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From left: Heidi Wooten, Leo, Scott Poore, Megan McGee

"We believe that everyone – including pets – deserves a Safehome. We are building more than a pet shelter; we are building hope."

– Heidi Wooten, Safehome President & CEO

"The percentage of people willing to stay in an abusive relationship to protect their pets is incredibly high. Offering a solution for the survivors and their pets will encourage more people to seek the help and support they need. I truly believe this on-site pet shelter would be an amazing addition to Safehome and our community."

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Sip, Sip Hurray! Touring Taps™ Offers a Toast for Kansas City

For Matt and Michelle Madison, it's all about community, camaraderie and sharing the uniqueness of local craft beers. The couple took a great leap of business faith in January 2020; then COVID hit, and they pivoted. Their idea has grown Touring Taps into a success to raise a glass to.



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DAD TO THE RESCUE

Photography by Amber J Deery



Growing up, I know I secretly rolled my eyes or let out a loud sigh every time my dad had a saying or a reason for something that wasn't going as I had planned. I have always had the deepest respect and admiration for my father, but as I have gotten older and become a parent, those feelings have deepened. As a child, in the back of my mind, my father wore an invisible cape, somewhat like a superhero.



I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us. We are formed by little scraps of wisdom.

- Umberto Eco

To this day, I still think he wears that invisible cape. While that cape used to resemble more of his physical strength, now, it resembles that and so much more. It resembles his love, hard work, and his outlook on life. I don't think I am the only one who views him this way;

I think almost anyone who knows him does.

One of the greatest feelings is that our boys see their dad as a superhero as well. I know this because of the way they soak up every little word that he says and everything that he does with them. He wears a cape too, just one they don't see.

To all the dads, Happy Father's Day. Just remember, there is always someone who looks up to you and learns from you. You may not always feel like a superhero who, of course, wears a cape, but you are!

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MAGAZINE

PUBLISHER

Tammy McDonald

EDITOR

Marilyn Isaminger

OFFICE MANAGER

Patsy Crystal

ART DIRECTOR

Elana Bell

GRAPHIC DESIGNER

Casey Olson

SENIOR ACCOUNT EXECUTIVE

Michelle Carder

michelle@herlifemagazine.com

816-516-9888

ACCOUNT EXECUTIVE

Melisa Cull

melisa@herlifemagazine.com

717-982-3292

CONTRIBUTING AUTHORS

Adriana Bates, Hannah Brown, Melody Bussey,
Ann E. Butenas, Lisa Butler, Judy Goppert,
Marilyn Isaminger, Lauren Lane, Jenny
Matthews, Cindy McDermott, Megan Neher,
Delaine Stoecklein, Abby Wood

CONTRIBUTING PHOTOGRAPHERS

Kevin Ashley, Amber J Deery, Lauren Lane,
Samantha Levi, Lauren Frisch Pusateri,
Rob Smith

CONTACT HERLIFE® MAGAZINE

7535 W. 160th St.


Overland Park, KS 66085


913-402-6994

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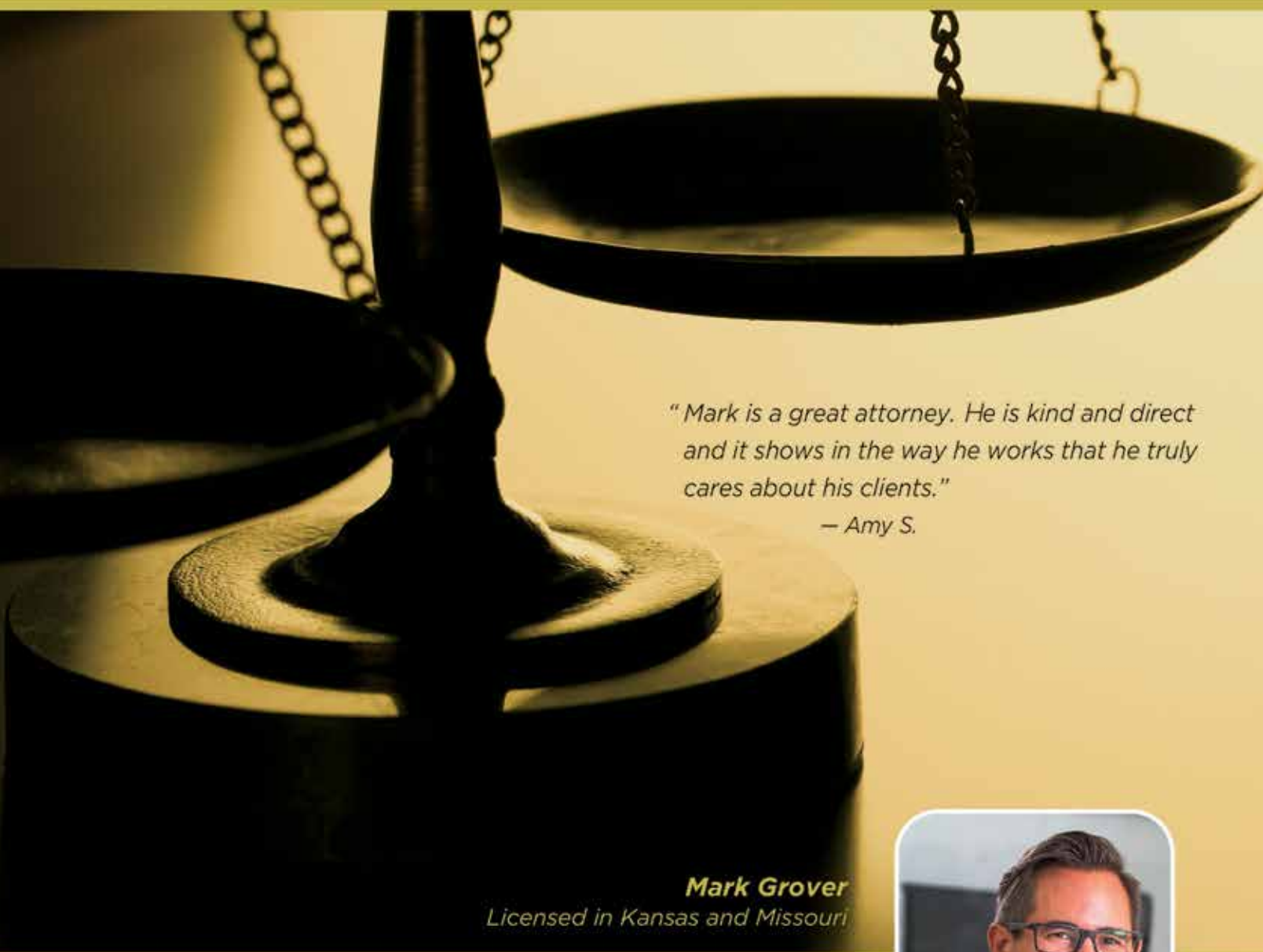
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2022 Summer Trends

COMFORT AND COLOR

BY ABBY WOOD

Three looks that will up your fashion game this summer may be a little familiar, with a 2022 twist.



DOPAMINE COLORS

Everyone needs a little pick-me-up here and there. Why not brighten your own day and somebody else's with a pop of color? Candy colors are trending everywhere, especially in the world of accessories. Take it up a notch and match your shoes to your bag in the ever-popular bright green color.



SMOCKED DRESSES

Who wouldn't love a dress so comfortable you could sleep in it? That is exactly what we are seeing for summer: lightweight smocked bodice dresses. We are seeing them in short styles, midis and maxis, so pick the length that is for you! A smocked dress, worn correctly, is fitted to your top half to showcase your torso but will stop just above your natural waist line and the texture will camouflage any trouble areas. This style can be figure-flattering and comfortable!



STRAIGHT LEG JEANS

If you are feeling confused on how to wear the straight leg jean, you are not alone. But it's time to join the club because a relaxed look is here to stay. Don't throw away all your skinny jeans; there is still a time and a place for them. But be bold and add some variety to your wardrobe with a straight leg. The best part is most straight leg jeans will have a vintage denim look but will also have stretch. You can look up to date and be comfortable. This style looks great with a sandal, heel or low-profile sneaker! ♦



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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BRA COUTURE KC

Kansas City opened their hearts on April 22 to Bra Couture KC's cause to care for uninsured cancer patients in the metro by donating \$540,000. Celebrating Diamonds, the ten-year anniversary, raised the most ever at this fun and exciting runway show with cancer survivors on the runway celebrating their survival. For more information, visit bracouturekc.com. ♦

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J.MULLIN APPAREL LAUNCH

The J.Mullin Apparel Launch Event was held on April 21 at the 1900 Building, where over 70 guests entered an elegant boutique-like environment with a wine and champagne bar and passed canapes. Surrounded by mirrors and racks of handcrafted one-of-a-kind kimonos and scarves, the ladies had plenty of room for what evolved into a spontaneous fashion show of their own making. The J.Mullin brand message of empowering women to embrace their personal style and have the confidence to dress with distinction became evident as the guests experienced first-hand the transformative experience of seeing themselves in a new way. Presenters at the event included designer Joanne Mullin, emcee Katie Van Luchene and honored guests Jennifer Lapka of Rightfully Sewn and Bobbi Jo Reed of Healing House. Proceeds from the event will be donated to Healing House. ♦

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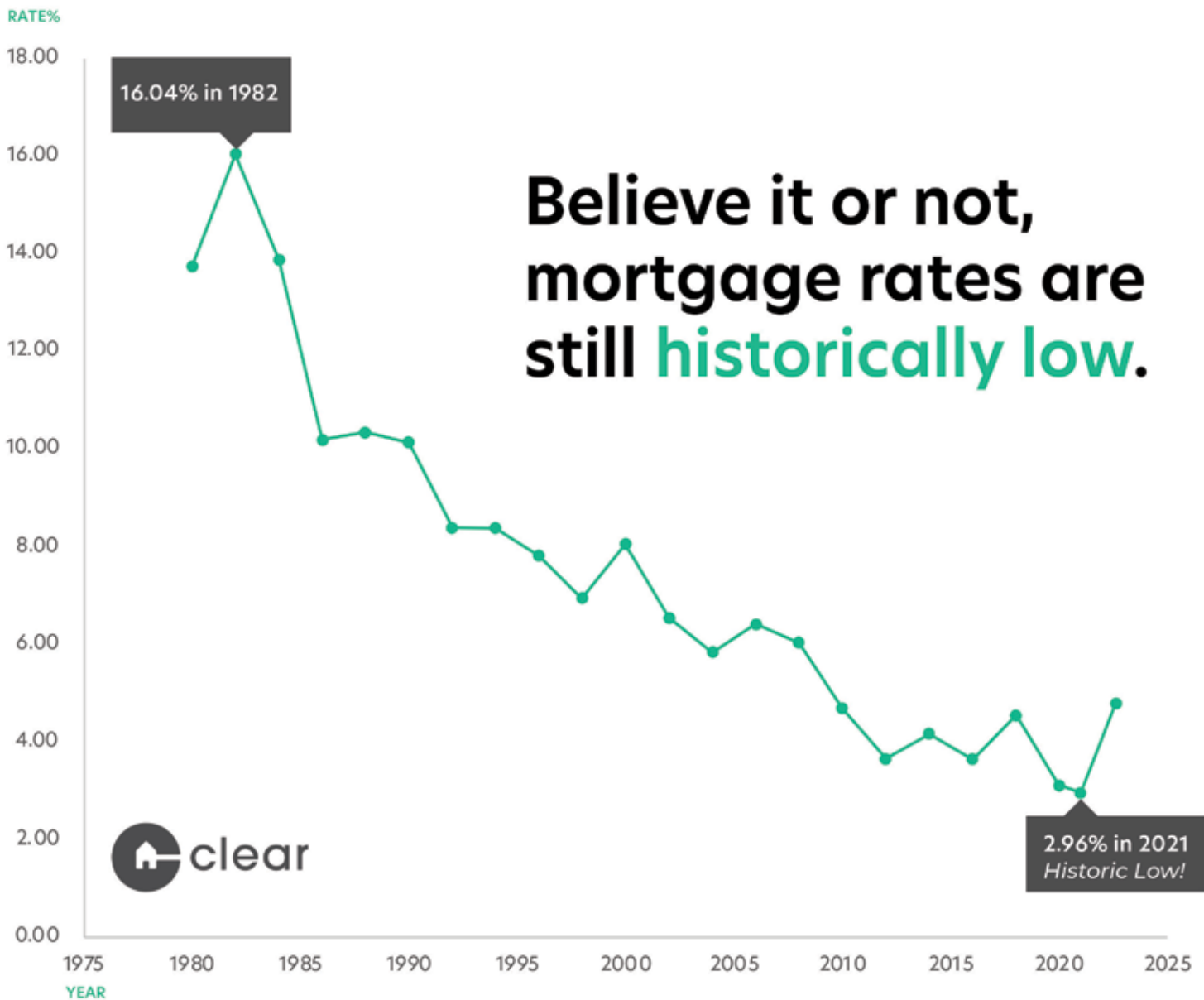
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GALA SUPPORTS STRIVE FOR LIFE

Strive for Life hosted its annual Beats for Beats gala on April 30. The event was a fundraiser to support Strive's mission to protect children and young adults from undetected heart conditions. Over 200 supporters attended the event, which included live music, food, drinks, silent auction and more. Abby Eden emceed the event and welcomed Devyn Davis to the stage. Devyn is a brave young man and excellent speaker who shared his story of discovering an undetected heart condition after struggling to regain his breath and energy following a basketball practice. Devyn's condition required surgery; he is fully recovered and is back to playing the sports he loves. New this year were a whiskey tasting room, 360-degree photo booth and special performance by Arynn Akridge of Quixotic. Fundraisers such as this have helped Strive for Life sponsor over 13,000 heart screenings to date. Visit striveforlife.org to learn more. ♦

PHOTOGRAPHY BY KEVIN ASHLEY PHOTOGRAPHY





Source: "30-Year Fixed-Rate Mortgages since 1971." Freddie Mac, <https://www.freddiemac.com/pmms/pmms30>.

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WHOLE BODY HEALTH & WELLNESS EXPO

Cleveland University-Kansas City hosted its inaugural Health and Wellness Expo featuring Emmy™-winning TV host and *New York Times* bestselling author Daphne Oz on April 30. The event began with an inspiring discussion with Daphne Oz led by Fox4 morning show anchor Abby Eden and continued with a day dedicated to healthy eating, fitness, outdoor entertainment, local vendors and much more. Look for next year's expo! ♦

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PROSTATE PARTICULARS: MAINTAIN YOUR URINARY HEALTH

BY LISA BUTLER

As men age, prostate issues can be expected. Young men generally don't think much about this small gland just below the bladder, but prostate issues become more prevalent over time. Once-simple tasks of getting groceries, stopping at the gas station or even going out to a restaurant may now feel more like a string of restroom breaks.



Prostate problems aren't the end of the world, but, similar to those reading glasses some of us now reach for, it's another reminder that things aren't what they used to be. A man's prostate is important; it needs attention just like the rest of his health.

WHAT IS THE PROSTATE, ANYWAY?

A small gland in the male reproductive system, the prostate is about the size of a walnut when it is healthy. Sitting just below the bladder in front of the rectum, the prostate also surrounds part of the urethra, the tube that carries urine from the bladder. The prostate has various functions; the most important is producing seminal fluid, which is a component of semen. It also plays a role in hormone production and helps regulate urine flow.

WHAT ARE PROSTATE SYMPTOMS TO WATCH?

When the prostate gland swells, it can compress or even block

the flow of urine through the urethra. Prostate conditions can also cause problems with bladder control. If an enlarged prostate is not treated, symptoms can worsen over time and cause complications that may include bladder control issues or frequent bathroom visits.

Additional symptoms include trouble starting the urine stream or problems starting and stopping while urinating; a weak or thin urine stream; lower back pain or stiffness in hips, pelvis and

upper thighs; painful ejaculation; urinary urgency, often with a small amount of urine.

WHAT HAPPENS IN A PROSTATE SCREENING?

A prostate exam can help your doctor diagnose an enlarged or inflamed prostate. It can also help diagnose prostate cancer, the biggest risk of cancer among American men. The exam generally consists of a digital rectal exam and a test for prostate-specific antigen, or PSA, levels. While some doctors do it as part of a routine checkup, others

may perform a prostate exam if a man is having symptoms of an enlarged prostate.

THE DANGER OF A UTI

If urine isn't flowing normally due to a problem with the prostate, bacteria can develop in the bladder and urethra, causing a urinary tract infection. Most UTIs aren't serious, but leaving one untreated can lead to more serious medical problems. A lower urinary tract infection can spread to the kidneys. While doctors can usually treat this, in rare cases, an untreated kidney infection can lead to chronic kidney disease or cause sepsis, which is a potentially fatal infection in the bloodstream, permanent damage or death.

SYMPTOMS OF A UTI

If someone suspects a UTI, paying attention to symptoms is important. Some are painful urination or burning sensation; frequent need to urinate or sudden urges to urinate; cloudy or smelly urine or blood in urine; low-grade fever; pain or tenderness in abdomen or pelvic area; and pain in sides or upper back.

Generally, antibiotics are prescribed for urinary tract infections, but medical providers will also treat the underlying conditions. Drinking lots of fluids is very important; even though urinating may feel uncomfortable, it can help flush bacteria from the body.

A GREAT PROSTATE

Lifestyle, exercise habits and diet have a tremendous impact on

a man's prostate health. Good habits can help prevent and lower risk factors for prostate disease and conditions as they do for other areas of the body.

Exercise and lose weight; it's always important, but for prostate health, it's fundamental. Eat prostate-friendly foods, such as fish high in omega-3 fatty acids, vegetables and foods high in healthy fats such as avocados, nuts and olives.

Taste tea! Green tea and hibiscus are considered top drinks for prostate health. Take supplements; a daily men's vitamin can help. Finally, take steps to reduce stress in daily life.

PICKING YOUR PROSTATE PHYSICIAN

This part is important. Some men view doctor's appointments as unmanly and embarrassing; others may shake off their aches and pains as normal aging. A trusted and thorough physician is an important health partner. A good doctor continually interacts with patients, so that he or she can identify how they are feeling, see how the patient looks and understand their lifestyle. Look for a doctor that is accessible, listens, clarifies what is going on with your body, and explains the benefits of different treatments.

So, men, don't forget to look after your prostate, and women, don't forget to look after the man and/or men in your life. The American Urological Association recommends getting a prostate screening between the ages of 55 and 70. Depending on the results, future timing of other tests can be determined. ♦

SOURCES: urologyhealth.org, webmd.com and prostate.org.nz.

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KEEP YOUR IMMUNE SYSTEM STRONG!

BY ANN E. BUTENAS

Your immunity—your body’s proud defense system—has an unwanted ability to weaken with age. The result? You are more susceptible to getting sick from bacteria, viruses, toxins and more.

Our immune systems are responsible for making cells and antibodies to destroy these harmful substances. However, with age comes a decrease in response time to these attacks, which can lead to increases in illness. In other words, as we age, our immune systems come along for the ride and, just like us, slow down with age.

Just as you might not walk or run as fast as you did in your younger years, your immune system loses some steam when it comes to battling off infections and illnesses. Its ability to remain robust can only be seen in the rearview mirror. Even flu shots and other vaccines might not work as well or protect you for as long as expected. With fewer immune cells in your body to aid in healing, your body may be slow to heal. You are at increased risk for an autoimmune disorder, and because your immune system’s ability to detect and correct cell defects lags, it also puts you at an increased risk of cancer.

You may notice as you age that you tend to get sick more often. The reason for this is the decrease in immune cells. To add insult to



injury, the cells you do have do not always communicate well with one another, which translates to longer reaction times to defend your body against harmful germs.

Why does your immune system weaken with age? Researchers continue to ponder that question. However, they have determined most older adults do not respond well to vaccines. Within your immune system are T-cells, the body’s mechanism for dealing with the illness-causing cells. Their job is to recognize an enemy invader and attack it, defending your body against its wrath. When you are older, your body produces fewer T-cells, and most vaccines require new ones to work. The exception to this is the shingles vaccine, which is one reason it is so effective for older adults.

Will you know when your immune system is declining? That is unique to each individual. Much like getting gray hair, it happens for everyone at different times. There is no test to determine if your immune system is not functioning at its best. Therefore, it is imperative to see your doctor regularly and to seek medical help if you get sick often or if you have trouble healing after an injury or an illness.

However, do not despair. You can stay healthy if you stay on top of your health and follow your doctor's recommendations, especially if you have diabetes, arthritis or other issues that may affect how you feel and function.

First and foremost, be sure to get a good night's rest. Research has shown that too little sleep or even poor-quality sleep can lower immunity. Aim for at least seven hours a night.

Reduce any stress in your life. Compounded, stress can wreak havoc on your immune system and its response time. Constant worry takes a toll on your body and it can trigger other issues, such as poor sleep and a bad diet.

Be careful about your exposure to germs. Translation? Avoid being around sick people, as exposure to them could make you sick, too. If you are around someone who is ill, try not to get too close to that person and make sure to wash your hands more often.

Stick to your vaccine schedule. They are an integral part of lowering your risk of serious illnesses, including the flu, shingles, pneumonia and other viruses. Consult with your doctor to keep on track with your recommended vaccinations.

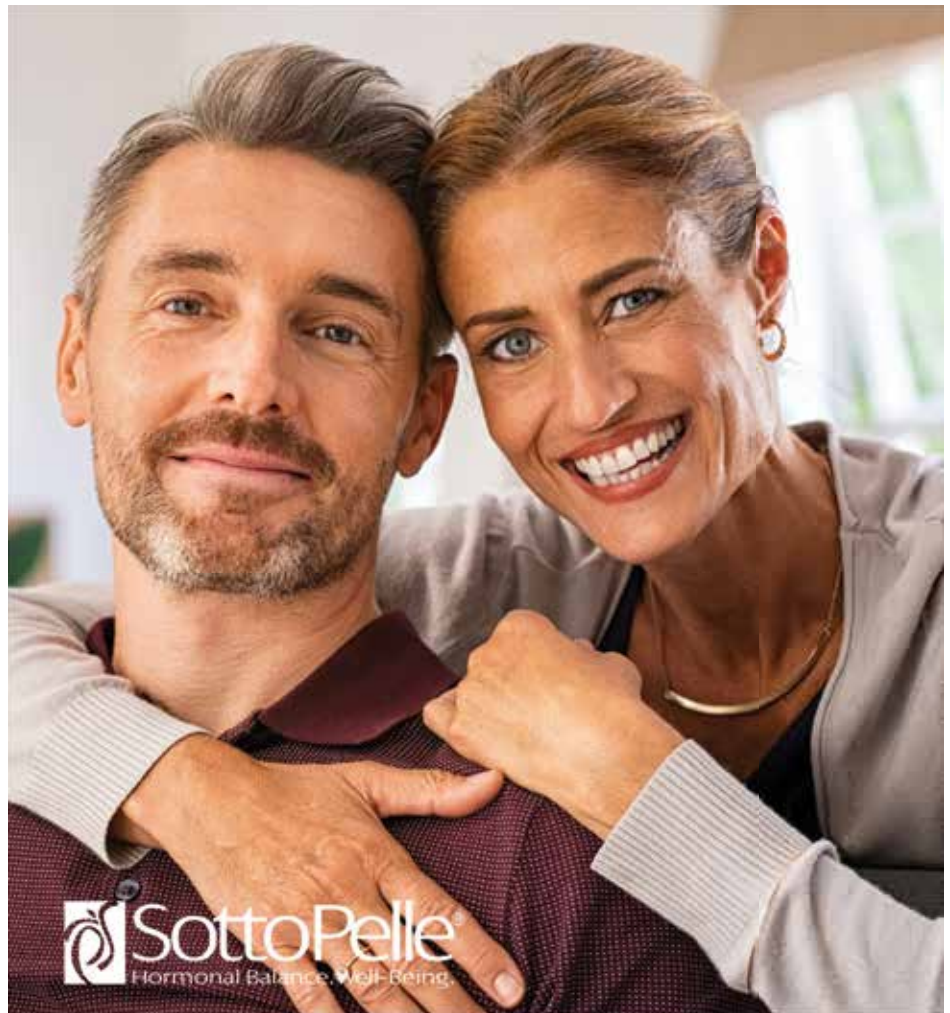
Get up off the couch! Yes, this means you have to move more often. Moderate exercise will keep you fit and will give your immune system a boost. Plus, research suggests it allows cells to move more feely, which in turn allows them to do their job more effectively.

Pay attention to what you eat. While there is no single diet that improves immunity, a diet filled with vitamin and mineral-rich foods (fresh veggies and fruit) can keep your immune system operating at its optimum. Further, when you eat right, it keeps your weight in check, which in turn puts less stress on your body and will help to improve your immunity.

Finally, limit your alcohol intake and do not smoke. Smoking weakens your body's immune response. Your doctor can help you determine how much alcohol is safe for you and can also work with you in helping you to quit smoking.

Remember, no matter your age, there are still ways to keep yourself healthy. ♦

SOURCES: medlineplus.gov, webmd.com and health.usnews.com.



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YES, THE MED SPA IS FOR MEN!

BY HANNAH BROWN, AESTHETICIAN
& DELAINE STOECKLEIN, RN



Q

How can men benefit from med spas?

A

Whether you're a working professional, a student or a father of five, you deserve self-care too. Over the past few years and many Zoom calls, men are feeling the pressure to remain looking youthful. Because of this, med spas are becoming more appealing to men. Here at Advanced Cosmetic Surgery, we love to cater to both men and women, helping each individual enhance their confidence through a variety of ways.

Men like to keep things simple, as do we! Popular issues that men struggle with are skin texture, pore size and overall aging of the skin. We offer many different treatments to help with all your skin concerns. Whether it's a brightening laser treatment before your bachelor party or a hydrating facial before your next work event, we customize each plan specific to your goals.

Q

What's all the hype about laser treatments?

A

A common misconception is that laser treatments are just for hair removal. The laser treatments we offer at Advanced Cosmetic Surgery are designed to treat a variety of different concerns. We use lasers to treat sun damage, skin discoloration, skin texture and the obvious, hair removal. The IPL, or intense pulse light, and Resurfx treatments we offer are quick with minimal down time. These lasting results will have any man feeling and looking refreshed and confident! Call today to set up a consultation with our experienced aesthetician or nurse injector. ♦



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OFFERING
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Amazing Lash Studio

FLUTTER YOUR BEAUTIFUL LASHES!

BY JUDY GOPPERT
PHOTOGRAPHY BY AMBER J DEERY

The Amazing Lash Studios owned by Lori and Tom Dusterhoft are places of respite, rediscovery, eye opening joy. It is truly amazing what a visit can do for a woman's confidence and demeanor.

“Lori and I were owners of three Massage Heights franchises, and there was a regional developer, JD Bush, I was talking to about investing in Amazing Lash Studios franchises,” Tom explained. “In 2014, we jumped in with both feet! Our first location was in Overland Park, and then on February 11, 2019, we purchased the Country Club Plaza location.”

Tom grew up in Des Moines, Iowa, and worked in the pharmaceutical industry for 20 years, moving from San Francisco to Dallas, Detroit and then Kansas City. After many years of providing excellent service to his customers, in 2008 he decided to go into business for himself and built the Massage Heights in Leawood. He then purchased two other locations from franchisees in Liberty and Tiffany Springs and sold all three franchises as of February 2022.

TIME SAVER

Lori is a nurse at KU Medical Center, and the two own the franchises together. “She says it saves her 10 to 15 minutes each morning and she loves having her lashes done every two weeks or so,” Tom smiled. “Four percent of women get lashes nationwide, then at our national convention two months ago, we learned it has climbed to nine percent. We are just scratching the surface of people who want to get their lashes done.”

Trending now are Mega Volume Lashes™, which allow technicians to affix 8D and 10D extensions; this means you can put eight and ten fiber lashes onto one lash, giving a fuller, lush look that's very lightweight. You can wear them with contacts, and a pair lasts generally three weeks.

YOUR STYLE

All lash extensions are specifically made with synthetic fibers, which are then individually attached to each natural lash. They look completely natural, like the lashes you had as a baby! You and your technician will decide on a style that suits your eye and face shape, your desired look and lifestyle. For example, the Gorgeous Lashes style features longer eyelash extensions in the center of the eye that subtly decrease in length at both corners to open up the eyes. Eye shapes best suited for this style are almond, deep-



“The special thing about Amazing Lash is that it can be life-changing for people! Many come out to our front counter and start crying because they look so beautiful!”

set, mono-lid, down-turned, wide-set or hooded eyes.

Another option is a lash lift with tinting, which is done on your own natural lashes. It is like a perm and color tint for your eyelashes, and is followed by a deep-conditioning Keratin treatment, which nourishes and strengthens your own lashes.

WHAT TO EXPECT

“The first time you get your lashes done it takes about an hour and half, and refills take somewhere between 45 minutes to an hour. We provide an instruction sheet to keep your lashes looking beautiful for the full three weeks,” he continued. “Amazing Lash is working a new process that will actually reduce the time it takes to do full sets and refills. It will revolutionize our industry.”

Amazing Lash Studios provide a Maintain the Look Kit, which includes eye wash and clear gel coating that helps protect the lashes from oil and dirt that can sometimes break down the adhesive. They also recommend staying away from heat, water and sweat for about 24 hours after the procedure.

This enterprising couple has another franchise in the works, a fitness concept

called Spenga that will be unique to the fitness industry in Kansas City. It is based on a 60-minute workout that includes 20 minutes of cycling, 20 minutes of strength training, and 20 minutes of yoga. “We have been into fitness our entire lives, and this next venture, which originated in Chicago, will open Kansas City to a new level of fitness,” Tom noted.

SERVICE

He loves coming into his studios to work with the managers and talk with the outstanding employees who are dedicated to providing great services. “The special thing about Amazing Lash is that it can be life-changing for people! Many come out to our front counter and start crying because they look so beautiful!” he recounted. “We tell them not to cry or they’ll mess up their lashes!”

Amazing Lash Studio’s membership program makes it very affordable to get eyelash extensions. An additional perk of the program offers women a discounted price at over 300 locations nationwide, so if you go on vacation or a business trip, you can visit any of the locations to receive your lash treatment.

If you’re ready for lush lashes, make



the call. Many times, appointments can be made the same day you call, or certainly for the next day. It’s time to treat yourself to beautiful eyes! ♦

Amazing Lash Studios are located at 13312 Metcalf Ave., Overland Park, Kansas, and on the Country Club Plaza at 4740 Pennsylvania Ave., Kansas City, Missouri. Visit amazinglashstudio.com for more information.

SIP, SIP HURRAY!

TOURING TAPS™ OFFERS A TOAST FOR *Kansas City*

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BY CINDY MCDERMOTT | PHOTOGRAPHY BY AMBER J DEERY

We raise a glass to celebrate, recognize and even mourn. We share our best wishes, favorite stories and sweet goodbyes, many times accompanied by a glass of liquid refreshment, especially beer. A husband and wife in the Kansas City metro are highly noted for their business of raising a glass. Touring Taps™ is Kansas City's only food truck for beer and operated by Matt and Michelle Madison. They claim they're transforming the way Kansas City drinks with their unique and innovative draft system for small get-togethers or large gatherings.

“We are Kansas City’s only food truck for beer. It’s our love of the local craft beer scene and being able to provide an avenue for the smaller, niche craft beer breweries. We take them to places that they can’t get to. We’ve been adopted into the local craft beer scene,” said Matt.

“It moves full circle, too. So now that things are opening up, people who had been at the side of our vehicle can go to craft breweries’ taprooms to try more of their beer,” Michelle revealed. “We engage with people and get to know them. It’s customer service, and we take great pride in being kind to others. We wake up every day with a new adventure.”

“Frankly, the beer sells itself,” stated Matt. “We are fully invested in people and that’s our job. Beer is such a communal thing, camaraderie. It’s cheering a pint with a buddy and making new friends.”

STARTING THE POUR FOR TOURING TAPS

The Overland Park, Kansas, couple rolled out the barrel for Touring Taps in 2017 in Kansas City. Michelle was a stay-at-home mom to their children, Gillian, 14; Gabe, 13; Caroline and Charlotte, 10; Nora, 8; and Nicholas, 3.5 years. After a solid career in corporate IT, Matt began work as a consultant. But then a chance encounter with a well-used 1986 retired Coors Brewing Company delivery van nicknamed Ole Red got things pouring.

“My cousin called and said he thought he had found the perfect thing for us. He sent a photo and it’s a vintage Coors van. He claims he can get it for \$1,000,” Matt recalled. “I told him to see if it starts, and an hour later he comes to our home in this van.”

“For us, it was like kids seeing the ice cream truck,” laughed Michelle.

Ole Red got a much-needed tune-up and was equipped with eight beer taps and industrial refrigeration equipment. The team hit the road pouring brews at parties and events all over the Kansas City area. The business started with the simple idea of offering fun solutions to bring draft beer to any occasion.

But Touring Taps is more than just beer vans; it is about community and the people being served, according to Michelle. Touring Taps pours at parties and events around the





greater Kansas City area without a fee in a 50-mile radius. If craft beer isn't your thing, custom cocktails, wines and bartending services are available. Matt also shares that if your guests absolutely must have a big brewery beer, it "canned" be arranged. But don't be surprised that by the end of the event the enthusiasm of the Touring Taps team might have them enjoying a local craft beer.

Over the years, the demand for mobile draft beer services at Touring Taps increased. They added another van to the fleet, The Ambassador, with 12 different taps while including more event services to enhance the customers' experiences. Large-scale events were well within reach but the smaller get-togethers remained the bread and butter of their business.

Touring Taps steadily grew, with the bulk of the work on the weekends and nights, which didn't fit well with their business partners' already busy work and family schedules. So Matt and Michelle decided to take on Touring Taps as a full-time gig and bought out the partners. "This was an incredible leap of faith that this would become our full-time job, and we bought them out at the end of January 2020," recalled Michelle. "Then COVID hit, and we lost a number of weddings. We still had kids at home that we needed to feed. What just happened?"

"COVID was a turning point for us. From the first of the year through June or July, people were holed up in their houses. We had two vans and a trailer and didn't know what to do with them. Then a friend mentioned that we should team up with food trucks going into

HOAs," shared Matt. "Then we started partnering with food trucks and became, in a way, an add-on to that community. People wanted to get outside and came out to these big HOA events; we'd have 200 to 300 people a night. We parlayed that into these incredible connections that became private parties, corporate events and more. We were at the right place at the right time."

CHANGING THE WAY KC DRINKS

"With COVID, people forgot how lovely it is to be outside with their community. That summer brought families and neighbors together, and Touring Taps brought those parties together," stated Michelle. "You can try something new and local to hit their palates like craft beers, ciders and sours. It's from one end of the spectrum to the other. With all of the taps we have, we can hit most palates."

"So many times people say they only drink Bud Light. We can offer that but we encourage them to try something new and different, and they do and like it," laughed

"Be with people who totally believe in you, and learn from your losses. Every single time we had a setback we learned how to get better. We had 230 events last year and we're on the books for more than 300 this year," commented Michelle.

Matt. "When we started, there were about 20 craft breweries in KC in 2017 and now we're up to almost 50. As the market grows, we continue to add. Now, we have two vans and three trailers, one of them a brand new addition to the fleet as of the end of April. We have all of these options. As of now, we have 60 taps to offer, and this is just the beginning of us bringing Kansas City's craft beer to everyone in our community. It's all about sweat equity, the only way to grow and expand our vision and passion. It's a way of life."

Matt and Michelle are the only two full-time employees but close to two dozen work in season on a part-time basis. As Touring Taps has grown and accelerated its business plan, it takes a special partnership between husband and wife to keep the beer flowing. "We prefer to do certain tasks. He can do permitting, licensing and paperwork. It overloads my mind because I wasn't watching things grow behind the scenes," noted Michelle. "For me, I love doing the prep; maybe that's the mom or teacher in me. I love making sure we have enough inventory such as cups and all the supplies are on the trucks."

"My passion is to be out in front of the trucks talking to people," shared Matt. "I love taking the phone calls and talking with people to show them what we can do. Let me talk with them face to face and let me show you how we can set this thing up. That's a natural thing for me to do."

WHAT'S ON TAP?

The future of Touring Taps is brewing up a positive outlook, even as this fairly new enterprise works through its growing pains and

gathers important experience and knowledge. “Right now, there’s a lot of survival for us, but we’re building for our family. The kids are interested, but it’s not required. Things will get better, and we’ll see what they can bring to the business. Personally, we want to take care of our family and get back to traveling,” said Michelle.

“Franchising is certainly on the table, but we want to master the market we’re in right now,” offered Matt, “and figure out what that looks like as it comes.”

As they enter their sixth year of business, Michelle and Matt have gathered critical business experience, but they say the important part of their success comes down to having optimistic people around them, offering support and sharing positive words. “Be with people who totally believe in you, and learn from your losses. Every single time we had a setback we learned how to get better. We had 230 events last year and we’re on the books for more than 300 this year,” commented Michelle. “Our amazing friends are helping out by taking our children to baseball, softball or other activities. You’ve got to have those cheerleaders. You will have people who doubt and criticize, but you must believe that you’re doing good things and it will come back tenfold.”

“The times will come when the business is hard and the money will be hard to get. That’s when you dig in and believe in what you’re doing,” advised Matt. “You have to take the wins where you get them.”

Listening to Matt and Michelle, one can’t help but be engaged with their story, local craft beer and their work to share community with those who want to lift a glass. “Let us come to you and help you try local craft beer; we have a great team that believes in us. We want to give back to the community. Financially, sponsorships aren’t on the table for us right now, but I can’t wait until the day that we can,” remarked Michelle.

“We’re eternally humbled for the people who work for us and support us. Without them, this conversation doesn’t happen,” said Matt. “We build our communities around us; that’s the most important thing, the communal part of Touring Taps. When we celebrate or mourn, we raise a glass. We want to build on that and make Kansas City a place that people want to stay and visit.” ♦



“Frankly, the beer sells itself,” stated Matt. “We are fully invested in people and that’s our job. Beer is such a communal thing, camaraderie. It’s cheering a pint with a buddy and making new friends.”

20-MINUTE CREAMY HERB PARMESAN CHICKEN

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



INGREDIENTS

4 chicken breasts—thin sliced or pounded 1/2-inch thin
 2 teaspoons dried Italian herb seasoning
 Salt and pepper, to season
 1 tablespoon butter
 1 tablespoon olive oil
 5 cloves garlic, minced
 1/4 cup white wine, cognac, brandy or Marsala wine to deglaze the pan. (may use water but not as flavorful)
 1/2 cup of fresh herbs such as thyme, parsley, or rosemary (I use a combination of all three)
 1/2 lb. mushrooms, sliced, any kind
 1 cup heavy cream or half and half
 Salt and freshly ground black pepper, to taste
 1 teaspoon cornstarch mixed with 1 tablespoon water, until smooth
 1/4 cup Parmesan Reggiano cheese, grated

DIRECTIONS

Coat chicken breasts with Italian seasoning and season generously with salt and pepper. Heat oil and butter in a large pan or skillet over medium-high heat and cook chicken breasts just until cooked through. Transfer to a plate; set aside. Using the same pan or skillet, heat another 2 teaspoons of olive oil if it's dry and sauté garlic for 30 seconds. Add mushrooms and cook for a couple of minutes. Add wine or water to deglaze the pan. Scrape up all the brown bits; that's flavor. Stir in cream or milk and fresh herbs. Season with salt and pepper to taste. Bring to a simmer. If using milk, add the cornstarch mixture to the center of the pan, quickly stirring, until sauce has thickened slightly. Reduce heat and simmer gently for a further minute to allow the sauce to thicken more. Return chicken to the skillet. Sprinkle with cheese and extra herbs if desired. Serve immediately. ♦

TIP...

Substitute milk for a lighter version. But you will need to thicken the sauce with 1 teaspoon cornstarch mixed with 1 tablespoon water until smooth. Add to sauce and bring to simmer.



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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CRAZY GOOD BARBEQUE BAR & EATS

THE SAME TENDER BARBECUE
WITH A NEW LOOK!



KC Original

WRITTEN BY MEGAN NEHER
PHOTOGRAPHY BY AMBER DEERY

When Crazy Good Eats opened in 2015, the local owners had one goal in mind, to serve delicious, quality, smoked barbecue meats and sides to the South Olathe neighborhood and beyond. And that's what they've done for the past seven years.

Now that they've achieved their first goal, Crazy Good Barbeque Bar & Eats has refreshed its name and logo, expanded the interior of the restaurant to feature a gorgeous and swanky bourbon bar, built a patio deck for outdoor dining and broadened the menu to feature a weekly smoked meat special highlighting a unique menu option.

"We're very excited about these upgrades and changes that we've been able to introduce and deliver to our customers," said longtime KC resident Maggie Lemay. "We knew we had to be very food focused out of the gate to ensure that customers understood we could deliver quality food that tasted great. Now we're able to expand a bit and have more fun, bring in live music, open the outdoor deck and expand the menu with our Saturday Night Smoked Specials. These specials offer a unique, creative approach to our menu and the customer experience." Some examples of our specials include Rack of Lamb, Pork Shank Osso Bucco Style, Meat Loaf, Beef Short Ribs, Shrimp N Grits, Salmon and much more.

Before opening the restaurant, they had become known throughout the region for their award-winning competition barbecue and hand-crafted sausages. The husband and wife team were excited to open the home-grown restaurant delivering this same competition quality and taste in every bite to Olathe diners as well as the restaurant's very popular catering business. Folks planning weddings, corporate events and family gatherings love working with Crazy Good Barbeque because they know they will work with the owners personally, and best of all, they trust the quality and taste of the customized menu and reliability for their events.

How is Crazy Good Barbeque different from other KC barbecue restaurants? The restaurant has a smoker on site, and Maggie's team takes great pride in their methods of cooking; it's the mastery of the art of slow-cooked meat that creates their amazing flavors. The result is tender, juicy, flavorful smoked chicken, ribs, burnt ends, pork shoulder, brisket and other meats so tender that they serve it without sauce! "Done



Championship Platter

You can't go wrong with the Championship Platter, and if you're new this is where to start. Two ribs, brisket, a quarter chicken, pulled pork and sausage.



JUNE BOURBON TASTING

Thursday, June 16
6:30 p.m.

Four-course dinner with accompanying
bourbon cocktail, \$45/ticket
crazygoodeats.com, 913-839-1774



right, cooking low and slow in the smoker allows the richness of moist, tender flavors to shine through on meats, and no sauce is required,” Maggie said. It’s up to the customer’s specific taste if they want sauce, which sauce and how much.

I’ve been a regular at Crazy Good Barbeque since the beginning, and it’s only gotten better with age. I always recommend a few mainstays to newcomers, and I’m ecstatic that the Lemays are showcasing their talents in the kitchen with these new weekly specials along with the monthly bourbon tasting dinners.

It was a yummy day when I spent time with my *HERLIFE* Cravings tasting friends and shared some of my longtime favorites I’ve enjoyed since the restaurant opened at the northeast corner of 151st and Mur-Len in Olathe.

You can’t go wrong with the **Championship Platter**, and if you’re new this is where to start. Two ribs, brisket, a quarter chicken, pulled pork and sausage. All of the meat at Crazy Good Barbeque is hand sliced, not on a machine, giving the barbecue a home-prepared feel with the expertise that each slice of meat is cut to make the meat more tender and to promote a better eating experience.

We ladies love our salads, and Crazy Good Barbeque does a great job with its signature salads. I’ve loved their signature **Aunt Bea’s Salad** with the mandarin oranges, feta cheese, red onions and walnuts, but the **Smoked Cobb Salad** might be my new choice because it features smoked chicken along with all the traditional Cobb salad toppings.

But these barbecue sandwiches are going to blow you away. If you haven’t been to Crazy Good Barbeque yet, make the time to try both of



Burnt End
Burner

these heavenly sandwiches. First, the **Burnt End Burner** comes with burnt ends topped with provolone and onion strings, served on a bun with house-made creamy horseradish sauce. I love this flavor combo explosion and the crunch! Next, the **KC Original**, hickory smoked brisket and pulled pork topped with thick crispy bacon and onion strings. This one is slightly tamer than the burner, but equally delightful.

If it weren’t for sides, I wouldn’t love barbecue as much as I do. And Crazy Good Barbeque does them better than anyone, starting with their very distinctive **Loaded Potato Casserole**. Almost indescribable it’s so good, this warm potato casserole isn’t the one your aunt makes every Thanksgiving. It’s creamy, has bacon, potatoes, onions, spices and other deliciousness. My family loves the **Mad Meatballs** featuring glazed all-beef meatballs wrapped in bacon, and I’m told it’s served at nearly all of CGB’s catering events because they’re just *that* good. The **Jalapeno Poppers** are jalapeno halves stuffed with three cheeses and house jalapeno cheddar sausage, just the right amount of kick and oh, so flavorsome. Wowza!

I’m so glad the owners of Crazy Good Barbeque have checked a few goals off their list during the past seven years. Delight customers. Check. Serve quality delicious food. Check. I’ve happily been along for the ride. Now, I’m thrilled that they’re expanding their menu offerings. I know it will be crazy good! ♦

Crazy Good Barbeque, 16695 W. 151st Street in Olathe, is open from 11:00 a.m. to 8:00 p.m., Tuesday through Saturday and 11:00 a.m. to 6:00 p.m. Sundays. Dine-in guests order and are served their food at the counter, then can find a table to enjoy the newly renovated restaurant, deck and beautiful bar. A convenient drive-through pick up window is open for online or call-ahead orders.



Aunt
Bea's Salad

Smoked
Cobb Salad



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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Amber J Deery
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Liz Miller of Hello Lovely
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CLEAR MORTGAGE: A RESOURCE FOR BUYERS AND HOMEOWNERS

BY ADRIANA BATES



Q

Rates are rising. Is it still a good time to buy a new home?

A

Without a doubt, rising interest rates have been a hot topic of conversation over the last three months. In 2021, buyers enjoyed interest rates in the 2- to 3-percent range, whereas today well-qualified buyers are seeing rates in the 5-percent range. But believe it or not, mortgage interest rates are still at historic lows at a time when home values are appreciating at an all-time high. Regardless of where rates are sitting, it's important to do your research and understand what you can comfortably afford to spend.

A great way to know your purchasing power is with a pre-approval from our team at Clear Mortgage. With a pre-approval in hand, not only will you know what you can afford to spend, but you'll also gain access to a custom portal that can help you understand what your prospective monthly mortgage payment would be on specific properties, including associated closing costs. If you're in the market to buy, my team and I would love to help!

Q

Is now still a good time to refinance?

A

If you're looking at refinancing as an option to consolidate high-interest-rate debt or kick off a home renovation, now is the perfect time to make that decision. From a debt consolidation perspective, consider how much a person could save by reducing \$20,000 in debt at 18.5 percent interest down to 6 percent or lower. In this specific scenario, paying \$400 a month toward \$20,000 in credit card debt at 18.5 percent interest would take over 8 years, and you'd pay \$18,000 in interest alone! Using available equity in their home, this person could consolidate \$20,000 in high-interest credit card debt and drastically reduce their interest costs to maximize available cash from one month to the next. At Clear Mortgage, our team of local lenders is purpose driven to serve as a resource for people looking to refinance, whatever the reason. Visit us at ClearKC.com to learn more! ♦



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HYPERMILING: DOESN'T IT MAKE GOOD SENSE?

BY MARILYN ISAMINGER

When my dad taught me to drive, his instructions were always calm and logical. "Pretend you have an egg under the accelerator." "Don't speed up to a red light and slam on the brakes." "Learn how to time the traffic lights."

He's no longer with us, but I know he would laugh to recognize that the principles he taught me have a new name: hypermiling. With inflation and today's gas prices, squeezing every mile out of every gallon of fuel takes on new meaning.

With an electric vehicle or hybrid, some of these techniques may not be so crucial. And some new vehicles with eco-boost technology improve mpg. But many hypermiling tips save money at the pump, help you maintain your car and become a safer driver.

TIRES

Check tire pressure at least monthly. Your dashboard likely monitors it for you through a tire pressure monitoring system, but using a tire gauge to check it can confirm this measurement. The manufacturer's recommended pressure is usually noted on the glove compartment door or driver's side door pillar. Underinflated tires can lower fuel economy by as much as 3 percent! Tire pressure is also affected by ambient temperature, so keep an eye on it as seasons change.



DRAG

One hundred pounds of junk in the cargo space can reduce gas mileage up to 2 percent, according to the U.S. Department of Energy. And isn't a minimally-loaded vehicle attractive? Remove roof racks or bike racks, if not used, which reduces aerodynamic drag and improves gas mileage.

STAY CONSISTENT

Smooth driving is key to maximizing fuel economy. If you're driving a familiar route, you'll see how timing the lights to anticipate changes can improve mileage plus save the car's brakes. If you see a traffic wave up ahead,

take your foot off the accelerator to slow the vehicle naturally and brake gently. With practice, you might not ever come to a complete stop at traffic lights and still not smash the egg under the gas pedal when the light turns green. Just remember that a full stop is needed at stop signs.

SPEED

Or don't. The U.S. Environmental Protection Agency states every

5 miles over the 60 mph level is the same as paying an additional 20 cents per gallon for gas, or more as prices increase. Following the speed limit on any road, and driving slower when weather conditions are dangerous, is good practice. Don't get into the pitfall of rushing to your destination. Leave a little earlier so you can practice good driving habits. The drive may even be more relaxing if you're not worried about a flashing blue light pulling up behind you.

FUEL

Track your miles per gallon through your car's computer (or do it the tedious way with receipts and a calculator). On a recent trip in a 2021 Hyundai Sonata, I achieved 30M mpg for a 19-mile trip combining city and highway driving. Some experts who track tank-to-tank economy assert that today's onboard computers are optimistic and give better-than-actual mileage, so perhaps a notebook and saving gas receipts will give you a way to check that calculation.

IDLING

Try not to. If you're sitting at a drive-through or waiting, turn off the engine. Fuel economy can be improved by up to 19 percent if engine idling is reduced.

CRUISING

Using cruise control smooths out the driver's accelerator input by preventing surging. It also encourages the driver to look ahead, anticipating merging lanes and overall traffic conditions. It can create average savings of up to 7 percent; challenge yourself to improve on

that. However, turn it off if you're driving in a mountainous area; it will try to keep up to the speed you set and use more gas.

MOMENTUM

Using the car's weight and forward motion contributes to smooth driving, as noted above. Time your approach to arrive at a stop sign as the car ahead is departing. On a familiar route, you can maximize transition points of deceleration and acceleration. Coast whenever you can!

If you regularly travel the same roads, make a conscious effort to note (memorize) the points along the way where transitions occur that maximize efficiency.

AERODYNAMICS

It's similar to what race car drivers do. A consistent flow of traffic, such as on an interstate highway, creates a localized wind current in the direction of travel; you'll benefit from this artificial breeze. If possible, time your trips to take advantage of tailwinds or to avoid headwinds. Crosswinds are also a problem. In this weather condition, choose, if possible, a route that has barriers such as trees or buildings to reduce this annoyance.

My final tip? Let the most efficient, safest driver drive. Learn from her wisdom. If you're following the speed limit and hearing honks from impatient drivers, just wave, smile, and know you're saving that green! ♦

SOURCES: *hypermiling.net, ecomodder.com, edmunds.com and torquenews.com.*

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JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS
PHOTO BY LAUREN FRISCH PUSATERI

Some don't believe that men and women can be "just friends." For me? It's always been possible. I've had close male friends that strictly remained just that for as long as I can remember. Friends. My husband has known this about me since day one. I've never asked if he had an issue with it. If he does or if he did? He's never said anything to me about it. I've always just appreciated the easiness of my male friendships.

My current favorite is the one I've developed with my co-host, Mike Kellar. We have so much fun every morning on Q104. I feel like I've found my radio soulmate! We laugh at the same silly things. It's easy doing a show together because we just get each other! But, I'm also a believer that people are placed into each other's lives for a reason. Right away, I learned that he and his wife were trying to conceive with no success. My husband and I went through our own three-year infertility struggle. So, it immediately bonded us. It was also eye-opening to see things through a male perspective. I'm happy to report that Mike and his wife, Katie, are expecting a baby girl in September. Auntie Jenny

is ready to spoil!

Girlfriends are important. I treasure my female friendships and feel so blessed to have those relationships. As much as guys try, there are just certain things that are hard to understand unless you're a woman going through all the things! For me, it's always been important to have both. I hope Mike and I are able to do this silly radio show together for many years to come. But, one thing I know for sure is the friendship we've built will live on long after it's over.

I lost my brother a few years ago. I miss him so much every single day. My heart tells me Mike and my other close male friends were given to me to help fill that void. For that, I'm so grateful. ♦

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



Jenny Matthews

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JUNE 2022



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BLUE HILLS COUNTRY CLUB

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Relay for Life – Night in the Metro

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JUNE 30

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– Winston Churchill



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CAPRICORN
(DEC. 22-JAN. 19)

Adapt and overcome is the catchphrase for you this month. With two planets going retrograde in your money sector, you will be well advised to double check all decisions in this area. Spiritual developments may begin during this time, urging you to reestablish some balance in your life



TAURUS
(APR. 20-MAY 20)

The planets are all giving you a cosmic thumbs up as far as your goals and dreams are concerned. Go full steam ahead, especially in the areas of home and love. Make sure to stick to a good and healthy diet, and don't let others try to lower your self-esteem because of it. You know what is good for you and, more importantly, for your long-term happiness.



VIRGO
(AUG. 23-SEPT. 22)

Fine tune your goals and objectives, and then launch into action next month. This is the time to become very clear in your mind about what it is that you want, and what it will take to make your ambitions a reality. Where love is concerned, take things slowly and don't rush anything.



AQUARIUS
(JAN. 20-FEB. 18)

You are feeling some tensions arising from the push and pull of your family life versus your personal life. Make sure to strike a balance and to not give in to pressures to do otherwise. This is a month where you will have to exercise more than your fair share of patience if the peace is to be kept.



GEMINI
(MAY 21-JUN. 20)

Although you may crave some clarity, you will have to be patient. This is because your ruling planet, Mercury, will go retrograde at the end of the month, leaving you slightly dubious about your direction. The Sun, Venus and Mars are going to be in your sign early in the month. They will bring energy, charm and courage to your endeavors.



LIBRA
(SEPT. 23-OCT. 22)

As the planets shift from west to east this month you will notice a psychological shift that will cause you to crave your personal freedom and give you the added confidence to pursue career goals. Domestic disputes may erupt over finances, so prepare ahead of time how you will deal with this or prevent it from happening.

STAR JOURNEYS

BY MELODY BUSSEY

With most of the planets falling into the East, most signs are going to have to exercise more patience than usual, but it's summertime, and sitting back, chilling poolside isn't a bad thing, right? Take this time and spend it with significant people in your life. The last half of the month will see more clarity returning to serve you up a wonderful solstice and a start to the summer heat.



PISCES
(FEB. 19-MAR. 20)

Be good to yourself, as there may be some slight health or stress issues arising that will be with you until around the 21st of the month. Focus on home and family, taking care of necessary repairs.



CANCER
(JUN. 21-JUL. 23)

Most of the planets are celebrating your birthday month by residing in your sector, which means that your feelings of independence and personal magnetism will be exceptional. Be careful of letting those feelings of invincibility go to your head, as after the 16th you may come on too strong for those around you. This is shaping up to be one of the happiest months you've had yet.



SCORPIO
(OCT. 23-NOV. 21)

This month is all about conserving your energy and letting things unfold. If you try to push too hard, it will blow up in your face. Avoid power struggles and review personal goals, while Pluto (your Ruling planet) is in retrograde. Focus on your close relationships appreciating what you have as opposed to what you do not currently have.



ARIES
(MAR. 21-APR. 19)

Although it may irritate you, follow the path of being a low-key individual for the first part of the month. This is because it will take some internal development before your goals will be ready to manifest themselves. You will be less able to go things alone, making it necessary to ask for help.



LEO
(JUL. 24-AUG. 22)

This is the month for you to slow down and reassess your lifestyle. Are you creating conditions that create happiness for yourself? Those of you who are on a spiritual path will have an awakening this month, but don't be so swept away by it that it impedes your judgment. Limit major social commitments until next month.



SAGITTARIUS
(NOV. 22-DEC. 21)

You may feel more adventurous and ambitious than usual due to many of the planets residing in the upper quadrant of your chart. This is a great time to use that energy to focus on career, wrap up major projects, and be careful of coming on too strong where your love life is concerned.

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MAGAZINE

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