot, red face. Lump in my throat. Laughter to join in with my peers so as not to show my true feelings.

The bell rang and I ran to the bathroom as fast as I could and

cried harder than I ever had.

Confidence? Crushed.

Self-esteem? Destroyed.

All because of what Mr. Scott said to me.

I believed it. I doubted every word that came out of my mouth for the next I don't even know how many years.

It took a very long time to rise above that. But, I did. And I'm proud of myself for doing it. Sometimes I wonder how in the world I ended up doing what I do for a living. But I do know that I wish I could locate that teacher and explain to him how important words are and how deeply his affected me for most of my life.

I read something the other day that really resonated with me. A simple thought, really. But, one that is so true. "I am not who others say I am."

I challenge you to rise above what ANYONE has ever said to make you feel "less than." You are enough! And so am I. ♦

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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Kady
+
Shaun
Cramer

- April 2, 2022 -

WRITTEN BY MARILYN ISAMINGER

Kady (Weddle) Cramer, 36, born in St. Joseph, Missouri, graduated with a bachelor's of fine arts in graphic design from Missouri Western State University. She's now art director for the Martin City & South KC Telegraph; prior to that, she worked as a designer with companies such as Gannett Publishing, Lifetouch and Albrecht-Kemper Museum of Art. In 2019, she founded her own design company, 217 Media, LLC.

Shaun Cramer, 37, born in Kansas City, Kansas, studied at Johnson County Community College and works as sales manager at Speed Script Pharmacy Management Systems and Services. Just this year Shaun launched his own company, SKC Bricks, LLC, buying and selling new and used Legos.



PHOTOGRAPHY

*Angela Masters,
Black Moon Media, LLC*

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David's Bridal

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Shaun and Kady met online, and they talked that way for about a month before they had their first date. They met at a local bar/restaurant, McGuire's Tavern, on a Thursday, and the connection was pretty immediate. Two more dates transpired before Monday, and they have been together ever since. Shaun and Kady have a lot in common; they're goofy and make each other laugh. They love movie nights and are pretty big geeks when it comes to sci-fi and Marvel. Shaun and Kady also love getaway vacations and traveling. They spend a lot of time with family. Combined, they have eight





❖

***We have a lot in common;
we're goofy and make
each other laugh. We love
our movie nights and are
pretty big geeks when it
comes to sci-fi and Marvel.***

siblings with 15 nieces and nephews!"

"Shaun proposed on New Year's Eve on the balcony of our hotel room at the InterContinental Hotel on the Plaza," Kady smiles. "We just bought a house in Shawnee, Kansas, where we live with our fur baby, a pug named Izzie. He's featured on our cake topper!"

The blissful couple tied the knot April 2, 2022. Kady's Maid of Honor was her sister, Amber Dunlap, and her niece, Indiana Dunlap, served as junior bridesmaid/flower girl. Shaun's Best Man was Patrick Fox; James Thomas (J.T.) Price served as groomsman.

For their honeymoon, Kady and Shaun went on a Royal Caribbean® cruise, Freedom of the Seas, out of Miami, Florida, to CocoCay, Bahamas, stopping at Nassau, Bahamas, along the way. ♦





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OVERRUN OVARIAN CANCER FOUNDATION

Let's Make Some Noise!



According to the American Cancer Society, ovarian cancer ranks fifth in cancer deaths among women, accounting for more deaths than any other cancer of the female reproductive system. A woman's risk of getting ovarian cancer during her lifetime is about 1 in 78. Compounding the problem is that only about 20 percent of ovarian cancers are found at an early stage, primarily because the symptoms are often difficult to recognize. When ovarian cancer is found early, nearly 94 percent of patients live longer than five years after diagnosis.

Believing that ovarian cancer needed a stronger voice and hoping to improve the early detection statistics, the OVERRUN Ovarian Cancer Foundation, or OOCF, was created with the mission to fund ovarian cancer research that focused on early detection and alternative treatment options. The foundation's flagship fundraising event, the OVERRUN Ovarian Cancer 5K & 1 Mile Run/Walk, first

took place in November 2012 and has taken place every fall since then, raising nearly \$500,000 to benefit research at The University of Kansas Cancer Center. The event is a day of hope and healing for ovarian cancer survivors and their loved ones, operating under the mantra Believe in a Cure. The event is run by a committed group of board members, volunteers and a team of OVERRUN Ambassadors who work throughout the

year to spread the word about ovarian cancer and the OOCF mission.

Over the last several years, OOCF has also added patient advocacy to its cause, providing comfort bags for newly diagnosed patients at some of the local KC-metro hospitals. Additionally, a series of Zoom videos, Living Well Wednesdays, was created to help patients and caregivers navigate their physical and mental health during treatment and beyond. These videos were funded through a grant provided by the OOCF.

Dr. Andrew K. Godwin, deputy director at the University of Kan-



sas Cancer Center, said, “The OVERRUN Ovarian Cancer Foundation continues to support creative researchers at the University of Kansas Medical School and the KU Cancer Center. These researchers are developing cutting-edge clinical assays to detect cancer at its earliest stages, which is an essential step to reducing the number of women who lose their lives to

this devastating disease.”

The 11th Annual OVERRUN Ovarian Cancer is scheduled for Sunday, October 2, 2022, at the Southcreek Office Park in Overland Park, Kansas. Join us as we make some noise in the fight against ovarian cancer! For more information or to sign up to run, walk or volunteer, please visit overrunovariancancer.com. ♦

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KNOW THE SYMPTOMS! OVARIAN CANCER WHISPERS

The four main symptoms of ovarian cancer are:

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- Trouble eating or feeling full quickly
- Feeling the need to urinate urgently or often

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- Upset stomach
- Back pain
- Painful intercourse
- Constipation
- Menstrual changes ♦

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AUGUST 2022

AUGUST 5-7



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AUGUST 11-28

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AUGUST 28

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AUGUST 21

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AUGUST 26

Jazzoo

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CAPRICORN
(DEC. 22-JAN. 19)

A small financial glitch at the beginning of the month may threaten to derail you, but rest assured, it won't. Older family members may irritate you as they offer advice that is not warranted. Listen to yourself, and if you can wait until the 18th, then Jupiter will bring finances into alignment. Do not spend more than you make.



TAURUS
(APR. 20-MAY 20)

You are getting the bull's share of the energy this month, enough so that you will find that your problems seem to take care of themselves. This might make you impulsive in the work sector and you should rein yourself in. This is also true in your love life. You are going to have a difficult decision to make this month in that area. Lean more on your feelings and not your logic to work it out.



VIRGO
(AUG. 23-SEPT. 22)

Since July, Neptune has been in retrograde, putting a damper on your relationships, but other cosmic heroes are coming to your rescue this month. The 7th through 9th of the month will see Venus working her magic, bringing others to your doorstep. The Sun will get in on the rescue effort and by the 23rd you should feel positively radiant. The need to claim "alone" time will be strong this month but strike a balance between yourself and time spent with others.



AQUARIUS
(JAN. 20-FEB. 18)

The full moon is going to lend you the ability to make connections easily. Networking will be key for you during the middle of the month, so make sure to put yourself out there. Think through all major purchases this month as the devil is lurking in the details and be cautious about traveling in unsafe weather conditions toward the end of the month.



GEMINI
(MAY 21-JUN. 20)

Your work sector is going to boom this month, especially toward the middle of the month. Make sure to invest for the long haul and prepare yourself psychologically for some big opportunities. Because of the extra energy you might tend to overdo it and burn yourself out by the end of the month, so pace yourself.



LIBRA
(SEPT. 23-OCT. 22)

Venus is going to make an appearance in Virgo this month, lending you the ability to be very effective in your career. However, this will also make the spendaholic in you come out. Don't give in to it, but rather spend time with family at cookouts, picnics and low-cost mini-vacations.

STAR JOURNEYS

BY MELODY BUSSEY

The first part of the month is going to see signs feeling sluggish and impulsive. This is due to several retrograde planets whose influence, until the 23rd, are going to make it necessary to check details twice, not take chances, and spend time with family, rather than acquiring things.



PISCES
(FEB. 19-MAR. 20)

This would be a great month to be cautious on the money front as Mars is going to exert its influence over you. It will make you irritable, quicker to jump to conclusions, and more likely to be impulsive. Conversely, used wisely, this energy can help motivate you to take action to make your future more secure and to set attainable goals for yourself.



CANCER
(JUN. 21-JUL. 23)

You won't want to, but you **MUST** take the time to see things from all of the angles. Otherwise, many of the decisions you will make this month are going to come back to bite you in the Spanx®. After the 23rd your energy and clarity will return. In fact, you may catch someone trying to scam you.



SCORPIO
(OCT. 23-NOV. 21)

It's the last days of summer, so enjoy! Be careful of rumors that may be going around toward the end of the month and refuse to engage in the process. You may be feeling a need to add "something" to your life this month. Try learning something new.



ARIES
(MAR. 21-APR. 19)

The beneficial properties brought about by Mars and Saturn will see your career's star shining, especially on or around the 23rd. Note that your overall health is going to be affected by your state of mind, so keep a positive outlook and stay well.



LEO
(JUL. 24-AUG. 22)

You've been focusing all of your attention on others and the result is that your health may be feeling the effects. Signs indicate that identity theft may come knocking, so make sure that you lock the door.



SAGITTARIUS
(NOV. 22-DEC. 21)

The retrograde will still be in full effect until the 8th of the month, so do everything with some amount of caution. The 23rd is going to see the Sun passing across Virgo, which is your career sector. This is a good time to move forward with proposals and new objectives.



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