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When one proposes an idea and course of action, many times they are the person tasked with putting it into play. Kelli Alldredge's career path veered in an unexpected direction when she proposed a fundraiser to Chicken N Pickle's owner. Today, she's a managing partner, building community impact teams and inspiring pickleballers.



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# IT'S A MARATHON..

Photography by Amber J Deery



**I**n college, I studied sports inside and out for my undergraduate and graduate degrees. I must mention that it was at University of Georgia, home of this year's NCAA football champions! Not only was I a student in sports management and sports business, but I was also a college athlete. I grew up training for the next big competition, gymnastics state meet, diving NCAAs or the Olympic trials on 10-meter platform.

I never really thought about the future, as in when I would be in my 40s, and that I may not have practices most days a week. It was really all I ever knew for so long. It has always been my nature to be competitive, work hard and train harder. My body had different plans. After a few knee surgeries, I was ready to get back into something. Well, then COVID happened and Long COVID happened to me.

It has been two long years. I seem to be writing my own training manual, working up and toward the next big competition. That competition seems to be winning over Long COVID. There have been days that seem like the longest practice I have ever known. My training consists of infusions three times a week, trial medications and a lot of patience.

I may not be participating in a sport yet, but I'm getting there. After talking with Kelli Alldredge, this month's Sports issue cover, I am even more motivated to get back at it. I am even going to try pickleball, and she's going to

hold me to it! We are never too old to play a little differently than we used to.

*Cherish It,*

*Tammy*  
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# SKF POKER TOURNAMENT

The Supporting Kids Foundation held its 12th annual Poker Tournament on February 4 at Sporting KC Park. More than 250 guests enjoyed a night of food, drinks, casino games and poker! Aaron Claar shared his amazing story of how SKF helped his family deal with financial strain during his daughter's battle with cancer. Many thanks to all the amazing sponsors and donors both new and returning! Thank you to all who volunteered their time to make this event a huge success! All money raised by SKF goes to help local KC families with children battling pediatric cancer. To learn more and volunteer, visit [supportingkids.org](http://supportingkids.org). ♦

PHOTOGRAPHY BY DAWN BUCKMAN







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# HEALTH APPS: CHOOSING THE RIGHT ONE FOR YOU

BY LISA BUTLER

*Despite social media being the most-used news source, it has been ranked as the least-trusted source of information in the United States. While consumers may appreciate the ease of getting news at our fingertips, we are also leery of misinformation and fake news.*

**W**hen it comes to our health, the wish list is similar. We want information quickly but desire it to come from trusted sources. Here are three health apps that seem to be checking all the boxes.

## AAPTIV: FITNESS

This audio-based app can change your attitude when it comes to exercise. Blending a mixture of music to pair with your workout and instructions from a certified personal trainer, the Aaptiv app meets you at your current fitness level and programs your workouts based on fitness goals, favorite formats and the exercise equipment you have on hand.

Aaptiv workouts include all fitness formats, from treadmill and toning to stretching and cycling. Downloadable to most digital devices, Aaptiv can be used just about anywhere. For goal setters, this app will track daily exercise progress, so the workouts get harder as your fitness level improves.

## MYPLATE: NUTRITION

If you're looking to track the food you eat and analyze which nutrients you might be lacking, this app may be your answer. It's similar to a food journal, thanks to its easy-to-use tracking database that pulls up just about any food or beverage you're consuming. The app then calculates the calories, protein, fat and carbohydrate content of that meal and gives you an idea of the remaining calories you have for that day. Users also like the prompts and notifications to help



them stay on top of their daily nutrition goals.

## GOODSELF: OVERALL HEALTH

Goodself is described as a first-of-its-kind media platform that allows vetted experts to share health, wellness and lifestyle content. The free community-focused app hosts live, interactive audio chats called GoodTalks led by experts in their field. Pictures, videos and ideas can also be posted within the feed and shared by experts around their expertise and by users around their

health experiences.

Using community feedback as well as interviewing health professionals around the world, the creators of Goodself aimed to develop not just a platform, but a movement that truly inspires and helps people globally through the use of reliable information.

## CHOOSING AN APP

Over the past few years, the number of mobile apps dedicated to wellbeing has increased dramatically. So, how do you know which app is right for you? Here are some ways to untangle the health tech.

## FIND A FIT

If you have specific health goals in mind, then make sure the app you choose will get you there, or at least give you a good start. For instance, if you would like to experience more quality sleep, make sure the app puts a priority on getting some shuteye.



## GET REAL

If an app is promising you the world, it's probably too good to be true. Be realistic about what you want to achieve and avoid apps that over-promise.

## RESEARCH

Taking time to research is the best way to ensure your app will work for you and your health goals. Research online and use trusted sources to select your app. Ask friends and family what apps work for them. Don't forget to ask about pros and cons.

## FIND THE PROOF

Let's face it, we want something to help us make better decisions about our wellbeing. Choose an app that uses strategies that research has shown be successful while offering social and goal-setting support. Check reviews and research the ones that pique your interest. Also, daily reminders and notifications from an app can be very beneficial. We may need that extra nudge to get that workout in or enter our most recent meal.

## CHECK THE BUDGET

Apps are generally not expensive, but when you're using several apps with a fee, the costs can add up fast! While some may be free to download initially, many may require in-app purchases or upgrades just to use some of the features. Before tapping that download button, make sure the cost of the extras you need or want don't break the bank.

## TEST IT!

If you're reading a book and you just can't get into it, then it's okay to stop reading it. Just like a book that you're not connecting with, an app may not be working for you either. Don't be afraid to delete your current health app and choose something that might be a better fit.

With over 81 percent of Americans owning smartphones, mobile health applications are rapidly becoming mainstream. Thanks to improved features and apps that are specifically tailored to certain goals and conditions, a pathway to better health may be right at your fingertips. ♦

**SOURCES:** [mdanderson.org](http://mdanderson.org), [livestrong.com](http://livestrong.com), [healthline.com](http://healthline.com) and [goodself.com](http://goodself.com).



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# BREAST AUGMENTATION

## A BEAUTIFUL RESULT

BY MARLEE VOLK



Q

**What is the recovery time after a breast augmentation?**

A

Each patient is different and recovery time can vary depending on several factors such as implant size and placement. For the first few days, patients will experience tightness in their chest, fatigue, loss of sensation to breast or even hypersensitivity. In the weeks following surgery it is important to limit heavy lifting, some physical activity and follow the restrictions given by your surgeon while your implants are settling. Typically, patients fully recover from discomfort and limitations in six weeks. Your results will still continue to evolve over the next couple of months, appearing and feeling more natural over time.

Q

**How long do breast implants last?**

A

Breast implants are long-lasting and safe but are not considered "lifetime devices." Today's breast implants can remain in good shape for 20 years or more; however, the older your implants, the greater your risk of rupture or other complications. Some complications that can affect needing to remove or replace your implants would include capsular contracture, rippling, changes in implant position, or simply wanting a change in size. ♦



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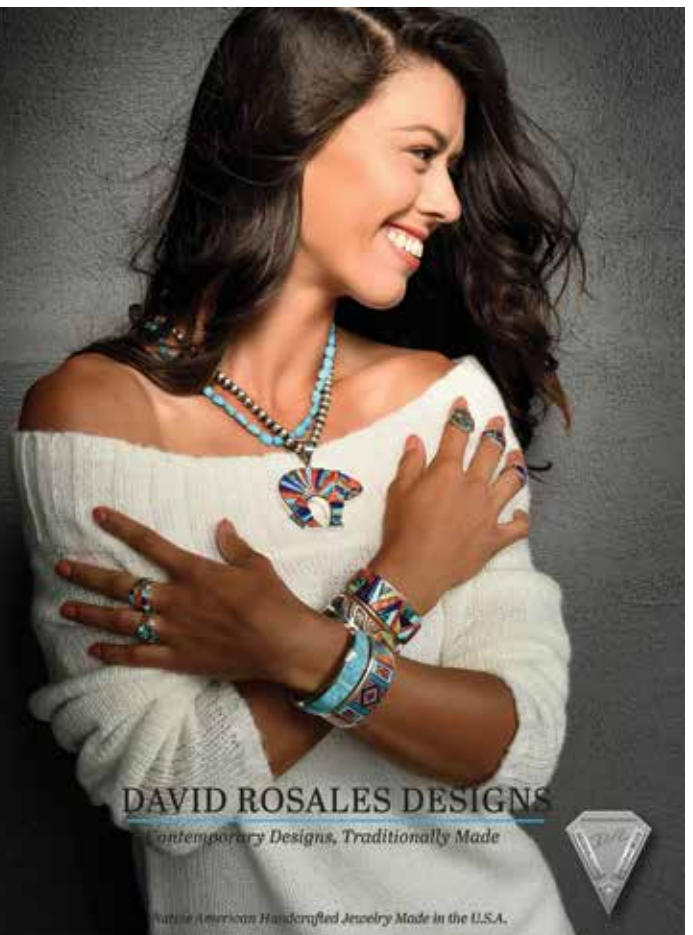
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# WHAT CAN WE LEARN FROM SUPERAGERS

BY CATIE WATSON

*Within the next decade, one in six people worldwide will be over 60. Even if you're not part of this group, the increased care needed for the elderly will affect everyone.*

**W**ith Alzheimer's and dementia on the rise, researchers at Northwestern University began studying what they call SuperAgers. These are adults over age 80 who have the memories of people at least 30 years younger. By studying those who have avoided memory problems, they hope to understand "what is going right with aging, as opposed to what is going wrong."

The SuperAging Research Program has been studying superior memory in older adults since 2008. Although the program accepts only about ten percent of those who apply, a high IQ isn't required. Researchers are most interested in elderly people who have a strong ability to recall personal experiences from the past, known as episodic memory. Other research institutions, including Harvard University and AFAR, or American Federation for Aging Research, have also undertaken studies of older people with mental or physical capabilities of those many decades younger.

According to Dr. Nir Barzilai of AFAR, "SuperAgers' chronological age does not reflect their biological age, which allows them to work longer, enjoy post-retirement interests and live life to the fullest."

## THE SUPERAGER BRAIN

Dementia is diagnosed when the loss of critical thinking skills interferes with daily living. There are several types of dementia; the type that comes with Alzheimer's affects memory skills. Many factors determine whether you will experience dementia, including how long you live (your chances double every five years after age 65), your family history and your gender (women are more likely to get Alzheimer's).

Through cognitive testing and 3D brain scans, Northwestern researchers found that the brains of SuperAgers shrink at a slower rate than normally aging adults. Losing brain volume more slowly



seems to protect SuperAgers from dementia.

## PHYSICAL SUPERAGERS

Harvard Health defines physical SuperAgers as people in their 70s or 80s with the aerobic capacity of a younger person. After age 30, we typically lose 10 percent of our aerobic capacity every decade. Harvard researchers have found a correlation between having a high aerobic capacity and a decrease in dementia, cardiovascular disease and lethal falls. Following a fitness program that includes cardio exercise can have big paybacks as we age.

usually lose 10 percent of our aerobic capacity every decade. Harvard researchers have found a correlation between having a high aerobic capacity and a decrease in dementia, cardiovascular disease and lethal falls. Following a fitness program that includes cardio exercise can have big paybacks as we age.

## SUPERAGER HEALTHY HABITS

Members of the SuperAger population in the Northwestern study possess some common traits and habits. They live an active lifestyle and take part in regular exercise. Researchers have found being obese triples the risk of developing Alzheimer's disease; being active helps SuperAgers maintain a healthy weight.

SuperAgers challenge themselves both physically and mentally. They do word puzzles, read widely, take classes and engage in other activities that stimulate and engage the brain. Experts say that going outside your comfort zone challenges the brain in new ways. Mental challenges suggested by Harvard Health include tutoring ESL students, working as an election volunteer, learning a new language or becoming proficient in a musical instrument.

Another important trait of SuperAgers is that they have strong social networks. According to Dr. Emily Rogalski of Northwestern University, the area deep in the brain that plays a role in social awareness is larger in the brains of SuperAgers. Although having a strong social network doesn't mean you won't get Alzheimer's, it doesn't hurt to maintain strong social ties as part of a healthy lifestyle that promotes healthy aging.

Being a SuperAger doesn't mean you don't get to have any fun.



Many participants in the SuperAging Research Program indulge in alcohol on an occasional or nightly basis. According to researchers, moderate drinkers have a 23 percent lower risk of developing memory problems or Alzheimer's compared with nondrinkers. Moderation is the key, however, since over-drinking can increase the risk of Alzheimer's.

### COULD YOU BECOME A SUPERAGER?

Scientists are still working to understand the phenomenon of SuperAgers, but we can all benefit from the research. Adopting the habits of SuperAgers is no guarantee that we'll stay sharp in our later years, but they can make an important difference in our health and well-being at any age.

We may avoid new challenges as adults because we don't want to become frustrated, but learning any new skill requires perseverance. We may think that we're too old to undertake an aerobic exercise program, but anyone can start slowly and build their aerobic capacity with regular exercise, provided they have no physical limitations. Taking on new skills and challenges can be easier when you have community support, which can also contribute to social networking. Strong social connections are important antidotes to loneliness and depression and can improve anyone's mental health.

A loss of physical and mental capabilities may be part of aging, but it's not inevitable. ♦

**SOURCES:** CNN.com, health.harvard.edu and brain.northwestern.edu.

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# WHITE BUFFALO TRADING COMPANY

A HAVEN OF  
TURQUOISE AND  
NATIVE AMERICAN  
JEWELRY AND ART

BY CHRIS WESTWATER | PHOTOGRAPHY BY AMBER DEERY

*Sports is the theme for this month's issue, and shopping is often referred to as the ultimate female sport. If you want to indulge in the sport of shopping and love high-quality Native American jewelry, visit Pam Minick and her knowledgeable team at White Buffalo Trading Company in Overland Park. Customers say there's no one else in Kansas or Missouri with the amount and quality of Native American handmade jewelry that you can find at White Buffalo Trading Company.*

**P**am prides herself on the quality and variety of her extensive jewelry collection, many of them one-of-a-kind items, and her selection of Native American art for your home and life. If you're a fan of Native American handmade jewelry and art, White Buffalo Trading Company is a must-visit.

## TURQUOISE: MORE VALUABLE THAN DIAMONDS

According to *Smithsonian Magazine*, turquoise is becoming rarer and more valuable than diamonds. This applies to pure stones from mines across the world, but especially to the gorgeous stones found in southwestern U.S. mines. Turquoise is one of the most







rarely occurring gemstones in the world and each geographic location boasts unique attributes. Amazingly, the majority of White Buffalo Trading Company's jewelry collection is composed of this beautiful and rare semi-precious stone, in addition to pieces made with onyx, coral and other Native American materials.

## NATIVE AMERICAN JEWELRY AND ART

White Buffalo Trading Company has been a mainstay in Overland Park for almost 20 years and carries a variety of contemporary and vintage jewelry. "Most pieces are one of a kind. Ninety-eight percent of the time, there's a family history behind it, or there's information on the artist and how the stone touched them individually to create the jewelry that I can share as well," Pam said. Whether you're visiting the store for the first time or a repeat customer, she and her team can educate you about the handmade Native American art and jewelry they carry. "I'm more excited than anything to show people the pieces I source, whether they're new or vintage. I'm showing it to you because I love it."

If you're looking for something specific, Pam can help. "Some customers will come in for a particular stone from a certain mine or for specific artists that they're familiar with and admire," she shared. Through Pam's extensive network of connections in the Native American community, she can find what you're looking for. "My favorite thing is making a person happy and seeing their eyes smile. Our mission is to make our customers happy. Even if they don't buy anything, they usually walk out thanking us for the experi-



---

***"I'm more excited than anything to show people the pieces I source, whether they're new or vintage. I'm showing it to you because I love it."***

---

ence or saying they learned something."

In addition to jewelry, White Buffalo Trading Company carries a variety of other high-quality Native American art such as fetishes, katsinas, medicine bags, framed art, buckskin accessories and much more. Fetishes are small carvings of animals and Native American icons that are hand-carved by the Zuni Nation from different stones and other materials. They are an integral part of the medicine bags that are specially made for White Buffalo Trading Company. Each medicine bag is uniquely created to represent one of the 12 Native American astrology



signs. Hopi katsinas are made from a single piece of cottonwood and range in size from two inches to four feet tall and come in hundreds of different carvings. Additionally, Pam carries beads, unusual vintage pieces, pottery and other art that can be worn or displayed. Visit the store today and enjoy a feast for the senses.

## VISITING ARTISTS AND JEWELRY SERVICES

"You can't fail with something you love," Pam said, and she and her team love what they do: sharing knowledge about Native American jewelry, pottery and other artist items, and helping customers with pieces they already own. Pam provides a cleaning service for Native American jewelry and appraisal of pieces and collections, and she assists customers in repairing items or resizing rings. "If you heat turquoise, it'll crack," she said, so she trusts only the Native American silversmiths in Albuquerque with whom she's worked for years because they're experienced and "know what they're doing."

Pam has also cultivated strong relationships with contemporary artists and often has artist events at the store. Like and follow White Buffalo Trading Company on Facebook to get updates weekly or daily about new additions to the collection, visiting artists and other events. She also teaches individual beadwork lessons.

White Buffalo Trading Company is conveniently located in Overland Park, Kansas, off Metcalf and 135th Street. If you enjoy Native American art and jewelry, visit Pam and her team today to find a beautiful piece to bring in your life. ♦

Visit the store at 13328 Metcalf, Overland Park, Kansas, their Facebook page or call 913-789-8858.

# SPORTS: BRINGING COMMUNITIES TOGETHER

BY CATIE WATSON

*Community sports for kids are a great way to promote physical activity and help develop a healthy sense of competition.*



**B**aseball, basketball, soccer, tennis, cheer-leading, swimming, gymnastics, martial arts, volleyball and track are among the organized sports that American kids ages 6 to 12 participate in on a regular basis. Since many of these programs require a significant investment of both parents' and children's time, some parents may question their value when there are so many other demands on their schedule.

Besides getting kids out of the house and away from their electronic devices for a few hours each week, organized sports provide a wide range of physical, social and psychological benefits.

## MASTERING NEW SKILLS

Between the ages of two and five, children are busy developing basic motor skills such as running and jumping. Moving beyond the basics to more complex physical skills is an important part of development for older children. Each sport has a specific skill set that may be easy or more difficult to master. Children who participate in community sports have the opportunity to master more complex physical skills and discover their own unique physical talents.

## IMPROVING HEALTH

Taking part in regular physical activity helps children build and maintain healthy bones, joints and muscles. It also helps control weight and prevent chronic diseases associated with being overweight, such as Type 2 diabetes and high blood pressure. In addition, children who take part in sports are far more likely to continue the healthy habit when they grow up. According to the Robert Wood Johnson Foundation, 75 percent of people over age 30 who take part in sports played sports when they were children.

## DEVELOPING SELF-CONFIDENCE

Not everyone can be a superstar athlete, but just being part of a sports team can give a child an important sense of belonging. Meet-

ing new people and making friends helps children build confidence, while cheers, high-fives and other signs of support from team members and coaches can go a long way toward boosting self-esteem. There's also a lot to be said for expanding a child's

sense of identity by letting them try out new skills and activities, including sports.

## TEACHING SOCIAL SKILLS

Playing sports can help children build new relationships and develop interpersonal skills such as communication and cooperation that they'll need in adulthood. Many sports also provide opportunities for children to practice leadership skills. Through sports, parents and coaches can teach children how to win fairly and lose gracefully. Competing and performing before spectators can help children learn how to manage their emotions under pressure.

## PROMOTING DISCIPLINE

Many kids can get exercise on their own, but organized sports require them to show up for practice, learn the rules and take direction from coaches. To improve at their sport, they need to listen to their coaches' advice and practice. This all requires children to develop self-restraint and discipline, valuable skills that they'll need throughout school and on the job.

## RELIEVING STRESS

Sports can be a natural source of stress relief for children as well as adults. High levels of physical activity trigger the release of endorphins, the brain chemicals that can boost your mood and help fight depression. Sports can also help children learn to deal with stress by placing them in high-pressure situations that force them to persevere and overcome adversity. Practicing perseverance at a young age helps children develop important coping skills.



## ENCOURAGING FAMILY INVOLVEMENT

Community sports offer benefits for the entire family by promoting family involvement. Parents, grandparents and siblings can encourage a child athlete's progress and the entire family can bond at practices and games. With organized sports, parents have an important opportunity to become role models of fair play for their children. Situations that come up during competitive events, including examples of bad sportsmanship, can become points for discussion within the family. Positive, nonjudgmental support from parents and other adult relatives can make all the difference when it comes to how much a child enjoys community sports.

## FOSTERING COMMUNITY CONNECTIONS

Community sports help bring neighbors together. Studies have found that families who participate in community sports develop deeper connections with other families, giving them a greater sense of being part of the community.

Despite all the benefits of community sports for kids, a recent report from The Aspen Institute's Project Play states that in 2016, only about 25 percent of American children participated in sports that included a healthy level of activity on a regular basis. Statistics show that active kids are far less likely to be obese or to engage in unhealthy behavior such as smoking or taking drugs, so this means there are still a lot of kids who need sports in their lives. ♦

**SOURCES:** [aspeninstitute.org](http://aspeninstitute.org), [novakdjokovicfoundation.org](http://novakdjokovicfoundation.org) and [parents.com](http://parents.com).

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# KELLI ALLDREDGE

*Taking a Chance, Paying It Forward*



Every day Kelli Allredge finds herself in a pickle, but she relishes the opportunity. Kelli is one of three managing partners at Chicken N Pickle, an indoor/outdoor entertainment complex focused on the widely popular sport of pickleball and food, bocce ball, shuffleboard, cornhole, outdoor games and much more. But the Leawood, Kansas, wife and

mother of three prides herself on not only being at the forefront of this rapidly growing sport, but also guiding a community impact team that's positively affecting areas with dollars and in-kind donations. This part of the job has become a really big dill to Kelli.



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**BY CINDY MCDERMOTT  
PHOTOGRAPHY BY AMBER DEERY  
HAIR AND MAKEUP BY JENNIFER CONROY  
OF HELLO LOVELY  
SHOT ON LOCATION OVERLAND PARK  
CHICKEN N PICKLE**

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**"T**he community program is what motivates me. It's great for the stores, but through what we do each and every day you see the positive ripple effect in our community that's so powerful. That's what gets me out of bed every day, excited to come to work and thinking, 'What can we do today?' We have a full-time community impact coordinator at each store. I tell them every day, 'Wake up and make the world a better place.'"

Kelli says that the push is for these teams to raise as much money as possible because every day those dollars can make a big difference for those in need in their communities. At the same time, they are focused on creating a warm environment that's inviting for all.

"Our Chicken N Pickle properties are very special spaces because they are so full of happiness. Cell phones are down. We pride ourselves on connecting with each other. It's a venue for entertainment with food, drink, game yards, cornhole and lots of space, especially event space. We host rehearsal dinners, weddings, corporate events, birthday parties, you name it. There are just a ton of community and company events," said Kelli. "We're more than a pickleball restaurant. Our hearts are local."

## IN A PICKLE AND IT'S GREAT

You must have had your head stuck in a pickle jar if you haven't heard about the explosive sport of pickleball. April is National Pickleball month, and the game seems to be taking over the nation. USA Pickleball estimates that in 2021, 4.8 million people played. In 2022, 36.5 million people got swinging with the sport. Pickleball was invented in 1965 near Seattle, Washington, by three dads whose kids were bored with their summertime activities. The sport has moved from handmade equipment and simple rules into a popular game throughout the U.S. and Canada with professional leagues. Many European and Asian countries are also adding courts.

Kelli notes that the popularity is driven in part by the low cost of entry, which is a paddle and a ball, but it also comes down to the fun of pickleball. "If you can get a paddle in someone's hands, people fall in love with the game. It's the social aspect. Pickleball games are usually 10 to 15 minutes. If you play a match, which is two out of three games in a tournament setting, you're done in 30 minutes. In casual play, you'll play one game and rotate out. That's a big difference from tennis because it's so quick. Also, it's so welcoming to all ages and ability levels, and I think that's why it's so popular."

Kelli has been "around the court" when it comes to her work career. She's a personal trainer; world-class tennis player, reaching national champion status in world team tennis in 2013 and 2020; and former Kansas City Chiefs cheerleader from 1998 to 2000. But her role as managing partner at Chicken N Pickle is the highlight of her work life. This turnabout in her career came in a surprising way. While she loves tennis, she decided to try pickleball six years ago. Every Sun-



- More than 2,000 community groups were supported with 1,454 in-kind donation certificates and auction items valued at \$135,150.
- More than \$88,000 was donated to nonprofits through Community Cup Campaigns.
- Stores raised \$105,628 in donations from weekly giveback nights and hosted 731 community groups on property.

*The goal for 2023 is to grow every number and to connect in meaningful ways with the local communities near the company's new locations in Grapevine, Texas; Glendale, Arizona; and St. Charles, Missouri.*

day she played with a group and on one occasion met the Chicken N Pickle founder, Dave Johnson. She's always had a huge heart for community so she approached him with the idea of hosting a fundraiser at Chicken N Pickle. He agreed but put the work on Kelli to plan it. She worked with the Chicken N Pickle staff, and this first fundraiser, on a cold January morning, enticed 250 people to engage and raise \$80,000 for The University of Kansas Cancer Center on Green Hills Road, Kansas City, Missouri. It ended up being one of the best days of



*You can never stop learning. You have to keep growing personally so you can grow your teams,” she stated. “I didn’t know the commitment to be a leader and it’s important to read books, listen to podcasts, network, take leadership classes and focus on personal growth to grow your teams.”*



business Chicken N Pickle had ever enjoyed. Afterward, Dave offered her a position.

"I fell into this job. I was very intrigued by what Chicken N Pickle could do for the community, so I started part time with one location. I built the community program of the North Kansas City store, and I quickly came on full time. Then I was approached to take on pickleball and I agreed. Then I was asked to build a partnership team from scratch, and then I was asked to take on marketing," she said. "I didn't go to school for this. My degree is in kinesiology, which does play into the pickleball side. But I always was fully engaged to say yes to these opportunities and then figure it out. That's been my transition: to slowly figure it out and take on more responsibility."

### SERVING A SUCCESS STORY

Growing not only numbers but expanding business experience and knowledge drives the success story for Kelli. She advises women to continue growing their skillset to advance. "You can never stop learning. You have to keep growing personally so you can grow your teams," she stated. "I didn't know the commitment to be a leader and it's important to read books, listen to podcasts, network, take leadership classes and focus on personal growth to grow your teams."

"Women are incredible multitaskers, so own that, and I want to inspire young women in my company. Our company is so young, but I am motivated to be an example and be fearless. I do break the rules, and I don't separate personal from business. Chicken N Pickle and my team are my second family, and I treat them like family. My heart is so invested in this company and my team. It's okay to learn as a team. I tell people to raise your hand and go for it. Don't be afraid. You may not know everything about the job but it's a once-in-a-lifetime opportunity and, as scary as it may seem, you have to raise your hand and go for it. Try to be better every day; don't think too far ahead. Don't get overwhelmed and every day just do a little bit better."

While the news about pickleball has soared in recent years, some potential players are still lingering on the sides of the court wondering how to come out swinging. "You've just got to do it. Reach out and get someone who plays to join you. Believe me, they love the game and want to share it. Get online at Chicken N Pickle to see what we offer players of all levels. Every location has a pickleball manager and a team of pickleballers," commented Kelli. "You'll be greeted by them and they'll walk you through all of the options. Beginning classes, newbie nights and we teach a lot of pickleball lessons. I'd recommend having lessons. I think for most the third time it clicks."

### IT'S EVERYWHERE

Pickleball is a very new sport that seems to have taken the nation by storm. That outpouring of interest could be overwhelming to many, yet Kelli sees it as an opportunity to grow herself and her team. "Chicken N Pickle has been around for six years, the first of its kind. I'm proud and honored to be where pickleball is today, but no matter

how far and wide we grow, Kansas City will always be home. I want people to think about how they can pay it forward.

"I'm here today because someone took a chance on me, our founder Dave Johnson, and I want to be that someone for someone else," Kelli shared. "If you work hard and set your mind to it, you truly can go anywhere. I always say around the office that even the bad days are good. Put yourself in a situation where even the bad days are good. Chicken N Pickle was growing so rapidly, like drinking from a firehose, and we've been faced with growing pains. If you find yourself in that situation, work through them and don't settle."

The future is incredibly bright for Kelli, her team and the sport of pickleball, which is on an unbelievable upward bounce. You could say the work and play environment at Chicken N Pickle is such a "dillight" due in large part to an amazing sport and the staff at this business.

"You don't inspire your team by showing them how amazing you are. You inspire your team by showing them how amazing they are," Kelli advised. "That's what I try to do every day." ♦

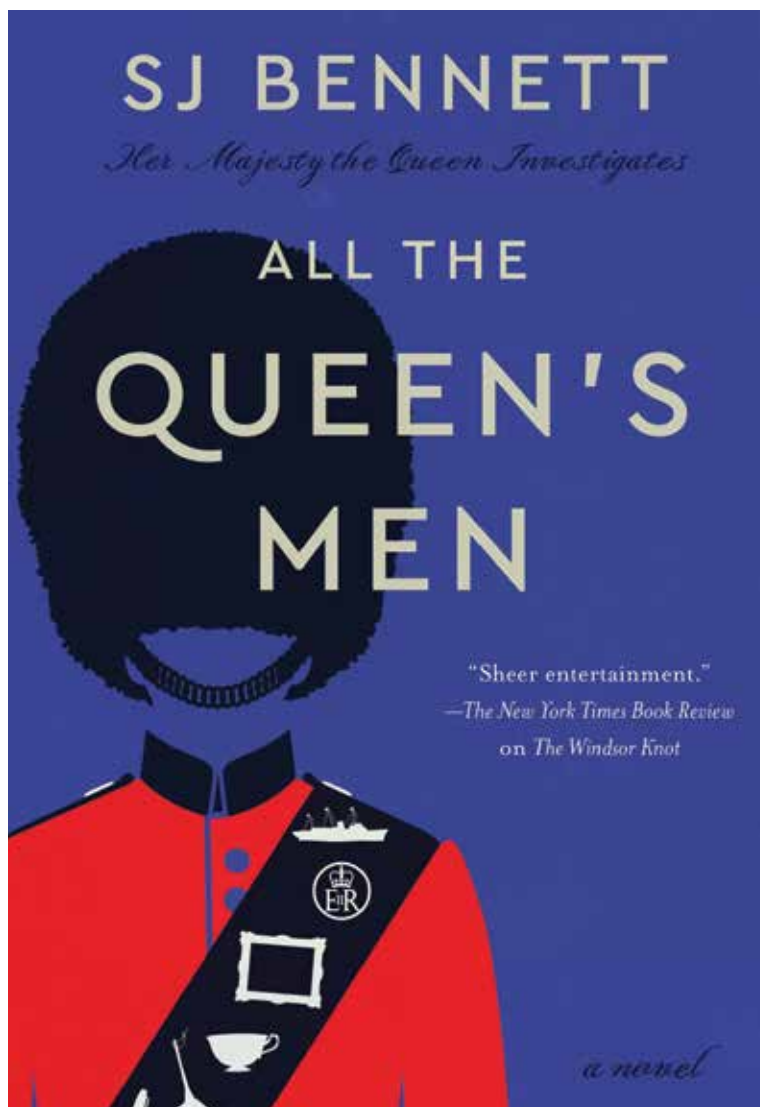


# ALL THE QUEEN'S MEN

## BY SJ BENNETT

REVIEW BY GAIL SILVERSTEIN

*Those among us who are keenly missing Queen Elizabeth II will be delighted by British writer SJ Bennett's whodunnit that's close to the throne. All the Queen's Men features the Queen as an amateur detective who has long been connecting the dots to some mysterious goings-on at the palace.*



Complete with complex characters such as her assistant private secre-

tary Rozie Oshodi, a former soldier, and Sir Simon Holcroft, private secretary to Her Majesty, the book opens with the discovery of a body in the Buckingham Palace swimming pool. That simply won't do for Her Royal Highness! At first glance, housekeeper extraordinaire Cyn-

are sure it was murder!

The author provides an inside look at the behind-the-scenes workings of Buckingham Palace while exploring the possibility of corruption in high places. Three months earlier, Her Majesty tasked

thia Harris' horrible death is deemed accidental, but upon further reflection and digging deeper, the Queen and Rozie



Rozie to track down a favorite painting of the royal yacht *Britannia* that hung outside the Queen's bedroom. Believable prose of conversations among Elizabeth and her staff as well as Prince Philip add to the novel's entertainment factor. One of the many operational inner workings is the Royal Navy's tech update, and it's at the Ministry of Defence's exhibition that Elizabeth's sharp eye uncovers her missing painting. She decides to discuss it with the Duke of Edinburgh, and through their conversations readers get a glimpse of their long-time partnership in service to Great Britain in a humorous way.

"How d'you know it was ours?" He still didn't look up. "Because it was that one," the Queen said sharply, feeling suddenly and vertiginously sad at his lack of interest. "I know my own paintings." "I'm sure you do. All seven thousand of 'em. Well, tell the staff johnnies to hand it over."

Delivered in an entertaining style, this follow-up to *The Windsor Knot* is a stand-alone novel set amidst the backdrop of historical events including the Brexit controversy, a new prime minister and Donald Trump's tumultuous 2016 election. The Queen is feeling a bit nostalgic with the passing of her cousin, but she keeps soldiering on. As Rozie follows the convoluted path of her sovereign's beloved painting, she spends a weekend at Sholto Harvie's Cotswold cottage at the request of the Boss. Sholto served as deputy surveyor of Her Majesty's artwork during the 1980s, and the Queen feels the retired art historian might be able to shed light on how her painting changed hands. Determined to uncover the mystery behind the painting's misappropriation, Rozie can't help but be taken in by Sholto's disarming charisma and his charming cottage, complete with a real Cezanne.

Meanwhile, back at the Palace, the press has gotten wind of the housekeeper's tragic demise, and gossip threatens to tip the delicate balance Queen Elizabeth has fostered during her reign. The police are summoned in the form of Chief Inspector David Strong, whose name is a misnomer. Poison pen letters, more murders and art fraud continue as Rozie finds herself the latest victim of misogynistic messages. Rather than depart the employment she enjoys, Rozie confides in the Queen even as she is still entrenched in the mystery of the misplaced painting. Mrs. Harris' unexplained past in the art world combined with the earlier death of art conservator Daniel Blake are neatly interwoven into the plot. Creepy Eric Ferguson and hot-tempered Mick Clements round out the suspects Rozie encounters.

Rumors about underground tunnels connecting the royal palaces swirl about as Rozie maneuvers through the triumvirate of Elizabeth's senior male members of her Household—Sir Simon, Sir James Ellington, and Master of the Household Mike Green—who assure the Queen that they have everything under control. But the Queen is a force to be reckoned with, and she does not shy away from death and shady dealings. The Queen leans on Rozie as the female pair of amateur sleuths uncovers who is behind the nasty notes that scare off Sir James' secretary Mary van Renen and disturb Cynthia Harris, the much-maligned murdered housekeeper. Along the way, the dynamic duo detects an illegal ring of household employees who have been stealing royal belongings from the Crown for three decades! Together, Queen Elizabeth and Rozie connect the crime to the Breakages Business.

With believable dialogue, the cast of characters' backstories add flavor to this royal high jinks. Known for her engaging mysteries, Bennett ties together all the loose ends in the final chapter that will have readers cheering "Long live the Queen!" ♦



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# WHAT'S OLD IS NEW AGAIN!

BY GAIL SILVERSTEIN

*Everyone recycles glass, paper and plastic these days, but what about recycling that heavy, yellow gold chain necklace you inherited from Aunt Bea? It's just not your taste and so it sits in the jewelry box.*



**G**oogle gold and silver buyers in your area and head over with the necklace.

If it's fine jewelry, you might be surprised by the money offered for it. Buyers smelt the metal and turn it into bars, coins, other jewelry or electronic components. Gold, silver and other precious metals can be recycled repeatedly without losing quality. So can diamonds and gemstones, though they might need to be re-cut or polished.

A bonus to recycling unwanted jewelry is that the practice is en-

vironmentally friendly, offsetting the highly toxic processes of mining gemstones and metal, such as deforestation, acid draining and depletion of ground and surface water sources. Even some of the Crown Jewels were melted

down during the English Revolution in 1649, when major pieces had gemstones removed and the metal was recast into coins. Upcycling your jewelry, where you trade in a piece for credit toward something more your style, is another option to consider. Many jewelers incentivize upcycling by giving you a higher trade-in value.



Repurposing means exactly what it sounds like, taking an item and finding another purpose for it rather than letting it collect dust in the safe. Remember that missing pearl earring mate? Why not have a jeweler pull it apart and make it into a ring? Or repurpose your grandmother's old pendant into a charm for your bracelet or bling for Fifi's collar! Using family jewelry to make something special like a memorial pendant or engagement ring adds a sentimental, unique touch. By changing the setting, you can remake a gem or semi-precious stone into something more contemporary. In repurposing, the metals are melted down and can be used to create the new piece or sold if the owner wants to use a different metal.

If you don't own jewelry worth recycling or repurposing, start with second-hand finds from local pawn shops, flea markets, antique stores or online. Check out vintage shops or search precious metals refining services on the internet. Then find a jeweler who relishes re-making jewelry, share any ideas you have and work together to design or modify a new piece. You can find numerous ideas for repurposed designs on the internet.

Keep in mind, a redesign can be costly because salvaging small stones and diamonds is time consuming. Depending on the modern design, some stones may not be needed, and you can resell them for a profit. By supplying most of the materials you can help offset the cost of labor involved with a custom piece. Conversely, you can sell your old jewelry for cash at consignments stores and online auctions or vendors. Frequently, fine jewelry stores sponsor buying events during which you can have jewelry and other items evaluated and purchased.

There's no shortage of ideas for reusing fine jewelry, as anyone who's ever been on Pinterest knows. Dress up boring belts with pieces from pendants or earrings. Simply glue the jewelry to that uninspiring belt buckle; go a step further by buying inexpensive second-hand belts at a thrift store. Reuse old jewelry to create beautiful bookmarks by gluing a brooch to a strip of ribbon purchased from a craft store. These bedazzled bookmarks make perfect gifts for the bookworms in your life! Old pins or earrings get new life as magnets to spice up your fridge or bulletin board. It's a simple project to do; buy magnet bases at a craft store and glue away.

If you're planning on a bathroom or kitchen redo, add a unique twist by turning old jewelry into drawer pulls. Or replace the handles on your dresser drawers with one-of-a-kind jewel hardware, much prettier than anything you can buy at the store. Hosting a fancy dinner party? Make it extra special by fashioning napkin rings from vintage jewelry pieces. Glue colorful ribbon ends together and once its dried, pin a vintage brooch or cocktail ring to it. Voila! Set a gorgeous table with minimal effort and cost.

Wedding bouquets don't have to include flowers. On your big day, wear your special family jewelry in a signature garland you created with a bouquet base, lace ribbon and flowers. Turn your mom's old locket and other pieces into a stunning faux floral. These are just a few ideas for reusing vintage costume and fine jewelry.

At the end of the day, you'll save the planet while saving yourself money. Eco-friendliness and creativity stay in style. So let the finer things in life be yours by recycling, repurposing and reusing your unwanted jewelry. ♦

**SOURCES:** [bennhw.medium.com](http://bennhw.medium.com), [diyncrafts.com](http://diyncrafts.com), [styleblueprint.com](http://styleblueprint.com) and [wealthysinglemommy.com](http://wealthysinglemommy.com).



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# CHICKEN N PICKLE

MORE THAN CHICKEN OR PICKLEBALL

*It's Community!*

BY SHERYL HAMMONTREE | PHOTOGRAPHY BY AMBER DEERY

**K**ansas City is on the rise and word of our city's vibrancy, culture and unity is spreading far and wide! How did we become recognized as one of the best places to live, work and raise a family? It starts with the citizens, leaders and business owners of our town believing that even though there is a state border dividing us, we are one community. We are wildly diverse and, of course, we have our rivalries, but above all, we are the heart of the heartland!







Now that your chest is swelling with city pride, join me by raising a glass to Chicken N Pickle; they exemplify everything that is KC! Locations in both North Kansas City and Overland Park are serving up seriously good, chef-inspired food and providing one of the very best places in town to play a game, watch the game, celebrate a special occasion or simply kick back and relax.

Of course, Chicken N Pickle has the best pickleball courts around and they offer one-hour beginner clinics on Saturdays! But if pickleball isn't your jam they have giant Jenga and Battleship, corn hole and ping-pong. Show up on Sundays for bingo, then come back on Monday and nerd out with a game of trivia. Whether you're 6 or 86, Chicken N Pickle promises to be a good time.

You don't have to play pickleball to have a good time, and if you're expecting typical bar food, get ready for a big surprise. Known for their wood-fired rotisserie chicken, pulled pork and grass-fed beef sandwiches, Chicken N Pickle has seriously raised the bar on bar food!

Chef Alex and the team have high standards when it comes to creativity and presentation, but they take it a step further by sourcing from area family farmers when possible, providing additive-free, low-carbon-footprint, delicious, quality menu items to delight a wide variety of tastes.

My favorite starter, hands down, is the Avocado Hummus; it's topped with sun-dried

---

***I dearly love anything pickled, so I couldn't wait to bite into the Pickled Chicken Sandwich. Appropriately named, the chicken breast is brined in pickle juice, grilled or fried and topped with jack cheese, bacon, pickled slaw and smashed avocado on a potato bun.***

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tomato relish and toasted sunflower seeds, served with grilled pita and fresh vegetables for dipping. It's fantastic and there's plenty to be shared. Though it's not listed as an appetizer, I suggest you take a peek at the sides menu, where you'll find roasted beets with arugula, pine nuts and goat cheese. This

would certainly be a healthy alternative to fries or tots when choosing a side for your entree, but the portion is enough to share and would be a nice appetizer.

Back to the wood-fired rotisserie chicken, without question, the best rotisserie chicken I've tasted, juicy and seasoned to savory perfection. If you feel you can't eat an entire chicken, there are three choices: the half-chicken, the quarter-chicken or share with a friend.

I dearly love anything pickled, so I couldn't wait to bite into the Pickled Chicken Sandwich. Appropriately named, the chicken breast is brined in pickle juice, grilled or fried and topped with jack cheese, bacon, pickled slaw and smashed avocado on a potato bun. This was my favorite! If you're looking for something on the healthier side, may I suggest the Classic salad, fresh arugula with pulled rotisserie chicken, goat cheese, pine nuts, cranberries and red wine vinaigrette. It's fresh, light and very satisfying.

Leave room for dessert! The Triple





to keep the cup! The charities rotate every two weeks to ensure they spread the love. Every Tuesday is “10% Back” from 6:00 to 8:00 p.m. And that’s not just 10 percent of food and drink sales, it’s property wide! Every dollar spent! If that’s not enough, they frequently donate meeting space to charitable organizations for hosting board meetings or volunteer appreciation events.

The vibe is high, friendly and fun. Both indoor and outdoor space can be reserved, including the game yard and pickleball courts. Personally, I believe the fresh air and natural light would be a welcomed change from typical corporate event locations. Chicken N Pickle has space for presentation and conversation plus space to move and interact. If you’re planning a graduation, birthday or engagement party, bridal or baby shower, this space has something for everyone.

Contact their on-staff event manager to help you determine which space is best for your event and be sure to ask about food and drink packages plus the wide variety of chef-driven menus, including kids’ menus and gluten-free options, to fit just about any budget.

I’m not sure what you have planned tonight, but as the weather warms and days are getting longer, I believe it’s time for you to check out Chicken N Pickle! ♦

*Chicken N Pickle locations in greater KC are 1761 Burlington Street, North Kansas City, Missouri, and 5901 W. 135th Street, Overland Park, Kansas. Visit [chickennpickle.com](http://chickennpickle.com) for more information.*



Chocolate Cookie is served warm in a small cast iron skillet and topped with a scoop of ice cream. Unbelievably good and there’s plenty to share.

With \$25 buckets of beer, four bars, TVs every direction you turn and plenty of seating, you can bet Chicken N Pickle was a fan favorite to watch the madness in March. There’s plenty of table seating both inside and outside plus cozy sofa space (love those lime green sofas!) to share good conversation and a bottle of wine, only \$28 during Happy Hour. Personally, I enjoy a creative craft cocktail and suggest the Paloma or Knotty Cherry. If you’re feeling spicy, ask for a Muddy Mary; this Bloody Mary is among the best I’ve tasted.

Cheers to Chicken N Pickle’s big heart and powerful sense of community! For starters, when ordering a non-alcoholic beverage, you receive a Community Cup; proceeds go back to local community organizations, and you get



*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.*





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# BROILED SALMON WITH SWEET LEMON GLAZE

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



## INGREDIENTS

1<sup>1</sup>/<sub>4</sub> pounds salmon, cut into 4 pieces  
 1/4 cup dark brown sugar  
 Zest from one lemon and one lime  
 1<sup>1</sup>/<sub>2</sub> teaspoons kosher salt  
 1/2 teaspoon freshly ground black pepper

## DIRECTIONS

Position a rack in the oven 3 inches from the broiler. Line a sheet pan with aluminum foil and place the salmon on the pan. Fold the thin part of the fillet under to create a more even piece of salmon. Place the sugar, zest, salt and pepper into the bowl of a small food processor and process for 1 minute or until well combined. Evenly spread the mixture onto the salmon and allow to sit for 30 minutes at room temperature. Turn the oven on to the high broiler setting and wait 5 minutes. After 5 minutes, place the salmon into the oven and broil until the salmon reaches an internal temperature of 131 degrees F. or until the salmon just starts to flake when pricked with a fork. Be careful not to overcook the fish or it will be dry. Remove your salmon from the oven and move to a plate. Serve immediately. ♦

## NOTE...

*I recommend using a thermometer to ensure your salmon is cooked perfectly every time. I insert a ThermoPro Spike thermometer into the thickest part of the salmon and set the temperature doneness to 131 degrees F. The thermometer app will alert you when the salmon is done.*



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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# EVERYDAY IMPACTS OF THE CHANGING FEDERAL FUNDS RATE

BY MARIA RILEY

*The Federal Reserve System, or the Fed, is the central bank of the United States and is responsible for maintaining a secure, flexible and stable financial system. Aside from creating regulations for banks and other financial institutions, the Fed is responsible for maintaining our country's financial stability through various avenues, including by adjusting the federal funds rate.*



**T**hroughout the past year, the United States saw unprecedented hikes in the federal interest rates. At the close of 2022, the federal funds rate was 4.33 percent, making borrowing costs for loans the highest since 2007. Economists predict that in 2023 the Fed will continue to raise the federal interest rate, though likely at a slower rate. The Fed officials have indicated their intention to raise the rate above 5 percent this year and keep it above 5 percent throughout the entire year.

According to the Fed, the target inflation rate for a healthy economy is approximately 2 percent. The 7 percent inflation of 2021 and 2022 is necessitating the rise in the federal funds rate. This inflation has been felt most acutely in the purchase of goods. Housing prices have risen significantly, and the cost of groceries has increased at a rate much higher than the national inflation average. Some grocery foods such as fresh produce, milk and eggs have experienced as much as a 15 percent increase, making weekly



grocery bills significantly higher than a year ago.

While an increase in the Fed Funds rate will help slow inflation and hopefully stabilize the economy, the direct impact is more expenses for the average American. If you are carrying a balance on a credit card, your interest rates may have increased and will continue to increase significantly. The prime rate, which is what most credit card companies use to calculate variable APRs, is directly linked to the Fed Funds rate. As the rate goes up, the interest you are being charged on your credit card balance increases. Since that interest is rolled into your remaining balance the following month, the time it takes for you to pay off the credit card and the total amount you pay can be significantly impacted by the increased federal interest rates.

If your home mortgage or any other loan is written as a fixed rate, the change in the Fed Funds rate will not affect those payments. However, securing new loans will result in higher expenses. As mortgage interest rates increase, buyers are faced with either less buying power or higher total monthly payments. For a \$500,000 home with a 30-year fixed-rate mortgage, an increase of just 0.5 percent in the interest rate can result in an additional \$130 for each monthly payment. Over the life of the loan, the borrower will pay over \$45,000 more in interest payments. The same applies to car loans, student loans and other fixed-rate loans. With a fixed-rate loan you can budget and anticipate your monthly payment, but that payment is going to be higher now because of the sharp increases of the Fed Funds rate.

Not all the ramifications of an increased federal funds rate are

negative. Though interest rates are higher due to the rate jump from the Fed, this increase will hopefully combat inflation and help level the economy. At end of 2022, America was already seeing a slowing of the rate of inflation, and the Fed is hoping to see this trend continue throughout 2023. While they are still forecasting a moderate rise of the fed funds rate, most agree that it will cap somewhere around 5 percent and remain there, allowing the cost of eggs, cars, houses and other goods to return to a level market.

Another upside to the rise of the fed funds rate is an increase on savings account interest rates. Unlike the prime rate for credit cards, which is directly affected by the changes in the fed funds rate, independent financial institutions are not obligated to adjust the interest rates on their savings accounts. If you have money that you want to keep in a low-risk account, shopping for a high-yield savings account is worth the time now that rates have risen. Many of these financial institutions operate exclusively online, and by minimizing overhead costs they can offer higher annual percentage yields. This in turn will earn you more money in a low-risk environment.

The Federal Reserve System continues to adjust the Fed Funds rate in order to promote and balance the economy. In 2007, the last time we saw inflation at these rates, the Fed raised the rate too aggressively, which sent the economy into a recession. As the Fed adjusts the funds rate in today's market, the hope is that by the end of 2023 the Fed will have stabilized the economy by mitigating inflation without causing a recession. ♦

**SOURCES:** *forbes.com, tradingeconomics.com and westernmassnews.com.*



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# WATER CONSERVATION: MORE THAN LOW-FLUSH TOILETS

BY LINDA R. PRICE

*The U.S. Environmental Protection Agency estimates that the average American uses 88 gallons of water per day. Nationwide, nearly one-third of this water is used for landscape irrigation. Billions of gallons of clean, fresh water are lost daily because up to 50 percent of irrigation water is wasted to evaporation, wind or runoff caused by poor irrigation systems. You may be wondering, "What can I do to reduce my water usage and waste?"*



**E**cologists believe that simple water conservation devices such as rainwater tanks and low-flush toilets are more viable options that are simpler to install and have shorter payback periods than greywater systems. Studies show that, on a domestic scale, recycling greywater is not energy efficient. For the energy conscious, it is better to concentrate on water efficiency and reducing the volume of hot water used in the home.

Still, people are beginning to learn of the benefits of using treated greywater for laundry, toilet flushing and irrigation of plants, especially in arid areas where fresh water is at a premium during cer-

tain periods of the year. Some studies have estimated that a little over half of the household water could be recycled, saving hundreds of gallons of water per day. Greywater contains traces of dirt, food, grease and hair, which are nutrients to plants because of the phosphorus and nitrogen

that make up their structure.

By using greywater, homeowners reduce their household water bills and reduce the demand on the community's fresh water supply. Properly treated wastewater reduces the amount of water entering sewage systems or sewers. In doing so, the homeowner is benefiting from lower sewage costs in addition to benefiting the community,



which has less sewage to process.

Greywater, or sullage, is all wastewater generated in households or office buildings except sewage. The main difference between greywater and blackwater, or sewage, is the organic content. Sewage has much more organic content than greywater. Some people even call waste water from kitchens and dishwashers dark greywater because of the higher amount of chemicals, organic matter and fat particles than the greywater coming from laundry, handwashing, showering and bathing. Any water that is in contact with feces, for example, from toilets or washing diapers, must be treated as sewage.

Using a diversion device is the simplest way to recycle greywater. This device carries the greywater from the bathroom or washing machine to the garden without treatment. Many of the greywater systems rely on plants and microorganisms to treat the water naturally so that it can be re-used. There are different levels of treatment. Some treatments make the water safe for edible fruits and plants; others do not. You will need to do your own research and consult an expert to be sure the system you are considering meets your needs safely.

Laundry-to-landscape systems are easily self-installed without extra plumbing work unless your house is downhill of the garden. If you should require professional help, expect to add around another \$500 to \$1,500 in labor.

The Environment Agency of the United Kingdom states that greywater systems have lengthy payback periods that vary depending on the type of system installed and local water costs. Obviously, it is cheaper and easier to install greywater systems during construction or major remodeling than trying to modernize an older home.

When working with greywater, you don't want to store the water for more than 24 hours since the nutrients will begin to break down and create bad odors. Also, you need to maximize the amount of water that soaks into the ground, preventing this water from coming in contact with humans and animals. There is always the possibility of contamination; hence, untreated greywater should be used only for subterranean garden irrigation through a system of pipes buried at least 40 inches below the surface. Greywater that pools will be a possible breeding ground for mosquitoes; you need to be sure all the water percolates into the ground.

Some people wonder if their household will produce too much greywater for their landscaping use. The simple answer is no—it's amazing how much water your soil can absorb. Yet in humid and wet areas, homeowners can construct wetlands to help absorb storm water and wastewater. Backyard ponds will help treat the water through natural means and at the same time create a backyard wildlife habitat with attractive plants for a serene, outdoor haven.

Greywater systems should be simple and avoid pumps and filters that need upkeep when possible. Still, those who live in arid areas or frigid climates may need professionals to help with the design and installation of their system. Rest assured; there are manufactured systems for nearly every budget or residential application. You probably won't recover the cost of your system but you will be doing your bit to save the planet! ♦

**SOURCES:** [sustainable.com.au](http://sustainable.com.au), [choice.com.au](http://choice.com.au), [elemental.green](http://elemental.green) and [waterwisesystems.in](http://waterwisesystems.in).

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# YOUR CLEAN HOME: THE ADVANTAGES

BY CINDY MCDERMOTT

*As health issues surged over the past few years, led by the deadly COVID-19 outbreak, RSV, monkeypox and even an uptick in polio cases, the importance of cleaning has never been more evident.*

**M**aintaining a clean environment helps to lower the spread of viruses, bacteria and other pathogens that cause diseases and trigger reactions. Mold, which brings allergic symptoms such as coughing, itching, sneezing, headache and fatigue, runny nose, watery eyes, wheezing and difficulty breathing, can be eradicated. In the past, we looked at cleaning as a way to make our spaces “look nice,” but a dynamic regimen is part of our front-line defense to ensure the safety of our businesses, public facilities, learning institutions and homes.

The fourth Sunday of March kicked off National Cleaning Week, which recognizes the importance, value and positive impact that cleaning has on public health, the environment and the economy. According to International Sanitary Supply Association, or ISSA, the worldwide cleaning industry association, it’s the perfect opportunity to raise public awareness for the value of clean spaces, appreciate



front-line cleaning professionals, promote cleaning organizations and advocate for the cleaning industry. According to ISSA, “Many times people look down on cleaning professionals and deride cleaning businesses because they don’t understand the importance of these essential services. National Cleaning Week allows us to celebrate these heroes who toil hard to give us clean homes and offices so we can live and work in clean environments. We can support them and cheer them on for all their important, hard work.”

## HAND ME THE SOAP

Having a clean space protects us physically and mentally. Numerous studies have shown that a clean space is closely associated with healthier moods, reduced stress levels and better productivity. Following an experiment in 2013, the Association for Psychological Science concluded that students were more likely to make healthier



choices and participate in philanthropic causes after they were exposed to a clean room. The National Sleep Foundation found that a clean home can help residents sleep better because their room is tidy and clean. Other researchers have discovered that the simple act of dishwashing can reduce nervousness by 27 percent and increase inspiration by 25 percent.

Spring is here, and the emphasis helps us enjoy these psychological benefits and much more. Consider it a way to kick off packing away winter essentials, decluttering and tidying up spaces.

### HEALTHY HOME = HEALTHY FAMILY

Whether it's your home, business or workspace, a clean space grows happiness, health and hygiene. In your home, disinfecting and sanitizing surfaces will evict germs, bacteria and viruses. The benefit is that your family will pick up fewer germs and illnesses. Your home will be a healthier place for friends, family and other houseguests.

Regularly cleaning your home also reduces the presence of mold, which can trigger allergic reactions and asthma attacks and produce toxic substances that cause more extreme symptoms. And say goodbye to bugs and pests. Leftover food, dirty dishes or lingering trash can be a buffet invitation for these critters. If you keep your home clean and stay on top of housework, nasty odors will be a thing of the past.

According to the Centers for Disease Control and Prevention, about 1 in 12 people in the U.S. has asthma, and the rate appears to be on the rise. If anybody in your home has allergies and asthma, keeping a clean home is essential. Cleaning will help you get rid of triggers such as pet dander, mold, dust and more.

Now is a great time to get rid of dirt, garbage and dust. We can clean and disinfect frequently touched surfaces, take out the trash and keep our environment clean, with a focus on decluttering work and living spaces by eliminating excess. Not only does regular cleaning stop the replication of germs and the spread of deadly diseases, but it also helps to remove stress and prevent accidents. All these efforts can help us protect our most important assets, the people who make up our communities and our family members. ♦

SOURCES: [issa.com](http://issa.com).

#### INTERESTING FACTS

- **Cleaning out the calories:** *Cleaning, such as ironing and washing dishes for two hours, could burn up to 215 calories, almost the same as running for 20 minutes.*
- **When life gives you lemons:** *Lemons have antibacterial properties that are effective for disinfecting your home, a great alternative when you run out of disinfectants.*
- **A mountain that cleans:** *Soap derived its name from an ancient Roman legend about Mount Sapo, where rain washed animal fat and ashes down the mountain and resulted in a clay-like mixture that made cleaning easier.*
- **Dead skin cells:** *Dust contains 20 percent to 50 percent dead skin cells.*
- **Women clean more:** *The average woman cleans for about 12,900 hours in her lifetime, while men spend an average of 6,450 hours cleaning.*



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A woman with long dark hair, wearing a dark blue ribbed crop top, purple joggers, and white sneakers with yellow accents, is posing against a grey wall. She is leaning her right arm on the wall and holding her right foot with her left hand. She is wearing a small tiara on her head. The background is a plain, light-colored wall.

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*Amber Deery*

**MODELS**

*Carly Powell  
Maria Gonzalez  
Xante Venter*

**HAIR AND MAKEUP**

*Jennifer Conroy of Hello Lovely  
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## JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS  
PHOTO BY LAUREN FRISCH PUSATERI

*Before my daughter was born, I imagined what she would be like. I thought back to what I was like as a little girl and figured she'd fall in love with all of the same things I did. Surely, she'd follow in my cheerleader footsteps! Um, no. Not even a little bit.*

**M**y husband was an athlete growing up. He played all the sports and even now golfs faithfully whenever the weather cooperates. He couldn't wait to take his baby girl to the driving range, sign her up for T-ball, and buy her that first soccer ball.

I should clarify that back when I was a cheerleader, it was a lot different than what girls and boys are doing today. I couldn't do a split, tumble or do half of what kids are now

doing in the sport. And it truly is a sport. We didn't compete.

So, even though our little Julianne did dabble in some cheer and once took a tumbling class, that's not what captured her heart. Soccer became the love of her life, followed by basketball. I absolutely love watching her excel in every way mentally and physically with each season that passes.

Having been a part of a cheer squad, I recognized the value in teamwork. Watch-

ing my girl's growth on the field and the court, I see its importance now from a parental perspective.

Weekdays are full of chaos with school, homework and practices. Our weekends aren't really ours anymore. We are always at a game or a tournament. It feels like it's all sports all the time with two kids playing several apiece. But I wouldn't change it for the world. And I know I'm going to miss all of it when it's over. ♦

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](http://www.jennymatthewsonair.com) and check out *The Morning After* with Mike Kellar + Jenny Matthews podcast!



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# APRIL 2023



## APRIL 1

### Harlem Globetrotters

2:00PM OR 7:00PM, T-MOBILE CENTER

Your favorite Globetrotter stars are bringing out their amazing basketball skill, outrageous athleticism and a non-stop LOL good time. Join the Globetrotters as they go head-to-head against the Washington Generals, who will stop at nothing to try and defeat the world's winningest team!

## APRIL 1-2

### Hamilton

KANSAS CITY MUSIC HALL

A story of America then, told by America now, featuring a score that blends hip-hop, jazz, R&B and Broadway.



## APRIL 2

### Menopause The Musical

MURIEL KAUFFMAN THEATRE

Join the sisterhood! Four women at a lingerie sale have nothing in common but a black lace bra and memory loss, hot flashes, night sweats, not enough sex, too much sex and more!



## APRIL 15

### FITWEAR Boutique Pop Up Event

10:00AM - 5:00PM, MANHATTAN, KANSAS

Visit [shopfitwear.com](http://shopfitwear.com) to learn more.



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## APRIL 21

### Bra Couture® KC Fashion Show and Auction

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The top 14 couture-designed bras are modeled live on the runway by cancer survivors and are auctioned live by professional auctioneer Yve Rojas. Every couture-designed fashion comes with an amazing package that includes such things as trips, jewelry and a KC night out. The 2023 Crystal Walk will feature silent auction items including designer purses, one holding a surprise \$500 cash; artwork by local artists; and sports memorabilia from the Royals, Chiefs and University of Kansas basketball team.



## APRIL 18-23

### Annie

MURIEL KAUFFMAN THEATRE

Holding onto hope when times are tough can take an awful lot of determination, and sometimes, an awful lot of determination comes in a surprisingly small package. Little Orphan Annie has reminded generations of theatergoers that sunshine is always right around the corner.



## APRIL 21

### Eye Candy: JCCC Student Fashion Show

6:00PM, WYLIE HOSPITALITY AND CULINARY ACADEMY

The Johnson County Community College annual fashion show, Eye Candy, has partnered with the culinary division to bring treats for the foodie and the fashionista in your life. All proceeds from this event support student scholarships. Doors open at 5:30 p.m. Tickets can be found at [jccc.edu/fashionshow](http://jccc.edu/fashionshow).

## APRIL 22

### Downtown Brunch Walk

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**CAPRICORN**  
(DEC. 22-JAN. 19)

The planets are all moving into the lower sector of your chart, meaning that this is a great time for some mental and spiritual housekeeping. This is not the time to move forward on the career front, but rather to focus on those you love.



**TAURUS**  
(APR. 20-MAY 20)

With the planets at their maximum position, you are going to find it easier to live life by design, rather than by default. April 10 through 25 will be good days for starting new projects, and you will have the energy to make it happen. With Mercury in Pisces, your financial instincts are spot on, so trust your little voice when it tells you not to buy those shoes.



**VIRGO**  
(AUG. 23-SEPT. 22)

The alignment of the planets has combined to produce a powerful magnetism in your life. This can manifest in many ways. For many, it will mean a more active sex life, while for others it may mean coming to terms with those things that you've been trying to put off dealing with.



**AQUARIUS**  
(JAN. 20-FEB. 18)

Change is the name of the game this month. You are likely to experience some shifts on all fronts, and you may really feel stretched thin. Be careful of mental overload, as otherwise you may have some burnout.



**GEMINI**  
(MAY 21-JUN. 20)

You hit the ground running at the beginning of the year and by now you may be feeling a little wrung out. It is okay to slow down and indulge yourself. There may be job changes on the horizon, so make sure that you have your resume up to date. However, the planets are on your side in almost all aspects, so you can literally name your desire and sit back to watch it take shape.



**LIBRA**  
(SEPT. 23-OCT. 22)

Love is still in the air for you, and hasn't stopped since Valentine's Day. Make sure that your rose-colored glasses aren't keeping you from seeing the real picture, especially in the financial department. Take a quick inventory and get real with yourself. You'll be glad you did.

# STAR JOURNEYS

BY MELODY BUSSEY

*This month's planetary journeys are about communication and connecting with others. When the energy is right, life will seem magical. Take this opportunity to determine the course of your life, putting yourself in the driver's seat rather than letting life drive you. In the end, you will benefit from taking charge of your life, reaching out to others on your own terms and contributing to the greater human experience.*



**PISCES**  
(FEB. 19-MAR. 20)

This month will be one that is populated with highs and lows, with no middles. You will experience financial strength, while your beliefs are being challenged on the other hand. This may bring a crisis of faith and of deep soul searching.



**CANCER**  
(JUN. 21-JUL. 23)

The planetary shift to the East is going to put cosmic wind in your sails. A new level of confidence and independence will find you trying new things and having a satisfying month in all of the areas of your life. The lunar eclipse on the 15th will mean that your considerable talents for being warm and nurturing to other signs will come into play.



**SCORPIO**  
(OCT. 23-NOV. 21)

If something seems too good to be true this month, it probably is. Work conflicts may occur; do your best to smooth them over. Emotionally, you may want to "nest." It's okay to do so, as that's the best use of that energy.



**ARIES**  
(MAR. 21-APR. 19)

The sun is your friend, Aries, and has been since last month, giving you tremendous energy. Opportunities seem to find you without your even trying, and the tendency will be to judge those whose lives don't seem to be as sun-kissed. Be particularly observant on the 9th, as Venus may bring an unexpected love interest your way. Patience is a virtue, and if you aren't careful you could end up alienating the very people you care about the most.



**LEO**  
(JUL. 24-AUG. 22)

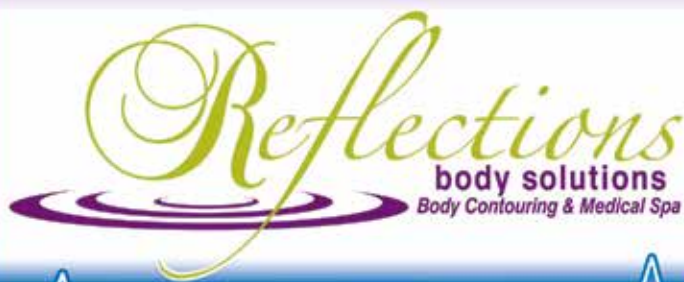
The universe seems to be offering you a cosmic "do-over" this month. You may feel as if you are finally moving forward and enjoying some momentum in your career and family life. If you are single, this is the time to get out there. Those in relationships are going to find love blossoming, again.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)

Jupiter is in your seventh house of love, which means that those complications that were plaguing your relationships will lift. Plan to do something special with your significant other or family members this month.





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