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INSPIRATIONS

Lisseth Villalobos-Azab: Connection, Empowerment, Mentoring

Entrepreneur Lisseth Villalobos-Azab believes in building connections among women and promoting diversity through Create Twenty Two, her company that specializes in fashion and beauty collaboration among brands in the U.S. and the Middle East. She advises women to stay focused on their journey and develop discernment about the differences between perception and reality.



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NEW YEAR, NEW TITLE

Photography by Amber J Deery



A while ago, I was joking with Marilyn, our amazing editor, that I was going to write a book and call it *I Just Can't Make this Stuff* (except I used a different and more fitting word) *Up*. I don't know which is funnier, my writing a book or the fact that I have felt like my book would need at least one sequel. Every day, it seemed like something crazy or totally out of the ordinary was constantly happening.

Between the 20 months, not that I'm counting, of Long COVID, the constant relays of sickness being passed around the house, a child who completely broke and dislocated a pinky toe, a septic backup, and the list goes on and on, I was feeling like the world was against me. It was as if every day was another list of things to add to the chapter of the book I said I should write.

A day had not gone by that I can remember not telling Marilyn or someone about something that happened to add to my self-titled book. One day, I woke up and decided to scratch the title, to forget mentally adding anything, because I was focusing only on the nega-

tive and bad things affecting me daily. I needed to focus on the positive and note the good things that were happening or things that I felt good about doing or getting done.

So, *I Just Can't Make this *Stuff* Up* has been scratched and thrown away. I am mentally writing my own and new book, *The Daily Goods*. It is crazy how much different I feel, mentally and emotionally, at the end of every day. Stuff happens and always will. It is how and what we choose to focus on that makes the difference.

Whether you are writing a real book, a mental book or no book at all, what are you focusing on? Let's begin anew and start this year on a positive note. Good things will happen all day, every day, if we choose to look for them and focus more on those great things!

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- Jaime Bartley, RN
Director of Nursing, Transplant

Every day my team and I try to give hope, and sometimes life itself, to patients and their families. It’s an amazing privilege. But it comes with the feeling of wondering if we could do even more. Then a card comes. Those few kind words remind us of the difference we’re making. There’s no better feeling than that.

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PHOTOGRAPHY BY DONNA MERTZ



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Our energy increased; we became more active and learned more about living a healthier lifestyle by making healthier food choices, getting moderate exercise and proper hydration. Balanced nutrition from our shakes and supplementation is now our daily routine and

we feel better than we did in our 30s! Eleven years after our lifestyle changes, Pete has lost 70 pounds and



Diane has lost 40 pounds. It's a lifestyle that we're happy we chose! It works for us.

We weren't looking for a business, but being retired, the business found us. Our friends and families watched our journey and kept asking how we did it! We trained for over a year and then decided to help others as a result.

We chose the Herbalife model because of the results we were able to achieve, and so we opened a Herbalife Nutrition Club to foster a healthy community and help others who want to start their journey. We opened Longview Nutrition in 2013 and 291 Nutrition and Energy in 2021 and have helped countless others choose wellness and focus on their health. We trained our distributors to help us expand into new locations to reach as many people as possible, and we now have nine independently owned and managed locations making a difference in their communities.

We don't claim to heal, cure, prevent or diagnose any disease, but we know that a lot of problems can be solved just from having basic nutrition and staying conscious of the foods we eat that fuel wellness or feed disease. That's why we want to introduce healthier options in the marketplace versus

unhealthy fast foods.

In our nutrition clubs, we host opportunities to engage our community in wellness-minded activities such as conducting business in-services, product demonstrations, wellness workshops and online challenges. In addition to wellness profiles, nutrition consults and meal planning, we actively seek out fitness partners to keep our members active to improve their results.

If nothing else, in these epidemic times, it's a wakeup call that health and wellness are no longer an area of our lives that we can neglect. They're more critical to our longevity and quality of life than anything else.

Being well starts with a mindset shift that you want to change and gain control of your life. Don't expect immediate results because the weight gain didn't happen overnight. But staying consistent will pay off over time. If one pound is lost a week, that's 52 pounds a year, so focus on all the benefits of what losing weight and gaining vitality can do.

Remember, nothing tastes as good as wellness feels, and wellness is a journey worth taking. Your smile gets bigger when you feel well! ♦

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SELF-CARE

BY LISA BUTLER

It's 2023, and we may feel just as stressed this year as we were in 2022. It's no secret that our world is experiencing the prevalence of anxiety and depression. Whether it's from pandemic woes, national turmoil or our own family issues, everybody feels the pressure.



But here's the good news. We can change the way we take care of ourselves. We can practice self-care, and it doesn't mean we are being selfish or indulgent. Self-care can allow us to take steps and tend to basic physical and emotional health needs while helping us better cope with daily stressors. Just about everyone can benefit from that.

WHAT IS SELF-CARE?

The World Health Organization's definition of self-care is "the ability of individuals, families and communities to promote health, prevent disease, maintain health and to cope with illness and disability, with or without the support of a healthcare provider."

The WHO also clarifies that self-care includes everything related to staying physically healthy, such as hygiene, nutrition, seeking medical care when needed and overall happiness. It's basically all the steps we can take to manage stressors in our lives and take care of our own health and well-being.

IS SELF-CARE TRENDY?

How many times have you heard the term "self-care" lately, or had someone ask you if you do Self-Care Sunday? Yes, the concept may be popular now, but the idea of taking time for ourselves has been

growing for decades. Self-care is basically putting back into ourselves something that will help us be the best (or at least better) version of ourselves. We've been talking about it for years, so what's all the commotion about now?

For starters, social media plays a big part in how well an idea takes off. While in the past, we may have "pampered" ourselves or taken that much needed "me time" when life was particularly stressful, we now can see friends and celebrities on Instagram and Facebook applying self-care to their daily life. We see advertisements for sleep aids, massages, spa getaways, piano lessons and more. What may be more important is that our habits, as a whole, say we want to treat ourselves a little better too. In 2021, Google reported that many people between the ages of 18 and 34 were searching the internet for self-care strategies, alternative therapies and information related to nutrition and fitness.

CATEGORIES

There are different categories of self-care to consider.

Physical self-care is prioritizing sleep, adopting a manageable fitness program and choosing healthy foods over the processed ones.

Emotional self-care can include positive self-talk, weekly bubble baths, saying "no" to things that cause us stress, giving ourselves permission to take a break, or scheduling a lunch date with a friend.

Spiritual self-care might mean going to our chosen place of worship, spending quiet time in nature, meditating, incorporating regular acts of kindness into our day, or keeping a journal noting what we are thankful for in our daily lives.

WHAT WILL WORK FOR YOU?

In a recent survey of more than 2,000 Americans by One Poll on behalf of Kaiser Permanente, three of four people said that since the pandemic they had increased their use of digital tools that support their mental health. Apps and online tools are a significant source of self-care. What easier way to get immediate attention for your particular needs? It could be a calming app for sleeping, a televisit with a counselor or a mindless game that takes your attention off the daily grind.

It's important to remember that everyone has their own definition of self-care. While your neighbor may enjoy a couple of hours in the garden to add positive energy to her day, you may want to read or listen to your favorite podcast. Different people will adopt different self-care practices. Our own definition may even change over time, so it's good to check in with our self-care plan to see if we are still seeing the same benefits.

LONG TERM ADVANTAGES

Self-care isn't just for the here and now. Many common self-care practices have been linked to longevity. An article published in January 2020 in the *Journal of the American Medical Association* suggests that longevity in the 21st century depends on engaging in long-lasting healthy practices such as exercise, not smoking and eating a healthy diet. In other words, taking on a positive, healthy lifestyle helps us pay attention to our well-being. It doesn't hurt to ask ourselves the big questions such as "What brings me satisfaction?" and then finding ways to attain it.

KEEP IT SIMPLE

Self-care doesn't have to be complicated or time consuming. Let's face it, none of us need to add more stress into our lives. But making sure that we make the time to do things we love may help us feel so much better. ♦

SOURCES: *who.int* and *everydayhealth.com*.



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THE PERSONAL STYLIST: YOUR CLOSET'S NEW BEST FRIEND

BY CATIE WATSON

There was a time when personal stylists were the exclusive domain of the rich and famous, but today anyone can enjoy the professional services of a style expert. Just as an interior designer helps you pick out furniture and home décor, a personal stylist can help you choose clothing and accessories that reflect your style.

Services provided by stylists range from shopping for a special event to organizing a client's closet and providing advice on a whole new wardrobe. Clients frequently undergo significant life changes that require new clothing, such as embarking on a new career or experiencing a sudden change in relationship status. A stylist can play an important role in easing the transition by reducing a client's anxiety about fashion choices.

Celebrity stylists such as Karla Welch have helped familiarize everyone with the concept, but personal stylists, also known as personal shoppers or shopping consultants, have been around for a long time. Major department stores such as Nordstrom's and Macy's have long offered the personal stylist services for free. The store may well have a web page in which you can "meet" the stylists in your area and view their curated looks and specialties. You begin by making an appointment for the type of service you need: special event, job interview, trend refresh or complete wardrobe update. When you arrive at the store for your appointment, your stylist will have picked out a variety of looks to try on, frequently with coordinating shoes and accessories. Together, you will decide what works for your body type and lifestyle.

If you ask around, you may also find smaller shops and boutiques that offer a free personal shopper service or that will assign a knowledgeable sales person to provide personalized clothing sug-



gestions. Keep in mind that in both large and small stores, the stylist is expected to encourage you to make purchases and may be working on commission. Even so, a good stylist should keep the sales pressure to a minimum and allow you to reject fashion choices that exceed your budget or don't feel right.

Freelance personal stylists are another alternative that typically offers a wider range of services than store-based shopping consultants. In addition to helping pick out a single outfit for a special occasion, these stylists serve

as makeover artists and image consultants. Like a store shopper, a freelance stylist will begin by getting to know how you live and work and how you want to look. The process may involve going through your closet together and evaluating each garment for fit, wearability and style. The stylist will provide advice on discarding outdated pieces and finding new combinations for pieces that are being underutilized.

Following wardrobe evaluation, many stylists will also play the role of shopper, but in this case the items may be borrowed from a variety of stores and brought to your home to try on. Alternatively, your stylist may help you create a shopping list and then meet you for a goal-oriented shopping trip. As a final service, many stylists will provide a set of digital photos of different pieces from the client's wardrobe, making it easier for the client to put together a complete head-to-toe look.

A good stylist should be able to discover your inner essence and

help you build a wardrobe that's both flattering and practical. Stylists are informed on fashion trends, have a good understanding of how clothes should fit and possess the ability to put together fashionable outfits for a variety of ages and body types. The fees for personal style services range from as low as \$20 per hour to several hundred dollars per session, so it pays to shop for services that fit your budget. Since there are no special training or licensing requirements, it pays to look for a stylist who comes highly recommended by her clients.

As with many other lifestyle industries, technology has impacted the world of personal styling. Online styling is ever evolving and provides access to a real or virtual stylist. Stitch Fix was developed for the busy woman as well as those who become anxious at the thought of shopping. Dia & Co. offers style boxes for sizes large and above. Clothing rental websites keep closet clutter to a minimum and don't burden your capsule wardrobe. thredUP touts sustainability, affordability and a wide range of designer brands. Subscription boxes can soothe a nervous shopper and keep her trendy; Rachel Zoe's Curateur service, offered on The Zoe Report, offers a box of five items for four seasons, all selected by Rachel herself.

Whether you're working with a store shopper or a live or virtual shopper, the most important things you can bring to the experience are a basic understanding of your body type, a well-defined budget and an open mind. ♦

SOURCES: *cosmopolitan.com, macys.com, nordstrom.com, stitchfix.com and thezoereport.com.*

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WHAT'S PICKLEBALL?

BY ANN E. BUTENAS

Almost five million people engaged in the sport of pickleball in 2022, and statistics show it was the fastest-growing sport in the United States from 2019 to 2021. It was regarded as a safe sport during the pandemic, and now, post-pandemic, it likely will grow more.



It's a blend of elements of tennis, badminton and ping-pong and can be played indoors or outdoors. About 17 percent of players are 65 and older, while a third are under 25, according to the Sports & Fitness Industry Association's 2022 Pickleball Report, a survey of 18,000 Americans on their participation in 100 sports and activities.

Invented in the 1950s, pickleball is played on a badminton-sized court and involves a slightly modified tennis net. Players use paddles and plastic whiffle-like balls. The game can be played as doubles or singles. It can be a relatively fast-paced sport that also involves layers of strategic thinking, as does a chess match on a court. It's a great workout for people of all ages and skill levels, and, unlike other sports, you can most likely pick up the game and understand its rules within minutes, finding yourself ready to play on day one.

It's no secret regular exercise keeps the mind and body fit. It improves the functioning of the heart and circulatory system to better maintain our bodies. Physical activity as we age is vital, and many of the physical issues affecting older adults, such as muscle weakness or loss of balance, are often the result of a sedentary lifestyle. Finding a low-impact activity that won't put undue strain on your body can be a challenge. Pickleball is not only a fun workout, but it's also easy on the joints. Plus, it meets a variety of physical and emotional needs for

seniors. A Western State Colorado University study of 15 middle-aged and older adults found that regular pickleball playing, three times a week for one hour for six weeks in this particular study, resulted in improved blood pressure and cardiorespiratory fitness.

ENHANCES BALANCE AND STABILITY

Because this game works all of the body's primary muscle groups, it improves balance and stability. As with tennis, there is some running around during the game, but it is also a weight-bearing activity in that players have to support their body weight while doing a variety of movements. Through participation, players can build strength in their arms, legs, back and abdominals. Eye-hand coordination is also accelerated, which can come in handy in other areas of life. Further, the sport can improve physical agility, overall fitness levels and reaction times.

INCREASES BONE DENSITY

Because many of the movements in pickleball such as squatting require you to work against gravity, exercise-induced bone gain is a benefit. This, along with the enhanced muscle strength and coordination, can help prevent falls and fractures. This translates to fewer injuries that might otherwise result in hospitalization or long periods of inactivity.

GOOD FOR THE HEART

Playing pickleball on a regular basis can boost cardiovascular health, reduce blood pressure and help to prevent many heart issues by improving blood circulation. A game of pickleball is a great way to fulfill requirements for moderate physical activity.

AEROBIC EXERCISE, LESS RISK OF INJURY

With games that typically last from 10 to 15 minutes, players can take frequent breathers. Plus, since the court is small and most players tend to play doubles, no serious running is involved, making the sport easier on the knees. And, thanks to the lightweight paddle and plastic balls, you're less likely to sustain an injury such as tennis elbow.

INCREASES SOCIALIZATION

Just like good physical health, emotional health is important as we age. Seniors can become isolated later in life, which can lead to depression and other emotional challenges. Loneliness can weaken the immune system while also increasing blood pressure and the production of stress hormones. Further, seniors have a greater risk of illnesses such as dementia, which may require hospitalization. The psychological benefits of playing pickleball can have lasting effects by lowering depression levels and fostering a positive outlook on the aging process. The social connections made through pickleball are immeasurable.

THE BEST PART?

Pickleball is a multi-generational sport. If you want to spend time with the kids and the grandkids, this is a great way to involve the whole family in an activity. Kids tend to gravitate toward the fast-paced movements while the older adults enjoy teaching the game to their younger counterparts. No matter who scores the most points, it's always a win-win for everyone. Just be forewarned; you could become addicted and join a fast-growing group of fellow "picklers." Please consult your doctor or health care provider before taking up any new activity, however. ♦

SOURCES: nbcnews.com, head.com, usapickleball.org, healthprep.com and aarp.org.



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HAIR AND MAKEUP BY ANGIE CAMPBELL OF HELLO LOVELY
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It's hard to keep track of Liseth Villalobos-Azab's body clock. With successful businesses around the globe, she has a full schedule of jetting from L.A. to Kansas City and then on to the Middle East. But she's attuned to her inner workings and can reset with a good rest or a great cup of coffee, which is the way she starts her days. Then she heads for her lengthy email inbox offerings that come in at all hours of the night and day.

“**W**e're either in Kansas City with my parents, or L.A. with my business or in Saudi or Dubai with my family,” shared Liseth. “I function either early morning or late at night and in between I'm on L.A. or Kansas City time. And I just sleep when I can.”

Right now, Liseth calls Parkville, Missouri, her landing spot. She's enjoyed 20 years with her husband, Rayan, who is Saudi with extensive business connections in the Middle East. She takes great pride in her daughters, Yasmine, 13, and Sara, 9.

“Personally and morally, I'm driven, obviously, by my family, and the diversity I have in my family is something I put into the forefront. We are two different cultures, religions and countries. It's interesting that we have been able to combine those two. That's important to me,” Liseth stated. “I tell my daughters that being normal is boring, and our story is different and that's what will set you apart from everyone else. In the Midwest, with all of these cultures together, there's no one else like us here. So I empower them to tell their story.”

No matter where she is in the world, Liseth is keenly focused on how to empower women and assist them in networking. With her

impressive outcomes, Liseth discovers paths to success for others by identifying openings ripe for opportunity. “Professionally, what drives me is finding markets and what they're missing and how I can help to fill these voids. That's something that comes very naturally to me,” she said. “From K.C. to L.A. with my consultancy to the Middle East when we do events, I always try to make them diverse and to fill in the gaps of what's missing in each market.”

BONDING: BIG SCREEN TO THE MIDDLE EAST

For nearly a decade, Liseth has run Create Twenty Two, a company that specializes in fashion and beauty collaboration among brands in the U.S. and the Middle East. “That's my baby, my fashion and beauty consultancy company in West Hollywood in L.A. I have a showroom and I predominantly bring Middle Eastern designers to Hollywood,” she commented. “I do some sales for them but it's mostly public relations. Red carpet events. Editorials. Music videos. TV. That kind of exposure. I am starting to use some K.C. designers and that's really exciting. This company is my baby; I've nurtured it for a while. The result is that all of these strong Middle Eastern women and entrepreneurs receive exposure and connect to other women in L.A. who can help them grow their business.”

Not only is she working hard to connect and empower these Middle Eastern clients, Lisseth is fighting to break down preconceived notions that women from this part of the world are greatly limited by their patriarchal culture. “This is a misconception that women aren’t in business in the Middle East,” she remarked. “Most of my clients are women—I have very few men—because they are in the fashion space. But there are many entrepreneurial Middle Eastern women.”

PRODUCING GLOBAL EVENTS

Along with her husband, Lisseth runs AZDEF, a global entertainment company founded in 2009, handling events and event-related services. “Azab Productions is our event production management company in the Gulf of the Middle East. We work with United Arab Emirates, Qatar, Kuwait and Saudi Arabia,” she shared. “Clients are primarily shopping centers and malls and we do all types of events, which range from children’s events to fashion events or whatever they’re hosting.”

A huge project that she presented with *Harper’s Bazaar Arabia* and Mall of the Emirates was an event that brought together dif-

ferent cultures, united under the umbrella of fashion and beauty. “Mall of the Emirates was looking for a new fashion event but not a fashion show. So I brought a fashion and beauty conference from L.A. to the Mall of the Emirates, and we did that for four consecutive years,” remembered Lisseth. “It built a platform for Middle Eastern and U.S. women who could talk about the differences and similarities in their fashion and beauty careers. That first conference in Dubai was really satisfying because I was able to bring together two different cultures, viewpoints, markets and regions. It’s great to see people working together and allowing each other to describe their experiences and differences. That was inspiring and from that, I created my consultancy company because I wanted to further that connection and network for women.”

When she’s not empowering women and helping them connect in the Middle East or Hollywood, Lisseth is deeply engaged with The Fashion Group International, or FGI, a global, non-profit, professional organization founded in 1930 in New York City to benefit the fashion industry. FGI currently has over 5,000 members in the fashion industry including apparel, accessories, beauty and home. In Kansas City, Lisseth is helping mold the organization to be more inclusive and accessible so that younger members receive counsel and guidance to further their careers from those with more experience.

“The Fashion Group International consists of a diverse group of women, and we’re building out committees that will have people volunteer and voice opinions to the board. It’s about creating a strong network for all women and giving them a voice and open communications and not hoarding information. It gives them great exposure,” noted Lisseth, the regional director for the Kansas City chapter. “We’re going to be the Chamber of Commerce for fashion. If you’re a fashion designer, stylist, merchandiser, photographer, if you’re trying to build up your business, you’re going to seek us out so we can help you.” She adds that the Kansas City creative community boasts incredible talent in art, design, interior design, photography and more. Yet, she’s concerned that the platform or resources for this group are limited. Her work with FGI is helping to close that gap by constructing a network for those creatives.

FASHIONING YOUR CAREER

With several successful companies blossoming across the globe, Lisseth offers these learnings to other entrepreneurs no matter the country they call home. “Partners and associates are important for your business to succeed and they must share your commitment. It’s like a marriage; you have to have the same vision, mission and goals. You can go about it differently, but the end result is to be aligned,” she shared. “When that doesn’t happen, it’s not a solid foundation. Having business partners and associations that

“Don’t force things. If it’s forced, it probably won’t last very long. Let things happen authentically. You still work hard, but if it’s too much effort or it’s not aligned with your goals, it’s probably not meant for you,” reflected Lisseth. “Focus on your own journey. With social media and many other platforms, they can be too focused on perception and not reality. If you’re constantly comparing yourself or looking at the achievements of others, you’re taking energy from your focus and journey.”







en entrepreneurs about the difficulties or struggles they've been through and how to avoid them."

MAKING THINGS HAPPEN FOR OTHERS

Lisseth's networking and connections are enabling females across the world to see things in a different light, learn from others and push ahead to attain multiple victories. She refers to it as a personal journey that should be devotedly embraced by the person working for those dreams.

"Don't force things. If it's forced, it probably won't last very long. Let things happen authentically. You still work hard, but if it's too much effort or it's not aligned with your goals, it's probably not meant for you," reflected Lisseth. "Focus on your own journey. With social media and many other platforms, they can be too focused on perception and not reality. If you're constantly comparing yourself or looking at the achievements of others, you're taking energy from your focus and journey. Sure, there's no problem with

looking over the fence every once in a while. Remember, stay focused on your own journey. If you spend all of your time in perception, you'll never get the reality you want."

When you imagine finally achieving a successful business, you will experience that networking and then empowering others are fundamental pieces of that accomplishment. Lisseth lives that philosophy night and day because she's running companies around the world. While a hot cup of coffee is critical to her morning start, she shares that your work should bring you happiness as well.

"Enjoy the process. I think of my fashion designers at this point because many want to dream of Hollywood and that's fine. But some want to move from not ever being heard of to the red carpet for the Oscars. That's not reality," advised Lisseth. "You have to develop your name and get those smaller placements to build yourself up and achieve the goal. But you should enjoy the journey of your accomplishments and how you're getting there. It's part of the process. And if you're not enjoying it, maybe that's not the journey you should be on." ♦

check all your boxes are important."

And for females, she fine-tunes her plan by encouraging that they seek help that's specifically for them. "As a woman, use your resources. There are many out there especially for women because we're considered a minority. There are many things you can apply for and find mentorship opportunities that can help you grow in your business," Lisseth commented. "Networking is so important when you start your business. You can learn from other wom-



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ENJOY PURE FOOD + DRINK

A DELICIOUS JOURNEY TO HEALTHY EATING

BY SHERYL HAMMONTREE | PHOTOGRAPHY BY AMBER DEERY

Now that we've wrapped up sugar-butter-flour season, it's time to turn the calendar page. If you're like most people, you've already declared this is the year to begin making better nutritional choices.

If you're making healthy nutrition shifts in 2023, kick things off with a visit to Enjoy Pure Food + Drink at Mission Farms. Staci Cross and her team have made the on-ramp to healthy eating a breeze! My conversation with Staci was simply delightful. We traded stories of our personal quest for optimal nutrition and a high-vibing life. We discussed the importance of educating the public on the many ways to improve their nutrition and let them know that wherever they are along this path, they are in the perfect spot.



Healthy nutrition is a journey of discovery. Like any other journey, you will need a few things for a successful trip.

1. Travel companions (your accountability team)
 2. A destination (on our way to the land of vibin' high.)
 3. A map or guide to get there! (Show us the way, Staci!)
- As we begin this journey, we need to be aware of possible roadblocks and detours that may delay our arrival. The most common roadblock to eating healthy is the belief that healthy food doesn't taste

good, and that is simply not true. Let's begin with a better understanding of what actually makes food taste good.

FRESH TASTES BETTER

Cans or cartons of citrus juice will never, ever measure up to the mouth-watering taste and smell of cold-pressed juice in the same way pole-caught tuna, fresh catch salmon and organic chicken taste completely different when compared to farm-raised and heavily processed options. Quality matters in how your food tastes and how your body is nourished.

You can trust Enjoy Pure Food + Drink to offer the highest quality available, as every single ingredient is intentionally sourced.



FLAVOR MAKES FOOD TASTE BETTER

Fast food relies on sugar, salt and flour mixed with processed flavors to make low-cost food taste good. In sharp contrast, Enjoy uses real garlic and onion, not powdered, and their cooks are slicing and dicing fresh, organic vegetables and herbs, then layering these crisp, aromatic ingredients with house-made dressings and marinades to create true flavor. The Kimchi Wrap is new on Enjoy's menu; it is delicious and showcases her intention to create high vibe food! I enjoyed every single bite! The freshness and crunch of the house kimchi combined with lime-pickled onions, chili cucumbers, veggies, mint and their to-die-for miso mayo was tremendously satisfying. It was *umami*.

TASTE THE LOVE

Staci and her team feel good about what they serve their loyal customers, so much so that they have their brand promise on the west wall: "Nourish the Mind, Body and Spirit with Every Meal." Staci understands that what you put into your body directly relates to how you feel, think, sleep and function. This is why Enjoy doesn't use white sugar, flour or any of the bad oils, and Staci won't serve tortilla chips unless they are certified organic because she knows a majority of the corn we consume is GMO.





we do suggest is that you and your friends try the Classic Salad. Nothing crazy going on here—you'll recognize everything in the bowl and immediately taste the difference it makes when your salad is created from fresh, organic, clean-sourced ingredients and topped with house-made dressing.

If you're looking to try something a little different, consider the handhelds. My favorite was the Kimchi Wrap I mentioned earlier, but the Spicy Rooster with jalapeño aioli, the Gobble It Up Sandwich with coconut bacon or the one I'm trying next time I drop by, the Mexicali Cool Wrap with chicken, Mexican cole slaw, guacamole, white cheddar and cilantro pesto, are tasty. Any can be ordered gluten free or with vegan cheese.

For those who are into culinary adventures, I suggest starting with the Beet Hummus. The taste is as vibrant as the color! Typically, I don't prefer beets but this was next-level taste and texture, perfectly seasoned with a side of gluten free rice crackers.

I typically skip the gluten and for this reason I may have squeaked with excitement when I saw the Spicy Noodles + Veggies was made with gluten free noodles! I'm having noodles plus I love all things spicy and Thai; I purposely saved this one for last. This is the best kind of comfort food because while it's warm, delicious and a bit indulgent, I can also take comfort in knowing I'll feel awesome after enjoying this meal! I won't have that bloated, sour stomach feeling that comes with most comfort foods because the quality and care that went into this dish is intentional and exceptional.

Staci's cocktail menu is exactly what you'd expect; each drink is creative, clean and never uses simple syrup, only fresh-squeezed juices, quality spirits and liqueurs. Enjoy's cocktail offerings are worth toasting!

As you look forward to 2023, be good to yourself and remember, even the smallest

shifts will make big differences over time. Think about it this way, if you change only 1 percent each day, this time next month, you'll be vibing 31 percent higher! ♦

Enjoy is open seven days a week, opening at 8:00 a.m. Monday through Friday and 9:00 a.m. on Saturday and Sunday. Check them out online at enjoypurefood.com and maybe order something delicious and nutritious for carryout.

The Kimchi Wrap is new on Enjoy's menu; it is delicious and showcases her intention to create high vibe food. The freshness and crunch of the house kimchi combined with lime-pickled onions, chili cucumbers, veggies, mint and their to-die-for miso mayo was tremendously satisfying.

When your plate arrives, you can see and smell the care and intention that went into your meal. Now that we have a better understanding of how healthy food can be truly delicious, let's talk about what to order when you visit Enjoy.

Staci and I love kale, brussels sprouts and kimchi. We also prefer to skip gluten and most dairy, but we have been traveling this path for quite a while and our palates have changed over the years. We wouldn't expect someone starting their healthy nutrition journey to crave a curly kale salad or beet hummus, but what



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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FARFALLE PASTA WITH SAUSAGE CREAM SAUCE

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



INGREDIENTS

2 tbsp. olive oil
 1 small onion diced
 6 cloves of garlic, minced
 1 pkg Italian sausage or sausage of your choice
 2/3 cup white wine
 1/2 cup heavy cream
 4 handfuls fresh spinach
 1/3 cup toasted pine nuts (optional)
 3/4 cup freshly grated Parmesan cheese
 Pinch of crushed red pepper
 1/4 teaspoon of Kosher salt
Pepper
 1 lb. farfalle or other shape pasta
 1/2 cup reserved pasta water

DIRECTIONS

In a large sauté pan, sauté onions in olive oil until soft. Add sausage and garlic, and cook until slightly browned. Add the wine and cook for a few minutes, then add cream and crushed red pepper and cook to reduce for a few more minutes. Reduce the heat and keep the sauce warm until the pasta is cooked. In a pot of salted water, cook the pasta until just before it's al dente; it will still be chewy. Then, with a spider or tongs, scoop the pasta and add it to the pot with the sauce. Add the spinach and reserved pasta water and cook the pasta and spinach in the sauce until pasta is just al dente. Add the Parmesan and pine nuts if using. ♦

TIP

PARMESAN-REGGIANO: Don't be fooled! Parmesan is the key ingredient in many Italian dishes. Most Americans, however, are not buying the real deal, the nutty, salty perfection that is the king of cheeses. In America, any cheese can be labeled Parmesan. You know, the stuff in the green can, in the plastic bags or even grated in the deli section of your grocery store; that is due to lack of U.S. regulations. So, if it's not labeled Parmesan Reggiano, it's most likely not the real deal.



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.

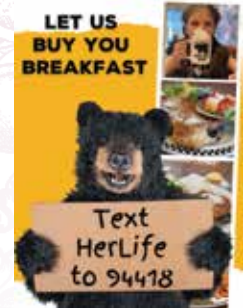
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WINE 2023: TRENDS TO LOVE

BY MARILYN ISAMINGER

It's been a challenging couple of years for vintners around the globe. Wine-growing regions of France, Spain, Italy and the United States have experienced extreme heat, fires, frost, hail, drought and the consequences of climate change. Yet oenophiles and producers continue to produce this complex and fragrant beverage in new and unexpected ways.

Recently, I visited with the wine and beer manager at my neighborhood specialty store, Cyndi Askins. She's been a part of the beverage industry as a sales rep and department manager for the last 20 years, taking advantage of educational seminars, conferences and tastings. I asked her to share some of the trends she sees for 2023.



BETTER-FOR-YOU WINES

It's a style that includes nonalcoholic wines and lower-alcohol wines that starts in the vineyard with a decision about when the grapes are picked. Riper fruit yields more sugar, meaning more potential alcohol. Wine Spectator's MaryAnn Worobiec notes, "The best examples come from brands with estate vineyards, giving them more control over how the grapes are grown and harvested."

Technologies to help get the wines to lower alcohol and calories include spinning cone technology, a type of distillation process, used by Kendall Jackson wines to remove alcohol from the wine to create Avant Lower Calorie. Sunny with a Chance of Flowers pinot noir is fermented to dry, leaving no residual sugar, and a two-step reverse osmosis process, a type of filtration, removes alcohol.

BUBBLES

This includes wine spritzers, seltzers, wine in cans such as Line 39's spritzers that have 100 calories, 5 percent ABV and three ingredients: wine, sparkling water and natural flavors, such as lemon or cherry. She pointed me to Chandon's new Garden Spritz, blended of sparkling grape wine and locally-sourced oranges, chill and serve over ice or not. I chose not and agree with the description of aromatic and vibrant.

WHOLE CLUSTER FERMENTATION

It's the winemaker's choice, and it's exactly like it sounds. The

entire cluster goes into the fermentation tank, including stems, leaves and anything else that might be on the grapes. These wines finish fermentation at lower alcohol levels than de-stemmed wines and generally have strong primary fruit expression, aroma layers and tannin and texture from the stems. Some winemakers, especially those using pinot noir grapes, use whole cluster fermenta-

tion to some extent in blends for most years. Some are age worthy; if you're in doubt, ask your wine expert.

ORANGE WINES

The deep orange hue is imparted when the grape skins and seeds are left in contact with the juice; lignin in grape seeds provides the color. It's a natural process in which the fermenting white grapes are mashed and left alone for up to a year, or at the winemaker's discretion.

The process is ancient; 6,000 years ago in the Caucasus, wines fermented in large subterranean vessels called qvevri that were closed with stones and sealed with beeswax. Winemakers the world over are creating a resurgence of this style, using a diverse variety of white wine grapes. The darker hues are flavor packed and textured; lighter ones are more white-wine style. They're made in dry and sparkling styles, and some with residual sugar as well.

PÉT NAT

It's shorthand for pétillant naturel, French for "naturally sparkling," and these lightly sparkling wines have been around for centuries. Natural sparkling wines predate Champagne methods, with the process first recorded in 1531. The ancestral-method wines of southern France's Gaillac use a traditional process of creating sparkling wine that's part of the area's heritage. Italy's frizzante wines of prosecco and Lambrusco, produced in the rich region of Emilia-Romagna, are meant to be drunk young. Lambrusco received

the DOC appellation, the second-best appellation for Italian wines, after DOCG, and several cellars are producing high-quality wines.

A pét nat can be made from any grape, but those higher in acidity tend to work best. There's not much science to it; nothing's added during the process, nothing filtered out at the end. The wine's taken from the tank, bottled while still undergoing fermentation, then sealed using a crown cap, trapping a small amount of carbon dioxide, the natural result of fermentation, creating the bubbles. These wines are bursting with freshness and flavor and typically enjoyed chilled.

ROSÉ, ROSÉ, ROSÉ

Rosé is no longer just for summer. Sparkling rosé is on trend, but you can also consider the traditional French rosé bas and exploring new innovative styles such as a Mendoza Malbec rosé in a Provence style with light, delicate crushed raspberry fruit.

NONALCOHOLIC WINES AND BEERS

As an offshoot of better-for-you trends, consumers have reevaluated their relationship with alcohol, especially during the last couple of years. Many people are just drinking less alcohol in general, and the number of producers of wines, beer and spirits with zero alcohol has exploded.

So take your choice, and cheers! ♦

SOURCES: *barrons.com, winespectator.com, danmurphys.com.au, vivino.com and napavalleywineacademy.com.*



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BACKCASTING? FORECASTING? WHAT WILL YOUR BUSINESS FUTURE LOOK LIKE?

BY MARILYN ISAMINGER

Reverse-engineering of futures, or backcasting, is a process that was described by John B. Robinson, associate professor in the department of environment and resource studies at the University of Waterloo, Ontario, Canada. The concept for business creates tools to turn a vision into reality.



How often have you heard the phrase, “start with the end in mind”? Without an organized strategy, intended change can disintegrate into a set of unrelated and confusing directions and activities. Business consultant Randy Emelo, who focuses on corporate mentoring to develop inclusion and diversity, notes four important steps in using foresight to develop a vision: collaboration from people of different corporate levels and perspectives; reflecting on the past; sorting through the long-term implications of trends for unexpected challenges and unexploited opportunities; and gauging the required commitment for each opportunity and assessing its impact.

Backcasting reminds its participants that the future is not linear. In forecasting, the organization may be taking steps that are primarily a continuation of present methods extrapolated into the future. For example, in 2022 your company sold 15,000 widgets at a sales volume of \$300,000. A forecast for your industry indicates that a sustainable sales growth is 4 percent. In 2023, management can expect, or plan for, sales of 15,600 widgets and a volume of \$312,000, and determine if additional manufacturing or sales staff needs to be hired to meet that goal.

The traditional process of strategic planning has two traps, according to innovative consultants Mark Johnson and Roy Davis of Innosight. “The first trap is about getting stuck in the present; the second trap is about getting stranded in the future. First, the ‘present forward mindset’ holds the assumption that the company’s ex-

isting business can simply be extended into the future,” they write. The other trap is that open-scenario planning exercises with no strategic follow-up result in highly abstract vision statements or promises of the company’s glorious prospects in a brave new world without an achievable plan. “The typical annual planning process is often just

a mechanistic budgeting exercise. The current state of the business dominates the discussion. The time horizon is restricted to two or three years ahead. Inevitably, the plans that emerge focus largely on incrementally improving the core business,” Johnson and Davis note. It may sound like a cynical comment, yet it indicates that a better approach is needed that enables participants to identify a plan for the future that can be started today.

A company that chooses to change its planning method to backcasting envisions becoming a learning organization in which participants can align on steps to meet the desired future goals.

Business strategists can help a company with the process, but forward-thinking executives can also get it started. It’s crucial to have a clearly articulated vision combined with a clearly articulated road map to increase the potential for success.

“Visioning” is one component, and a normative approach is needed, since the most likely future may not be the most desirable future. Backcasting coaches and innovators encourage a company to determine the physical and economic feasibility of a particular future and the actions required to reach that future. It’s also important to consider undesirable futures and mitigation and

response to these.

Questions to ask within management discussions that establish buy-in and mutual commitment to goals include: What are market and competitive realities? What potential crises and opportunities are on the horizon? What leaders within the company have the power to develop a team? How do we communicate our new vision? How do we deal with obstacles to change or forces within the organization that undermine the vision? How do we encourage risk-taking? How do we recognize short-term wins and improvements, and then recognize and reward those who implemented them? What in our company culture must change to achieve the future outcome? At what point do we hire, promote and develop new team members who can drive the vision forward? And importantly, how do we make clear that corporate success is due to this change, and how do we ensure leadership development and succession?

The world has seen disruptive change created by innovators such as Uber, Amazon, Netflix and concepts such as driverless cars, 3D printers and drone delivery. As such, it's about more than products; it's about behaviors. Disruptive innovators ask questions such as, what are the cultural, consumer and technology trends that influence the products we design? What do our customers value or expect?

Philosopher Søren Kierkegaard said, "Life can only be understood backwards; but it must be lived forwards." Backcasting anticipates the need for change as well as the need to thoughtfully manage it. Being proactive typically creates more value than being reactive. ♦

SOURCES: cio-wiki.org, delve.com and innosight.com.



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REAL ESTATE INVESTING: THE OPTIONS

BY CATIE WATSON

Residential real estate is a dependable long-term investment if you're willing to spend time and money on a rental property. An attractive alternative is an REIT, or real estate investment trust, which lets people invest in residential real estate without taking on homeowner responsibilities.

An REIT is a company that owns and operates income-producing real estate, making it possible for everyday investors to profit from property ownership. An REIT uses money contributed by a group of people to buy housing and rent it to tenants. The properties covered by a residential REIT include single-family homes, apartments, townhomes, condos, student housing and manufactured housing. When properties are bought and sold by an REIT, it's always with the goal of improving the return to investors.

Like stocks and mutual funds, REITs pay dividends to investors; they are required by law to return 90 percent of their income. Investors can sell REIT funds for a profit when they increase in value. They don't come risk free, however, because there's no guarantee that an REIT's assets will increase in value during the time your money is invested.

Some REITs are also in the housing development market. One example is The Peak Group, an REIT in the Dallas-Fort Worth, Texas, area, which builds homes to add to its investment fund. The company calls this the build-to-rent approach to property acquisition and believes it will become more popular as the millennial generation starts families while facing student loan debt and the lack of affordable housing for sale.

REIT VS. DIRECT REAL ESTATE INVESTING

There are distinct differences between putting money into a residential REIT and buying real estate directly. When you invest in property such as a single-family home or apartment building,



you make money from rent and property appreciation. You are also eligible for tax breaks for property management and maintenance costs and may get a break for property depreciation.

In exchange for these benefits, direct investing requires the investor's time and energy. You must secure financing, find suitable tenants and deal with maintenance issues. Once you've bought some investment property,

you've tied up your cash and it won't be available if you need it in an emergency. Not keeping up with mortgage payments means you'll default on the loan and may lose the property.

One of the biggest advantages of an REIT is that it allows many people who otherwise couldn't afford it to invest in real estate. Experts note that you can invest in an REIT fund for as little as \$500. REITs are stable investments that offer dividend yields of 5 percent or higher. The liquidity of REIT funds is another attraction. You can sell public REITs on an exchange like stocks.

Investors may experience some disadvantages with REITs. There are no tax breaks for money invested in an REIT, and fluctuating interest rates may affect the value of the fund. Also, if an REIT fund isn't spread across several real estate markets, oversupply in one market can hurt occupancy rates and reduce rental income.

REIT IMPACT ON THE SINGLE-FAMILY MARKET

Although REITs may be beneficial for investors, many wonder if the rising popularity of REITs is distorting the market for single-family homes. Forbes Magazine notes, "The goal of the tradi-

tional home buyer is the manifestation of a dream, but for the REIT it's something else. For them, it is all about the ROI." Homeownership has long played a big part in the American dream. For many families, it's the sole source of generational wealth. Do REITs pose a threat to that dream?

Home prices are rising across the nation. In many regions, first-time home buyers are being priced out of the market. As a result, demand for rental properties is also high. Many people must rent while they save for a down payment and build up their credit to qualify for a mortgage. Increasingly, the property they rent may be owned by an REIT.

In the real estate market, REITs have an edge over individuals. They can pay cash and above market value to make quick deals. REITs have created a new class of property owners: institutional investors who some accuse of widening the gap between poor and wealthy Americans.

On the other hand, although many feel REITs contribute to the concentration of real estate wealth in the hands of the few, they are a small slice of home ownership in America. The National Association of Real Estate Investment Trusts reports that REITs owned about 3 million residential properties out of a total market of 140 million properties at the end of 2020. In most areas, local ordinances that block new construction are a bigger threat to renters who want to become homeowners than REITs. ♦

SOURCES: *theatlantic.com, forbes.com, investopedia.com, nareit.com and rocketmortgage.com.*

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WRITTEN BY MARILYN ISAMINGER

Anna and Parker Roy

Anna Roy, 26, grew up in Minnesota; as she was finishing high school, she decided to try something new and applied to colleges outside Minnesota. She chose the University of Kansas, majoring in marketing. She and Parker live in Austin, Texas.

Parker Roy, 26, grew up in Overland Park, Kansas, attended Blue Valley West High School and earned a bachelor of science in finance from the University of Kansas. He enjoys playing golf with family and friends, KU basketball and Chiefs football.

"Parker and I met through mutual friends at the University of





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Kansas sophomore year,” Anna recalls. “Parker was studying abroad junior year, so we went our separate ways. Once he got back from abroad, we rekindled the flame, and the rest is history.”

Parker planned a timely proposal. Anna’s best friend from high school, Sarah, was in town visiting and Parker surprised everyone with a dinner reservation at Steiner Steak House. While Anna was getting ready for dinner Parker pulled out the ring to show Sarah. She bawled when she realized she would be a part of the proposal but got it together before Anna walked out. “The four of us proceeded to have a great dinner with Parker only having to ‘go to the bathroom’ four times because of the nerves,” Anna smiles. “As we were finishing up, Parker pulled me over to a platform at the restaurant that was overlooking Lake Travis and popped the question.”

Anna and Parker’s time constraint created by their living in Austin pushed them to narrow the choice of a venue to five. After touring four, nothing seemed perfect to them. The last stop was The Maverick. “It seemed like an old rundown warehouse in the West Bottoms. We were greeted by Andrea at the front and immediately

knew we wanted her in charge of our wedding,” Anna describes. “She gave us a tour and explained exactly what it would look like and how everything would fall into place in time for our wedding. Parker and I are very spontaneous, it’ll-all-work-out type of people and The Maverick not only stuck to the promise of having the venue finished by the end of the summer but excelled in every way possible.”

The blissful couple tied the knot September 10, 2022, with a wedding party that was a total of 20 people including friends from college, friends from high school and siblings. Parker and Anna did a first look at The Maverick prior to the ceremony. “We took pictures at the World II Museum and Kauffman Center for the Performing Arts with the wedding party,” Anna smiles. “We had family and friends who traveled into Kansas City for the wedding from Texas, Minnesota, California, Florida, Illinois and Colorado. We had so much fun dancing the night away with all our loved ones.”

Anna and Parker honeymooned in Maui, Hawaii, where they relaxed, enjoyed the sunshine and sipped mai tais by the ocean. ♦



JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS
PHOTO BY LAUREN FRISCH PUSATERI

The flu hit our house HARD a few weeks ago. It started with my son and, of course, as his mommy, professional snuggler and wannabe nurse, I was doing all the things to care for him. I can actually recall the exact moment his flu germs jumped into my body. I was checking to see if his throat was red and at that very moment he coughed directly into my face. Ahh, parenthood.

So, he was a mess for days. Then my daughter came home with it. Two very sick patients and one exhausted mama. It's no surprise that just a few days after that I started feeling bad. I went to bed extra early that night and I didn't leave my bedroom for the next I-don't-even-know-how-many days. Worst. Flu. Ever. My husband was now in charge of all of us. And then, of course, he got it.

Let's just say December wasn't our best month! It's a busy one anyway with my son's birthday (double digits this year!), then the holidays. But all of the illness really sucked the fun out of a good chunk of it. I started feeling sorry for myself at one point and then put things into perspective. Yep. Our house was a makeshift infirmary and the good people at Grubhub kept us alive. Birthday parties were canceled and holiday parties were too. But we

healed. The chaotic pace of life resumed and with that came a little extra gratitude.

It's true what they say; if you have your health, you have everything. But, as cliché as it sounds, it's also 100 percent true. It's a reminder to take care of our bodies the best we can and allow for plenty of self-care when we are down and out. Sickness happens. Bad days happen. But brighter days are ahead.

Here's to a happy, healthy 2023! ♦

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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CAPRICORN
(DEC. 22-JAN. 19)

A time of reflection, January brings with it the discovery that you've let things slide. With crushing realization comes the determination to make things right, with friends, family and your significant other. Make a point of making time and achieving balance this year, or it will come back to haunt you in all areas of your life.



TAURUS
(APR. 20-MAY 20)

There may be some domestic issues that you need to pay attention to this month. To deal with the pressures, you may feel the need to turn to a spiritual outlet. Do not fight this inclination, as it is a natural evolution. Hold off on making any big purchases this month, as things are still not settled in the financial department.



VIRGO
(AUG. 23-SEPT. 22)

This is a time to reflect on how balanced your life was last year, and how you can make it more so this year. On the work front, you may feel as if you are not being valued and that your hard work is not generating the income you expected. Don't despair, as this is temporary and soon you will have things the way you'd like.



AQUARIUS
(JAN. 20-FEB. 18)

This time of year, if you are going to become depressed, it will be big. Avoid being in the dumps this year by spending some time where you can absorb some sunlight and get some exercise. Resolve not to repeat past mistakes; make your peace with the ones you made and move forward. This is going to be a great month and a good start to a fantastic year.



GEMINI
(MAY 21-JUN. 20)

You've experienced some drastic changes in your life, especially in the work, life and career areas. Make sure that you are valuing your abilities and setting your rates appropriately so that you are being paid what you are worth. Continue to hold to the clarity that you discovered months ago about the path you want to take, as a crossroads is going to present itself soon.



LIBRA
(SEPT. 23-OCT. 22)

Mars will be transiting across your sign, making you more likely to say things in anger that you ordinarily would have kept quiet. Think before you speak; make sure that you are taking care of yourself, in particular your back and digestive systems.

STAR JOURNEYS

BY MELODY BUSSEY

The New Year brings with it a time of self-reflection. For many signs, this will bring a realization that things have been piling up and need attention. This may take the form of needing to spend more time on your health, fitness, finances or personal relationships. Whatever you need to do better, set realistic goals for achieving the improvements you want to make in your life.



PISCES
(FEB. 19-MAR. 20)

You have become aware of the differences in your family, and your awareness weighs heavily on your mind this month, especially in the areas of education, children and finances. Remember that sometimes when you lose, you win.



CANCER
(JUN. 21-JUL. 23)

The change that has been in the air has arrived this month. It's asking you to shift your focus away from entertainment and more toward work. Jupiter is in your favor; this means that you will achieve what you set out to accomplish. Hang on, as your pace is going to get more hectic as this new aspect of your life emerges.



SCORPIO
(OCT. 23-NOV. 21)

The planets are lining up nicely for you this year, bringing a sense of stability, organization and discipline that you've not had in a long while. Take disagreements with others in stride. They won't last long.



ARIES
(MAR. 21-APR. 19)

The planets have aligned at the start of this new year to favor you. After experiencing some struggles the past year, you will see them all successfully resolved this month. More than four planets are going to be aligned with your sign! This is huge, Aries, and it means that a lot may come your way at once. Take things slowly and don't give in to the pressure to do things right away.



LEO
(JUL. 24-AUG. 22)

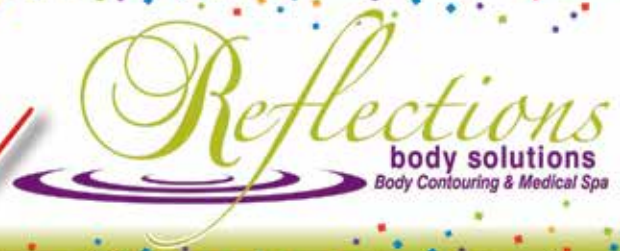
Spending a great deal of time with extended family seemed like a great idea last month, but not so much this month. The strict rigidity of some family members may now make you rebellious. Make sure that you don't burn bridges in your haste to get back to your own life and goals.



SAGITTARIUS
(NOV. 22-DEC. 21)

Due to Saturn's influence, there may be health-related issues that you will have to pay particular attention to. Additionally, many things that you set into motion last year are coming to fruition. While they will eventually straighten out many months from now, the initial phase of their manifestation is going to be a headache.

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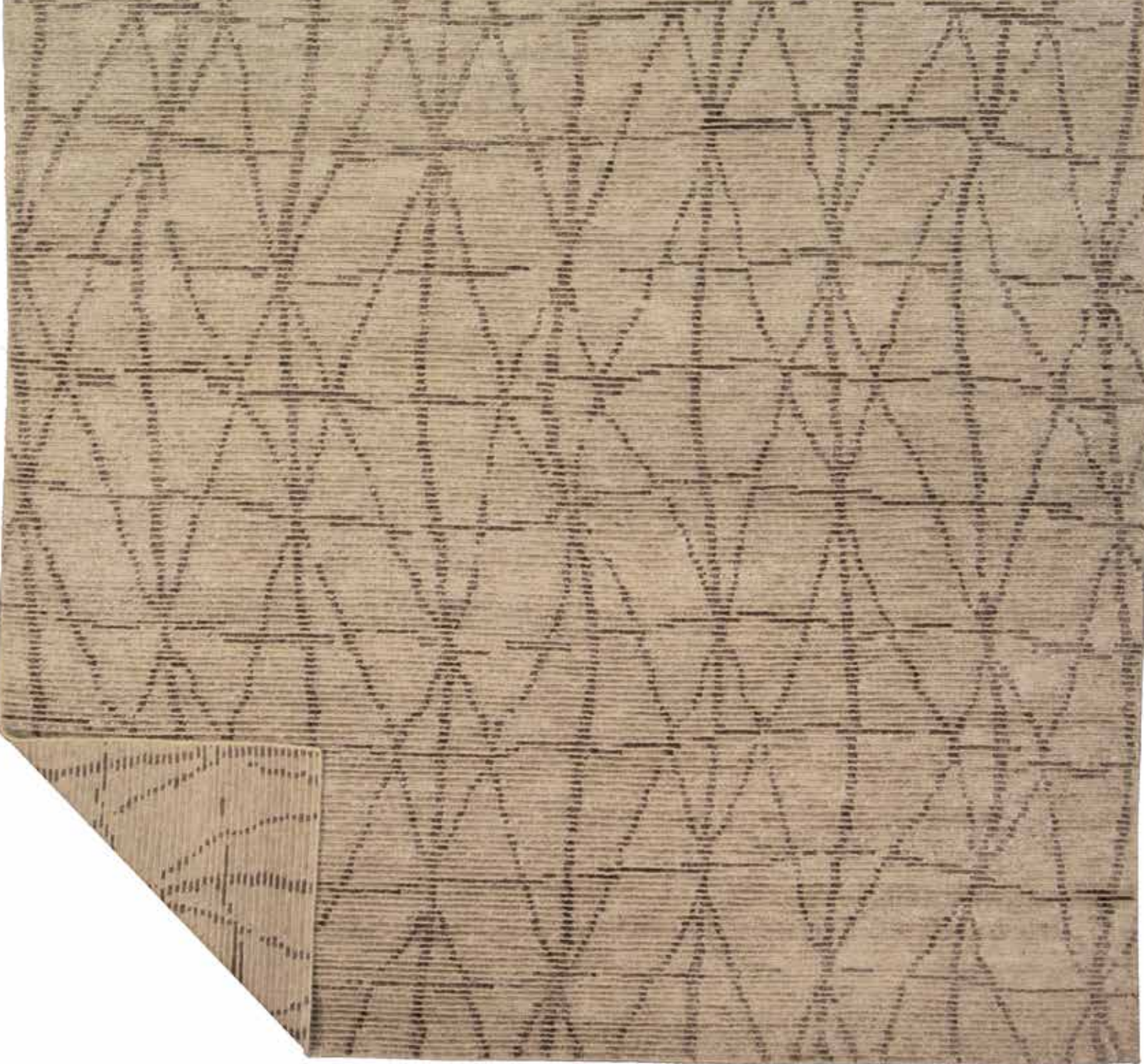
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