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Sarah-Allen Preston: afloat Celebrates Connections between Women

Entrepreneurs see a void and find a way to fill it. That's what afloat founder Sarah-Allen Preston did after two life-changing events. She wanted to express her appreciation to the people who supported and encouraged her during this time. Knowing someone was thinking about her could turn a bad day around, and she was determined to help others do the same.



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Photography by Amber J Deery



Every year I always seem to be shocked that the holidays sneak up on us so quickly. It's not like Thanksgiving or Christmas are at different times every year. Somehow, some way, this time of year seems to drop out of the sky and surprise me. I love the holidays, so it's not like I'm dreading them, so you would think that I would have a better grasp on where we are on a calendar!

I think I'm even more excited this year because it feels like we are getting back into the swing of how things were years ago, before COVID. More people are getting together, and more people are out shopping. I like to go out and pick up gifts and I definitely relied on online shopping more than I would have liked the last few years.

We have so many places to shop local and let's not forget all the fun places to go and see Christmas lights. The weather can sometimes dictate some of our activities, but for me, the snowy days

make it seem even more like the holidays.

Speaking of shopping local or online, Sarah Allen-Preston, this month's cover story, has come up with a way to do both at the same time. We can now support various local stores, buying from them through an app, and they are all sent together. Seems like a win-win to me!

I hope you all enjoy what this holiday season brings. I know I will enjoy the cold days snuggled up when I can, getting out and about for gift buying, and family time sharing love and all that we are thankful for.

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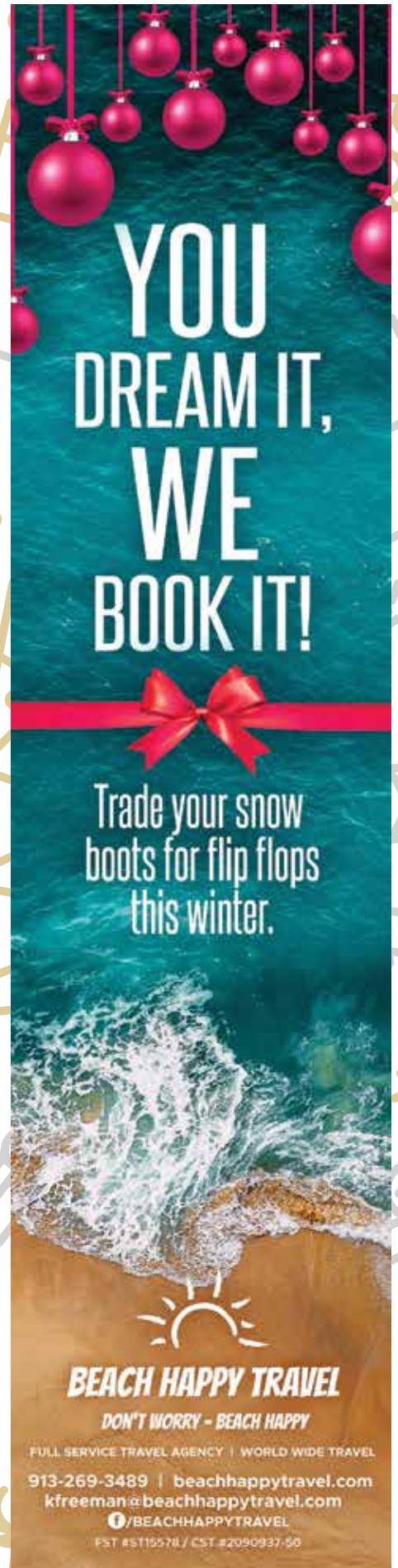


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CLOTHOLOGY:135 SHOWS OFF!

The excitement was high for all who attended the Clothology:135 Fall fashion shows at The Venue in Leawood! Clothology presented their amazing fall styles on the runway, showing looks that could appeal to each woman present. As a brand, these shows were a great space to “study your style!” At the end of the show, the women were allowed to do just that and shop the pop-up boutique! It was a night full of fun, fashion and shopping. If you missed this season’s show, don’t worry, call or go in to Clothology to pre-register for a table for their 2023 spring show! ♦

PHOTOGRAPHY BY MICHAELA BLANKENSHIP



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A Focus on Sustainability

Since its launch as Blush Company Salon in 2005, tālem Salon, rebranded in 2017 to appeal to a larger audience, has primarily focused on being a sustainable salon. The owner, Brianne Bustamante, has a love of the earth and its beauty that strongly influences how she runs her business.

Salons can be brutal on the environment. Hair and color chemicals are very toxic once disposed of, usually down the drain or thrown away. Most people don't realize how many greenhouse gases come from hair and chemicals being thrown away daily!

"Tālem Salon didn't stop there! We restored beautiful vintage furniture, windows,

fabrics and lighting for our décor. Not only is sustainability one of our top missions, but the salon carries only plant-based products for both retail and backbar. We want to be the difference. We use only plant-based products on our guests to make sure the environment within tālem remains clean and healthy. We also diffuse oils all around the salon to keep the air pure and burn only soy-based candles," explains Sara, the salon team coordinator. All of these products can be found in the salon market.

As an ever-evolving company, tālem Salon is always looking for ways to become even more sustainable. "We really look at the industry as a whole. Our most recent focus has

been looking into our hiring process, realistic work hours and environment for our team," says Brianne. "Our mission has really evolved into building a team of individual business owners under the tālem Salon umbrella."

Brianne's hope for the future of the industry is to encourage and partner with young salon professionals and guide them to not only care for their physical, mental and emotional health but their guests' experience as well. "In essence, I want to be a part of their future. I want to educate them about the sustainable impact they can have on the industry and the community as a whole. My hope for our current and future team is to find a life work balance," Brianne says. ♦



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THE ART OF NICOLETTA BELLETTI AT GALLERY V

Gallery V Fine Arts hosted a three-day event beginning November 3 featuring palette knife painter Nicoletta Belletti from Parma, Italy. An artist reception kicked off the event, followed by an art show and pet event on Friday and Saturday, highlighting customer consultations with the artist about ordering their own custom pet portraits and special commissioned paintings. Gallery V is located in Mission Farms. galleryvfinearts.com. ♦



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Mayor Curt Skoog and the Overland Park Chamber of Commerce helped Stacie McCarty and her team celebrate the grand opening of K9 Resorts Luxury Pet Hotel of Overland Park, 8200 West 135th Street. Guests enjoyed shaved ice from Paige's and dog treats from PawsAbilities. K9 Resorts brings resort-style boarding vacations and doggie daycare to Overland Park. With 7,200 square feet of indoor and outdoor space, the new luxury pet hotel features three styles of boarding accommodations. The popular luxury suites feature individual rooms complete with TVs featuring Dog TV, sound-resistant ceilings and premium beds. The resort features an advanced air purification system, premium Kuranda dog bedding, Microban flooring and special K9Grass yards with antimicrobial protection built in. For more information, call 913-348-7500 or visit K9Resorts.com/Overland-Park. ♦

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WELLNESS ACCOUNTABILITY PARTNERS: CAN A COHORT KEEP US CONNECTED?

BY LISA BUTLER

So, you have a dream of being healthier and losing weight, but who's going to know if you eat a pint of rocky road ice cream and skip your spin class? You certainly aren't going to rat yourself out.

And yet, reality is important because we know there are many advantages to being strong, healthy and in control of our wellness. So where do you look for help so you can start an amazing health journey?

WHAT ABOUT AN ACCOUNTABILITY PARTNER?

An accountability partner is a person who coaches another person, helps her keep a commitment and establishes an ongoing, reciprocal relationship. Each member of the partnership commits to helping the other achieve their goals and to be held accountable for their progress toward their own. Teaming up with an accountability partner for wellness can be life-changing for our overall health.

A study from the American Journal of Managed Care showed that weight loss with accountability was successful for duos. In that study, dieters with partners had almost twice as much success losing weight



compared to people who went solo. But a good partner is the key to success.

A good accountability buddy holds you responsible for sticking to a plan while reaching goals. While some partners may help you “show up” for your planned workouts, others may help you kick habits that might be compromising your health. If you haven't exercised in a few days, someone who cares about your well-being may text you to remind you to get off the couch or even knock on your door if you're scheduled for a joint walk. Having someone alongside us for our health journey makes it harder to talk ourselves out of exercising or convince ourselves that a candy bar might make us feel better.

DIFFERENCES AND GOALS!

Having an accountability partner looks different for everyone, depending on needs, goals and schedule, but the overall objective is to

help each other achieve success! Choosing an accountability partner is a thoughtful process. Check out these tips for selecting your sidekick.

SIMILAR CHALLENGES AND GOALS

Finding a fitting accountability partner is a “friend with benefits” (the well-being kind). By partnering with someone who has similar goals, you can better support one another, plus you will be able to develop a sense of friendly competition. A good accountability partner will call you out when you are holding back and question you when you are not showing up with the focus and motivation that you normally carry. Look for someone who communicates in a way that is similar to you, and trust that they have your best interests at heart.

A COMFORTABLE COHORT

A good accountability partner will be respectful of the other person’s needs and opinions, while being trustworthy and positive. You should feel comfortable being honest with this person. Talking about weight, exercise and health can be an intimate conversation, so having a genuine partner on your side can make a big difference, and they should feel the same way about you!

HOW WILL YOU COMMUNICATE?

There are many ways to communicate, such as text messages, phone calls, Zoom calls or in-person meetings. Being intentional about keeping in touch and setting aside time for thorough communication is key to a positive accountability relationship. Choose one or many ways to connect, as long as you do it on a regular basis.

PARTNER SHOULD BE PRESENT

Out of sight can be out of mind, so getting a partner you can physically meet with is important. For example, having a regular workout partner or someone you can walk with is motivational. This may not be possible every day, but having the ability to be together once a week or more can be reassuring while being realistic.

COMMUNICATE YOUR EXPECTATIONS

Are you a list person who likes to check off goals and accomplishments? Do you need someone to push you during a workout or when you might slack? Communicate your expectations and needs to your partner so they can figure out exactly how you want them to help you and vice versa. You and your partner should be able to talk freely to one another so that you both can realize results.

IS A GROUP BETTER FOR YOU?

While one accountability partner works for many, some people may find strength in numbers. A small or large group setting made up of friends, family or colleagues may be appealing. Sometimes a supportive group can offer diverse options or ways to reaching your fitness goals.

An old saying goes, “If you want to go fast, go alone. If you want to go far, go together.” An accountability partner can set you up for more significant gains in the long term. Choosing the right one can lead to a long and healthy journey together. ♦

SOURCES: weightwellnessllc.com, inc.com and getmotivatedbuddies.com.



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IMAGING FOR WOMEN

STATE-OF-THE-ART CARE,
SAME-DAY RESULTS, UP-FRONT COSTS

BY CHRIS WESTWATER | PHOTOGRAPHY BY AMBER DEERY

If a mammogram is on your to-do list, schedule your appointment with Imaging for Women. Their doctors are highly trained experts who specialize in breast imaging and use state-of-the-art technology to provide same-day results at competitive prices. Drs. Troy Voeltz, Allison Zupon and Lindsay Miner have built a service-oriented practice that places their patients first. Their goal is getting patients back to living their lives. Whether it is with a routine screening mammogram or a more-targeted procedure, the team at Imaging for Women wants you relaxed and comfortable while you're on site and armed with comprehensible results when you're done for the day, all at an affordable price.

NEWEST TECHNOLOGY ENHANCES TIMELY CARE

The unknown can be scary. Thankfully, the Imaging for Women team knows how to use compassion, technology and timeliness to take the edge off a stressful situation. “A patient is not a number,” said Phyllis Fulk, office manager and long-time team member.

From the moment you arrive at the clinic, the spa-like feel of the office invites you to relax. Whether you need a mammogram, ultrasound, biopsy or bone density screening, the entire team makes it known that patient care is their top priority. You’ll be reassured by the warm and welcoming team members who are prepared for your appointment and treat you with competency and care during and after your imaging services.



Imaging for Women strives to use state-of-the-art technology that offers maximum benefits to their patients.

Imaging for Women strives to use state-of-the-art technology that offers maximum benefits to their patients. For instance, they are the only clinic in Missouri offering contrast-enhanced mammography, or CEM. Dr. Miner, the newest member of the practice and a breast fellowship-trained radiologist, said, “Contrast-enhanced mammography offers similar results to MRIs, in that it finds cancers at a similar rate, but it’s done for a much lower cost and in significantly less time, which makes a big difference for our patients and their comfort.”

Because their team uses the latest technology, Imaging for Women offers the ultimate in compassionate patient care by providing same-day results. Dr. Voeltz said, “We pride ourselves on having patients leave knowing their diagnosis and what to expect next.” To guarantee patient understanding, results are stated in layman’s terms. Dr. Miner also acknowledged how timeliness benefits their patients. “Being able to do same-day workups is huge for so many reasons,” she said. “It decreases the time that patients have

anxiety while they’re waiting. It also keeps costs down because, for so many patients to get to the doctor, they have to take off work or make childcare arrangements.”

YOUR HEALTH AND YOUR BOTTOM LINE

Getting patients back to living their lives is what Imaging for Women is all about. Receiving a clean bill of health is always the hoped-for outcome, but if your results should contain any medical concerns, Imaging for Women does not want you to despair. Although it seems counterintuitive, Dr. Miner said, “It’s a victory to find a cancer when it’s very small, because usually the patient gets to have a small surgery. Then hopefully after a few months of treatment, they’ll resume their normal lives.” Although a cancer diagnosis is scary, treating it and counting yourself as a survivor is a huge success. Imaging for Women throws an annual party for their cancer survivors and celebrates each stage of healing.

In addition to looking out for and celebrating your health, Imaging for Women is determined to look out for your bottom line by providing upfront estimates. Phyllis said, “We work hard to call patients’ insurance and see how much the actual cost of these procedures will be so that our patients know that they’re going to be able to afford their

care and not be surprised with the bill later on.” In fact, Dr. Voeltz highly recommends that you “demand a cost estimate in writing prior to proceeding with any examination.” That applies to any medical procedure. Dr. Voeltz is understandably proud that Imaging for Women “has always provided a clarity of costs, and we do our best to keep our prices as low as possible.”

GIVING BACK

In addition to their daily operations, Imaging for Women also supports under-insured or uninsured patients through Northland Healthcare Access, donates hundreds of free mammograms through Bra Couture KC, and gives time and funds toward many worthy causes such as Hope House, Harvester’s and Kansas City Free Eye Clinic. Their dedication to their patients and the greater community marks them as a worthy organization with which to be associated.

You can find Imaging for Women conveniently located off 169 Highway and NW Englewood Road. The team welcomes new and returning patients in addition to physician referrals and walk-ins. Contact Imaging for Women today to schedule your exam to take care of yourself and get back to living your life. ♦

Visit imaging4women.com to learn more.



SARAH-ALLEN

P R E S T O N



afloat

*Celebrates Connections
Between Women*



BY CINDY MCDERMOTT | PHOTOGRAPHY BY AMBER DEERY

When the mission of your business is to become the happiest place in the digital world, you have set the bar very high. For Sarah-Allen Preston, Kansas City, Missouri, business owner and mother of three, not only is she competing for this lofty goal, she started her company afloat after two very serious events in her life: a divorce and her son's open-heart surgery.

The experiences left her with a desire to show gratitude and thanks to her entire community. But how would she ever have enough time to complete these many connections? "I realized that there was no platform that existed to help me support those going through hard times like I had and celebrate the happy ones, too," she said. "So, I created it. And, gifting became afloat's love language."

When Sarah's youngest son was born, he was diagnosed with atrioventricular septal defect, or AVSD, in which there are holes

between the chambers of the right and left sides of the heart, and the valves that control the flow of blood between these chambers may not be formed correctly. "We went from having our third child to something we've never dealt with. It knocked us off our feet. It was really stressful. When I look back and we were through with surgery—he made it to five months and he was pretty big when he had the surgery—what I remember through all of the hard times, the big silver lining was the connection to people," recalled Sarah. "It could be a text; it could be an invitation to go on a walk. At times, it was a gift



“We’re here to celebrate the people and the businesses that you love with the ease and convenience you crave,” Sarah added. “What we deliver is meaningful, exceptional and convenient to help you celebrate everything in your life while supporting local in the community that you live.”



on my doorstep, no matter how big or how small. From homemade salad dressing to a Barefoot Dreams blanket, it was the thought that someone was thinking about me. It could turn my whole day around. That really stood out to me. So how do I bottle that feeling and that connection because that is what life is all about?"

THE BUSINESS OF GIFTING

Afloat is a gifting marketplace fashioned to celebrate people and businesses with ease and convenience. With a few clicks, you can demonstrate the care or the love you feel for others by giving gifts from local businesses. afloat is the perfect way to show support for both of those groups. Right now, afloat is focused on two markets, Kansas City and Dallas, Texas, the home of Sarah's alma mater, Southern Methodist University.

"I started my first company while still in school at SMU, a stationery company. I made illustrated personalized products for the editors at a magazine where I was interning for holiday gifts. Now you can find it on Etsy, but at the time it was quite the novelty," she shared. "I went home for Christmas break and built a website for a company and launched it. I pivoted that into wholesale stationery when I graduated from college. I sold to stores across the country. That turned into designing for events. This parlayed into my eventual event planning company, which evolved into Sarah-Allen Preston Designs."

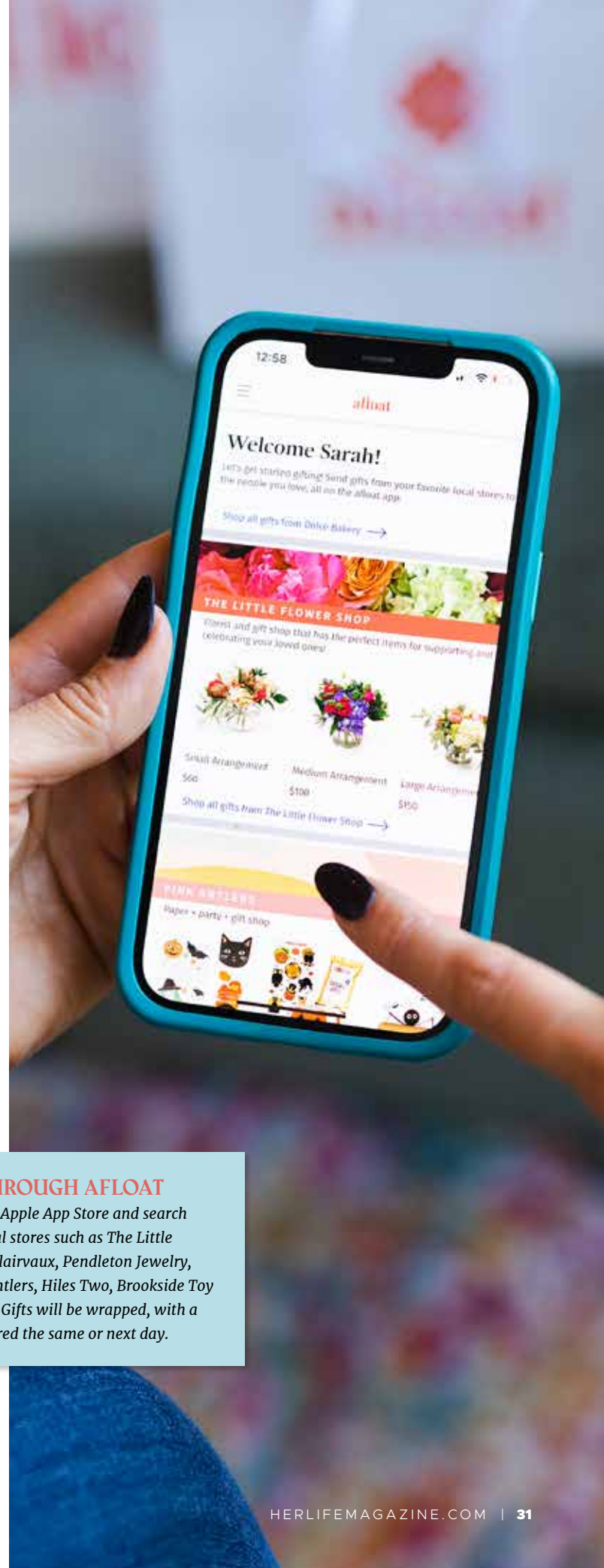
Ten full-time employees, all women, are staffed between the two cities for Afloat. As CEO, Sarah oversees departments of Product, Operations, Growth and Marketing with associates under each of them. To create this business, she noodled on the idea for a year. An accelerator, offering mentorship, capital and connections to investors and business partners, was created in 2021, and the company was launched in February 2022.

"We've sourced the best of the best in both cities. We've had nothing but positive responses and even more enthusiasm than we can handle right now," commented Sarah. "Gifting is 20 percent of our daily buying retail behavior in the U.S. People love to gift so we're becoming a powerful platform and arm for small businesses."

HOW IT WORKS

Afloat's technology allows customers to browse curated gifts from local stores and have them gift-wrapped for same-day local delivery or shipped. Afloat marries the convenience of online shopping with the impact of shopping locally, supporting small businesses and their communities. Sarah refers to it as gifting on demand, whether you're shopping from your home, the workplace or the doctor's office. While the concept of remembering others in good times or bad was firmly embedded in her brain, Sarah called upon others for the nuts and bolts of the operations.

"I had no idea what 'tech' even meant and what it really was. But I knew the general direction I wanted to head. I was doing many of the jobs. I was talking to the



SUPPORT LOCAL THROUGH AFLOAT

To download afloat, visit the Apple App Store and search "afloat." Shop gifts from local stores such as The Little Flower Shop, Dolce Bakery, Clairvaux, Pendleton Jewelry, Sharyn Blond Linens, Pink Antlers, Hiles Two, Brookside Toy and Science and many more. Gifts will be wrapped, with a handwritten note and delivered the same or next day.



stores and I had the idea in my brain. Along the way, it spun off into many different paths and some worked and some didn't. But at the end of the day, I kept moving forward and the right thing would appear.

"When we went through an accelerator, it really helped me think of the company as

highly scalable and focused on growth. I took my concept, rooted in, 'Is this a business that will work and that people really want?' and then, 'How do I look at it on its path to be a \$1 billion company?' Sarah stated. "afloat is all about celebration and connection; we're not just a piece of tech. I think my not being a

technical founder, even though it was a slower process, in the beginning, to find people to join me, ended up being a big benefit because that's not what our company is built on. It's built on connection."

WORKING THROUGH BUSINESS BIAS

Females have shared that women face larger obstacles to building a successful company and growing it because of discrimination. Limited funding, an inadequate support system and gender inequality are just a few of the challenges that inhibit women in the business environment. When asked about facing hurdles throughout her pursuit to land afloat, Sarah strongly agreed.

"Two hundred percent I do, in retrospect. When I set out, I had no idea of the amount of bias that women faced in business because I worked in spaces where only women worked. I was my business," she noted. "The amount of pushback was extraordinary because women are constantly asked defensibility questions about our business and men are asked possibility questions such as how large this business can grow. It's made me more convicted to success because I can't wait to turn around and help other women."

Overall, the positive experience of constructing this amazing company from the ground up has been an exciting challenge for Sarah. She offers these learnings to others considering running their own company. "It's constantly learning and being open to absorbing information and knowing how to apply it when it resonates," she shared. "The people you bring in around you are the most valuable piece of your company. They help you make distinctions as you're presented with opportunities or business avenues."

Any hard-working entrepreneur understands that successfully starting a new company is not a gift. But Sarah is focused on gifting to others the happiest place in the digital world with afloat. "We are a gifting marketplace. We're here to celebrate the people and the businesses that you love with the ease and convenience you crave," Sarah added. "What we deliver is meaningful, exceptional and convenient to help you celebrate everything in your life while supporting local in the community that you live." ♦

Holiday Pop-Ups

KANSAS CITY

SKIES RESTAURANT



Opening December 1, select dates through December 30. The re-opening will transform the 42nd floor of the Sheraton at Crown Center into a winter wonderland-themed pop-up bar made perfect by the night time views of downtown KC!
eventbrite.com/cc/winter-skies-1353409

Miracle KANSAS CITY



Enjoy over-the-top décor and nostalgia. This year, all locations, Plaza, Power & Light and Town Center are offering walk-ins in addition to paid reservations.
miraclepopupkc.com

Rec Deck THE HALLS

Boulevard Brewing Co.'s first holiday pop-up bar on the fourth floor Rec Deck offers spirits, beers, keepsake glassware and shuffleboard courts. Individual seating is first come, first serve with a \$5 cover charge.

boulevard.com



Julep



Sippin' Santa

Westport's Julep offers a tiki bar escape with nine holiday-themed cocktails outfitted with drink umbrellas. Reservations can be made for the entire bar this year due to high demand, and the main bar will be open to walk-ins. Custom glassware and tiki mugs are also available to purchase. Also extended to both Taco Republic locations!
julepkk.com

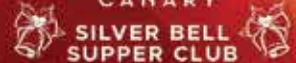
Chicken N Pickle



Make a reservation at Chicken N Pickle, a retro ski lodge that offers mountain views, a selfie gondola, shotskis, outdoor fire pits, and an occasional Bigfoot sighting and eight cocktails to choose from, two of which are gluten free.

chickennpickle.com

Boho Sway CANARY



SILVER BELL SUPPER CLUB

Not your typical holiday pop-up bar, instead dressed in delicate snowflakes, paper ornaments, and garland with a wam + bright atmosphere. There are eight new drinks to try, including gluten- and dairy-free options. To correspond with the aesthetic, we'll be ordering a Holiday in the Hamptons, a gin-based cocktail with cranberry, sage, and lime.
bohowswaycanary.com

Tipsy i taco Tinsel KC

Lako Lolawana has transformed into a winter wonderland with Tinsel at Tipsy Taco. The holiday pop-up has a happy hour running 3-6 p.m. on Tuesday-Saturday and features 10 specialty cocktails. Bonus: Tinsel serves all drinks in unique holiday glassware hand-picked from local thrift stores. Reservations are only accepted by phone call, and are made with a two-hour time block system.
tipsytacokc.com



Merry & Brite

Serving up a menu of nine cocktails + mocktails utilizing local spirits, Merry & Brite even features a build-your-own experience. On Thursdays, Fridays, and Saturdays, guests can purchase a \$15 ticket that includes a reservation, live entertainment, a take-home photo, and aperitif. One Cranberry Moscow Yule, served with Lifted Spirits vodka, please.
www.ph.coffee



PIERPONT'S



CONDUCTOR CLUB

HOW THE CONDUCTOR CLUB STOLE CHRISTMAS

Through January 7 at the Conductor Club, you don't have to be a holiday Grinch; this bar will do it for you. Cover is \$5.
conductorclub.com

GOURMET GIFTS: SEAFOOD, CHOCOLATES AND CHEESECAKE, OH, MY!

BY LINDA R. PRICE

The world of food is filled with luxurious products to entice the most blasé gourmet. Especially during the holidays, you can find chocolates, coffees, gift baskets, prepared meals and exquisite cuts of meats.



There are both specialty items and clubs for people on your shopping list.

Without leaving the comfort of your living room, holiday shopping can be accomplished in a breeze. The beauty of these gifts is that they are delivered right to the door for you so that you can send gifts to relatives across the country as easily as punching a few buttons or have them delivered to your door for your own enjoyment.

Chocolate is a favorite gift for holidays. Today's chocolatiers no longer stick to the rules. Many prefer to think outside the box and create chocolates with unusual flavor combinations. One such combination is a truffle of Reishi mushrooms and Italian hazelnuts by Vosges

Haut-Chocolat, not at all your traditional bourbon and cookie crumb truffle. Even the traditional caramel has been updated with a sprinkling of sea salt for a sharp flavor contrast on Fran's Chocolates.

Some companies have gone with vegan chocolates. EHChocolatier has created strong flavor combinations that eliminate the need for butter. One such flavor is passion fruit; another is matcha. Their

bonbons and truffles are wildly decorated and make a beautiful gift.

Gourmet coffee providers are abundant, and sometimes, it is difficult to decide what to select. There are many different roasts, different blends, whole bean or ground and decaf or not. Some are made especially for the French press or an espresso machine. Know your

recipient and whether they are willing to experiment before sending a gift of coffee they may not like at all.

The Bean Box has a wide selection of coffees that may be purchased as a one-off or on a plan basis based on your recipient's tastes. Their selection of decaf coffees is much wider than most. The rare Indonesian Kopi Luwak coffee from Volcanica can run you \$400 per pound, or they have an ample selection of other coffees to choose from.

Gift baskets run the gamut of fruit, wine, nuts, popcorn and desserts. Harry and David specializes in fruits; pears, oranges and apples are among the fruits they ship, but oh, there's so much more. Their Cheesecake Factory Red Velvet Cake Cheesecake is worth dying for—well, almost!

Other premium gift baskets are worth investigating. Wine Country Gift Baskets Classic Gift Basket, for its beautiful combination of sweet and savory, had me at smoked Gouda spread and lemon cakes. Williams Sonoma's Lady & Larder Medium Cheese Board is a stunning charcuterie board with a combination of cheeses and artisanal meats, nuts, dried fruit, crackers and condiments.

Premium beef and pork meats make excellent gifts for parents who may be on limited incomes and not otherwise able to afford choice cuts of meat. Some even offer fish, shellfish and vegan options. Try Omaha Steaks for mouth-watering meats, pork and seafood assortments. They have added side dishes and desserts for a complete meal experience. Porter Road is another highly rated meat delivery service highlighting Tennessee and Kentucky grass-fed beef. Their subscriptions offer premium steaks, ground beef, sausages and prime

pork cuts and bacon. You select your box, its frequency and then have the option of adding in items such as different sausages.

Gold Belly is unique in that they collaborate with known chefs to bring you meals from their restaurants in addition to a wide selection of meat. You actually get favorite restaurant meals delivered to be heated up and served, for example, meatballs al Forno from Mozza by Nancy Silverman and cakes by Duff Goldman.

Seafood is another healthy gift option. Companies that ship seafood are committed to catching, freezing and shipping seafood in days to help their products retain all of the freshness of freshly caught seafood. Sizzlefish's The Perfect Holiday Gift for Two contains four portions of fish and two each of scallops and Gulf shrimp. Devotees of the service can order their own box with 14 or 28 portions per box. Alaskan Salmon Company offers a subscription service with Coho and sockeye salmon, black cod and halibut. For small sizes, try Sea to Table. Their boxes are smaller and suitable for smaller households but no less enticing with Alaskan salmon, Maine lobster, Dover sole and Gulf shrimp.

Whatever you choose, know that you are giving a beautiful, tasty gift to someone you cherish. If you send a subscription service gift, they are sure to be looking forward to receiving it each month. If it is a one-off, they may even be tempted to try the service themselves. In either case, you can be sure it's not something that gets stuffed in the closet and forgotten. ♦

SOURCES: foodandwine.com, insider.com, harryanddavid.com, gourmet-giftbaskets.com, beanbox.com and thespruceeats.com.

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HOLIDAYS AND CULINARY TRADITIONS

BY PATTY COOK

The northern hemisphere experiences its shortest days and longest nights of the year in the month of December. This year, December 21 marks the winter solstice. The worst of winter weather awaits, but we know that the sun will begin to rise earlier and set later each day.



Imagine, if you can, living at the dawn of time. You notice that the sun shines less day by day. At the same time the weather grows colder. Plants die, and animals hibernate. What would you do to make sure the sun did not disappear? What if everyone around you feared that the sun might never return to warm the earth?

Around the world, people dealt with their fear of losing the sun and adapted to the solstice in different ways. Whether they worshipped gods that ruled the sun or agriculture or the goddess of the Earth, every culture honored the winter solstice as a time when light overcame dark-

ness. When a new religion, Christianity, began to spread through the civilized world, pagan celebrations gradually blended with Christian celebrations. It came to pass that Christianity celebrated the birth of Jesus Christ on December 25, the same date as one of the largest pagan celebrations that honored the god of the sun.

Sacred and secular practices continued to blend through the centuries in different traditions. Whether you celebrate this season with Christmas, Hanukkah, Yule, Diwali, Sadeh, Festivus, Kwanzaa or some other way, chances are that the celebration involves a feast. Let's take a

look at some of the foods used to celebrate this season, beginning with sweets.

There are many European holiday traditions that honor the Christmas holiday. One is the *bûche de Noël*, or Yule log. This unique cake is rolled, then iced with chocolate frosting to resemble the log traditionally lit on hearths during the holidays. In Germany, one confection is made from the skins of oranges, lemons and grapefruit. This candied fruit was rolled in sugar to acknowledge the season of ice and snow, with the fruit itself a reminder that the sun will triumph over the winter season.

If you or a family member loves mincemeat pie, have you wondered how it got its name? This ancient British dish was once the main meal. Originally a pie of diced, or minced, meat, usually lamb, it evolved over time into a dessert made of apples, raisins and spices.

We'll move from dessert to breakfast, looking at savory and sweet ways potatoes are used. The celebration of Hanukkah nearly always has a meal including potato latkes. This crisp-yet-dense potato pancake is a memorable cross between hash browns and pancakes. If your ancestors hailed from Scandinavian countries, you may know how to make or where to buy potato lease. These soft, tortilla-shaped flatbreads are a Nordic tradition. Spread with jam or butter, cinnamon and sugar, they make an excellent sweet addition to any holiday brunch.

The main meal of the festive day, in many parts of Scandinavia and Europe, centered on boar or ham. This is because most family farms had a household pig that was slaughtered in the fall, with the hams being reserved for the winter feast. The meal of ham was cooked in a large pot for more than a day, with the meat and broth

eaten straight from the pot with bread, which came to be known as "dip-in-the-pot." In northern Europe, salted meat and fish, along with root vegetables, were the foundation of festive meals; they were also the foods that helped sustain families through winter into spring.

In many cultures, days of celebration and feasts often began with a period of fasting. In Europe, the traditional Christmas Eve meal before Midnight Mass was very simple; in Provence, France, it was called the "souper maigre," or meager meal. A plain, meatless supper was accompanied with water. In Italy, this meal was known as the "magro," or meatless, meal. Over time, this meatless meal has evolved into well-planned feasts for large family gatherings. One Italian-American tradition, the Feast of the Seven Fishes, may be as elaborate as a seven-course meal or as simple as a bowl of zuppa de pesce, or fish stew.

In the East, an ancient Chinese celebration known as Dongzhi, which means "the extreme of winter," marked the solstice. Families gathered to enjoy foods that symbolize wholeness and unity. The dishes, including dumplings and lamb, were meant to nourish the body for cold weather.

As the planet spins toward the winter solstice, you may already be spinning plans that involve long-standing religious or family traditions. Or perhaps old traditions are giving way to new ones. No matter how you celebrate the holiday season, my winter solstice wish is that you enjoy good companionship, good memories and good food. ♦

SOURCES: biblicalarchaeology.org, ediblemanhattan.com, hakkasan.com and timeanddate.com.



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The RED DOOR GRILL



ATMOSPHERE, SERVICE & EXCEPTIONAL WOOD-FIRED COMFORT

BY SHERYL HAMMONTREE | PHOTOGRAPHY BY AMBER DEERY

How do you measure an exceptional dining experience? For some, it's all about the vibe. Is it a fun place? Can I enjoy conversation without yelling? Any chance I might run into friends and neighbors?

Others demand a cocktail so unique they couldn't begin to replicate it at home and a pleasant, attentive service team with full knowledge of the menu, including the origin of the beef being served.

Good news! You don't have to choose between great service and atmosphere. You don't have to give up easy conversation for an unbelievable gin and tonic. And yes, at The Red Door Grill, your friendly server can tell you that your KC strip is dry-aged angus beef and was raised just down the road in Butler, Missouri, by Hertzog Meat Company, a ranch that's been raising cattle in Missouri since 1870.

The Red Door Grill checks every box! And they make everything from scratch—simple syrups, marinades, batters, pretzels, sauces, all of it! With six locations throughout the metro, three in Kansas and three in Missouri, you are a short drive from a memorable experience, especially this holiday season.

Looking for a cozy place to dine with out-of-town guests? Planning a holiday happy hour with clients, co-workers or friends? This is the place to celebrate. Every location is fa-la-la-la festive thanks to the innovative, high-end design of Studio Dan Meiners. As soon as you open the red door, you'll see that Josh, Angela and the rest of the team



roll out the red carpet for the holidays.

Your decision to visit Red Door Grill is easy, but choosing which hand-crafted, holiday cocktail to order will not be easy. Let's see if I can help. If you're already tired of Christmas music, perhaps you should order the Grinch; it's a fluorescent green, sour spin on an apple martini, and just maybe, the red cake sprinkles on the rim will get you to smile. If you're hoping for a white Christmas, consider ordering the Snowball Fight, which is basically adult chocolate milk. If you're more of a traditionalist, the bartenders will also be serving up the classics, mixed with KC's own J. Rieger & Co. spirits. On a cold day, you cannot go wrong with an Old Fashioned, but if you're wanting to try something new, order the Blackberry Mule or the one I cannot forget, the Gin and Tonic with chamomile, grapefruit, juniper berries and a sprig of rosemary; I

promise this one will jingle your bells!

Now that you have your beverage order ready, let's talk apps. I promise you, there is no need to think about this, just order the Pretzel Bites; actually, get two orders. I'm not kidding. They're firm, not too chewy on the outside and pillow soft in the middle with the right amount of chunky salt sprinkled on top and served with a side of smoked green chili queso. Next level yum! If you're feeling like a warm meal of cozy, comfort food and it happens to be a Thursday, order the Jalapeño Fried Chicken. It's marinated in a unique and secret jalapeno buttermilk for four days, hand-breaded to order right before being pressure fried to perfection, served with jalapeño dipping sauce, a homemade cornbread and side of your choosing. I enjoyed the roasted garlic mashed potatoes and mushroom gravy but was certainly eyeballing those Brussels Sprouts with Bacon Jam; I'll order those next time.

Need some comfort food and it's not Thursday? Seven days a week, Red Door Grill serves Big Gary's Meatloaf. I'll be honest, meatloaf has never been something I ordered—until now! Savory and ketchup crusted, never dry and served on top of roasted garlic mashed potatoes with mushroom gravy and a side of pesto garlic butter roasted veggies, this old-school recipe was developed by Gary, the founder of Red Door Grill, as a nod to the OG, Original Gary, his father, and shall never, ever be changed and will always be available. Amen. Yep, the meatloaf is a religious experience.

I'll be completely honest with you, I'm a salad snob. Salads





If you're feeling like a warm meal of cozy, comfort food and it happens to be a Thursday, order the Jalapeño Fried Chicken. It's marinated in a unique and secret jalapeno buttermilk for four days, hand-breaded to order right before being pressure fried to perfection, served with jalapeño dipping sauce, a homemade cornbread and side of your choosing.





bottled and ready for purchase. I'd like this in my stocking, please! And I don't know anyone who wouldn't enjoy the gift of a night out. For a limited time, when you purchase a \$100 gift card to Red Door Grill you will receive \$25 off your next visit. When you purchase a \$50 gift card, you receive \$10 off your next visit.

With six locations in Leawood, Lenexa, Overland Park, Brookside, Lee's Summit and Liberty, I'm sure there is one close to you. Grab some friends, get merry and try something new! If the Red Door Grill isn't new to you, then one of these delicious dishes or cocktails will be. Oh, and be sure to make a reservation. They open their red doors at 11:00 a.m. during the week and feature happy hour from 3:00 to 6:00 p.m. Plus, there's \$5 Burger Monday, Fried Chicken Thursday and Whiskey-Soaked Prime Rib Friday, Saturday and Sunday. Show up at 10:00 a.m. on Saturday and Sunday to enjoy their rockin' brunch menu.

Check out their website for a full menu, list of locations or to place a carry-out order; yes, I said the ambiance is warm and inviting but so are your sofa and slippers. Enjoy rustic woodfired comfort food for the win! ♦

Visit reddoorgrill.com for menus and reservations.



are an opportunity for the culinary team to get creative, flex their flavor knowledge and layer those flavors and textures into something memorable such as the Chimichurri Salmon Salad. Woodfired grilled salmon, drizzled with chimichurri sauce, sits atop fresh field greens and a generous mix of grape tomatoes, kalamata olives, cucumber, green beans, toasted almonds, goat cheese tossed with balsamic vinaigrette. This salad is satisfying and full of flavor from the first bite to the last. But if you prefer chicken over salmon, then order the house specialty, Julie's Woodfired Chicken Salad, marinated, grilled chicken breast served over arugula, artichoke, asparagus, mushrooms, kalamata olives and goat cheese tossed in a savory basil oil, equally satisfying and full of flavor.

The Red Door Grill is the delicious, festive gift choice this holiday season, too! Their signature Jalapeño sauce is now



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.

ROSEMARY SPICED NUTS

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



INGREDIENTS

- 3 cups large roasted whole cashews
- 1 tablespoon butter, melted
- 3 teaspoons brown sugar
- 1/4 tsp. cayenne pepper (or more to taste)
- 1 1/2 tsp. kosher salt (or more to taste)
- 2-3 tablespoons coarsely chopped fresh rosemary leaves

DIRECTIONS

Preheat the oven to 350 degrees F. Place the nuts on an ungreased or parchment-lined baking sheet and bake for about 10 minutes until they are warmed through. Meanwhile, combine the rosemary, pepper, sugar, salt and butter in a large bowl. Toss the warm nuts with the rosemary mixture until the nuts are completely coated. Serve warm or at room temperature. Adapted from *Barefoot in Paris*. ♦

FROM THE AUTHOR: *Homemade gifts are so special, especially when enjoyed throughout the holidays. I have put together 12-days of Christmas Edible Christmas Gifts. These are easy, gorgeous, and don't take all day!*
 Instagram: [instagram.com/lauren_lane_culinarian](https://www.instagram.com/lauren_lane_culinarian)
 Facebook: [facebook.com/laurenlaneculinarian](https://www.facebook.com/laurenlaneculinarian)

LAUREN'S 2022 HOLIDAY GIFT GUIDE FOR THE COOK IN YOUR LIFE!



1: *ThermoPro TempSpike Premium accurate wireless thermometer: Takes the guess work out of cooking beef, chicken pork fish, and really anything! This one is so easy to use.*



2: *Knife: The number one kitchen tool, and I've tried them all! My favorite by far: WÜSTHOF. Super sharp, holds an edge and easy to handle.*



3: *John Boos large wood cutting board: Safer than plastic; easy to work on.*



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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Charisse Taylor and
Kyrie Killen of Voices &
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STYLIST

Mary Tamburello

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DONATE TO DO GOOD: IT'S A WIN-WIN!

BY CINDY MCDERMOTT

Whether it's dropping your contribution into the collection plate or writing a check during a fundraising campaign, you're very familiar with giving money to charities. But did you realize you could also be donating shares of stock?

The concept is a huge reward for the non-profit and also for you when it comes to taxes. For the vast majority of donors, giving stock allows you to save on taxes by avoiding capital gains and by allowing you to take a potential income tax deduction.

"It's typically more advantageous to donate stock (as opposed to cash) to charities. Both cash and stock donations to 501(c)(3) public charities are tax deductible," shared Whitney Hosty, Greater Kansas City Community Foundation and Greater Horizons, Chartered Advisor in Philanthropy® with nearly 20 years of experience working with individuals, families and corporations to support their charitable giving. "But when you donate stock that you've held longer than one year, you can avoid long-term capital gains tax."

Here's an example from Whitney. Let's say you buy \$2,000 worth of shares of a publicly traded stock. You hold that stock for at least one year, and the value increases to \$25,000. If you sell the stock, then you'll have to pay taxes on the increase, or capital gain, which in this scenario is \$23,000. But if you donate the stock, you don't have to pay tax-

es on the gain. So, when you compare the tax savings of donating \$25,000 in stock to \$25,000 in cash, there's a big difference, thanks to the long-term capital gains you avoided.

WHAT ARE THE BENEFITS?

"As the donor, you can be eligible for the tax benefits of stock donations to any 501(c)(3) public charity," commented Whitney. "When a donor sells the stock and then donates the proceeds, as opposed to gifting the stock, the donor often subtracts the amount of the capital gains tax from the total donation, meaning the charity might receive a larger donation if it's a gift of stock." Don't forget to consult your tax advisor, who will review the tax savings you could enjoy by donating stocks. And don't wait until the end of the year. This decision is an important one and shouldn't be rushed.

She also counsels to consider gifting your stock to a donor-advised fund, which is an investment account for your charitable dollars, administered by a public charity. Many communities offer a foundation to assist donors in establishing and using donor-advised funds



for charitable donations, which are quick and easy to set up with one simple form. Contributions to donor-advised funds are tax deductible, and the assets you contribute to your donor-advised fund are invested. You can then use the donor-advised fund to give to any public charity in the country, including schools and religious institutions. In any of these scenarios, you should research the group you are considering to receive your gift. Don't forget to check with your financial advisor; many investment companies offer a donor-advised fund.

"When you donate stock to a donor-advised fund, we'll sell the stock upon receipt, the proceeds are invested and the growth is tax free. You can then use the proceeds and investment gains for donations to multiple charities over time, instead of choosing just one charity to receive the proceeds in a one-time donation," advised Whitney. "You can also take your time deciding which organizations and causes you want to support. Many of our fund holders appreciate this flexibility as they consider how they would like to impact the needs and organizations in the communities they care about. By separating the tax-deductible stock donation from their support for important community organizations, they are able to be more thoughtful and strategic with their philanthropy." Whitney also points out that those who choose to open a donor-advised fund at a community foundation can call upon resources and expertise on community needs through its philanthropic advisors.

DO I NEED A CPA?

Donating stock to charity is a simple process, as long as the charity has the capacity to accept stock gifts. Smaller or more grassroots charities may not have this capability, so contact the charity and ask for their instructions for contributing stock. If the organization has an account set up, your financial advisor can help you initiate the transfer to the charity. If the organization doesn't have this capacity, you may want to consider opening a donor-advised fund to receive the stock. Once it's sold, you can use the stock proceeds to make a donation to the organization from the donor-advised fund. Although a CPA is not needed to walk you through the process, she can provide valuable advice on the tax aspects of the donation. Your CPA can also run different tax scenarios to determine the savings you may realize with a stock donation. ♦



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JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS
PHOTO BY LAUREN FRISCH PUSATERI

My parents divorced when I was in third grade. It's never been easy. It honestly felt like my life got divided into two separate worlds at that very moment. Nothing would ever be the same.

I always felt like the weird kid because divorce didn't seem to be very common in my hometown. While I felt loved by both parents, I never felt like I had a real home. I spent Mondays and Tuesdays with my mom. Wednesday and Thursdays were spent with my dad. I rotated weekends. I can trace a lot of my anxiety to that time in my life.

It didn't help that they strongly disliked each other. I felt put in the middle and torn. I remember longing to be an adult. I couldn't wait to have my own home and family with a promise never to split it up.

I say all that to say this.

My childhood was all of those things. But there were so many unexpected blessings that I'm so grateful for. A stepsister who shared my love of Barbies and made those weekends at Dad's extra fun. And a baby half-brother who came along when I was ten years old.

With that much of an age difference, we didn't get to hang as much as kids as I wish we could have. But, as adults, he's come out to KC many times for long visits during which we've really bonded. I'm lucky to have him. He's one of the most solid humans I've

ever known.

He got married a few weeks ago. I split time between my mom and dad just like I've done for all of these years. But this trip was different. Instead of the anxiety going home used to produce, I left with a feeling of peace. I have so much to be thankful for and so many people to love.

I flew home to the world I love the most and the family I've worked so hard to have. But my heart felt different this time. Just a little extra grateful for the road it took to get here. ♦

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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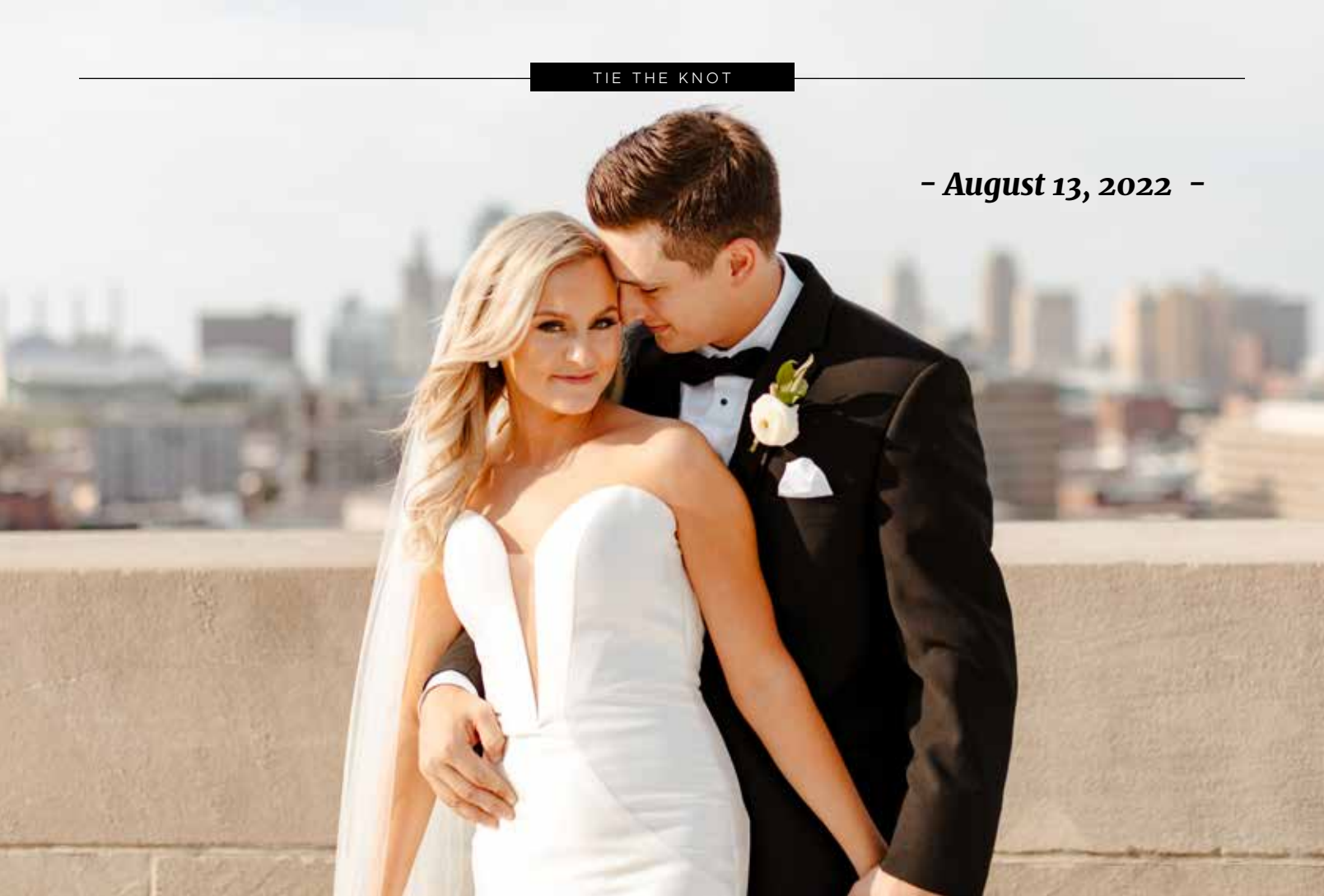
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- August 13, 2022 -



Abi and Tom Pandolfo

WRITTEN BY MARILYN ISAMINGER

Abi Pandolfo, 29, attended University of Missouri, earning a bachelor of journalism with an emphasis in strategic communications through the Missouri School of Journalism. After graduating, she dove into public relations and is currently a senior PR strategist for a local agency.

Tom Pandolfo, 29, also attended University of Missouri, earning a bachelor of science in business

administration with an emphasis in marketing. He works in insurance as a commercial management liability underwriter.

“It was the last semester of my senior year in college. Soaking up every last moment, my friends and I headed to our favorite bar,” Abi recalls. “While everyone went to the bar to grab another drink, I stayed back at the table, and noticed a guy sitting at the table trying to get a buffalo sauce stain





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Ribbons and Reels



out of his white Ralph Lauren polo. I knew I had to give him some trouble. I walked over to jokingly let him know how ridiculous he looked and how the stain wasn't going to come out. He informed me that his friend was a biochemist and that he said lime would work. I slid into the booth next to him and we talked for hours. As the bar closed, Tom offered to walk me home; we were surprised to realize we lived in the same apartment complex, three floors separating us. After

graduation, we went in different directions but committed to making a long-distance relationship work."

Tom took his time and planned his proposal out perfectly. "He even had me thinking it was my idea!" Abi smiles. "I received an Instagram message one morning from local photographer Jillian Bode, who asked if Tom and I were available over the weekend; she wanted to check out a new location. Unbeknownst to me, he had reached





out to her to scheme this entire plan.” Abi thought he might propose, but after taking photos in several locations, still no proposal. Her mom texted that they were grilling at her grandparents’ that evening and asked if she and Tom wanted to go. “I asked Tom; he casually replied, ‘Sure, we don’t have anything else going on.’ Just like that, all my hopes of being proposed to had faded. I was a little cranky after that but still put on a smile for the photoshoot,” Abi laughs. Finally, Tom suggested a particular place. “You would think that Tom taking an interest in the location of a photo would have been a dead giveaway but I was too annoyed to notice. As we were wrapping up Tom grabbed my hand and got down on one knee. I wish I could tell you all the sweet things he said but to be honest I completely blacked out. It was the easiest yes ever.”

The blissful couple tied the knot August 13, 2022. Bridesmaids were Sammy Rivera, Abbey Waddell, Mackenzie Ruybalid, Bailey Calloway, Katie Pandolfo, Caitlin Chen, Dani Sureck, Mika Liceaga and Hanley Pandolfo. Groomsmen were Mike Weber, Matt Landolt, Will Hornberg, Carl Pandolfo, Tyler Reeves, Nick Cowley, Bobby Lacker, Jacob Rhodes and Gavin White. Family members and long-time friends came from as far away as Miami, New York, Washington, D.C., and Denver to celebrate with Abi and Tom.

The couple honeymooned in Riviera Maya, Mexico, relaxing by the beach with a margarita in hand. ♦





FEBRUARY 2023
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SHAREWAVES

LINKING PHYSICAL ACTIVITY, EXERCISE AND SPORTS PARTICIPATION TO ADOLESCENT WELL-BEING

Since the onset of the pandemic, many children have dealt with isolation and inactivity, resulting in a surge in mental health problems, leading to a nationwide adolescent mental health crisis. Many still struggle with the traumatic experiences caused by extended social isolation, such as educational uncertainty, depression, and loneliness. COVID pushed an existing line of disparity in sports access to a breaking point as restrictions further limited organized sports and extracurricular activities.

Today, **The ShareWaves Foundation**, a Kansas City nonprofit, is working to combat these crises through the power of sports and team play. ShareWaves invests in communities with the lowest incomes by delivering high-quality physical activity experiences to kids from under-resourced areas who often experience multi-layered barriers. ShareWaves is currently partnering with Rockhurst Highschool and University of Missouri alumnae, football standout Tony Temple and Temple Made Fitness (TMF). Tony's "Animal Movements" fitness and educational programs address critical deficits in youth health and wellness. In addition, TMF is on a mission to reach, educate and inspire youth and families through food education, movement with and without equipment, and life planning. For more information, visit templemadefitness.com.



HOW CAN YOU HELP? INVEST IN OUR "PROGRAMS OF RECOVERY."

Your financial support will fund one of the following six grassroots "Programs of Recovery" initiatives that work to alleviate severe deficits in communities.

1. Funding for "**Animal Movements**" fitness and education programs allows more than 7,500 area elementary-aged children to participate through structured partnerships with local schools, community centers and nonprofit organizations.

2. **Game-Changing Grants** allow greater access to sports for more than 1,000 area children.

3. **#MovementIsTheMedicine** programs connect physical activity, exercise and sports participation to better serve adolescents' well-being, improve their mental health and support teenage suicide prevention.

4. **#Ready2Play Training Experiences for Kids** help young athletes keep their minds, body and spirit engaged and excited about physical fitness.

5. **4D Athletes** teaches essential life skills such as confidence, leadership, gratitude and goal setting. This initiative focuses on parents and coaches with resources, so kids get the most out of the

youth sports experience.

6. **The Invisible Riptide** offers practical information and actionable strategies for kids to learn how to normalize, understand and face their "new normal." Books and resources provided.

Studies have found that increased physical activity levels directly relate to school performance, particularly in math, reading and retention of information. In addition, physical activity aids in physical development leading to stronger muscles, bones, joints and heart, as well as a decreased risk of type 2 diabetes, and improves social and emotional development. Sports will continue to teach valuable lessons like teamwork, fair play, sportsmanship, leadership, discipline and communication. With your help, ShareWaves will be able to continue to keep our children active, healthy and engaged.

Movement is essential for a healthier, positive mental perspective. The prescription for improving mental health is re-engaging with quality physical experiences. Join The ShareWaves Foundation as we empower our community to connect, heal, thrive and reduce the stigma of seeking help for mental health. ♦

Visit sharewavesfoundation.org for more information.

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DECEMBER 2022



THROUGH JAN. 31

The Rink at Zona Rosa

The Rink at Zona Rosa is open daily through the end of January 2023 for public ice skating, pond hockey, special events and more. Follow Zona Rosa on Facebook and Instagram for opening day announcements.

ZONA ROSA

THROUGH DECEMBER 24

Santa Arrives

THE GROVE AT ZONA ROSA

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THROUGH DEC. 24

A Christmas Carol

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DECEMBER 2 & 3, 8-10, 15-17

Luminary Walk – The Arboretum by Candlelight

Adults only have a preview on December 1. Take a stroll along the lit pathways to experience the magical Gnome and Fairy Villages, serene winter woods by candlelight and the colorful Children's Garden. Musical

performances in four different locations and visit with Santa in the Pavilion.

DECEMBER 2 – 4

The Merry Mantel

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This exclusive weekend bundle includes a stay at the historic Kirk House and a weekend of relaxation, shopping, fun, crafting and holiday spirit. Monroe 816 will have a class to help you create a festive holiday look for your home and a holiday boutique to start your shopping. Call 785-204-2987 to book your weekend package.

DEC 10, 11, 17, 18

The Nutcracker – Kansas City Ballet

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DEC. 11

Upon a Dream Princesses Holiday Ball

1:00 – 6:00PM, JOHNSON COUNTY

ARTS & HERITAGE CENTER

Ring in the holidays with the Upon a Dream Princesses at their first annual holiday ball! The event features live musical performances, beverages and memories galore! Choose a ticket for the time you would like to arrive; tickets available at kcprincessparties.com.

The Soul of Santa Christmas Countdown

HISTORIC 18TH & VINE JAZZ DISTRICT

AND THE SHOPS ON BLUE PARKWAY

The fourth annual holiday celebration begins with a spectacular tree lighting ceremony and displays; there will also be a free community breakfast and toy giveaway for local families and children at both locations. The main event will be a holiday benefit concert curated by three-time Grammy®-nominated producer and Kansas City native Joseph “Jo Blaq” Macklin, on December 2 at The Gem Theater.

18TH & VINE

Dec. 2: Tree Lighting

Dec. 3: Community Breakfast

THE SHOPS ON BLUE PARKWAY

Dec. 9: Tree Lighting

Dec. 10: Community Breakfast

DECEMBER 26

The Ghosts of Christmas Eve – the Best of TSO & More

3:00PM, T-MOBILE CENTER

Trans-Siberian Orchestra, the progressive band/symphony orchestra mashup that's become a beloved holiday tradition for classic rock fans, is back!



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CAPRICORN
(DEC. 22-JAN. 19)

The holiday will be in full swing but you may not be feeling the joy of the season as much as others do, Capricorn. Make sure that you are taking time for yourself and you will feel the lifting of the spirits that the holiday season is famous for. A significant other many have money changes coming, so make sure that you are on an even keel in case they need a cushion.



TAURUS
(APR. 20-MAY 20)

Problems at home or with personal property may surface this month, but don't view it as a negative event. Instead, they are being brought so that you can repair and fix the problems, which is what you are best at. And that could be the best gift of all—yourself.



VIRGO
(AUG. 23-SEPT. 22)

Enjoy the season and try to remain as sociable as possible, as those who surround you during this month will be in a position to help you in the areas of career and family. You may feel a need for a change in your image or personality, especially as it pertains to your social life. Only you can decide what's best for you.



AQUARIUS
(JAN. 20-FEB. 18)

Your competitive edge will show itself this month, Aquarius, so be careful not to let it drive you to exhaustion. After the 23rd you are most likely to consider a change in the health department, which the stars will support.



GEMINI
(MAY 21-JUN. 20)

This is the season in which you must put others first, as they are poised to help you in tremendous ways if you will let them. Your career figures prominently and will take off in good directions on the 4th and again on the 24th. The Sun's activities during this month might cause you a great deal of stress, so make sure that you have something in place to help reduce it quickly.



LIBRA
(SEPT. 23-OCT. 22)

This is going to be a great month for you, despite the Sun's antics. You will feel as if a huge weight has been lifted and you will be nearly giddy with holiday cheer. Remain charming and not bossy, and the season will be yours to command.

STAR JOURNEYS

BY MELODY BUSSEY

Holidays tend to bring out the best and the worst in everyone, and, cosmically speaking, it is very true this year. Most signs are going to experience an inner struggle while emotions long buried come bubbling to the surface ready to be dealt with. Additionally, it is a time of stress due to the increased seasonal activities. Most signs will benefit from making time for themselves to rest, to rejuvenate, to reconnect with who they are, who they want to be in the upcoming New Year, and what they hope to accomplish. The best gifts are free.



PISCES
(FEB. 19-MAR. 20)

The Sun is moving through your house of Careers, so energy turned that direction will be doubled. Balancing work and home will become a challenge during this time, but make sure that you strive for that balance anyway. What good is achievement if you have no one to share the victory with?



CANCER
(JUN. 21-JUL. 23)

You must become extremely adaptable and flexible this month, Cancer, otherwise power struggles will ensue and you won't win. You may be more aware of flaws in your significant other that you may feel you need to address. Wait until next month to do so.



SCORPIO
(OCT. 23-NOV. 21)

This will be a very emotional month for you, as the planets will create a hyper-energy situation for you. Emotional volatility is not unlikely as every feeling may be heightened. Your hunches and intuition are going to be enhanced, so trust what they are telling you.



ARIES
(MAR. 21-APR. 19)

This is a month of progress and achievement for you. Feelings of invincibility will surface, but don't let them make you alienate your friends. Instead, use this incredible surge of energy to not only move yourself forward, but to encourage others who may need your ability to see clearly. Enjoy!



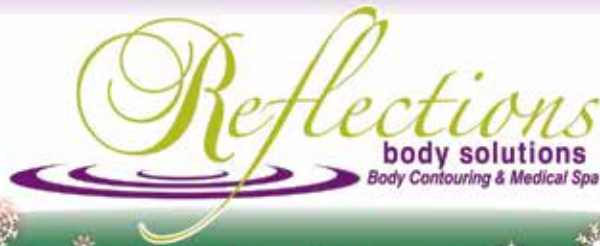
LEO
(JUL. 24-AUG. 22)

Because of your natural enthusiasm for this month you are going to try to do it all. Don't. This would be a huge mistake as your health may pay the price. Allow others to show their love for you. It's the best gift of the season.



SAGITTARIUS
(NOV. 22-DEC. 21)

You may find yourself waxing nostalgic this month, maybe for a time long ago, a lost love or a departed family member. This inner struggle may put a damper on your celebrations if you don't pay attention to what they are trying to tell you. Love those whom you can love, assist those who need you most, and cherish the time with the people who time and circumstance bring into your sphere of influence.



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