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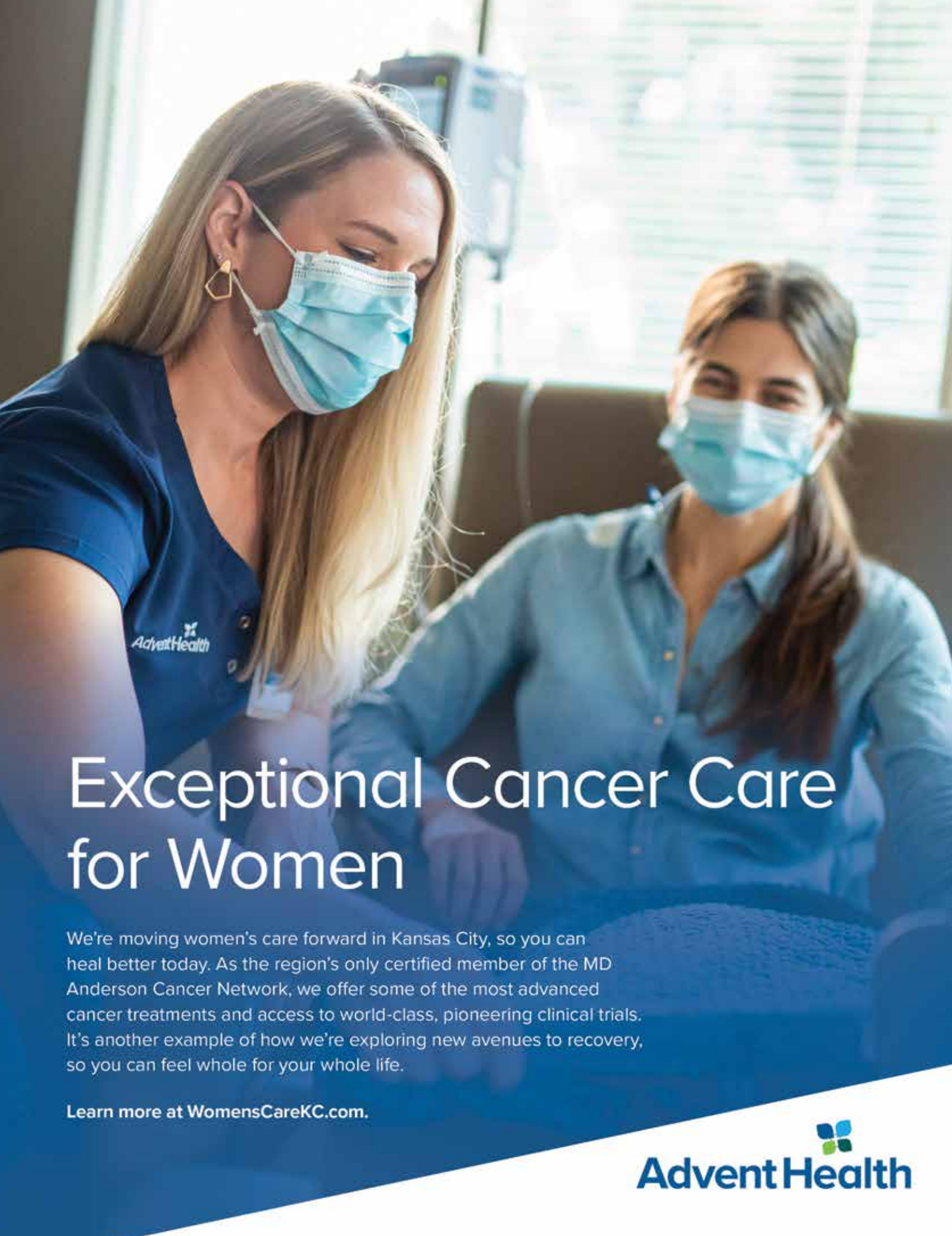


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INSPIRATIONS

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YOU'RE NOT ALONE!

Photography by Amber J Deery



One of my mottos is “No matter what, it could always be worse.”

I know that everyone has a time in their life, and some of us have more than we thought possible, when we think that it couldn't get any worse. The reality is, it could always be worse, no matter what.

We all need our people, our person. That one individual or group of people we can reach out to and lower our guard, be truthful and release emotions. Whether you or someone you know are battling breast cancer, trying to leave a domestic violence situation, or just going through a rough time, make sure you have at least a person.

Sometimes it is hard to share a truth, a scare or a diagnosis. However, it always feels better and some weight gets lifted off the shoulders when you can let it all out. I know I couldn't get through a day without my person, and some days without my group of people.

This month's cover, Michelle Steger, has found her people. She is another of our October Breast Cancer Awareness issue stories about being a survivor and sharing a story that is empowering and inspiring. Michelle turned what could've been thought of as the worst time in her life into a way to bring people together and to come together with purpose and determination.

Whether you are fighting the fight of breast cancer or any fight, don't hold back leaning on your person. When you think you are going through the worst of the worst, remind yourself it could be worse. Keep fighting your fight and know that you are never alone.

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NUTRITION FOR CANCER PATIENTS

BY LISA BUTLER

Cancer, one of the leading causes of death worldwide, is prevalent and petrifying. Most people recognize that simple lifestyle habits such as following a healthy diet could help prevent many cancers. Mounting evidence suggests that nearly 1 in 20 cancer cases could be avoided through consuming a more nutritious diet.

Prevention aside, what may be more significant is that nutrition is thought to play an important role in treating and coping with cancer. Eating nutritiously regularly is important, but when a patient is being treated for cancer, this can be difficult to do, especially since side effects play a role in how a cancer patient feels. The disease can also affect the way a body tolerates certain foods and uses nutrients.

But the American Cancer Society says to eat up. A healthy diet helps the body function at its best, especially if cancer is present. Eating well also builds strength and energy, allowing a patient to better cope with the side effects of treatments and protocols. In fact, research shows that some cancer treatments work better in people who are well-nourished.

Getting all the necessary nutrients and calories when a person is healthy is not usually an issue, but when someone has cancer, this can be tricky. Cancer can change what the body needs before, during and after treatment.

BEFORE TREATMENT

Before treatment starts, it's wise to focus on healthy foods as much as possible. The treatments may cause side effects that can



leave a patient feeling weak or nauseated. Getting good nutrition beforehand can help make the body feel better and stronger.

There may also be days when someone doesn't feel like eating at all, so planning ahead of time is important. Experts say to stock the fridge with healthy foods that take little time to prepare. Good choices may include nuts, applesauce, yogurt, pre-chopped veggies and microwaveable brown rice or other whole grains. Frozen entrees, either store bought or homemade, make good choices as well. This might be the time to ask for help from family or friends to bring meals for the first days or weeks of therapy.

DURING TREATMENT

During treatment, most nutrition guidelines suggest eating lots of protein and

healthy calories to keep the body resilient and help repair damage from any treatments. Besides protein, other healthy choices include vegetables, fruits and whole grains. Experts also recommend limiting red meat while reducing fat intake, sugar, salt and alcohol. But, with the likelihood of side effects or feeling sick in general, cancer and the treatments that come with it can change the way the body tolerates certain foods and uses nutrients.

Building strength during treatments becomes very important,

since a better diet may help a patient tolerate effects of the cancer as well as the protocols. This may mean eating things that aren't normally recommended when you are in good health. For instance, a cancer patient might need high-protein, high-calorie foods to keep up their weight, while someone else may need thick, cool foods such as ice cream or milk shakes to help ease the pain of sores in the mouth. The type of cancer present and the various treatments, as well as any side effects experienced by the patient, should be contemplated when trying to figure out the best ways to get the nutrition the body needs.

Cancer or cancer treatments can affect a patient's sense of taste. Food may seem to lack flavor or seem too sweet, salty or metallic. Generally, these changes are short-term and will improve over time. Doctors and nutritionists suggest patients who were following a particular diet before their diagnosis, such as low sodium, low fat or a diet for diabetes, may find it beneficial to relax those dietary restrictions for a while.

AFTER TREATMENT

After treatment, a patient's diet is just as important or more important moving forward. Eating well will help a patient regain strength and energy, rebuild tissue and feel better overall. Talking with a doctor or care team before making major changes in diet is very important. Working with a registered dietician who specializes in cancer can be beneficial as well.

There's no diet that can cure cancer and research does not show that any particular way of eating can lower the chance of recurrence. But for most people, sticking to healthy, nutritious foods and limiting sugar, caffeine, processed foods and alcohol will be the best bet moving forward.

Patients and their families can find many helpful resources on their own when it comes to eating to fight cancer. The American Cancer Society recommends the book *What to Eat During Cancer Treatment* by Jeanne Besser and Barbara Grant, which contains more than 130 recipes, practical tips and suggestions to help patients and their caregivers anticipate and overcome the major challenges of eating well with cancer. ♦

SOURCES: cancer.org, mayoclinic.org and webmd.com.



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IMAGING FOR WOMEN

ADVANCED TECHNOLOGY FOR BREAST SCREENING

BY DR. TROY VOELTZ

Q

What is a contrast enhanced mammogram?

A

A contrast enhanced mammogram, or CEM, is a type of mammogram that uses intravenous contrast similar to what is administered for a CT scan. The injected contrast highlights breast tissue with increased blood flow. It is faster and less expensive than breast MRI but has been shown to find cancer at a similar rate. Our breast radiologists recommend CEM to patients who are at an elevated risk for breast cancer, to get further information from an inconclusive mammogram, or to assess the size of a known cancer.

Q

How does insurance cover breast imaging?

A

Most insurance plans will cover an annual screening mammogram. However, supplemental screenings such as whole breast ultrasound for dense breast tissue, contrast enhanced mammography or any type of diagnostic evaluation may be subject to your deductible. Imaging for Women always provides out-of-pocket estimations for all of your exams. Having a diagnostic or supplemental screening exam done at Imaging for Women may cost significantly less than having the same exam done at a hospital. We recommend always asking for a cost estimation prior to any workup and asking for a paper or email confirmation. Please reach out to us if you have any questions or want an estimate. ♦



Troy Voeltz, MD, is a board-certified, fellowship-trained breast radiologist at Imaging for Women. He is committed to providing women with state-of-the-art imaging in a care-oriented environment and at a reasonable cost. Dr. Voeltz is part of a team of highly trained, dedicated breast experts at Imaging for Women.

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Clothology:135

PASSIONATE ABOUT YOU AND YOUR STYLE

BY CHRIS WESTWATER | PHOTOGRAPHY BY AMBER DEERY

Entering Clothology:135 is like walking into your best friend's really amazing closet. The vibe is welcoming and relaxing, the clothes are fabulous, and there's a friendly saleswoman ready to help you find the perfect item. "Our mission truly is to make each woman feel really good about themselves," said Pam Burton, Clothology:135 owner. Guided by the belief that if you look fabulous then you feel fabulous, Pam has created an exceptional women's boutique located in Leawood's Parkway Plaza. "We want customers to leave feeling even better than when they came in."

STYLE AND SELECTION

From everyday casual to special events, Clothology:135 has you covered with a catalog aimed at multi-generational women in many sizes. "I really, really think about my customers and try to meet the needs of everyone. Anybody can walk into the boutique and find not only jewelry or shoes or an accessory, but also a garment," Pam said. "Although I don't carry plus or petite sizes, I carry clothes that run as if they were plus or petite." With a wide selection of clothing and accessories available in sizes and styles that appeal to every age, women from young singles to busy moms and active seniors, Pam has the perfect something for everyone. "I've had a lot of experiences where a granddaughter, a mom and a grandmother

come in together and they all leave with something they love."

To keep things fresh, Pam regularly updates her inventory. You'll find something new every time you visit. This includes even a Pickwick custom-scented candle created exclusively for Clothology:135. With fall's arrival and holidays around the corner, new seasonal items can be especially fun. In terms of clothing and accessories, Pam said, "I always have a little bit of glitz and glamor for the holidays as well as pieces for a casual get-together at home."

SERVICE AND SMILES

In addition to Clothology:135's robust closet of clothes and accessories, the passionate, experienced saleswomen make it

the place to shop. They create a fun experience while taking the time to understand your personal style and find the perfect pieces for you. They won't pressure you to buy, but they might suggest garments or jewelry that could be outside your comfort zone. Pam encourages you to "try one thing that you didn't think you would pick. Sometimes it's a big, major fail and that's good because you learn. And sometimes you're like, 'I had no idea I could wear this.'" She wants you to experiment with something new. You might be pleasantly surprised.

However, we all know that there are times when it's hard to be happy with our bodies. Pam and her staff empathize and truly understand how frustrating and disheartening that can be. They want to help

you find something that works with your current figure and not settle for anything less than what makes you feel good. “God gave us what He gave us. We’ve got to do the best to clothe it,” Pam said. “Nothing makes me happier than to have someone who comes out of the fitting room with this big smile on their face. You can just tell they feel really good about themselves.” That’s what Clothology:135 is all about.

SHOPPING LOCAL, SUPPORTING WORTHY CAUSES

Customers’ support of Clothology:135 and Parkway Plaza’s other women-driven stores, especially over the last few challenging years, has been amazing. “Local support has been really important to us,” said Pam. “Thank you for keeping local in your mind when you’re out and about.” She too believes in supporting area businesses. When selecting the perfect pieces for the boutique, she makes sure to include exceptional items from local entrepreneurs. For instance, Clothology:135 carries fragrant candles from Continued Good, a company based in Louisburg, KS.

Another way that Clothology:135 supports local efforts is by giving back to the community. As long as it’s in her budget, Pam supports local organizations with store gift cards for fundraisers. Also, for non-profits, consider hosting a private shopping party at the boutique. Pam will donate a percentage of the sales to your selected philanthropy. Or, just for fun, host a private party for you and your friends to play in Clothology:135’s amazing closet. If you are interested in creating a memorable party or charity event, call the boutique today to schedule. You and your guests will receive Clothology:135’s signature service as you peruse clothing and accessories and find pieces that fit your style and make you smile.

STUDY OF YOUR STYLE

“My tagline is the study of your style,” Pam said. That’s what clothology means to her. No appointment is necessary to visit Clothology:135 and discover how wonderful it feels when Pam and her amazing saleswomen clothe you in your style. ♦

Visit Clothology:135, 4800 W 135th St Suite 260, Leawood, Kansas, call 913-766-0203 or clothology135.com for exquisite holiday shopping.



“Nothing makes me happier than to have someone who comes out of the fitting room with this big smile on their face. You can just tell they feel really good about themselves.”

A HOMEWORK HAVEN: CREATING A STUDY-FRIENDLY SPACE FOR KIDS

BY REBECCA FLANSBURG

Homework. The very word causes eye rolls and audible groans from virtually every student in the universe. Adults are not immune either, and the mere thought of the nightly wrangle to get their young students to do their homework causes even the most seasoned parent's toes to curl.

Like it or not, homework is a fact of school life, and the trick to discovering what will help your kids to take responsibility for their homework may take trial and error and a boatload of patience. Parents may get just as frustrated with homework as their kids are, and it's sometimes hard to know how much help is appropriate and how much you should back off.

If your child has trouble settling down and doing her homework, try to make it a regular thing that happens at the same time each day. It may be a struggle at first, but consider combining homework time with a snack and drink, or other "settling-in" habits. Another good idea is to create a special area that is your child's own space, a mini-sanctuary that is designed to increase focus while being comfy and cozy.

Three main criteria determine what special study place will be the best for your child; all involve discovering their individual needs. First, does your student prefer complete silence or a bit of ambient noise? Second, make sure that the space is always accessible to your child when he or she needs it, which may cut down on any excuses not to study. Climbing the stairs to their room can mentally be as tricky as scaling Mount Everest to a child who's already worn out from a long day at school. Third, make sure the space is stocked with the necessary equipment and tools that not only get the job done but reflect your child's personality and style. Once homework-friendly study space is created, your student will gravitate toward that area from force of habit, even if he or she doesn't have any homework that day!



KEEP CALM AND STUDY ON

For the young learner who depends on quiet and calm, finding a spot away from the usual chaos of family life will be very important in their homework success. Tranquil places such as bedrooms, rec rooms, laundry rooms or mom's home office can soothe frazzled nerves and enhance focus for kids who are easily distracted by noise and movement. Parents can give the illusion of a secret study space by installing bookcases as room dividers that also do double duty for school supply storage. It's al-

ways a good idea to remove smartphones or any other digital device that is not needed for homework to keep disruptions at bay.

DOUBLE DUTY

Not all students need quiet and solitude when doing their nightly homework. Many kids feel more comfortable and secure when they are in the hub of all household activity. If this is the case in your home, there's no reason the dining room table, a kitchen island or even a beanbag chair on the living room floor is all young learners need to get to the task at hand and complete their homework with the minimum of nagging.

HOMEWORK NOOKS

Not all homeowners have the luxury of designating entire rooms as study centers. Families living in small homes and apartments know that space is at a premium and creative use of space is part of everyday life. If your home falls into this category, consider looking at unused

areas under stairwells, three-season porches and even closets as cozy places for your students to work on their take-home work. Another clever space-saving hack is to go vertical by installing a single bunk bed and creating a study space directly underneath.

SPACE TO SPREAD

Even if your school-age child has a computer desk, she may still not have enough room for spreading out books and binders at homework time. Consider a large desk if there's room, or maintain an open policy about using the kitchen or dining room table for homework. However, remember that a young child's feet should touch the floor to prevent restlessness, so use a box or stool under their feet.

PROPER LIGHTING IS NON-NEGOTIABLE

Overhead lighting, whether it's a desk lamp or pendant lights, is a required accessory for your student's desk or workspace, no matter what their age. Natural lighting from a window is an excellent bonus to a homework haven, but often it's not enough to prevent eye strain for young readers.

Establishing a homework location is as important as setting a time. Sometimes, rewards and incentives can help make a not-so-fun task a little more enjoyable, but making a special place just for them to learn will go a long way in diminishing homework battles. ♦

SOURCES: greatschools.org, popsugar.com and thisoldhouse.com.



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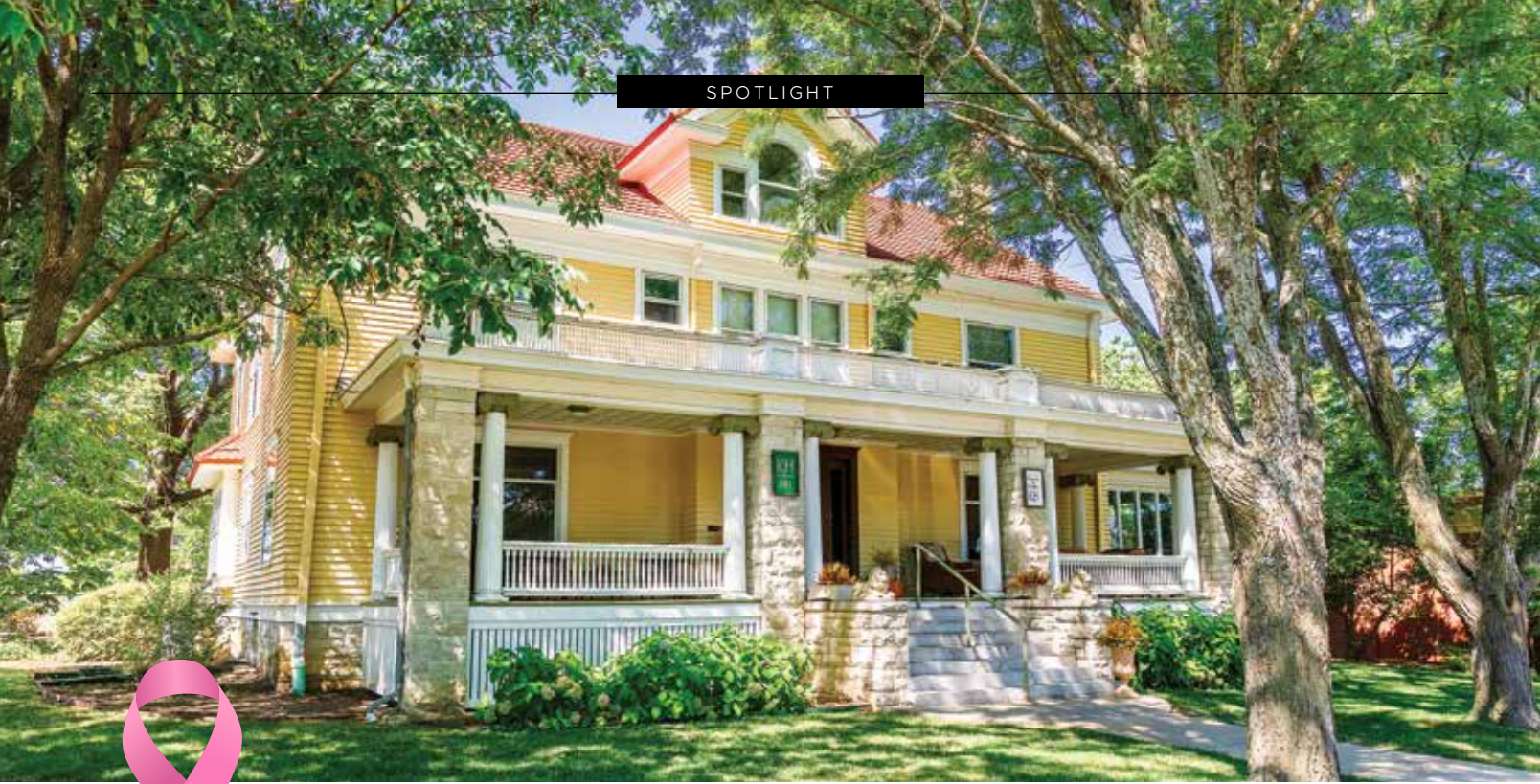
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THE GEMS OF GARNETT

MONROE 816 + THE KIRK HOUSE

BY CHRIS WESTWATER | PHOTOGRAPHY BY AMBER DEERY

If you're seeking a memorable getaway, visit The Kirk House and Monroe 816 in nearby Garnett, Kansas, about an hour away from Kansas City. The Kirk House, a bed and breakfast, and Monroe 816, a furniture and home decor boutique, are offering a fun Fall Girls Getaway that includes exclusive accommodations and activities. Monroe 816 owner, Val Foltz, and The Kirk House owner, Eileen Burns, have been friends for years and embrace every opportunity to collaborate.

They love making spaces beautiful and bringing people together. Are you ready to enjoy a relaxing and renewing evening or weekend away? Let The Kirk House and Monroe 816 help you recharge with your friends and family.

THE KIRK HOUSE

The Kirk House, a 1913 Colonial Revival, is an amazing place to stay. "It's a unique experience in that when you walk in, you feel its historic charm and are transported back in time," Eileen said. "We have restored the large hallway entry to its original state with period wallpapers on the ceiling and walls. To the right and left of the entry are the gathering rooms with updated furnishings, but you still feel the history with the quarter sawn oak paneling and Rookwood tiles on the fireplace." As you explore the house, you'll discover that every room has been renovated to include modern amenities with an eye to preserving its original beauty and history. "Each bedroom is named

after a previous owner and some are decorated to replicate the rooms from previous owners' photos."

The original owners, Sennet and Bertha Kirk, hired George P. Washburn, a prominent Kansas architect who built 13 county courthouses and nine Carnegie library buildings, to design their home. Today, there's a peacefulness that resonates throughout the house. "There's a calming coziness about it and we all need a little more of that in our lives," Val said. Eileen will be pleased to host you at The Kirk House for overnight stays, whole house rentals, reunions and small events.



MONROE 816

Monroe 816, a trendsetting furniture and home décor boutique, embodies the company motto to “live beautifully.” Val and her team take great pleasure in welcoming guests to the boutique. They've created a relaxing yet fun ambiance by staging furnishings as they would be in a home, not like a typical retail space. In the fall, she pairs the scent of Hot Apple Cider or Autumn Leaves candles with upbeat background music to round out the welcoming feel. Val said, “I think one of the biggest compliments I get from customers is that they look around and take this deep breath and stand there,” soaking it all in. Many say they can't believe how beautiful it is. “That's when I tell people that Live Beautifully with Monroe 816 is not anything you can put into words. Sometimes you just have to walk in and feel it.”

You will find a wide variety of unique home furnishings from candles to Country Chic paint, from restyled furniture to vintage finds and painted pieces. They also carry seasonal and everyday home decor. Val said, “We're proud that the majority of our products are locally crafted.” She also offers DIY workshops and the opportunity for customers to personally design the perfect wallpaper for their space. Additionally, Monroe 816 has a decorating service and event rentals are available.

Monroe 816 and The Kirk House have bundled their services,



Monroe 816 and The Kirk House have bundled their services, creating a one-of-a-kind, memorable evening or weekend getaway in Garnett. The Fall Girls Getaway package features great activities at comfortable and convenient locations.

creating a one-of-a-kind, memorable evening or weekend getaway in Garnett. The Fall Girls Getaway package features great activities at comfortable and convenient locations. Groups of 6 to 12 people will be able to reserve the entire bed and breakfast, enjoy a private DIY workshop and VIP shopping experience at Monroe 816. The workshop includes one of three craft options: a decorative cutting board, a house number sign or a boho fall arrangement. When you're hungry, restaurants are nearby or The Kirk House can cater meals. Nights at The Kirk House include a s'mores bar on the back patio while you relax around the fire pit.

If you need some time away from the hustle and bustle of daily life or want to conserve your energy for the upcoming holiday season, schedule an evening or weekend getaway. You can spend your time relaxing with friends or family, reconnecting and unplugging from daily life. Eileen and Val want to help your group bond over fun experiences and live beautifully. Book your trip today and get ready for a gem of an event. ♦

Visit monroe816.com and www.thekirkhouse.net to learn more.

GARNETT'S A GEM

Monroe 816, The Kirk House and other Garnett-based businesses organize and participate in upcoming events.

October 6 and 13: Concerts in the Park

October 7-8: Shop Hop for WINGS

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November 11-12: Holiday Open House Weekend

December 4: BPW Holiday Boutique, The Kirk House

December 15: Monroe 816 Holiday Beers and Cheer

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“WE ARE ALL ATHLETES PADDLING TO THE SAME HEARTBEAT!”

BY CINDY MCDERMOTT | PHOTOGRAPHY BY AMBER J DEERY
HAIR AND MAKEUP BY SHAN MARIE, SHEAR INDULGENCE,
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“Row, row, row, your boat”

takes on a new meaning for breast-cancer survivor Michelle Steger. However, when she gets behind the paddle, there’s nothing “gently down the stream” for this Lansing, Kansas, wife and mother of three. She is championing a group of paddlers who are plying the waters of their cancer journey and calling upon the strength of the mythical dragon. The KC Pink Warriors is a community of women cancer survivors who inspire, restore and empower through dragon boat competition and team connection.

MICHELLE STEGER



"It's extremely therapeutic to leave your phone and all the stresses of your life on land and get on that boat. It's you, your paddle, the water and your 21 sisters. I liken it to a floating support group, a unique support group," shared Michelle. "You must train hard to do well and to keep that sense of recovery from your cancer. It's a way to help open up the chest wall. After radiation and surgeries, we lose strength and flexibility in our arms and chest. Dragon boat racing helps us regain that ability."

Michelle, a former Florida resident, has participated in several dragon boat racing teams including the Pink Dragon Ladies of Tampa and Warriors on Water in Orlando. As the founder and president of the KC Pink Warriors, she brings a passion and love of the sport that few can match. "My nickname amongst the team is 'Mother of Dragons,'" she commented. "It's a big compliment, and I kind of love it when they call me 'mama' or 'mama dragon' for short."

HISTORY OF DRAGON BOAT RACING

Dragon boat racing originated about 2,000 years ago in southern China and is linked to ancient folk rituals of villagers including religious events, community gatherings and competitions. Now, it is enjoyed by teams all over the globe. In the beginning, crafts were fashioned from wood but now they feature modern, lightweight materials such as carbon fiber and fiberglass. The boats, sporting the head of a dragon, are about 40 feet long and 4 feet at the widest point and normally hold 20 paddlers, sitting two-by-two. A steersperson, equipped with a nine-foot oar, guides the vessel, and a drummer keeps the rowers in sync. In 1976, dragon boat racing was recognized as an international sport with competitions held across the world. Contests can range from 200 to 2,000 meters, but 500 meters is the standard race. The KC Pink Warriors possess two dragon boats and have been together for nearly four years.

"We liken the stroke that we use as the drum hits the water to

a heartbeat, and we all share that heartbeat together. A sisterhood," said Michelle. "We're really all in the same boat."

DISNEY WORLD DETECTION

Michelle discovered her cancer while waiting to meet Donald Duck at Disney World. She called Tampa, Florida, home for several years and the family enjoyed annual passes to the theme parks. During this visit, she remembers feeling a lot of pain in her left breast and her bra was not setting right on her chest. The next day she spotted a sizable lump very close to her skin. A mammogram revealed cancer in her left breast.

She immediately underwent a bilateral mastectomy, followed by an aggressive treatment plan of chemo and then 30 rounds of radiation, every day for six weeks. She has been in remission since June 2017.

After her diagnosis, Michelle recalls that she and her husband believed there had to be a reason and that this could lead to something bigger for them and perhaps an opportunity to help others. After her treatment, she felt very healthy — almost like a new person — but as a stay-at-home mom, she needed something new in her life. In October 2017, she met Jonny Wright, a member of the Pink Dragon Ladies, a dragon boat for cancer survivors in Tampa. She urged Michelle to join the team, and at the first training, Michelle was hooked.

"I missed being an athlete and this was going to make me an athlete again. I checked it out and didn't know a soul in practice yet I was met with hugs and open arms. Going through cancer treatments can be so lonely, but this experience was life-changing," Michelle stated. "I was hooked before I got into the boat because they were so welcoming. Then I got into the boat and it was a very therapeutic process for me. I fell in love. It didn't take long to be bitten by the dragon."

WHEN A CONCEPT IS ALL WET

The idea of cancer survivors engaging the chest wall with various exercises was once frowned upon by the medical community. The fear was this type of movement, whether it's chopping vegetables, raking leaves or paddling a boat, could be harmful. It might bring on lymphedema, a buildup of lymph fluid in the fatty tissues just under the skin, which can result in swelling and discomfort. However, Canadian researcher Dr. Don McKenzie decided this was nonsense and called upon colleague and breast cancer survivor Dr. Susan Harris to recruit women to participate in his research. It would involve women paddling a dragon boat as the basis of their project. Their research showed that not only is exercise safe for breast cancer survivors, but it can also reduce rates of recurrence. With that, cancer survivors, especially those with breast cancer, embraced the sport of dragon racing.

"Many people, when they refer to the dragon, say that you have to conquer or slay it. It's something bad to be destroyed," noted Michelle. "In Chinese culture, it's a symbol of strength and good luck. It's a positive figure. So, it's appropriate for cancer survivors to have this dragon symbol to protect us through our journeys."

PADDLES UP!

The KC Pink Warriors are dedicated to their sport by training three times a week for about an hour and a half each time. Team ages run from 35 to 69 years old, and it's a sport that people can enjoy well into their elderly years. Michelle notes that competitions include various teams; some with disabilities



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such as blind paddlers, paraplegics and others. KC Pink Warriors practice on the water at the Wyandotte County Lake during the spring, summer and early fall months and off the water during the winter. They have traveled hundreds of miles to compete in races held in Chicago, Oklahoma and Iowa, and the paddlers head to Orlando this month. The team can choose to compete in breast cancer survivors, all-cancer survivors and the women's open competition, but most of the time, they compete in the breast cancer survivors' category. Michelle has even participated in the International Breast Cancer Paddlers' Commission Dragon Boat Festival held in 2018 in Florence, Italy. She reports that over 3,000 breast cancer survivors participated in the contest that's held every four years.

When she moved to Kansas in 2018, Michelle brought her love of dragon boat racing and set up the KC Pink Warriors, the first full-time dragon boat team in Missouri and Kansas. She created a nonprofit to grow the organization and fundraise to purchase a dragon boat. Michelle offers this key learning about setting up a nonprofit.

"In general, my advice would be that the governmental red tape can be scary but I found they will let you know if you've made a mistake and allow you to make corrections," she remarked. "So many people are afraid of the government. I was too, and it took me months to get the courage to fill out the paperwork, and I made mistakes. So do your research, have patience with the process and have faith in yourself to make it happen."

Michelle recalls that the group's fundraising efforts were a bit "sticky" at first because they pushed a lot of wax. In about six

months, the paddlers sold Candle Queen Candles out of Leavenworth, raising much of the \$13,000 needed to pay for their first boat, the KC Rise.

KEEP CALM AND PADDLE ON

Whether you would like to be paddling a boat or cheering from the banks, Michelle and the KC Pink Warriors remind you that cancer can be a dreadful word, but the support of others can make an incredible difference.

"There is so much fear and uncertainty when you receive a cancer diagnosis and that fear and uncertainty continue throughout the treatment. It's hard to see the light at the end of the tunnel when you're struggling through those big treatments and decisions," she noted. "Our team shows there's a bad-ass life to be lived during and after cancer. We were, and some still are, cancer patients, but now we are all athletes paddling to the same heartbeat. We provide an outlet for survivors and thrivers to keep fighting and carry on. We're living our best lives." ♦

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Jenny Matthews



Jenny Matthews

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AN ELEGANT BLEND OF
FOOD, WINE AND EXCELLENCE



BY SHERYL HAMMONTREE | PHOTOGRAPHY BY AMBER DEERY

What is better than hearing a terrific story told by a gifted storyteller? Sitting down with the celebrated and gifted “story”-teller and owner, Chef Carl Thorne-Thomsen, and hearing, in his own words, how he turned a desire to write into a passion for food.

Chef Carl grew up in Connecticut and graduated from Cornell University with a degree in English literature. He left the east coast to attend the masters of fine arts program in creative writing at Wichita State University, Wichita, Kansas.

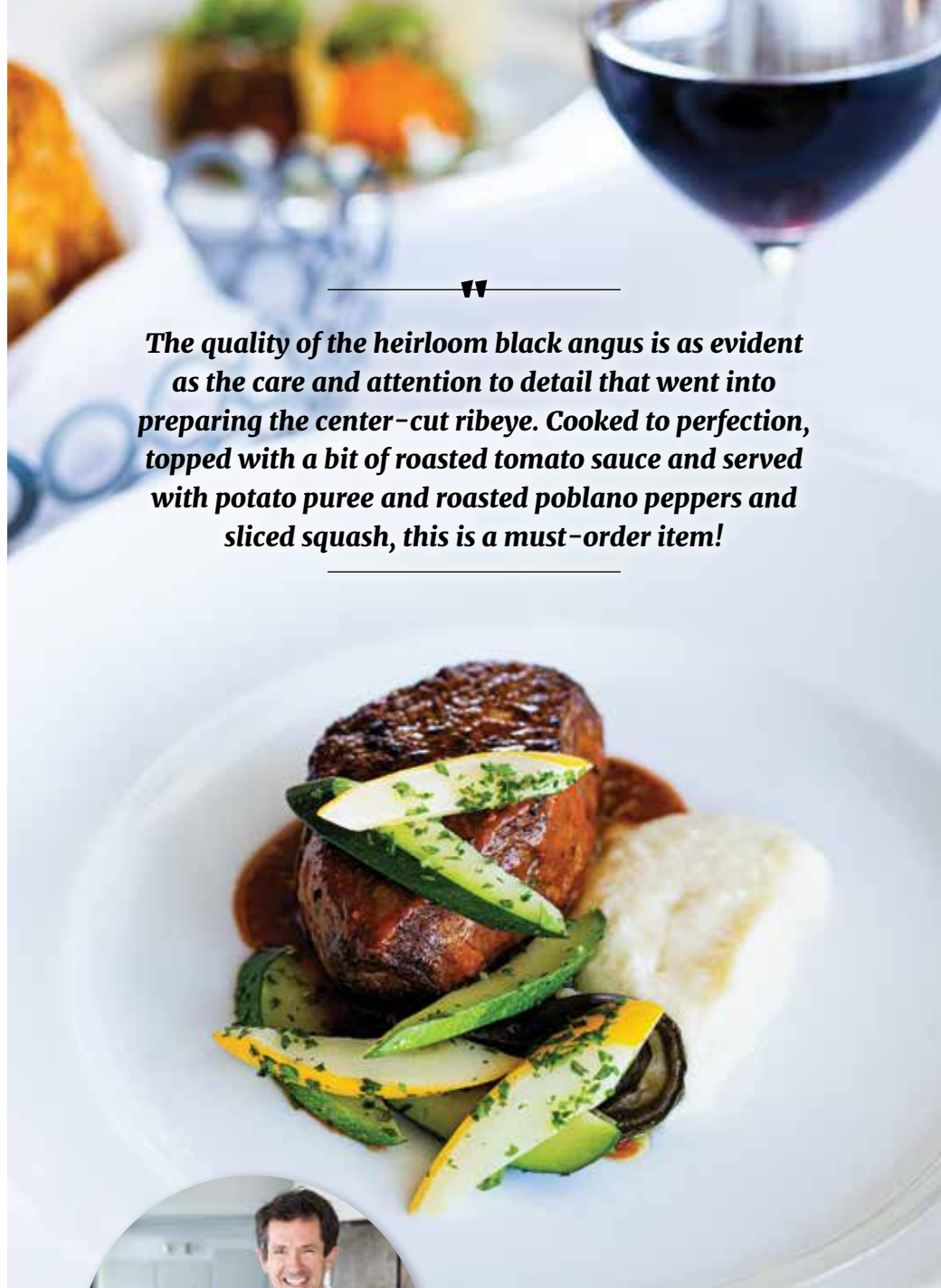
While studying creative writing, Carl found great joy in the creative process of cooking and soon taught himself enough about cooking to land a kitchen job at a small gourmet food store/cafe in Wichita. There, he met his future wife, Susan, now one of the Story owners.

I asked Chef Carl about the creative connection between writing and cooking, and his answer was surprising. One might expect the weaving of words to be compared to balancing and layering flavors, but Chef Carl described the relationship of writing and cooking quite differently. "When writing, the challenge of creating something from nothing can be frustrating, like staring at the blank page. But when cooking, you actually start with something, perhaps a bright, heirloom tomato, and from there the imagination goes to work."

While I sampled the salmon, Susan talked about their journey. Their story of resolve, sacrifice and passion is inspiring and made each delicious bite mean a little more. By the way, those oyster mushrooms were a rich and savory surprise, carefully tucked under the lightly seared salmon and served with tomatillo rice and seasonal fresh corn. I loved this dish; it was light and full of flavor!

I asked Susan what set her husband apart and what she believed was his specialty. "His specialty is that he can do it all, and that also

The quality of the heirloom black angus is as evident as the care and attention to detail that went into preparing the center-cut ribeye. Cooked to perfection, topped with a bit of roasted tomato sauce and served with potato puree and roasted poblano peppers and sliced squash, this is a must-order item!



Susan and Chef Carl

sets him apart. He is passionate about his craft, he is meticulous about sourcing only the highest quality food and ingredients, he is creative and has an unbelievable palate for food and wine."

Both Carl and Susan emphasize that sourcing only the best ingredients is the way you make the very best food. "I source ingredients carefully, locally when I can, but whether local or not, I always try to find the best, freshest and most interesting," said Carl. He is a recognized regular at our own Overland Park Farmers Market, "It's great that we have such high-quality produce in our own community." His eggs come from Green Gate Family Farms and the micro-basil is grown at the restaurant. Only the best and freshest





Photo by
TS Creative

will do.

The quality of the heirloom black angus is as evident as the care and attention to detail that went into preparing the center-cut ribeye. Cooked to perfection, topped with a bit of roasted tomato sauce and served with potato puree and roasted poblano peppers and sliced squash, this is a must-order item! When I commented on the bread, Susan said that the amazing bread they currently serve at Story is the same recipe Carl brought to her store in Wichita years ago.

While I sampled and thoroughly enjoyed the heirloom tomatoes with avocado puree, goat cheese and pistachios, Susan shared a little more about their start as well as the regional and national recognition the chef has received over the years. Carl and Susan made Kansas City their home in 2003 and Carl worked in some of Kansas City's more prestigious restaurants for seven years before opening Story in the Prairie Village Shops in 2011.

In 2013 and again in 2022, Carl was honored with a James Beard Foundation nomination for Best Chef: Midwest. In 2014 Carl was named *Food and Wine* magazine's The People's Best New Chef. The couple looks forward to celebrating Story's 12th anniversary and 20



years of marriage next spring.

It's not possible to overstate the impact COVID had on the restaurant industry; it's also not possible to overstate the loyalty and support Carl and Susan felt from their community. Curbside pickup kept Carl, Susan and their kids very busy but more importantly, it provided their loyal clientele with a delicious and always-special meal during some rough times. Susan and Carl are beyond grateful for the support of their community and are thrilled to be seeing everyone in person again! Story opens at 4:30, Wednesday through Sunday, for dinner.

I've made plans to celebrate our wedding anniversary at Story, and according to reliable sources, I must order the ceviche! But I don't want to wait, so this Thursday I'll order online, pick up curbside and enjoy their famous Burger Night on our patio while watching the Chiefs! Next week, I'll take a friend on Wednesday for Campo Lindo Farms Fried Chicken Night. Both visits will definitely include the seasonal dessert featuring a poached peach served with light cinnamon cake, sugared blackberries and whipped cream. ♦

♦

Visit storykc.com for reservations and menu previews.



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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During these unsettling times we wish you and your loved ones safe passage through this difficult period.

Please take care, stay positive and find some time for having fun, smiling and enjoying a margarita or two!



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SUCCULENT OVEN ROASTED PORK

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



INGREDIENTS

DRY BRINE

Kosher salt (I use Diamond Crystal)
3-Pound Pork Loin or Pork Tenderloin

ROASTED PORK LOIN

Dry Brined Pork (ingredients above)
Olive oil
Pepper

DIRECTIONS

DRY BRINE

Dry the pork loin with paper towels. Season pork generously with Kosher salt. Season from up high, around six to eight inches above the food, letting the salt fall evenly over the surface of your food. This ensures even distribution. Season on all sides. Place brined pork loin on a rimmed baking sheet with rack. Refrigerate uncovered for 45 minutes to 24 hours. No need to rinse the salt prior to cooking.

ROASTED PORK LOIN

Preheat oven to 375° F. Heat olive oil in a large oven-proof skillet over medium-high heat. Sear the pork loin until browned on all sides, about 3 to 5 minutes per side. Transfer pork loin to previously prepared baking sheet. Using an accurate meat thermometer, roast until pork center registers 140° for medium. Remove baking sheet from oven and let rest the pork rest for 10 minutes. ♦

TIPS

1: Dry brining keeps the pork very moist and succulent.

2: Using a reliable meat thermometer, like a ThermoPro Meat Thermometer, allows you to accurately determine that pork loin is cooked to a safe temperature each and every time without cutting it open.

3 This pork is great served with fig compote, apricot jam, roasted grapes or even with a gravy.



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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WHAT'S RIGHT ABOUT THAT PUMPKIN?

BY MARILYN ISAMINGER

Your family's making the rounds of tricking and treating when you notice that several homes have painted their pumpkins teal. What? Parents of children with food allergies know exactly what that means!

One in thirteen children in the United States has food allergies. It's a tricky season for them and their families, with Halloween, Thanksgiving and various holiday gatherings in December. Many traditional Halloween treats aren't safe for children with life-threatening food allergies.

"The Teal Pumpkin Project promotes safety, inclusion and respect of individuals managing food allergies," states the website of Food Allergy Research and Education, or FARE. "This worldwide movement offers an alternative for kids with food allergies, as well as other children for whom candy is not an option. It keeps Halloween a fun, positive experience for all!"

Inspired by a local awareness activity run by the Food Allergy Community of East Tennessee, FARE began a partnership that reaches across the United States and around the world with the Teal Pumpkin Project's messages of awareness, inclusion and community. It's a simple way to make trick-or-treating safer and more inclusive for children and others impacted by food allergies and other conditions. A teal pumpkin on the doorstep signals that, in addition



to candy, the home offers non-food trinkets and treats that are safe for all trick or treaters.

CANDY FACTS

Candy corn often contains egg whites. If listed free from egg, make sure you're not substituting one allergen for another. It can also be made with sesame oil, which doesn't have to be included on the label until January 1, 2023. If you have a sesame allergy, contact the manufacturer for clarification.

Mini-sized candy may have different ingredients than its larger counterparts. Be sure to double-check the ingredients on mini candies to confirm they are safe.

A candy might have been safe last year, but that's no guarantee it will still be safe this year. Manufacturers can change ingredients, so it is safest to read the labels every time.

Some chocolates or other candies may contain sesame. Although the FASTER Act is in effect this year, sesame does not legally have to be declared on the label until January 1, 2023. Be sure to contact the manufacturer if you have any questions.

Licorice usually contains wheat as a binding ingredient. If you

have a wheat allergy, check the labels. Dark chocolate may contain traces of milk, and while this may not affect someone with lactose intolerance, it is considered unsafe for those with a milk allergy.

TIPS FOR PARENTS

A “no eating while trick-or-treating rule” will give you time to review all food labels your child might receive. This can also be an opportunity to discuss hidden allergens and reading labels with your child. Be prepared with safe treats and toys to trade for unsafe candies you find in the bat.

FARE suggests ways to keep the emphasis on the fun, rather than the candy. Consider making small and safe “goody bags” for neighbors to give to your child. Deliver in advance and describe your child’s costume to your neighbors. Encourage your child to trick-or-treat at the houses in which you’ve delivered the bags. Or, forgo trick-or-treating and have a Halloween party instead. You can have safe and delicious treats, or skip food and instead have games, toys and party favors.

TREATS AND INGREDIENTS

Make-at-home treats include a sugar cookie dough that uses gluten-free flour, vegan margarine and non-dairy milk made from almonds, cashews, coconut, rice, oat, hemp or pea. Just make sure you don’t replace one allergen with another. Most of these milks can even be made at home.

Allergy-friendly brownie mix, available online, is combined with butter substitute, milk substitute and egg substitute for yummy brownies or cupcakes. You can use the real thing instead of the sub-

stitute if the ingredient isn’t an allergen.

The holiday staple, pumpkin, is an ingredient in a chocolate chip pumpkin bread recipe shared on FARE’s website. Allergen substitutes are suggested for eggs and flour.

A primary goal of parents who have children with food allergies is making sure their child is included in appropriate and safe ways in all activities. The Teal Pumpkin Movement is a strong force for education and inclusion. ♦

SOURCES: tasteofhome.com and foodallergy.org.

FUN AND SAFE FOR ALL!

Many items are available at party supply stores, dollar stores and online shops as an alternative to food items. Most can be found in a Halloween theme or festive colors. A suggestion is to put these in a separate bowl from regular treats.

- Glow sticks, bracelets, or necklaces
- Pencils, pens, crayons or markers
- Bubbles
- Halloween erasers or pencil toppers
- Mini Slinkies
- Whistles, kazoos, or noisemakers
- Bouncy balls
- Finger puppets or novelty toys
- Coins
- Spider rings
- Mini notepads
- Playing cards
- Bookmarks
- Stickers
- Stencils

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THE HEARTLAND OF WINE

BY SHERRY L. GRANADER

Dreaming about the Heartland may bring images of rolling hills, scenic settings and friendly people. It's also a region that offers some of the most unexpected wineries in the United States. Wine tours geared for couples and small groups make discovering award-winning wines a memorable experience, and it will take just a little bit of investigation to find the ones that suit you best.

Wineries situated in the beautiful foothills of Ohio produce Zanon Red wine, a blend of French-hybrid reds that will please any palate. The Zanon white wines are tangy without sweetness and complement any shrimp or pasta dish. The Catawba, Niagara and Concord grapes grown in this region and their various blends produce fruity and tart wines as well. Many wineries offer facilities for family reunions, private parties and picnics. You'll want to check out their selections of homemade breads, arts and crafts from bakers and artists in the local communities.

The Amish countryside is home to numerous award-winning wines made from fresh fruits, grapes and berries. Visitors can enjoy a winery tour throughout the summer that features handcrafted wines that are sure to please. Is anyone up for tasting some dandelion wine? There is something for everyone in Ohio, including locally made Swiss cheese, gourmet mustards, hickory-smoked meats, jams, sauces and salad dressings.

Minnesota offers a diverse group of wineries situated in the far



west of the state, the region of glacial lakes and rolling river valleys. The wine industry is expanding in Minnesota, where the grapes are grown locally and have been developed to be cold-hardy, disease-resistant and early-ripening, qualities essential for the area's climate. Each winery has its own way of tending to and processing their grapes. A few varieties developed through the University of Minnesota's grape breeding program are Frontenac, Frontenac gris, LaCrescent and Marquette. The heartland of Minnesota is a beautiful place to explore and offers some of the most flavorful wines that are as rich as the region is in scenery.

Traveling through southwestern Illinois will lead you to some extraordinary

flavors in wine, from sophisticated dry reds to some sweet wines that are quite popular. The Heartland Rivers Wine Trail offers an endless adventure that features the traditions of the early settlers who brought the winemaking skills and expertise from Europe. Each winery offers unique handcrafted wines that range from a very dry red to a white wine that is as sweet as dessert.

Every week of the year the wineries of central Pennsylvania offer tours and tastings of their excellent wines. You can visit with the winemakers, take photos in the vineyards or enjoy a picnic in this picturesque part of the world. Spend a weekend or enjoy a day of relaxation on your own route and bring home memories and some delicious wine that will remind you of your visit. Each winery offers special events and wine tastings that are sure to please your palate.

Several wineries in Pennsylvania offer wine tastings paired with food, entertainment and grand prize drawings for fine dining or nights at a local bed and breakfast. The Susquehanna Heartland Wine Trail makes their wine tastings a true adventure with a scavenger hunt for information about the wine and wineries. The best part is the tasting of the wine as you experience the beautiful scenery of the area.

When you think of wine, most don't think of Iowa. However, at one time Iowa was the sixth-largest grape producer in the nation. Wineries are popping up all over the state and the Heart of Iowa Wine Trail is the perfect way to spend time learning about the state's rich heritage while sampling some of their delicious wines. From north to south, you will find wineries owned by local Iowans working together to spread the word about their wine industry. Iowa is a beautiful state with friendly folks who are eager to serve quality wine. Most of the wineries offer unique gifts, entertainment and other events that take wine tasting to an entirely new level.

Spend a day or plan a weekend to take advantage of all the wineries these various wine trails have to offer. Whichever state you choose, the locally-grown grapes in the Heartland are hand-harvested, carefully fermented and bottled to capture the taste of the area. There are riding vineyard tours, winery tours, wine tastings performed with or without food, gift shops, indoor and outdoor events, and wine for sale by the glass or the bottle. Combine all of that with some of the best scenery in the country and you will create an unforgettable weekend or day trip.

Explore the distinct, high quality wines found in these areas and enjoy learning about the expanding wine industry of this wonderful and friendly section of the U.S. ♦

SOURCES: ohiowines.org, heartofiowawinetrail.com, illinoiswine.com, pennsylvaniawine.com.

Inspiring Hope
at the Holidays
A JCYM Signature Event

JCYM

2022 Home for the Holidays Exclusive Tour

4 beautiful homes in Meadowbrook Park (near 91st & Nall)
Parking at Christ Church, 5500 W 91st St.
Shuttle service provided
Friday, November 11, 2022 from 9:30 am - 7:00 pm
\$25.00 per person
Tickets can be purchased at: JCYM.net, the Boutique, and the following Hen House locations: 119th & Roe - 83rd & Mission - 135th & Metcalf - 87th & Lackman
Visit JCYM.net for Homes Tour tickets and more!

2-Day Holiday Boutique

FREE Admission ~ 2 Spectacular Shopping Days
Thursday, November 10, 2022 from 4:00 pm - 9:00 pm
& Friday, November 11, 2022 from 9:30 am - 7:00 pm
Everyone Welcome
The Johnson County Arts & Heritage Center
8788 Metcalf Avenue
Overland Park, Kansas 66212
Check out the list of vendors at: JCYM.net

For a little something extra...
"Champagne & Chocolate"
For only \$10 per person at the Boutique
1 Evening - Thursday, November 10, 2022
5:30 pm - 8:30 PM
At the Boutique
Sip & Taste while you shop
Featuring Panache Chocolate

All proceeds benefit JCYM Philanthropies

- * Evergreen Living Innovations
- * Growing Futures Early Education Center
- * Johnson County Christmas Bureau
- * KidsTLC
- * Safehome
- * Shawnee Indian Mission Foundation

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BRING HAPPINESS TO YOUR HOME WITH ARTWORK FROM GALLERY V FINE ARTS

BY CHRIS WESTWATER | PHOTOGRAPHY BY AMBER DEERY

Valerie Phillips, owner of Gallery V Fine Arts, is passionate about art and spreading the delight that comes with owning art you love. Located at Mission Farms West at Mission Road and Indian Creek Parkway, Gallery V Fine Arts carries an array of art mediums and styles from artists who live locally, domestically and internationally. Valerie prides herself on curating a gallery full of eye-catching selections. She wants you to proudly own art that makes you smile every time you see it.

“Today’s collectors want art that brings them joy,” said Valerie. “The key note this year that has been significantly different from years past is that we are finding a common thread in our customers’ comments. Many are decluttering their lives of insignificant things and finding happiness through art. They are seeking a higher-quality lifestyle and surrounding themselves with things that matter most. They are rediscovering their homes and feeling good within their spaces. Original art has been that entity that has provided a personal connection.”

Valerie invites you to enjoy the gallery in many ways. Peruse the gallery, attend an artist show or workshop, discuss home updates and feel completely comfortable requesting an in-home art consultation.

PERSONALIZED COMMISSIONS, IN-HOME CONSULTATIONS

If the idea of having art created specifically for you is appealing, Gallery V will coordinate with a commission artist who will turn a concept, special memory or photo into something intrinsically your

own. They will help to determine the right artist fit for the request and act as the bridge between you and the artist until your commissioned artwork is in your hands. While, typically, artists are not comfortable working outside their element, Gallery V represents several artists who are highly successful in this realm. One example of an amazing large-scale floral commission was rendered after a newlywed's own bridal bouquet. Another commissioned landscape painting was modeled after a breathtaking photo from a client's trip to Montana.

Valerie and her team are also consummate professionals who will help you find the ideal art for any room in your home. In fact, in-home consultations are available upon request. "We pride ourselves on tailoring the art options to the customer's personality, their requests and their rooms. It's not just decor matching. It's really finding the perfect piece that speaks to them, creating joy in their lives and bringing long-term appreciation," Valerie said. "I've had customers who have cried because there was something so changing when they saw the art in their space. During one memorable moment, the husband said 'Well, honey, it was your first choice and my second, but if it made you cry, we are definitely getting that piece!'" Creating this delight from having the optimal artwork in your home is the Gallery V mission for every customer.

PLEASURE OF ART AVAILABLE TO ALL

From someone buying their first artwork to an established client who is expanding their collection, Gallery V Fine Arts offers artwork for everyone. Whether you are drawn to paintings, sculpture, glass, ceramics, wood, jewelry or hand-made gifts, Gallery V provides an extensive and spirited collection. "I've searched for artists who are talented in their craft, passionate about their art and great business professionals as well. Each is uniquely their own in their style and experience," Valerie affirmed.

"Art is for everyone," Valerie summarized. "It is to be enjoyed by all in their own individual way. It is a catalyst to tell a story, to inspire, soothe, energize or evoke nostalgia. A gallery owner's dream and an artist's dream are to see the full circle, from the artist's joy of creating to the joy of collecting and the gallery being that liaison of assisting collectors to that happy outcome." ♦

Visit galleryvfinearts.com to learn more.



“Art is for everyone...It is to be enjoyed by all in their own individual way. It is a catalyst to tell a story, to inspire, soothe, energize or evoke nostalgia.”



Left to right: Beth Cosner, GIA Graduate Jeweler, Valerie Phillips, Owner and Curator

MEET ITALIAN ARTIST NICOLETTA BELLETTI ON NOVEMBER 3 THROUGH NOVEMBER 5

Gallery V Fine Arts is hosting one of their premier artists, Nicoletta Belletti, from Parma, Italy. Nicoletta is a three-dimensional palette knife painter whose creations sometimes reach an approximate 2-inch paint depth!

All are invited to attend "PET PORTRAITS, PER "FUR"VORE! which kicks off on Thursday, November 3, with an Artist Reception in the evening. Though the three-day art event highlights custom pet portrait orders, the show also includes new works, including Nicoletta's dramatic florals and landscapes, as well as her signature whimsical farm animal paintings. Visit with Nicoletta in person on Friday and Saturday, November 4 and 5. Bring photos of your fur family to commission a one-of-a-kind portrait that will absolutely warm your heart. As Valerie said, "Our pets are our world and they are family." Nicoletta's mastery of sculpting paint will leave you with a richly textured, custom-made artwork that captures and celebrates the colorful personality of your pet. For more details, see galleryvfinearts.com/events. ♦



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HAIR AND MAKEUP

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@hellolovelykc













BEST CROSS BODY BAGS FOR FALL

BY LINDA R. PRICE

For fall, the crossbody bags are in. They're so practical! Women are out and about again, so they are looking for bags that will free their hands for grabbing the run-away toddler or a couple of dresses to try on.

Whether you're searching for the latest bag from top designers or searching on Amazon for an economical travel bag, crossbody is king. Many of the bags are designed with straps that can be detached or tucked into the bag, allowing you to carry the bag as a clutch. You can shorten the straps to carry the bag on your arm or over the shoulder. Chains are especially practical. They're easy to stow in the bag, and they can't be slashed by purse-snatchers!

Crossbody bags come in all sizes: mini to large totes. Looks can be so deceptive when shopping online. When in doubt, take out your tape measure and carefully measure an old bag and compare it with the one being offered online. Mid-sized bags are large enough to carry daily essentials such as phone, lip gloss, hand sanitizer, tissues and wallet without scrunching everything in. Many have additional pockets on the back or the ends of the purse.

Stella McCartney led the catwalk with tiny crossbody bags. She is also known for her vegan bags. The Stella Logo Collection is an example of these bags. The bag is made of grey felt with a wide strap featuring Stella McCartney in large block letters. Other styles are available in



sierra, military green, cheetah print and camel. McCartney's bags frequently sport heavy chain detailing.

Large totes are essential to carry your computer and dress shoes for the office while accommodating a little shopping along the way. For the devotees of the large tote crossbody, it's hard to beat the Vera Bradley large tote bag. The bag is made of recycled materials, has three interior slip pockets and one zip pocket to keep everything organized and your chocolate away from the laptop.

The Tory Burch crossbody bucket bag in brown suede with spaghetti straps shown in the spring collection has been updated for fall. The bag now adds downward zippers that can be pulled to reveal contrasting gussets.

Kurt Geiger's London striped leather chain wallet stole the show for drama. Its bold stripes of pebbled metallic leather with a

snap closure and chain strap is a true statement piece, unusual and gorgeous.

LOVEVOOK has designed a series of PU purses in a variety of styles including a crossbody. The purse has an almost grey geometric design in dim light, but when struck by bright light, it becomes luminescent with different jewel-colored refractions.

THE CLASSICS

The Toy Loulou matelassé leather crossbody bag is a timeless classic. It's on the small size at 7½" x 5½" x 3"; for those who prefer a larger bag, the Loulou comes in a medium version, 12" x 4½" x 8. ½". The bag is styled in several neutral colors with a quilted chevron pattern and the YSL classic monogram clasp.

Another stylish crossbody bag from YSL is the Sunset medium chain bag. It has two central compartments with a slot pouch inside the suede leather interior. There are a couple of exterior pockets, too. The Sunset comes in neutral colors, smooth leather finish and the iconic YSL monogram clasp. This is a very practical bag that can easily become your go-to bag for the office and lunch with the girls.

The Gucci Bamboo 1947 top handle bag has been reissued in many different versions since it was first introduced after WWII. The AW22 version is black with two interchangeable straps and the classic bamboo trim. A more daring version is in brown leather with a bold jockey-like print and natural bamboo handles.

Giorgio Armani's Palmellato leather La Prima handbag can be worn over the shoulder or as a crossbody bag. It comes with a leather strap that adjusts to three different lengths. The bag has rounded lines with soft, pleated edges and is available in over a dozen colors.

In discussing designer bags, we are talking investment. The bags will last for decades if properly cared for, and they hold their resale value. If the price tag is beyond your current budget, you might consider a gently used bag. ReBag, FASHIONPHILE and The RealReal are among the better-known resellers.

There was a full range of crossbody bags on the catwalks for spring/summer and fall 2022. The most intriguing bags continue to be the cute minis and micro-minis. Minis are great for dates but often don't hold more than a lip gloss, cab fare and phone if you are lucky. For the more practical fashionista, the medium-sized bag is still your best bet. Regardless of price, there are hundreds of bags to love. ♦

SOURCES: usmagazine.com, wwd.com, glamourmagazine.co.uk, byrdie.com and harpersbazaar.com.

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SPIC AND SPAN: ENOUGH PROTECTION FOR YOU AND YOUR FAMILY?

BY CINDY MCDERMOTT

Communications bombard us about ensuring our homes are clean, not only to look nice but to protect the inhabitants from illness. Companies hope they can persuade us to choose their products with multi-million-dollar ad campaigns and slogans such as “stronger than dirt;” “kills 99.9 percent of viruses and bacteria;” “good for your family tree.”



While we're instructed about what products to buy, our basic hygiene standards may be lacking because our lifestyles may inhibit proper procedures. Perhaps a busy schedule means less time cleaning critical areas such as kitchens and bathrooms. Overcrowding may be a problem, especially in your vehicles. Let's not forget that Fido and Kitty could be dragging home more than you imagined. In addition, some family members could be more vulnerable to infection, posing a greater risk to the rest of the family. The problem is elevated to a much higher level when a contagious virus such as COVID-19 is added to the equation. With Alpha, Beta, Omicron to morphing variants such as BA.2, BA.4 and BA.5 and potential future alphabets and numbers, the confusion can be overwhelming.

“What we need to emphasize right now is that cleaning and

disinfection in the built environment, where people are and the virus can still circulate, is essential. Cleaning for health when someone who is sick or could be sick is not going to change, no matter what happens with this virus,” said Dr. Gavin Macgregor-Skinner BVSc, MSc, MPH, MRCVS, senior director, Global Biorisk Advisory Council, or GBAC. As an infection prevention expert and epidemiologist, Dr. Macgregor-Skinner works to de-

velop protocols and education for the global cleaning industry and helps facilities, businesses, organizations and cleaning professionals create safe environments.

DIRTY SURFACES, DIRTY AIR

The prominence of cleaning and disinfecting at home is critical to our well-being, especially during the current pandemic because most

people stay home to get healthy or quarantine. Dr. Macgregor-Skinner notes the majority of those who become infected with COVID-19 experience mild to moderate symptoms. Hospitalization isn't required, but the cleanliness of the homes in which we are quarantining is critical to every resident's health.

"It is important that people understand there is a way to properly clean a room where a sick person may be currently quarantined, and in the future," noted Dr. Macgregor-Skinner. "You need to understand that viruses can remain in the air and can fall out of the air onto surfaces in that room. Dirty air leads to dirty surfaces. Also, a dirty surface or contaminated surface will lead to 'dirty air.' We do know that viruses and bacteria survive outside of our bodies in the environment, not just for hours, but possibly for days and even weeks."

CLEANING UP: THE RIGHT PRODUCTS AND PROCESS

To protect yourself and your loved ones, you probably need to change your mindset about cleaning. It's more than tidying up and wiping things down. Consider it a method that employs the right procedures and products for the room and surfaces you want to clean.

"Cleaning is a process, a procedure. It's a strategy and important to prevent the transmission of any infectious agent, even COVID-19, in your home. First, focus on the methodology that's backed by science and evidence. We must have clean surfaces first before we disinfect. That's a best practice measure for the prevention of any infectious disease of any indoor space. We clean first to remove the germs, dirt and contaminants from surfaces," stated Dr. Macgregor-Skinner. "We also need to understand that cleaning doesn't kill or destroy the germs, it simply reduces the number of them on surfaces. Then we have to disinfect with products that have been registered by a governmental agency, such as the EPA in the U.S., which kills and destroys bacteria and viruses."

The cleaning products that we've been pushed to buy can have solid value for us in our strategy to combat viruses and infectious diseases. However, we must read labels and follow directions to ensure that the products are used to their best advantage.

"You should wear gloves and a mask. Clean first, disinfect second. This is how you do it," noted Dr. Macgregor-Skinner. "Read the label. It will say how long to leave the product on the surface. If not, you're wasting time and wasting money." ♦

SOURCES: *gbac.org.*

THE EXPERTISE

Composed of international leaders, the Global Biorisk Advisory Council™, a Division of ISSA, provides training, guidance, accreditation, certification, crisis management assistance and leadership to government, commercial and private entities in how to keep the built environment healthy and safe from germs that cause infectious diseases. They provide education and training for professional cleaners and anyone who wants to clean their home using industry standards and evidence-based procedures. The goal is to provide information and general guidance on "How to Clean for Health" in an effort to protect homes and loved ones.



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JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS
PHOTO BY LAUREN FRISCH PUSATERI

I thought I could “stuff” what I went through in my early 20s. I thought I could outrun the feelings. I was embarrassed. I thought if I shared about my abusive relationship, I would seem weak to others. I thought people would talk behind my back and wonder how in the world I could let myself get into such a toxic situation and stay in it for seven years?

The craziest thing is that I wasn't even sure I was allowed to classify it as domestic violence, because, after all, I never had black eyes. But what I endured absolutely, 100 percent, was just that and my soul feels so free now that I'm owning it and speaking out about it.

A few months ago, I watched *Maid* on Netflix. Have you seen it? It's about a young mother who flees an abusive relationship and ends up cleaning houses to try for a better life for herself and her daughter. I binged it. It was definitely a well-done production and the story was captivating. But I didn't expect to be drawn to it the way I was. I kept thinking about it. It affected me. I would dream about it. Ultimately, it stirred up so much anxiety within my body, I had to see my doctor. Long story short, it triggered feelings in me about my own life that I had never properly dealt with.

I was in an extremely unhealthy relationship for most of my 20s. He was controlling. He isolated me from my family and friends. He was jealous and possessive. He had a horrible temper. He was verbally and emotionally abusive to me. He did harm me physically on more than one occasion, but more often he'd punch a wall or a windshield. He threw things at my head. I was a victim of domestic violence but I didn't want to believe it. I never told anyone. Eventually I worked

up the courage to leave and within a few months, my now-husband dropped into my life.

He was kind. He was gentle. He thought I was smart and funny. He liked me exactly as is. He welcomed my family and friends. He built me up, he didn't tear me down. My self-esteem was so low after all of those years of abuse, I wasn't even sure I was deserving of such a good man. But I was wrong. We all deserve to be treated with respect, love and kindness. We all deserve to feel safe in our relationships.

Use your story. I'm a big believer in that. And I've tried to take all of the weird, bad and scary things that have happened throughout my life and turn them into some form of good. I knew I needed to do the same in this case. So, I toured SafeHome. I fell in love with SafeHome. I now volunteer regularly at SafeHome and I plan to keep showing up as long as they'll have me. I feel such a connection to the staff and what they are doing to help women in our area escape domestically violent situations. I'm finally dealing with my own story and I hope by sharing I encourage others in a similar situation to take that big, bold, scary first step and reach out for help. I promise, you can do it. You absolutely have the strength you don't even know you possess. And SafeHome will be there every single step of the way. ♦

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



Kansas City's sweetheart, Jenny Matthews,

joined Safehome's mission to end Domestic Violence and used her powerful voice to prove that LOVE is louder than violence.

As the Emcee and special guest of Safehome's largest fundraiser Hearts on Hope in August, Jenny used her voice to share her experience of a past toxic relationship to help the audience understand that Domestic Violence can happen to anyone. She uses her Q104 Morning Radio show to talk about important life struggles. Shining a light on her own life highlights to everyone that awkward, funny, embarrassing, painful things happen in life. Domestic Violence in Johnson County is at an all-time high. 1 in 3 woman will be effected in their lifetime. The impact of this is felt strongly by Safehome, the largest Domestic Violence organization in the state of Kansas and the only free resource for victims and their families in Johnson County.

Using our voices to share our stories with others breaks down the shame associated with Domestic Violence. It empowers others the freedom to feel strong enough to ask for help and share their own trauma. We need Love Warriors like Jenny to join our TEAM. We make it easy for anyone of any age to get involved. You can volunteer, come to our fundraising events, donate auction items, host a drive for essential needs and help spread our BE THE LOVE movement.

We have some unbelievably hard days, but it's the people who share their hearts with Safehome that make the majority of our days magical. Breaking the cycle of Domestic Violence will take an enormous amount of time, talent and resources. Together we can make it happen!

- HEIDI WOOTEN, SAFEHOME PRESIDENT & CEO

Safehome

Join Our Team! To Volunteer: taylor.mcgee@safehome-ks.org | Be the Love! Call: 913.378.1519

If you need help, call our 24-Hour Hotline at 913.262.2868 or visit our website for more information at www.safehome-ks.org



JOHNSON COUNTY YOUNG MATRONS

A DEDICATION TO VOLUNTEERISM

Founded in 1961, Johnson County Young Matrons, or JCYM, is a 501(c)(3) philanthropic organization that serves, supports and promotes philanthropies in the community. JCYM has been instrumental in establishing numerous programs for various charities such as the Story Hour for the Johnson County Library, the Kansas City Zoo Docent Program and educational tours for the Shawnee Indian Mission. In 1972, JCYM established an emergency shelter, Temporary Lodging for Children/TLC for Children and Families, Inc./KidsTLC, Inc., to help young victims of abuse, neglect and family disruption. JCYM has also supported the American Cancer Society for over 35 years and has worked with the Johnson County Christmas Bureau for over 30 years.

Since its founding, JCYM has provided over \$3,000,000 to over 210 different charities. With about 250 members, JCYM provides over 20,000 volunteer hours annually. Currently, JCYM is supporting Evergreen Living Innovations, Inc.; Growing Futures Early Education Center, Inc.; Johnson County Christmas Bureau; KidsTLC, Inc.; Safehome, Inc.; and Shawnee Indian Mission Foundation.

JCYM supports the community financially through annual membership dues, the JCYM Charitable Gift Fund, the JCYM Scholarship Fund, Ways & Means donations and fundraising projects. JCYM donates 100 percent of its proceeds from its fundraising events to the philanthropies it supports.

During the 2021-2022 club year, JCYM distributed over \$90,000 to the six philanthropies it currently supports. Some of those funds were used to refinish kitchen cabinets at Evergreen Living Innovations; for shed repairs at Shawnee Indian Mission; to help fund four teaching positions at Growing Futures; to purchase coats, groceries and personal items for clients of Johnson County Christmas Bureau; for therapeutic recreation and wellness programs at KidsTLC; and to help with a legal advocacy program at Safehome.

Fundraising for JCYM has taken many forms over the years.

With the exception of 2020 and 2021 during the pandemic, JCYM has held a fall Holiday Boutique and Home for the Holidays homes tour since the 1990s. This year the Holiday Boutique will be held at the Johnson County Arts & Heritage Center at 8788 Metcalf Ave., Overland Park, on November 10 and 11 and the "Home for the Holidays" homes tour will be at Meadowbrook Park, 91st & Nall, Overland Park, on November 11, 2022. ♦

For more information about JCYM or to purchase tickets, please visit jcym.net.

MAKING A DIFFERENCE

JCYM member activities during the 2021-2022 included:

- Making fleece throws for Johnson County Christmas Bureau
- Baking goods for a bake sale at Shawnee Indian Mission
- Making weighted blankets for KidsTLC
- Helping with bingo games every week at Evergreen Living Innovations
- Conducting a Thanksgiving collection for Safehome
- Planning and participating in activity nights at KidsTLC
- Preparing meals for Safehome
- Planning staff wellness programs for Growing Futures, Evergreen Living Innovations and Safehome
- Conducting educational tours of the Shawnee Indian Mission for local school children
- Organizing a pumpkin patch for Growing Futures
- Helping staff the Johnson County Christmas Bureau holiday shop
- Organizing and helping with numerous collections and activities including a book fair, holiday collection, coat collection and spring bazaar. ♦

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OCTOBER 2022



OCT. 5 – 6

Clothology:135 Fall Fashion Show

The Venue in Leawood

Experience all of your favorite Clothology:135 styles fresh on the 60-ft. runway at the stunning new Venue in Leawood. With amazing models, DJ, appetizers, pop-up Clothology:135, bar, giveaways and the best fall fashion has to offer, you are guaranteed a night of fun and glamour!

OCT. 7 – 8

Shop Hop for W.I.N.G.S.

KIRK HOUSE & MONROE 816,
DOWNTOWN GARNETT, KANSAS

Shop small at Monroe 816 and other local boutiques and help these businesses give back with a portion of your purchase going to a local cancer support group, Women in Need Gaining Strength. Make it a weekend to unplug from busy life with a room at the quiet, historic Kirk House in downtown Garnett.

OCT. 7

Harvesting Hope – Growing Futures

4:00 – 8:00PM, STRANG HALL OUTDOOR SPACE

7313 W. 80TH, OVERLAND PARK, KANSAS

The Harvesting Hope fundraiser is a festive, fall-themed gathering that benefits vulnerable children and families, complete with a harvest market, live music, food and drink, games and prizes.



the gown gallery KANSAS CITY

OCT. 7 – 30

The Gown Gallery

1901 MAIN STREET, KANSAS CITY, MO

By appointment only, see the Toni Federici trunk show from Oct. 7 – 30 and the Romona Keveza trunk show, Oct. 21 – 30. Visit gowngallery.com to make an appointment.

OCT. 7

Oktoberfest

5:00PM, Crown Center

Experience Munich in the Midwest, with German-style beer, food and live entertainment. Attendees can also enjoy games, competitions and family-friendly activities.

OCT. 15

Brew at the Zoo & Wine Too

An annual event you will love plus a new event you're going to go wild for! Enjoy an adults-only evening of live music and free sampling from more than 35 local breweries and wineries, plus food trucks available to tame your belly's roar!

OCT. 22

Making Strides Against Breast Cancer, Kansas City

7:30AM, CROWN CENTER

Join American Cancer Society's free, noncompetitive, three-mile walk to raise awareness and funds to end breast cancer. The event raises money to fund innovative research, provide free information and support, and to help people reduce their breast cancer risk or find it early when it's most treatable. Visit makingstrideswalk.org/kansascitymo to learn more.

LEGENDS OUTLETS

Movie Night on The Lawn

Every Saturday, 7 PM

Oct. 1

Hocus Pocus

Oct. 15

Halloweentown

Oct. 22

Halloween on the Lawn, Coco

Oct. 29

The Nightmare Before Christmas

- SAVE THE DATE -

NOVEMBER

10 – 11

Holiday Boutique

Johnson County Kansas Arts and Heritage Center, 87th and Metcalf.

NOVEMBER 11

JCYM – Home for The Holidays Exclusive Tour

Tour four beautiful homes in Meadowbrook Park.

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CAPRICORN
(DEC. 22-JAN. 19)

Your ruler, Saturn, is in retrograde, so your energy level and confidence levels may be lowered. Nonetheless, this is still a good time to focus on those aspects of your life that are no longer serving you. As you enter into the new season, it's a great time to get your financial and emotional affairs in order.



TAURUS
(APR. 20-MAY 20)

You have a great ability to lead and a great ability to adapt. This is the month to adapt, allowing good things to come to you through others. Trying to bull your way into and out of situations isn't going to give you good results. You are going to have to learn to balance work with home, or at the end of the month things will be rocky.



VIRGO
(AUG. 23-SEPT. 22)

This is the month that you will need to carefully consider all angles before making a decision. You have an equal half of your planets urging you to take action, and the other half urging caution. What this means is that you will need to strike a balance between work and home. Once you gain clarity on an issue, then it will be full steam ahead.



AQUARIUS
(JAN. 20-FEB. 18)

One word: PAR-TAY. Most of the planets are in your Air element, and you will feel happy and at home in almost all circumstances. Communication skills will be acute and your ideas are going to be popular. Ride the wave.



GEMINI
(MAY 21-JUN. 20)

This year has been one of the most productive and happy that you've ever had. That being said, the tendency to overdo things this month is greater than before. Try not to overindulge or you are going to regret it. Neptune moves forward on the 15th, which means that career-wise things are going to look up.



LIBRA
(SEPT. 23-OCT. 22)

You are truly enjoying your life right now. This feeling will remain with you until the end of the month, when you will shift your focus to matters of finance. Make sure that you're using your head and not your heart when making big-ticket decisions. Many Libras are taking the time this month to figure out their spiritual connectedness and to develop a new spiritual practice. Becoming involved in a humanitarian cause will move you forward in your search.

STAR JOURNEYS

BY MELODY BUSSEY

This month will see most signs being warned to proceed with some patience and to adapt to circumstances as they come along. Bringing a balance to work and home are urged as several planets are in retrograde and communication skills will be lessened. Take the time to gain clarity in your life.



PISCES
(FEB. 19-MAR. 20)

The planets are lending their energy toward your career and work sectors, so this is a great time to move forward. You will find that just the right people "appear" to you this month to help, so make sure to thank the universe for the assist.



CANCER
(JUN. 21-JUL. 23)

Saturn's retrograde is shaking things up on the love front for you. This may be the time that you reconnect with old flames or stall out in a current relationship. If you will just allow yourself a space to breathe in, by the end of the month you will be less confused about your heart and what you truly want.



SCORPIO
(OCT. 23-NOV. 21)

With Pluto moving forward and most planets residing in your eastern sector, your confidence level is going to soar. Take advantage of this and truly create the situations you desire. Toward the end of the month you will need to refocus your attention on friends and family, balancing work and home.



ARIES
(MAR. 21-APR. 19)

This is the month to exercise patience and take the time to lay solid foundations for future endeavors. Trying to force anything this month is going to blow up in your face. The full moon mid-month will occur in your sign, giving you some extra energy to handle it all.



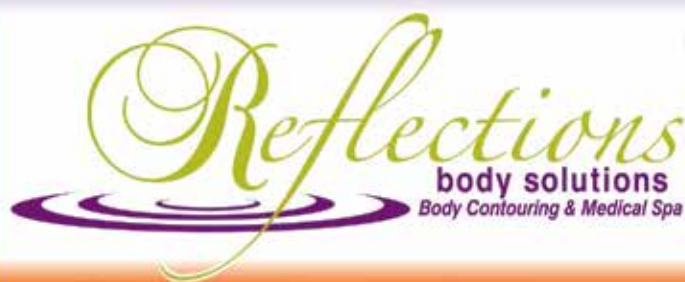
LEO
(JUL. 24-AUG. 22)

Mercury will go retrograde in the last part of the month, meaning that you need to have wrapped up any new endeavors by then, and that you need to be particularly careful about how to communicate with others. You aren't going to make the best financial decisions then, either, so put them off until early next month.



SAGITTARIUS
(NOV. 22-DEC. 21)

With two significant planets in retrograde this month, you need to pull back and reassess the direction you've chosen. Is it really working for you? What aspects are good? Which are bad for you? This is a critical time to be extremely, brutally honest with yourself. This is especially true in the area of finances.



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