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JUNE 2023

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ISSUE**

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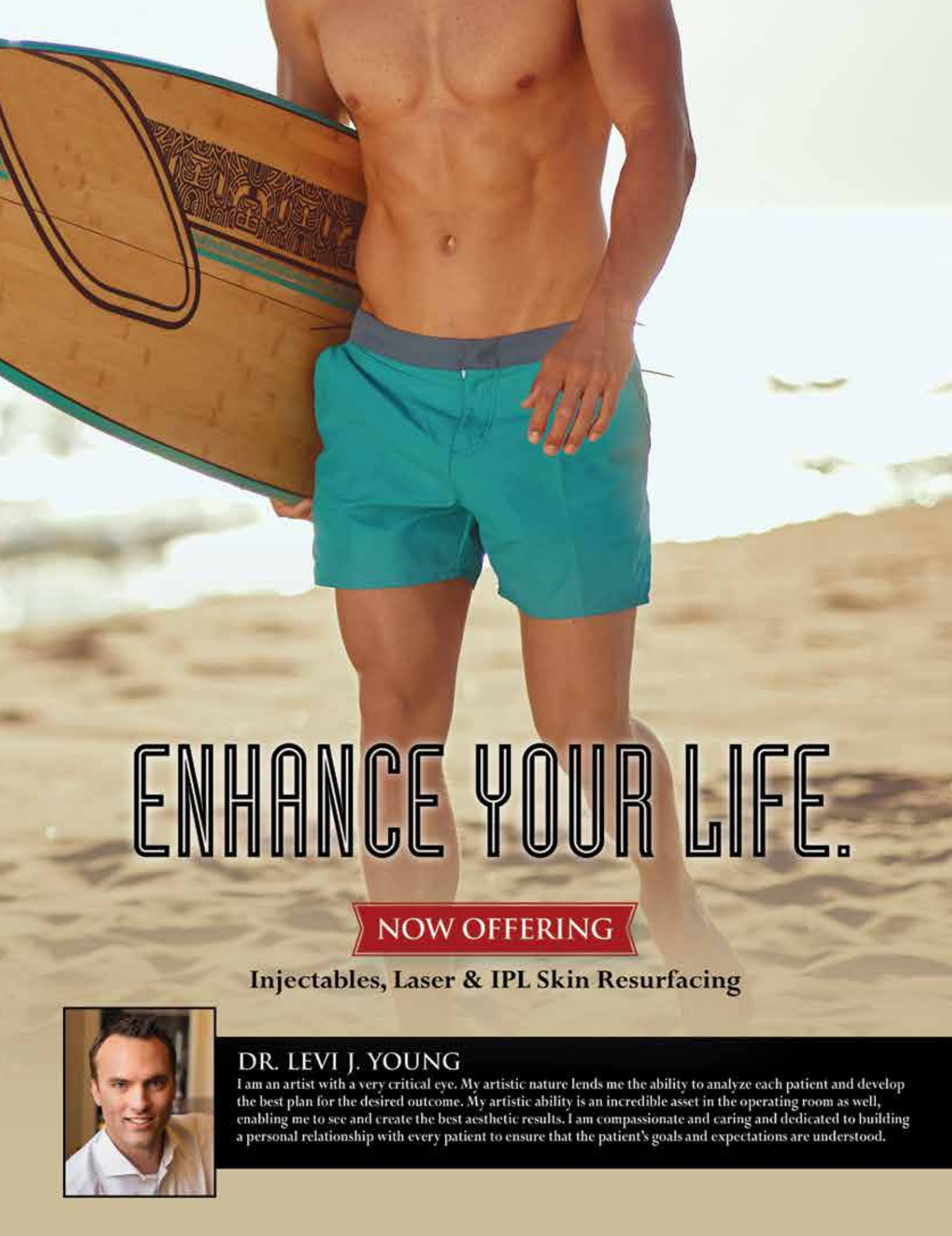
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# 22

## INSPIRATIONS

### **Mark and Marissa Gencarelli: The Art of the Authentic Tortilla**

The James Beard Foundation has recognized the humble tortilla, which has roots in Mayan, Aztec and Spanish culture; the word means “little cake” in Spanish. Mark and Marissa Gencarelli, owners of Yoli Tortilleria, returned to Melissa’s deep cultural roots to produce this simple food and were completely surprised by the results.



# 28

WINE



# 34

TRENDSETTER



# 26

RECIPE

**8**  
**WELCOME**  
*Applause for the Men!*

**12**  
**SCENE AND BE SEEN**  
*Clothology:135 Spring Fashions on the Runway*

**14**  
**HIGHLIGHT**  
*Lulu's Boutique: A Little Piece of Resale Heaven*

**16**  
**SCENE AND BE SEEN**  
*2023 Bra Couture KC*

**18**  
**HEALTH**  
*Men and Mental Health*

**20**  
**SPOTLIGHT**  
*Alliance Massage Therapy: Personalized, Professional Massage*

**26**  
**RECIPE**  
*Skillet Balsamic Pork Chops with Peach and Gorgonzola Salad*

**28**  
**WINE**  
*Sexy Summer Wines*

**30**  
**BOOK REVIEW**  
*The Overnight Guest by Heather Gudenkauf*

**32**  
**WORKING WOMEN**  
*Women in Leadership: Self-Awareness and Empathy*

**34**  
**TRENDSETTER**  
*The Plaid Elephant*

**42**  
**HOME**  
*Tech Gadgets to Transform Your Home*

**44**  
**PETS FOR PEOPLE**  
*Urban Chickens and Hobby Ducks: Backyard Farmyards*

**46**  
**JUST SAYIN'**  
*Jenny Matthews*

**48**  
**TIE THE KNOT**  
*Kathryn and Tim Hamlin*

**52**  
**HELPING HANDS**  
*Giving Hope & Help: 10 Years of Impact*

**54**  
**IN THE CITY**  
*Calendar of Events*

**56**  
**STAR JOURNEYS**  
*June Horoscopes*





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# APPLAUSE FOR THE MEN!

Photography by Amber J Deery



I can be stubborn, especially when it comes to doing some heavy lifting around the house. I like the sense of accomplishment and the feeling of getting something done, especially when I have found a way to do it on my own. But there's also something about the bragging rights. I am not afraid to get sweaty or dirty, but I tap out with the sighting of any bugs, spiders and especially a snake! I recently actually had a close encounter with a snake, which was definitely not the highlight of my day!

The truth is, there isn't anything that I have to do alone. I am guilty of bombarding my brain and thoughts that I do most of the daily grind with our boys. I sometimes stress myself out like I'm keeping score. When I stop and think about it, even for a second, I am in awe of how much my husband

do, and I wouldn't want to do life without each and every one of you. Happy Father's Day!

*Cherish It,*

*Tammy*  
TAMMY CRYSTAL MCDONALD

does. Not just with the boys or to help with the busy daily schedules, but for everyone, on a daily basis.

We divide and conquer a lot in our family. Lately, on the parent front, it seems that my husband is doing more of the conquering, and I do more of the dividing. There are just days when I am too exhausted to drive another mile or play another game.

To my husband, Dad and other men in my life; it's not only about the times you help with the really heavy lifting or the capturing of a snake. It's about everything else that you



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Overland Park, KS 66085


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**SUBSCRIPTIONS**


Subscriptions are available for \$20 (for 12 issues). Please go to herlifemagazine.com or mail a check made out to HERLIFE® Magazine to the above address.

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# CLOTHOLOGY:135 SPRING FASHIONS ON THE RUNWAY

The clothology:135 spring fashion show 2023 is one to remember! From the multitude and glamour of the fashions, the exquisite models, the energy of the crowd to the fun of the post-show shopping, this show topped all shows of the past! The spring fashions are so bright and beautiful and seeing this color come down the runway was so exciting. Clothology:135 is full of the best summer looks for spring. Go check them out for any event you have on your calendar! ♦

PHOTOGRAPHY BY ROB SMITH





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## LULU'S BOUTIQUE



### *A Little Piece of Resale Heaven*

Lulu's Boutique owner Jennifer Bricker-Pugh has curated the most amazing collection of designer and vintage fashion and locally made goods; no wonder her shop has been named Best in Kansas City several years since she took over the shop in 2018. "Owning this shop has been an absolute dream!" I get to live in this world I have created full of fashion and art and I am so very grateful for the opportunity."

Jennifer, a successful professional artist, has included an art studio within the walls of the boutique where she can paint and sell her beautiful artwork. "As a professional artist it is so amazing to have a space that is my own where I can create and sell my work, and it's so fun that I can have it in the middle of my

little boutique.

She also houses over 20 local makers who sell their goods at Lulu's. "I always knew, when I took over the shop, I would fill it with jewelry and goods made from the hands of local makers and artists. It is extremely important to me to celebrate the talent that lives in our community!"

Jennifer also wants to promote a shop local and small initiative. "There are so many amazing small businesses located in Kansas City. From resale to restaurants, there is something for everyone and it is so important to take advantage of what they have to offer before shopping chains or big box stores."

Jennifer is also on the board of directors for the Northeast Johnson County Chamber of

Commerce, where she works with other local leaders to promote and advocate for small business. "We all have learned how precious our small businesses are after the hardships we all faced during the COVID pandemic. It is crucial that we support and advocate for small businesses, as they are the heartbeat of our communities."

Stop by Lulu's Boutique, located at the corner of Johnson Drive and Beverly in Downtown Mission, Kansas, Tuesday through Saturday and check out this absolute treat for the eyes. It will most definitely become one of your go-to spots for clothing, accessories, gifts and fine art. ♦

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# 2023 BRA COUTURE KC

**B**ra Couture KC broke records again this year at the annual Event on April 21, 2023, with total funds raised of \$515,800. The Chiefs runway package sold for \$33,000! Runway designs included fashions by designers from the Kansas City Fashion Design community, BCKC designers and a new designer from Dimension Innovations, Catherine Grimes, whose space-age design is shown here. ♦

PHOTOGRAPHY BY ROB SMITH







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# MEN AND MENTAL HEALTH

BY LISA BUTLER

*Craig's battle with mental health started a few years ago. Feeling anxious and depressed while dealing with dermatillomania, a skin picking disorder, he first brushed off his feelings as pandemic woes and tried to just get over it. But after several months of not feeling like himself, his stress and worry started affecting his functioning in social, work and family activities.*



With some convincing from friends and the realization that his symptoms weren't going away, Craig decided to reach out for help. These days, Craig visits a therapist regularly and uses learned methods to deal with his emotions and triggers. While his journey may be long, he sees the improvements he's already made in his mental health and he has the incentive to continue his progress.

According to Mental Health America, over 6 million men suffer from depression, but male depression, along with other mental health issues, often goes underdiagnosed. There are many reasons for it, including possible stigmas attached to talking about it, social norms and men often downplaying their symptoms. Men are also much less likely than women to seek mental health help. Only about one-third of people in therapy in the U.S. are men.

By forgoing support for mental or emotional issues, some men may begin to self-medicate with alcohol or drugs to help relieve the pain. Individuals with substance use disorders are particularly susceptible to suicide and suicide attempts. Men commit suicide three and a half times more often than women.

There's no doubt that COVID-19 has brought many mental health challenges as well. The varied cycles of lockdowns, loss, worry and stress have impacted nearly everyone in one form or another. The good

news is that the pandemic has made it more acceptable to talk about mental health, which many experts believe helps males feel more comfortable about getting support.

According to experts, female mental issues tend to center around depression and anxiety, but men are more likely to externalize emotions, which can lead to aggressive or

impulsive behavior. Other data shows that men respond more positively to male therapists than they do to female therapists, but with almost two-thirds of psychologists in the United States being female, finding the right help can be challenging.

Experts recommend that men incorporate a few mental health practices into their regular routines that can help them stay happy and grounded.

**Keep busy.** Enjoying a hobby or favorite sport can be healing to mental wellbeing.

**Move!** Research shows that exercising 30 minutes a day for three to five days a week may significantly improve depression or anxiety symptoms. Walking, running, hiking, swimming, cycling or high-intensity interval training are good options.

**Eat well.** Consuming fresh, whole foods as much as possible is beneficial for the body and mind. Choosing lean proteins, fruits, vegetables, whole grains and healthy fats is recommended to help make a difference in a man's general mood or sense of wellbeing.



Limit alcohol, sugar, processed food and refined carbohydrates.

**Consider counseling.** It's a great place to talk about feelings. A professional can provide tips for managing stress and different life situations in a private setting.

**Foster friendships.** Having a couple of close male friends can offer social satisfaction and promote a true relationship based on common interests and compatibility. Most experts agree that healthier social ties lead to living a longer, fuller life, not to mention the fun of sharing a bromance.

While having any form of mental illness can present obstacles, treatments are available. Besides counseling, men may find solace or help in educational programs, medication and support groups. A doctor can also assess the possibility of physical problems that could be triggering mental health symptoms. Once that is determined, a mental health professional can suggest the best treatment moving forward.

Unstable mental health can be frightening, but there is no shame in treating these diseases. If you or a loved one is suffering from mental health issues, find help in your area. If you feel someone is in danger of harming themselves, dial 988, the Suicide & Crisis Lifeline. ♦

**SOURCES:** [adaa.org](http://adaa.org), [healthline.com](http://healthline.com), [moderntherapy.online](http://moderntherapy.online), [988lifeline.org](http://988lifeline.org) and [hopkinsmedicine.org](http://hopkinsmedicine.org).

*Women who are part of a man's life may often hear the words "I'm fine" when their spouse or partner may be suffering in silence. The signs of mental illness can vary greatly between men and women and from person to person. Some possible warning signs of mental illness in men may include:*

- Escapist behavior, such as spending a lot of time at work or on sports.
- Physical symptoms, such as headaches, digestive problems and pain.
- Misuse of alcohol and/or drugs.
- Controlling, violent or abusive behavior.
- Anger, irritability or aggressiveness.
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# ALLIANCE MASSAGE THERAPY

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BY CHRIS WESTWATER | PHOTOGRAPHY BY AMBER DEERY

*Self-care, the practice of taking care of yourself mentally, physically and emotionally so that you can be healthy in all facets of your life, comes in a variety of forms; each person's idea of self-care is different. However, one common self-care theme is relaxation. Arguably, one of the best ways to relax is to give yourself or a loved one the gift of a personalized massage.*

*Whether* you're looking for a break from the stress of your busy life, need some help with joint or muscle pain, or want a moment to relax, reach out to Corey Huntsucker, owner of Alliance Massage Therapy, to schedule an appointment today. Corey is an experienced massage therapist whose motto is "Relax. Relief. Results."

### MARINE CORPS TO MASSAGE THERAPIST

Corey is a Kansas City native who was born and raised in the Northland. He served over ten years in the United States Marine Corps

and happily returned to Kansas City when he completed his service. "Being in the military, I had a lot of soft tissue injuries and I got tired of having medication thrown at me, so I began researching different avenues to resolve that pain. Massage is where I felt most comfortable," Corey said. After obtaining such positive results for himself with massage, he decided to become a therapist to help others. In 2012, he became licensed and in 2016 he began his own practice, Alliance Massage Therapy.

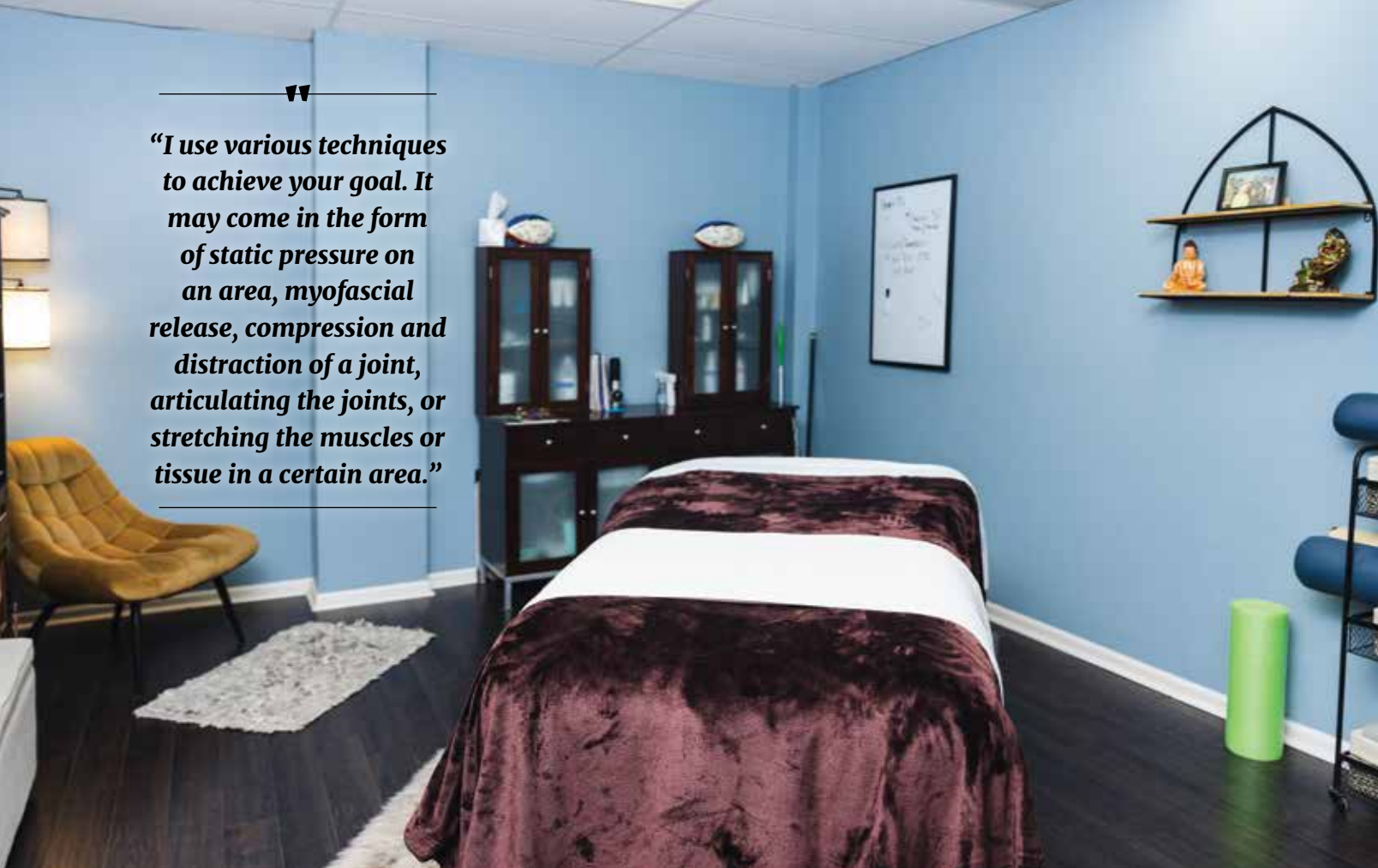
Every year, Corey completes at least 40 hours of continuing education courses to keep his license up to date. He focuses on classes



---

***“I use various techniques to achieve your goal. It may come in the form of static pressure on an area, myofascial release, compression and distraction of a joint, articulating the joints, or stretching the muscles or tissue in a certain area.”***

---



that add to his breadth and depth of knowledge, which in turn helps him improve the massages he provides. Corey loves “helping someone overcome a chronic issue and have a better quality of life from the treatment they receive from me.” Uniquely, while he’s providing a massage, he also benefits from the massage he provides. “When I get into the massage, I try to put myself in the same zone as the patient is going to be in during massage. It’s almost like a meditation,” said Corey.

## **RELAX. RELIEF. RESULTS.**

Corey wants to meet you where you are and provide a massage that is tailored to your needs. “I think, with an independent massage therapist, you’re going to get a more personalized massage experience, which allows you to build a rapport with me,” he said. “Generally, before a massage, I’ll sit down with you and we’ll discuss your goals for the massage session, my philosophy, what you can expect on the massage table and give you an opportunity to ask any questions.” Corey will then customize your massage to your needs, which can include what music you’d like playing and adjusting the temperature of the massage table.

He focuses on providing therapeutic massages. “I use various techniques to achieve your goal. It may come in the form of static pressure on an area, myofascial release, compression and distraction of a joint, articulating the joints, or stretching the muscles or tissue in a certain area.” He can also provide a relaxing spa massage; it all depends on what the two of you decide during your consultation.

After your massage, he’ll check in with you to see how you’re

feeling and what possible next steps should be. “My basic philosophy is that I want to get you living a better-quality life,” said Corey. To that end, he suggests you “take your time when selecting a massage therapist,” and always get a referral or check a therapist’s reviews thoroughly. “You want to make sure that their philosophy on massage aligns with yours.”

## **GIVING BACK**

Not only does Corey strive to improve the lives of his patients, but he donates his time to many worthy groups in the community. “I’m active with the Boy Scouts even though both of my sons aged out many years ago. I also volunteer weekly at the Kansas City Veterans Hospital,” he shared. “I’m very involved with several organizations within the Freemasons, raising money for a school orchestra, sending ministers to the Holy Land and a Masonic charity gala to benefit stem cell research.” He’s passionate about giving back to the community where he grew up and now lives.

Corey is the sole massage therapist at Spa Catalina, conveniently located near NW 72nd Street and I-29 in the Northland. He has hours available Tuesday, Friday, Saturday and Sunday. “I really enjoy when my clients come in, have a great massage experience, and leave feeling positive,” he affirmed. That too is another form of self-care. Schedule your personalized massage today and allow Corey to help you “live a better, quality life.” ♦

Visit [alliancemasagetherapy.com](http://alliancemasagetherapy.com), [facebook.com/AllianceMassageTherapy](https://facebook.com/AllianceMassageTherapy) or call him at 816-500-2772.





# Mark & Marissa GENCARELLI

The **ART** of the  
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---

Receiving the news of well-deserved recognition can be exhilarating, unexpected and, in some circumstances, frightening. But for Mark and Marissa Gencarelli, owners of Yoli Tortilleria, their achievement was jaw-dropping. A few months ago, the Kansas City, Missouri, tortilla maker was notified that it was a semifinalist in the James Beard Foundation Outstanding Bakery category.



---

***“I spend much of my time running the operations and ensuring we continue to have a healthy business growth,” Mark shared. “I’m very fortunate to have spent so much time with Marissa’s family in Mexico and I fell in love with their culture.”***

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**T**he news was so surprising to Mark and Marissa because it is believed to be the first time a tortilla bakery has been named in any category in the highly coveted awards. Yoli Tortilleria has now passed through the semifinalist ranks into the last level of contenders and will be up against bakeries in New Orleans, Louisiana; Richardson, Texas; Dallas, Texas; and Miami, Florida, for the top spot. The announcement is set for early June.

“We are honored and humbled to be a nominee in the Outstanding Bakery category. We were already so happy, but to top it off were the calls, emails and direct messages we received from tortillerias across the world,” Marissa said. “They are so excited for this historical moment where the tortilla is being considered in the same value that bread is.”

### **AN HISTORICAL MOMENT**

Representatives from the James Beard

Foundation have combed through the records of those receiving the prestigious recognition in the past and there is no evidence that tortillerias or tortilla makers have ever been nominated in the Outstanding Bakery category. Part of the reason is that the tortilla is not a “flashy” segment of the food scene; it is a thin, circular, unleavened flatbread helping to deliver delicious ingredients to the lucky consumer. It traces its humble beginnings to the indigenous people of Mesoamerica dating back to 500 BCE.

Because Yoli Tortilleria’s creations and bakery were chosen as a James Beard finalist, this creates an opportunity for nationwide recognition for the company. Most James Beard categories are ranked by region but the bakery competition is not. Unfortunately, Mark and Marissa can’t thank the person who nominated Yoli Tortilleria for the award because they have no idea how their bakery was discovered by the Foundation. Yoli Tor-

tilleria joins a long list of accomplished food culture representatives. The James Beard Foundation was established 30 years ago “to celebrate and support the people behind America’s food culture while pushing for new standards in the restaurant industry to create a future where all have the opportunity to thrive.”

### **MAKING IT HAPPEN**

Many years ago, Marissa and Mark noted a “tortilla desert” in Kansas City so they built Yoli Tortilleria to fill that void. For the last five years, Mark and Marissa have poured their hearts, souls and lots of corn and flour into their bakery and shop business. To keep



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**“Sometimes you need to go slow to go fast. You need to take the time to think through your values, what is negotiable and what is not,” Marissa advised.**

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up with demand, they boast two locations: Yoli HQ features the baking of all corn tortillas, tamales and salsas. Yoli Westside is a retail shop where Sonoran-style flour tortillas are produced.

“Yoli takes pride in producing the best quality tortillas while ensuring they are mindful of the land and those who are involved in every step of the process,” Mark said. “Yoli comes from the Aztec word meaning ‘to live’ and embraces the attitude ‘to live adventurously as seekers of quality, hand-crafted foods.’”

Mark and Marissa know that delicious tortillas are created with the best raw materials that can be sourced. They are committed to transparency and traceability in everything they produce.

Yoli Tortilleria crafts with only three ingredients: non-GMO corn, lime and water. Compare this to the tortillas that one finds in the grocery, most with no refrigeration. Their ingredient list reads like a book with corn masa flour, water, cellulose gum, propionic acid, benzoic acid, phosphoric acid, guar gum, amylase and more. They are designed to sit on shelves for an extended period.

“Yoli tortillas are made with only non-GMO and organic ingredients. Our label is very clean, with corn tortillas having only corn, water and lime and our flour tortillas flour, pork fat or avocado oil, water and sea salt,” said Mark. “We follow Mesoamerican traditional processes though using the best local ingredients.”

According to Marissa, production processes at Yoli Tortilleria are very special, especially for the Sonoran flour tortillas. “Our corn tortillas follow the ancient Mesoamerican nixtamal process. This means we wash and cook whole corn kernels with lime and water. We let it steep and then grind it with volcanic stones. Then that masa is transformed into tortillas or other masa shapes such as tamales, gorditas, sopes and more,” Marissa said. “Our flour tortillas honor how my hometown makes tortillas. They have a different flour-to-fat ratio than traditional tortillas. They are thin and translucent, though still chewy, and can hold what-

ever filling you put in them. If you tear them, they are almost like a croissant.”

### TRACING THEIR ROOTS

From the very beginning, this philosophy and commitment to goodness and historical methods of creating delicious foods have driven the business concept at Yoli Tortilleria. But what is so interesting about the deep cultural roots embraced by the business is that they originated with Marissa’s mother. She possessed a deep passion for Mexico but was an American who married a Mexican. Given this colorful foundation, Marissa and Mark will continue to explore and grow their love for Mexican culture and food because “Yoli represents our family’s journey and that ‘stop-at-nothing’ attitude.”

The couple lives in Stilwell, Kansas, along with their children, Santiago and Siena. While Mark hails from Leawood, Kansas, Marissa grew up in Ciudad Obregón, a city in southern Sonora, Mexico. The fertile lands of the area are known for their impressive agricultural economy and the grains they produce.

“Yoli Tortilleria was born out of the desire for me to connect with my family and heritage in the middle of North America. We would visit my friends and family and return with suitcases filled with tortillas and all sorts of treats. We started making our own at home in the style of my hometown,” Marissa recalled. “We later invested in equipment to do as a side gig, though within a week that we had launched we got hired by a Mexican restaurant to provide them tortillas seven days a week. The first six months we focused on working with all the amazing chefs in Kansas City and later introduced it to consumers via the Overland Park Kansas Farmers’ Market.”

While the business speaks volumes about Marissa’s heritage, Mark’s surname brings on visions of Italian foods. But he is an incredible part of the success of Yoli Tortilleria. “I spend much of my





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time running the operations and ensuring we continue to have a healthy business growth,” Mark shared. “I’m very fortunate to have spent so much time with Marissa’s family in Mexico and I fell in love with their culture.”

Yoli Westside features the flour tortillas and retail shop, at 1668 Jefferson Street, Kansas City. Yoli East Bottoms, 3119 Bell Street, Kansas City, is limited to the manufacturing of corn tortillas. However, the public can purchase Yoli products at some local and national chains such as Whole Foods, Nature’s Own, Local Pig, Market at Meadowbrook, Broadway Butcher, Taco Naco, Urbavore and the Merc Co+op.

### ODDS AGAINST SUCCESS

The National Restaurant Association estimates a 20 percent success rate for all restaurants. About 60 percent of restaurants fail in their first year of operation, and 80 percent fail within five years of opening. Profit margins are slim, staff turnover can be high. The financial and operational challenges are significant, and a lifetime of savings can be wiped out in less than a year. Mark and Marissa offer this sage advice for all entrepreneurs that can be applied to all small businesses.

“Sometimes you need to go slow to go fast. You need to take the time to think through your values, what is negotiable and what is not,” Marissa advised.

“Take the time to design the brand and the story you are trying to tell,” Mark revealed.

The past few years have been a whirlwind for Mark and Marissa as they focus their best on the success of Yoli Tortilleria. Their hard work, dedication to heritage and delicious products have James Beard recognition in front of their eyes. But while they’re excited about the acknowledgment, the real achievement for this couple is helping to promote a tortilla to the heights of a world-renowned bakery.

“Yoli Tortilleria honors Mexican traditional cooking but uses local and seasonal ingredients found in the Midwest,” Marissa noted. “We enjoy introducing new flavors and products at our Yoli Westside retail shop,” Mark said. “Yoli Tortilleria is committed to the sustainability of farming practices in all their products.” ♦



# SKILLET BALSAMIC PORK CHOPS WITH PEACH AND GORGONZOLA SALAD

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

## INGREDIENTS

### PORK CHOPS:

4 cups water  
4 tablespoons Kosher salt  
2 bone-in pork chops  
2 tablespoons olive oil

### VINAIGRETTE:

1/3 cup balsamic vinegar  
1/4 cup honey  
1-2 tablespoons chopped fresh thyme leaves or rosemary  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons extra virgin olive oil

### SALAD:

2 peaches, sliced  
3 ounces of gorgonzola dolce or crumbled blue cheese  
3-4 handfuls of arugula

## DIRECTIONS

To brine the pork chops, dissolve salt into water and pour mixture over pork chops in a shallow dish. Cover and refrigerate 30 minutes up to 4 hours. Preheat oven broiler to high with the oven rack in the middle position. Rinse the pork chops and dry well with paper towels. Season lightly with salt and pepper. Add 2 tablespoons of olive oil to a heavy oven-proof skillet and heat on medium-high until the oil is shimmering. Carefully, add pork chops to skillet and cook undisturbed for about 5 minutes, or until very brown. Meanwhile, combine the first 5 ingredients of the vinaigrette into small bowl or jar. After searing pork chops, flip and pour all but 1 1/2 tablespoons of vinaigrette mixture to the pork skillet. Immediately place the skillet in the preheated oven and broil until the pork's internal temperature is 145 degrees and charred, 2-4 minutes. Add a splash of water if the sauce is too thick when removed from oven. If you'd like the sauce thicker, remove the chops after they are cooked through and simmer sauce until reduced. Add remaining olive oil to vinaigrette mixture and whisk. Toss the peaches, gorgonzola and arugula with the vinaigrette. Place the pork chops on a platter and arrange the peach salad around the pork. Serve with the sauce from the pork pan. ♦

## TIPS

- 1:** Brining pork for even a brief period makes the pork juicy and ensures no more dried pork! The brine mixture I use is 1 cup water to 1 tablespoon Kosher salt. If using table salt use one-third less salt.
- 2:** Be sure you don't move the pork around while it is cooking on the stove. Leaving the pork alone will allow it to get a better sear.
- 3:** Any leftover vinaigrette will keep refrigerated up to two weeks. When ready to use, let the dressing come to room temperature and shake/whisk before serving.



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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# SEXY SUMMER WINES

BY MELISSA HAINES LAVIN

*Lately, it has been easier than ever to explore new wine varietals and wine producers with the expanded opportunities for online ordering and shipping directly to our homes. When wines are discounted 50 percent or more, it makes the shopping experience feel like Christmas when the boxes arrive with hand-written thank-you notes from your winery staff.*

**T**his is a perfect time to sample new wines from wineries near and far that can bring you a world of flavor right to your door. Included in this group from fruity, dry, to sweet, are a few sexy summer wines to taste as we ease into some summer cooking and sipping in our backyards.

## SEMILLON

Although the semillon grape often sits comfortably in the backseat of French white wine blends, it's a beautiful grape enjoyed when bottled on its own. With great body and medium to light acidity, semillon can vary in sweetness and can be left on the vine to create a great base for dessert wines. In its most fancy state, Semillon is part of French white Bordeaux wines, Bordeaux Blanc, where it will share the bottle with percentages of sauvignon blanc, columbard or muscadelle. These wines are food-friendly wines, easy on the palate and have an essence of minerals, oyster shell, honey and sometimes fresh-cut grass.

## SAUVIGNON BLANC

Often thought of as the red wine lover's white wine, it can be misunderstood as bitter, acidic and even astringent. With an overpowering sensory profile, it's often skipped on the tasting menu when, in fact, each producer strives for a different, unique expression of this classic French grape. Grown throughout the world, sauvignon blanc can range from grassy to oyster shell to fruit-centric. The trick is to find the one that works with your palate and general food palate. If your diet is mostly vegetarian/vegan in nature, you may appreci-



ate a wine that is less acidic and more on the oyster shell range of minerality; a more acidic wine is going to blend well with the charcuterie, dried meats, barbeque and smoke fish diet.

## ALBARIÑO

One of my favorite go-to white wines is a Spanish varietal that grows extremely well in California and throughout foothill terroirs throughout warmer climates. Flavorful and acidic, the albariño is wonderful with fish tacos, fruit salads and prosciutto wrapped asparagus! Very light in color, the first notes of Albariño could be honeysuckle or lemon. Served chilled, the

wine warms to a grassy finish that's dry, not sweet.

## SANCERRE

Sancerre is a wine producing region in the Loire Valley of France known primarily for production of white wine grape sauvignon blanc and some pinot noir produced in a more rosé or light red style similar to Beaujolais. Although Sancerre is a region, it is often listed as such on the wine list under sauvignon blanc as well, allowing us to order a Sancerre for a fruity and balanced white wine with an unoaked mineral finish. Consider ordering with your luncheon salads or during appetizer hour in the early evening.

## SAUTERNES

A style of wine considered to be sweet by most wine professionals, it's semillon left to ripen on the vine, which produces the added benefit of a condensed nectar-sweet flavor. These ripened lots of se-



million grapes may be blended with chardonnay or sauvignon blanc to increase the acidity for a more food-friendly pairing. Blending with semillon that was picked earlier in the season creates a fuller-bodied wine with interesting depth that will show off its nobility with a pungent Stilton, spicy curry or cayenne rub or a lemon chiffon cheesecake.

Ordering wines through your favorite wineries by calling directly or shopping on their website can ensure quality direct from the seller. Wines will be shipped only when weather permits safe passage both in the winter and the summer. Summer heat will adversely affect the wines if they are not shipped with icepacks and cooling gels.

Subscribe and explore online wine distributors that put together new artisans and winemakers. These artisans strive to work efficiently and cost effectively by pooling resources together for harvesting, storage and production. Their operations often include shared online shopping carts so that the buyer can pick and choose from a variety of producers in one shipment. This option is perfect when exploring regional wineries in your area is not possible.

In restaurants this summer, watch for new listings in both the red wine and white wine categories. Ask the servers what is new to their menu, as they will often provide a very small one-ounce sample to help you with your selection. Enjoying a sauterne with your cheese and charcuterie platter may be a nice way to enjoy an afternoon with a friend.

Thanks for supporting the small businesses producing the wines you enjoy. Cheers to a summer of sipping well! ♦

**SOURCES:** *thewinecellarinsider.com, winemag.com and winefolly.com.*



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# THE OVERNIGHT GUEST BY HEATHER GUDENKAUF

REVIEW BY MARIA RILEY

*In her latest thriller, Heather Gudenkauf takes readers down a dark and suspenseful hole, keeping them on the edge of their seats. True-crime writer Wilie Lark is finishing her most recent book during a massive winter storm. She has rented the isolated farmhouse in which, 20 years ago, the horrific murders featured in her book took place.*

Gudenkauf's novel unfolds through three timelines: the present day in the farmhouse with Wilie; 20 years ago in the farmhouse, the night leading up to and the days following the murders; and short glimpses into the life of a young girl living with her mom at an undisclosed time. In the present day, unsolved murder researcher and writer Wilie Lark is holed up in an old farmhouse attempting to finish her most recent manuscript. She doesn't mind the isolation, even as the winter storm of the year swells and bellows around her. She prepares to hunker down for the cold night when her dog discovers something in the snow. Wilie dons layers of winter clothes to investigate and finds a young boy nearly frozen to death. She brings him inside and though Wilie hasn't done anything to harm the child, he is clearly terrified of her and refuses to speak.

Certain that the boy couldn't have walked all the way to the isolated farmhouse without proper winter gear, Wilie bundles up again to search for anyone else. She finds a woman tangled in barbed wire not far from an overturned truck. Wilie goes to get wire cutters to help free the woman, but by the time she returns, the woman has disappeared. Wilie continues to attempt to gain the trust of the young

boy as she tries to piece together who he is and where he came from.

On August 12, 2000, Josie Doyle laughed as she enjoyed the sleepover with her best friend, Becky Allen. The two had slipped out of the hot house to jump on the trampoline in the night air, when earsplitting bangs and flashes of light exploded from Josie's parents' bedroom. Terrified, the two girls began running toward the cornfield, desperate for a chance to hide from whoever was attacking Josie's family. As they ran hand in hand, Becky fell. Josie tried to get Becky back up, but after feeling searing pain and blood dripping down her arm from a grazing gunshot wound, Josie left Becky and fled to cover in the tall corn stalks. The 12-year-old stood frozen all night in the field, too scared to move or look for help, petrified that the killer was still hunting her.

By the morning light, Josie emerged and discovered that both of her parents were dead and her 16-year-old brother and Becky were missing. Theories and suspicions

abounded from the police and neighbors alike, everyone with their own convictions. Josie's brother, who had been fighting with her parents and was generally mad at the world, seemed to be the most likely suspect. As the suspect pool grew, the reader suspensefully knows





that the killer hasn't been brought to justice yet since in the present day, Wilie is finishing up her most recent unsolved-murder book.

The third timeline feels almost out of place, as there isn't any real story unfolding. The reader gets short glimpses of a young girl with her mom who fears the sporadic and threatening visits from her dad. The reader is left wondering who this girl is and how she's connected to an abandoned farmhouse and 20-year-old unsolved murders.

In the primary timelines, readers jump back and forth between two equally compelling and mysterious stories that seem to be entirely unrelated. Gudenkauf masterfully pulls them into the plots, keeping them guessing and turning the pages as rapidly as possible. The interruption of the obscure timeline distracts only briefly before returning to the suspenseful main stories. Slowly, the pieces fall into place, leading to a dramatic climax and resolution, tying all three story lines together in an unexpected way.

Gudenkauf has skillfully created relatable and real characters who are simultaneously likable and fallible. Twelve-year-old Josie made selfish decisions, one of which meant leaving her best friend behind to save herself. She battles with trauma and guilt as the search parties scour the area for her brother and friend. Wilie wanted to do right by this boy and woman she found in the storm, yet her own marriage has fallen apart and she hasn't spoken to her son in months. She refused to shy away from helping strangers yet chose to isolate herself in a remote farmhouse where two people were murdered. Her career as a true-crime researcher and writer brought her to the scene of this crime, but maybe this time, she can get some answers when no one from the year 2000 could. ♦



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# WOMEN IN LEADERSHIP: SELF-AWARENESS AND EMPATHY

BY CINDY MCDERMOTT

*From corporate C-suites to nonprofits, government offices, courtrooms and more, leadership roles in the U.S. are filled by men because society still focuses on an outdated male model of leadership that shuts out women. Because men have dominated for so long, society thinks that a good leader demonstrates male traits, but women who display these same behaviors are not looked upon favorably. Normally, women have not focused on networking to gain connections. Of course, sexual harassment, hostile work environments and subtle biases are still obstacles.*



**T**he World Economic Forum engages the foremost political, business, cultural and other leaders of society to shape global, regional and industry agendas. In 2016, the organization gathered findings collected from 38 million people on the leadership capabilities needed for the future. An item that moved to the top was emotional intelligence, the ability to recognize, manage and understand personal emotions and those of others. Inside this are several skills: motivation, social skills, self-regulation, self-awareness and empathy. In general, women

tend to score higher in many of these areas than men.

“When you look at emotional intelligence skills, the most critical is the skill of self-awareness. It’s the gateway competency. If you don’t have self-awareness, if you can’t say, ‘I feel angry. I feel

sad,’ and allow yourself to feel the feeling, name it and understand it, how can you manage yourself and others?” said Angela Scalpello, a highly sought-after business performance coach based in New York City. “In addition, if I can’t feel that feeling then how can I recognize it in you? Self-awareness enables empathy. Self-awareness and



empathy are key emotional competencies. Both help you understand when you need to be an inspirational leader or when you need to be a coach and mentor, and women score very high on empathy. I have coached many men on how to build emotional self-awareness, but I don't have to do that with women."

While women test higher in social and emotional intelligence, business has been somewhat slow to embrace these changes; therefore, leadership models have been slow to adapt. The current systems for many are more autocratic with intense control, which is based on models from decades ago. However, the pandemic forced our world to morph into a new way of doing business that demands new organizational changes, agility and innovation. Uncertain times require new ways of doing business.

### CHANGES WITH THE NEXT GENERATION

Society is also seeing changes and more acceptance with the younger generation just beginning their movement up the career ladder. Pew Research Center recently released data showing that women on average receive 83 cents for every dollar paid to a man. This gender pay gap, between median hourly earnings of both full- and part-time workers, has remained stagnant in the United States over the last two decades. However, the gap has narrowed for women ages 25 to 34. They earned 92 cents for every dollar netted by a man in the same age group. Angela points to a big change in how employees communicate about their earnings. In the past, salaries were taboo to discuss. Now, not so much so.

"In that younger generation, people are more open about talking about what they're being paid. In the past you did not do this," explained Angela. "Younger people are demanding more transparency, and they're sharing information themselves. It makes it hard for a company to claim they pay equally on responsibilities. Now, they're calling them out."

Interestingly, many women start with salaries below a man's earnings and that makes it more difficult to catch up. Angela reports that it begins with asking for your full compensation rather than the employer telling you what the position will pay. "I can't tell you how many women are not negotiating for their salaries. The numbers are shocking," Angela revealed. "Women see it as negative. Men associate negotiating as winning or playing a game. It's a whole different framing. Your mindset is really key."

### NOW IS THE TIME

As the work environment changes, women who want advancement should be proactive in shaping their careers and sharpening their leadership skillset. Now is the time to access your abilities, review areas that could be improved and ask for the resources to make this happen so you are ready when the time comes for a new or improved leadership role.

"How do you stay relevant, how do you have an impact and what are the skills that are needed today and will be needed tomorrow? Sometimes companies say, 'Let's fix the women' when they really should be thinking, 'Let's fix the system and our organizational structure.' How we hire. How we promote. How we develop. Don't think about fixing your women," she said. "Help people by providing opportunities, mentoring and coaching, career development and look at your system." ♦

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# TECH GADGETS TO TRANSFORM YOUR HOME

BY CATIE WATSON

*These days, tech gadgets aren't just for entertainment. They've become an essential part of the modern home.*

**F**From smart locks to battery-powered yard tools, there's a wide variety of gadgets that help make your home smarter and more efficient. Whether you're a tech enthusiast or simply looking for ways to improve your home life, the list below has something for everyone.

## BATTERY-POWERED YARD TOOLS

For gardening enthusiasts, battery-powered yard tools are lighter, easier to use and more environmentally friendly than their electric and gas-powered counterparts. Many use Li-ion batteries that have a longer life span and offer better performance compared to traditional batteries. They're also quieter, emit less vibration and can power everything from lawn mowers and string trimmers to leaf blowers and chainsaws. Trusted power tool brands such as DeWalt, Milwaukee and Ryobi offer battery-powered lawn tools, along with new brands such as Greenworks.

## ROBOTIC VACUUM CLEANER

Vacuuming the home is one of the most tedious household chores, so why not automate with the help of a robotic vacuum? Consumer Reports recommends iRobot's Roomba s9+, a top-of-the-line self-navigating vacuum with stronger suction and wider brushes than earlier models. Besides automatically cleaning floors and carpets, the vacuum unloads the contents of its bin into a disposable bag when it docks. It connects with Alexa and Google Assistant, allowing voice-directed cleaning.

## HOME WEATHER STATIONS

Anyone who's interested in the weather will appreciate a device that measures and displays temperature and other atmospheric conditions in real time. The Ambient Weather WS-2902 Wi-Fi Smart Weather station includes a solar-powered sensor you can mount on a roof or pole and a hand-held device with an LCD display that shows



wind speed and direction, temperature, humidity, rainfall, UV and solar radiation. Home weather stations take the guessing out of planning outdoor activities.

## SMART SPEAKERS

Smart speakers use artificial intelligence to comprehend and respond to spoken commands. Besides playing music, these voice-activated devices can tell you about the weather, set reminders, answer questions, and control other smart devices in

the home. The "big three" smart speaker models are the Amazon Echo, Google Nest and Apple HomePod. Each speaker platform has a built-in virtual assistant (Alexa, Google Assistant or Siri) and can serve as a hub for your home's digital environment. It's important to research and choose the one that best suits your individual needs and preferences.

## SMART THERMOSTATS

When you install a smart thermostat, you can control your home's heating and cooling remotely via an app. These devices learn your temperature preferences over time and adjust automatically, saving you money and energy. They also can integrate with other smart home devices. One recommended model is the Nest Learning Thermostat. It can detect when you're away from home and turn off the HVAC system to save energy. Like many other smart devices for the home, it integrates with Google Assistant and other smart home systems.

## SMART DOOR LOCKS

You can add another layer of security to your home with a smart door lock. The August Wi-Fi Smart Lock Pro allows hands-free access using your smartphone, smart speaker such as Alexa, and many other platforms and devices. It works with existing lock hardware, including keys, making installation simple and hassle-free.



## SMART SMOKE DETECTORS

Smoke and carbon monoxide detectors are critical home safety devices, but they work only when you're at home. Smart detectors provide additional peace of mind by sending smoke and carbon monoxide alerts to your phone. They also self-test and alert you when the battery level is low. The Nest Protect is a top-rated option that connects with other smart devices to let you remotely turn on lights or shut down your HVAC when you get a smoke alert.

## SMART STRIP LIGHTS

One fun gadget for the home is a smart LED strip light. These versatile devices have many practical and decorative uses throughout the home, from under-cabinet lighting in the kitchen to mood lighting in the bedroom. You can control them and customize their colors with your smartphone, setting them up to automatically change at a certain time of day. You can even sync the strip lights to music so the color changes with every beat. Some popular brands of smart strip lights include Philips Hue, LIFX and Govee.

Upgrading your home with the latest technology can not only increase convenience but also enhance your quality of life. Why wait? With the advancement of technology, now is the perfect time to invest in your home and create a more modern and efficient living space. Start exploring the latest home tech options today and see how you can transform your home into a smart, connected oasis. ♦

**SOURCES:** [chicagotribune.com](http://chicagotribune.com), [consumerreports.com](http://consumerreports.com), [nytimes.org](http://nytimes.org), [pcmag.com](http://pcmag.com) and [popsci.com](http://popsci.com).



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# URBAN CHICKENS AND HOBBY DUCKS: BACKYARD FARMYARDS

BY REBECCA FLANSBURG

*Anatidaephobia is the fear that somewhere, somehow, a duck is watching you. Alektorophobia, or the fear of chickens, is derived from the Greek word “alektor,” which means rooster, and “phobos,” meaning fear. But people who raise ducks and chickens for food or as pets can assure you that there is nothing to fear with either critter.*



**D**omestic ducks and chickens have been used as a food source since colonial times, and they are fast becoming a popular addition for urban farmers who are opting to cultivate and process food in a more residential setting. Whether you are considering raising either or both as a way to know where your food is coming from, or just to have these feathered friends as pets, there are some basics to raising both that one needs to know beforehand.

## RAISING CHICKENS

If you keep a couple of chickens around to have fresh eggs every day, then raising chickens makes perfect sense if your property has space for them to live and you have the time to keep them happy and healthy. For the most part, chickens are not expensive to raise. Chickens appreciate commercial feed from the feed store, but they're also happy foraging for bugs and even eating table scraps.

Chickens do need some special accommodations in their coop. Nest boxes for egg laying are a must, but poultry also prefers to roost as opposed to sleeping on the ground. Roosts, or something long and round that they can get their feet around, don't have to be anything fancy. Even tree branches placed horizontally inside the coop will be enough for them to perch and feel safe and secure. During the day, chickens can be free range or kept in a fenced area.

If you opt for free-range birds, keep in mind that chickens love to scratch into the earth and have dust baths. Both are beneficial to the bird but can wreak havoc on your lawn. Chickens can turn a lush

patch of grass into something that is patchy and bare pretty quickly.

If you are looking to add chickens to your homestead for egg production, consider breeds such as the White Leghorn, Rhode Island Reds, Plymouth Rock and Sussex.

Many hobby farmers also opt to raise chickens for their meat, and it's an excellent way to provide your family with a natural and organic food source. The best breeds for meat production include Cornish Cross, Jersey Giant and Orpingtons.

## RAISING DUCKS

Many people assume that raising ducks and chickens is relatively the same since they are both considered members of the bird family. However, ducks are unique creatures that will bring something special to any backyard menagerie.

Like chickens, ducks need the basics of food, shelter, heat sources and straw for bedding. They also need water—lots of water. Unlike chickens, ducks not only drink water, they swim, bathe and play in it. Born with natural waterfowl instincts, ducks need copious amounts of water to stay healthy and happy. Urban farmers might want to also keep in mind that ducks are enthusiastic bathers, which mean lots of mud and mess!

Ducks can also be housed in an enclosure or allowed to be free range. Ducks are pros at keeping the population of annoying insects such as mosquitos and grubs from the garden beds at bay, and they are not nearly as destructive as chickens. The downside to having free-range ducks is that their bowel movements will be spread far and



wide as well, which could make walking around in your own backyard a slippery experience.

Recommended domestic breeds that make great pets include Pe-kin, Khaki Campbell, White Call and Muscovy. If you're more interested in raising ducks for their extra-large eggs, breeds such as Welsh Harlequin, Magpie and the Ancona are worth considering.

### CHICKENS AND DUCKS AS PETS

As with any outdoor domestic animal, chickens and ducks are subject to predation from wild animals such as owls, raccoons and even dogs. Provide your cluckers and quackers with a warm, safe haven that they can duck into during the day and a place that can be closed up tightly at night.

One thing to keep in mind is that ducks and chickens have very different sleep habits. Chickens like to sleep the night through while ducks are the masters of the catnap. When housed together, ducks can make enough fuss to keep the chickens from getting as much rest as they need; it's best to provide separate shelters.

Acknowledging these farmyard fowls' differing lifestyles and habits, ducks and chickens can, and do, get along well together. The more space you have available for providing separate housing, for keeping feeders and drinkers outdoors, and for establishing a swimming hole away from the chickens' hangout, the more successful your duck-and-chicken venture will be. ♦

**SOURCES:** [thecapecoop.com](http://thecapecoop.com), [notsomodern.com](http://notsomodern.com), [morningchores.com](http://morningchores.com), [the-courageouschicken.com](http://the-courageouschicken.com) and [en.wikipedia.org](http://en.wikipedia.org).

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## JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS  
PHOTO BY LAUREN FRISCH PUSATERI

*I caught a glimpse of what my life will be like in about six years.*

**M**y daughter and her middle school classmates took a bus trip to a ranch in Arkansas a few weeks ago. We had so much fun preparing for it as we made a Target run getting her all set up with travel-sized shampoo and toothpaste. I remember the anticipation of my sixth-grade trip to a wilderness camp. I was sure she had butterflies in her stomach the way I did, even though she said she didn't! No matter. I had plenty of them for both of us. This wouldn't be the first time we'd be away from each other. But the idea of my putting her on a bus for a five-hour drive to the middle of nowhere where I would have limited contact with her for a few days? That definitely made me feel a certain kind of way!

I love that my daughter still likes to hang out with me. When her friends are over, we all usually hit up Starbucks and they tell me all the latest sixth-grade crushes. Who knows if this best friendship will last on her end, but for now I'm cherishing every minute of it. So, when trip day arrived and I waved goodbye as the bus pulled out of the lot, my eyes filled up with tears, I had an immediate lump in my throat and those butterflies started swirling around in my tummy. I decided to go to lunch to take my mind off things. I stood in line at

Panera and looked over at the bakery items, tears filled my eyes again as I looked at the brownie (her favorite) and thought about all the lunches we've had there. I saw a mom with her toddler-aged daughter at a table nearby and all I could think to myself was how truly FAST it's all going.

A few days later, I stood in the school parking lot and watched that big bus roll in. This time, I was filled with happiness and gratitude that my girl had a fantastic, safe trip and was back home. All was right with the world once again! She talked my ear off for the next several hours telling me all the things she experienced at the ranch and how much fun she had. It made me so happy. But I did flash forward in my mind to the day that'll be here before I know it, the day she heads off to college. I can just imagine her coming home on breaks and telling me all about it. It was a reminder that I'm raising her to be independent. She will have her own life to live just as I've lived mine. But it is just so hard letting go.

For now, I'm going to treasure these days of pre-teen attitude and chaos. What do they say? The days are long but the years are short. It's so true and I see it now. Don't blink. ♦

Jenny Matthews co-hosts *The Morning Drive* with Mike Kellar + Jenny Matthews on Q104 New Hit Country, weekday mornings from 6 - 10am. Connect at [www.jennymatthewsonair.com](http://www.jennymatthewsonair.com) and check out *The Morning After* with Mike Kellar + Jenny Matthews podcast!



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TIE THE KNOT

*Kathryn + Tim*  
**HAMLIN**

- May 28, 2022 -





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**WRITTEN BY MARILYN ISAMINGER**

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**K**athryn (Rush) Hamlin, 31, earned a master's degree in regional and community planning from Kansas State. Tim and Kathryn reside in Dallas, Texas, where Kathryn is chief transportation planner for the City of Dallas. Kathryn has a passion for animal fostering and rescue.

Tim Hamlin, 31, has a master's degree in business analytics from Southern Methodist University, Dallas Texas. Tim is a Denver, Colorado native and was a member of the CU free style ski team as well as the CU marching band. Tim is a senior analyst, portfolio risk, with Ally Bank in Dallas.

Kathryn and Tim met at a party in Dallas hosted by a mutual friend. "I thought Tim was so chill and sweet," she recalls.

For his proposal, Tim told Kathryn to pack a weekend bag to celebrate their six-year anniversary and surprised her with their destination, Telluride, Colorado, after they boarded their connection in Denver. "He proposed on an afternoon hike, overlooking a gorgeous vista. In true Tim fashion, he first called my mom, dad and brother before the proposal!" she smiles.



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**PHOTOGRAPHY**  
*Andrea Nigh Photography*

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*Stardust Celebrations*

**BRIDESMAIDS' GOWNS**  
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*Little Yellow Leaf*







The blissful couple tied the knot on May 28, 2022. Kathryn's wedding party was represented by Emma, her high school friend and roommate of eight years, Jordan, her friend since birth, Taylor and Elizabeth, friends since elementary school, and her friend Jessica from Dallas by way of Tuscaloosa, Alabama. Tim's wedding party included his high school and college pal, Spencer, Kathryn's brother Drew, college and work pals Tyler, Braeden and Jake, and Kathryn's niece and nephew. The officiant was Kathryn's high school friend Ashley, who is now an Episcopal priest.

Kathryn and her wedding party enjoyed a bridesmaids' lunch the day before the wedding at Café Provence hosted by family friends. An Italian-inspired table and menu was the setting for the rehearsal dinner. On the morning of the wedding, Kathryn's wedding party gathered at the Loews Hotel for mimosas and brunch, then began their hair, makeup and final wedding preparations.

Kathryn and Tim left for their honeymoon in June 2022, traveling to Europe for two weeks, spending a week in France and the Italian Riviera. ♦







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## 10 Years of Impact

PHOTOGRAPHY BY ALFREDO HUGHEY OF FREDOFOTO

Since November 2013, Giving Hope & Help has been advocating to stop domestic violence and end period poverty in domestic violence shelters in Kansas City and around the globe.

The mission of the 501(c)3 nonprofit originated in the legacy and life experiences of the founder, Jessica Lynn McClellan. It's in her DNA to make a difference. Her family legacy is from slavery to school buses to scholarships and service. Jessica's great-grandfather, Robert L. McCallop Sr., founded the first school bus service in Johnson County, the R.L. McCallop Bus Company in Shawnee, Kansas, to transport black students who lived in Johnson County, Kansas, to attend school in Wyandotte County, Kansas, so they could receive a public education, positively impacting thousands of lives through education. Jessica carries on the legacy of social justice with philanthropy and humanitarianism through GH&H, which meets community needs by advocating to end domestic violence and supporting the survivors; supporting students and schools with educational tools;



2022 Education is Your Passport Scholarship Recipients with Founder, Jessica McClellan and Founding Board Member, Kevin McClellan.

awarding college scholarships to underserved students to high schools in Kansas, Missouri, and to the same high schools the McCallop Bus Company transported students to; and supporting cancer patients and fundraisers for a cure. GH&H also became a registered nonprofit in the state of Texas in 2015. GH&H has three arms of outreach:

### DOMESTIC VIOLENCE ADVOCACY/ENDING PERIOD POVERTY

Giving Hope & Help collects period products, typically the least-donated products to shelters, and packaged children's and women's underwear year-round to bring awareness to domestic violence and period poverty and to support domestic violence shelters, places of refuge, homeless shelters, natural disaster relief, women and girls' organizations, schools and correction facilities. Global distribution includes Cambodia; Haiti; Nairobi, Kenya; Mexico; the Bahamas; Zambia, Africa; Poland and India. GH&H has provided funding for reusable pads and panties for girls associated with the nonprofit Smart Child Kenya in Limuru, Kenya, for the last six years. To date, GH&H local and global impact has benefited over 50,000 women, girls and menstruators.

### LOVE BAGS 4 CANCER DONATION AND DELIVERY EVENTS

The LOVE Bags 4 Cancer initiative uplifts male and female cancer patients annually in honor of Valentine's Day and Mother's Day and year-round. Over 600 hospitalized cancer patients have been inspired and uplifted with the hand delivered LOVE Bags 4 Cancer since February 2015. A portion of the proceeds benefits the American Cancer Society Kansas City.

### EDUCATION IS YOUR PASSPORT PROGRAM

The program provides educational and financial assistance for pre-K through adult college students. The program's annual scholarship initiative, The Education Is Your Passport Scholarship Program, benefits underserved high school seniors and non-traditional college-bound students. One hundred and five scholarships have been awarded to college-bound high school seniors from 2015 to 2023, including 6 full ride scholarships to Metropolitan Community College-Penn Valley. ♦

Join Giving Hope & Help for the 10th Anniversary and Scholarship Awards Gala celebrating ten years of impact, the scholarship recipients and a new initiative, "A Way of Escape from Domestic Violence." Visit [givinghopeandhelp.org](http://givinghopeandhelp.org) for full details, sponsorship opportunities and to purchase tickets.

#### EVENT

An Evening of Impact

#### WHEN

June 24, 2023, 5:30 p.m., Meet the Scholars and silent auction; 7:00 p.m., Dinner, program, live auction and entertainment followed by dancing

#### WHERE

The Westin Kansas City at Crown Center

#### ATTIRE

Formal, black tie

#### MORE INFO

[givinghopeandhelp.org](http://givinghopeandhelp.org) and 816-607-1813.





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# JUNE 2023



## JUNE 2

### Jazoo KC ZOO

Be a part of the wildest fundraiser in town! Party animals from across the metro will gather to enjoy unlimited food, drinks, and entertainment, all while raising money for the Kansas City Zoo.



## EVERY SATURDAY NIGHT STARTING JUNE 3

### Movie Night on the Lawn

#### LEGENDS

Watch timeless classics and Hollywood blockbusters on the big screen. Bring a friend, pack some blankets, and order carryout meals and snacks from one of our many eateries at the center.

## JUNE 3

### Weston Roots Music Fest

Enjoy a day of entertainment with Americana, folk and bluegrass music. With seven venues for live music, this festival brings people together with authentic music, delicious food and fun activities.

## JUNE 3

### Vaile Strawberry Festival

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The beautiful, historic Vaile Mansion hosts this annual event, which welcomes craft and antique dealers who set up their wares throughout the mansion and, of course, strawberry treats as you shop.

## JUNE 3

### Dine and Dance with the Stars

5:00PM, SHERATON CROWNE CENTER

The BMA Foundation presents this annual show based on the hit television series to raise money for the charities BMA supports. Local “celebrities” are partnered with local professional dancers and the person who gets the most votes (\$20 per vote) becomes the grand champion and takes home the coveted mirror ball. For more information, visit [bmafoundation.org](http://bmafoundation.org).

## JUNE 5

### KidsTLC Open: Play It Forward

7:30AM, SHADOW GLEN GOLF CLUB

It’s the signature golf tournament for KidsTLC featuring a four-person scramble. Golfer experience includes an exclusive golf experience at Shadow Glen, elite golfer gifts, fabulous prizes, unlimited beer, cocktails and delicious food. For more information, visit [kidstlc.org](http://kidstlc.org).

## JUNE 10

### The Best of Spring in Kansas

The Garden Club of Shawnee’s biennial tour features gardens with creative ideas for extended outdoor family living areas, child-friendly play areas in whimsical themes and gardens specializing in organic gardening and native plants. Visit [gardenclubofshawnee.org](http://gardenclubofshawnee.org) for ticket information.



## JUNE 16-17

### Boulevardia

CROWN CENTER

This festival is hosted by Boulevard Brewing Co. and features food trucks, concerts, maker booths, a family carnival and, of course, beer stations that offer local, regional and national craft brews.

## JUNE 23-24

### Q BBQ Fest

GEHA FIELD AT ARROWHEAD

STADIUM

Pitmasters from across the country gather for this family-friendly festival featuring free admission for all. Individual pitmasters offer barbecue dishes for sale. The event also features live music, beer, VIP experiences and more.



## JUNE 24

### An Evening of Impact

THE WESTIN KANSAS CITY AT CROWN CENTER

Giving Hope & Help’s 10th Anniversary and Scholarship Awards Gala includes a meet and greet the scholars, silent auction, dinner, program, live auction and entertainment by DJ Ice Kole, Kansas City Boys and Girls Choir and AileyCamp the Group.





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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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# Reflections

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