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30

INSPIRATIONS

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20

SCENE AND BE SEEN



36

RECIPE



52

HELPING HANDS

12
WELCOME
Progress!

16
FASHION
Kansas City Designer Joanne Mullin: A Collaboration for Transforming Lives

18
HIGHLIGHT
FlyOver Travel by Beach Happy: Making Our Clients' Travel Dreams A Reality

20
SCENE AND BE SEEN
Parade of Hearts Unites Art and Philanthropy

22
SCENE AND BE SEEN
Beach Happy Travel

24
HEALTH
Ovarian Cancer: Hope for the Future

26
SPOTLIGHT
Dr. Levi Young's: Advanced Cosmetic Surgery Now Offers Aesthetician Services

28
BEAUTY
H2O: Drink Up!

34
CRAVINGS
Ting's Filipino Bistro: Authentic, Savory, Simply Delicious!

36
RECIPE
Chicken Parmesan

40
WORKING WOMEN
My Life in Full: Work, Family, and Our Future by Indra Nooyi

42
TRENDSETTER
J.Mullin Apparel Co.

48
ASK THE EXPERT
Grover Law Firm: Your Rights to Recovery After an Accident or Injury

50
JUST SAYIN'
Jenny Matthews

52
HELPING HANDS
Safehome: A Place to Heal

54
IN THE CITY
Calendar of Events

56
HOROSCOPE
September Horoscopes

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PROGRESS!

Photography by Amber J Deery



We've all heard phrases and quotes like this. It is a great reminder to value and cherish all that we do have. I have lived in Kansas my whole life; minus the years I went away to college. I never, in all those years, appreciated all that Kansas City had to offer, especially the smells of the air and the tastes of the amazing food.

I am only one of so many who have Long COVID. I have had it since March, that is, March 2021! I didn't smell or taste anything for over a year. The first hint of a smell was not something pleasant and it happened when I should've been smelling fabric softener. This "phantom smell or taste" became my only hint at gaining progress and it would happen for only a second and then disappear.

After so long, I was getting more frustrated and discouraged than I thought. My husband sent me a local news video of a young female who went to Texas to get a few shots in her neck and got her taste and smell back. I was excited and getting everything set to go to Texas; then I decided to do some more research and find a doctor locally that might be doing it.

Two stellate ganglion blocks later, one on each side of my throat, my smell and taste are slowly coming back. I'm also finding a little

improvement with other symptoms. I am planning on getting one more shot and hopefully I won't have to do more because it isn't the most fun I have ever had. In clinical trials and research, the number of shots that people have needed vary. Of course, I would be one that needs more!

My long COVID journey is probably far from over, but I will take what I can get. I didn't realize how much I missed the smell of flowers, freshly done laundry, some good barbecue and the taste of iced coffee, Thai food, and Sour Patch Kids. I may not be able to smell and taste all of those, but slowly a few are returning.

I'm not telling you this to feel sorry for me. I am telling you, as well as reminding myself, to take the time to enjoy what we have. There is

so much in Kansas City to experience and enjoy. Don't forget to smell the fresh flowers, the fall air that will be here before we know it and the tastes of all the local restaurants here in Kansas City.

Cherish It,

Tammy
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You never realize the value of something until it's gone, hence why you should always appreciate the little things in life.

- Anonymous

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PUBLISHER

Tammy McDonald

EDITOR

Marilyn Isaminger

OFFICE MANAGER

Patsy Crystal

ART DIRECTOR

Elana Bell

GRAPHIC DESIGNER

Casey Olson

SENIOR ACCOUNT EXECUTIVE

Michelle Carder

michelle@herlifemagazine.com

816-516-9888

ACCOUNT EXECUTIVE

Melisa Cull

melisa@herlifemagazine.com

717-982-3292

CONTRIBUTING AUTHORS

Melody Bussey, Lisa Butler, Mark Grover,
Sheryl Hammontree, Katie Koonce, Lauren Lane,
Jenny Matthews, Cindy McDermott,
Linda R. Price, Chris Westwater

CONTRIBUTING PHOTOGRAPHERS

Amber J Deery, Lauren Lane,
Lauren Frisch Pusateri, Rodriduq

CONTACT HERLIFE® MAGAZINE

7535 W. 160th St.

Overland Park, KS 66085

913-402-6994

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KANSAS CITY DESIGNER JOANNE MULLIN

A COLLABORATION FOR TRANSFORMING LIVES

“The promise of cooler weather always inspires me to get dressed up again,” said Kansas City designer Joanne Mullin.

“The fall season, with its social events and busy schedules, is upon us, and I, for one, always want to update my wardrobe for the season.”

Check out the
Trendsetter
on page 42!

Joanne’s Kansas City-based company, J.Mullin Apparel Co., creates distinctive, one-of-a-kind luxury kimonos. “We create garments for the woman who has designed her lifestyle around what she loves,” she affirmed. “Each garment features a one-of-a-kind combination of fabrics. We incorporate repurposed and vintage kimono fabrics into most of our designs. Each piece tells a story not unlike the story of the woman who wears it.

“I make garments for women who are craving an elevated ease that is comfortable and adaptable to any occasion. Women are looking for garments that bring out their confidence and make them feel more alive—more of who they are,” she continued. “They are choosing quality over quantity, preferring a more sophisticated and timeless look that can be dressed up or down for any occasion.”

Joanne started making kimonos four years ago when she and her husband moved to Kansas City from the San Francisco Bay area. “I decided to make kimonos because I needed something to wear to an event and I couldn’t find anything in stores that I liked. As an interior designer, I loved to combine fabrics and textures, so I decided to sew a kimono using a combination of repurposed fabrics. It turned out so well, I decided to make more!”

In 2021 Mullin teamed up with Rightfully Sewn, a Kansas City non-profit company whose founder, Jennifer Lapka, graced the cover of *HERLIFE* Magazine in September 2017, to create new patterns and to professionally sew each piece. The company held its official launch in April, during which women were able to try the garments on and see for themselves how comfortable and flattering the pieces are. “A woman who feels she is at her best has a higher level of self-confidence and panache,” Joanne added. “She is at ease in any situation. She is poised and confident; empowered to be a force for good and an inspiration to others.”

J.Mullin Apparel donates its proceeds to organizations that provide housing, counseling, job training and opportunities to women who need a second chance in life. In Kansas City, the company supports Healing House and other organizations. ♦



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We have found our “Happy Place!” FlyOver Travel by Beach Happy opened their doors over six years ago. “It started as a dream to help family and friends enjoy travel as much as I do,” said Kristin Freeman, owner and president. Being fortunate enough to travel as a child and continue her travel passion throughout adulthood, she had an extensive knowledge of destinations worldwide so wanted to share it.

“Over time I continued to expand my knowledge of the industry and participate in industry educational destination experiences, word-of-mouth referrals started calling in and we flourished,” Kristin continued. “After a year on my own I quickly realized a team was needed.”

FlyOver Travel by Beach Happy is now a team of eight travel consultants, specializing in destinations worldwide. “We have expanded outside the Kansas City metro and now have clients throughout the United States. Our goal is to curate an itinerary focused on our clients' wants and needs, to make their travel experience exciting and carefree from the moment they walk out their door to the moment they return home. We take care of every detail,” she assured.

Travel is back! It is no secret; the travel industry has experienced a changeling couple of years. The industry is rebounding by leaps and bounds; now more than ever it is critical to have an experienced travel

consultant in your corner. There is an overwhelming amount of travel requirements, airline challenges and high demand in destinations now. Having a travel consultant who keeps their finger on the pulse of what is happening and helps to navigate the hiccups can make all the difference in the world.

“As our seven-year anniversary approaches, I reflect on how far we have come. We went from a one-person shop to an agency, offering full-service travel design for destinations worldwide,” Kristin said. “Our team plans everything from individual vacations, family vacations, group spring breaks, destination weddings and corporate incentive travel. With a client base that has grown to over 5,000, we are busy and love every minute!”

“Each morning as I start my day and reflect; I am proud of where I am, what we have created and excited to spend the day exploring this great big, beautiful world we live in. I get to spend my day talking with amazing clients and sharing in their enthusiasm about their upcoming adventure.”

FlyOver Travel by Beach Happy is growing and flourishing as a full-service travel planning agency, offering travel design for vacations worldwide. We are a “one stop shop” offering 5 Star Service! Every journey begins with a single step. I am thankful I took it.” Kristin concluded. ♦

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PHOTOGRAPHY BY @RODRIDUO





Abstract #34
BY PAUL BONNICHSEN
Photography on metal, 36" x 24"



Custom Landscape BY GLORIA GALE
Original acrylic painting on canvas, 36" x 48"



Mindful BY ROSEMARY BEGLEY
Original acrylic painting on canvas, 20" x 30"



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BEFORE



AFTER



OFFERING LIP BLUSHING!

OVARIAN CANCER: HOPE FOR THE FUTURE

BY LISA BUTLER

Each year in the United States, ovarian cancer kills about 15,000 women. The deadliest of all gynecologic cancers, it's too often diagnosed at an advanced stage because screening tests are not always reliable and early symptoms are often very subtle.



The symptoms that patients experience may include bloating, also called ascites, the result of increased abdominal fluid, sensations of pelvic or abdominal pressure, and trouble with their bowels and bladder. These signs usually indicate that the cancer has already spread. It is often called the silent disease because most women do not experience symptoms until later stages.

Once diagnosed, women may undergo chemotherapy and surgery to remove tumors. Although ovarian cancer is difficult to treat, researchers are hopeful that new procedures will give women a better chance of survival. With progressive surgical and medical procedures, many patients diagnosed with Stage III or Stage IV ovarian cancer can be put into remission. Encouraging new treatments give women diagnosed with ovarian cancer a fighting chance.

DRUG FACTORIES

Some experts are hoping something called drug factories will not only kill ovarian cancer, but also transform the way we think about treating other diseases. Researchers at Rice University are developing an implantable method that can make a measurable difference for women diagnosed with this dreaded disease. The implant is loaded with engineered cells that emit a protein to activate the immune system.

The drug factory, about the size of a pinhead, is placed directly next to the tumor or tumors and tiny “beads” are implanted near those tumors to continuously release controlled amounts of interleu-

kin-2. This natural compound activates white blood cells to help fight cancer.

Although the procedure has been tested only on animals, it eliminated the tumors in 100 percent of animals with ovarian cancer. When the mice were injected a second time with the cells from the same cancerous tumor, they were protected

against it. Human clinical trials are set to begin this fall.

Experts predict these drug factories will not only kill ovarian cancer, but also change the way we treat diseases such as Type 1 diabetes, genetic disorders and immune illnesses.

OK-1

Scientists at the University of Oklahoma Health Stephenson Cancer Center announced a new drug undergoing clinical trials will help fight cancers without harmful side effects. Aptly named the OK-1, the drug will initially be given to women with advanced-stage ovarian, endometrial and cervical cancers. However, the group's ongoing studies indicate the potential for fighting other cancers and even preventing cancer

OK-1 is naturally derived from vitamin A, which the body uses to make retinoic acid. While some cancer-fighting drugs can be toxic, the structure of OK-1 was changed from retinoic acid. Instead, the drug works to kill cancer cells by taking away one of the defense mechanisms the cells use to survive.

Given in capsule form, OK-1 could be a game changer for ovarian cancer patients. The main difference between other cancer-fighting drugs and OK-1 is that in preclinical models, researchers have

found OK-1 is effective at shrinking tumors without the toxicity and side effects that can accompany other treatments.

PLASMAJET ULTRA®

European researchers are also hard at work looking for ovarian cancer treatments. In the U.K., doctors at Bath's Royal United Hospital have presented the PlasmaJet Ultra for the targeted removal of ovarian cancer. The precise surgical equipment uses ionized argon gas to destroy cells during surgery without harming nearby healthy tissue.

It is hoped the procedure will reduce the amount of time cancer patients will spend being treated in a hospital. Scientists say the PlasmaJet Ultra will help vaporize tumors from tissues more accurately, ultimately helping patients to experience better quality of life.

CLINICAL TRIALS

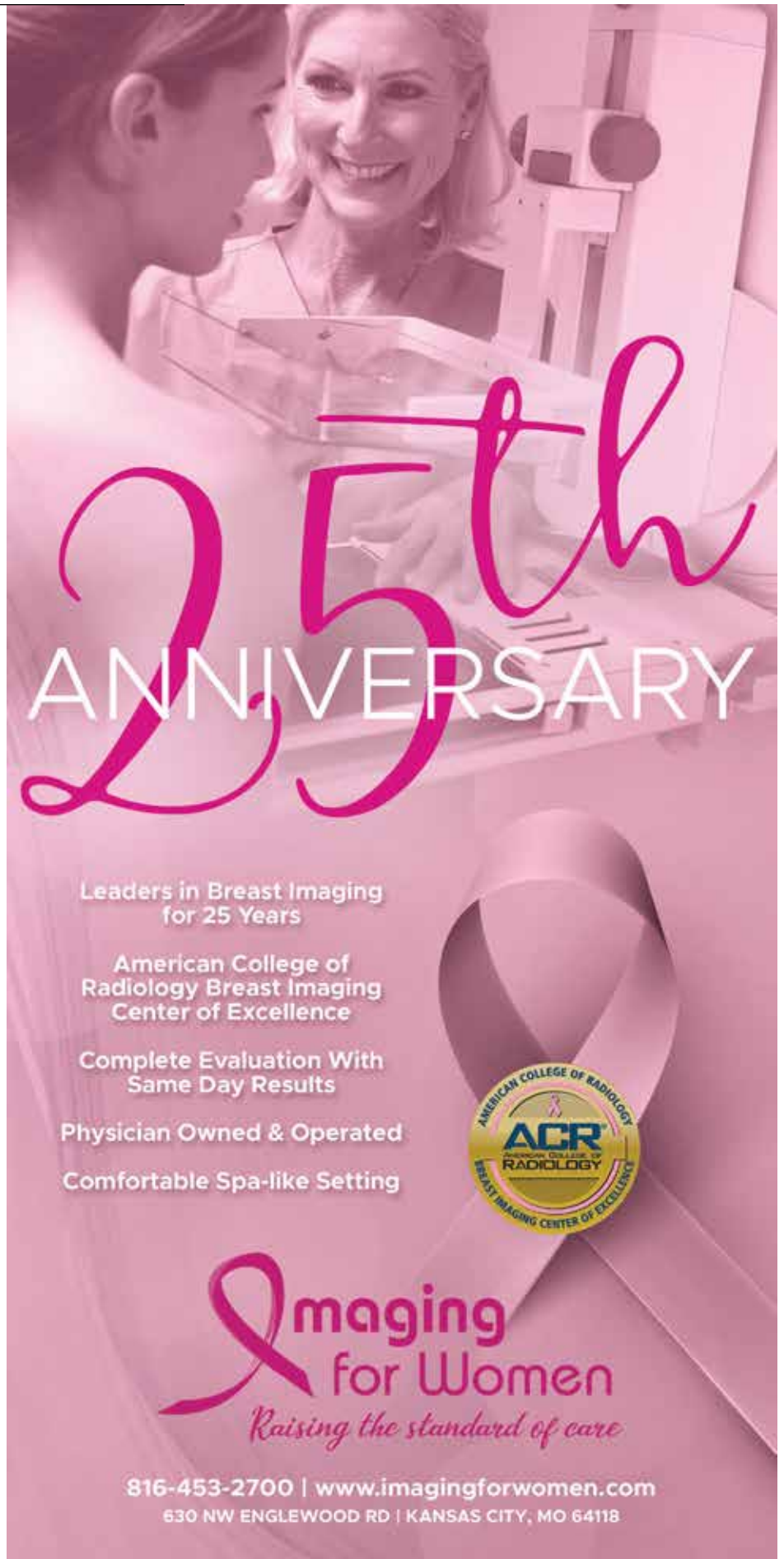
For women with advanced or recurring ovarian cancer, taking part in a clinical trial may be the best treatment option. These regulated research studies can determine whether new cancer treatments are effective or are an improvement over the present plan. A patient's doctor can recommend clinical trials that may include biologic therapies or treatments that use the patient's immune system to fight the cancer. Trials can also include targeted therapies that attack specific weaknesses in cancer cells.

EARLY DETECTION

No one can predict whether a person will develop cancer, and anyone with ovaries is at risk of ovarian cancer. However, some factors, such as a family history, genetic predisposition, use of hormone replacement therapy and aging can put a woman at a higher risk. Many researchers are aiming their resources at identifying high-risk women with a genetic predisposition for this disease.

Through counseling, giving women the option of risk-reducing procedures and continually improving current treatments, thousands of cases of ovarian cancer can be prevented. For women, knowing the symptoms and discussing screenings with their doctors can create an opportunity for prevention. ♦

SOURCES: news.cancerconnect.com, cancer.org, journalrecord.com and bbc.com.



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DR. LEVI YOUNG'S ADVANCED COSMETIC SURGERY NOW OFFERS AESTHETICIAN SERVICES

BY CHRIS WESTWATER | PHOTOGRAPHY BY AMBER DEERY

Do you sometimes look in the mirror and wish you could improve something about your appearance? Whether you crave a relaxing facial, loathe unwanted body hair, or are ready to change your life for the better with cosmetic surgery, Dr. Levi J. Young and his experienced, responsive staff are ready to help you look your best. Conveniently located in Leawood at a newly built facility, Dr. Young's Advanced Cosmetic Surgery is focused on providing excellent cosmetic services and surgery for his patients.

NEW TOP-OF-THE-LINE AESTHETICIAN SERVICES

Dr. Young, who is well known as an excellent cosmetic surgeon, said his office “now offers a comprehensive selection of non-surgical services such as facials, laser hair removal, skin tightening treatments” and more. If you're looking to rejuvenate your appearance, visit the new med spa at Advanced Cosmetic Surgery where Dr. Young's experienced aesthetician and nurse injector can help you look your best.

A wide array of treatments is available in the med spa. If you want to smooth fine lines and deep wrinkles, neuromodulators such as BOTOX® and microneedling using the SkinPen® might be a good option. In fact, microneedling can remove acne scars and stretch marks, too. If you're interested in plumping up your lips, adding volume to your face or addressing sunken skin, dermal fillers from the JUVÉDERM® and Restylane® product lines are a great solution. Additionally, light and medium-depth chemical peels can improve skin struggles such as uneven tone or texture, acne, pre-cancerous growths and signs of aging.

Laser treatments are in high demand and Dr. Young offers treatments for both hair removal and skin resurfacing. For the skin resurfacing, the aesthetician will gently and efficiently remove sun and age spots while also reducing wrinkles and refining pores using the state-of-the-art ResurFX™ laser.

If you're ready for a facial, there are two options: an Intense Pulsed Light (IPL) Photofacial and the three-step OxyGeneo® facial. Both can eliminate fine lines, skin spots and hyperpigmentation, leaving you with a fresher face. Finally, Advanced Cosmetic Surgery

offers dermaplaning and carries a wide array of SkinMedica® skincare products that can help keep your skin hydrated, healthy and gorgeous between treatments.

When the change you envisioned can't be obtained through non-surgical methods, Dr. Young is ready to help you achieve your goals. Dr. Young's surgical options include breast augmentation, lift and reductions, labiaplasty, liposuction, tummy tuck, lower body lift, arm lift, facelift, eyelid and eyebrow lift, and rhinoplasty. And a mommy makeover can combine rejuvenating surgical options to improve your post-pregnancy body.

SAME GREAT SURGEON WITH AN ARTISTIC EYE

HERLIFE Magazine's theme for this issue is Made in Kansas City, and Dr. Young fits that to a T. He was born and raised in the metro area. He graduated summa cum laude from Park University and, at the University of Kansas School of Medicine, he graduated in the top 10 percent of his class. In 2020, after years in practice, he relocated Advanced Cosmetic Surgery to a newly built, state-of-the-art facility in Leawood. He is the youngest doctor in the area to exclusively perform cosmetic surgery. “There are not very many people doing 100 percent cosmetics; it's my complete focus,” said Dr. Young.

If you're interested in breast surgery, body contouring and/or facial plastic surgery, Dr. Young could be the perfect doctor for you. He is an award-





winning, board-certified plastic surgeon who places his client's well-being among his highest priorities. He wants his patients to feel comfortable when talking through the changes they are considering. To facilitate those honest conversations, he designed his consultation room to be "more like sitting down in your living room than it is like a doctor's office," he said. He's even decorated the walls with his paintings and graphite pencil drawings.

He takes the time to work through every concern until the patient is happy with the plan and, ultimately, the results. By combining his skills as an artist, particularly his eye for detail and nuance, with his ability to listen to what patients want through respectful and conscientious conversation, he is able to craft the best treatment for each person. "We spend a lot of time figuring out expectations and making sure that we can deliver," Dr. Young said.

VISIT ADVANCED COSMETIC SURGERY'S OFFICE TODAY

From non-surgical cosmetic services such as BOTOX® and IPL Photofacials to cosmetic and minimally invasive surgical procedures of breast augmentation and eyebrow lifts, Dr. Young's Advanced Cosmetic Surgery has you covered. He and his knowledgeable staff provide a welcoming space where patients leave with an improved appearance and a smile. Visit his office, conveniently located in Leawood near 135th Street and Roe, to schedule your appointment and take the next step in looking and feeling your best. ♦

Visit advancedcosmeticsurgerykc.com to learn more.



H2O: DRINK UP!

BY KATIE KOONCE

The search for the holy grail of skin care has endured for decades. Millions of dollars are spent every year on skin care products that promise to help women achieve great skin and stay looking younger for longer.

But what if the magic beauty bullet, the secret to flawless, wrinkle-free skin, has been right in front of us the entire time? Health experts swear by the eight cups of water a day rule in order to sustain a healthy lifestyle, but could drinking water also be key to healthier skin?

IS WATER THE ANSWER?

Skin is one of the most important organs that make up the human body. Like other organs, skin is made up of thousands of microscopic cells that require water to function. In fact, 64 percent of human skin is water. When skin cells are filled with water, the skin is hydrated, causing it to look fuller. Wrinkles are minimized.

But, unfortunately, drinking more water will not erase fine lines forever. Once damaged, whether by sun exposure or an unhealthy lifestyle, your skin is permanently altered. Drinking water and hydrating the skin will minimize signs of aging only as long as the skin is hydrated. For this reason, in order to achieve younger, healthier-looking skin, it's important to make skin hydration an everyday priority.

KEEPING SKIN HYDRATED

We've been advised to drink water for years to remedy everything



from acne to weight loss. While drinking water may not be a magic cure-all for damaged skin, it won't hurt to increase your water intake. Like any organ that relies on water to function, skin works best, and looks best, when it is hydrated. Dehydrated skin, because it has less flexibility, appears drier and tighter and is more susceptible to wrinkles and unwanted fine lines. To avoid permanently damaging skin, it's important to make sure that water is being kept inside the skin cells. Keeping skin cells hydrated will also help to ensure your skin continues to look healthy and radiant because drinking water helps to flush impurities and toxins out of the skin.

Our bodies lose large amounts of water every day. Because the skin is the very last organ that water reaches after it is consumed, it's important to use a water-based moisturizer to keep water in the skin and avoid flaky, dry

texture and wrinkles. Moisturizer helps to seal water in the skin to ensure it does not dry out.

HOW TO DRINK MORE

Drinking the standard eight ounces of water eight times a day can be hard, and sometimes inconvenient. Most women, whether in the office or at home, have trouble finding time to drink 2 liters, or

half a gallon, of H₂O each day. Health experts suggest the following tips for drinking more water throughout the day:

Keep a bottle close. Keeping a reusable water bottle or tumbler near you at all times can be a constant reminder to drink up. Put a full bottle of water on your desk at work or in your purse when you're running errands. This is a convenient way to stay hydrated.

Add some flavor. Drinking large amounts of water can be hard because of the beverage's relatively bland taste. Make drinking water more enjoyable by adding a few drops of flavoring or a couple slices of fruit, such as lemons, limes or oranges to your water bottles. Not only will the added citrus help to keep your skin clear, but it will also cleanse your body and fight hunger.

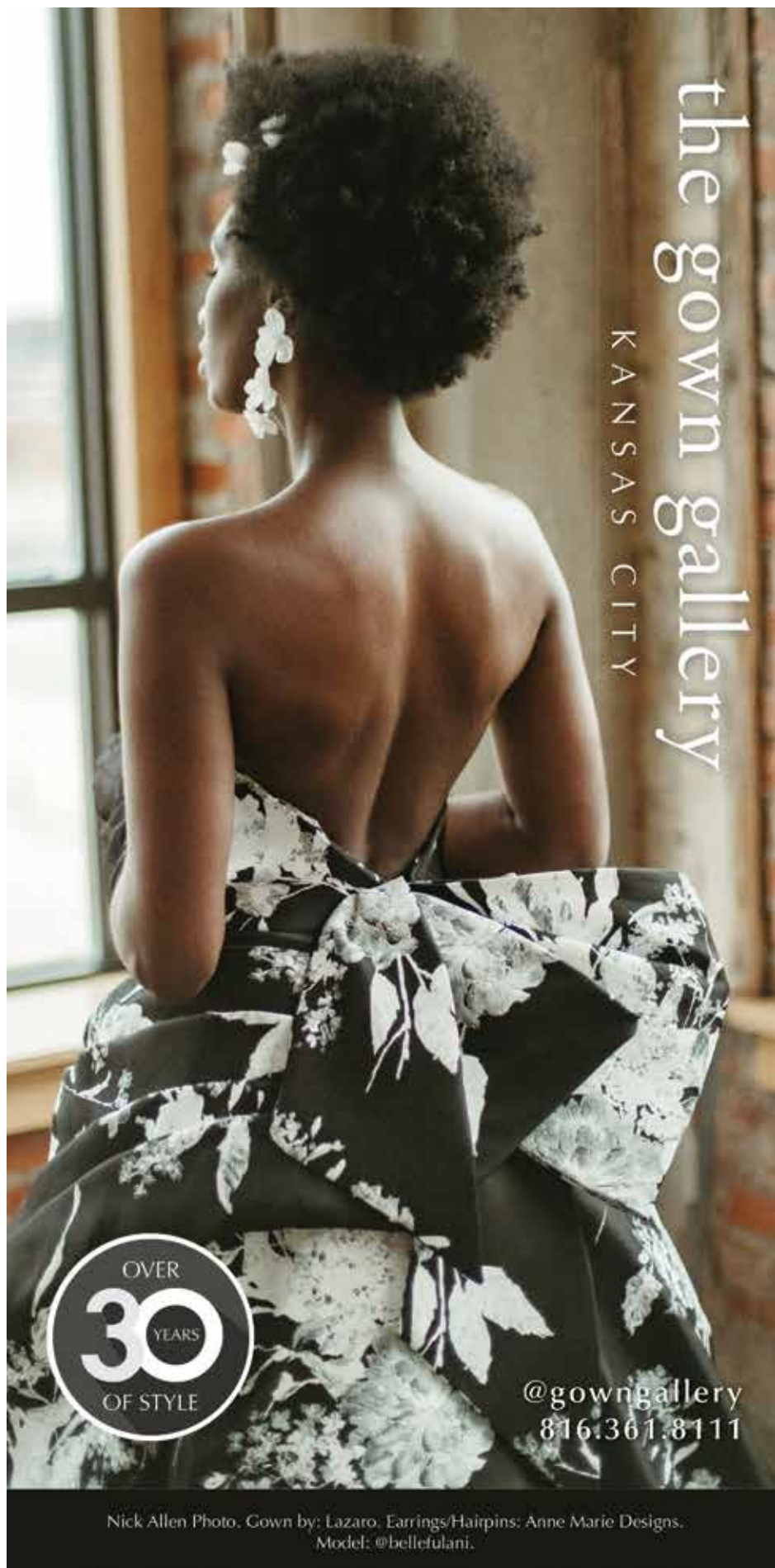
Remind yourself. An easy way to make hydration a priority is by constantly thinking about it. Set alarms or reminders on your phone or work computer to remind yourself to drink a glass or refill your water bottle. There are also apps, such as Waterlogged or Water Your Body, available for download that can help to track and improve your daily water intake.

Have a glass with every meal. Challenge yourself to drink a glass of water with every meal or snack. Even if you would prefer a soda while dining out, order water as well. Making a habit of drinking it with every meal will also help tame your hunger and make you feel fuller.

Eat your water. Drinking a lot of water will result in the loss of a lot of water, which can cause the loss of minerals from the body as well. Eating fruits and vegetables with high water content, such as avocados, apricots, spinach and cucumbers can help water your skin cells.

Increasing water intake and using a water-based moisturizer will help to keep skin cells hydrated and skin looking radiant and wrinkle free. But, like all good things, it may take a few weeks to see significant improvement, so be patient and drink up! ♦

SOURCES: *everydayhealth.com, health.com, healthyeating.sfgate.com, livestrong.com and thedermreview.com.*



Nick Allen Photo. Gown by: Lazaro. Earrings/Hairpins: Anne Marie Designs.
Model: @bellefulani.



MEGH
KNAPPENBERGER

“MAKING ART IS MY HAPPY PLACE!”

BY CINDY McDERMOTT | PHOTOGRAPHY BY AMBER J DEERY
MAKEUP BY GABI BAILEY ARTISTRY
EARRINGS BY TIRZA DESIGN | RING BY SIERRA WINTER JEWELRY
KANSAS CITY PIN BY MADE MOBB | HUMAN PIN BY CIVIC SAINT



The Overland Park, Kansas, artist secured a deal that would catapult her into a world that many artists long for but never achieve. A relative unknown, she was able to secure a licensing agreement to capture the icon that signals you're in University of Kansas (KU) country. It's a mythical, feathered creature, a cross between two common birds in the area, the sparrow hawk and the blue jay. It's the Jayhawk, and this story of success for Megh is no myth.

"I received licensing from KU in 2016, and I am one of the only artists granted licensing from the university. I created paintings of all six Jayhawks and over time added other licensed things such as the Fieldhouse and other people who are part of the KU lore, like Dr. Naismith and Wilt Chamberlain," noted Megh. "KU has granted me a license that means I can sell artwork that has the Jayhawk logo on it. It's very hard to get and it's very special. I take pride in that."

The first Jayhawk logo was created in 1912 and has morphed five more times into the current symbol. Megh used each logo in separate large paintings. But her technique included mixing in rock chalk, which is limestone that dominates the geology of Kansas and is a popular slogan used throughout the university and the state. Megh has used this special rock chalk paint on only these original works of art. The set sold for \$150,000 to one collector and big KU fan.

Over the next few years, Megh built a thriving art business. Then KU won the 2022 NCAA National Basketball Championship. "I didn't prepare anything in advance because I'm too superstitious but when they did win, I went about getting the special NCAA licensing for the national championship. I included some of the red and blue confetti from the actual game," she recalled. "It took me a while but I found a fan through social media who was willing to share their bag of confetti with me. I created an original painting and then limited edition prints that sold out in about one week."



Megh Knappenberger's business account was scraping the bottom with a measly 28 cents, not enough to secure even a cheap brush or pencil. But she never allowed the dreams she had painted in the bright hues of success to ever dry up.

AND THEN IT HAPPENED.



Over the last six years of the KU licensing agreement, Megh has connected with Jayhawks from all over the world. She is also using the fruits of her hard work and joy of creating to help others in the collegiate arts. When the final set of limited-edition Jayhawks, number 151, was sold, Megh used the \$10,000 proceeds to seed a scholarship in the school of fine arts. Through the scholarship, students can apply for funds to replenish their supplies, which can help them stay in school. Megh says she's fortunate to have the means to give back to her beloved KU that has given her so much.

CREATING A CAREER

The studio that houses Megh Knappenberger Art is located in the West Bottoms neighborhood of Kansas City, Missouri. Megh and her family—husband, Tory, seven-year-old son and three-year-old daughter—call Overland Park home. She's been operating as a full-time artist for six years and creates work that brings delight and pleasure to those who view it.

Her creative roots go back to 2010 as a freelance designer helping clients build their brands. Eventually, she focused on the fast-casual restaurant business. But a back injury in 2016 put her into rehab and she used painting as a part of her recovery process. During that time, she realized how much she missed this segment of her creative skillset and wondered if she could devote all of her energies to painting. So she closed her design business and took a huge leap of faith.

THINGS HAVE NEVER BEEN THE SAME

"Making art is my happy place, and I consciously choose to paint subjects that are a part of my story in some way and bring me joy. So when I paint, they feel happy or celebratory and have depth to them,"

Megh stated. "All of those things I feel about a subject are going into the piece. That's why and how people enjoy my work because they have the connection to it that I feel. I really enjoy painting subjects that are joyful or celebratory or have a deep story to them. That's why I'm drawn to them and I think others are as well."

But Megh is far from fitting into the preconceived notion of a starving artist, laser-focused on the creative side but not paying attention to the business of running a business. In her mind, Megh Knappenberger Art is a company that allows her to paint, but if people aren't buying, she's not painting.

"The vision of what an artist spends their day doing is very romantic, but the reality of it is much like that of many other entrepreneurs. It's running a business: accounting, marketing, administration and more. It's not painting all day every day," she commented. "It requires building the business up so that it has an engine that runs more constantly. The bigger that engine gets, the more time I have to paint, be creative and research."

WHAT'S BEHIND THE PICTURE?

Her tools of the trade include acrylics, watercolors or inks for her originals. Depending on the subject, she might choose to putter with a pencil or scribble with Sharpie. Finished sizes range from small paper pieces to 5' x 6' canvases. While her originals are mostly done on canvas or paper, she offers print reproductions on many different material types: wood, acrylic, metal and canvas. The idea is to offer an extensive range of not only materials, but price points to fit the needs of the customers and make it their own.

❖

"Artists move our culture forward, creating new ideas and helping people think differently about places, people and things. It's important for our society to take care of creative people and artists."

"I believe the art we surround ourselves with should mean something to us. We hang up photos of families. We do that because family reminds us of our center, reminds us of a place we love. That's what we love and value more than anything else in the world. Art can do the same thing. It can remind us of a place we love," she said. "For instance, I've painted many sunflowers, which is symbolic of Kansas. Many will buy my work to give as gifts as a simple reminder of that place. We can conjure memories just in a split second when we look at art. You look at a sunflower and, if you're a Kansan, you have this warm feeling. You remember this sense of place and remember something good. Art can be bland or it can mean something and change the entire feeling of a room or space."

Megh considers the backstory of each work the solid foundation upon which she can create. She considers research to be the "warm-up" for her creative skillset. She calls upon reading books, listening to audio stories, music or podcasts and exploring from any angle she

can to try to capture the story behind the art piece. This knowledge will guide her in how to create the piece and also the materials she will use in that creation. When complete, she will call upon her social media tools to share those learnings and the backstory.

“I want to make art that’s approachable and open-hearted. And I want to tell people about all of it. I don’t want people standing around and trying to guess,” she commented. I want them to come with me on the journey. I want them to be a part of the whole process. It’s important to me to tell the story and that it makes you feel good.”

PAINTING A PICTURE OF SUCCESS

As a successful businesswoman, Megh has years of experience to call upon to build a solid company. From what she has learned, she shares these points to help other entrepreneurs. “Take yourself very seriously, and get specific about what you want and what you need. Do the math, the numbers. What do you want your days to look like and what do you want your life to look like?” she shared.

“As an entrepreneur, planning should include your personal life. Don’t separate the two. I’ve been creating my business as I was creating my family. My son was only one when I started painting full time. Don’t measure success only by numbers or sales but by how you feel. Do I have quality time with family? How can I use my business to explore my passions, sell work and do what I need to do but not at the expense of my personal health and my family?”

Her accolades have been steady during the time she’s been in business, but 2022

has proven to be one she particularly enjoys. Megh was commissioned by American Century Investment to paint portraits of four KC Current soccer players as part of a program to empower and celebrate strong and independent women. She also points with pride to another project that brought her great satisfaction.

“I did a National Champions’ heart for the Parade of Hearts, the last edition, #156. It was celebrating KU’s National Championship win. At the auction, it sold at the highest price of \$27,500,” she remarked. “That was a big deal. It’s a unique position and I want to celebrate that those things happened at nearly the same time, but not intentionally. I was proud to be a part of the Parade

of Hearts.”

To make it in this world, artists must not only be creative but also serious business people, constantly learning better ways to create better art. But Megh also points out that the community has a responsibility to creative people as well. “Artists move our culture forward, creating new ideas and helping people think differently about places, people and things. It’s important for our society to take care of creative people and artists.”♦

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TING'S FILIPINO BISTRO

*Authentic, Savory,
Simply Delicious!*

BY SHERYL HAMMONTREE | PHOTOGRAPHY BY AMBER DEERY

For years, Theresa Santos-Spencer dreamed of opening a small Filipino bistro. The story of her life's journey is much like the Filipino cuisine she creates; it's fascinating, complex and certainly spicy! Family, gratitude and the relentless pursuit of her dream have fueled the fire burning inside Theresa her entire life.

Theresa, or Ting, as her father fondly nicknamed her, credits her parents for making her the woman she is today. Her mother taught her to be a strong, independent woman and to balance that strength with love and generosity. Ting describes her grandmother as loving and sweet but a fighter who was a talented opera singer, actress and owned a small eatery where she lived. Her mother and grandmother shared the family's cherished recipes and taught Ting how to make herself and others happy by cooking delicious food. "There's always something cooking at my house. Everyone knows, come by anytime and I'll have something delicious cooking on the stove!" she smiled. As I listen to Ting tell her story, I imagine her home filled with the aroma of love and tradition, and I see the determination, talent and fire passed down from her family.

If you have yet to experienced Filipino cuisine, don't wait another day! Drive, walk or take the streetcar to 17th and Locust, enter Parlor and follow your nose. The aroma of toasted garlic, spices and warm jasmine rice is heavenly. You're in for a treat; the balanced blend of sweet, salty and sour may sound complex, but it's simply delicious.

Start with an order of Lumpia Shanghai, the Filipino Spring Roll. It's a satisfying crunch followed by the taste and texture of perfectly cooked, seasoned vegetables. For an added kick, dip your Lumpia in the sweet-n-tangy sauce that is served on the side.

At home, I like to cook on skewers. This helps with even cooking and makes meat and veggies moister and juicier. Ting's Filipino Bistro has fantastic skewers! Barbecue pork, chicken and salmon are marinated, glazed and





The secret to Adobo Chicken is time. Ting marinates the chicken for several hours in garlic, vinegar and soy sauce, then cooks it very slowly, and serves her amazing dish with warm rice and pride in her family's recipe.



divine. All three were great, but if you like salmon, you will love Ting's barbecue salmon!

When Ting said they were about to bring out Adobo Chicken for our tasting, my heart leaped! My college roommate was born in the Philippines and moved with her family to the United States at an early age. Her grandmother, Grace, gave me my first taste of adobo chicken 30 years ago and my first bite of Ting's Adobo Chicken was everything I remember. It's incredibly tender, slightly sweet yet spicy. The secret to Adobo Chicken is time. Ting marinates the chicken for several hours in in garlic, vinegar and soy sauce, then cooks it very slowly, and serves her amazing dish with warm rice and pride in her family's recipe.

The Adobo Chicken was certainly delicious and brought back sweet memories but the Pancit was my favorite! This savory dish is so satisfying, especially if you like noodles, containing seasoned chicken, vegetables and vermicelli noodles topped with scallions. This is what I'm ordering on my next visit!



At this point I'm so full that I cannot imagine eating another bite. Oh wait, here comes a dessert plate of Turon, bananas wrapped, fried and sprinkled with sugar and cinnamon, and a trio of mango, green tea and ube ice cream. Ting suggested I dip one of the turon into the ice cream; good call! All three flavors were delightful but the ube was something new, made from sweet potatoes, and I loved it!

I was inspired by the details of Ting's early life on the east coast and the challenging path leading her to Kansas City. There were plenty of opportunities for Ting to give up on her dream but at each turn or bump in the road she chose to work hard and keep moving forward. There were times when it would have been easy to become bitter but she remained grateful. She was patient and paid attention while working in some of Kansas City's best restaurants. Employers noticed her desire to be nothing short of excellent at whatever she was doing and were equally impressed with the care taken to maintain relationships.

Ting set herself apart from others then and now! Opening a restaurant during a pandemic sounded crazy to most people, but Ting had done the work, built the relationships and certainly had the recipes to introduce Kansas City to the finest in Filipino cuisine. This was her time and she knew it! Ting's dream was to open a small bistro, but, specifically, she wanted her bistro to be on 39th

Street. Disappointed but not discouraged when space was not available on 39th, Ting called upon one of those relationships she'd built and in spite of a waiting list, she was offered a space at Parlor. Less than a year later, her hard work, patience and perseverance have paid off. Ting's second location opened August 1, 2022, in the River Market at 405 Main and three weeks later she opened her third location at 1803 W. 39th Street; dreams do come true!

Ting Santos-Spencer, just like her cuisine, is a fantastic surprise and certainly warm and spicy. Ting also owns and operates Khalia's Pizzeria, located in Parlor. And while she's clearly a successful businesswoman, she's also a spicy dancer and warm mother to six children. As she talks about her kids and their individual talents and accomplishments, it's clear that she is passing along the same strength and generosity she learned from her parents and grandmother while teaching them to follow their dreams. ♦

To learn more, visit tingsbistrokc.com.



Art director, illustrator and entrepreneur Sheryl Hammtreee 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.

CHICKEN PARMESAN

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



INGREDIENTS

4 boneless, skinless chicken breasts, pounded to even thickness
 2 large eggs
 2/3 cup panko bread crumbs
 1/2 cup Italian-style bread crumbs
 Kosher salt
 3 cups Pomodoro sauce or purchased marinara sauce (I like Rao's)
 1 1/2 cup whole milk mozzarella cheese, shredded on box grater
 Basil & parsley fresh, chopped
 1/2 cup Parmesan cheese, grated
 1/4 teaspoon crushed red pepper (optional)

DIRECTIONS

Preheat oven to 400°F. Spray a 9x13 baking dish with spray. Place chicken in a zip-lock or between parchment and pound the chicken with the flat side of a meat mallet. Start in the center and work your way to the edges, until the chicken is 1/3-inch-thick and an even thickness. Combine breadcrumbs in a bowl. Beat the eggs in a second shallow dish. Dredge one piece of chicken into the egg mixture, turning to fully coat it on both sides. Shake off any excess egg, then dip the chicken firmly into the breadcrumb mixture, turning to coat on both sides and packing the crumbs into any crevices. Transfer the chicken back to the baking sheet and repeat with the remaining chicken pieces. Heat 1/3 cup olive oil in a large skillet. Add chicken and cook until the breading is golden-brown and crisp and the chicken is just cooked through. When it's done cooking, remove to a wire rack lined with paper towels and sprinkle generously with salt. Repeat the process with the remaining chicken. Place a thin layer of sauce in the bottom of a 9x13 dish. Add browned chicken. Top each piece of chicken with a couple of tablespoons of sauce and the mozzarella. Bake the Chicken Parmesan for 15-20 minutes or until the cheese is bubbly. Serve with grated Parmesan, crushed red pepper if using, and chopped basil. ♦

TIPS

1: You want a big enough pan so that your chicken isn't crowded.

2: The chicken will be bland if you don't generously salt it.

3: This can be assembled early in the day and refrigerated. Let it come to room temperature before putting in the oven for the final bake.



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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Wine Spectator



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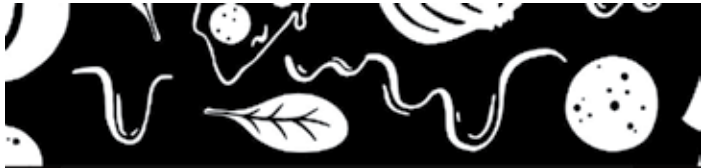
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MY LIFE IN FULL: WORK, FAMILY, AND OUR FUTURE

BY INDRA NOOYI

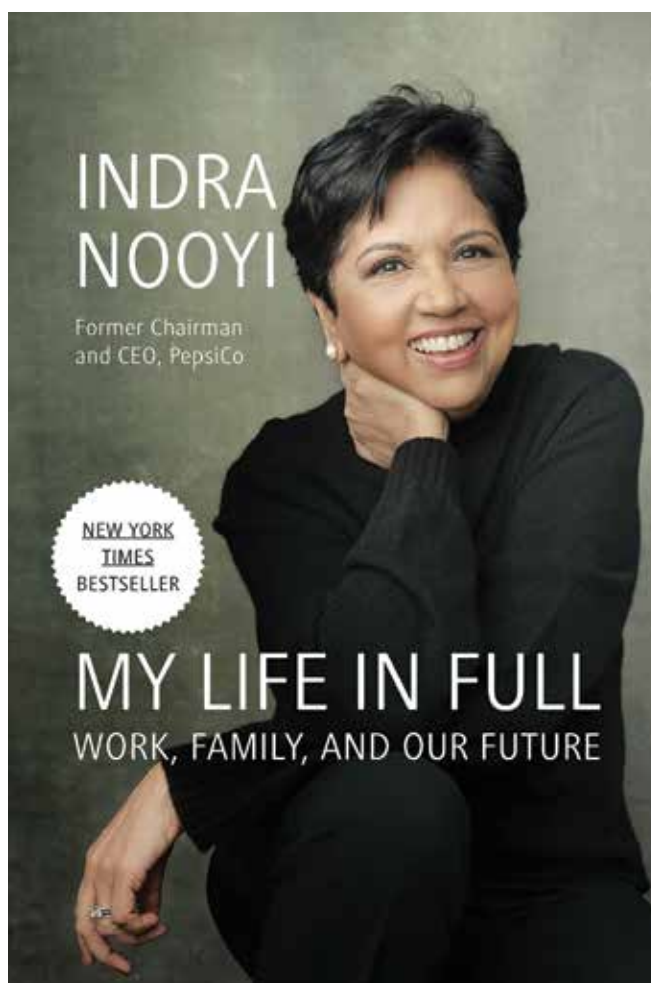
BY LINDA R. PRICE

Indra Nooyi was CEO and chairman of PepsiCo, the largest snack and beverage company in the world, from 2006 to 2019. When she retired, she thought she would write a book about how to mix work and family. This is not that book.

Nooyi discovered that the topic of women and work conflict had been investigated at every level, all over the world. Instead, she wrote a beautiful memoir about how a woman, a person of color and an immigrant rose to become the CEO of PepsiCo by living her life to the fullest.

My Life in Full: Work, Family, and Our Future begins with Nooyi talking about her childhood in India in a traditional, middle-class family. Her paternal grandfather was a retired judge. Her parents lived in her grandfather's house with many members of the extended family. As members of the Hindu Brahmin caste, they were devout and focused on education. Nooyi's grandfather frequently called to her as she returned from school, asking what she had studied. He always had her read to him in English, frequently from articles he had already read, she suspected. Words she didn't understand were looked up in either the *Oxford English Dictionary* or the *Cambridge Dictionary*, ever-present in the house.

When she graduated high school at 15, Nooyi began studying at a coed Christian college; after graduating, she entered a post-grad-



uate university, Indian Institutes of Management, affiliated with Harvard. Tens of thousands of students applied for 150 places each term. Indra's older sister, Chandrika, an excellent student, was admitted first, but their mother declared that she couldn't go unless she was married. Her mother even threatened to starve herself until Chandrika married or dropped the idea of university 1,100 miles from home. However, she backed down when both the grandfather and her husband ignored her and said that Chandrika was going. When Indra graduated a few years later, it was a nonevent for her to attend university in Calcutta.

The book's core is her arrival as an immigrant and post-graduate student at Yale University's new business school in New Haven, Connecticut, followed by her career development. During her time at Yale, Indra felt appreciated for her intellect and hard work ethic, but she was an outsider socially. Her brutally honest telling of her first interviews for a summer job will horrify, yet she got the job!

After her first year at Yale, she took a summer internship in Chicago, where she met her husband, Raj. At the end of summer, the

pair separated, Indra continuing her studies in New Haven and Raj working in Chicago. By the end of her second year at Yale, Indra accepted a job with a consulting firm in Chicago. The couple was married that summer with her family coming from India for the graduation ceremony and later wedding.

Indra details her career path, but for most women, the question is, how did she do it? There was a lot of support from her husband, Raj, and many mentors along the way. During her early years at BCG, the consulting firm she worked for in Chicago, Indra's father became ill with pancreatic cancer. BCG's CEO called to offer her up to six months paid leave to attend to her father. She says, "This episode in my life underscores how paid leave to get through all kinds of personal situations, including childbirth and personal illness but also other circumstances, can be a game changer for so many careers. In many ways, it's only when you have experienced this benefit yourself can you truly realize its critical importance."

Don't think that because this isn't a book on the conflicts of working motherhood that Nooyi did not experience these conflicts. For much of her first daughter's life, Indra had the support of her mother and other members of her extended family on both sides. Yet, there were times when no one was available, and the young couple struggled with childcare as other working couples do. She says, "The travails of working parents who do this dance every day for years, through snowstorms but also through job loss, divorce, illness and the millions of other hurdles we all face, make me wonder why accessible, affordable quality childcare isn't a national priority."

Throughout her career, Indra felt the sting of bias about her color and ethnicity. Nevertheless, she has made diversity and inclusion a priority in the workplace wherever she could. She believes that diversity and inclusion are here to stay and corporate leaders need to get used to the concept as major business drivers. Furthermore, she says, "We don't tolerate negative, discriminating behavior against our daughters or sisters or wives. Why do we allow it in the workplace, directed at women who are daughters and sisters themselves?" On many other workplace topics, she is equally vocal. The book is thoughtful and full of insights of a woman who's been there, done that. ♦



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YOUR RIGHTS TO RECOVERY AFTER AN ACCIDENT OR INJURY

BY MARK GROVER

Q

What do I do if I am in a car accident?

A

The first step is to call the police or 911, if anyone is injured. Even if the accident is minor, this is an important step! Do not admit fault or give any recorded statements until you have spoken to an attorney. Before you leave the scene, make sure you get all parties' and witnesses' contact information and take pictures of everything. After the accident, keep records of your pain, medical treatment and expenses. Seeking medical treatment is extremely important after an accident. Getting a thorough assessment by your doctor, the emergency room, or an urgent care facility can help identify any problems that have arisen from the collision. Another important step is contacting your insurance company as soon as possible and letting them know the details of the accident so they can start building a claim for you. In addition to the protection this creates, failing to promptly file a claim could put your right to get compensated at risk. Your attorney deals with the legal issues while you focus on recovery.

Q

Why should I hire an injury lawyer?

A

Hiring an injury attorney puts someone on your side to advocate for you so that you get maximum compensation and not get taken advantage of by an insurance company. Without help, navigating the injury claim process is very difficult and confusing, and a single misstep can cost you thousands of dollars and months of time.

An injury attorney specializes in negotiations with insurance companies and will work hard to secure your maximum settlement. The settlement process is a maze of paperwork, bills and potential pitfalls that can carry on for months or even years. Leave this to the experts while you focus on recovery!

Ultimately, if you're not able to settle, you'll be forced to file a lawsuit and you'll need an experienced lawyer to fight for your rights. If you have been injured due to no fault of your own, an injury attorney helps you get the compensation you deserve. ♦



Mark Grover, the founder of Grover Law Firm, is an award-winning attorney with more than 22 years of experience. Most recently, Mark was voted the Best Injury Lawyer in KC for 2022. He is admitted to practice law in Kansas, Missouri and the United States District Court for the District of Kansas. Mark is an active member of the Kansas City community and for ten years has served on the Board of Directors of Strive for Life Foundation.

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JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS
PHOTO BY LAUREN FRISCH PUSATERI

I'd like to give a shoutout to my mom for the gift of good genes and a nice, speedy metabolism for most of my life.

I never really appreciated it because I never even thought too much about it. I just knew I could pretty much eat whatever I wanted and it didn't really move the scale. Oof. I took it way for granted. Until now. Thanks, 40s.

I'm not totally sure, but I feel like the whole COVID situation was the start of my extra-bad eating habits. Let's face it, life was weird. We were all cooped up, bingeing Netflix and having all the snacks. The only place we could go when we just had to get out was a drive-through. I found the Andy's Frozen Custard drive-through to be particularly satisfying. Oh, did I mention it's super close to Chick-Fil-A?

So then, I decided to take charge of my mental health. I started taking medication. I had heard stories of others experiencing weight gain while taking anti-depressants. My final analysis? The pill itself didn't cause the uptick in pounds. But it did cure my anxiety and made me feel so happy that I decided food contributed to my inner joy, so why not?! I was having dessert after every meal. I was drinking sweet tea like it was my job. But then it just didn't feel so good anymore. I

didn't feel good anymore. I knew I had to make changes.

I started the #75softchallenge a few months ago and I've lost 15 lbs. by totally transforming my eating habits, drinking a ridiculous amount of water each day and walking or going for a ride on my Peloton. It's kind of crazy because I've actually lost my desire to eat garbage, and believe me, I was consuming all of it. At first, I was actually mad about how much water I was drinking. Now, I crave the way I feel when I'm totally hydrated. But the biggest change of all is that I've ditched my all-or-nothing mentality. When I do have a treat, I just jump back in. I don't get stuck in the land of chocolate, donuts and sugary drinks.

I'm a work in progress! But right now, I'm feeling really proud of myself for sticking with it. I'm just a couple pounds away from my goal. My clothes are fitting so much better! *I feel* better.

I'm writing this as encouragement if you're feeling like you just don't even know where to begin. I didn't either. It all seemed so daunting. But, just jump in. If I can do it, you can do it. ♦

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

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Safehome

A Place to Heal

It is reported that an act of domestic violence occurs every nine seconds in the United States. Sadly, over the past two years in Johnson County, Kansas, there have been over 6,000 reported incidents of domestic violence, and nearly 7,000 crisis calls were answered by Safehome's 24-hour hotline.

When a victim has no choice but to flee their situation, most times that means leaving in an instant with no time to gather

belongings. Survivors and their children often come to Safehome with just the clothes on their backs.

The mission of Safehome is to break the cycle of domestic violence and the forever goal is to provide a warm, welcoming place to heal. Partnered with 100 percent free-of-charge legal, advocacy and counseling services, a room stocked with brand new bedding, hygiene and everyday essentials is provided to every single survivor served. In 2021, Safehome provided 13,081 bed nights in total. Most of those beds were occupied by children.

"When we provide dignity and quality with these new items, our survivors feel cared for. When our families feel safe, supported and cared for they are empowered to let guards down and begin the healing process. These comforts are the things we often take for granted. "This is where you come in!" said Megan McGee, Senior Director of Development. Safehome is asking for community partners and supporters to sponsor a survivor's room for the month of September both with in-kind and monetary donations.

"Our current needs include twin-size bedding, pillows, shower curtains, laundry baskets, hand and body towels, paper goods, full-size hygiene products and gift cards (Walmart, Target). For ease of donation, please visit our Amazon Wish List or our website at safehome-ks.org/donate." Please note, all items must be brand new.

Safehome can accept your monetary donation via Venmo at @Support-Safehome. \$0.91 of every \$1.00 donated goes to direct client care.

"The average cost to stock one room at Safehome is \$400," Megan continued. "But your donation is priceless. We hope you'll find room in your heart to make a meaningful difference in the lives of local survivors." ♦





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SEPT. 5 Bike for The Brain

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It's the 17th annual community bicycle ride for mental health. Funds raised support Mental Health America of the Heartland, a not-for-profit organization dedicated to promoting the mental health of the community and improving the quality of life of persons with mental illness through advocacy, education and support. Visit bikeforthebrain.org to learn more.

SEPT. 10 Kansas City Corporate Challenge Twilight Trek Benefiting Bra Couture KC

SOUTHCREEK OFFICE PARK

Join the first annual 5K walk/run along Tomahawk Creek Trail and celebrate your finish at the afterglow party with food, drink and music. Funds go to programs for uninsured cancer patients at the University of Kansas Health System, University Health, Verda's Place at Sarah Cannon, Cancer Action, Liberty Hospital Breast Care, Samuel U. Rodgers Health Center and Imaging for Women. Free mammogram screenings. Learn more at runsSignup.com.

SEPT. 10 Girls Night Out – KC Royals

Only individuals who present a Girls Night Out-theme ticket purchased through the KC Royals site will receive a limited Kendra Scott Emilie multi-strand necklace. This will be distributed only at Gate A. Other vendors inside the stadium will include Sephora, Posh KC Blow Dry Bar, EB and Co. and more! Tickets at royals.com.



SEPT. 11 SASS-MoKan 19th Annual Remembrance Walk

**9:00AM, LOOSE PARK
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The walk celebrates lives lost to suicide. A dove release around 10:00 a.m. follows the walk. There will be a flag corps in memory of the many lives lost on 9/11. Proceeds will help suicide awareness, education, prevention and survivor support. Details at sass-mokan.com.

SEPT. 15 2022 Hearts of Gold Fundraising Event

**5:30-8:30PM, GRAND STREET
ON THE PLAZA**

The 12th annual Hearts of Gold event includes an array of heavy hors d'oeuvres as well as a complimentary bar. Register now to join in the fun or sign up as a sponsor for some extra perks! Visit supportingkids.org for tickets.



SEPT. 17 Rightfully Sewn Golden Gala

7:00 - 11:00PM, THE LITTLE THEATRE, 301 W. 13TH STREET, KANSAS CITY, MISSOURI

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auction. Award recipients will be Mo Heart, internationally acclaimed fashion professional, a Kansas City native and fan favorite from *RuPaul's Drag Race* and its iterations; Dr. Yingying Wu, exceptional fashion educator and assistant professor in fashion design at Kansas State University; and Nataliya Meyer, distinguished fashion designer, a Ukrainian-American fashion designer and owner of Lucia's Sarto in the West Plaza neighborhood. Visit rightfullysewn.org for tickets.

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CAPRICORN
(DEC. 22-JAN. 19)

Saturn, your ruling planet, is going retrograde on the 12th, so your pace of life will slow down. This is a great time to table family issues, or social issues, and focus on your career. As a result of most of your planets being in the upper half of your chart, money issues will get better for you. So, enjoy!



TAURUS
(APR. 20-MAY 20)

This is not the month to indulge your bull-headedness. Instead, attempt to work with and through others to achieve your goals. If you will do this it will make you popular to the point that you can call in favors at any time. With two of the larger planets going retrograde in your money sector, be very careful how you spend or invest your money.



VIRGO
(AUG. 23-SEPT. 22)

While other signs are struggling with the double whammy of having two planets in retrograde, this situation will not faze you in the least. In fact, with Mars in your sign you will have an abundance of energy and clarity, and the ability to move forward on some long-planned projects. Toward the middle of the month you are especially going to realize that you are in charge of your destiny and it will feel good. Finances will be supercharged, so enjoy.



AQUARIUS
(JAN. 20-FEB. 18)

This is the month to give yourself fully over to the "now" of the moment. If you will do this, then the future will lay itself out without your having to do much. Your mental clarity and focus are going to be at the top of their game.



GEMINI
(MAY 21-JUN. 20)

This is a time to take a back seat and let others shine for a while. Trying to assert yourself and push your ideas forward right now is going to backfire in a horrendous way. Mars is going to be in your 4th house, which is going to make you a very emotionally charged individual. So before going postal, count to ten, or remove yourself from the situation for a while until you are calm.



LIBRA
(SEPT. 23-OCT. 22)

Generally, you are willing to go with the flow, but not this month. Your ability to speak up and be in charge will be enhanced. Take advantage of this to ask for a raise, try something new, or discuss something with your significant other that you've been putting off.

STAR JOURNEYS

BY MELODY BUSSEY

With two planets going retrograde this month, most signs should focus on communication and be very clear about what is being said, understood and assumed. Those signs whose planets are still residing above the horizon will feel the effects of the retrograde less. This is the month for forging ahead or making plans for a successful move forward.



PISCES
(FEB. 19-MAR. 20)

The planets are giving you the ability to customize your career and work hours this month. Some of you will choose a shorter work week, while others will start up their own business. Either way, seek to find a balance with emotional health and the work you choose to do for a living.



CANCER
(JUN. 21-JUL. 23)

Venus is camping out in your 4th house, making this month the perfect time for family and friends. This is also a time when you may feel more like nesting, repairing and fixing up things around the house. A shift in power is going to happen toward the end of the month that will allow previously untapped social abilities to emerge.



SCORPIO
(OCT. 23-NOV. 21)

Pluto is in your Eastern sector, which means that cosmic forces are yours to command. This is the time to strike out in a new direction, take control of certain situations, and create the spiritual life you've been considering for a while.



ARIES
(MAR. 21-APR. 19)

This is the month that the planets are urging you to work on your social skills, especially in the area of compromise and empathy. Learning how to successfully negotiate is going to make this month move smoothly toward larger goals. Money issues will ease on or around the 24th.



LEO
(JUL. 24-AUG. 22)

This is the month where you will need to focus on creating some inner peace for yourself, as well as balancing the needs of others. You will find that if you give yourself some emotional comfort, then career issues will right themselves. Be very wary of trying out any fad diets, as they may negatively impact your body's chemistry.



SAGITTARIUS
(NOV. 22-DEC. 21)

Almost all of the planets are going to be above the horizon for you this month, making your powers of self-reliance and independence legendary. However, due to the retrograde, you will need to make sure that you watch your spending more closely.

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