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INSPIRATIONS

Andrea Larson: “I’m a live-in-the-moment mom!”

When you drop a pebble in a pond, it creates ripples that continue to the shore. Andrea Larson recognizes that the power of her words and positivity have the same effect and are multiplied. Her blog, Life Love Larson, grew organically, and Andrea’s openness, clear priorities and consistency have garnered an impressive following.



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May Horoscopes

A woman with blonde hair tied back, wearing a red tank top, black shorts with white trim, and a black watch, is running on a paved path. The background is a blurred outdoor setting with trees and a building.

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BRAVE MOTHERHOOD

Photography by Amber J Deery



She was tired.

***No one could see the
level of tired.
They saw the outside.
The one giving, smiling,
showing up.
And yet inside, she
felt the fatigue.
The tired of trying
to keep up.
The tired of agendas.
The tired of worries.
But she kept on.***

***She kept on giving
and loving.
She kept on hoping.
She kept on showing up.
She knew her
giving mattered.
She pushed forward.
Out of love.***

Even in the tired.

- Rachel Marie Martin

I have tried not to complain about being tired and exhausted all the time, especially in the afternoons and evenings, but most importantly, I try not to complain to my boys. It is hard and it has been hard. I have thrown out the “fake it until you make it” mentality and have accepted what I’ve known for a long time. I have Long COVID.

It has been over a year since I had a mild case of COVID, but the chronic fatigue, insomnia, no taste or smell, racing heart, depression and brain fog are what I call “the gift that keeps on giving.” I have dealt with it, and I know that it could always be worse. The hardest part is the impact I feel it is all having on my boys.

After school, when we are all getting home, seems to be when I am the most tired, but of course I can’t sleep. This is also the time when the boys want my attention, need my help, or have activities to go to. I do my best, but I know sometimes they want and need more than I have the oomph to give them.

I know, as a mom, we all have moments like this. I just hope that my boys feel the unconditional love that I have for them whether I am sitting in a chair exhausted or running to give them their first big hug after school. In hindsight, remembering how hard we all thought it was being a kid when we were younger, they might be thinking that their life is harder than mine.

It’s all about perspective. Be kind to yourself, laugh at your failures, and gloat on the wins. Being a mom is hard, but at the end of the day, it’s the best gift in the world.

Happy Mother’s Day!

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WISHING YOU A
HAPPY MOTHER'S DAY

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CLOSET CLUTTER

ELIMINATE IT AND SAVE BIG

BY ABBY WOOD

What are the three main wardrobe mistakes that cost you money? Instead, I should say, waste your money! Read on for my tips to change the behaviors that bust your budget.

YOUR CLOSET IS AN UNORGANIZED MESS WHERE YOUR CLOTHES GO TO DIE

If any place in your life is unorganized, it is nearly impossible to find what you need. Your closet is no different. Imagine this: you need a black blouse. You know you have one except your closet is a jumbled mess and you can't find it. You start to think, *do I actually have a black blouse?* After searching for what seems like hours, you convince yourself that in fact you do not have that black blouse. So, you go out and buy one. The next week, while trying to find something else, what do you find? Your black blouse! If only it had a home in your closet so that you could have found it. Then you would not have spent unnecessary money to replace something that was never gone in the first place. Get my drift? Your closet should be maintained in a categorized fashion. All tops should be organized by sleeve length and then by color within sleeve length. The more categories you can have, the easier it will be to find your clothes.

YOU BUY IN MULTIPLES

I get it, everyone is short on time these days. If you find something you love, why not buy it in every color under the sun? Here's why. The items in your closet should be unique to one another. If everything is the same, you will feel that you are wearing the same thing every day and before you know it, you are in a style rut. Also, just because you like a top in black doesn't mean you are going to love it in yellow just as much. Nine times out of ten, when I see multiples in people's closets, they tell me, "I loved this shirt so I bought it in multiple colors, but I don't actually wear the other ones." Their hard-

earned money is literally hanging in their closet. I wince and then explain the above. If this sounds like you, it's time to quit buying in multiples cold turkey. Instead, invest in special items that you love! One note, though; if you are a hard fit in bottoms and find a pair of jeans that fit great, you have my permission to buy two pairs.

YOU SHOP ONLY THE SALE AND CLEARANCE RACKS FOR YOUR ENTIRE WARDROBE

Have you ever noticed how some women love to tell you that they got their items "on sale"? It's like sharing a victory with the world. I used to be this person. If someone complimented my top, my immediate response would be, "Well, I got a huge discount on it." Why did I feel the need to tell everyone this? Mostly because I wanted validation on it. But I don't anymore because I no longer shop only the sale rack. How many times have you bought an item on sale only to go home, hang it up and never take the tags off? I see this all the time. Sale shopping is really just impulse buying. It is a different mindset. Instead of focusing on the fit and how it will function for you in your existing wardrobe, your brain is clouded by the fact that it is a good deal. But, spending less money on more items that you never wear is actually worse than investing in pieces you wear all the time. The next time you find yourself sale shopping, ask yourself the following questions. Do I love this? Do I love the way it fits? Do I have anything at home to pair this with? How many times will I wear it? Make sure to remain thoughtful when shopping at all times to maintain a wardrobe you truly love. ♦



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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Imaging for Women is excited to celebrate 25 years of raising the standards of breast care. Allison Zupon, MD, and Troy Voeltz, MD, prioritize compassionate patient care with state-of-the-art imaging technology. “The work we do as radiologists makes a big impact on patients and we focus entirely on patient care,” Dr. Zupon says. “We read all imaging results and conduct follow-up diagnostics on the same day so patients never have to wait. We’re passionate about making the experience as easy as possible.”

“**E**arly detection is key” is a mantra every woman knows. With regular screening visits, radiologists have the best chance to catch abnormalities early, ensuring less invasive treatments. “A painful mammogram is a thing of the past at our center. We’ve changed the experience entirely with patient-controlled technology,” Dr. Voeltz explains. “It’s a significant investment for the practice, but we gladly absorb that to provide a better exam. That ensures women come back every year, which is the biggest benefit for patients.” Imaging for Women is the only breast center in Kansas City to offer

Contrast Enhanced Spectral Mammography, a new type of mammogram for women with an increased risk of breast cancer. CESM finds cancers at a rate comparable to MRI and is quicker and less expensive for patients.

In addition to investing in the latest technology, Dr. Zupon and Dr. Voeltz are committed to investing in the community. Imaging for Women has donated over \$4.5 million in free care since opening in 1997. They work directly with Northland Healthcare Access and BraCouture KC to help those in need throughout the greater Kansas City area. Their Special Services Program is aimed at keeping care affordable and accessible to

patients who are uninsured.

Imaging for Women opened in 1997 and was Kansas City’s first free-standing imaging center dedicated to women’s health. Dr. Voeltz and Dr. Zupon continue to lead the practice in specialized breast care, offering several different imaging tools tailored to the patient’s individual risk, including 3D and contrast mammography, whole breast ultrasound and image-guided breast biopsies. Patients experience more comfortable exams in a relaxing atmosphere.

Imaging for Women looks forward to providing the best care possible for years to come. ♦



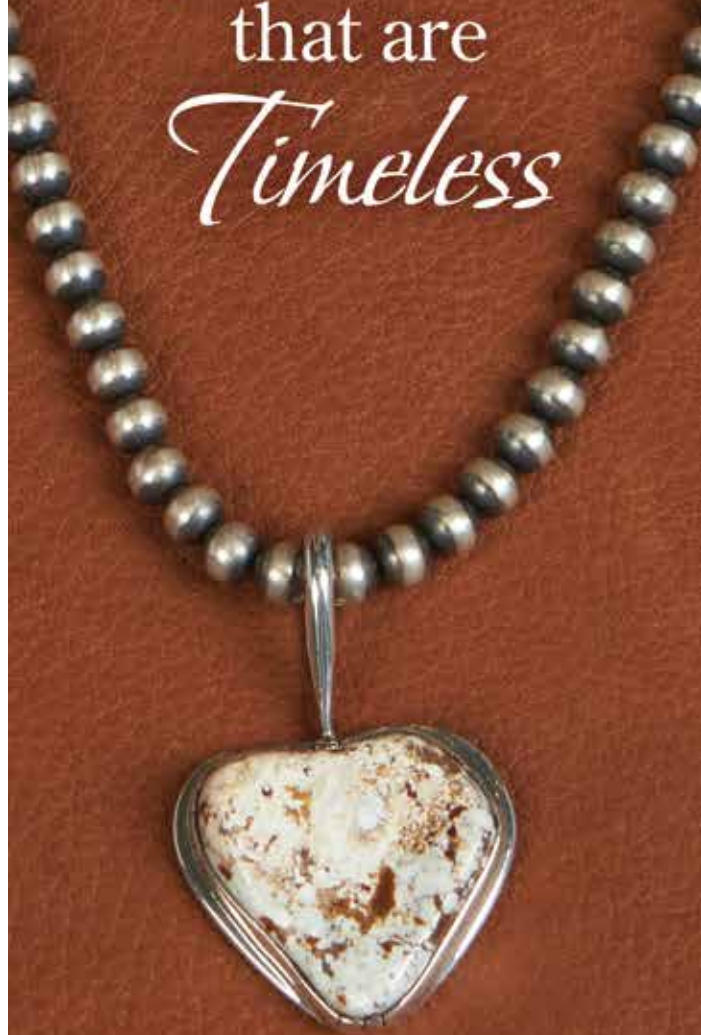
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On March 19, Angel Competition Bikinis had their annual fashion show. The show displays strong, gorgeous women at any stage of their fitness journey and at any age. Each year, alongside music and entertainment, ACBikinies showcases their new designs with glamorous costumes. ♦

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GREAT SKIN IS MADE IN THE SHADE!



Summer is finally here, and most of us can't wait to get out on a boat or float in the pool. Some even kept their tan year-round, thanks to tanning beds. A sun-kissed glow is always a confidence boost, but protecting your skin from UV rays is your greatest anti-aging trick. Great skin is made in the shade!

There are over 5 million skin cancer diagnoses in the United States each year, making skin cancer the most common cancer! We all know we should be wearing sunscreen to help protect ourselves, but with so many choices on the market, how do you pick the one that is right for you? Let's break down the sunscreen facts.

There are two types of active ingredients in sunscreen that help prevent the sun's UV radiation from reaching your skin: physical or chemical ingredients. Physical sunscreen

ingredients include the minerals titanium dioxide and zinc oxide, which block and scatter the rays before they penetrate your skin. Chemical sunscreen ingredients such as avobenzone and actinalate absorb the UV rays before they can damage the skin.

Many sunscreens contain both active ingredients, but chemical sunscreens can be irritating to some skin. If you find sunscreen makes your skin feel sensitive, look for a sunscreen without titanium dioxide and

zinc oxide.

What does SPF mean? This stands for Sun Protection Factor, and tells you how long the sun's rays would take to redden your skin. If you have an SPF30, it will take you 30 times longer to burn than if you used no sunscreen. So, if you plan to be at the pool all day, opt for a high SPF and always remember to reapply every two hours. In the winter months when we don't spend as much time in the sun, SPF15 would suffice.

When summer is over, we recommend letting your tan fade and leaning into skin-loving rejuvenation treatments. Chemical peels, laser treatments, exfoliating and hydrating facials are just what the skin needs after all the sun exposure during the summer. It is also the perfect time to schedule your annual skin cancer screening with your dermatologist. Avoid tanning beds as much as possible as it does increase the risk of developing melanoma by 75 percent. ♦

If you find sunscreen makes your skin feel sensitive, look for a sunscreen without titanium dioxide and zinc oxide.



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GETTING IN TOUCH: MASSAGE TREATMENTS RIGHT NOW

BY LISA BUTLER

It's been a harsh couple of years. Americans have spent quite a bit of time avoiding other people. Whether it's from people we know or total strangers, many of us are keeping our distance. Since 2020, terms such as "touch hunger" and "touch starvation" have been heard in the media and regular conversation.

Across the U.S., mandatory shut-downs throughout the pandemic presented big challenges to most small business owners, especially spas and salons. Many of these businesses are finding new ways to offer treatments while keeping patient safety a priority.

After being isolated from most other human beings, Americans are ready for some nurturing touch. Massage is back, perhaps with a little extra protocol, and new treatments are paving the way for us to destress and unwind through these continuous up-and-down times.

GUA SHA

If you follow beauty social media accounts, you may have noticed a massage trend called Gua Sha, a traditional Chinese healing method in which the therapist uses a stone-like tool to scrape the skin and press down in long, downward strokes. The treatment intentionally creates temporary markings called sha, which are meant to break down and release tissue, stagnant blood and energy. Gua Sha is believed to help blood flow and create a lifting effect on the skin, lessening toxins in the body while promoting healing.

THAI MASSAGE

If you like doing down dogs and forward folds, then Thai massage may be your next favorite treatment. Focusing on rhythmic flowing and an assisted yoga-similar stretching routine, a Thai massage aids in stress release and deep relaxation. And for those who prefer not to bare it all, most Thai massage is done fully clothed.

CBD RELAXATION

Over the last several years, CBD, or cannabidiol, has morphed into



a popular natural remedy to treat many ailments. According to some studies, CBD massage treatments help relieve arthritis and muscle pain, especially in the legs, neck and back. CBD oil is also considered very hydrating, while helping relieve inflammation in the body as well as fighting stress, anxiety and headaches. CBD massage oil treatments can be added to most regular body and head techniques.

WORK-AT-HOME STRESS?

Throughout the course of the pandemic, massage therapists have reported seeing an increase in injuries and discomfort from work-at-home jobs. Inappropriate desk setups, poor posture and neck stress can lead to pain. Working from home may require a little extra attention to the body. Some local spas and salons offer general massage, neck treatments and more just for those sitting at a desk most hours of the day. A deep tissue massage can reach the body's deep muscle fibers while increasing blood circulation and range of movement.

CRYOTHERAPY MASSAGE?

While the popularity is hot, the treatments are cold! Cryotherapy massage is a chill way to soothe skin and regulate blood circulation. Therapists lightly glide icy tools that have been prepped with a serum, oil or sheet mask over the body. This method helps constrict blood vessels, calming inflammation and puffiness. Combining cryotherapy with massage helps muscles have better flexibility, which allows them to tolerate stretching and deep tissue massage even more, maximizing results.

FLOAT THERAPY

Enjoy a feeling of absolute suspension in float therapy. Epsom

salts dissolved in gallons of body-temperature water allow the mind to relax as the music is piped in quietly. Done inside a completely soundproof unit, floating produces many mental and physical benefits including pain relief, stress relief, body buoyancy, relaxation and improved sleep.

Traditional float therapy may call for total darkness, but many spas allow customers to decide how much light they prefer. An hour in a float room is considered the equivalent of several hours of deep REM sleep. Some clients prefer floating and massage therapy together. The combination regulates blood circulation and evenly distributes endorphins throughout the body, boosting mood, focus and the immune system.

CUPPING

We know how professional athletes take advantage of cupping treatments, but how do they work for the rest of us? Combined with massage, cupping is an all-encompassing acupressure treatment using heated cups with magnets intended to restore normal cellular vibration. The powerful suction allows for increased blood flow, energy and healing.

Even through this non-touchy-feely time, we can still get all the feels. With new ideas and the right precautions, massage can be a wonderful way to ease the physical and mental distress presented by our ever-changing world. ♦

SOURCES: integrativehealthcare.org, salinityforyou.com, indymaven.com and healthline.com.

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Mindy Thomas
DNP, FNP-C, CCRN

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



PAYING TRIBUTE TO OUR NURSES

BY CINDY MCDERMOTT

Americans hold their nurses in very high regard. For the 20th year in a row, nurses ranked in the top spot in Gallup's annual Most Honest and Ethical Professions Poll. An astounding 81 percent of respondents rated nurses' honesty and ethical standards as "very high" or "high." The American public ranked nurses the highest among a long list of professionals, including medical doctors, grade-school teachers and pharmacists.

According to the American Nurses Association, representing the interests of the nation's 4.3 million registered nurses, the ranking directly reflects the trust the American public has in nurses and the work they continue to do to earn that trust, even amid a persistent pandemic.

"National Nurses Week this year is such an important time to pause and pay tribute to our nurses, who have served patients in the most remarkable ways throughout this pandemic," said Rachel Pepper, DNP, chief nursing officer, Kansas City Division, The University of Kansas Health System. "I am in awe daily seeing our nurses stand strong and support people who are vulnerable and at points of deep despair. They give hope to patients who need it and provide expert skill and genuine compassion to everyone they serve. To know a nurse is to know someone of true heart and greatness."

In the coming weeks, the world will recognize the contributions of nurses to health care and their communities with National Nurses Week, beginning May 6 and ending May 12, Florence Nightingale's birthday. As a nursing supervisor on the frontlines of the Crimean War, Nightingale introduced hygiene protocols and other actions that



significantly lowered infections and deaths in battle-field hospitals. Her work is the foundation for today's nursing profession.

National Nurses Week gives us an opportunity to recognize the impressive contributions of nurses who work in a variety of specialties and settings. Think of the school nurse who administers vaccines to the incredibly focused oncology nurse who assists in life-saving treatment. Not only do they drive the healthcare of their patients in numerous roles, nurses also volunteer in their communities, providing another level of care.

"Nurses are always serving. They support friends and family and provide education and advice to those around them," said Rachel. "They see areas of need in the community and find ways to help people and raise them up."

If you would like to recognize a nurse in your life during National Nurses Week, a thank you note is a nice way to acknowledge the impact he or she has had on your life. For those who hold a special spot in your wellness journey, you might consider ordering lunch for them or even gifting them with a pedicure or massage certificate. On average, a nurse walks four to five miles on every 12-hour shift, which equals a 5K race every day. One incredible gift is to donate blood. If

you are eligible, giving blood is an easy way to help ensure our healthcare system and nurses have the assets they need to save lives.

“Our community has been incredible throughout the pandemic providing support, kind words, meals, appreciation and much more to nurses. These things matter,” said Rachel. “We thank our communities for seeing and recognizing the work of nurses and for continuing to celebrate and thank them.”

National Nurses Week highlights the crucial contributions nurses make to our communities with direct healthcare to their patients or contributions through volunteer work. It’s easy to understand how these warriors on the front lines of wellness are described as being the most honest and ethical profession. Now, it’s time for us to recognize their contributions and the role they play in keeping our communities safe.

“Nurses are with people at the most vulnerable moments in life. People trust nurses with their hearts; they tell their nurse things they don’t share with others. Nurses are present in the night, in hard moments and moments of joy and relief,” said Rachel. “The bond between a patient and nurse is deep, unique and special. This has earned nurses the honor of being recognized and celebrated as an honest and ethical profession.” ♦

SOME INTERESTING FACTS AND FIGURES ABOUT NURSES

- Only 60 percent of nurses in America work in hospitals. The rest are employed in schools, medical offices, hospice facilities, private homes and other locations.
- Nurses took the top spot in Gallup’s Most Honest and Ethical Professions Poll. The next spot was claimed by medical doctors, a whopping 14 percentage points behind nurses.
- The U.S. Bureau of Labor counts nearly four million nursing jobs in the country.
- The first known nursing school was established in India in 250 BCE but only male students could attend because they were seen as more pure than women.
- National Nurses Week traces its beginnings to the International Council of Nurses founding International Nurses Day in 1974. A few years later, the celebration was extended to a week, and National Nurses Week was formally established in 1994.



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BY ADRIANE RITCHIE



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Adriane Ritchie is the owner and founder of Advanced Aesthetics Medical Spa and Adriane Advanced Skincare Line. Utilizing her paramedical skin care degree over the last 20 years has allowed her to practice as a Medical Aesthetician, Certified Laser Technician, Body Contouring Specialist and Skin Health Expert. As an award-winning business owner & entrepreneur, Adriane has chosen to dedicate her life to helping, healing and building self-esteem so her clients can love the skin they are in. Over the years, Adriane has made an impact on our local community—providing services as an Aesthetic Practice Consultant, being responsible for bringing the HydraFacial to the midwest market, performing as an educational public speaker in our local school systems, as well as regularly giving back to the community and various local charities.

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MINDY THOMAS, DNP, FNP-C, CCRN, AND HUMMINGBIRD HEALTHCARE

PROMOTING A BALANCED LIFESTYLE

BY JUDY GOPPERT
PHOTOGRAPHY BY AMBER J DEERY

This Olathe-born and raised healer represents how we can leave our comfort zone and dive deep into the unknown, exciting and rewarding life waiting on the horizon. Mindy Thomas, DNP, FNP-C, CCRN, gets to know each of her clients personally, and devises individualized treatment tailored to each unique woman. Choosing hormones to navigate the change in life can change your life!

“I never thought I would be in healthcare as a kid. I was bad at science and math so I never considered it an option,” Mindy explained. “While I was attending MidAmerica Nazarene University, I studied abroad in Costa Rica. This experience truly changed my life! I learned to speak Spanish but was also exposed to a kind of poverty I had never seen before. We traveled to Nicaragua, Guatemala and Cuba. We saw people in Nicaragua and Guatemala literally living in the city dump.

TIME OF DECISION

“Two things occurred to me during that time that have informed my life and my career. One, it is my responsibility as a person who has the ability financially, mentally and physically to be educated to use that to serve others who don’t get that same benefit,” she continued. “Two, I may not be naturally great at science or math, but I can learn and there are resources all around to help me. With those two things in mind, I took the prerequisites at Johnson County Community College, applied and was accepted into nursing school at KU.”

After graduating in 2008, she spent over 13 years working in the Emergency Department and ICU at KU Medical Center. This work in critical care with people in some of the most difficult moments of their lives impelled her to her profession today.

She graduated from University of Missouri-Columbia in 2020 with her doctorate in nursing and became a family nurse practitioner. She currently works at a family practice in Kansas City that serves a largely Hispanic population. Hummingbird Healthcare opened in 2021 and is her passion project because she firmly believes that prevention of disease is the best form of healthcare.

HOLISTIC PRACTICE

“There are many great things to say about modern medicine and many critiques of it as well. In an average clinic, the system allows only 15 minutes with a patient and that includes the check-in time that the nurse or medical assistant uses to take vitals and review meds,” she continued. “No wonder people leave confused on what to do and how to take their medications. With Hummingbird Healthcare, I do not take insurance. I recognize that is limiting for some people.



However, it allows me to do things like spend an hour with a client to really get to know and understand their concerns. I am in direct, frequent contact with my clients because this is meant to be a personalized, holistic approach to women’s health. It’s also a positive that telehealth visits are now the norm.”

The majority of her clients are women nearing or post-menopause. “I also treat women who have difficulty losing weight, hypothyroidism or heavy and painful periods,” Mindy noted. “We plan to add personal training and a nutritionist to support weight loss goals.” She is certified to teach yoga and is a certified breath coach; she uses these techniques to help people with anxiety or trouble sleeping.

She realizes that some may question hormone therapy versus medication, and she’s working toward certification in hormone therapy. It’s her belief the research shows it can be safe and effective in treating symptoms of menopause, such as hot flashes, night sweats, mood swings, palpitations, difficulty losing weight, memory impairment, loss of libido, vaginal dryness and painful intercourse, as well as in preventing osteoporosis, Alzheimer’s dementia, loss of muscle mass, cardiovascular disease and strokes.

FAMILY PRACTICE

Mindy’s husband, Steve, is incredibly supportive. Together they have a ten-year-old son, Matthew, and the blended family includes her 20-year-old stepson, Marc, and two dogs, Frankie and Beanie. She manages her own stress with daily yoga and meditation.

Her husband proposed the name Hummingbird. “It is meaningful to me,” she smiled. “Prior to nursing school, a friend I respect gave me a book titled *The Hummingbird’s Daughter* by Luis Alberto Urrea, set in Mexico. It’s about a girl who becomes a healer using herbs and practices passed down to her from the elderly medicine women, then she realizes she has an almost supernatural ability to heal any sickness. I was honored when my friend gave me the book and have always treasured it. I have a tattoo on my back with some of the book’s cover art. Steve knew this and came up with the name. It seemed like a good fit. ♦

Visit www.hummingbirdhealthcare.com for more information; the blog provides free education as does Facebook and Instagram. A client who refers a friend receives a free month of medication management.

LOOK YOUR BEST FOR MOTHER'S DAY—AND EVERY DAY!

BY MERRITT RETHLAKE

In celebration of family and Mother's Day, look back at family photos and the years together with your children. You'll see they're not the only ones who have changed. Every part of you might feel different since you became a mother, so what better time for a beauty refresh than on the day that celebrates you?

Create a spa-like atmosphere in your own home, with or without the kids, and start the rejuvenation process with a simple, yet strong, at-home hair mask. Described by Kristin Booker of *Today* as “time travel in a jar,” the Caviar Anti-Aging® Replenishing Moisture Masque by Alterna is a hair mask that's packed with nourishing and protection ingredients that revitalize hair that's seen the effects of decades of hair styling and coloring.

Macadamia Professional™ Nourishing Moisture Masque can also take you back in time, and, if you have the same breakage and split end problems that I do, you will love this salon-status treatment that's like a miracle worker for your hair. It blends argan, tea tree and, you guessed it— macadamia oil. Looking for a little more hair lavish? The Signature Moisture Masque by Oribe repairs damage and replenishes with moisture, making you feel like you just received a deluxe hair treatment worthy of the red carpet.

Your hair isn't the only part of your body that's happier with a little pamper. Give your skin some love and discover the beauty of visiting a cosmetic dermatologist. Reap the benefits a long-term skin care plan, including treatments and products specific to the characteristics of your skin.

Ultherapy® is a micro-focused ultrasound that triggers a collagen-building process, lifting and tightening skin on the forehead,



specifically the brow region, and neck, as well as improving wrinkles and lines on the décolleté. Because the device targets deep tissue below the surface of the skin, it stimulates new collagen formation and tightening with no down time.

Chemical peels are an excellent option for freshening your look. Chemical peels are one of the oldest cosmetic procedures in the world; they were performed in ancient Greece, Egypt and Rome to help women achieve smoother skin, but today there's a wide

choice ranging from light to deep peel options. The chemical peel is an acidic solution used to remove damaged outer layers of skin, typically on the face, but it can be administered elsewhere on the body; outer layers of dead skin peel off to reveal a new skin layer with better color and tone and smoother texture. Light and medium peels are used most commonly to treat areas of dryness or fine wrinkling, unbalanced pigmentation and blemishes or acne. The peel is a great solution for those who want the benefit of the treatment but want to forego a longer recovery time.

Similarly, microdermabrasion helps peel away skin to reveal a more beautiful layer. The main difference between the two procedures is that microdermabrasion is a non-chemical procedure that diminishes imperfections by “sanding” flaws from the surface of the skin, so you can think of it as intense exfoliation.

If you're not quite ready for a chemical peel, check out the Charlotte Tilbury Instant Magic Facial Dry Sheet Mask. Simply place the

dry mask over your face and massage for 30 seconds to release the magic ingredients. Because it's dry, it makes less of a mess than a typical face mask and it can be reused up to three times, guaranteeing smooth, bright, hydrated skin.

Microneedling, also known as collagen induction therapy, is a safe, non-surgical cosmetic solution that helps smooth wrinkles and reduces the appearance of fine lines. This technology is suitable for any type or color of skin, and patients may notice healthier looking skin immediately. It is suitable for use on most or all parts of the body, including the face, neck and lower neck, especially where lasers or peels are not appropriate.

A wand with fine needles is rolled over the skin, creating a controlled skin injury that triggers the body to fill these microscopic wounds with new elastin and collagen. Microneedling should be performed by a professional in a controlled, sterile environment. If you're planning on having fresh, rejuvenated skin and also want to be back to your typical makeup regimen by Mother's Day, schedule a procedure ahead at the advice of your dermatologist or aesthetician.

Your makeup regimen can also benefit immensely from finding the right primer, which can be just as important as the makeup itself. A primer can extend the life of any products you layer on top and minimize the appearance of large pores or uneven skin texture. ♦

SOURCES: *allure.com, asds.net, bestproducts.com, docshop.com, skinpen.com and today.com.*



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aNu Aesthetics™ and Optimal Wellness

New Leawood Location
Expands the Optimal
Patient Experience

BY JUDY GOPPERT
PHOTOGRAPHY BY SAMANTHA LEVI

Dr. Cristyn Watkins, owner of aNu Aesthetics™ and Optimal Wellness, has earned an outstanding reputation in the community for being an innovative physician since 2006. She is a double board-certified family medicine and functional medicine physician, master aesthetic injector and national trainer in regenerative medicine.





She is thrilled to announce the opening of her third location in Leawood, Kansas. She related that she decided to open here because she has many patients who live in the southern part of the KC metro, making it more convenient to have a facial, neurotoxin, intravenous infusions or purchase their medical-grade products.

GROWING OPPORTUNITY

Dr. Watkins also sees a need for advanced functional and wellness medicine in this area as preventative and wellness medicine becomes more prevalent in the Midwest. “Most patients will travel to see their favorite advanced medical provider, but I wanted something closer to them so they can focus on their self-care more often,” she smiled. “There are many aesthetic offices and medical spas in Johnson County, but there are not advanced wellness centers with all of the services we offer, so I wanted to bring both of those to Leawood.”

The new Leawood location has two advanced nurse practitioners, overseen by Dr. Watkins for a few years already. “This allows us to offer very advanced and innovative procedures there, and to provide aesthetic, regenerative and wellness treatments,” she noted. “We are also going to start working on building more of a wellness community in Kansas City to bring like-minded people together for healing with spaces to provide services such as Reiki, Thai massage, acupuncture, nutrition education, physical therapy, psychotherapy, neurofeedback,

yoga and meditation. aNu began these community services prior to COVID, and we’re eager to focus on bringing back these special treatments that nobody else offers because of where we are in the world right now, with all the stress and change everyone has experienced.”

NOVEL TREATMENTS

The word Reiki comes from the Japanese words rei, which means universal life, and ki, which means energy. It is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing.

“With the last two years of all the stress of COVID, we have brought in Reiki and IV ketamine, as well as a treatment we created and named REIKIN that incorporates IV Ketamine and Reiki. This new treatment lasts approximately an hour and a half to three hours,” she confirmed. “It is great for deep meditation, healing, releasing, depression, anxiety and stress. We combine these therapies to help patients achieve optimal health and improve their quality of life.”

“This healing method allows patients to treat their mind and physical body using a combination of Eastern and Western medicine. It is a whole new level of healing and an alternative treatment for OCD, PTSD,

anxiety, pain, depression and more. We created this therapy and are the only medical and wellness center offering it.”

GET SUMMER-READY!

Springtime is a great time to visit if you are thinking about weight loss before the summer! aNu Aesthetics offers medical weight loss specifically formulated by Dr. Watkins, as well as supplements, peptides and turbo shots for weight loss. “We also have a huge promotion going on right now for CoolSculpting™ for your pre-summer

“We are also going to start working on building more of a wellness community in Kansas City to bring like-minded people together for healing, with spaces to provide services such as Reiki, Thai massage, acupuncture, nutrition education, physical therapy, psychotherapy, neurofeedback, yoga and meditation.”



tummy transformation! If you buy eight or more cycles you get 50 percent off, which means if you buy four cycles you get four for free, and if you buy seven cycles you get seven for free,” she noted. “This can really create a body transformation along with the new INMODE EvolveX to add on for skin tightening, muscle contraction and fat loss.”

Dr. Watkins suggested starting a weight loss journey now as these treatments usually take about 30 to 90 days for optimal results. “We want to get you great results before pool time!” she mentioned. ♦

The new location for aNu Aesthetics and Optimal Wellness is 11401 Nall Avenue, Suite 218, Leawood, Kansas. Visit anuaesthetics.com for more information on other sites or call 913-298-6230.

LET'S GO PLAY OUTSIDE!

BY JUDY GOPPERT

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." Dr. Seuss, in the timeless book Oh, The Places You'll Go! provides good advice for anyone raising children these days, because he tells them they are destined to climb mountains, cross streams and bridges and walk tall.

Studies show that children who spend time outside being active will grow up to be healthier, happier, more successful adults. Time in the sunshine raises levels of vitamin D, which promotes good health and protects young ones from bone problems, heart disease, diabetes and other health issues that can develop with age.

ADHD is also significantly squelched with exposure to the great outdoors, and active youth consistently score higher on standardized tests in math, reading, writing and listening. Breathing in that green-space air reduces children's overall stress levels.

It's true—nature makes you nicer!

Richard Louy coined the term "nature-deficit disorder" in his book *The Last Child in the Woods*, when he described how family life has changed over the last two decades. He is adamant that nature has a developmental effect on children. Less time outside can cause childhood obesity, which in turn leads to such problems as sleep apnea and some social and psychological issues. The Mayo Clinic reports that the rate of obesity for preschoolers in the United States has more than doubled over the past 30 years and has tripled for children 6 to 11 years of age.

Luoy knows, as do moms, that playing outside, planting gardens, climbing trees and collecting rocks may seem like passive behaviors,



but they improve eyesight and expose children to varied nutritional options. Plus, when you grow your own food, it's much more fun to eat, especially when little hands plant the seeds and water them with their own watering can.

Vitamin G, for Green, is just as essential as vitamins D, B, E and C. That's not to say that some television and games can't be played, but a good variety of educational shows and games make a difference as well. Psychologists involved in this green versus electronic debate have shared their findings with school administrators.

The result? More outside time, more recess time and

greener playgrounds. When a child runs around the playground, she will listen to the teacher better. All children need to energize their little bodies, just like adults. It's estimated that children spend five and a half hours a day on passive indoor activities. According to the International Play Equipment Manufacturers Association and its Voice of Play initiative, in addition to increased physical activity, both group interaction and social development for children take place on a playground in a number of ways; children learn about taking turns, exercising self-control and striking up conversations with peers. Playgrounds improve child health, encourage creativity and respect, increase problem-solving skills and increase attention and focus.

Voice of Play also acknowledges that play-ground equipment encourages imaginative play through which children can experiment with expressing different emotions and learn about life's possibilities.

Linnea M. Anderson, assistant archivist, Social Welfare History Archives, University of Minnesota, who has written about the history of playgrounds, explains, "Early playground advocates believe that social interactions in playgrounds benefit the country as a whole and build citizenship and neighborliness when children have a chance to play together."

Albert Einstein said, "Play is the highest form of research." Grab that butterfly net and jar and get outside! ♦

SOURCES: apa.org, carters-kids.org, infed.org, nwf.org, naturalllearning.org and voiceofplay.org.

Carter Oosterhouse, TV personality and founder of Carter's Kids, a non-profit that builds playgrounds mainly in economically disadvantaged neighborhoods, said, "We love to build playgrounds because it helps address child inactivity and improve child health. What we also see time and time again is that when children are at the playground, it also encourages adults. Neighbors meeting neighbors. A sense of community is formed."

To tear your child away from the video screen, make outdoor activities intriguing and fun. By playing on your son or daughter's interests, you can create a world of imagination right outside your door. Try these ideas.

- Obtain color samples from the local hardware store and hide them around your yard or neighborhood. Get a special prize for each color; for example, for a red chip give the child a red book to read; an orange chip gets them an orange to eat.

- Take a canoe ride. Whether you live near a creek, lake or stream, public parks have them available. Build your own little boat to sail in the water.

- Start a dog walking business with your child. Together, you'll meet new neighbors and enjoy the outdoors. Plus, the pooches will enjoy the outings.

- Sidewalk chalk is a great way to inspire creativity on the driveway or patio.



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ANDREA LARSON

“I’m a live-in-the-moment mom!”

BY CINDY MCDERMOTT | PHOTOGRAPHY BY AMBER J DEERY

Andrea Larson has schooled herself on becoming a social media darling for thousands of her followers and empowering them through simply sharing her everyday life in Overland Park, Kansas. More than a decade ago, she began this journey, which has blossomed into a part-time job for the 42-year-old. Her number of followers is impressive: Pinterest: 3,900; Instagram: 13,900; Facebook: 1,100. Add to this her monthly page views: Pinterest, 1 million; and Blog 10,000; and Andrea has racked up solid credentials. She has built this massive number of impressions by sharing her real life in a relatable, down-to-earth manner because, as she says,

that’s what people crave.

“I started a blog, Life Love Larson, over ten years ago to share life updates about our family, recipes and DIY projects. I’ve stayed home with my kids since they were born and always yearned for a creative outlet. Blogging was fairly new, and it was fun for me to be creative and write. There have been lag times with the blog, but I’ve never abandoned it. To date, I have over 400 blog posts. It’s my original form of content creation,” she noted. “Sharing things in a blog post allows people to return and get information quickly. Instagram and Facebook posts get lost and buried over time, but blog posts last and can be accessed all the time. I also own my blog and all content I share and blog about.

This keeps it very personal and very much mine, which you can’t get with other social channels. I slowly started sharing more quick posts and daily life routines and what we were doing as a family and my following started to grow. It’s hard to grow in today’s world of social media, but I absolutely want to nurture the audience I do have, which is super important to me.”

LEARNING THE TOOLS OF THE TRADE

Andrea describes herself as a “self-taught blogger/instagrammer/social media influencer,” because, as she tells it, “a manual does not exist.” Her day-to-day activities are the subject of her work, focusing on recipes,

travel, home decor, projects, shopping deals or finds, Kansas City living, ad campaigns and family. She also composes posts on her “green thumb” to help many followers get to the root of the problem to keep their indoor and outdoor plants happy and healthy.

Many times, Andrea is posting about her family: Steve, her husband of 19 years, and children, Drew, 14, and Kate, 13. Born and raised in Moline, Illinois, the Mississippi River side of the state, she graduated from the University of Iowa with a degree in social work. Andrea spent some years working for nonprofits, but her husband’s fast-track career, which meant moving six times until they landed in Kansas City in 2012, opened the opportunity to be a stay-at-home mom.



“I’m my happiest self because I get to do what I love and have hobbies that fulfill me. Find something that inspires you and run with it. Life, for me, is all about priorities. I’m always striving to live life to the fullest, in big and small ways.”

“The objective of Life Love Larson is to inspire readers to live fully in all areas of their lives. I’m an open book that lends itself to sharing my/our lifestyle on social media on a daily basis. I identify as a stay-at-home mom/family CEO/content creator and blogger,” she shared. “It’s fun for me to interact with readers. So much of my audience is in Kansas City, which lends itself to feeling like a community. My audience teaches me so much, too. I feel lucky to have the connection and the outlet to so many people. I’ve chosen not to niche down because I love too many things. I think my audience likes to see a little bit of everything as it keeps things interesting. I’m just a regular, everyday mom, who shares real life and relatable things. I think people crave relatability and real-life; I’m willing to share mine.”

NAVIGATING THE NEGATIVITY

Social media can be a vicious jungle to trek. Andrea strives to turn that around by empowering women with the positivity her lifestyle and writing brings. “I hope that through sharing my own life I can inspire someone to burst out of the suburbs, take their kids to a new place, be spontaneous, try a new restaurant, wear something they normally wouldn’t try, plan a trip somewhere, cook a new meal, purchase their first plant for their home and more.

“Because I’m older than most influencers in this space (#thisis42), I feel I have a unique life perspective because I’ve been around the block. I’ve been married for a long time and am parenting two teenagers,” she commented. “I’ve had people in my audience message me saying they don’t dread their kids getting older because they see our lifestyle and it’s still fun. I want



moms to know that every stage of the process is enjoyable and should be cherished. I always say I’m a live-in-the-moment mom. I don’t wish to go forward and I don’t ever want to go back. I’m in the moment and focused on loving those moments instead of wishing I was somewhere else on the journey. Life for me as a mother is all about balance. I can’t do it all, but I have clear priorities in place for my lifestyle. Using them guides me through my everyday life and my overall decisions.”

BRINGING HOME THE BACON

While writing about everyday activities may seem uninteresting, that’s not the case with Life Love Larson. Andrea has been able to use her skill set and her posts to bring home extra income, enough that she describes her output as a part-time job. The income derives



“I’m in the moment and focused on loving those moments instead of wishing I was somewhere else on the journey. Life for me as a mother is all about balance. I can’t do it all, but I have clear priorities in place for my lifestyle. Using them guides me through my everyday life and my overall decisions.”

from a variety of sources and to accomplish this she had to be willing to work hard at producing a consistent product that meets the needs of her followers.

“I monetize this business through blog ads, working with brands on paid social media posts, and earning commissions through Rewardstyle. I can link products and items; people can click on those links to purchase items. I make a small commission off what people purchase through my links. Items I link range from clothes to planters to beauty products to Amazon purchases,” she revealed. “I’ve been able to monetize this business because of consistency. This did not happen overnight. This was a slow evolution of figuring out that I enjoy connecting, writing, sharing, inspiring and creating. This is my dream job: getting to be home (my favorite place) and taking care of my kids full time (the best job in the world), while also being able to do something I enjoy. It fills me up, and that makes me feel like I’m contributing. I engage on social media to learn new things, to be inspired, to connect and to try and live my best life. I’m hoping when people come to Life Love Larson they feel the same way.”

While she currently enjoys the good wishes of thousands of followers, in the beginning, she was hesitant to branch out into this fairly new method of communication. Her ambition was tempered by the concern of trying something new and the fear of what others might think of her work. “I made the mistake of worrying too much about what others think and didn’t put myself out there as early as I would have liked,” she commented. “I’ve learned over time that being myself and putting myself out there was the best decision I made. Some may be doing similar things on social media but they’re not being me.”

COMPOSING A CAREER

For those contemplating a career posting on social media, Andrea’s motivational message is reminiscent of a Nike ad. “Just start! You want to try something new? Start! Want to travel to a different country? Start planning,” she added. “Want to create and blog and share your talents? Start! Want to become a plant lady? Buy your first plant.”

The power of her words for others goes very far with her followers. She keys in on positivity and the impact it can have on the reader or viewer and, in turn, the secondary effect those who consume her posts can have on those around them.

“I’m my happiest self because I get to do what I love and have hobbies that fulfill me. Find something that inspires you and run with it. Life, for me, is all about priorities. I’m always striving to live life to the fullest, in big and small ways,” she said. “The older I get, the smallest things bring me great joy. Seasons of life with kids come and go. Hard phases pass and you will soon forget them. Some seasons are easier than others, but every season is a time to feel challenged, proud and grateful. I’m lucky to do life with my family; they bring all the fun. Also, let some things go. I worry less and let things go easier now that I’m older. Embrace getting older. Life gets better with age. I’m the happiest and at my best ever at 42 years old and hope to continue that trend.” ♦

To learn more, visit lifelovelarson.com; facebook.com/lifelovelarson; Instagram.com/lifelovelarson



SHARING EDUCATION: SOCIAL SUPPORT FOR CHILDREN WITH FOOD ALLERGIES

BY TANISHA FOSTER

There are 5.6 million children estimated to have food allergies in America and this number is steadily rising. Just in the last decade, the rate has more than doubled. According to FARE, the world's leading non-governmental organization engaged in food allergy advocacy, over 170 foods have been reported to be the cause of allergic reactions.



There are nine major food allergens (with sesame being a growing concern) that can be attributed to the cause of more severe reactions, called anaphylaxis, which requires emergency care treatment. Recent data indicates that many fatal food reactions usually happen after consuming foods outside of the home, such as at school or in other social settings.

SOCIAL ANXIETIES AND FOOD ALLERGIES

Children with food allergies and their families often encounter social anxiety when engaging with others, especially in settings where food is involved. Lack of sympathy from others might negatively impact how an individual manages fear and anxiety of food allergies. It is not uncommon for a child with a food allergy or her parent to feel that they are an inconvenience due to their unique circumstances. Symptoms of food allergies range from mild, such as itchiness and hives, to more severe such as swelling of parts of the body or difficulty breathing.

THE BENEFITS OF KNOWING

It is important to recognize signs when you are exhibiting an allergic response or even with someone you are socially engaging with who has the known food allergy. I clearly recall my son Chop's first allergic reaction while on a playdate eating ice cream for the first time. A family member who had previously been diagnosed with food allergies recognized the signs of an allergic reaction and quickly acted. It was later confirmed that there were at least two ingredients that he was responding to. It would not be the last time that he would expe-

rience a reaction while in the company of friends and family. Not only was educating Chop important but teaching everyone in his circle to understand his allergies, know the signs and symptoms, and what to do to support him were all essential to his overall health and well-being.

INDIVIDUAL AND PEER SUPPORT

There are several ways that individuals and organizations can support themselves and offer support to those living with and managing food allergies. Many schools encourage classroom and building safety by promoting inclusion and implementing peanut-free zones. Children with allergies can also share information with their friends about their allergies and how to help them spy food allergens and reaction signs. Parents can opt to share their child's emergency care plan with school officials in the event their child shows signs of an allergic reaction. There are local and virtual support groups available. These groups can offer support not only for children, but for parents who manage allergies for their children as well.

MANAGING RISKS

Chop was quite young when it was discovered that he had several allergies. It simply was not realistic to isolate him, refrain from daycare and avoid social events altogether. He was growing and would need emotional love and support beyond those in our household. We had to teach others who cared about him the ways they could be extra eyes and ears for our son. It was important early on to normalize support and advocacy even with Chop's peers. Cousins and friends understood the "no food sharing" rule without permission of a trust-

ed adult in charge. Our village has become allies against food allergies for Chop, which empowers him.

Chop and his younger sister, Journey, partner with me in educating their peers about food allergies. They depict characters who live similarly to them in their children’s book series, Journey with Us by Chop Friendly. The series highlights and promotes food allergy awareness and shows how children might support their peers with unique differences or “superpowers.” Those closest to Chop, like Journey, learned early on how to recognize universal food allergy symbols and to read food labels to support her brother.

If you have a child with food allergies, are a supportive parent or are someone who wishes to ally, information is available to support someone managing food allergies. There’s no such thing as a child being too young to be educated on the effects of food allergies or to learn how to support friends. Many resources exist to educate children, families and the community to safely accommodate and include children with food allergies.

In addition, as of January 1, 2023, sesame will be labeled on packaged foods sold in the U.S. just as the other top allergens of milk, egg, peanut, tree nuts, wheat, soy, finned fish and crustacean shellfish have been labeled since 2006. The FASTER Act, signed into law April 23, 2021, gives parents and children the opportunity to identify another potentially deadly allergen. ♦

SOURCES: foodallergy.org and chopfriendly.com.



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POMODORO SAUCE

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



INGREDIENTS

2 28-oz. cans peeled whole plum San Marzano tomatoes
 ½ cup extra-virgin olive oil, Olive Tree recommended
 6 cloves garlic, peeled and chopped
 1-2 teaspoons kosher salt
 Hot red pepper flakes, to taste
 Parmigiano-Reggiano rind, optional
 ⅔ cup basil leaves, torn if large
 1 pound pasta
 ¾ cup grated Parmigiano-Reggiano, plus more for serving

DIRECTIONS

Remove the tomatoes from the can, one at a time. Break each one open and scrape out the seeds with your hand. Then place the juices and the crushed tomatoes in a bowl. Heat a medium saucepan over medium-high heat. Add oil and garlic and reduce the heat to medium. Cook the garlic, stirring often until the garlic begins to soften, but not brown. Add the tomatoes and their juices, salt and pepper flakes and cheese rind, if using. Turn the heat to high and bring to a boil. Reduce the heat to a simmer and cook, uncovered, until the sauce has reduced by approximately two-thirds, about 40-60 minutes. Remove from the heat and stir in half of the basil leaves. Check the taste and add more if desired.

Bring a large pot of liberally salted water to a boil. Cook pasta until before al dente. Using a spider or tongs, strain the pasta from the water and add it directly into the pan with the sauce, reserving a half cup of the pasta water. Before stirring, sprinkle the pasta with the grated cheese. Finish cooking the pasta in the sauce until just al dente, adding the reserved pasta water if needed. Adjust the seasoning with more salt, pepper and red pepper flakes to taste, and drizzle with a little extra virgin olive oil. Garnish with the remaining basil leaves and Parmigiano-Reggiano. ♦

TIPS...

1 Use on pasta, zucchini noodles, lasagnas, chicken Parmesan, ravioli, gnocchi and more!

2 This can simmer longer; just add more water if it reduces too much.

3 This can be made up to three days in advance.

4 The pomodoro sauce can be covered and refrigerated for up to 4 days, or frozen for 2 to 3 months.



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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WRITTEN BY MEGAN NEHER
PHOTOGRAPHY BY AMBER DEERY

Tucked away in a strip mall across from Johnson County Community College on the southeast corner of College Boulevard and Quivira Road, Tequila Harry's has been serving happy families for 35 years. This locally owned small business thrives on serving its customers and it's beloved by its hundreds of longtime neighborhood regulars.

Queso
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TEQUILA HARRY'S

NEW SELECTIONS, LONGTIME FAVORITES
AND A BELOVED COMMUNITY ESTABLISHMENT



Harry's Salad

Tequila Harry's was founded in January 1987 by Kansas City restaurateurs Danny and JoAnn Kanatzar. After 30 years of growing the business, it was finally time for the couple to turn over the established Tex-Mex Restaurant to a fresh face. Danny hand selected longtime customer and restaurant operations expert Chris Stuewe and his wife, Melissa Stuewe, to buy the restaurant.

"I live in the neighborhood and we were coming in to the restaurant all the time. We started meeting and discussing becoming future owners," said Chris. "Danny wanted to infuse new energy into the restaurant. He was ready for new blood. He gave me lots of ideas, and I've been able to jump in and reinvest in the building, update the website but most importantly, fine tune the menu."

Chris has been in the restaurant industry for 20 years, including operating restaurants in Kansas City and Washington, D.C., so when COVID-19 hit and he'd owned Tequila Harry's for less than a year, he leaned on his years of experience and the loyalty of the restaurant's customers to get through the pandemic.



Chili Con Carne Enchiladas

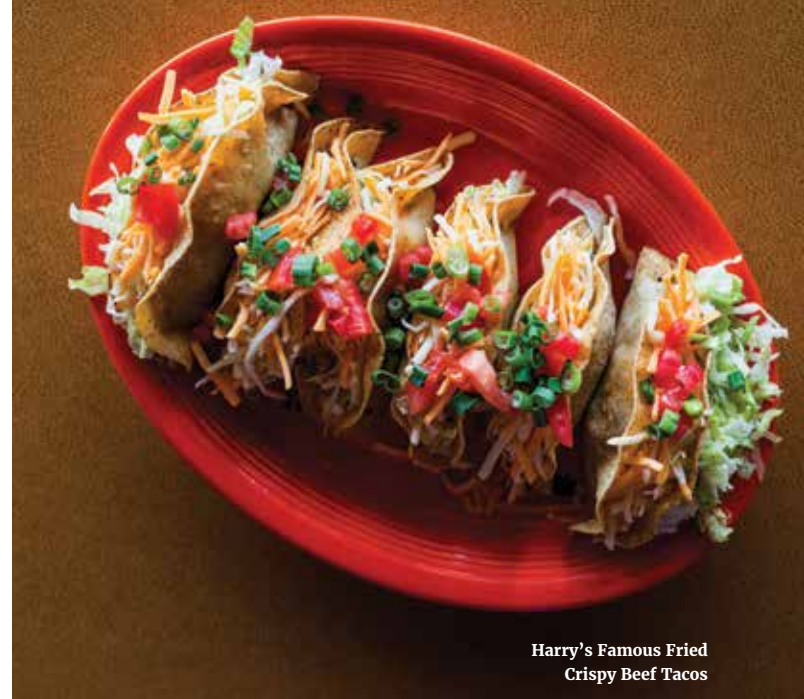


"We didn't close down a single day. I was able to create to-go packages and told the staff we'd figure it out. I'm pretty proud that we were able to keep 100 percent of our back-of-the-house staff and a lot of our staff has been here for as many as 20 years," Chris said.

Fortunately, the Kanatzars have stayed connected with the business, helping with day-to-day operations and catering jobs. Chris's wife, Melissa, helps with marketing and even their four-year-old son, Dominick,

has been known to sweep the dining room floor. And the generations of Tequila Harry admirers go beyond the owners.

"We have multiple generations in families who come here and are part of our regular crowd," Chris said. "It's amazing to hear the stories about how their kids' kids are now some of our best regular customers, and we've catered their graduation parties, birthday parties, weddings and other events. That's what makes this place special." It also has a community feel. When you come into Tequila



Harry's Famous Fried Crispy Beef Tacos



Bar Manager, Paula Gray and Chris Stuewe

Harry's, a place I've been dining for many years, you might see your friends or neighbors; even if you don't, there's always a welcoming, friendly vibe.

For our Cravings tasting, Chris shared menu items that he introduced when he took over as the new owner as well as a few original items that have made a comeback with minor recipe edits based on Chris and the longtime restaurant's cook's ideas. Before the tasting, I was already very happy with Tequila Harry's food. After the tasting, whoa! These minor changes and few new items will blow you away!

The most fun menu item we tried was the **Queso Fundido**. This new appetizer is made with chihuahua, a type of Mexican cheese, and Monterey jack, roasted poblanos, onions and garlic, with your choice of chorizo or mushrooms, served with flour tortillas. In short, it's a bowl of yumminess that you eat with tortillas. The cheese is hot, melty and blends the flavors perfectly. You must eat this in the restaurant so it's served to the table piping hot, and it's definitely shareable.

If you're a loyal reader of my Cravings articles, you know I'm a salad connoisseur, so it takes a lot to impress me with a salad. The **Harry's Salad** is not your average Mexican restaurant salad. This one consists of chopped romaine, tajin cucumbers, sliced strawberries, roasted corn, spiced peanuts, queso fresco and a light, spicy cilantro-lime vinaigrette. I added grilled chicken to mine, and it's a healthy, delightful lunch or dinner option. You'll want to give this a try.

But even more than salads, what I'm known for is my addiction to flavor, and the most flavorful thing I tried was the **Chili Con Carne**

Enchiladas. These two seasoned beef enchiladas topped with red enchilada sauce, pico de gallo and chili con queso are served with Spanish rice and beans. This is a new item created by Chris, and I'm so glad he did. I can see why customers love this dish. My husband and I will fight over who gets to order this next time.

The **El Rancho Burrito** has made a glorious comeback with a few impeccable seasoning edits. It's made with a large flour tortilla filled with eggs, chorizo, cheese blend, tomatoes, peppers and onions, smothered in a special burrito sauce and chili con queso, then topped with green peppers and served with Spanish rice. This dish is packed with a ton of savory meat with the egg and chorizo mixed together to create not just great taste, but enough for leftovers the next day. *Muy bueno!*

Finally, **Harry's Famous Fried Crispy Beef Tacos!** Made the traditional way, which means the beef is cooked in the corn tortilla, closed with a toothpick and dropped in the fryer. Then they're fried open to add the cheese, lettuce and green onions. Not a lot of restaurants are still making tacos this way because it's time consuming but oh, so worth it! They're crispy, distinctive and tasty. I can see why they're called Harry's Famous.

I'm so happy that these new owners have instituted only minor tweaks to improve and refresh this Kansas City favorite because Tequila Harry's is an KC institution. My family loves stopping in for a delicious meal, to enjoy the comfortable ambiance and appreciate the amazing friendly service. Keep up the good work, guys! ♦

Visit *Tequila Harry's Mexican Restaurant* at 11817 College Blvd, Overland Park, Kansas; call 913 469-6644 or visit tequilaharrys.com for more information.



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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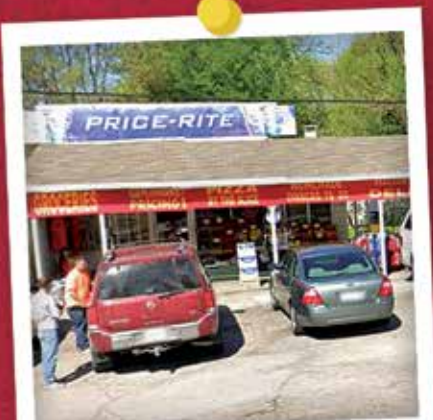
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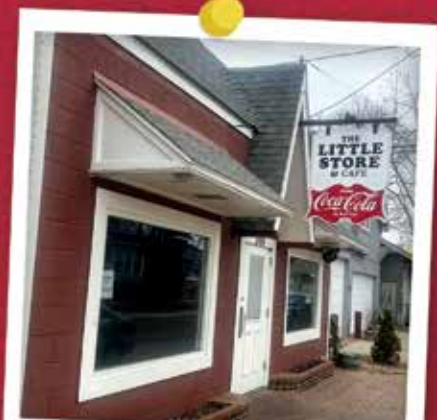
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The Venue in Leawood

















JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS
PHOTO BY LAUREN FRISCH PUSATERI

My co-host, Mike, and his wife, Katie, are expecting their first child this September. I'm so happy for them. As he tells me about her nausea, cravings and their buybuy BABY™ registration adventures, I just smile and remember how I felt while I was expecting my first baby.

I'll never forget that first car ride home from the hospital after I had my sweet Julianne. My husband drove about five miles per hour and took only backroads. We couldn't believe our precious, pure, tiny little girl was now a part of this big, crazy world! I wanted the three of us to live in a bubble. I quickly realized that wasn't exactly realistic!

Before I knew it, she was crawling, walking and eating regular food. Then her baby brother came along and really spiced up our lives!

Car seats were traded for boosters. Cribs were replaced with full-sized beds. We said goodbye to nannies and hello to school teachers. Now, we're a soccer mom and dad spending most weekends at the fields and hosting sleepovers.

With every stage, I say I love "this one" the most. But the truth is, I love the next phase even more than the one before. Fact is, I just love motherhood. It's a crazy, wild ride with no manual, just a lot of guessing and hoping! But, it's one I wouldn't trade for the world. ♦

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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OMG

Jenny Matthews

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KORINNE AND PETER

Tamburello

- September 4, 2021 -

WRITTEN BY MARILYN ISAMINGER



Korinne (Martin) Tamburello grew up in Clearwater, Florida, attended Palm Harbor University High School and graduated with her undergraduate degree in information technology from Seminole State College of Florida. She enjoys creative arts such as costuming and prop-making, and music, concerts, camping and nature.

Peter "PJ" Tamburello grew up in the Northland of Kansas City, Missouri, graduating from Staley High School, received his BA from Barry University in Miami, Florida, and his JD from Barry University School of Law in Orlando, Florida, before returning to the Midwest to practice law with

Anderson & Associates in Westport. PJ enjoys a love of music, concerts and guitars, wildlife and outdoors and especially home-brewing and distilling his own delicious concoctions.

"We matched on the dating app Bumble and spent a month and a half texting, trying to make our schedules line up for a real first date," PJ relates. "When we were finally able to meet, we met a bunch of Korinne's friends at an Orlando brewery for trivia night. We have been together ever since!"

When Korinne agreed to migrate to the Midwest, the couple began looking for a small home on acreage and settled on a 25-acre farm in Plattsburg, Missouri, that they quickly filled with love, cats, dogs and a horse!

That's where PJ proposed. "We spent the day exploring Kansas City, walking through the River Market, eating at local gems, then finally returned to our farm where we walked along the edge of our pond with our dogs and I asked her to marry me," he smiles. They enjoy nurturing the property with hopes of it becoming self-sustaining in the future.

Wedding weekend festivities were held at the farm, beginning with rehearsal followed by an Italian dinner at LaDoga Ridge Winery in Smithville, Missouri, with local wine and entertainment by family friend/entertainer Rudy Amato.

The blissful couple tied the knot September 4, 2021, attended by a large group





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of close friends and family. Janiz Crespo served as Maid of Honor; Frankie Tamburello was Best Man. The bride walked down the aisle with her father, Peter Martin, and her stepfather, Steve Allen. A private ceremony followed, officiated by friend of the couple, Fr. Joe Pierjok; 150 guests joined the celebration at sunset for a whole smoked pig dinner prepared by the groom's father. A traditional Italian cookie buffet prepared by the couple's aunts, cousins and friends featured all the Italian cookie classics. The bride's new mother-in-law made her signature carrot cake covered in walnuts as the wedding cake, and exclusive cocktails were made with Von Payne Black Currant Whiskey made and bottled by the stepfather of the bride. Family and friends came from all over the country to celebrate; some guests camped on the farm and enjoyed a weekend of outdoor fun. The evening continued with dancing under the stars and wrapped up on Sunday with a fried chicken picnic lunch hosted by the groom's aunt and uncle.

Since PJ is beginning his career in law, the couple has postponed a honeymoon. ♦

MAY 2022



APRIL 30 – MAY 1

Spring Chick Event

TOWN CENTER PLAZA

Visit local vendors, handmade makers, food trucks, open air shopping, artisan food, Kansas City boutiques.



MAY 5

Clothology: 135 Spring Fashion Show

4800 W. 135TH ST., SUITE 108, LEAWOOD

Experience all of your favorite Clothology styles fresh on the runway! There will be a DJ, appetizers, open bar, pop-up Clothology:135 giveaways and swag bags. Tickets sold only at Clothology.

MAY 6

Shave to Save Benefiting



Kansas City Hope Lodge

6:00PM, THE ABBOTT, KANSAS CITY

The American Cancer Society's Shave to Save is the only fundraising event that directly benefits the American Cancer Society Hope Lodge Kansas City, which provides free lodging to cancer patients and their caregivers who must travel to Kansas City for their cancer treatment. Shavees have their heads shaved on stage to show their support for patients going through cancer treatment. Information at shavetosave.org.

MAY 11

Mobile Mammography

8:00AM – 5:00PM, LEGENDS OUTLETS

Legends Outlets is teaming up with Diagnostic Imaging Centers to offer mobile 3D mammograms. Appointments are preferred. Walk-ins are welcome if capacity permits. Call 913-344-9989 to schedule your appointment.



MAY 15

Veronica Couture Trunk Show

BY APPOINTMENT; GOWN GALLERY

1901 MAIN STREET, KANSAS CITY, MISSOURI

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

MAY 21

Boys & Girls Clubs' Annual Kids Night Out Event

5:00PM, OVERLAND PARK CONVENTION CENTER

One of Kansas City's biggest fundraisers featuring a cocktail party, silent auction, dinner, live auction and a highlighted performance by critically acclaimed Brothers Osborne. Their long list of musical milestones includes nine Grammy® nominations, five CMA Awards, six ACM trophies and more than a half-dozen hits. Visit bgc-gkc.org for tickets. ♦

- SAVE THE DATE -

JUNE 24 – 26

Just for Her Event

OVERLAND PARK CONVENTION CENTER

Experience the largest Kansas City shopping event of the summer! Shop the latest in fashion, beauty, wellness, food and more.



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Mother's
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CAPRICORN
(DEC. 22-JAN. 19)

Your chosen career will see you shining as brightly as the springtime sun. As a result, everything will feel like it is coming up roses for you. Allow others to help you if they offer. Beware of battles of ego around May 15th.



TAURUS
(APR. 20-MAY 20)

Saturn is in trine with Jupiter at the end of the month, giving your sign an added oomph in the relationship sectors. This is a time when you will grow closer to your mate, or find one who is worth keeping around. If this is your birth month, you will enjoy the benefits of the Gemini spirit, which is always a fun time. Give in to your inner child and enjoy the sheer exhilaration of the season.



VIRGO
(AUG. 23-SEPT. 22)

Finances figure prominently this month. As Benjamin Franklin said, "Neither a borrower nor a lender be." This is a good motto to live by until the end of the month. The second half of 2018 is shaping up to be an amazing time for you financially, if you can just bide your time wisely now.



AQUARIUS
(JAN. 20-FEB. 18)

Your daily routine has improved and you've managed to create a schedule and budget that are working for you. Don't stop now. You will build on this energy and it will move you past any hardships.



GEMINI
(MAY 21-JUN. 20)

You are in your element this month as the planets stack up in your favor, giving you the energy to begin projects at the beginning of the month, and then giving you the stamina and energy to see them completed toward the end of the month. Your powers of communication and persuasion are going to rock everyone's world.



LIBRA
(SEPT. 23-OCT. 22)

Springtime is a time of year that will truly energize you, filling you with love for your fellow man. Make sure that some of that love is spent on yourself, as your health will suffer if you don't. Spring cleaning, sorting through old things, de-cluttering, will be the things to kick start this time of year for you and bring you to an amazing state of mind.

STAR JOURNEYS

BY MELODY BUSSEY

As we move from the darker time of the year into the bright sunshine of springtime, most signs are going to find themselves thinking of hearth and home, love and new beginnings. Getting out into nature on a daily basis is going to increase the energy level for all signs, so make a point of getting out and really seeing the beauty that is beginning to push through winter's wool blanket. This is the perfect time to reconnect with your own inner child.



PISCES
(FEB. 19-MAR. 20)

All of the inner reflection of last month has brought you to the conclusion that you need to put the laptop down and get out there to enjoy life. Jupiter will interact with Saturn, giving you a chance to enjoy life again.



CANCER
(JUN. 21-JUL. 23)

This is the month for you to truly come into your own and learn many life skills that are going to serve you well. Learn the skills that will allow you to let things go, keep your temper in check, and to not take on everyone else's problems. If you've connected with a significant other, they will also be good for your career. Travel is in the stars for you.



SCORPIO
(OCT. 23-NOV. 21)

That inner restlessness isn't going to get any better until you plan a short getaway weekend. How about a girls' getaway vacation? With retrograde on the horizon, you may already be feeling the weight of the world sitting on your shoulders. In fact, your self-image has taken a hit and this short trip with friends is just the ticket. Remember, you are only as old as you allow yourself to feel.



ARIES
(MAR. 21-APR. 19)

This month is about harnessing the power and warmth of the returning sun's rays to mend and repair your close connections with people in your life. Around May 23rd or so, you will feel very close to your loved ones. May 21st will be stellar for you as well, because you will discover something that will increase your bottom line.



LEO
(JUL. 24-AUG. 22)

Your family always figures prominently in your life, but will more so this month. Along with the blooming spring flowers will come relationships deepening with your family members. You may find yourself going into business with them, or find that you've inherited something to cherish.



SAGITTARIUS
(NOV. 22-DEC. 21)

Mercury and Venus are partnering to bring some very good mojo to your life, so make sure that you aren't self-sabotaging what is a very good relationship. If you feel compelled to say something to a co-worker, you should.



JUNE 2022
MEN'S ISSUE

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