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NOVEMBER 2023

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World of Whiskeys

Molly
Kuplen

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*Fashion
Issue*



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INSPIRATIONS

Molly Kuplen: “I love the feeling of making other people feel great.”

After eight years as a teacher, Molly Kuplen followed her heart, her love of color and her ability to move outside her comfort zone into a thriving business. In addition to the roles listed on this month’s cover, she lists business and social media coaching and lifestyle coaching to the mix. She encourages all of us to make the most of each moment and live life happy.



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MAKING FASHION FUN

Photography by Amber J Deery



Packing for a trip has always been stressful for me. I start packing with the best of intentions, to pack light, only what I need, and to not throw things in “just in case.” I seem to spend way too much time thinking about what I may or may not wear and even more time laying out what I want to take and removing items that didn’t make the cut.

We recently went on a big couples beach trip, which we had been planning for a long time. As it finally started to get closer, I started to look for new dresses and swimsuits. I felt like I had been wearing the same things over and over, literally year after year, and wanted some fun new beach clothes.

I quickly realized that I gravitated toward the same, solid, simple dresses, so I decided to throw out an idea to a few people in our group. I never thought that themed days would go over on a group of almost 20 people as well as they did. Not only did it make planning and packing that much easier, but it was also fun!

There wasn’t any pressure or much direction given, other than you could go all out, pass completely, or interpret it however you would like. Well, this group took fashion to a whole new level and had fun with ’80s jams, Tito’s Vodka, flashback to the ’70s, Chiefs Day and any birthdays or anniversaries we were celebrating.

Instead of trying to decide what to wear each day and night, or not liking

anything I packed, I had everything by theme. It made it easy and took the decision-making out of it. We all had a kick out of seeing what everyone was wearing.

After this trip, I think we all will have some fun Halloween and party costumes for the future. The memories and the laughs made it that much more fun. Sometimes you just have to look at fashion as an opportunity to reflect on the past.

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Tammy
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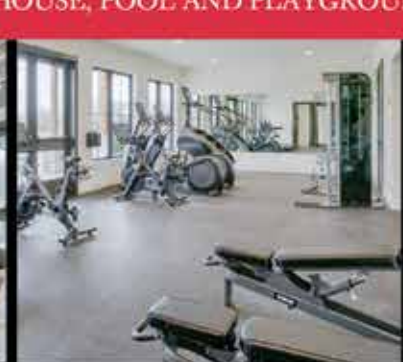
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On September 21, Supporting Kids Foundation presented the 13th annual Hearts of Gold event at 28 Event Space. Guests gathered to raise funds for Kansas City-area families battling childhood cancer. To date, SKF has given more than \$3.5 million in assistance to more than 791 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. ♦

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UPDATES AT WWW.KIDSTLC.ORG/HOLIDAYGIVING



With nearly six decades of combined experience in the real estate business, Kevin Hopkins and Greg Shahan knew they could create a better way of connecting homeowners and buyers. Eight years ago, the pair formed 395 Realty and transformed the selling and buying process for their clients, who pocketed thousands of dollars in savings with this innovative business model.



“We chose to create a competitive fee structure that is fair and reasonable for both seller and buyer and at the same time provide everything a full-service real estate brokerage does.”

“It was truly a move to advocate for the consumer,” Greg said. “We chose to create a competitive fee structure that is fair and reasonable for both seller and buyer and at the same time provide everything a full-service real estate brokerage does.”

The 395 Realty business model is focused on selling hundreds of homes at a flat-fee rate, not a few houses sold at the typical six percent commission that other brokers use. Clients are delighted with the thousands of dollars that stay in their pockets.

“For our flat fee of \$695 plus .5 percent to list your home, we will be your full-service brokerage,” Kevin affirmed. “We go over pricing reports with you. We provide high-quality photography of your property and staging consultations to make your home the one that catches the buyer’s eye. We list your home on the Multiple Listing Service, which gives thousands of potential buyers access to it, and we work with feedback services to make sure your property is getting the attention it deserves. We handle all contracts, documents and details regarding the transaction, all the way to closing. Again, we are a full-service real estate brokerage.”

CHANGING THE REAL ESTATE MARKETPLACE

The internet has transformed the process of selling in the real estate market, allowing Kevin and Greg to offer the 395 Realty concept to homeowners. Most clients turn to the internet and the convenience of their desktop or phone to review homes in the KC-metro. Much of the work that years ago was completed by an agent is now done by the buyer. Also in the past, a large portion of the cost of selling a home went to an advertising budget for newspaper ads, brochures and more. Kevin and Greg claim that as most of those expenses have been eliminated, the savings are largely not passed on to the customer.

Currently, in most transactions with the traditional percentage-based model, the home’s seller pays a five percent to six percent commission that is split between

their agent—the listing agent—and the agent representing the buyer.

“For example, a commission of six percent, three percent goes to the listing agent and three goes to the buyer’s agent and many sellers are beginning to ask, ‘Why should I pay three percent to my listing agent and also three percent to the buyer’s agent, especially if the buyer has already agreed to pay the buyer’s agent themselves,’” Kevin explained. “For a \$400,000 home, that’s \$12,000 the seller would normally pay their agent and \$12,000 to the buyer’s agent. With 395 Realty’s model, a seller would pay only \$695 plus .5 percent and the buyer agent’s commission is negotiable.

While 395 Realty passes these dollars on to the client, the services you receive aren’t shortchanged. When you work with Kevin and Greg, rest assured you’re receiving the best real estate experience, knowledge and tools available in the KC-metro.

“We are consumer advocates working to offer a good service at a fair and reasonable price. That’s it,” Kevin stated. “At 395 Realty, we’ve created a fee structure that’s fair and reasonable for both parties. It’s not a gimmick; it’s not intended to be some type of a discount service. It’s a full-service listing real estate company with fees and structure based on what is fair and reasonable for the consumer and our company.” ♦

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21ST HEAD FOR THE CURE 5K

A remarkable turnout of nearly 5,000 participants converged to participate in 2023 Head for the Cure 5K and to revel in live music, an action-packed Kids Zone and family-friendly games. In addition to the festivities, the occasion recognized esteemed orthopedic surgeon Dr. Doug Burton, who received the prestigious Keeping the Faith award. Amid the jubilation, Head for the Cure founder and President Matt Anthony expressed his heartfelt gratitude and acknowledged the significant progress made in advancing treatment options for brain cancer, while urging all participants to maintain their unwavering support beyond this milestone, extending it into the 22nd race in 2024, and into the future to ensure the continued funding of crucial research and initiatives such as Brains for the Cure. To participate, visit headforthecure.org. ♦

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FITNESS + FASHION: WHY ATHLEISUREWEAR IS EVERYTHING!

BY LISA BUTLER

A few years ago, spending the whole day in sweatpants was a fashion no-no. These days, though, the right athleisure clothing is considered in style and fashion forward. Athleisurewear, a hybrid of workout clothing and loungewear, helps people go from the gym to the office and even out for evening!

Over the last few years, especially since the pandemic, athleisure has quickly become a natural part of wardrobes almost everywhere, and the future looks even more promising for these versatile pieces. In the U.S., the athleisure market is projected to grow from \$326 billion in 2021 to \$548 billion by 2028. What started as a trend for active people to dress more comfortably while still looking stylish is still going strong. Everyone from bloggers to celebrities to athletes are incorporating function and style into their everyday life. Major brands such as Lululemon, Nike, Adidas and Under Armour are tapping into the booming wearable trend, while smaller, independent companies and high-end fashion designers are vying for a piece of the market.

Combining activewear with trendy streetwear, athleisurewear is designed to go from daytime activities such as work and exercise to evening dinners or casual events. Athleisure takes traditional sporty clothing made from technical materials and integrates it into the daily wardrobe. While there was a time some people wouldn't have considered eating at a restaurant or going to a party in activewear, ath-



leisure clothing is now being sported at a variety of social gatherings or work functions. Since our culture has become increasingly casual, we have more of a need than ever for clothing that is comfortable yet stylish.

What wardrobe pieces constitute athleisurewear? Some of the most popular and widely purchased items include leggings, sweatpants, tights, sporty jackets and hoodies. Because of its popularity, athleisurewear is offered in many retail outlets by a variety of manufacturers, can be easily ordered online and can fit almost any budget.

Who can wear this cool but comfortable trend? Anyone! Regardless of gender or age, athleisurewear is about function and comfort. The workout world is catering to a more relaxed fit for school, work and play and men and

women both admire the look of leisure. Popular pieces for men are casual pants, travel clothing, bomber jackets, polo shirts, crew-neck sweaters and trendy sneakers. Athleisure's particular combination of style and comfort is one of the main factors pushing the increase in demand for the product among men and young men.

Women may have been the driving force behind the popularity of athleisurewear, as their products have witnessed the most rapid

growth. Some of the most popular women's products include leggings, chic hoodies, yoga pants, layering shirts, bras and tanks.

Kids are also enjoying the benefits of the comfortable clothing choice. Children's designers are creating athletic-inspired apparel such as joggers, hoodies and sneakers that are fashionable and functional for active kids who love to just run around and play.

Aside from the gym, athleisure can also be worn in most situations in everyday life including workout and fitness classes; airports and other travel situations; running errands; casual lunch with friends; shopping; going to work (with a smart casual dress code); and working from home. The athleisure look generally consists of the same materials found in traditional fitness and sportswear but many modern brands fuse technology with fitness to create clothing, from socks to shirts to caps, that possess some sort of performance-boosting technology while still staying in line with fashion trends. The options are seemingly endless and are being worn by professional athletes and everyday exercisers. Athleisurewear materials continue to evolve, so everyday activities such as workouts and Zoom calls can often be done in the same outfit.

What's the best way to style athleisurewear? There's really no set standard, and personal creativity can often be key to comfort and fashion. While the emphasis of athleisurewear is style, people still desire a good level of comfort. Choosing slim-fitting items will give a more polished look and buying shirts and pants in neutral shades such as tan, beige, white and black that can be easily mixed and matched is a good start for an athleisure wardrobe. Items with athletic features that offer good breathability, four-way stretch and moisture-wicking technology are smart options as well. This easy trend is meant to let us enjoy soft, flexible materials with a variety of fits while still experimenting with colors and textures that might have not been options before.

The world's love affair with athleisurewear will continue to evolve, and fashionistas everywhere want to stay trendy while feeling good in their clothes. It is not just about fashion; it is active clothing that consumers of all ages and genders appreciate more every day. ♦

SOURCES: *castore.com, finance.yahoo.com.*



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Brandon A. James, DDS, and Joseph C. Camarata, MD, DMD

BY DAWN SWARTZ | PHOTOGRAPHY BY AMBER DEERY

NūLife Dental Implant Specialists is home to Dr. Joseph Camarata and Dr. Brandon James, who have a combined 50 years of experience in placing and restoring dental implants and transforming people's smiles, and lives, for the better. Together, they bring the highest standards of patient care and clinical outcomes to their practice in Overland Park, Kansas. Technology and skill are the driving forces behind their impeccable results.

Dr. Camarata received his MD from the University of Nebraska College of Medicine and his DMD, or doctor of dental medicine, from the University of Pittsburgh School of Dental Medicine, graduating with distinction and honors. He completed residencies in both oral and maxillofacial surgery and plastic and reconstructive

surgery, being American board certified in both.

Dr. James received his DDS, or doctor of dental surgery, degree in 2005, graduating with honors from the University of Oklahoma College of Dentistry. He completed an advanced post-graduate program and obtained his certificate in graduate

prosthodontics from the University of Texas Health Science Center in San Antonio in 2008.

Dr. Camarata opened his oral surgery private practice in 2007 in Overland Park, Kansas, and Dr. James began his prosthodontic career in 2008 in Prairie Village, Kansas. As a passion and a comfort level for treating more complex cases developed between the two



With a desire to be true professionals in their field, they fully respect and support each patient, creating a welcoming, comforting and trusted environment. They will simply sit and listen to each patient to understand what is important to them regarding their dental needs, providing the safest and best care possible.

“This is a quality-of-life issue,” Dr. James said. “We want to know your why. That is our mission. We know you have teeth issues, but more importantly, what are those teeth issues causing you to miss out on in life? That is where we can help. This is not just a dental visit. We help patients get back to living the life they desire and deserve. We

“As a practice, we’re constantly evolving and trying to become a better version of what we already are and a part of that is staying up to date with technology. We promise to always have the best systems, programs, technology and intel to provide the utmost level of care.”

doctors, they decided to start a new initiative together and, in 2018, NūLife Dental Implant Specialists was born with the goal of providing cutting-edge, state-of-the-art technology to best treat full arch implant cases under one roof.

HEALTHY SMILE, HEALTHY LIFE

For NūLife Dental Implant Specialists, it’s not just about selling implants and teeth to create a beautiful and healthy smile. Creating that beautiful smile is important, but more important is acknowledgement that a smile is connected to a person and that person has a story. Dr. James, Dr. Camarata and their highly skilled staff care for patients with a compassionate and understanding approach.

don’t want your teeth, or a lack thereof, to hold you back any more.”

For the majority of individuals, comprehensive rehabilitative dentistry is a brand-new occurrence in your life and a decision that takes courage. Because of that, there can be a bit of fear of the unknown. This is completely normal, and NūLife Dental Implant Specialists consider this a part of the process and so are here to guide you and answer any and every question that may arise.

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This first visit will be the most comprehensive! The treatment coordinator and the physician will decide upon a treatment plan that fits your budget and expectations.



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THE TRANSFORMATION

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THE FOLLOW UP

From this point on you have some follow up visits to check on the healing process, how things are progressing and aesthetic adjustments to get to your final transformation!

NūLife Dental Implant Specialists put great faith and trust into the abilities of Dr. Camarata, Dr. James, in-house laboratory technicians and staff to meet and exceed your wants and needs. The doctors and staff strive to deliver stunning results that not only look good but feel good too.

“As a practice, we’re constantly evolving and trying to become a better version of what we already are and a part of that is staying up to date with technology. We promise to always have the best systems, programs, technology and intel to provide the utmost level of care. We strive to deliver exceptional results and be available and accessible to guide you through your experience with optimal care. When you step into our office, you become one of our family!” Dr. James concluded.

Dr. Camarata and Dr. James both strive to make your NūLife your best life yet! ♦

NūLife Dental Implant Specialists is located at 12541 Foster Street, Suite 330, Overland Park, Kansas. Call 913-888-0087 or visit nulifekc.com for more information.

THE LOTUS CLINICS OF KIDSTLC

HELPING FAMILIES WITH HOLIDAY EXPECTATIONS

BY AMANDA ALTENHOFEN, MS, LMFT



Q

I can already feel the eyeball rolls from my family as I try to keep our holiday traditions alive. Is it time to build new traditions and new memories?

A

We know from research that we cannot make our kids, or really anyone, remember something specific, meaning we really cannot make memories for others. We also know that we cannot control what other people think of us. Traditions are tricky because they served a purpose for the family in the past; however, they may no longer serve our modern family. One year, our family sat around the table and talked about the Christmas menu. No one wanted the turkey, or stuffing, or all the intensive cooking that comes with cultural expectations of the meals. The family wanted spaghetti. That was fine with me, as a jar of sauce and some pasta took way less time and planning than an elaborate meal. The spaghetti was a crowd pleaser, and no one complained about having to come to the dinner table. Every year we look forward to a creative Christmas dinner that has become our tradition. When looking for your own ways to integrate new traditions, it is okay to check in with the kids to find out what is important to them. It is also okay to ask kids how they want to celebrate the holiday. Together, as a family, old traditions can be observed or new memories can be created.

Q

I'm already beginning to feel anxious about the upcoming holidays and the stress I inevitably feel as I try to be everywhere and make everyone happy. How can I manage these emotions and busy schedule without becoming overwhelmed?

A

The holiday can be the most triggering time when people, especially moms, are burdened with the unreasonable expectations of making a “perfect” holiday. We know that when a brain is stressed, it cannot think clearly. Try these three steps. As with any advice, take what you need and leave the rest behind.

Plan ahead. Decide early what is important to you and your family during the holidays. Planning early allows your brain to stay calm to enforce boundaries around what is important to you and your family.

We cannot control the emotions of other adults. Someone is mad that you skipped that party? They didn’t get that present? That is on them, not you, to manage their emotions. You are responsible for your own emotions and can act accordingly.

Let the holidays happen. People, especially our kids, will react to the stress in their environment. Parents being in a calm place will help the kids to emotionally regulate. If you can laugh at the inevitable holiday disaster, you can teach your kids to find the humor in the situation as well, averting further stress. ♦



Amanda Altenhofen, MS, LMFT, is an outpatient therapist at the Lotus Clinics of KidsTLC and believes everyone deserves compassionate treatment in an environment where they feel safe. She is part of a team of more than 20 providers who offer outpatient services to children, families and individuals as they face challenges with mental and behavioral health. Visit kidstlc.org to learn more.

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molly KUPLEN

BY CINDY MCDERMOTT | PHOTOGRAPHY BY AMBER DEERY
SHOT ON LOCATION AT HEY SUGAR ON STRAWBERRY HILL
426 N. 6TH ST, KCK

Appreciating the hard work ethic of family members and deeply embracing her love of Mother Nature's beauty led to greener pastures for Kansas City, Missouri, resident Molly Kuplen. Born and raised on a 1,000-acre crop farm and cattle ranch near Pittsburg, Kansas, Molly cultivated her career as a blogger, photographer and influencer thanks in large part to her solid agricultural roots.

"On the farm, I saw a lot of the natural beauty and really valued nature because it was all around us. There's a lot of value growing up on a farm, being from a small town and knowing people really well," she shared. "I say that my success didn't happen overnight, but it happened through the night. So there were a lot of nights that I was up till three or four in the morning editing, but eventually, it all paid off. I just put in the work and was not afraid to work hard. And that could tie back into growing up on a farm and seeing my dad and my grandpa working hard and doing whatever it takes to get the job done."

While her work ethic may come from her father's side of the family, what gave root to her new career was her mother's love of colorful and unique items, which goes against the grain for a normally conservative farm wife. "My blog and my Instagram are known for bright colors and bold patterns that may not match, but it does. It just

comes down to how we think. I think color and a lot of people identify me with that," Molly remarked. "My mom has always marched to the beat of her own drum and I thank her for shaping me to be different than others and, most importantly, to always be myself."

Her company, Molly Kuplen, has grown quickly since she gave up a job in education to dive head-first into a dynamic photography business including branding, commercial, weddings, gatherings, real estate and more. She also offers business and social media coaching to help clients build brand and reach their highest potential on social media platforms.

"I was taking a lot of pictures on the farm just for fun as a creative outlet. I didn't plan to become a photographer. I was taking these pictures of cows, kittens, dogs, landscapes and random things around the farm, and a family friend asked if I could take their daughter's senior pictures. I didn't have the confidence but she said, 'We'll just pick from whenever you go out and take your pictures—the sunsets

“I love the feeling of making other people feel great.”





“My biggest thing I think in life in general is taking advantage of everything and just living in the moment, going and doing, and saying yes,” Molly said. “One of my phrases that I like and try to follow is, ‘Living a life I love to live every day.’ If you can live a life you love to live every day, then you’re doing all right.”

and the fields—and we'll just put her in the frame,” Molly recalled. “So I took a chance and taught myself how to edit with videos on YouTube and became a perfectionist in the process. I posted those pictures on Instagram and others asked, ‘Can you do this or can you come and take pictures of my business or can you do a headshot?’ I never really turned anything down and just kind of started doing things for either free or very cheap.”

Her photography work was a side hustle that she loved, but she decided she would follow in her mother’s footsteps and become a teacher. Armed with bachelor’s and master’s degrees in teaching, her first year was in Topeka to teach high school health and physical education. In 2012, she moved to Kansas City, Missouri, and taught special education for two years at a KCK middle school and transferred to a PE role in an elementary school. But after eight years, the pull of her camera was too strong. Molly took a big jump in 2019 to focus on her business full time.

“I was doing two full-time jobs. I was going straight from teaching to taking pictures. Then I would edit until like two or three in the morning once I got home from taking pictures. Then I would wake up, go back to my teaching job and then do it all over again,” she recalled. “I missed a lot of friends and families, events and things, but I feel like it’s all paid off now because of the freedom I have. I make my schedule now. That’s been kind of fun to just go from something so structured to now having that freedom.”

Molly says the part that she loves most about her job is the social connections she makes with her clients and colleagues. She thoroughly enjoys the positive reaction that comes from the moment she reveals her photos to her clients. “I love how people feel when they see their pictures. There are a lot of people who don’t love photos of themselves or the idea of getting their picture taken and that’s like a very common theme. You know people are nervous; they don’t want to look bad. So I try to get all the good angles and make everybody look and feel as good as possible,” she stated. “My sessions are usually very carefree and not formal and just laid back and kind of a fun time rather than serious. Whenever they see their photos, they say they’ve never loved a picture more. Then they get this confidence. I love that feeling of making other people feel great.”

From her successful photography work, Molly has organically blossomed into a successful social media influencer, promoting products and events to her thousands of followers. Clothing, accessories, home goods and more are featured by Molly on her posts. She also promotes events at the Plaza as an ambassador. She’s so good at her job that she was recruited by the Kansas City Chiefs to be an influencer for the team and to spread the word to the many types of people who love this team and the good the players and the organization do for the community.

“Last year I got an e-mail and I thought that it was a scam because the Chiefs don’t need anybody to help them get promotion. But

it was, it was real. They said, ‘We’re starting this new thing with influencers and we want to promote to all of our fan groups.’ It’s not just a certain type of person that likes Chiefs’ football,” shared Molly. “They want to involve more people than just the average middle-aged man who’s a football fan. We have artists who are Chiefs fans, business owners, jewelry makers and lots of women. It truly is Chiefs Kingdom, and I’m helping them get the word out to my followers.”

Many people dream of being social media influencers and those at the top can make excellent livings. However, there are many steps to take on the path to becoming an effective influencer. Molly shares that her solid success comes from moving outside of her comfort zone and offers this advice to others contemplating this role.

“I would say just to go for it and start before you’re ready because once you get going things will come up and more things will come up. They feed off the next. So don’t be afraid to put yourself out there because I know that a lot of my success is from not being afraid to fail or what others might think. I encourage people to just go

for it and, if they feel like a push to do something, then try it and see what happens,” she noted. “Most of my blog has been built on seeing the positive and I tried to dismiss anything negative and take it as that. It’s redirecting me to a better something that’s better for me. Maybe you go to an event and you make one or five connections at that event and that might lead you to something cool that could be big or maybe you don’t meet anybody at all. But you never know unless you go and put yourself out there to get the experience.”

Molly also approaches her giving to the community with the same enthusiasm that she has for her work. Given her teaching background in special education, she volunteered for the first fundraising gala for Special Olympics Kansas. She’s on the team kicking off a dream home giveaway to raise money for St. Jude Children’s Research Hospital. She also spends copious amounts of time with her dog, Mocha Frappe.

As for now, her career keeps her extremely busy, but she also looks down the road and thinks about what the future may hold. Just like many other farm kids who have left behind the homestead to work in the city, she feels a calling to return. “Well, I do love visiting, and I wouldn’t mind moving back, but for now I’m happy being single and busy with work,” she said. “So I just don’t think I would go back right now, but I could see myself eventually living back there or on a farm somewhere.”

From a farm kid with a list of chores to complete every day to an impressive career in photography and social media, Molly lives a life that is rooted in happiness and achievement.

“My biggest thing I think in life in general is taking advantage of everything and just living in the moment, going and doing, and saying yes,” Molly said. “One of my phrases that I like and try to follow is, ‘Living a life I love to live every day.’ If you can live a life you love to live every day, then you’re doing all right.” ♦



ONE SKILLET GROUND BEEF STROGANOFF

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



INGREDIENTS

1 tbsp. olive oil	3 tbsp. flour
8 oz. white button mushrooms, sliced	1/4 cup white wine or water
2 tbsp. butter	4 cups beef broth or stock
1 lb. ground beef	1 tsp. Kosher salt
1/2 onion, diced	1/2 tsp. pepper
1 tsp. whole-grain mustard (optional)	4 cups dry egg noodles
2 tsp. garlic powder	1/2 cup sour cream
	1 to 2 tbsp. freshly chopped parsley (optional)

DIRECTIONS

Add the olive oil to a large skillet with a lid and sauté the mushrooms over medium heat, until browned, about 8 to 10 minutes. Don't cover or stir too much so they get caramelized. Remove mushrooms from skillet to a plate. Return the skillet to the stovetop and melt the butter. Add the ground beef, onion, mustard and garlic powder and cook until the ground beef is broken up and cooked through. Drain any fat and return the skillet to the stove top. Stir in the flour until thick, about 1 to 2 minutes. Add the wine or water into the pan and stir, scraping any browned bits from the bottom of the pan, and cook until evaporated. Gradually stir in the beef broth, salt and pepper. Bring the mixture to a boil and add the egg noodles. Reduce heat to a simmer and cover. Stir often until noodles are tender, about 8 to 10 minutes. Return the mushrooms to the skillet and stir to combine. Stir in the sour cream and freshly chopped parsley. Taste and add more salt if desired. I always add a little more salt because it brings out the flavors of the ingredients. ♦

TIPS

1: Feel free to add more sour cream if desired.

2: If the beef stroganoff is too liquid, simmer on low heat with the lid off until thickened.

3: If your beef stroganoff is too thick, add a bit of water.

4: You can also substitute cubed sirloin for the ground beef.



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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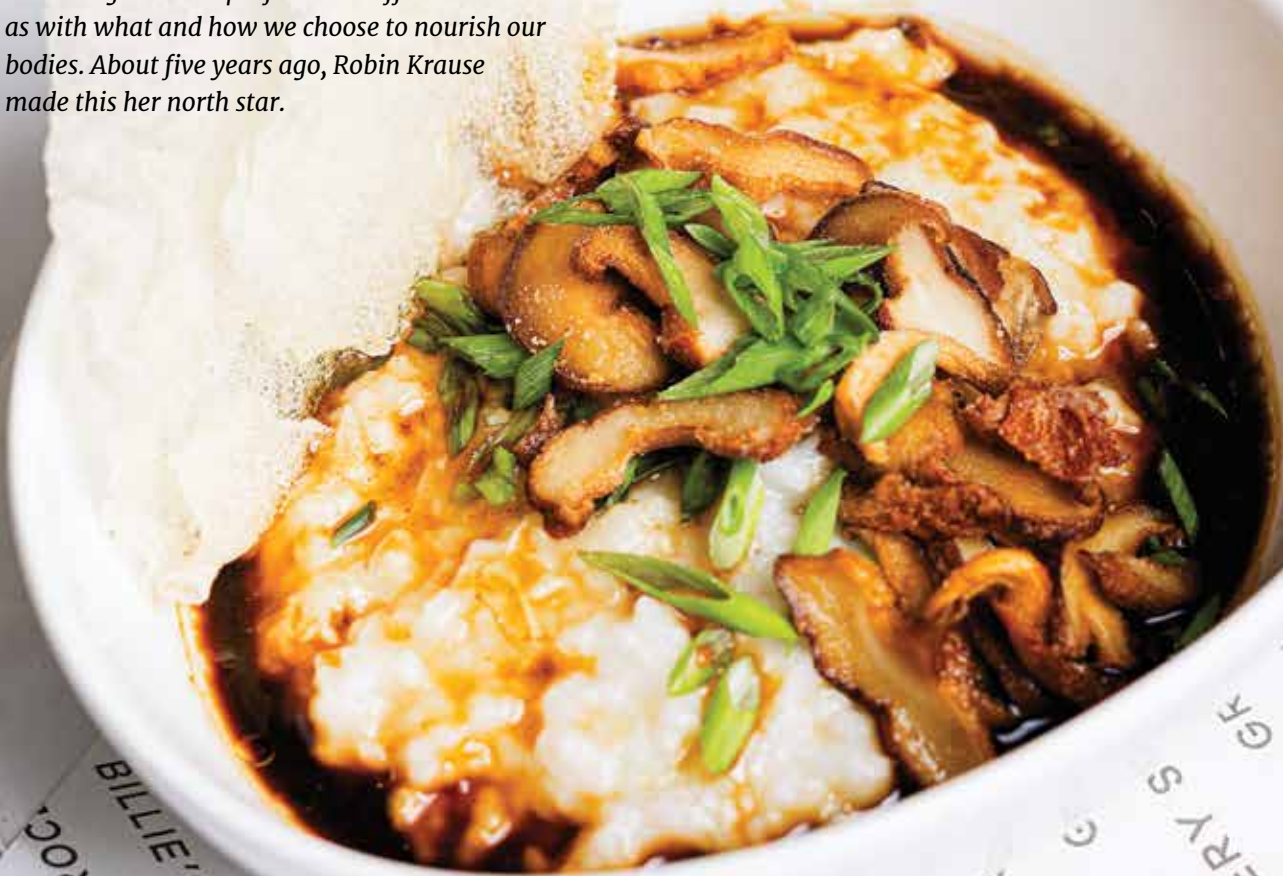
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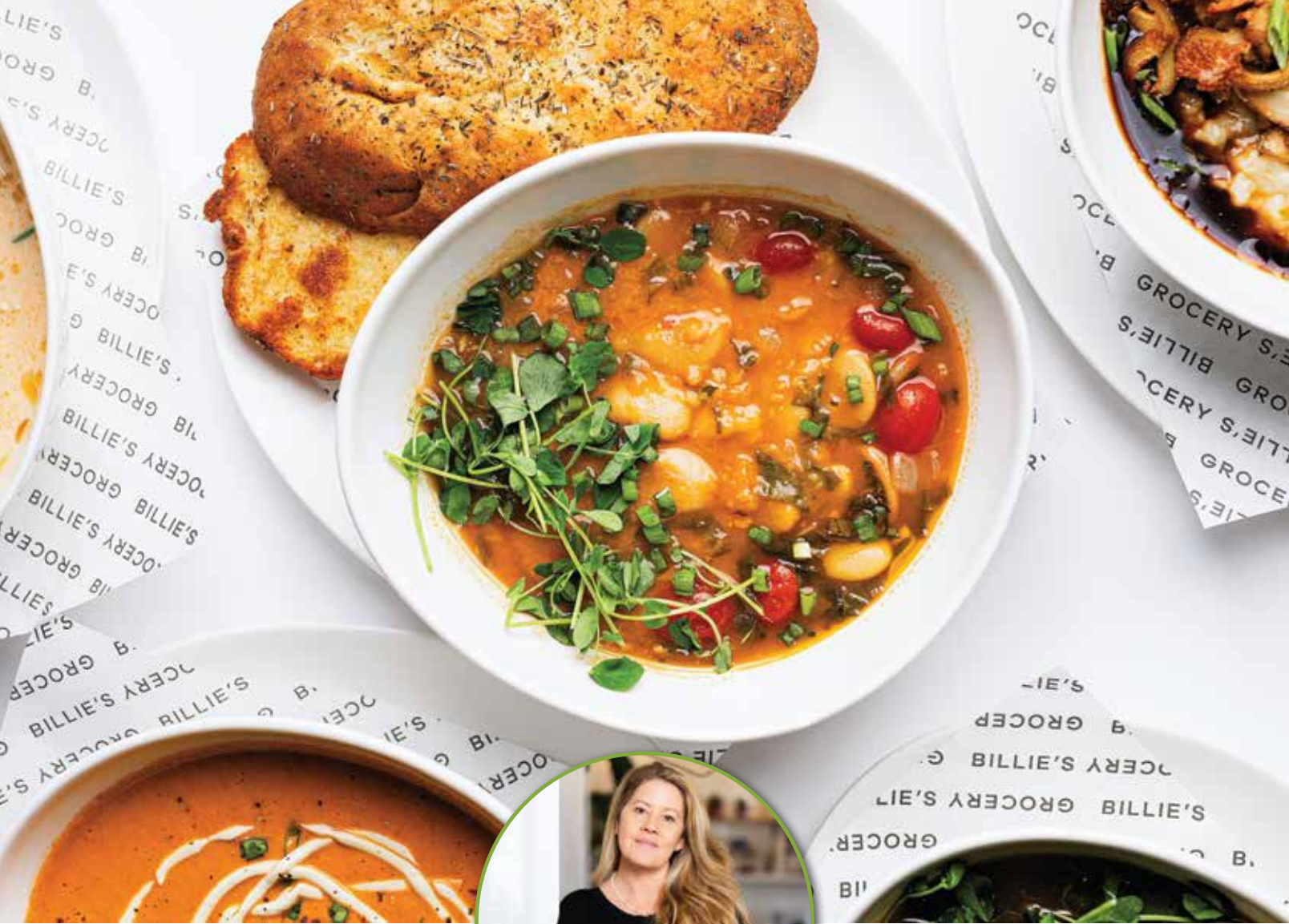
NUTRIENT-DENSE WHOLE FOOD
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BY SHERYL HAMMONTREE
PHOTOGRAPHY BY AMBER DEERY

“Let food be thy medicine and medicine be thy food.” – Hippocrates

Few things have as profound an effect on our health as with what and how we choose to nourish our bodies. About five years ago, Robin Krause made this her north star.





For 20 years, Robin has helped Kansas City wake up and power through their day with coffee and delicious bites as the owner of Coffee Girls, the Filling Station coffee shops, Soho Bakery, Unbakery and Juicery. This level of success is available only to those with goals and who hustle till they achieve them. Robin was feeling the effects of this grind at about the same time her dad, Billie, suffered a heart attack and passed. Robin pressed pause, took a breath and was motivated and inspired to begin her wellness journey.

Robin wanted to learn about the many ways food can heal and the powerful connection of mind and body. Through curiosity and education, Robin became a certified herbalist, holistic health coach and a licensed nutritional therapist. She chose to close all but two of her businesses and combine everything she learned with everything she knew about cooking to create a new culinary experience.

At the risk of sounding trite, Robin did have the very best ingredients on hand when creating Billie's Grocery. Those are countless hours in the kitchen, clearly a head for business, a crystal-clear understanding of what customers like, want and need plus a deep desire to introduce mindful eating to her community.

Mindful eating sounds simple, but it eludes many of us. Life moves fast and, sadly, we don't take time to enjoy meals. We eat in



our car, at our desk or at the kitchen counter and often, we eat alone. Mindful eating means you eat slowly, chew thoroughly, enjoy friendly conversation and avoid distractions. This will not only improve digestion; it guarantees you'll recognize the hormonal messaging from your gut telling you that you are, in fact, full.

Be mindful about what you're eating, slow down and notice the sweet that turns to heat or the satisfying crunch hidden in a gooey bite. Welcome to Billie's Grocery—a food experience.

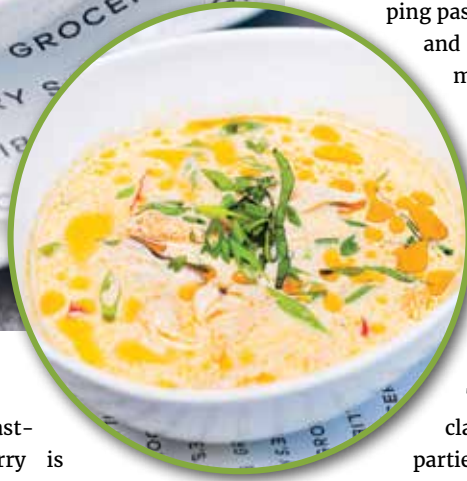
It's cool and a bit gray outside my window and all I can think about is the Soupy Butter Bean Stew. Featured on the fall menu, this is a bowl of love, perfectly cooked butter beans, roasted tomatoes and basil in house-made bone broth and seasoned to hearty perfection. When you order this, make sure you get the savory, gluten-free, toasted baguette.

Robin wants all of us to eat our veggies and discover that you can get all your veggies without living on salad! Much of her menu is inspired by her time in California and travels to New Zealand. It's super-clean plant-based eating. You won't find processed oil, flavored powders, iodized salt or gluten in her kitchen. She uses non-GMO oils, sea salt, coconut oil, fresh herbs and preserved lemon to prepare every dressing and sauce in-house.



ing down and when I was full, I wasn't that heavy and uncomfortable kind of full. This was a soul satisfying meal and I knew my body loved it.

The original Billie's Grocery is in Midtown at 3216 Gillham Plaza; if you haven't been there, do yourself a favor and check it out. If you live or work out south, drop by their new location in Leawood at Ranchmart North. Both have bright, energetic interiors with a coastal vibe, an open kitchen and jaw-dropping pastry cases. The staff is friendly and ready to answer questions or make suggestions because, just like Robin, they want you to leave feeling like you took a mini vacation to nourish your body and restore your soul, even if it was for only an hour or two.



Would you like to learn how to prepare healthy, nourishing meals? The Midtown location offers classes, workshops and private parties in a gorgeous kitchen built adjacent to the restaurant space. For details, check their website under the Cooking School and Events tab. By the way, I just signed up for the Dumplings Galore class.

If you're hanging out with friends and need to bring a little something to the party, Billie's grab-and-go will be a hit! Hey, maybe you just don't want to cook tonight; take advantage of the grab-and-go options, with pickup at 3216 Gillham Plaza. Whatever the reason, or for no reason at all, do yourself a favor and visit Billie's Grocery. ♦

For menu previews, events and ordering, visit www.billiesgrocery.com.

While Billie's menu is mostly plant based, those who like animal proteins will find slow-roasted pork carnitas, a wild catch salmon burger, grass-fed steak and even gluten-free fried chicken! And of course, Billie's sources only the highest-quality animal proteins from Salt Creek Meats and Buttonwood Farms.

If you've read past reviews, you know I love eggs cooked any and every way. The Turkish Eggs + Grilled Halloumi may be the very best egg dish I've tasted, ever. Halloumi is a high-quality, savory, grilled cheese and is plated as the base for this dish. A dollop of house made labneh cradles two perfectly poached eggs that are topped with micro greens, chili oil and tomato confit. I will order

this again. The Fire Roasted Tomato Curry is gluten free and vegan; served warm in a bowl, this dish is a little savory, a little sweet and simply delicious. This would be the perfect meal to grab on your way home tonight!

Unknowingly, I may have saved the best for last. The aroma reminded me of sunshine and summer. Bok choy, Japanese eggplant, yellow onion, brown rice, quinoa, green onion, cilantro, sesame seeds, organic white miso and of course shrimp, come together to create a Miso Lime Shrimp bowl that is light, bright and makes me wish I had more for leftovers.

Every dish I tasted felt really good go-



Art director, illustrator and entrepreneur Sheryl Hammontree 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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THE WORLD OF WHISKEYS

BY LINDA R. PRICE

One of the world's great pleasures is to slowly sip a fine whiskey and let the tensions of the day drain away. Whether you prefer your dram pure, on the rocks or with water, fine whiskey is to be sipped slowly at the end of a long day.

The original whisky, Scotch, is made only in Scotland by law and comes primarily from one of five principal regions. It's made from a fermented barley mash heated over slow peat fires. After the distillation process, the whisky is stored in oak casks from 8 to 20 years, occasionally longer. The oak smooths the rough edges, allowing the spirit to absorb flavors of the casks that previously held wine, sherry or bourbon. Single malt whisky is made from barley and at only one distillery. Blended whisky is a mixture of one or more whiskies and is less expensive.

The Scots, Canadians, Australians, Indians and Japanese use the whisky spelling while Americans use the spelling whiskey. By law, the Irish can use either spelling though the tendency is toward whiskey.

Irish whiskey can be one of four different spirits: malt whiskey, grain whiskey, pot still Irish whiskey and blended Irish whiskey made in the Republic of Ireland or Northern Ireland. The best-known Irish whiskey is Jameson®. Traditional Irish malt whiskies are distilled three times, though modern production often tends toward two distillations. Irish whiskey is generally considered to be lighter and fruitier than Scotch. Most Irish whiskey is not smoky, but the peaty Connemara® is an exception. In recent years, Irish whiskey has seen a resurgence in popularity and many small craft distilleries are popping up.

American whiskey covers a wide range of spirits but it's most famous for two products, rye and bourbon. Rye whiskey must contain at least 51 percent rye grains while bourbon must contain at least 51



percent corn. Bourbon can be produced only in the United States, but it does not have to be produced in Kentucky. Tennessee whiskey is made with corn and produced only in Tennessee. Corn whiskey is made with at least 80 percent corn; it doesn't have to be aged though it may be. Wheat whiskey is made from 51 percent wheat and has a mellow, winey taste. At present, U.S. craft distillers are more about size and ownership than type of spirit.

Canadian whisky has been produced for over 200 years. It was traditionally made with wheat but most of today's spirits are blends of various grains. The whisky

can have wine or other spirit added to it if it has been aged for two years in wood. Canadian whisky is considered milder and lighter than other whiskies.

Japanese whisky has only been around for only 75 years, so when Jim Murray named the 2013 Yamazaki Sherry Cask Single Malt as the World Whisky of the Year in 2015, Japanese whisky arrived on the world stage. Distilleries are hard pushed to keep up with demand, making Japanese whisky pricy. It's aged using locally grown water oak for casks and has a wide range of mild flavor profiles including sandalwood, coconut and a honey-like flavor.

HOLIDAY GIFTS

The collector will expect something high end. If the sky's the limit, try the Yamazaki or McCallan 50- or 55-year-old whiskys. These can cost six figures per bottle!

For the hobbyist, try an unusual whiskey that allows room for experimentation. The Japanese whiskies are good bets here. Try Nikka Pure Malt Whisky, Hibiki®, Hakushu® or Ichiro.

Scotch whisky enthusiasts have countless breweries to choose from. Try The Dalmore or Tullibardine 500 to widen the recipient's experience. Dewar's, Chivas Regal, Glenfiddich, Glenlivet, Johnnie Walker and Buchanan's are old favorites.

Canadian friends might appreciate the traditional Canadian Club and Crown Royal. For the adventurous ones, gift WhistlePig or Forty Creek.

The bourbon lover will treasure the Pappy Van Winkle six bottle collection. That is, if you can find it and the sky is the limit. Beware of scams! Instead, look for Buffalo Trace, Wheel Horse and other popular bourbons, such as Jim Beam or Wild Turkey.

Tennessee whiskey devotees will enjoy the ever-popular Jack Daniel's Old No. 7, Bib and Tucker 6-year-old Small Batch Bourbon or Rollins Tennessee Whiskey. Irish whiskey lovers will prefer a bottle of the highly popular Jameson, Bushmills, Redbreast or the peaty Connemara.

The above suggestions are only a few of the great whiskeys available. Whatever spirit you choose, drink responsibly, and remember the old Irish toast: May the road rise to meet you. May the wind be always at your back. May the sun shine warm upon your face, the rains fall soft upon your fields. And, until we meet again, may God hold you in the palm of his hand. ♦

SOURCES: wine-searcher.com, whiskyadvocate.com, gearpatrol.com and mybartender.com.

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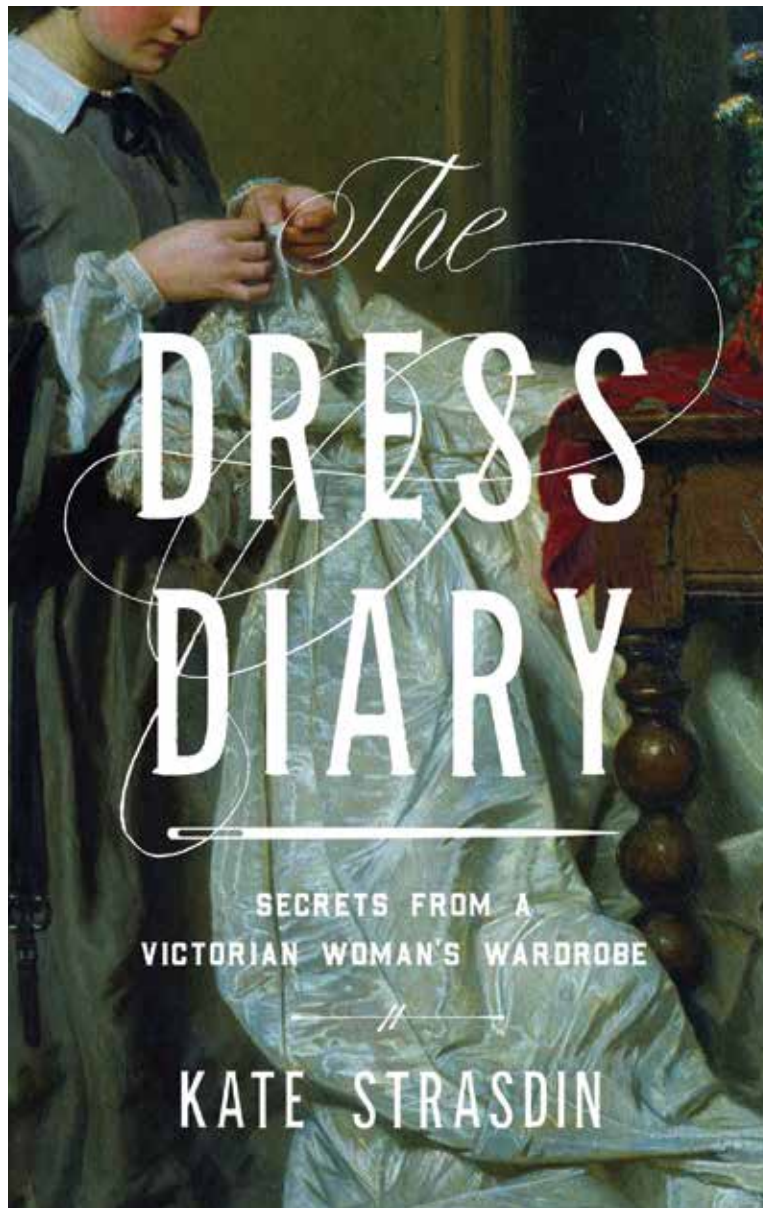
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THE DRESS DIARY BY DR. KATE STRASDIN

REVIEWS BY TERRI SCHLICHENMEYER

Some mornings, it's a bigger decision than others. Button-down or tee? Jeans or stretchy pants? Dress for success or comfort? The answer changes every day and you have options. Your closet is calling and so are these two books about fashion and clothing.



Imagine being gifted a mysterious treasure so intriguing that it almost consumes you, but so delicate that the wrong kind of touch could take it away. That's what happens in *The Dress Diary* by Dr. Kate Strasdin, a fashion historian and museum curator.

In early 2016, an “elderly lady” gave Strasdin a package that contained a book, but not just an ordinary volume. It was a diary of sorts, in which a young woman had kept extensive notes on

the clothing she wore; when she married, she kept record of her husband's outfits, too. Pasted with her notes were small scraps of fabric and lace saved from the bolts of cloth used to make each dress. The book began in 1838.

Who was the upper-class, educated lady who so carefully saved details of the contents of her wardrobe, and why did this wonderful relic matter? Fashionistas, clothes horses and readers who love style will want to find out. This genteel book

is also an excellent read for lovers of British history or Victoriana.

“Dr. Strasdin’s new study is a swatch and memories book from a Victorian lady named Ann Sykes,” writes Sarah Morgan in The Costume Society blog. “The book came into Dr. Strasdin’s collection by a matter of happenstance, being handed off between individuals until it was given to Dr. Strasdin. Each page records the individual personality and taste of the writer, the previously unrecognized Mrs. Sykes, and her friends. As Dr. Strasdin defines it, macro and microhistory are combined into one object, helping to outline and define often underrepresented women who would have been defined by their husbands.”

As Strasdin researched, she learned that Mrs. Sykes was the daughter of a mill owner in Lancashire, England. She married a textile merchant and lived in Singapore for a time. “As a woman steeped in the textile trade of Victorian England, Mrs. Sykes was uniquely placed to reflect upon and share the costume of the period,” Morgan continues. “From one detail of a wedding came a marriage certificate, then a genealogy, and a series of investigations that uncovered a story of individuals

through objects. Scraps of fabric and written details in a marbled accounts book reveal a woman and her circle of friends and acquaintances. It is a snapshot of a period and a place through the eyes of an individual, despite being in third person, and their collected scraps. However, without the legwork of research and the availability of sources, there would be no book.” Fragments of cloth are a view into Victorian life, including the use of poisonous dyes and the human cost of Britain’s cotton industry.

As a bonus, here’s *To Dye For: How Toxic Fashion is Making Us Sick – And How We Can Fight Back* by Alden Wicker.

Every day when you get dressed, you want your outfit to look sick, as they say. You don’t want it to make you sick, but that may be what’s happening. Chances are, you’ve indulged in a fun bit of “fast fashion” recently; you know, those cheap, quick, wear-it-twice garments that go in and out of vogue seemingly within an hour. You probably know that those items are controversial: the labor practices are questionable, and those things are pretty wasteful. But Wicker says that the problems with fast fashion don’t stop at the

factory that makes the items.

Cheaply made clothing, she says, may also be harming your health. The synthetic dyes in those shirts, pants and dresses aren’t regulated and they’re not safe; in fact, those dyes could be at the root of some of our most bothersome (at best) and most deadly (at worst) modern maladies.

So, what can you do? In this book, Wicker offers advice for knowing what you’re putting on your body, and how to maintain the favorite outfits that are safe. She offers ways to clean up your closet. And she advises readers to be the voice of change, making this a great book for anyone who cares what they wear.

So, your closet needs more clothes and your bookcase, more books? Then head for your favorite library or bookstore and ask for help finding some great surprises in clothing history, style, manufacture, modeling and how-to. Booksellers and librarians know where all the best books and magazines on fashion and clothing are kept, and they’ll be happy to help you find what you need to be the best dressed reader around. What a great decision! ♦

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LOCKS & PULLS

SMALL TOUCHES MAKE
BIG STATEMENTS

BY CHRIS WESTWATER
PHOTOGRAPHY BY AMBER DEERY



All building renovation or new construction projects are defined by decisions big and small. When you're entrenched in the decision-making process, it's easy to focus on the largest items, either in terms of size or cost, but it's important to remember that it's often the smaller items, the detail pieces, that make big statements and showcase the character of a home or business. Spending time to consider how unique cabinet or drawer pulls might make you feel in the morning as you're getting ready in your renovated bathroom or making dinner in your new kitchen is as significant as considering the look and feel of a door knob every time a customer enters your business or you go room to room in your home. These "little things" can take a space from functional to extraordinary.

Locks and Pulls, the area's premier source for decorative hardware, understands that if you want your household or business to truly represent you and your aesthetic, purchasing the right decorative hardware is worth the price, time and effort. Those personal detail pieces make a house into a home and transform a business from sterile to welcoming. At Locks and Pulls, you can find the best selection and inventory of ornamental door, bath and kitchen hardware in the Kansas City metro area. As their motto says, "If you can't find it here, you probably won't."



“Black and gold tones continue to be the trend in decorative hardware. Satin brass continues to be one of our more popular finishes and we're seeing polished brass making a come back. Mixing matte black and various gold or brass tones in all living spaces is a trend with no end in sight.”



EXPERIENCED, KNOWLEDGEABLE STAFF

When you arrive at a Locks and Pulls store, expect to be greeted by an enthusiastic, knowledgeable employee ready to consult with you about your project needs. They will take the time to listen to your project plans and help you find the perfect hardware to fit your vision. From the smallest closet in a cozy condo to a top-tier executive suite, Locks and Pulls has the product selection and inventory to meet your needs. Homeowners, professional designers, residential and commercial builders all seek the expertise of Locks and Pulls staff to plan and source their projects.

If you want to refresh your kitchen or bath or build a mansion or condo, the experienced personnel at Locks and Pulls will sit down with you to view their vast selection of products and determine the perfect pieces to make your personal space more your own. These long-time professionals are knowledgeable about current trends, understand the pros and cons of using various hardware in one situation versus another, and have access to a varied selection of products, some of which are exclusive to Locks and Pulls beyond the metro area to one-state radius or more.

UNPARALLELED PRODUCTS, UNBEATABLE INVENTORY

Locks and Pulls has the selection and inventory to help you “make a statement by adding in the touches that add your character to your living space,” said Adam Hensley, owner of Locks and Pulls. Their curated collection of decorative hardware includes more than 20,000 items from over 100 manufacturers that run from functional basics to unique and exclusive and from enduring classics to hot trends.

“The current trend is black. Black with black. Black with mixed metals. Black and gold. Black and polished nickel. Black and satin brass,” Adam shared. Customers also are drawn to modern, contemporary, clean lines. Locks and Pulls can help you update your space with trending five-inch, six-inch, or even seven-inch pulls. “By adding in these big, bold hardware statements, you truly add character to your living space.”

The knobs and pulls you find at a huge box store can also be found at Locks and Pulls for a similar or better price, and you can also find a wide array of rare items from high-end manufacturers that you won’t find elsewhere in the Midwest. Manufacturers they carry include Emtek, Classic Brass, Waterstreet Brass, Armac Martin, Ashley Norton, Rocky Mountain Hardware and many more.

Because they have the unmatched inventory to see your project to completion, there is no need to run from store to store to purchase enough product. Their staff will consult with you to ensure you leave with every item you need for your installation. Locks and Pulls strives to be your one-stop shop for all of your decorative hardware needs. “We do everything we can to not send somebody elsewhere. If we have access to a product, we’re going to do everything we can to get it to the customer,” Adam said.

BEST LOCAL SOURCE

Locks and Pulls, locally owned and family operated, has been the premier retail source for Kansas City metro customers seeking everyday decorative hardware solutions and unique statement pieces for more discerning tastes since 1986. Visit one of their stores, conveniently located in Overland Park and Kansas City North, and let Locks and Pulls assist you in designing the small touches that will make a big statement in your home and let your character shine through. ♦

Visit locksandpullskc.com to learn more.



Adam Hensley,
Owner of Locks and Pulls

A GREEN GUIDE TO MINDFUL DISPOSAL

BY CATIE WATSON

We live in a consumer culture in which many useful items end up in the trash because they are unwanted, unused or out of style. With Americans sending 140 million tons of waste to landfills each year, everyday choices about what to keep and what to throw out can have a significant impact on the environment.



The phrase Reduce, Reuse, Recycle doesn't apply just to empty bottles and cans. As this month's green guide for November and December meals and holidays demonstrates, conservation can include so much more.

COMPOSTING FOOD SCRAPS

Food waste is one of the largest components of most landfills. Food scraps from fruits and vegetables can be recycled and transformed into a beneficial soil additive through a process known as composting. Five —including California, Connecticut, Massachusetts, Rhode Island and Vermont— have laws that mandate food waste recycling along with plant clippings and other forms of organic waste. You can compost food waste at home and keep it out of the landfill.

MORE RECYCLING AND REUSING

Besides furniture and clothing, there are many household items you can recycle or donate for reuse instead of throwing away. Here are a few you might not have considered.

Bubble wrap. Online shopping is convenient, but it brings excess packing materials into the home. Cardboard boxes are recyclable, but what about bubble wrap? You can save it and reuse it for mailing packages or donate it to a charity or local

business with shipping needs. In some areas, you may be able to recycle your bubble wrap. Recycling centers that accept plastic bags and wraps are more likely to also accept bubble wrap.

Eyeglasses. As our eyes change over time, so do our eyeglass prescriptions. Instead of tossing your old frames into the trash, why not

give them a second life? Many organizations collect used eyeglasses to distribute to those in need; a few domestic organizations include Lions Clubs, Warby Parker, Costco, Sam's Club and Walmart. By donating your old eyewear, you can help others have clear vision while reducing the need for new production.

Medical supplies. The COVID-19 pandemic brought to light the importance of having supplies such as masks, gloves and sanitizers on hand in our homes. Remember to properly dispose of single-use items in the designated recycling bin and look for ways to repurpose hand sanitizer bottles once they're empty.

Shoes. Each year, more than 20 billion pairs of footwear are produced worldwide. Most eventually end up in landfills because there aren't many recycling options, but some of the materials used to make shoes can take decades to decompose. It's always better to donate shoes to charities or thrift stores. Many athletic shoe brands now offer take-back programs that let you return your old shoes for recycling into new materials, reducing the demand for new resources.

DISPOSING OF HAZARDOUS WASTE

What do used batteries, leftover prescription drugs and cans of unused paint have in common? These items are all considered hazardous waste and require special handling when you dispose of them.

Household hazardous waste. Check with your local trash service to find out where to take household hazardous waste such as batteries, paint and pesticides. You may have to take the materials to a drop-off center or you may be eligible for collection from your home.

Electronics. Computers, monitors, TVs, DVD players, cell phones

and other electronics are referred to as e-waste. These products often contain hazardous materials, including mercury and lead, and disposing of e-waste in landfills poses a threat to human health and the environment. It should be safely recycled through community programs, retail stores and manufacturers.

Unused drugs. The U.S. Drug Enforcement Agency requires the safe disposal of both prescription and over-the-counter drugs. Never pour hazardous liquids or drugs down the drain or flush them down the toilet since they can harm the environment and pose a health hazard. Some pharmacies serve as drop-off points for unused medications, but in many communities, you can take them to your local police department.

DON'T FALL FOR WISHCYCLING

Using recycling bins is a positive action for the environment, but putting something in the bin because we hope it will be recycled is less than helpful. A used coffee cup or greasy pizza box can contaminate a load of actual recyclables. RoadRunner Recycling says, "Americans assume the nation's recycling facilities are as efficient at sorting out the junk as a Gmail spam filter. They're not."

You can limit your wishcycling by finding out which items can and can't be recycled in your community. Just because you see a recycling symbol on a label doesn't mean you should put it in the recycling bin. Be a smart recycler and when in doubt, put it in the trash! ♦

SOURCES: dumpsters.com, roadrunnerwm.com, realsimple.com and dtsc.ca.gov.



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CREATE A DEEPER BOND: RUN WITH YOUR DOG

BY CATIE WATSON

Running can be a great fitness activity for both humans and canines. A regular running program can help both you and your dog lose weight and strengthen your heart and lungs while decreasing stress and anxiety. Running together can also help you bond and improve the quality of your relationship with your pet.



Like humans, many dogs need training to be able to run longer distances. Also, some breeds are just not built for long runs. Before you and your pooch hit the road, it's important to understand some basic facts about dogs and running.

CHECK YOUR DOG'S AGE AND BREED

Besides being healthy, a dog needs to be the right age for running. Experts say a dog should be at least 18 months old before starting to run long distances because a puppy's bones are still developing and aren't ready for more than walking. Also, older dogs may have

arthritis and other issues that make running difficult.

The dog breeds that are best for running have legs that are relatively long compared to the length of their bodies. Some of the best running breeds are Labradors, golden retrievers and border collies. Short-legged, long

dogs such as dachshunds and dogs from breeds with breathing problems, such as bulldogs and pugs, shouldn't be taken on extended runs. Dogs with heavy coats, such as huskies, shouldn't run in hot weather.

Consult your vet to be absolutely sure your dog is ready to start running. It's the best way to be sure the exercise won't do more harm than good. You may even get some useful training tips.

HEALTH BENEFITS FOR BOTH

Many dogs have excess energy that needs to be burned off on a regular basis. Running is a great way to accomplish this. A dog will use different muscles when running compared to walking or fetching a ball. They also get more mental stimulation running outdoors than shut up indoors.

Of course, people receive all the same health benefits as their dog when running together. Many find they enjoy running more when their pet is by their side and they're more motivated. The Pedigree Foundation reports that people who exercise with their dogs are more likely to stick with a routine long term.

USING A LOOSE LEASH

If your dog is healthy and the right age and breed for running, take a critical look at his or her leash behavior. You don't want to be tripped up or pulled off course if your dog isn't trained to walk with a loose leash. Most dog training experts warn that retractable leashes increase the risk of accidents and recommend three- to six-foot leashes for running.

You're at greater risk of tripping if your dog runs in front of you or weaves from side to side. Either side is fine for running as long as you are comfortable and stick to that side for consistency. If your dog isn't loose-leash trained, try using treats and toys to reward your dog for staying at your side and letting the leash stay slack.

TRAINING YOUR DOG TO RUN

Once you feel confident that your dog will behave while run-

ning, start running short distances to help your dog build endurance. Although your dog may seem like a natural athlete, you want to avoid pulled muscles and other injuries that come from running too far too soon. Our dogs can't tell us when they're tired, so we need to be aware of their body language and watch for excessive panting or signs of exhaustion.

Dogs need to be hydrated while running or they may resort to drinking from puddles and other standing water. Bring along a water bottle and give your dog a drink before and after the run. Be on the lookout for signs of thirst and exhaustion, such as slowing down, glazed eyes and foaming at the mouth, and slow down or take a break.

TIPS FOR RUNNING WITH YOUR DOG

Your dog may get distracted by a squirrel or need a bathroom break during a run, so don't expect to break any personal records. Remember to be a good pet owner and clean up after your pet goes. Being on a run unfortunately doesn't give you a free pass from picking up poop.

Your feet are protected by running shoes, but your pet is not so lucky. Be aware that the surface you run on could harm your dog's paws. Avoid hot blacktop, ice and roadside trash that could contain broken glass. After a run, make sure that both you and your dog take time to cool down. Then check your dog's paws for dirt and debris and clean with a warm rag to avoid irritations and infections. ♦

SOURCES: pedigreefoundation.org, avma.org, runnersworld.com and akc.org.



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JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS
PHOTO BY BRANDI WISDOM

It's a funny thing raising a teenager. My daughter just turned 13 in September. As it has been with every stage of her life, I always think back to what I was doing at that age. I had forgotten about the obsession I had over making sure my hair looked perfect every moment of every day. (It never looked perfect. In fact, upon reviewing photos of my teen years, my hair was definitely not my finest feature. Let's be real, it was awful. #perm)

So, a couple weeks ago, I asked Jules if she wanted to run some errands with me on a Saturday morning. Now, I don't know about you. But weekends equal comfy, casual, no make-up and no hair washing! Unless there's a special event, that's exactly how you can find me. She looked at me with great shock and horror that I was going out like that. And she was completely in awe of the fact that I had the audacity to think she'd throw on a pair of sweats and a T-shirt and roll out with me without a proper hair styling.

I believe I gave her a chuckle and a pretty good eyeroll. She did not do the same. She was completely serious. Where did my child go

who used to wear the same princess shirt every single day whether it was clean or dirty? Where's my girl who I had to beg to brush her curls? Ah. The teen years.

Getting older has its downside. But honestly? I am who I am. I look like what I look like. It is what it is. And, feeling confident enough to go places just as I am is so freeing. Don't get me wrong. I love getting dolled up sometimes. But life's busy and this girl loves her athleisurewear!

My daughter will get there. Eventually. ♦

Jenny Matthews is the host of *The Morning Drive* on Q104 New Hit Country, weekday mornings from 6 - 10 a.m. Connect at jennymatthewsonair.com.

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HEAD FOR THE CURE 5K

Support for Families Impacted by Brain Cancer

On August 27, the 21st annual Head for the Cure 5K was a truly remarkable day that showcased the power of unity, determination and unwavering support for the local brain cancer community. This event, which has become a beacon of hope and compassion, transcended its own history as it saw an unprecedented level of participation, drawing in more than 5,400 participants, volunteers and sponsors who rallied together for a common cause at Corporate Woods.

One of the standout achievements of this event was its record-breaking attendance. The sheer number of individuals who showed up to stand in solidarity with those battling brain cancer and their families was awe-inspiring. The sense of community and camaraderie that permeated the atmosphere was palpable, serving as a testament to the immense power of collective action in creating positive change.

Beyond the heartening show of support, the event reached a monumental mile-

stone in its fundraising efforts. With nearly \$650,000 raised, the impact of this accomplishment cannot be overstated. These funds are not merely numbers; they represent an investment in the lives of local individuals and families who are navigating the challenges of brain cancer. The financial support generated by the event will play a pivotal role in ensuring that those affected by this devastating disease receive the assistance, care and resources they deserve.

The funds generated by the event will be allocated to various vital initiatives, including crucial research endeavors at the University of Kansas Cancer Center, Children's Mercy and the Children's Brain Tumor Project. This financial injection will contribute to groundbreaking research initiatives that seek to better understand brain cancer and develop more effective treatments for adults and children.

Education, awareness and advocacy are also cornerstones of the mission, and the funds raised will facilitate educational initiatives and patient programs within the com-

munity. Partnering with Solace House, a part of Kansas City Hospice & Palliative Care, this event serves as a conduit for sharing resources that are available locally.

The impacts of this event extended beyond monetary figures and statistics. It was a profound and emotional experience that left an indelible mark on all those who were part of it. The event was a celebration as we honored the resilience exhibited by those battling brain cancer with the Keeping the Faith recognition, honored caregivers with the Legacy of Love Awards, and shone a light on two impactful medical teams with the Healthcare Hero Award.

The success of the 21st annual Head for the Cure 5K event in Kansas City was a heartwarming example of what can be achieved when a community comes together with purpose and compassion. This event not only raised an astonishing amount of funds but also raised awareness, hope and joy. Thank you, Kansas City, for showing the world the power of collective empathy and action! ♦



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NOV 4

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KANSAS CITY POWER & LIGHT

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NOV 10-12

Ringling Bros. and Barnum & Bailey presents The Greatest Show on Earth

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NOV 11

Legendary Tree Lighting Ceremony

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NOV 17-18

41st Annual Creative Hand Show and Sale

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NOV 4

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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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We will also have Virtual Events on Facebook and if you can't attend in person - you can call and Pre-Pay for any Service over the Phone for future use.

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