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# 34

## INSPIRATIONS

**Alyx Jacobs: “Slow fashion is my lifestyle!”**

Alyx Jacobs’ deep well of creativity was fostered in her home when she was a child. A course in quilting and fiber at Kansas City Art Institute steered her in a tactile direction, in which natural dye and needles are the tools of her Slowly Made brands.



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Photography by Amber J Deery



**H**ow many times have you gotten dressed and before you walked out the door, you had more clothes off the hangers than on? What's left behind is a big pile of pieces that just didn't do it that day. I am one of those, but my OCD self has me hanging everything back up.

I never really thought that much of it, other than the frustration of being ready to go, then starting to sweat, with freshly done hair and makeup because I'm getting a workout in getting in and out of clothes. How is it that I have a full closet of clothes, some new, a lot that I have maybe worn once or twice, or things I have had for years? My problem? Too many options and too many pieces that I might wear one day.

When I first spoke with Alyx Jacobs, this month's cover feature, it was so refreshing. She has such an inspiring take on fashion. Yeah, I like to wear something new, there's just something about taking off the tags. However, now I see the tags on clothes that I have never worn, and I need to stop saving them for that perfect time. If it wasn't good enough to wear the ten times before when I put it on, then I probably don't love it enough to keep it.

Today I'm doing my closet audit with Abby Wood, our talented and former Fashion Blog writer. Alyx's story and her words put me in the perfect mindset to do it. I need to donate or sell all the things I haven't worn in quite some time, or that I know I won't wear but for some reason they're still taking up space. I even fixed a tear in an armpit seam on a shirt that I do love. I hadn't been able to wear it in a few years because it sat there waiting for me to take a few minutes to repair it.

We all have our favorite outfit, look or pieces of clothing, but we also have the ones we save for, well, who really

knows, other than waiting for that day that we like it better than any time before. Save the items you love, repair or alter the ones you have been wanting to for far too long. Wear your fashion, own it and feel good about it.

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Overland Park, KS 66085


913-402-6994

**SUBSCRIPTIONS**

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

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# HEARTS OF GOLD CELEBRATES 12 YEARS

Supporting Kids Foundation's 12th annual Hearts of Gold event was held Sept. 15 at Grand Street on the Country Club Plaza. Guests gathered to raise funds for Kansas City-area families battling childhood cancer. Aaron Claar shared the family's touching story about their daughter, Harper's, cancer treatments and how Supporting Kids Foundation was there to help. To date, SKF has given more than \$3 million in assistance to more than 715 Kansas City families. The organization is grateful to donors, sponsors, volunteers and attendees for an incredible night of hope, love and generosity! For more information, please visit [supportingkids.org](http://supportingkids.org). ♦

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- NICK SHORTINO



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**W**e believe in maintaining a healthy and peaceful environment for both the guest and stylist. At talem Salon, we use plant-based products for color services, shampooing and styling. Sustainability is defined as the ability to be maintained or to avoid the depletion of our natural resources in order to maintain an ecological balance. Salons are the second-largest leading provider of waste, generating roughly 120 billion units of packaging every year, most of which are non-recyclable. Creating less waste for the universe to continue to thrive is one of our top priorities. Setting us apart from the traditional salon industry, our mission statement notes, “We provide a five-star salon experience while providing a sustainable environment!”

We support green and clean products that are beneficial for our stylists’ and guests’ health inside and out. Our natural products and hypoallergenic color line create longevity for long-lasting color, the integrity of the hair and the health of the stylist behind the chair. We work only with product companies that supply eco-friendly packaging to support our green circle mission. Aside from our environmental consciousness, talem Salon also enjoys setting the mood for our guest’s senses by keeping a spectacularly clean salon, diffusing medical-grade essential oils and lit candles at every station.

Green Circle is a company that transforms beauty waste into desirable commodities. This allows talem Salon to expand recycling possibilities. We recycle everything from our color tubes, used foils, hair clippings, color waste to product packaging. The recycled items can be transformed into new products and clean energy, giving waste

a new life. Green Circle also offsets our carbon emissions, so our salon services can be carbon neutral. Green Circle not only allows us to reduce our waste but also gives back to our communities in need. In order to continue to do what we love, we need to be aware of our actions during and after the wonderful services we provide.

Yet, it doesn’t stop there for us! Creating a sustainable working environment for stylists behind the chair is extremely important for our stylists’ mental and physical health. Long hours behind the chair are a thing of the past for our staff. talem works individually with each stylist on their personal and career goals. Providing a salon coach allows our team to map out what success looks like for each of us. This structure allows us to reuse our physical and mental energy into endless satisfaction, whether that’s working behind the chair on commission, working in-house but independently, or advancing to salon ownership. Maintaining our staff motivation, happiness and success sets us apart from other salons’ high turnover rates and unhappy stylists. This also allows stability for clients, keeping their favorite stylist around to continue delivering their high expectations. Work ethic is incredibly important in a professional setting, but here at talem Salon we believe health and wellness is just as important.

At talem Salon, we are family. We love connecting with our guests on a personal level, delivering incredible beauty results and maintaining a healthy professional and personal lifestyle. talem Salon provides royal treatment to their staff; we couldn’t imagine working for any other establishment. We are always professional, but we are also super cool, fun and love a good laugh! ♦

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BY DELANIE STOECKLEIN, AESTHETIC INJECTOR  
& HANNAH BROWN, MEDICAL AESTHETICIAN

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Dermal fillers provide immediate benefits, increasing the skin's retention of moisture by replenishing lost hyaluronic acid. They work beneath the skin, bringing volume back to the face. They are more effective at rejuvenating the appearance of the areas of the face that have become hollow, such as the medial cheek. Fillers are especially useful at smoothing out fine lines in the lips or around the mouth. Dermal fillers

***Laser resurfacing is a non-invasive procedure that targets fine lines and wrinkles.***

can give a great, natural-looking result.

Laser resurfacing is a non-invasive procedure that targets fine lines and wrinkles. This procedure is an effective way to tighten the skin by using laser light pulses to gently heat and stimulate moisture inside the collagen fibers, while also stimulating the body's natural production of collagen long after the actual procedure. It destroys layers of the skin that are dull, damaged and dead. The procedure is low risk with minimal down

time after treatment.

Dermal fillers and laser resurfacing treatments go hand in hand with one another. A good candidate for these procedures is anyone experiencing the common signs of aging such as static wrinkles, sagging skin, dull skin, brown spots and uneven texture. The number of treatments is specific to each individual. It is our job to give you realistic expectations and education from the start, so that you are fully satisfied with your services and results.

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# HARVESTING HOPE FOR FAMILIES

On October 7th, the community gathered at Harvesting Hope to support Growing Futures' mission to nurture children and strengthen families to enrich their community. This year's event was held at Strang Hall in downtown Overland Park, featuring keynote speaker, Larry Lewis. The evening was filled with harvest fun and included festivities such as pie roulette, wine toss, shopping local vendors, live music by Flashback, silent auction and a delicious seasonal meal provided by Strang Hall. A big thank you goes out to all the sponsors, donors and volunteers of this event. Without their support the high-quality services provided to the children and families Growing Futures serves would not be possible. For more information, please visit [growingfuturesec.org](http://growingfuturesec.org). ♦

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# TREADS & THREADS CELEBRATES 20TH ANNIVERSARY

On Sept. 17, Treads & Threads, The University of Kansas Health System's cancer fundraiser, returned for its 20th anniversary. This year's "party with a purpose" raised a record-setting \$2.3 million to benefit proton therapy and patients at The University of Kansas Cancer Center. More than 3,500 guests attended, dining, socializing and dancing the night away at the Truman Sports Complex to live music performed by country music supergroup Alabama and the always-popular Emerald City Band. Since it began in 2002, the black-tie gala has raised more than \$20 million to continue expanding and providing leading-edge cancer care at the health system. This year's event was chaired by Greg and Deanna Graves, Frank and Barclay Ross and Lisa and Barry Ginter. ♦

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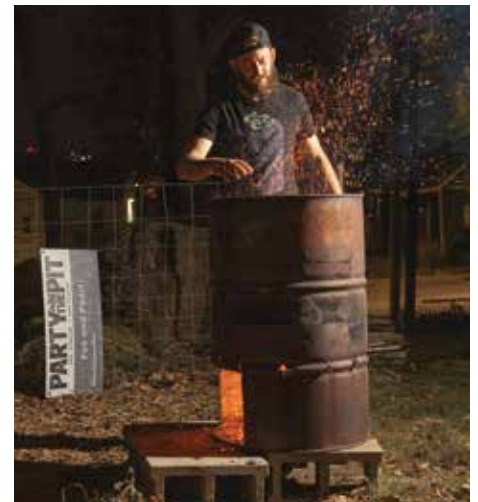
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# PARTY IN THE PIT CELEBRATES KC BARBECUE

Food lovers gathered to celebrate Kansas City barbecue for the first-ever Party in the Pit on October 11 at Fox and Pearl. The exclusive event highlighted barbecue from 18 of the city's top pit masters, who shared a variety of delicious dishes with attendees, while Bull Creek Distillery served their award-winning spirits. That evening, local artist Philip Bergantine created a portrait of Henry Perry, the father of Kansas City barbecue, which was presented to Perry's granddaughter, Bernetta McKindra. The event was organized by Terra Whipple and Ryan Cooper, who hope to share their love of Kansas City barbecue with the community at more events in the future. ♦

PHOTOGRAPHY BY ZACH BAUMAN AND PHON WILLS





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# DIGGING THROUGH IT: HIGH-FUNCTIONING DEPRESSION

BY LISA BUTLER

*Katie starts her day like many of us. She wakes up around 6:00 a.m., walks a couple of miles in her neighborhood, then gets breakfast ready for her twins. She sips a cup of coffee while going over the week's schedule with her husband and prepares to spend the day with her youngest child. But as nice as her morning sounds, Katie often spends her afternoons sad, lethargic and disheartened.*

According to a 2020 report from the National Institute of Mental Health, an estimated 21 million people 18 years or older experience at least one major depressive episode annually. Perhaps more interesting is that anxiety disorders are the most common mental illness in the United States, affecting over 40 million people.

Depression is generally classified from mild to severe, with severity measured in four areas: frequency and duration, intensity of the symptoms, number of symptoms and overall impairment. Some people experience what is called high-functioning depression, a colloquial term used to describe hidden symptoms. It is clinically termed persistent depressive disorder, or PDD, which can have serious effects on a person if it is not properly addressed or treated.

A person with high-functioning depression experiences symptoms of a depressive disorder, but to outside appearances, may look or seem fine. While there are no estimates for the number of people suffering from it, it's often used to describe people living with less debilitating symptoms of depression. The symptoms can be completely different from person to person and are often unrecognized by family or friends.

Since someone struggling with high-functioning depression may have less severe symptoms, they often function fairly normal-



ly. They may do well in school or at their job, they manage responsibilities at home and engage in social events or activities. They are completing everyday tasks, often exceptional tasks, but not feeling good.

A person with high-functioning depression may not realize or understand that they're depressed. The signs and symptoms often go undetected, and someone suffering from it may think

their feelings are normal. Even if someone knows they are depressed, they might feel ashamed about their condition and misguidedly feel they should overcome it on their own. But depressive feelings rarely get better without treatment and can also get worse.

Experts say it is a good idea to check in with our loved ones, especially those who seem to be stronger. These loved ones can appear like they are handling stress, pressure or everyday life with poise and power, when they are really just going through the motions. In our ever-changing world of uncertainties, pandemics, political division and disheartening daily news, our strong friends can become overwhelmed, often masking how they really feel.

Talking with our relative or friend about the symptoms or behaviors we are seeing can be helpful. Depression, even high-functioning depression, is a medical condition, not a weakness or flaw. Looking for professional help is a great start. A medical doctor or mental health specialist such as a licensed counselor or psychologist will be able to



offer treatment, therapy and other options to possibly feeling better.

A therapist or counselor can help someone identify the negative feelings and habits that may be contributing to unhappiness and establish a base to work from to improve symptoms. A therapist or counselor can also decipher if medications, family history or environmental factors may be linked to someone's sadness. As with symptoms, treatments may vary from person to person. Often, just sorting through feelings can be helpful. Other treatments such as medication, learning mindfulness skills and doing activities linked to improving mood, such as exercise, can be very beneficial. Experts say just realizing or admitting the feelings can start a journey toward feeling better.

As a concerned friend or relative, offering to help set up appointments, attending counseling sessions or asking questions is a meaningful way to express our desire to help and understand what our loved one is going through. If these strategies aren't helping, completing a mental health treatment program may be the answer. For those with severe or possibly life-threatening issues, experts say to contact a doctor immediately or involve emergency medical services right away.

For most people with high-functioning depression, the hardest part is realizing there is a true, underlying mental illness. But getting help is essential, because a diagnosis and treatment can improve mood, outlook and everyday functioning, which can lead to a better quality of life. ♦

**SOURCES:** *healthline.com, bridgestorecovery.com, mayoclinic.org.*

### RECOGNIZE THE SIGNS

*The most common symptom for high-functioning depression is being in a depressed mood for most of the day, many days out of the year. Other symptoms may include some or all of the following:*

- *Lack of energy/fatigue*
- *Decreased appetite or overeating*
- *Insomnia or oversleeping*
- *Low self-esteem*
- *Loss of focus, difficulty concentrating and making decisions*
- *Feeling sad and hopeless*



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# HOLIDAY GLAM AND STYLE: HAIR AND EYES

BY LAURA LEIVA

*The glamour of the holidays is upon us and now that the outfits have been selected, it's time to finish off the most important details—hair and makeup! The holiday season is the perfect excuse to break out of neutral color palettes and everyday hairstyles to create a chic and festive appearance.*



**T**hink about creating a dramatic look with a deep stained lip or creating lush waves with your hair, reminiscent of old Hollywood glamour. Whether you feel comfortable using a lip stain or you want to play up the eyes, there is plenty of holiday hair and makeup inspiration to use in creating your stunning holiday look!

Your jewelry isn't the only accessory to show off during a hol-

iday party. Hair and makeup can often make or break an outfit. As you begin to plan your final beauty details, keep your holiday dress, pantsuit or accessories in mind so you have an idea how your hair or makeup will complement or contrast with the rest of your style. For some, a holiday party is the essential time to create a glamorous, vintage Hollywood hairstyle! The timeless look of cascading waves is one that

complements any outfit and adds a sophisticated touch for a holiday event. When you're short on time, classic waves are a beautiful way to go; simply set the hair in hot rollers and get dressed, then remove the rollers once they've cooled and set into place with a fine mist of hairspray. For the ultimate holiday chic look, sweep your hair over one shoulder and subtly secure the hair in place at the nape with small hairpins.

Sparkles and jewels are a must-have for any holiday party, and a hair accessory is no exception. Accent a loose or tousled updo with a jeweled barrette or hairclip; the jeweled accessory will add a touch of glamour to an otherwise casual style. A jeweled headband is perfect when you want to keep the hair down and slicked back but still want to play up an otherwise simple style. When your holiday outfit is glittering and sequined, choose a hairstyle that complements, not overpowers, your look. A stunning topknot is classic and sophisticated, while drawing attention to your accessories and outfit. Keep a bun or topknot sleek and polished with a shine spray.

Enhance a look with lift to take your everyday hairstyle from the office to a night out. If you don't have much time to get ready, teasing the under sections of the hair and smoothing with a paddle brush is all you need to create some eye-catching drama, or use the volume to make a sophisticated ponytail in a matter of minutes. Keeping the volume at the top, slick back the sides and secure the hair with a clear elastic band for a dramatic, edgier style.

The final touch to a holiday look is the makeup. Whether you want to go dramatic or subtle, there are chic options for everyone! The first step to creating a holiday look is to determine what part of

the face you want to accentuate. For many, a crimson-red lipstick is the quintessential holiday look to wear to any event, while others like to play up the eyes with metallic shadows or a smoky palette. Choose one or the other; you don't want to look overdone when you tie the hair and outfit together. Wear a dramatic lipstick with a neutral eyeshadow or classic eyeliner, or opt for a nude lip when creating a rich, smoky eye.

If you want to enhance your everyday makeup routine, add a hint of shimmer to the eyes and lips to heighten the glamour factor. A gold or bronze shimmering shadow on the inner corners of the eyes brightens and warms up the face. Show off dewy, luminescent skin at your event; you don't want your skin to come across as dull in any of the photos! Use a moisturizer on the skin and deeply hydrate the face before applying makeup. Add a touch of shimmer to the face with a highlighting cream and apply to high points across the skin, including the temples, cheekbones, nose, Cupid's bow on the upper lip and chin. Enhance the rest of your skin with a shimmering moisturizer to add a hint of color along your collarbone, arms and legs.

With the stress and bustle of the holiday season, it's nice to relax and glam up for a holiday event or party. Spend time thinking about your hair and makeup in the week or two leading up to the festivities; never make it an afterthought because it can detract from your overall style. Use a holiday event as an excuse to try something dramatic or enhance your everyday look with a touch of shimmer or color! ♦

**SOURCES:** [harpersbazaar.com](http://harpersbazaar.com), [marieclaire.com](http://marieclaire.com), [refinery29.com](http://refinery29.com).

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# CREATING AND RESTORING BEAUTIFUL HAIR!

BY KRISSEY DECHANT



Q

**What is a Brazilian Blowout?**

A

A Brazilian Blowout treatment starts with a liquid keratin formula, which coats each individual strand of the treated hair to create a protective barrier and produces a smoothing effect. This keratin treatment can help strengthen and smooth unruly, curly, thick and wavy strands of hair, temporarily giving your hair a glossy, straighter appearance. Since this treatment is very easy on the hair, you may have this service performed right after any color or highlight service; there's no need to wait a week or more.

Q

**What are hair extensions?**

A

Hair extensions are human hair utilized for integration with one's natural hair. This can alter one's appearance for long or short periods of time by adding further hair to one's natural hair or by covering the natural hair together with human hair. Extension pieces can enhance a client's hair by giving it volume, length and density without damaging chemicals by adopting a different hair texture than the natural hair. It's a great service to think about if you've experienced hair loss due to COVID, stress, pregnancy or chemotherapy. ♦



*Krissy Dechant specializes in haircuts, colors, highlights, balayage, hair extensions and more. Her goal is to bring out her clients' natural beauty by providing unparalleled service at an affordable price. Her commitment is to make you look and feel your best every time you come out of our salon. MK Salon Essentials is dedicated to providing customer satisfaction by rendering excellent service and high-end exclusive products in a relaxing atmosphere. Ready for a change or new adventure? MK Salon Essentials is found on 127th St and Pflumm (at the back of Walgreens and Scooters Coffee Shop).*

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# PLEASE PASS THE PLATTER AND THE TRADITION

BY CINDY MCDERMOTT

*For many, holidays would not be complete without a traditional family gathering with a multitude of foods in dishes spread across a mishmash of tables at Grandma's house. It's time to dig in.*

**H**owever, last year's traditional dinner did not go smoothly. The potatoes were lumpy, the pumpkin pie served more like soup and the burnt turkey set off the smoke detector. It's apparent the job has become too cumbersome for your elderly loved ones. Your holiday celebration may need a change but it could be easier said than done. The institution of creating and consuming that turkey and trimmings is deeply embedded in your happiness.

"Traditions are a way of keeping consistency. As the world continues to change, we have these things that we can come back to, these things that are familiar, touchstones, that reflect to us that everything is okay," noted Gregory Nawalanic, PsyD, clinical director of psychology and behavioral sciences, The University of Kansas



Health System. "It's a nice communication of the importance and value of family, especially in the wake of the pandemic. It's about familiarity, comfort and connections. These are the things that keep us centered."

## PROOF IN THE PUDDING

Yes, it's very clear to the "next generation" that something needs to happen for the traditional holiday dinner to

continue. But it's pea soup to your stubborn matriarch or patriarch. Dr. Nawalanic points to an appropriate way to open the discussion.

"When we get trapped in traditions, it happens because no one wants to initiate conversation. It doesn't have to start with a statement but with a question. 'Mom, it seems like this is a lot of work for you to do every year. Maybe we can try something else? Let's share the

load,” stated Dr. Nawalanic. “Maybe you initiate another tradition, which can be hard to evolve, but it’s important to recognize the evolution of tradition by saying that you need to try something different. ‘Mom, how about you make the turkey, and everyone brings a side?’ Remember, it’s not about the food; it’s about the people, the family and the love. ‘Mom, it’s our way to share the love in the same way you shared the love with us through all those years.’”

## EVEN THE PROS LEARN

Another key to success could be asking for Grandma to become your teacher and begin a new tradition. Not only does it involve the matriarch, who may be a bit reluctant to give up her part, but the results are valuable kitchen learnings to pass on to another generation.

HERLIFE Magazine Culinarian Lauren Lane knows the importance of this role. Unfortunately, her mother and mother-in-law passed away before the “technology transfer” occurred and the traditional holiday dinner landed on Lauren’s plate.

“It would’ve been nice had there been a transition and a coaching phase. My first Thanksgiving on my own was a disaster. My turkey was still raw, my corn casserole was still frozen and my pie was burnt. It’s still the running joke,” she mused. “It took a long time to get to where I am today.”

## OTHER RECIPES FOR SUCCESS

Another suggestion to ease the move to a new tradition is creating a family cookbook, and everyone is welcome to contribute. Now, it’s not just Grandma’s dishes, but members can participate with a

favorite food.

“It’s creating a special connective document for the family, and it becomes a new investment for them,” Dr. Nawalanic shared. “Traditions are a way to still enjoy Grandma’s sweet potato casserole that she shared with us even though she has passed on. When we make that dish, we remember her and maintain that connection viscerally. You can almost convince yourself she’s still there.”

Perhaps Grandma isn’t quite ready to give up her role. Then consider asking every attendee to bring a dish to enjoy, including the turkey, which could be purchased at the local grocery and delivered or baked at another home. You may need the room that Grandma’s house offers for your large family, but this relieves her of the burden of completing the entire meal. And everyone cleans up!

Be creative with traditions. Perhaps your holiday meal changes to a picnic in the park. Maybe it becomes snacks and desserts or a buffet of soups and breads. Or you decide to volunteer at a community kitchen or visit relatives in assisted living facilities. Although years ago it might have been shunned, if you plan far enough in advance, you can go out to eat, which relieves everyone of the cooking burden. Or you can purchase the entire meal from a restaurant or grocery for delivery.

“Try extending your traditions to something different,” commented Dr. Nawalanic. “Truly, it’s about coming back to the connection, that love and the real meaning of the holidays, which is taking stock of your family, connecting and being grateful for what you have.” ♦

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# The Knotty Rug Company

*FASHIONABLE,  
FUNCTIONAL  
AND FANTASTIC  
HAND KNOTTED RUGS*

BY CHRIS WESTWATER  
PHOTOGRAPHY BY AMBER DEERY

*A quality rug can bring together all of the aesthetic aspects of a room in a way no other piece can, but not all rugs are created to last. To find the best variety and inventory of high-quality, hand-knotted rugs in Kansas City, visit the Knotty Rug Company, where their motto is*

*“the knottier the better.”*

**K**notty Rug Company, conveniently located on State Line Road just west of the Plaza, is part of the 45th Street antique district. Darrel Wingo, owner, said, “We have the biggest selection of hand-knotted pieces in a four-state region.” They also know how to make people laugh with some of the knottiest puns in the Metro area.

## **GREAT CRAFTSMANSHIP, ONGOING TRENDS**

Every rug at the Knotty Rug Company is crafted by an expert artisan entirely by hand on a vertical loom using a 2,000-year-old method. Using high-quality wool, dyed with either vegetable- or aniline-based dyes, the artisan carefully hand ties each knot. Darrel said, “One rug can take from six to eight months to be hand-knotted,” which means a craftsperson can







create only one or two rugs a year. Unlike mass-produced rugs, properly maintained hand-knotted rugs will preserve their superior value for decades to come.

Darrel and his expert staff can help you find the best rug for your home or business, and they're aware of what is trending today. "For a long time, people wanted the very washed-out, less colorful pieces with lots of grays. Now it's changing because they want more color," Darrel said. Even though more vibrant colors are on trend, some things haven't changed. Transitional pieces are still more sought out than modern or traditional ones. Darrel recommends mixing modern items in your house or company with transitional pieces to "create a blend that works well and breaks the monotony" of a room.

## THE PERFECT RUG

Upon entering the Knotty Rug Company, you'll be greeted by a smiling staff member while relaxing music plays in the background. The wide floors gleam where they aren't covered by stacks and stacks of rugs. Darrel and his team know that the showroom can be overwhelming with thousands of rugs to choose from, and they're experienced in helping clients narrow their search for the right piece. Although each rug is created to meet standard sizes, "there's always some variety of measurements due to each rug's handmade qualities," said Darrel, which is something to keep in mind when determining your choice. To assist you in finding the perfect item, the Knotty Rug Company offers in-home consultations and encourages you to take a rug home for a few days to try it out. Darrel knows the impact of seeing the rug in your space. "Lighting and surroundings make a lot of difference in the way the rugs look," he said. "Borrowing a rug to see it in your home is a unique service and quality of the

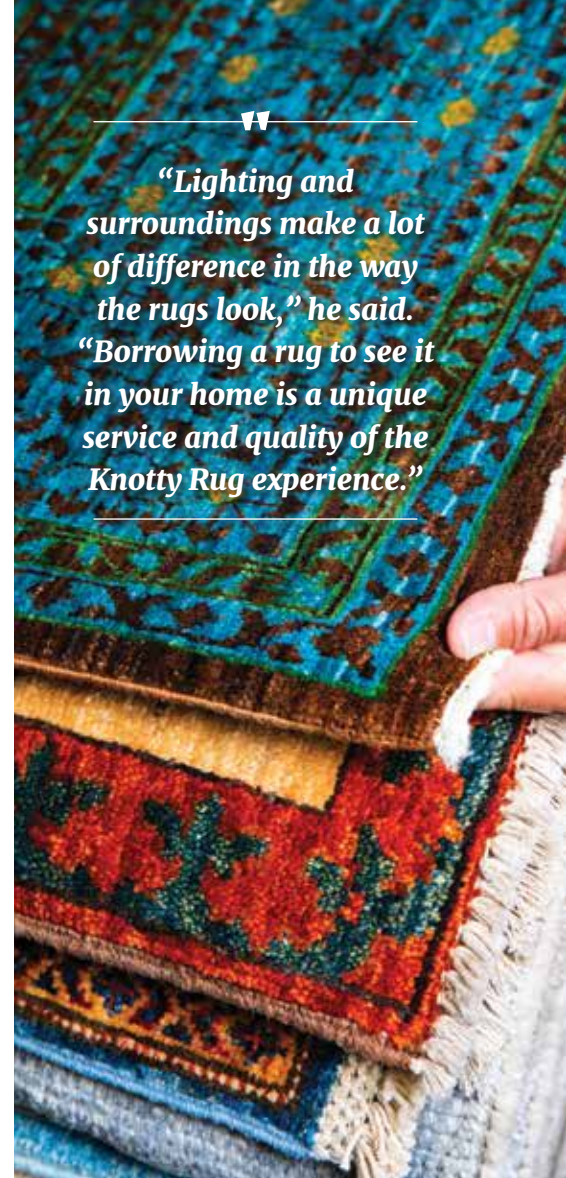


Knotty Rug experience."

If you can't find exactly what you're looking for, let Darrel and his staff know. From unusual sizes to specific colors and patterns, Darrel can work with you to commission a custom-made item. "In the rug business, it has more to do with color combinations, depth of color and the style. There are ways to blend them into nice transitional looks that work well with modern or traditional." With Darrel's assistance, you can commission a rug created to your specifications that will bring you pleasure for many years.

## KNOTTY SERVICE AND MAINTENANCE

When you invest in a hand-knotted rug, you'll want to maintain it properly to preserve its value. Fortunately, the Knotty Rug Company offers an array of services to help keep your rug in excellent condition. First, you need a high-quality pad that helps prevent the rug from slipping, sliding and wrinkling. Second is the installation. Darrel is happy to deliver and lay the rug and pad out in the room of your choice. Large rugs can be heavy and unruly, and Darrel and his team



“Lighting and surroundings make a lot of difference in the way the rugs look,” he said. “Borrowing a rug to see it in your home is a unique service and quality of the Knotty Rug experience.”

are experts at installing rugs. Let them do the heavy lifting.

Even with regular vacuuming, your rug will need to be cleaned. Luckily, the Knotty Rug Company has you covered. "Rugs should be cleaned every five years on average," Darrel said. "If the rug is in the kitchen or a high-traffic area, it should be cleaned more frequently." The Knotty Rug Company can pick up your rug, or you can drop one off at the store, and they'll have your rug professionally cleaned and returned to you. They also offer repair services as needed.

In short, Darrel Wingo's Knotty Rug Company is staffed by hand-knotted rug experts who are ready to help you find the knottiest piece for your home or office while providing services to help you maintain and enjoy your rug for years to come. ♦

Visit [knottyrug.com](http://knottyrug.com) to start your own knotty experience today.



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# ALYX JACOBS



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BY CINDY MCDERMOTT  
PHOTOGRAPHY BY AMBER J DEERY  
HAIR AND MAKEUP BY KRISSEY DECHANT  
AND LISA JARETT OF MK SALON  
ESSENTIALS

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*Patrick Grant, Scottish fashion designer, businessman and a judge on the reality series The Great British Sewing Bee, has said, "We have enough clothing on the planet right now to clothe the next six generations of the human race; we have to find ways of using what we've got."*

*"Slow is my fashion lifestyle!"*

Yet, our desire for the latest and greatest look is feeding an industry that is responsible for a shocking 4 to 10 percent of global greenhouse gas emissions every year. We are figuratively drowning in clothing; an astounding 100 billion garments are produced globally every year. Many times they are manufactured under terrible working conditions that employ, for the most part, women, and in many cases, children. Fast fashion, a design, manufacturing and marketing method focused on rapidly producing high volumes of clothing, is negatively impacting our world.

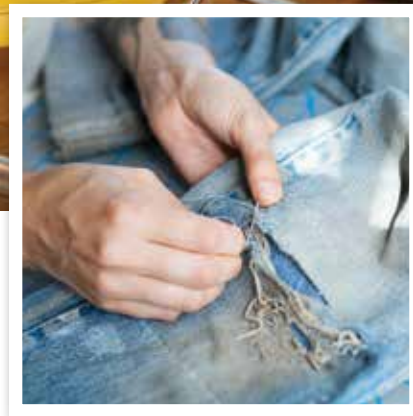
A commitment to sustainable fashion drives many decisions made by Kansas City, Missouri, artist Alyx Jacobs and her small business, Slowly Made. Through many different creative avenues, she finds ways to make the most out of everything she touches, especially clothing.

“Everyone can work towards a more sustainable closet by buying used clothing and committing to purchasing nothing new. Buying used clothes has gotten a bad rap. You don’t have to shop at thrift stores to find used clothes,” shared Alyx. “You can purchase brands that you know and love at stores like Arizona Trading Company, Poshmark, Noihsaf Bazaar, Nuuly, Depop, eBay, local clothing swaps and so much more. I urge everyone to go one month without buying a new piece of clothing and really see how simple it is. If you must buy new, avoid fast fashion stores at all cost. These stores are terrible for the people creating the clothes, terrible for the earth and terrible for the future of fashion.”

### THE MOST SUSTAINABLE OPTION

Sustainable fashion refers to an overarching description for clothes that are created and consumed in a way that can be sustained, while protecting both the environment and the people making the garments. Alyx noted that addressing overproduction, reducing pollution and waste, cutting carbon dioxide emissions and ensuring that garment workers are paid a fair wage with safe working conditions are critical for everyone.

“The clothes you already own are the most sustainable option because you already own them. Throwing away the clothes that you own to transition to a sustainable



wardrobe is indeed not very sustainable. It is easy to get wrapped up in this mindset, though,” she stated. “Once you learn the truths about fast fashion, you don’t want to be caught dead in a fast fashion top. But once the item is produced and purchased, the best thing you can do for it is love it, repair it when it tears and swap or donate it when you are done with it.”

### SLOWLY BUILDING A BUSINESS

Her solid foundation of embracing sustainable fashion came in 2012 when Alyx

got to the Kansas City Art Institute. She chose graphic design as her degree, and “fell hard and fast with that and printmaking.” But good fortune stepped in during her junior year when she took a quilting elective and deeply fell in love with fiber. In 2015, she began experimenting with the indigo dye process, a natural dye made from leaves and used for centuries in Japan and India. Alyx notes that the “final product comes out of the vat as a bright green but changes into the beautiful indigo right in front of your eyes. It’s magical process.” She also took a Remade

Sewing class to study mending clothes by using found materials and repairing garments instead of throwing them away when they are damaged.

“I currently run many businesses, all with the same Slowly Made name. When I make quilts, it’s Slowly Made by Alyx Jacobs, but when I send invoices for mending clothes, it’s the Slow Mend. It’s a slow movement,” said Alyx. “I naturally dye fabric for clients, host indigo dyeing workshops, teach mending workshops and repair clothes for customers. People want to repair their clothes. They have beloved garments they don’t want to throw away because they’re vintage or their favorite. I have a studio at my house, and they bring pieces to me and I fix them—jeans, antique linens, really delicate lace, linen and silk. People might be embarrassed to bring me fast fashion but that’s okay. I would rather you bring me the clothes that you love so that I can fix it and you can continue to wear it until the end of its life. This is the work that takes up most of my time. I’ve never turned away a piece of clothing because it was ‘too far gone.’ I repair all types of clothes, add buttons, repair crotch blowouts and tailor pants.”

Alyx is also keen to pass on her knowledge of taking care of clothing. The fourth Tuesday of every month from 6:00 to 8:00 p.m. she hosts a mending workshop alongside knitwear designer Carina Spencer, at Yarn Social, 1707 West 45th Street, Kansas City, Missouri. At different times throughout

the summer, she offers indigo workshops in her backyard. She recommends checking her Instagram or visiting her website to ensure dates and times.

## HOW TO EMBRACE SUSTAINABLE FASHION

It’s clear that sustainable fashion is at the core of Alyx’s business. But breaking the “want” for the latest clothing, she readily admits, was a difficult process for her. When she changed her mindset to one of sustainable fashion, it did become easier. She recalls that for the first year, she stopped walking by the clothing departments of many fast fashion stores or retailers because they are designed to make you want to purchase even though you don’t need them. However, they’re cheap, trendy and probably constructed in a



clothing swap.”

Alyx has an extensive business career as an art director in the private sector, but she’s also focused on building her Slowly Made commerce. However, she believes that fashioning a company does not create a division between her work and her life. “I don’t consider this a full-time job; it’s a lifestyle for me. Obviously, it’s a business, a side hustle. But I don’t think of it as a business because it’s so intertwined with my life. As an artist, I’m giving this clothing a new life through sewing and patches; it fills all of these spaces in my life. It is my art, business and a relaxing thing that I do,” advised Alyx. “I really try to wholeheartedly be myself and be genuine in my work. One example is that I do not have a separate Instagram for my business and my life. Many choose to do that, but I’m in the mindset that if you like my work and want to experience and view these beautiful things I’m making, then you’ll also want to see my weird, hairless cats, the time that I spend with my mom and dad and the sailboat that I own with my boyfriend. I don’t want a separation between who I am as a person and my business.”

## SEARCHING FOR SUSTAINABLE

If you’re looking for a different dress for an event, Alyx recommends typing into your search engine, for example: “sustainable” little black dress, and it will gear your quest to more sustainable brands and even those that rent garments. Some outliers may pop into your results so it’s important that you study them to ensure you’re looking at sustainable websites. She also advises that you can greatly narrow your search, for example, to used hiking gear or one-piece swimsuits. It’s not difficult to find these items and purchase from reputable businesses.

“Avoid fast fashion at all costs. Truly love your clothes and do not treat them as if they are disposable. Repair them when they tear and curate your closet,” she remarked. “You do not need seven leather jackets that are close to what you want because they were on sale; you need one leather jacket that fits you perfectly.” ♦

Alyx suggests [thegoodtrade.com](http://thegoodtrade.com) if you want to learn more about fast fashion and sustainable fashion, and view her creations at [alyxjacobs.com](http://alyxjacobs.com).



***“I don’t think of it as a business because it’s so intertwined with my life. As an artist, I’m giving this clothing a new life through sewing and patches; it fills all of these spaces in my life. It is my art, business and a relaxing thing that I do...I really try to wholeheartedly be myself and be genuine in my work.”***

questionable manner. She shares that once you break this cycle and train yourself that you are only allowed to buy your clothes used, it will become much easier. You will also have a much more interesting wardrobe.

“A huge part of the circular clothing economy is loving your clothes. This is a different kind of love than ‘OMG, I love shopping!’ and buying 15 pieces that you’ll wear once and let rot in the back of your closet,” she commented. “It’s really truly loving your curated closet and treating your clothing as if they aren’t disposable. This means washing them on cold, hanging to dry, or drying on low, low, low heat (the dryer is your clothes’ worst enemy), repairing when they rip, overdyeing when there is a stain that can’t be removed and, at the very end of their life, either donating or taking to a

# BARRIO MEXICAN

## KITCHEN + BAR

### TAKING MEXICAN CUISINE TO A NEW LEVEL

BY SHERYL HAMMONTREE | PHOTOGRAPHY BY AMBER DEERY

*“You can’t make everyone happy... unless you’re a taco.” You read that and smiled, didn’t you!? Because it’s true! Tacos make us happy! There is much to share about my Barrio experience but I’m starting with their tacos!*





**A**rguably, there's no such thing as a bad taco, but there's zero debate that the Birria Tacos at Barrio are among the very best tacos you'll eat, ever. Birria is not your typical taco; the meat is slow cooked, bathed in a medley of chilies and spices. Traditionally, Birria is made with beef, veal, lamb or pork. You are in Kansas City, where the clear choice of meat isn't just beef, it's slow-roasted brisket! The Barrio chef layers perfectly seasoned, fall-apart-tender brisket with jack cheese inside locally made tortillas followed by a quick pan fry, making this taco delightfully crispy. Served with a side of pickled onions and house-made chipotle jus, these tacos will make everyone happy.

Please don't think Barrio's menu is limited to only tacos. Every dish I tasted celebrated traditional Mexican flavors but was enhanced by unexpected, sweet, spicy and savory surprises. Barrio's menu is a unique mesh of traditional Mexican and coastal flavors, emphasis on flavor, that has been elevated. That's the word I needed to describe the entire Barrio dining experience!

The slow-roasted pork empanadas are a rich and savory bite with a spiced finish that was a bit sweet. I couldn't identify the pleasant flavor and had to ask; turns out, it was a hint of cinnamon! The side of poblano cream sauce added to the exciting, satisfying flavor of this dish.

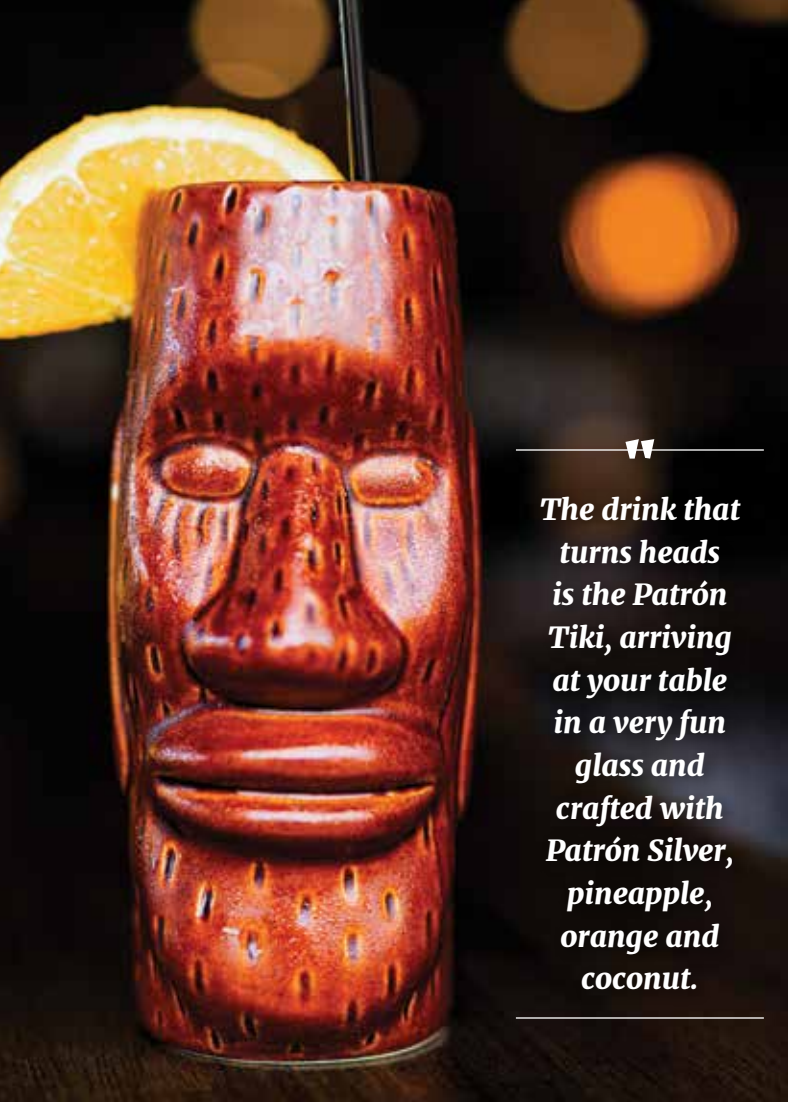
The Carne Asada Kabobs are as delicious as they are beautiful, an impressive eight ounces of grilled steak with cremini mushroom, red peppers, onions and cilantro chimichurri plated with a side of elote. You might expect the side of elote, but I promise you'll find the gener-

ous scoop of potatoes Valentina to be a terrific and unexpected addition to this plate.

Back to the elote. The word means "corn cob" in Spanish. You may have heard it referred to as street corn. If you have yet to experience elote, make sure the Barrio is where you taste it for the first time! Roasted corn on the cob, generously covered in chipotle aioli, cilantro, chili powder and queso fresco, this is a must-order item. How good is it? Well, after the tasting I packed up a bit of carryout for dinner that evening. When my husband and I ate the elote we threw all table manners out the window; we barely spoke as the juicy corn, cheese and aioli might have run down our chins a bit. We grabbed a napkin, smiled and declared the elote as delicious!

Our tasting was around lunchtime at the Briarcliff Barrio, their newest location; the vibe was light and happy, it was a beautiful day and the garage doors were up. No doubt, I needed to check out their other locations. Just six days later, my husband and I enjoyed cocktails and dinner at the Brookside Barrio; it was the same fun-chill atmosphere with the same attentive, friendly service! Would you be surprised to learn we are headed to the Red Bridge location with friends next weekend?

Barrio could easily become your go-to spot; it's a fun and easy place to be. The indoor dining area is spacious and connects seamlessly to a large, beautiful patio kept shaded and cool in the summer by colorful umbrellas and warm in the fall with large fire pits. The scene is perfect for just about any occasion, business lunch, date night, girls' night and happy hour!



— —

***The drink that turns heads is the Patrón Tiki, arriving at your table in a very fun glass and crafted with Patrón Silver, pineapple, orange and coconut.***

— —



Barrio offers happy hour seven days a week and on Fridays, happy hour starts at 1:30; that's not a typo. If you hang out long enough on Friday, you will enjoy live entertainment from 7:00 to 10:00 p.m. and if you return on Saturday for brunch, you can listen to the DJ spin classic hip-hop while you sip endless mimosas.

When a restaurant can offer happy hour seven days a week, you can bet the cocktail and margarita menu is exceptionally creative and full of surprises. Their Double O.G. Margarita, named for its double-pour and O.G. status, is crafted with 100 percent agave tequila, triple sec and house-made juice, no mix! I love a smoky drink, so my favorite was the Smokin' Paloma, a generous glass of Mezcal, grapefruit, lime and agave. But the drink that turns heads is the Patrón Tiki, arriving at your table in a very fun glass and crafted with Patrón Silver, pineapple, orange and coconut.

The next time you're in the mood to chill, enjoy a terrific cocktail and some next-level Mexican food served by happy people, choose Barrio! ♦

Visit [barriokc.com](http://barriokc.com) for locations, menus, reservations, events and specials.



*Art director, illustrator and entrepreneur Sheryl Hammtree is happiest when creating. As a freelancer, she creates visual styling and targeted messaging to strategically solve challenges for clients. As the owner of Thoughtful Threads, she creates expressive apparel to empower people and build a community of kindness. Sheryl heads outside to find energy, inspiration and calm; whether in the garden or on a trail, her soul is fed by creating memories with her husband, Joel, family and friends.*



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UP NEXT: THE HOLIDAY ISSUE



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# PASTA FAGIOLI SOUP

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



## INGREDIENTS

- 3 tablespoons olive oil (Cervasi recommended)
- 4 ounces pancetta, chopped (bacon or sausage may be substituted)
- 2 sprigs of rosemary (or 1 teaspoon dried)
- 1 bunch thyme—stem removed (or 1 teaspoon dried)
- 2 bay leaves
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 1/2 teaspoon Kosher salt and pepper to taste
- 1/2 teaspoon crushed red pepper flakes, plus more for serving
- 1 Parmesan rind (optional)
- 2 15-ounce cans of cannelloni beans
- 1 14.5-ounce can crushed tomatoes
- 3/4 cup dry white wine
- 2 cups water
- 1 quart chicken stock, or broth
- 1 1/2 cups small soup pasta shells (Cervasi recommended)
- 1 small bunch kale, Swiss chard, collard greens or spinach

## DIRECTIONS

Heat a deep pot over medium high heat. Add olive oil and pancetta. Cook pancetta until lightly brown. Add next 9 ingredients and sauté until veggies are soft.

Add the Parmesan rind, beans, crushed tomatoes, white wine, water and stock. Bring soup to a low boil and simmer for about 15 minutes or longer. If simmering longer, place lid slightly askew. Add more water if the soup reduces too much. Add the pasta and a few handfuls of kale or other greens just before serving, and reduce the heat to low, stirring occasionally, 4–6 minutes or until pasta is cooked al dente.

Remove the Parmesan rind, rosemary stems and bay leaf from soup (some rosemary leaves will separate from stems and that's ok). Ladle soup into bowls and top with lots of grated cheese. Serve with crusty bread for soaking up every bit. ♦

## TIPS

**1:** This will make a pretty thick soup, if you'd like it thinner, add more stock or water.

**2:** Make it vegetarian by removing the bacon and pancetta and using vegetable stock.

**3:** The soup will last for 4–5 days in the refrigerator.



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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# FREEING YOURSELF FROM THE PAST

BY CINDY MCDERMOTT

*The awareness that you're enduring the consequences of one or more toxic parents is a key step in dealing with issues that result from that toxicity. Toxic parents employ negative behaviors that cause lifelong emotional damage in their children and taint the way a person sees himself or herself.*

**T**hey throw out a steady stream of neglect or verbal, emotional or physical abuse as they judge, disregard, lie, manipulate, demean, disparage or shame. Realizing that you came from a toxic household is key to breaking the cycle for your children.

"If this is something that's gone on for several generations, breaking that inertia is difficult. But once you do it, you're going to feel a sense of self-esteem, empowerment and love shared between you and your child," said Gregory Nawalanic, PsyD, clinical director of psychology and behavioral sciences, The University of Kansas Health System. "It will actually soften the wounds that you experienced from your own childhood."

## BOUNDARIES

Unlike when you were a child, you, as an adult, can set restrictions with your toxic parent. If they cross the line, you can ensure the health of you and your children by taking action. "You survived the hard stuff and you can set boundaries. You're within your rights. It's not like when you were a kid, and you were reliant on them," said Dr. Nawalanic. "You have your own income, job, family, home. You can choose not to have this person in your life. Remember, this parent made the choices they did when you were a child."

Because parental toxicity is usually intergenerational, the adult child must take extra precautions to ensure another generation of



abuse does not continue with their kids. "Make sure your kids know that you love them and help them to feel important and special. Be honest; realize you will make mistakes," said Dr. Nawalanic. "It can be helpful to think of your kids as little versions of you. Think, 'What would you have wanted from your parents?' You can never undo what your parent did to you, but you can bring that forward as a lesson and a guiding light that leads you to do better for your kids."

## I SEE MYSELF

If you see a reflection of your actions and words with your own children in this article, it may be driven by the suffering and pain inflicted by your parents. The difference is that you can engage in treatment and give yourself a new direction.

"Find quiet time to think back on your childhood and explore that relationship. How do my parents treat me now? Like a kid? Same pressures? Do they withhold things?" asked Dr. Nawalanic. "If you're answering yes to these, then it might be time to reach out to a professional. There's no shame in that."

Avenues such as family counseling can help troubled families who want to behave better and build a better relationship. "Sometimes you might be able to bring the toxic parent into family therapy, independent of your own individual therapist, to reset boundaries, guide communications and build relationships. A family therapist will help moderate productive conversation," said Dr. Nawalanic. "You can't

make your parent engage appropriately, but you can have a sense of peace that you reached out and opened the door.”

### MENDING FENCES

While it can be a tough journey to manage your own negative emotions toward your toxic parent, Dr. Nawalanic suggests that the simple act of compassion can be life-changing. “Forgiving someone is so empowering. A handwritten note of forgiveness can be helpful because you have your say without the toxic parent spinning it back to them and playing the victim,” he said. “Sometimes the dynamic is for the parent to bulldoze, belittle and attack. A letter lets you get things out and you can end it with an invitation. ‘I’m happy to discuss this with you. I hope that you understand what I’m trying to say and why I’m trying to say it. I love you and value our relationship and I want more from it for both of us.’ It comes down to connecting and seeing the whole person and the potential for the relationship.”

Dr. Nawalanic adds it is important to understand the circumstances that created the toxic family environment. In the same way we look at a child and see the negative behavior and not the person, he suggests to look at the parent and see that these behaviors have underlying causes and, more often than not, this isn’t who they want to be either. “They came from a system that led them to believe this is the only way to behave,” he said. “Anyone can engage and possibly change; it’s about helping them see the value in making that change. Just because things have been bad doesn’t mean that they have stay that way.” ♦

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# PARTY SHOES: ART AND DRAMA FOR THE HOLIDAYS

BY LINDA R. PRICE

*The new shoes for fall are stunning and not in a good way! If you like ultra-high platform shoes, fur-covered flats and fashionable wellies, this is your season. The season is loud, artsy, idiosyncratic and definitely not boring!*

Valentino's skyscraper pink platforms defined the shows, but the classic ballet flat is back on the catwalk and definitely easier to wear. Miu Miu paired ballet flats with long socks for a covered-up look. The Miu Miu ballet flat itself comes with a satin bow in several colors and another style with a Mary Jane strap. Mansur Gavriel styled a square-toed ballet flat with a tiny flat heel and bow. Tory Burch displayed a ballet flat in leather with a satin wrap tie that goes up the leg.

Mules and sling-back pumps were the style trend for evening wear that highlighted metallic and rhinestone materials. Undoubtedly, Salvatore Ferragamo stole the show with his crystal-encrusted slingbacks, sleek, classy and sexy. Paris Texas stiletto mules with a rhinestone-embossed vinyl toe strap were dramatized by the rest of the shoe in smooth purple leather. Jil Sander presented square-toe, backless, low heels in gold and in silver metallic lambskin to go with party outfits. Bottega Veneta walked ruched, metallic lambskin pumps with translucent square heels. Loewe revealed a thin-strapped sandal accessorized with a hu-



mongous silver bow tied around the ankle.

Boots for fall are a given. The thigh-length boot or over-the-knee boot is another trend that was in many designers' shows for fall. The boots were worn with mini-skirts or long dresses slit on the side to show off the boot. Victoria Beckham paired a black dress with a slashed skirt to dramatize a pair of white full-leg boots. Giambattista Valli offered long, thigh-length black reptile skin boots and a short coat for the fall. Alexander McQueen unveiled a white over-the-knee boot with small belts and buckles every few millimeters.

But not all boots were knee-high. Moto boots are for those who want to indulge their bad side. The most charming was Balenciaga's Cagole. The stylish, short lambskin moto boot with a two-and-three-quarter-inch kitten heel and their signature aged-silver hardware

bridged the gap between sophistication and bad.

The Cagole highlighted another trend, the needle-toe shoe. That's right, pointy toes are back. The pointy-toed shoe may be the biggest style change this season, switching from square-toed shoes of seasons past to a fresher look. For an updated look, pair pants with a pointy-toe shoe peeking out. Prada led the field with a sling-back

mesh pump carried on a curved kitten heel. Coperani introduced a sling-back pump with diagonal detailing and a needle toe.

Mary Jane-styled pumps, flats and platforms were evident in the fall lineups and ready for casual parties. Carel Kina introduced red patent Mary Janes with three buckled straps across the instep. Marc Jacobs' Mary Jane was in plaid with a thick rubber sole and one strap across the top. Miu Miu exhibited a denim pump with a square heel while Sam Edelman went with a beige flat highlighted by a silver buckle and strap across the instep. Prada presented a version of the Mary Jane with a pointed toe.

The funky curved heel was a big trend this season; it was shown on pumps, platforms and other shoes. Bottega Veneta led the pack with a high platform and an inward-curving square chunky heel adorned with a large buckle across the ankle. Prada presented a classic black pump with a slanted chunky square heel and a strap across the ankle. Loewe's red balloons attached under a strap to the front of a white sandal and a crystal drop heel on a black calfskin mule were some of the other artsy shoes in the fall collections.

Fuzzy-wuzzy accents were on all types of shoes, and if you want to wear your pooch, the designers will show you how. The shoes, for the most part, are indistinguishable under the faux fur that looks as if you are wearing your Maltese. Some, of course, stood out. Bottega Veneta flaunted a high wedge completely covered in bright orange fleecy fur. Another bright orange entry was by Arch, who clipped the fuzz on their mule and covered both the toe strap and chunky three-and-a-half-inch heel in short, bright orange fuzz. Loewe styled a shoe with a layer of long fleece on top. Both Thornton Bregazzi and Simon Miller showed flats covered with long twists of fiber that look like you are wearing your house slippers. Pajama parties, anyone?

No matter your choice, there are plenty of styles to choose from. From metallic and glitter to fuzzy-wuzzy, from prim Mary Janes to thigh-high boots, and from the-sky's-the-limit platforms to down-to-earth ballet slippers, this holiday season there is something for everyone. ♦

**SOURCES:** *bustle.com, vogue.co.uk, cosmopolitan.com, elle.com and whowhatwear.com.*

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# WHISKERS AND FLUFFY TAILS: TAKING THE PERFECT PET PICTURE

BY CANDI SMITH

*There's not an honest pet owner out there who can deny that they rush to their cameras or phones just to capture those sweet, silly seconds when their pets are posing perfectly. Or maybe they're running amok and they want to capture them in their natural state of being a pet!*



According to the North American Pet Health Insurance Association, 30 percent of Americans dress their pets up for the holidays and 67 percent include them in a holiday photo. But aside from your amateurish photos taken on the fly, here are some photographer tips offered for taking the perfect pet picture.

According to Grace Chon, a pet photographer in Los Angeles, there are some tricks to capturing your pet's image. First, you let your pet do what they do best—be an animal!

Take pictures of them in places where they like to hang out and let their personality shine by giving them a favorite toy. Be sure to reward them after a few shots with a doggie treat. Otherwise, you might have



a hard time holding their attention for long periods of time. And pay attention to their non-verbal cues about their reaction to the lens. Some animals may view it as a giant eyeball staring at them. It's important to help them get used to the camera so they aren't intimidated by its sounds and appearance.

Don't be afraid to act silly to get the reaction you want from a pet. Make funny noises to get them to tilt their head or perk up their ears. And if you start running around, they'll want to do the same. Of course, these tricks usually apply to dogs since cats are more standoffish. With felines, a hands-off approach works best and allows them to take the lead in their own timing.

There are technicalities to getting a good shot. Since you want details like hair strands to stand out, you don't want your photos to get overexposed. If outdoors, shoot in full shade and if indoors, use a room with diffused light. Avoid using flash indoors because it will give your photos a harsh "Hollywood" look. Limit photo retouching to small increases in contrast and color intensification so they don't appear artificial. It's important to know how to operate your camera, and today's new models have lots of functions that allow you to experiment. You can use the focus and zoom functions for capturing details such as claws and fur.

Start by filling the frame with the pet as the main subject of the photograph, front and center. Later you can consider cropping and making changes, but in the beginning, make the pet the focus. With today's digital photography, you can take as many pictures as your camera's memory will hold, and editing is just as easy on a phone. So, shoot away until you get the shots you like! Don't be hesitant to take repetitive shots if they're photogenic.

Without creating anxiety in the pet, take close-up shots by using your zoom feature. There's nothing quite as cute as capturing whiskers, teeth and tongues in a photo! Remember to stay calm and try not to stress over the process. If your frustration level rises, so will your stress. And pets will pick up on any anxiety you exude. If your subject is not sitting still for your shots, take a break for both of your sakes. Patience is key when photographing pets!

You should develop a relationship with the pet by letting them sniff your hand, and approaching them with an open, genuine attitude. It's important to be caring and not fearful toward the animal. Find a neutral place where the pet can roam and open up their personality. This is a good opportunity to take a few test shots to set your exposure and shutter speed. Since most pets enjoy toys (dogs like squeaky noises and cats like toys that capture their curiosity), bring a few along to get their attention. If you can get a pet to follow simple commands such as sit, stay and down, it will help you as you try to create poses. This is where treats and lots of positive praise come in!

Since animals don't tend to sit still, set your camera to fast shutter speed and take continuous shots to capture that perfect pose. Take photos from all angles, get down on the pet's level so you can see things from their perspective, or take a shot above them so they're looking up. And focus on their eyes. Animals use them to do their "talking," and your lens should focus on them to capture what they're saying to the world! ♦

**SOURCES:** [gadgetwise.blogs.nytimes.com](http://gadgetwise.blogs.nytimes.com), [aplaceforpaws.com](http://aplaceforpaws.com) [blog.adoramapix.com](http://blog.adoramapix.com) and *Family Circle*.



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## JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS  
PHOTO BY LAUREN FRISCH PUSATERI

*A few years ago, I was in the hospital for a bit of an extended stay. I remember one particular day, I requested that my husband bring me a cute, comfy outfit and asked him to bring my makeup bag when he came to visit. I could hear the confusion in his voice, as hospital life is certainly not a fashion show for the doctors or patients. But I knew what my soul needed.*

**H**e brought everything to me later that afternoon. I did my best to maneuver my IV cords through the sleeves of my shirt. I did my best to hobble over to the mirror in my room and apply some color to my pale face. I got back under my covers and can recall smiling for the first time in days. I felt like “me” again and it felt nice. One of my nurses came by to check on me and she kind of chuckled and asked, “Where are you going?” I told her it was just something I needed to do. We high-fived and she

told me she fully supported my decision. Girl’s gotta do what a girl’s gotta do.

My point in telling this story is that I know how easy it is to fall into the rut of just throwing on sweats every day! I’m a morning radio host who wakes up at 4:00 a.m. daily. I get it, trust me! But there is something about getting dolled up once in a while that just helps the mental state. Don’t get me wrong, comfort is key. But, just taking some time for self-care in general is so important. ♦

*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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# INSPIRING KANSAS CITY'S FUTURE LEADERS

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**F**ounded in 2007 by Kate Corwin, Green Works in Kansas City's overarching goal is to help vulnerable youth improve their resiliency and social and physical well-being through experiences with environmental science, outdoor classrooms, service projects, career exploration, workplace training, internships and work experiences. Through this integrative process, we empower youth to care for our environment, contribute to our economy and create healthy communities.

## NATURE CONNECTION PROGRAMMING

According to the Children and Nature Network, "Over the past few generations, childhood has moved indoors. On average, today's kids spend up to 44 hours per week in front of a screen and less than 10 minutes a day playing outdoors. And for too many kids, regular and safe access to nature is determined by race, income, identity, ability and postal code." All of this leads to what's



known as nature deficit disorder. Green Works is working to combat this through its ECOS, or Environmental Connection Opportunities for Students, program, which provides safe and fun experiences outdoors for urban kids grades 4th-8th, many of whom would otherwise not be able to enjoy nature. Research shows that spending time in nature enhances creativity, critical thinking and problem-solving; improves relationship skills, focus and impulse control; and reduces stress, anger and aggression. Jorge, an ECOS student, wrote the following in his journal, "Before ECOS, I would play video games at home when I needed to get my mind off of stuff that was bothering me. But now I'm more likely to go for a walk and visit the park down the street from my house. Being out in nature calms me down."

## CAREER EXPLORATION AND SUSTAINABLE BUSINESS PROGRAMMING

Middle schoolers take part in an ECO Career Camp, which exposes them to a variety of working professionals, field science, water quality and climate activities.

Motivated young adults gain workforce and entrepreneurial skills by working in Green Works' social enterprise, The Perennial Bee, where they manufacture sustainable products and learn marketing, customer service, in-person and online sales; and educate community members about making better environmental choices.

The dedicated staff at Green Works has training in trauma and emotional health to better reach kids who come to the programs, some of whom have suffered trauma, all of whom are still dealing with the impact of the pandemic. Over time, the students who come into the fold of Green Works find a source of caring adults who help spur their sense of discovery toward themselves and the world around them, and hope for their future. ♦

## SUPPORT FOR PROGRAMMING

*If you would like more information about helping Green Works in Kansas City to provide critical prevention programs for Kansas City's future leaders, please visit [greenworkskc.org](http://greenworkskc.org), email [info@greenworkskc.org](mailto:info@greenworkskc.org) or visit our Facebook page.*

*Visit [greenworkskc.org/retail/](http://greenworkskc.org/retail/) for The Perennial Bee's store hours. The social enterprise retail store offers eco-friendly products, gifts and more. You'll also find a link for online sales. All proceeds benefit Green Works' programming. Organizations or individuals are welcome to host events, free of charge, at the Green Works space and adjoining social enterprise to introduce their members and friends to Green Works. ♦*





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# NOVEMBER 2022



## NOVEMBER

3 – 5

### Art Show and Pet Portrait Event

GALLERY V, 4020 INDIAN CREEK PARKWAY  
OVERLAND PARK, KANSAS

This three-day event highlights custom pet portraits! Bring photos of your fur family and consult with Nicoletta Belletti of Parma, Italy, for your one-of-a-kind custom painting. The show also highlights Nicoletta's new works in dramatic florals, landscapes and her signature whimsical farm animals. To learn more, galleryvfinearts.com.

## NOVEMBER 10

### Monroe 816 Holiday Sip-n-Shop

DOWNTOWN GARNETT, KANSAS

Enjoy complimentary cocktails and appetizers with this annual event to kick off the holiday retail season with beautiful seasonal décor, gifts and tree decorating inspiration from our many decorated tree themes in store. Make it a girls' "stay-n-shop" weekend by booking a room during Christmas at the Kirk House, and visit other local boutiques.

## NOVEMBER

10 – 11

### JCYM Holiday Boutique

ARTS AND HERITAGE CENTER  
87TH AND METCALF

Enjoy two spectacular shopping days and free admission!



## NOVEMBER 11

### JCYM Home for the Holidays Exclusive Tour

Tour four beautiful homes in Meadowbrook Park. Tickets can be purchased at jcym.net.

## LEGENDS OUTLETS

## NOVEMBER 12

### Legendary Tree Lighting Ceremony

5:00 – 7:00PM, LEGENDS OUTLETS

The Legendary Tree Lighting is back and brighter than ever with a new state-of-the-art synchronized music and light show, plus live music featuring Mr. Stinky Feet & The Hiccups! Enjoy free activities throughout the center such as face painting, balloon twisting, prize giveaways, holiday movie screening and fun photo opportunities.

## NOVEMBER

17 – 20

### Holiday Boutique

OVERLAND PARK CONVENTION CENTER

Shop hundreds of booths and find the latest trends in apparel, décor, jewelry, seasonal gifts, gourmet foods and more.

## NOVEMBER 20

### Mannheim Steamroller Christmas by Chip Davis

KAUFFMAN CENTER FOR THE PERFORMING ARTS

Experience the magic as the spirit of the season comes alive.

## NOVEMBER 20

### Veronica Couture Trunk Show

THE GOWN GALLERY, 1901 MAIN STREET,  
KANSAS CITY, MO

By appointment only, see the Veronica Couture Trunk Show showcasing the latest veils from this top designer. Visit gowngallery.com to make an appointment.

## NOVEMBER 25

### Black Friday

LEGENDS OUTLETS

## - SAVE THE DATE -



## DECEMBER 11

### Upon a Dream Princesses

#### Holiday Ball

1:00 - 6:00PM, JOHNSON COUNTY  
ARTS & HERITAGE CENTER

Ring in the holidays with the Upon a Dream princesses at their first annual holiday ball! The event features live musical performances, photo opportunities, desserts, hot beverages, and memories galore!

Choose a ticket for the time you would like to arrive; tickets available at [kcprincessparties.com](http://kcprincessparties.com).



# 2022 HOLIDAY ISSUE

FEATURING A SPECIAL  
HOLIDAY  
GIFT GUIDE  
SECTION

*DEADLINE: NOVEMBER 8TH*

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**CAPRICORN**  
(DEC. 22-JAN. 19)

Even with this being a season of family and friends, that is exactly what is going to cause the most strain for you. Saturn, your ruling planet, begins its five-month retrograde cycle on the 8th, making it a good time to reassess relationships and set boundaries. You're ready for a promotion and more responsibility; if it's not looking good in your current job, it may be time to seek elsewhere.



**TAURUS**  
(APR. 20-MAY 20)

Pay attention to your pace of life this month. Have you been pushing yourself too hard? It's time to back off a bit this month and appreciate your momentum. If you don't, your health is going to suffer. Share your strength with others.



**VIRGO**  
(AUG. 23-SEPT. 22)

If you have been needing to lose weight, the stars support this move right now. Your personal charisma and skills will be heightened. Communicate carefully with others who are going through a rough time the first part of the month. The Scorpio planets are in your 3rd house of communication, and you will find the ability to express yourself with purpose this month.



**AQUARIUS**  
(JAN. 20-FEB. 18)

Uranus, planet of awakening, breakthrough and rebellion, moves forward on the 11th. It's time for magic in your career this month, and you'll feel a new sense of mission and humanitarian spirit. Express your originality and establish powerful relationships in which you and your allies can be of mutual assistance.



**GEMINI**  
(MAY 21-JUN. 20)

The Sun, Mars and New Moon are in Scorpio on the 12th, giving you energy to transform your daily life and activities. But this energy can also reflect poorly on your health, so be sure to get enough sleep, exercise and eat healthy. Your career, while a bit bumpy, is going to experience steady growth. Make sure that you double check all things tech related.



**LIBRA**  
(SEPT. 23-OCT. 22)

Valuable financial lessons are going to be learned this month, so pay attention. Not all challenges are bad; in fact, they may make you stronger. The changes on your financial front will be dramatic, so be patient as they will work out in your best interest.

# STAR JOURNEYS

BY MELODY BUSSEY

*This month, Jupiter, Saturn and Neptune will travel through the zodiac sign that they govern. Planets are empowered when they're home, so this could bring a more balanced energy to the world. But this alignment doubles Jupiter's optimism, Saturn's rigidity and Neptune's compassion. As a time of reflection and a time of thinking about gratitude for all that you have, it is also a time for realizing that something greater than you is in store.*



**PISCES**  
(FEB. 19-MAR. 20)

Uranus moves into your sign on the 11th, awakening your creativity and originality. You may have a sense of revolution and reinvention, an urge to revise your direction. Be yourself and follow your own unique path. Whatever you release this month will be replaced with a new gift – your independence.



**CANCER**  
(JUN. 21-JUL. 23)

You've been taking charge of your feelings, and with Saturn in Cancer for the last year, you've stepped up to taking responsibility, even if it was not your responsibility. Saturn will be in retrograde on the 8th, and you can continue to support yourself and your uniqueness now. Others around you will be temperamental, so do your best not to take it personally.



**SCORPIO**  
(OCT. 23-NOV. 21)

Mars in Scorpio this month will be strong in regard to its effect on your personal image, work and career aspects, as well as your health. You may experience a desire to make drastic changes, which can be good if it spurs you to make changes that you've needed to make. The last part of the month is going to see you enjoying life.



**ARIES**  
(MAR. 21-APR. 19)

The Sun moves into the part of your chart where your energy merges with others in every way. You will find new financial, intellectual and psychological energy. Mars, your ruling planet, is in Scorpio after the 12th, and you will need to look closely at your relationships and which ones are worth pursuing or dropping. Nevertheless, this is your time to show compassion to others.



**LEO**  
(JUL. 24-AUG. 22)

The Sun and Mars in Scorpio this month affect your physical and emotional states, and you may want to be more private and introspective. Be kind to yourself and others, even if you don't feel like it. For this reason, avoid making financial decisions until later in the month, as on the 22nd things will level out for you.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)

Scorpio planets are in your 12th house of dreams and inspiration, so hang onto your hat. Those spiritual changes that have been occurring off and on all year are going to take a turn this month. Whether that is a good turn or a bad turn depends entirely on YOU.



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