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INSPIRATIONS

Brooke Budke Wiltse: Making a Difference with Strategic Words

What's your word for 2022? How about 2023? Brooke Budke Wiltse believes that the choice of selecting a positive word for each year will help you achieve your vision and goals. If this word and your actions are written into your day, every day, your life will be on course, not in chaos.



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THE MANY ELEMENTS OF WELLNESS

Photography by Amber J Deery



Health and wellness used to be solely determined by the way someone looked physically, to me. Fast forward so many years later and I realize how wrong that was of me to think that way. I guess growing up, my thoughts on health and wellness were shaped by what society felt comfortable talking about and the knowledge, facts and data that were known and available.

I think our health is determined by almost every area of our lives and the world we live in. It is comprised of physical, mental, emotional, financial, occupational, environmental, social influences and even more. It is overwhelming to think about all the ways in which we can improve and better ourselves.

I have always been a go-big-or-go-home, all-or-nothing type of person. I have had to adjust my motto when it comes to my health. I remember leaving a doctor's appointment a while ago with a list of supplements and vitamins to take and I just knew that was the ticket to feeling better. Two days later, I was so overwhelmed trying to take certain things at this time and others at a different time, so I stopped

all together and didn't look back for a long time.

I think we all want that one piece of advice, one pill, to erase a symptom, or that one quick answer to remedy a situation. It was a hard pill for me to swallow, but none of those really exist. I finally came to terms that just

because Long COVID has gotten the best of me, it doesn't have to rule me and dictate my overall wellbeing.

I had one of the most amazing conversations with this month's cover, Brooke Budke Wiltse. After our call, I felt like I had been given a small piece of that magic pill. I hope that you get a dose of that from reading this month's issue. Remember, nothing happens overnight; it's not supposed to, and that's okay. Take a few minutes to focus on you; you are worth it, and yourself will thank you, if not your overall wellbeing.

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YOUR SUMMER WARDROBE CHECKLIST

BY ABBY WOOD

Summertime is here, and with a new season comes a new wardrobe filled with possibilities! For someone who mainly wears black, white and denim, summertime is my favorite time to have a little bit of fun with my style and pop some color in here and there. Here's my summer wardrobe checklist of items you need and how to wear them to stand out in a crowd!



pening again, I am taking full advantage of dressing to the nines whenever I can. If this seems like a daring trend for you, stick to solids instead of prints. If you're like me and love a good statement dress, then go all out! Puff sleeves, cut outs, the sky's the limit! Take the look with a neutral shoe and a sophisticated hairstyle.

RAFFIA OR WICKER BAGS

It's the perfect enhancement for any summer look. Raffia or wicker bags are light, airy and playful; because they are typically a light tan or beige, they will coordinate with anything, even that bright-colored statement dress or shoe.

MATCHING SETS

You will be hard pressed to find a retailer that hasn't started selling matching sets; this is one of the most versatile trends available right now. Wear them together and have an easy cohesive look. But break them apart and the possibilities are endless!

FRESH SNEAKERS

Everyone enjoys a comfortable sneaker these days, and it's time to upgrade to a fresh, new, light style. Slip-on Vans have always been a go-to for me, or try a more athletic look like a Nike waffle racer with a fun splash of color.

THE OVERSIZED BUTTON-UP SHIRT

You won't catch me on vacation without one of these. A basic oversized white button-up goes well with a pair of jeans or shorts, is the perfect cover up for a swimsuit and always looks classic. Want to try something a little edgier? Look for a black oversized button-up. You won't be disappointed! ♦

SLIDE SANDAL IN CANDY COLORS

I am loving all of the fun colored shoes and accessories we're seeing right now but my absolute favorite is tangerine-colored shoes! Bright orange screams summer and typically gives your skin a little glow. If you are going for a tangerine shoe or any other bright colored accessory, try to tone down the rest of your look with neutrals.

SUMMER DRESSES IN BRIGHT TONES

You might not catch me in colored tops very often, but it's hard for me to resist a bright-colored statement dress. With events hap-



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

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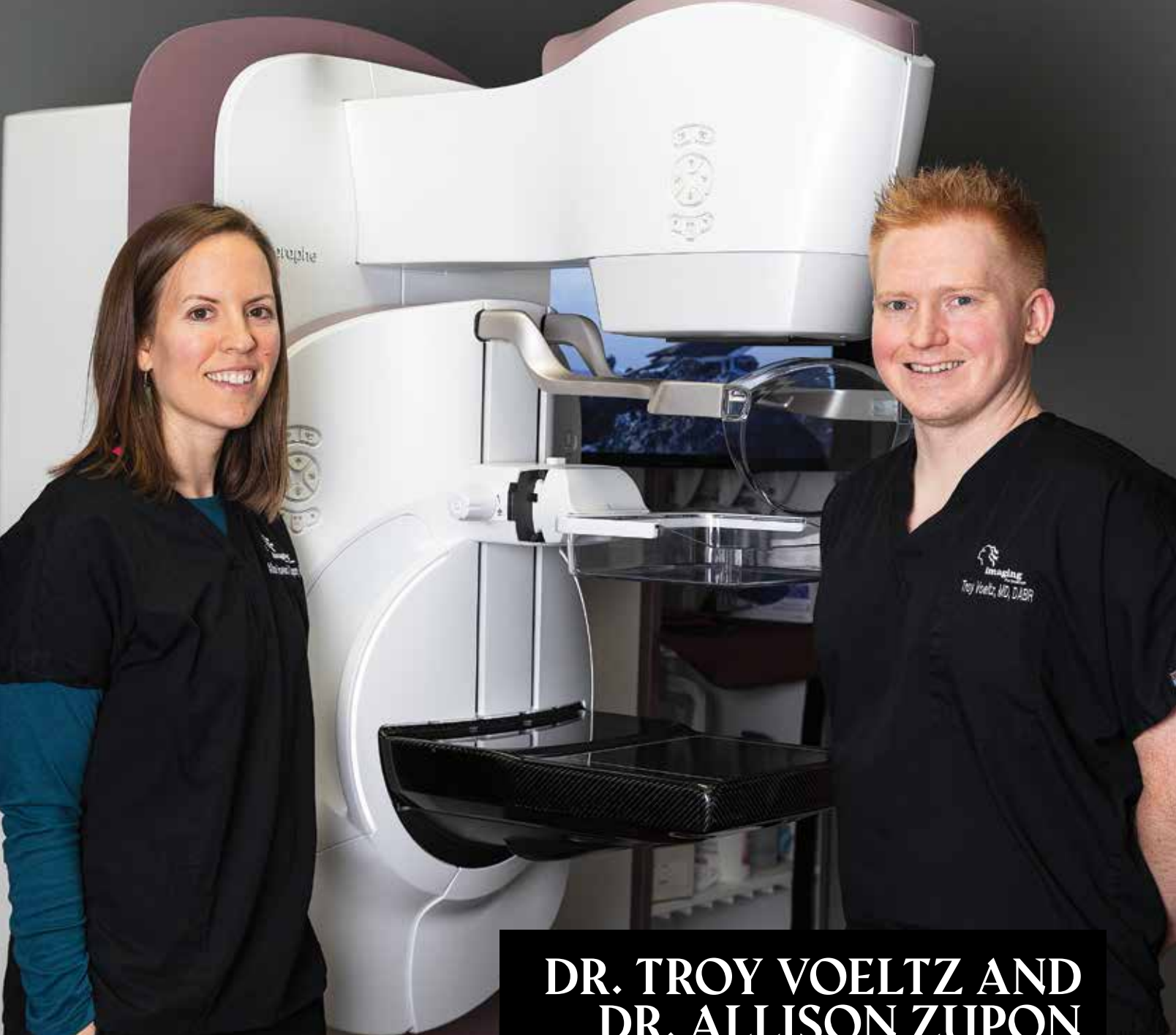
CLOTHOLOGY:135 ON THE RUNWAY!

Clothology:135 held its first-ever fashion show on May 5, 2022, at The Venue of Leawood. Two hundred twenty guests were eager to see the latest spring/summer fashions coming forward this season. Ten beautiful models from Hoffman Modeling Agency showcased a total of 50 looks on a 64-foot runway. The DJ kept the night fun filled during the happy hour, fashion show and post-show shopping at the pop-up boutique. Guests enjoyed shopping not only the looks from the show, but also many new arrivals from the main store. In addition to the post-fashion-show shopping, over \$2,000 in giveaways were drawn from many of clothology:135's top vendors. Everyone went home with a swag bag of goodies from local businesses as well as a smile! Mark your calendar for the next fashion dates, October 5 and 6! ♦

PHOTOGRAPHY BY KELSEY COHEN



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DR. MICHAEL LEBLANC
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Dr. Michael LeBlanc is the founder and proprietor and has been practicing at their four locations since 2005. He has served Johnson and Wyandotte County for over 16 years; Dr. LeBlanc is passionate about providing excellent dental care and oral hygiene education. Especially those with special needs and circumstances.

He has dedicated his career to ensure that every child who walks into the practice receives the best dental care every child deserves, regardless of their circumstances.

Dr. LeBlanc is board certified by the American Academy of Pediatric Dentistry, a member of Omicron Kappa Upsilon National Dental Honor Society, and served as president of the local dental society and a former chairman of the New Dentist Committee with the American Dental Association. Dr. LeBlanc is a fellow of the American Academy of Pediatric Dentistry, vice president of the UMKC Dental School Alumni Association, a member of the American Dental Association and a member of the Kansas Dental Association. Dr. LeBlanc is involved throughout his community and served on the board for Camps for Kids. They offer children opportunities such as camps and extracurricular activities to underserved children. He also travels on dental mission trips to Venezuela and Mexico, providing dental treatment and oral hygiene education to children at local orphanages at no cost.

At LeBlanc and Associates, it is not just about dentistry; it is about a lifelong relationship with our patients, families and community.

Dr. LeBlanc and our associates strive for opportunities to give back, support and serve our community. They volunteer at Team Smile, The Ronald McDonald House and local school fundraisers; the entire team at LeBlanc and Associates strive to support children and their families. ♦



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DR. LEVI YOUNG
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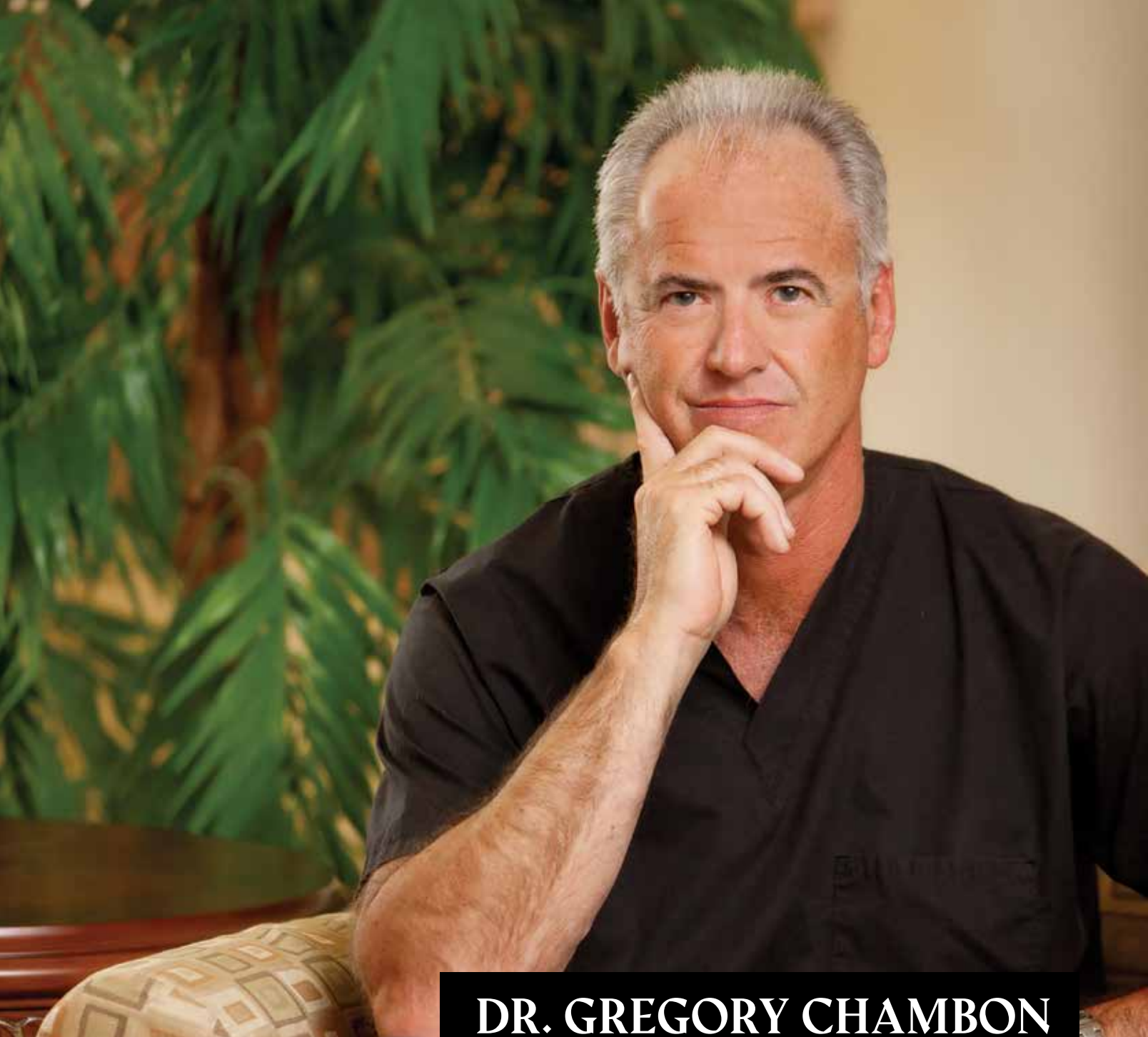
Much like the great masters of art, Dr. Levi Young, of Advanced Cosmetic Surgery in Overland Park, Kansas, calls upon his artistic abilities and his clear sense of seeing the end result of his efforts at his plastic surgery practice. He is an accomplished artist with charcoal sketches and watercolors as his favorite media. “My abilities as an artist do set me apart from competition because I’m able to provide highly individualized cosmetic results that exceed patients’ expectations. My artistic nature lends me the ability to analyze each patient and develop the best plan for the desired outcome,” Dr. Young noted. “My artistic ability is an incredible asset in the operating room and enables me to see and create the best aesthetic results. I am as invested in the final look as the patient because it’s a reflection of my life’s work.” Dr. Young obtained all of his medical education in the KC area and he is a lifelong Kansas City resident. With his Board Certification in Plastic Surgery, he specializes in a wide range of cosmetic procedures from breast augmentation, abdominoplasty and mommy makeovers to breast lifts, rhinoplasty, facelifts and eyelid surgery. To accomplish his outstanding results, Dr. Young builds an individualized treatment plan for every patient that is well explained and set to deliver amazing results. “I build a personalized care plan for each patient. My staff and I are dedicated to providing a great experience for all patients.”

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Dr. Gregory Chambon attended UMKC Medical School and has been practicing medicine for over 36 years. He was the first physician in Kansas to perform the Smart Laser Lipo procedure, over 16 years ago. One quality he is most proud of is his artistic eye. Whether it is contouring a love handle or outer thigh & buttock with Smart Laser Lipo or creating a cheek bone with filler; enhancing a lip line or creating the V line of a jaw line with PDO threads, he is very proud to help his patients have natural-looking results. Dr. Chambon & Reflections body solutions serves Overland Park, Kansas City & surrounding areas. Dr. Chambon is board certified and a member of ASLMS and the AMA. Contact Reflections Body Solutions to schedule a FREE consultation. ♦



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LAURA RAY, MD
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Dr. Laura Ray is board certified in family medicine and has a keen interest in hormone replacement therapy. She believes that every patient deserves to be in a partnership with a provider whom they feel connected to and feel they can trust with their life. Each patient has the right and responsibility to be fully involved in their healthcare, giving her the opportunity to practice medicine with her patients, not for her patients. By treating the whole patient with warmth, understanding and compassion, Dr. Ray's goal is to ensure a more positive outcome for everyone. For information on hormone pellets, visit your-cfc.com. ♦

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AMY K. PATEL M.D.
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Dr. Amy K. Patel M.D. is a breast radiology specialist transforming the face of value based breast cancer care. As Medical Director of The Breast Care Center at Liberty Hospital and Assistant Professor of Radiology at The University of Missouri–Kansas City School of Medicine, Dr. Patel and her team have built a comprehensive breast program with cutting-edge technology, including that of artificial intelligence for accuracy and early cancer detection, a first in the Kansas City Metro. She is also a patient advocate on the political front, not only involved in passing 3D mammography legislation in 2018, but also in 2020 for Missouri women who are high-risk for breast cancer. She is also the current chair of the American College of Radiology Radiology Advocacy Network, where she leads over 30,000 radiologists and radiation oncologists in the United States to ensure patients are receiving access to fair and equitable care, and president elect of the American Association of Women in Radiology, being the youngest president named in its 42 year history. ♦



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INTERMITTENT FASTING: WHAT'S THE SKINNY?

BY LISA BUTLER

One mention of the words intermittent fasting and some people cringe behind their fork. Fasting? That means starving, right?

Not really, and intermittent simply means you choose the times you eat. The concept is not new as intermittent fasting, or IF, has been fairly popular for almost a decade now and there's plenty of research backing this eating practice. While it can lead to weight loss, the benefits can go way past the pounds.

IF is a way of eating during specified periods of time that research identifies as a way to "clean cells" and decrease the risk of illnesses such as diabetes and heart disease. Newer research suggests that IF helps keep our DNA and cells in check, essentially slowing the aging process.

Although IF is trendy and popular on social media platforms, it has been around long enough to receive serious consideration in the health world. Supporters of IF say the benefits are boundless, including weight loss, increased energy levels, reduced inflammation and lowered insulin levels.

As unappealing as abstaining from food may sound to some, IF can be quite simple without much deprivation. Basically, it is cycling between periods of eating with periods of fasting. It's not so much about the food that's consumed, but instead when the food is eaten. Most people already fast every day, while they sleep. Intermittent fasting can be as simple as extending that fast a little longer.

But how does all this fasting work for weight loss? On a regular day, our body uses our food for energy. When we fast, our body is forced to move from burning sugar in our normal meals for energy to burning the fat that's already in our system. This can result in weight loss.

As far as other benefits, many animal studies and some initial



research in humans have shown that alternating between times of fasting and eating may support cellular health too. Our bodies use glycogen from the foods we eat to function on a daily basis. As time passes since our last meal, our glycogen stores begin to deplete. When our bodies run low on glycogen, fat cells release fat that's sent straight to the liver to create new fuel. We are burning fat to function, and this is called ketogenesis.

Ketogenesis enhances the body's defenses against oxidative and metabolic stress

and initiates the removal or repair of damaged molecules. Ketogenesis helps even when we're not fasting by improving blood sugar, increasing stress resistance and suppressing inflammation. This can lead to all sorts of benefits including clearer thinking, lessening chances of chronic disease and inflammation while aiding in better heart and tissue health.

Even more exciting might be that IF has also been linked to increased lifespan. The National Institute on Aging recently sponsored a study using rodents as models. The rats that fasted every other day lived 83 percent longer than those that did not.

As easy as it sounds, IF is not for everyone. In a JAMA Internal Medicine trial in 2017, 100 overweight people were placed on an IF plan. Thirty-eight percent dropped out before the 12-month study ended, and experts say real-life IF is challenging to stick with long term. Also, fasting can lead to an increase in the stress hormone cortisol, which may lead to even more food cravings or falling off the wagon.

Intermittent fasting is not a one-size-fits-all eating practice for everyone. IF can be very beneficial for some people if it fits their

lifestyle. Most experts agree that people should consider their overall relationship with food and whether fasting will trigger a binge or unhealthy reward-oriented food choice that may slow progress.

If you feel intermittent fasting could fit your lifestyle, talk to your doctor first and go from there. Some people may find help from an experienced coach or nutritionist, while others may be ready to get a jump start on their own. ♦

SOURCES: *healthline.com, health.harvard.edu, karger.com and theladders.com.*

METHODS

Ways to intermittent fast are based on splitting the day or week into eating and fasting periods. During fasting periods, little or nothing at all is eaten. Here are some of the most popular methods.

- *The 16/8 method involves skipping breakfast and restricting the daily eating period to 8 hours, such as 1:00 to 9:00 p.m., then fasting for 16 hours including sleep.*
- *Eat-Stop-Eat involves fasting for 24 hours, once or twice a week. An example would be not eating from dinner one day until dinner the next day.*
- *The 5:2 diet method involves consuming only 500 to 600 calories on two nonconsecutive days of the week, but eating normally the other 5 days.*

Many people find the 16/8 method to be the simplest, most sustainable and easiest to maintain. It's also the most popular.



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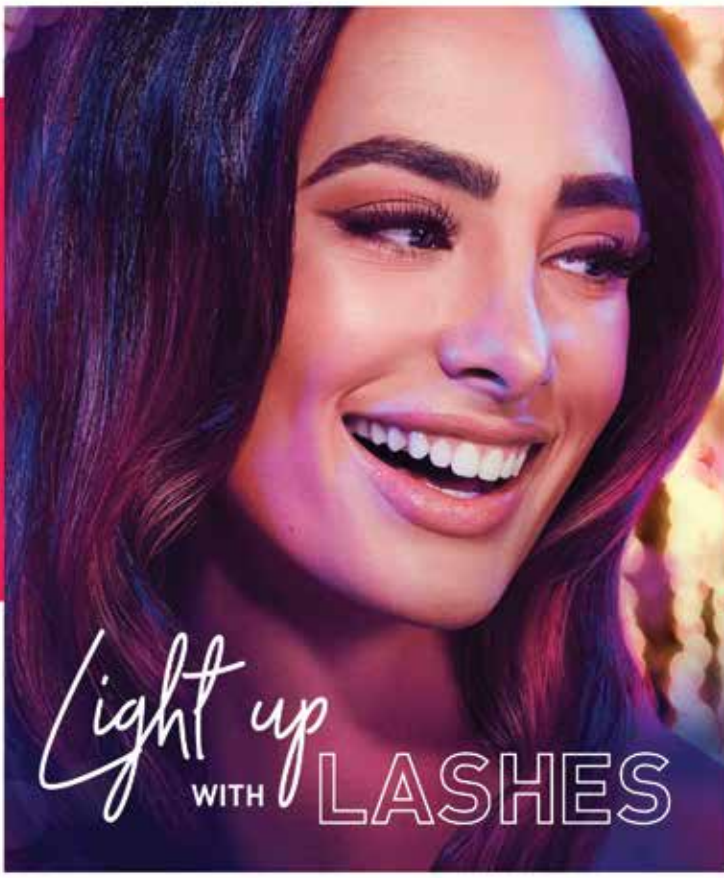
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STYLIST ADVICE FOR GORGEOUS HAIR

BY MADDIE WALZ



Q *We want the perfect color! We see a picture and tell ourselves that we want to look like that, so we take it to our stylist and it truly isn't impossible but will take time and potentially a few visits. The service that gets us from visit to visit while we create that picture-perfect look is a toner. What is a toner?*

A Oftentimes, when you're getting a bleaching service, depending on how dark your hair is, the hair will have quite a bit of warm tone to it. It's like getting bleach on a black shirt; it doesn't lift to white or even a lighter version of black. It lifts to orange! Some guests prefer a cooler or neutral blonde; even if they do prefer a warmer tone, that raw blonde after lifting is a bit too warm. This is where the toner comes in. Toner is a temporary gloss that can transform that raw yellow tone into your desired color and add shine!

Q *My hair is very fine and straight. What are a few tips to give it volume and make it appear thicker?*

A When styling this hair type, it's 50 percent product and 50 percent styling. Your style won't look as polished without the correct product and the product won't work as well without the correct styling. When working with fine and straight hair, it's important to use products that will give some volume to the hair without weighing the hair down. Pro tip: use dry shampoo while the hair is wet. YES, dry shampoo while it is wet! It will give your hair nice airy volume without becoming a sticky mess! As you blow dry remember to always blow dry the opposite direction your hair grows for maximum lift! ♦



Maddie Walz is a graduate of Paul Mitchell The School, Overland Park, Kansas. She loves to show her work through creativity and skill. Maddie's true color connection is through doing vivid colors and bleaching but she spends time honing all her color skills. As a growing stylist, Maddie is always willing to learn and sharpen her skills. She is passionate about making everyone feel welcome and giving her guests a charming experience that will have them looking and feeling fabulous! Maddie is motivated and eager to grow professionally and personally with talem Salon.

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With over 12 years of nursing experience in multiple fields, Mindy utilizes both traditional western medicines and non-traditional therapies like yoga, breathing techniques, meditation and supplements to optimize and balance hormones.



BINKY BIASES BUSTED

BY CASSIDY A. SROCK

Pacifiers seem to be one piece of baby accoutrements never free from scrutiny. Depending on when and where you are, pacifiers have been blamed for poor oral hygiene, poor breastfeeding outcomes, misaligned teeth later in life and speech delays.

A lot of what we think we know about babies is what we've always known; it's what we learn from our moms, our grandmas, our aunts and babies we've been around. Ancient wisdom and experience can be invaluable when it comes to babies, but they can also be bizarre. One example is a century-old rumor started by one odd woman demonizing pacifiers, and it's continued to be a topic of debate for the last 113 years.

In 1900, Christian W. Meinecke patented the first truly modern pacifier. He called it the Baby Comforter. That could and should have been the end of it. After all, it was a huge improvement to the sugar teat of yesteryear, which involved letting infants suck on a ball made of sandy sugar and some mixture of animal fat or brandy that was then tied into a cloth. This seems like it might have caused several health problems, but I am not a doctor.

Unfortunately, people love to find new reasons to panic or shame moms, especially if they can use a ridiculous nom de plume. In 1909, Auntie Pacifier wrote to the *New York Times* and as far as anyone knows was the first person to claim that pacifiers were a "menace to dental health." She went on to complain about "the persistent, and, among poorer classes, the universal sucking of a rubber nipple sold as a 'pacifier.'" Perhaps she had misophonia, a strong, involuntary reaction to eating sounds, which includes the sound of sucking.



Pacifiers weren't viewed any more favorably across the pond. In 1914, a doctor in London complained that they were unsanitary because the babies dropped the pacifiers and mothers often just wiped them on their shirts or sucked them off and put them back in their babies' mouths. I don't particularly condone this behavior, but I'd like to point out that in 1914 England, World War One was looming and pacifiers are a weird place to cast your scorn.

Yet here we are over a century later with people still Googling the question "Do pacifiers cause crooked teeth?" The overwhelming consensus today among dentists and pediatricians, as noted by the American Academy of Pediatric Dentistry, is, "As long as the child stops us-

ing the pacifier by age three; it's fine."

Many pediatric dentists note that most parents never have to intervene since most children give up their pacifiers on their own before the age of two. However, if you're having a hard time separating your child from their pacifier, your dentist is there to help and can and will help you come up with a plan tailored to your child.

The idea that pacifiers interfere with breastfeeding isn't as clear-cut as it used to be, either. It's a complicated issue with many variables, but newer research is pointing more toward pacifiers being more likely to cause "nipple confusion" in the first 14 days as opposed to the first month as was previously believed. It also seems pacifier use

may help mom and baby stick to exclusive breastfeeding for longer. Further studies are needed to confirm these hypotheses.

Now for the big reveal that may change the way you think about pacifiers forever; a landmark 1993 study indicates that the risk of sudden infant death syndrome, or SIDS, is reduced by 50 percent if a pacifier is used. This four-letter acronym is the most terrifying thing a new parent can imagine. The new parents can do everything right and still lose their baby without warning.

Scientists aren't sure why pacifiers help cut SIDS risks but study after study has proven that they do. Interestingly, pacifiers seem to negate adverse sleeping situations, such as sleeping in bed with parents or siblings, a caregiver who smokes cigarettes, babies sleeping on their stomachs blankets or pillows and so on. A baby gets the protective benefits from pacifier use even if it falls out of the baby's mouth while she sleeps. Every study I read while researching this article presented the efficacy of pacifiers at preventing SIDS differently but they were all statistically significant.

Of course, this isn't a green light to toss your baby into the middle of the bed with eight pillows and three down comforters and light up a cigarette as long as your baby has a pacifier. That is still several different bad choices people should strive to avoid making.

Experts still recommend newborns sleep alone in their bed, with no pillows or blankets, on a hard mattress, in the bedroom where their caregiver sleeps, but now with the addition of a pacifier. ♦

SOURCES: *en.wikipedia.org, hurstpediatricdentistry.com, verywellfamily.com, researchoutreach.org, mayoclinic.org and scientificamerican.com.*



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BROOKE

Budke Wiltse

Making a Difference
with Strategic Words

BY CINDY McDERMOTT
PHOTOGRAPHY BY AMBER J DEERY
HAIR AND MAKEUP BY NATALIE SEUEL
OF HELLO LOVELY

A word is built from a selection of vowels and consonants grouped into syllables. Sometimes its pattern, based on hundreds of years of usage and built on many different cultures, is confusing. “I before e except after c...” and then neighbor and weigh have us rolling our eyes. But one word can make an incredible difference, opening a floodgate of emotions and abilities, and for one Olathe, Kansas, woman, it takes on a role of strategic business and life guidance.

Brooke Budke Wiltse has experienced the positivity of selecting a special word, a guidepost, for every year since childhood to move her actions and align her goals. At the age of 12, she and the rest of the country were mesmerized by Kerri Strug, a member of the victorious U.S. women’s gymnastics team at the 1996 Summer Olympics. Brooke remembers Kerri’s incredible performance on the vault, despite a horrifically damaged ankle, that snatched gold for her team. The moment was not lost on the youngster. Several months later, Brooke’s mother discussed with her goals for the next year, and she urged her to pick one word to guide her life for that timeframe. Brooke chose “cartwheel.”

“I saw what happened when you have the drive and discipline of an Olympian and what can happen to the entire country based off one person’s decision, discipline, focus, integrity, drive and grit. I would do so many cartwheels over and over again that I actually double broke my arm in the backyard, in a cast from my shoulder to my wrist,” she recalled. “I realized that I wasn’t a good gymnast but I applied that same mentality to softball, school and how I engaged with friends. Clearly, I was an achiever and identified as that. From 12 until today, I have a word of the year to live by. What I’ve learned is that people perish without a vision. Without a vision, a clear Point A and Point B of where you want to go for every single year, you flounder.”



MAKING CARTWHEELS HAPPEN

Throughout her life, Brooke has flipped amazing summersaults, especially in her career, which culminated in snagging the role of marketing director for Title Boxing Club, a fitness franchise company. Her working career had been focused on brand marketing, and she had set the goal of becoming the marketing director of a major fitness brand by the time she was 30. She put it on her vision board, included it in her daily affirmations, and vividly pictured it to be real. She set her mind to constantly affirm that her dream would happen because she is a huge believer in manifesting miracles. In the summer of 2013, she connected with the president of Title Boxing Club, who was recruiting for a head of marketing. On her 30th birthday, September 4, 2013, she signed as the marketing director of one of the biggest fitness brands in the U.S. In 2013, Title Boxing Club had several dozen locations. Then by 2014, it experienced more than 1,400 percent growth and was named number one fastest-growing franchise in the country by *Inc. Magazine*. By 2020, pre-COVID, the company was just shy of 200 locations in the U.S., Mexico and Dominican Republic. Then, after a company acquisition at the end of 2020, the new ownership group named Brooke president of the brand in January 2021.

“With a strong vision of what I want to achieve in my day, week, month, quarter and my year, I have shifted to life happening for me versus to me. Ever since, I have had a word-of-the-year to live by, I can tell you exactly what I achieved each year,” she shared. “I’ve lived this way all my life, and now as an entrepreneur, I apply the same principle to helping brands achieve their goals and vision.”

She left Title Boxing Club to concentrate on her family: husband, Tray; bonus girls, Mya, 18; Makenna 16; and especially her new son, Axel, 10 months. But her passion to help others could not be overlooked. Last year, she established her own company, Brooke Budke Consulting, allowing her to consult and advise multiple brands versus just one.

“I work with franchisors in helping them establish their brand, mission, vision, values, DNA, alignment and customer acquisition. Personally, I believe in and align with wellness brands, fitness, beauty and health, along with brands that have female customers in



their 20s and 30s who are health- and wellness-minded. I work with leaders to discover, align and infuse their core values into their brand, their people and their customers,” she remarked. “I’m a happy little badass, to be perfectly honest. I’m fiercely strong and independent, motivated and driven to be happier than all get out. It’s not an act and I work on it every day, always striving to help other people work on it too, whether it’s my family, friends or the brands I counsel.”

A LIFE-CHANGING EVENT

Brooke claims a critical life awakening came at a very dark time in her life when she was diagnosed with melanoma. A junior at the University of Kansas, she found an odd-looking mole on her stomach, and eventually surgery was needed to remove the cancer. She recalls in that moment of her life’s journey, she felt the greatest wakeup call and a second chance. While others may see it negatively, she chose to look at it as a blessing in her passage. Since that day she has been committed to being the happiest and healthiest version of herself. On June 2, 2022, she marked 17 years cancer free with no recurrence. She attributes much of that success to focusing on the outside and inside.

“You must be both physically strong and mentally strong. Physically, it’s what you eat, the water you drink, your environment, your sleep, athletic abilities. That has to be written into your day before the day begins. For mental strength, the quality of our life is determined by quality of our thoughts. I believe in making your mind listen to you versus listening to all of the directions your mind can take you,” she noted. “If you master your mind and control your thoughts, your life will be on the course you want versus reacting to the chaos that occurs every day. Start every single day with gratitude and affirmation, with a workout and good nutrition. If you have your armor on—discipline, intelligence, peace, sleep, rest and good thinking—you’re prepared for whatever happens that day.”

DEVELOPING RAVING FANS

Not only does Brooke infuse this strategy into her personal life, she also integrates it into her consultation with franchisors. She calls upon a strong fitness mentality to help her clients create a vision that achieves business goals. “With the fitness mentality of achieving a

goal, you build the strategy of how to get from Point A to B. The path to get there is the easy part, but what you need is to understand where you are, where you want to go and then establish the key behaviors and disciplines in the middle to achieve it,” she advised. “For example, take a boxer’s mentality and apply it to business. First, you identify your opponent, train like no one else and have a winning mentality. You can win because you believe without fail that you will beat the odds.”

But she also goes deeper into her consulting with franchisors, helping them build a foundation of success by starting with the end result in mind. “For brands to succeed today, they not only need fans, but raving fans for their business. Raving fans write online reviews, send referrals, post on social media, and they tell everyone and anyone about your brand. To create raving fans externally, it’s best to work backwards and build raving fans with your employees. You can teach anyone the basics of your business, but you can’t teach fire and passion. You must hire passionate people and then teach them the pillars of your business. Create a company culture that everyone can ascribe to,” she remarked. “There is an unmistakable energy inside of the business when employees are happy because they know the leadership team respects, values and invests in them. They absolutely will become raving fans of the business, hence developing marketing, operations and training to connect with the customers at a deeper level.”



Brooke with her son, Axel

MIRACLES CAN HAPPEN, BUT PLANNING IS THE KEY

Believing that something can be achieved is a solid foundation for success. However, just wishing for something is not enough; dedication, hard work and a strategic plan can positively move you on your life’s journey. According to Brooke, the secret is delving into problem solving to create a target condition of success.

“Many of the miracles I have received in my life came after a major challenge or setback. When anything happens to you, I’ve learned to ask the question, ‘Who’s to say that this is good or bad?’ I got cancer at 21, and who’s to say that it is good or bad. For me, it turned out to be great. Remember, the language we use to describe our circumstances will dictate how it impacts us,” she said. “If we learn to ask ourselves better questions, such as ‘What else could be true’ or



“Most of the time our lives ebb and flow between planting years and harvest years. There are years where we are digging in and doing the work to form new habits, then there are years we are reaping the rewards and celebrating,” she advised. “My mental health, fortitude, drive and discipline are the through lane on everything for my life, family and my business. It’s not easy work, but it’s our life’s work, so why not pour our work into ourselves, our family and then into your own business. Truly, that’s the crux of a well-lived life.”



‘What else could be truer,’ your brain will unlock an infinite amount of resources that will open up all of these other possibilities, which can turn out to be really great things.”

The year 2022 is blossoming into a dynamic one for Brooke. Her business is booming, she’s a sought-after motivational speaker, she’s writing her first book and her personal life is solid. It is logical that she has chosen “golden” as her word of the year. “I don’t want to look back ten years from now and say that these were the good old days. I know that I am living in those good old days every day of my life, and they are a golden opportunity for me to embrace with my husband, my girls, my son and my business. Most of the time our lives ebb and flow between planting years and harvest years. There are years where we are digging in and doing the work to form new habits, then there are years we are reaping the rewards and celebrating,” she advised. “My mental health, fortitude, drive and discipline are the through lane on everything for my life, family and my business. It’s not easy work, but it’s our life’s work, so why not pour our work into ourselves, our family and then into your own business. Truly, that’s the crux of a well-lived life.” ♦



From left: Jessica Pearson, Heidi Woolten, Chris Jones of the KC Chiefs, Megan McGee

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THE NUTRITION OF ANCIENT GRAINS

BY PATTY COOK

One of my favorite breakfasts as a child was oatmeal. It still is; I've evolved from using prepackaged instant oats, the ones you can zap in a microwave in just 30 seconds, to steel-cut Irish oats that require a good half hour of slow simmering on the stove.

The convenience of quick-cooking grains such as oats and rice means they'll always have a place in the pantry. However, whole grains have had a place in pantries since ancient times. These grains must sometimes be soaked, much like beans, and often take longer to cook. They also deliver more nutrition than their quick-cooking cousins. Let's explore eight grains that have been a source of nutrition for hundreds, or even thousands, of years, with a look at nutritional value of each one.

Bulgur wheat is the main component of tabbouleh, an Arabic dish that dates back about 4,000 years. It's the perfect blend of grains, greens and healthy fats that's considered part of a healthy diet. This savory summer salad blends bulgur with olive oil, lemon juice, herbs, spices and vegetables, then it's chilled to let the flavors meld. Bulgur is high in fiber, at about 18 grams per serving. It is also a source of manganese, niacin, iron and vitamin B6.

Quinoa is a popular "new" ancient grain. Grown in South America, quinoa provides complete protein; it contains all nine essential amino acids and is gluten and cholesterol free. Said to promote a healthy immune system, quinoa provides 8 grams of protein per serving, fiber, riboflavin, thiamin and niacin. It also delivers 20 percent of the daily requirements for iron and phosphorus, together with 9 percent of potassium and 2 per-



cent of calcium.

Barley is an ancient grain most familiar to Americans as an ingredient in soups and stews. With origins in Ethiopia and Southwest Asia, barley is thought to enhance immune properties as well as improve metabolism. This grain is high in fiber, B vitamins, iron, copper, manganese and selenium. It's also low in calories and has less starch than pasta or rice. When you're cooking with barley, you'll find it absorbs a lot of liquid, so pay attention to

cooking directions. Barley should be rinsed well before cooking, and requires at least three cups of liquid for every cup of barley.

Polenta is an Italian grain made from ground corn. Polenta can be used in the same way as corn meal—boiled, baked, fried or grilled. This grain delivers more protein than a large egg, at about eight grams per serving, and is high in vitamins A and C. Polenta made from whole-grain corn is rich in minerals such as iron, thiamin, zinc, phosphorus and magnesium.

Farro is also known as an Italian grain, but it was used in bread baking in ancient Egypt. This dense grain is also known as Emmer wheat. It's high in fiber and protein as well as niacin, magnesium and zinc. It can be cooked as a side dish and used in soups and salads.

Spelt is a grain similar to farro in many ways. It dates back to medieval times, and although it is a member of the wheat family, people with wheat intolerance issues are sometimes able to

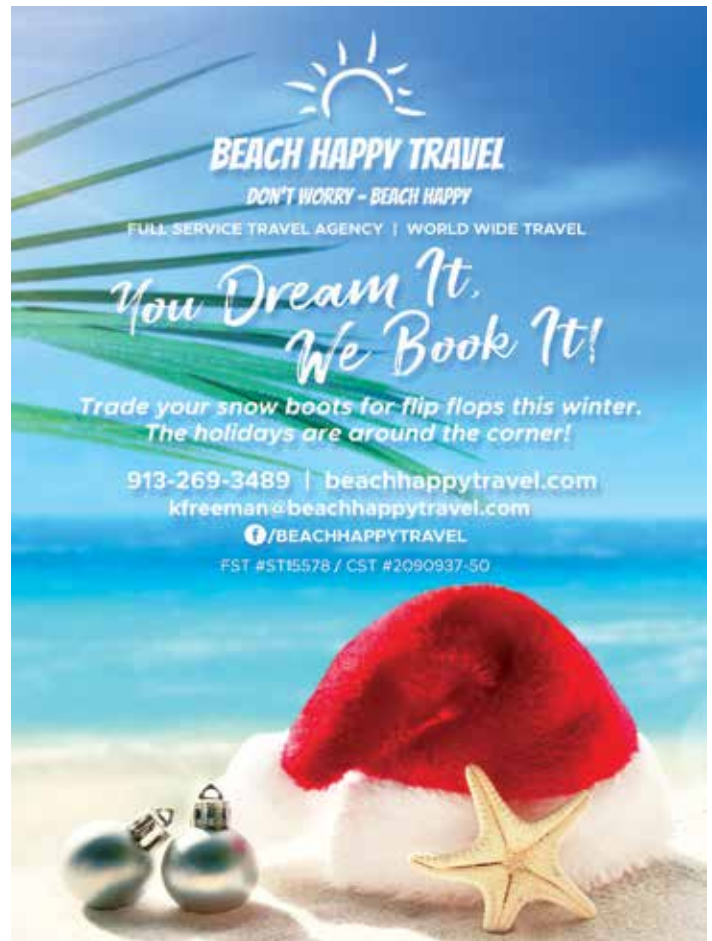
tolerate spelt. This is another grain that is high in fiber, protein, magnesium, zinc and iron. It can be used as a side dish, in pasta and as a substitute for wheat flour in most recipes.

Kamut is a grain that dates back to ancient Egypt and Asia. It's about two or three times the size of common wheat and has more protein and amino acids than common wheat. It is also high in essential fatty acids, the kind that help reduce "bad" cholesterol (LDL) and increase "good" cholesterol (HDL). In addition to being an excellent complex carbohydrate, kamut is a good source of thiamin, niacin, folate, riboflavin, vitamin B6, vitamin E, phosphorus, magnesium and zinc. This is a grain that is best when soaked in water prior to cooking, much like dried beans.

Moving from one of the largest grains to one of the smallest, we have teff, the seed of an Ethiopian grass. Ethiopian restaurants use teff to make injera bread, the spongy flatbread that accompanies stews. Uncooked teff can replace grains and seeds in baking. It can also be used to thicken soups and stews. This nutritious grain is made up mostly of bran and germ and is practically gluten free. Teff is high in protein and fiber and delivers nutrients including calcium, thiamin and iron.

If any of these grains are new to you, look for them at grocery or specialty food stores. Try something new and enjoy meals with more diverse carbohydrates. These foods will deliver quality nutrition that home cooks have served up for thousands of years. ♦

SOURCES: coreperformance.com, exploratorium.edu and sunnylandmills.com.



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UNFORKED

FRESH, LOCAL, CHEF-INSPIRED FOOD

BY MEGAN NEHER | PHOTOGRAPHY BY AMBER DEERY

There are two big positives about Unforked, our homegrown fast-casual dining spot that's part hamburger joint, part healthy eating destination.



Hail the Kale

First, it has something for everyone. The Unforked menu developers told me they worked hard to ensure their menu is veto proof. And I'd say they succeeded. Every person in my family can find something they love; therefore, Unforked never, ever gets vetoed.

Secondly, the healthier options at Unforked do not feel like a sacrifice. Focusing on clean, natural and local ingredients simply means less processed foods and a better flavor experience. Just because you eat at Unforked doesn't mean you're eating "diet" foods. It means you're getting quality ingredients from a culinary team who believes you should feel good after you finish your meal.

"People don't want to constantly be on a diet or be eating healthy, but they do want to eat quality, clean ingredients. That's why we focus so much on bringing something better for our customers," said Unforked's founder and owner, Jim Sheridan. "People feel good after they eat here."

And trust me, we felt really good after we finished our Cravings tasting at the beautiful new Unforked in the Woodside Village in Westwood, Kansas, that opened in May 2022. What started 11 years ago now has three locations, the original Unforked near 119th and Metcalf in Overland Park, the second inside Crown Center, opened in 2016, and the third and newest spot along Rainbow Boulevard.

This Kansas City favorite has cemented itself as a fixture that offers naturally raised proteins and local produce with just the right amount of flavor. Besides the food, the décor and branding are on point and woven throughout everything they do. The modern, sleek designs show up in the menu, signage and the well-lit and spacious dining rooms, all of which are kid friendly.

I was already a fan of Unforked before the Cravings tasting assignment, but as always I was excited to try a few new menu items. We started with the crafted tacos. Jim Sheridan has traveled all over the United States and tasted a lot of tacos, many of which are packed with grated cheese and lettuce. That's



Cali Taco



Fried Egg BLT



KC Hot Birdie

I love a good fish taco and the Cali did not disappoint. Seared chile-spiked Regal Springs tilapia with pickled red cabbage slaw and topped with creamy avocado-cilantro sauce was almost as beautiful as it was tasty.

not what you'll find at Unforked. "Our concept is really about having different types of typical foods made in a not-so-typical fashion," Sheridan said.

First out and on our table was the **Crispy Avocado**; we couldn't take our eyes off it. This shiny tempura-coated avocado was topped with seasonal tomato pico de gallo and a few micro greens. This was creamy deliciousness and not your normal taco.

I love a good fish taco and the **Cali** did not disappoint. Seared chile-spiked Regal Springs tilapia with pickled red cabbage slaw and topped with creamy avocado-cilantro sauce was almost as beautiful as it was tasty.

But our two favorites were the **Barking Pig**, crispy carnitas tossed in a shagbark bacon glaze with scallions and queso fresco, and the **G.O.A.T.** The maple flavor of the pork in the Barking Pig made this one a meat-lover's dream. Then the G.O.A.T. is something completely one-of-a-kind. The cheese is placed straight on the grill and the tortilla is added to the cheese, creating a cheese-tortilla combination that's out of this world. Inside the G.O.A.T. are grilled chicken, arugula, white



barbecue sauce and pickled red onions, just my kind of flavor explosion! Wowza!

Moving on to the unwiches, we all loved the **KC Hot Birdie**, Unforked's version of Nashville's Hot Chicken Sandwich, crispy, all-natural chicken breast, manchego apple slaw and UNSpread, Unforked's spiced mayo, on a toasted egg bun. You pick your heat level, from no heat to burn baby burn! For anyone looking for gluten free, nearly all of the menu at Unforked can be made GF as well as low carb and can be made to meet other dietary and other allergy restrictions.

The **Fried Egg BLT** was absolutely divine. The only thing that might make this better would be to add a hamburger patty, which is an option. It's a fried local/free range egg with applewood smoked bacon, baby arugula, sliced tomatoes and sharp white cheddar cheese on a toasted egg bun with UNSpread.

The **Akaushi Burger**, which is known to

have several health benefits and is consciously sourced, is served with crisp leaf lettuce, sliced tomato and UNSpread on a toasted egg bun. Aside from being kind of hard to pronounce (ah-ka-oo-shi), this hamburger made my taste buds very happy.

The **French fries** at Unforked are fresh, crispy, crunchy, salty perfection! They cut fresh potatoes every day, then wash, soak and dry them before they're blanched and cooled and put back in the oil. As Jim Sheridan calls it, it's a multi-step labor of love, but it's so worth it. For all of us who are in love with these fries, we beg Unforked to continue this daily laborious effort.

How can a restaurant be healthy and delicious? Check out Unforked and see for yourself. I promise you'll leave feeling good. ♦

Visit unforked.com for menu previews.



Journalist-turned-PR-professional Megan Neher has never forgotten her true first love: writing. Today, Megan owns her own PR firm, Megan Neher Public Relations; she's a wife, mom, marketer, student and spends a lot of time cleaning up after her four pets and two teenagers. Her dream is to live on a tropical beach somewhere where she can stroll barefoot to a nearby grass hut for a fish taco and margarita.

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PEACH BLUEBERRY RICOTTA CROSTATA

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



INGREDIENTS

Pie dough (your favorite recipe)
 1 cup full-fat ricotta
 2 tablespoons honey
 3 peaches, sliced
 1 cup blueberries
 4 vanilla wafers, crushed
 ¼ cup jam, your choice, to glaze the top
 1 egg, whisked

DIRECTIONS

Combine the ricotta and honey. Roll the dough into a rectangle (or any shape) and transfer to a parchment-lined sheet pan. Combine the ricotta and honey and spread it on the dough, leaving a one and a half-inch border. Sprinkle the crumbled cookie pieces over the ricotta and honey. Arrange the peach slices and add the blueberries in between the slices. Fold the edges of the pie dough and be sure to crimp the corners tight. Melt the jam in the microwave for a few seconds and brush the heated jam on top of the berries. It will make the berries shiny and pretty! Brush the pie crust with egg wash. Bake crostata at 375 in the lower third of the oven for about 50–60 minutes. The time will depend on the thickness of your dough and oven. You will know the crostata is ready when the crust is golden brown and the fruit filling is bubbling at the edges. Serve warm or at room temperature. ♦

TIPS...

- 1:** It is best to eat this crostata fresh baked. It will last for 3 days in the refrigerator. Reheat the crostata in a 300-degree oven for 15–25 minutes until it's warm in the center and crust is crisp again.
- 2:** The crumbled cookies keep the juices in the crostata!
- 3:** Substitute cream cheese or goat cheese for the ricotta.
- 4:** You can also switch out the fruit to whatever is in season.



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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MARK GROVER

PERSONAL INJURY LAW

GOING THE EXTRA MILE FOR EACH CLIENT

BY JUDY GOPPERT
PHOTOGRAPHY BY AMBER J DEERY

Mark Grover, award-winning founder of Grover Law Firm, LLC, has more than 22 years of experience practicing law, first as an attorney in a large, multi-state law firm, then in the legal departments of two Fortune 500 companies. Today, he owns his own injury law firm.

He strives to, as his motto says, bust stereotypes one client at a time. “When you drive around town, you are bombarded by all those billboards for attorneys who promise money, money, money when you are injured,” Mark explained. “They are also all over television. I operate in the personal injury realm, yet I am different. We are the opposite of that and go the extra mile with people. You get a better level of service across the board, a boutique experience.”

GETTING HEALTH BACK

The majority of his cases are automobile cases. He noted that they have the injured party focus all their energy on getting better, through rehabilitation and trying to get to where they were before their injury. “We want our clients to spend no mental power on anything but their own health. We will take care of everything else for them. We will deal with insurance companies who try to minimize their claim and make it difficult for them to get compensation in an effort to get them to settle for less,” he continued. “We take that worry away from clients so they can focus all their energy on getting better. Our number one goal is for clients to get healthy whatever it takes; number two is make sure all medical bills are paid; and three, make sure they are compensated for lack of enjoyment of life and the inconvenience of not being able to do all the things they could do prior to being in the accident. Health is the most important thing. At the end of the day, everyone who has been in a car accident wishes they would not have to go through rehab, sleepless nights, back pain and everything else.”

In addition, he handles pedestrian, motorcycle, wrongful death, workman’s comp and medical malpractice cases, as well as premises liability, which is something that happened to you on someone else’s property. As an example, one of the firm’s clients was trying to shop, and the store roof caved in on him.

EDUCATIONAL ACHIEVEMENT

Growing up in Western Kansas, Mark was inspired to get his degree as a young man. His mother immigrated to the United States from a third world country and his father had an eighth-grade education, so both parents instilled in him the desire to achieve a degree.

“We take that worry away from clients so they can focus all their energy on getting better. Our number one goal is for clients to get healthy whatever it takes; number two is make sure all medical bills are paid; and three, make sure they are compensated for lack of enjoyment of life.”

“They felt education would be a good route for me to take,” he related. “From high school I knew I wanted to be a lawyer. I felt I could be an advocate for people, and I have always liked the underdog.”

He earned a Juris Doctor from the University of Arkansas at Little Rock School of Law and a BA in political science from Fort Hays State University, and he is admitted to practice law in Kansas, Missouri, and the United States District Court for the District of Kansas. He also serves as legal counsel for Student Legal Services at the University of Kansas Medical Center and enjoys providing this service to them.

Mark has served on the board of directors as the vice president of the Strive for Life Foundation for nine years; he affirmed that this is where his primary energy goes. “We do cardiac screenings to prevent sudden cardiac arrest in Kansas City kids and have saved over 40 kids’ lives. These are people with a significant nature of heart problem requiring

open heart surgery or cardiac surgery, which would not have been detected without these lifesaving tests,” he continued. “I have a heart monitor in my chest, which certainly made me think of being in this organization. I had a transient ischemic attack, or TIA, four years ago, and luckily I now have a relatively minor heart defect.”

Mark enjoys being involved in downtown Overland Park as a business owner. He relaxes by working out, traveling, spending time in his back yard by his pool entertaining with friends. And he most definitely adores his rescue dog, Westley, a Cavalier King Charles spaniel.

Mark Grover, Grover Law Firm, LLC, stands ready to put his expertise on your case, allowing you to regain your health, physical and financial wellbeing. ♦

To learn more, contact Grover Law Firm, LLC, 7111 W. 79th St., Ste. 100, Overland Park, Kansas; visit groverlawkc.com or call 913-432-1000.





BEAT THE HEAT

REPLACING YOUR WINDOWS AND PATIO DOORS

BY DAVID REBER

Q

What do you tell folks who may be hesitant to replace their windows and doors during the summer because they don't want to open up their homes and let the hot air in?

A

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Q

When it comes to replacing windows and patio doors, Renewal by Andersen "owns" the entire process. What does that mean?

A

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

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THE 4S FORMULA FOR WORKPLACE CONFLICT RESOLUTION

BY REBECCA FLANSBURG

A workplace can be a location of flourishing creativity, impressive efficiency and the nurturing of an almost family-like culture.

The landscape of the workplace looks very different than it did three years ago, when employed persons spent more time at their workplace than at their home. As businesses work at getting back to normal, many continue to work remotely. In every work space, physical or virtual, good conflict resolution skills are a must.

Whether you are a business owner, manager or employee, everyone has the responsibility to keep their workplace as emotionally, mentally and physically healthy as possible. The good news is that the innovative practice of the Four Ss encourages honesty and dialogue when a place of employment turns into an emotional battlefield.

The Four Ss formula was originated by Bill Carl, a pastor and the former president of the Pittsburgh Seminary. In 2010, Carl published *Best Advice: Wisdom on Ministry from 30 Leader Pastors and Preachers*, and the 4S approach encompassed an entire chapter of this book. The author's unique method of conflict resolution was meant to encourage a better way for pastors and parishioners to reduce conflict, but it also introduced steps that could be used in any setting that involved people working together. Its simplicity and practicality has proven to be an ideal way to keep the workplace culture positive and vibrant. The breakdown of the 4Ss is surprisingly simple.

NO SECRETS

The adage "You are as sick as your secrets" may seem extreme, but the reality is that unhealthy secrets do indeed fester and tend to come out in unhealthy and unproductive ways in every aspect of life.



Workplace secrets in the form of gossip are a toxic habit that fuels conflict, hurts others and ultimately leads to mistrust within a company culture. According to Carl, the goal should always be to keep the lines of communication open and get team members talking to each other, instead of about each other, in a respectful manner.

NO SURPRISES

New ideas, good or bad, are encouraged within a company setting, but not when

they come as a surprise to others. The problem is compounded when the creator of the new idea tries to apply their enthusiasm for it with a jackhammer to fellow staffers. The result is an uneasy atmosphere that can quickly lead to tension, resentment and frustration. As an owner or manager, directing these off-the-cuff ideas from impulsive to a more thought-through project that the whole team can participate in is a best practice in keep surprises in check.

NO SUBVERSION

Subversion is defined as the "the undermining of the power and authority of an established system or institution." In simpler terms, subversion in the workplace can take the form of backstabbing, gossip, disrespect of leaders and the proverbial "throwing someone under the bus." Like unhealthy secrets, subversion habits can wreak havoc on workplace dynamics with the quiet undermining of management or leaders. Team members who console each other and vent is one thing, but subversion is a potent poison that spreads through a company culture like a virus. To avoid letting the destructive seed of subversion take root, owners and managers should be on the lookout for angry

water cooler dialogues or parking lot complaining sessions and instead encourage all staff to be open and honest with their frustrations.

LOTS OF SUPPORT

This step reinforces what each of us as individuals knows: we all want and need affirmation. We all want and need encouragement. It never feels good to be torn down by others and, when we fall into that habit ourselves, we recognize that it still feels pretty crappy. A simple demonstration of support in the form of a heartfelt compliment, a kind word, interest in someone's life beyond the cubicle and verbalizing appreciation goes a long way in establishing a culture of support and genuine camaraderie within a business. Team or committee members who are feeling valued and appreciated are also the ones most likely to go above and beyond for their company. If leaders disregard the importance of connecting with their employees on an authentic level, they lose the benefit of a loyal and dedicated team.

The bottom line is that conflict is inevitable and avoiding it rather than addressing it can be detrimental to all parties involved. The common thread that connects the steps of the 4Ss formula is that everyone deserves positive encouragement and reinforcement and leaders who are present in the moment. Whether at home or work, or even within our community as a whole, we all have the responsibility of being the instigator for finding the good in others, building each other up and continually looking for ways to live, work and play harmoniously together. ♦

SOURCES: [amazon.com](https://www.amazon.com), [bls.gov](https://www.bls.gov) and [pres-outlook.org](https://www.pres-outlook.org).

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JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS
PHOTO BY LAUREN FRISCH PUSATERI

My preoccupation with death started when I was five.

My siblings and I were staying at my grandparent's house when she died. We had just eaten lunch. She made my favorite, her homemade mac and cheese. I can picture us all at the table. I remember her excusing herself to go rest. She said she wasn't feeling well.

The next memory I have is my grandfather walking out to the living room, looking pale, throwing his hands up and simply saying, "That's it. She's gone."

From that moment on, everything felt uncertain. I was sure every illness would lead to death. I was terrified to go to school or sleepovers, sure my parents would die while I was away.

I've never really spoken about this except to my mom and sister. In a weird way it feels good to get that out! Seeing it typed out honestly

puts everything in perspective. Anxiety comes from somewhere. I think that's where mine originated.

I say all that to say this. Since I took charge of my mental health seven months ago, I haven't thought about dying, not at all. I haven't worried that every strange feeling is the first sign of a deadly disease. I joked about my hypochondria a lot. But it wasn't funny. I was so busy worrying about dying that I wasn't LIVING.

If you're in it right now, stuck in the repetitive thoughts, scared, please stay strong! I never imagined I could live a life without constant fear and horrible thoughts. But, here I am.

Get help. Be your own advocate. There's not a one-size-fits-all solution. But, after 42 years of suffering, I did it. I found true inner peace. ♦

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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Jenny Matthews



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Jenny Matthews

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Nichole & Patrick Storey

- April 30, 2022 -



WRITTEN BY MARILYN ISAMINGER



Nichole (Seibel) Storey, 27, originally from Holcomb, Kansas, attended the respiratory therapy program at Seward County Community College and graduated with an associate's degree in respiratory therapy in 2017. She moved to Kansas City and works as a registered respiratory therapist at the University of Kansas Hospital.

Patrick Storey, 27, years old, born and raised in Louisburg, Kansas, finished high school and joined the United States Air Force in 2014. He spent four years active duty before transitioning to the National Guard in 2018, where he serves part time as a munitions system specialist. Patrick's civilian job is at Hanger National Labs, a supplier of custom orthotics and prosthetics.

"Our love story began online; we swiped right on each other!" Nichole smiles. "We chatted for a couple days before he asked me for a drink, and I almost didn't go because I was so nervous. We talked for hours; conversation was effortless with Patrick and it was apparent pretty early on that he was the real deal."

PHOTOGRAPHY & VIDEOGRAPHY

E. Golden Moments Photo & Film, Silver Lining Media

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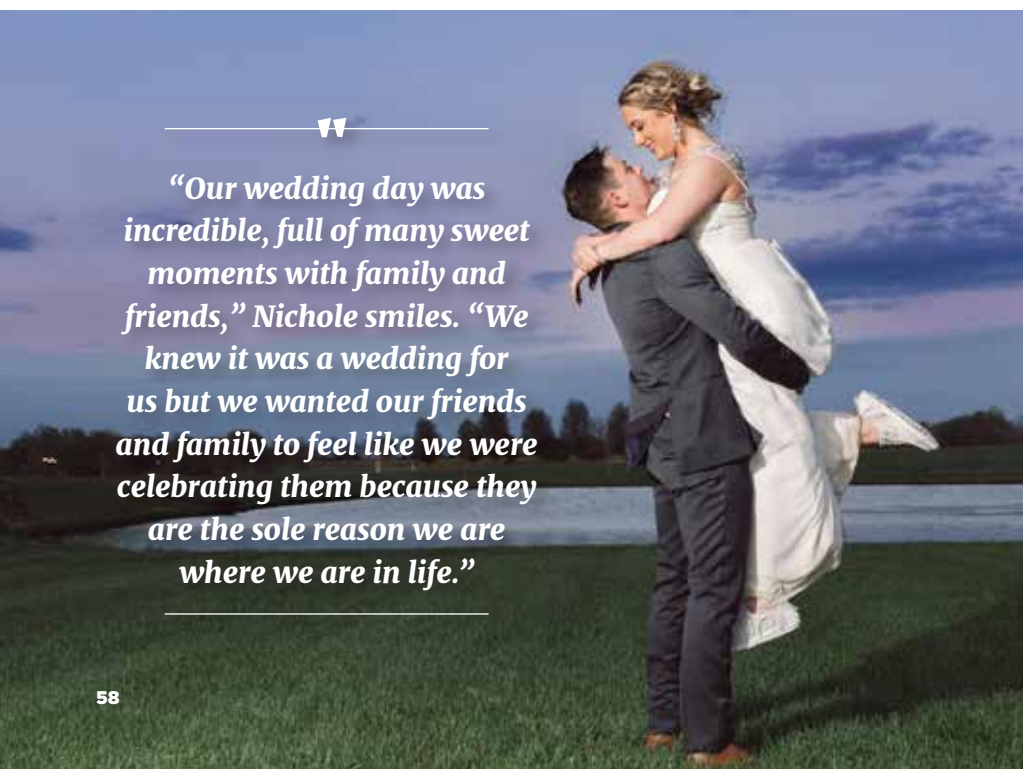


“Patrick’s mother called me saying The English Barn was having a Dream Wedding Giveaway and I should enter,” Nichole recalls. “We weren’t engaged yet! I was nervous bringing up the topic of a wedding with a set date to a man who hadn’t proposed to me yet but to my surprise, he was all in and we wrote our story! Two weeks later, Jane Howe, the venue owner, reached out to Patrick; we were finalists but she noticed that we weren’t yet engaged and asked if he would like her help. So the two began an epic engagement plan. On June 29, 2021, Patrick invited me for a fancy dinner and photos; I suspected then! We were leaving our house and a limo pulled up for us. Shortly, Patrick blindfolded me; minutes later he led me into a room, still blindfolded, where we danced. At a certain point in the song Patrick got down on one knee and my Dad removed my blindfold. I saw my boyfriend finally proposing to me and a room full of friends and family cheering for us. I was so taken aback Patrick had to get my attention again and get the “Yes” we’d been waiting for.”

The blissful couple tied the knot April 30, 2022. Nichole’s Matron of Honor was Michelle Fessler; bridesmaids were Kylie Wedel, Charlee Hamamy, Miah McKinney and Allison Compton. Patrick’s Best Men were Kyle Edwards and Dylan York; groomsmen were John Hamamy, Bret Bullock and Zack Turner.

“Our wedding day was incredible, full of many sweet moments with family and friends,” Nichole smiles. “We knew it was a wedding for us but we wanted our friends and family to feel like we were celebrating them because they are the sole reason we are where we are in life. Our wedding was something we would have never been able to do on our own and our vendors made us feel so special throughout the planning process; we are thankful beyond words for it all.”

Nichole and Patrick honeymooned in Montego Bay, Jamaica, spending a week relaxing. ♦



“Our wedding day was incredible, full of many sweet moments with family and friends,” Nichole smiles. “We knew it was a wedding for us but we wanted our friends and family to feel like we were celebrating them because they are the sole reason we are where we are in life.”

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Each year, 40,000 children are born with a heart defect and often show no warning signs until it's too late.

It is estimated that each year in the U.S., more than 9,500 children and teenagers will suffer sudden cardiac arrest, and undetected heart conditions claim the lives of more than 7,000 young people.

Since 2013, the Strive for Life Foundation has worked to support activities that protect children and young adults from heart conditions that can impact their overall health, athletic performance or, in some cases, cause sudden death.

One of the primary ways Strive does this is through its partnership with My-HeartCheck, a local company that provides low-cost mobile heart screenings for youth ages 8 to 18. The screenings include an echocardiogram and EKG and can help identify undiagnosed heart abnormalities that are rarely detected in regular physicals and place youth at risk for sudden cardiac arrest. After each screening event, pediatric cardiologists review the results and a written report is sent to each family and the child's primary care physician. If an abnormality is detected, My-HeartCheck staff walk parents through the test findings and connect them to local healthcare services to ensure their child's

condition is correctly addressed. In order to extend participation to all families, Strive provides financial assistance that helps offset the cost of testing. Normally, these potentially lifesaving tests would range from \$800 to \$2,000 at a hospital or your doctor's office. Through special arrangements with My-HeartCheck, these potentially lifesaving tests are offered at a reduced price of only \$149. In addition, Strive provides need-based financial aid that can reduce the price to as little as \$19. The idea is that no family should have to miss this important opportunity because of the cost.

Over the past few years, Strive has also worked with My-HeartCheck to reach communities where paying any amount for a screening would be an insurmountable burden for parents. For these events, Strive fully funds the cost of screenings. Strive often works with schools and non-profits in these communities to help organize the screening events, meeting children and their families where they are and removing transportation barriers that may have previously prevented them from getting tested.

In 2019, 1,554 youth were screened at Strive-subsidized or sponsored events; 113 conditions were detected and 12 were potentially life threatening.

Strive also furthers its mission in other ways. Strive recently donated an automated external defibrillator, or AED, device to a local non-profit that hosts canoe and camping activities for scout troops and youth groups. This lightweight, portable device can be used to help resuscitate people who have suffered certain types of sudden cardiac arrests by jolting their heart back to a regular rhythm. ♦

For more information about heart screening events in your area or to learn more about the Strive for Life Foundation and how you can get involved, visit striveforlife.org.



Since 2013, the Strive for Life Foundation has worked to support activities that protect children and young adults from heart conditions that can impact their overall health, athletic performance or, in some cases, cause sudden death.



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JULY 2022

First Fridays in the Crossroads

Enjoy galleries and artist studios featuring exhibits from local, national, and international artists, locally owned restaurants, craft breweries, distilleries, and wineries, eclectic shops, art alleys, and a food truck plaza. Insider tip: take the free KC Streetcar and avoid the parking hassle!

JULY
8, 15, 22, 29

Crown Center Square

It's a free event featuring top local bands and favorite food trucks. Then, finish the evening with a famous flick under the stars at Crown Center.



Veronica Couture
CUSTOM VEILS

JULY 10

V Couture Veil Trunk Show

BY APPOINTMENT; GOWN GALLERY

1901 MAIN STREET, KANSAS CITY, MISSOURI

See the latest veils from this top designer; visit gowngallery.com for appointment time.

JULY 15-17

Amelia Earhart Festival

Head to Atchison, Kansas, Amelia Earhart's birthplace, for an annual celebration of the aviation icon packed with events, including live music, carnival rides, a food and crafts fair, aerobatic performances and the grand finale, a Concert in the Sky fireworks show.



the gown gallery
KANSAS CITY

JULY 16-23

Eve of Milady Trunk Show

GOWN GALLERY, 1901 MAIN STREET

The Eve of Milady Trunk Show will showcase the latest dresses from this top designer. Book your appointment today at gowngallery.com or 816-361-8111!

**JULY 21-
AUGUST 7**

Festival of Butterflies

POWELL GARDENS

Festival of Butterflies invites nature enthusiasts of all ages to celebrate the Midwest's most whimsical pollinator at Powell Gardens. Spend a day outdoors exploring tropical and native butterflies alongside stunning botanic displays. This festival is a Kansas City family favorite!

JULY 16

Eat, Drink, Play for Grown-ups at Wonderscope

6:30PM, WONDERSCOPE CHILDREN'S MUSEUM

It's an evening for grown-ups at Kansas City's favorite children's museum. Proceeds support Wonderscope's mission to spark a lifelong love of learning through the universal and uniting power of play. Features include live band, open bar, silent auction, heads or tails game, wine pull and more!



WATER
LANTERN FESTIVAL

JULY 23

Water Lantern Festival

6:00PM, FRANK A. THEIS PARK

OAK AND 47TH STREET

This family-friendly event at the park across from the Nelson-Atkins Museum of Art can be enjoyed by everyone. Friends, families, neighbors, and lots of people that you haven't met can come together to create a peaceful, memorable experience. Enjoy food trucks, music and fun.

LEGENDS
OUTLETS

Live! At Legends

Friday nights

Summer Workout Series

Every Saturday morning

Movie Night on The Lawn

Every Saturday, 7 PM

Back-to-School Bash

Saturday, July 30, 12-2 PM



- SAVE THE DATE -

SEPTEMBER 10

Ladies' Night out at the K



Weekly SPECIALS

\$5 BURGER **MONDAY**

HALF OFF THE BAR **TUESDAY**

FRIED CHICKEN **THURSDAY**

PRIME RIB **FRI-SUN**

BRUNCH **SAT-SUN**

HALF PRICE WINE **SUNDAY**



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CAPRICORN
(DEC. 22-JAN. 19)

Accuracy in planning is a big help for you now. Be as definite as possible about how things are going to happen, and see how many details you can pin down before the actual occurrence. Try not to allow personal issues get in the way of what you are trying to accomplish, and if you have to, call in an expert to help you.



TAURUS
(APR. 20-MAY 20)

When things are ready they just happen, and you've been getting ready for something major to happen for a long time, maybe without even knowing it. Your life can move very fast this month. Keep steering toward situations in which you have control, and if you can't explain yourself don't worry about it.



VIRGO
(AUG. 23-SEPT. 22)

It's difficult to finish anything when you're not even sure where the finish line is. Things that you thought were done could maybe use some more work, and if you feel like carrying on, do so. Much in your life can be up in the air now. Don't worry about this, just keep doing good work, and keep working on those projects that most interest you.



AQUARIUS
(JAN. 20-FEB. 18)

Some things can seem so important that it feels like there's no getting away from them. But when you need to, there's always a way to escape. If you find yourself this month in situations that feel too tight, do whatever you must to gain more freedom for yourself.



GEMINI
(MAY 21-JUN. 20)

Now's the time to investigate hidden things and to consider what the covert motives of others may be. What interests you now and draws your attention may be very different from what others think is important. Pull away from the crowd and go your own way. You're receiving an invitation to explore now, so take it and go see what you can find.



LIBRA
(SEPT. 23-OCT. 22)

When strange, awkward or difficult things happen don't let them stress you out. There's something of value that can come out of these sticky situations. What you need to do to assist whatever is most good and positive to emerge from them is to be as gentle and patient as possible in your approach. A light touch can help to soothe and smooth all sticky situations.

STAR JOURNEYS

BY JOHN SANDBACH

Major changes are wanting to happen now, and if you resist them, it could create a lot of stress and frustration. Rather than spending too much time trying to figure out what to do it is far better to take direct action and then see what happens, for experimentation is what's most likely to free us from old restrictive patterns and get us moving forward again.



PISCES
(FEB. 19-MAR. 20)

When you feel like you've come to the end of your road, it can mean that maybe it's time to quit using roads for a while and to do some wandering to see what you find. You can now tap in to what has been undermining you, and as you come more and more to see what the hidden problem is you're going to be in a much better position to fix it.



CANCER
(JUN. 21-JUL. 23)

The limits you thought were there in your life are different from the real ones. There's more to be had, and now's the time to be open to it. Even though you want more stability there's a strong likelihood that it would only serve to hold you back at this time, so realize the positive potential inherent in unsettled situations and know that eventually things are going to be more solid and consistent.



SCORPIO
(OCT. 23-NOV. 21)

This is a good time to brainstorm. Don't try to get things right the first time, because if you do it will only serve to reinforce your inhibitions. Think of as many ways as you can to approach situations, because if you let yourself think about things in a freer and more expanded way you're likely to come up with some really good ideas.



ARIES
(MAR. 21-APR. 19)

Any pent-up energy you've been holding on to now wants to cut loose and come out. Try to assume as little as possible now and to be prepared to follow up on some new information. Biases and taken-for-granted notions can try to hold you back now; don't let them.



LEO
(JUL. 24-AUG. 22)

There are things in your life now that you are not capable of clearly understanding, but that doesn't mean you can't enjoy them. Remember that you don't need reasons now for what you're doing, and you don't need to justify yourself to anyone. Some things are better left unexplained.



SAGITTARIUS
(NOV. 22-DEC. 21)

It can take some extra work now to find things, but if you look diligently you can discover something really valuable that is just what you've needed. The best means of exploring is to think outside the box, and there are people in your life who can help you to do this. Seek them out.



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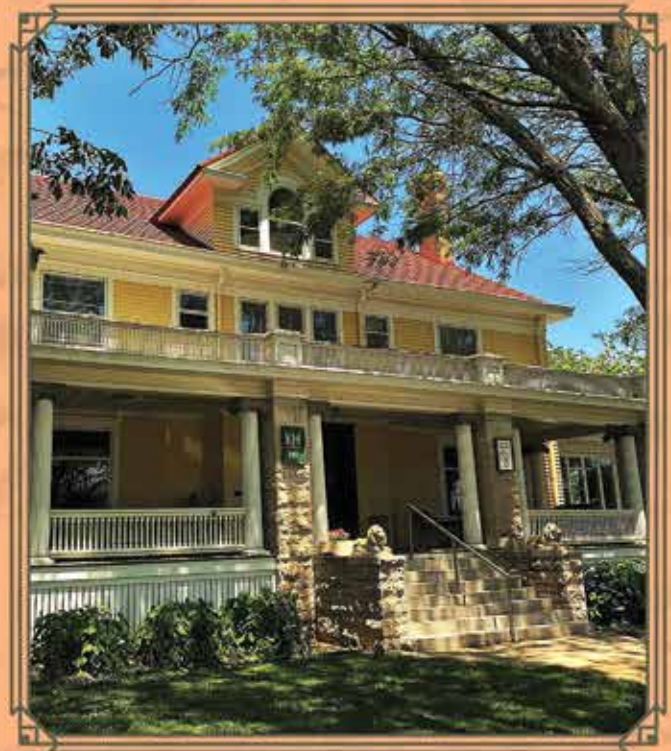
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