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LEGENDS
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KEEPING IT LOCAL!

Photography by Amber J Deery



I'm pretty sure we have all lost an article of clothing, such as a favorite sweater, coat or maybe misplaced, my favorite sweatshirt. It has irked me to no end. Not only was it the most comfortable piece of clothing I owned, it was my favorite Kansas City hoodie!

If someone had told me ten years ago that I would be so upset about losing a locally bought sweatshirt with my hometown on it, I would have laughed. Truth is, I think most of us probably would have.

I grew up here in Kansas City. One thing that has changed over my lifetime is my sense of pride for this place I have always known as home. I may have had one Comets shirt growing up, but I think I only wore that when we went to a soccer game at Kemper Arena. I know I didn't own anything with KC on it. Now, I don't need to attend a local sporting event to wear their team shirt. I often find myself planning

my wardrobe around a KC tank, which, by the way, goes great with a great pair of jeans and a blazer!

While the number of local stores and boutiques selling KC gear continues to grow, so does the number of their loyal clientele. It doesn't end with apparel. Kansas City

is home to so many restaurants, retailers, artists, events; the list is endless. The list is growing all because we support our local business owners, entrepreneurs, artists and the like.

Kansas City has so much to be proud of and because of this wonderful city, we have so many avid readers and supporters. Thank you for supporting local and thank you for making *HERLIFE* Magazine so well received year after year.

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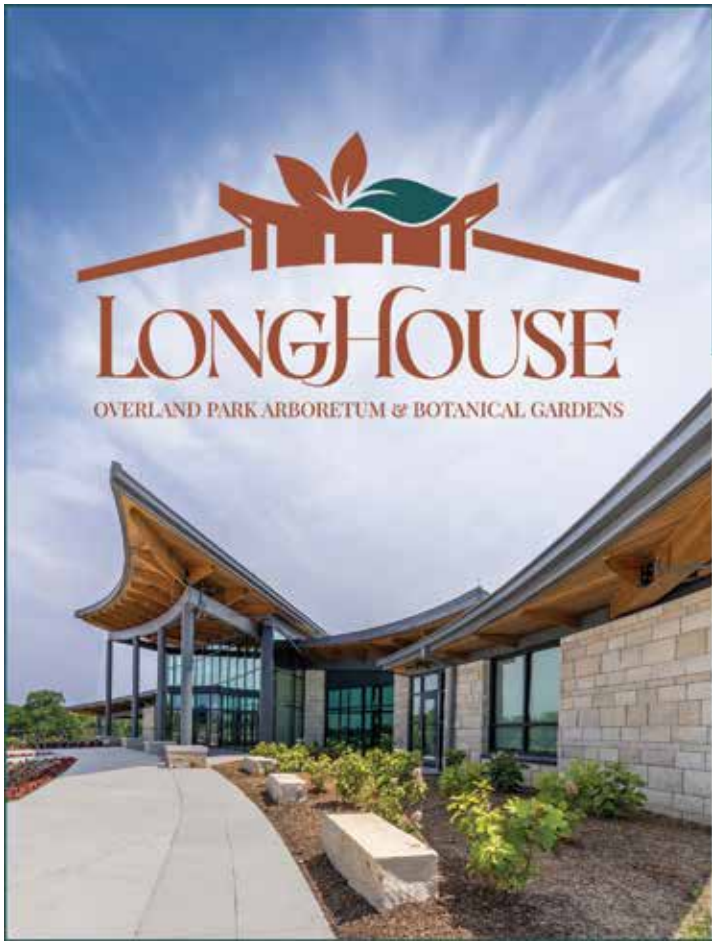
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THE AESTHETIC PLACE

CELEBRATING THREE YEARS OF MED SPA SUCCESS WITH REFLECTIONS, ASPIRATIONS AND INSPIRATIONS

Photo by @sarahphotographykc



The Aesthetic Place opened its doors during the COVID pandemic in September 2020. Founder and Nurse Injector Kristen Kneidel, RN, BSN, began her aesthetic career in 2014. After years of continuing education, mastering her art of natural intention injecting and full-face rejuvenation, a shift occurred that she now recognizes as part of her life path.

Her vision was to launch a med spa that focuses solely on facial rejuvenation, celebrating one's unique beauty and build a place of luxury, integrity, and inclusivity in a welcoming environment. Just weeks from the time the idea was born, The Aesthetic Place was open and thriving.

"Our first year was a wonderful surprise. With the incredibly small staff we had, we exceeded our goals well beyond our wildest expectations," Kristen states. "Don't get me wrong, it's been far from easy. I have worked endless days for nearly three years now but it has all been worth it." When asked about the most challenging part of running your own business in addition to seeing her own patients, her answer is simple. "The newness of running a business and the learning curve that goes with that. Injecting is my happy place; learning business operations has been the biggest hurdle."

During these years of growth and learning, she explains that her inspiration has been to show other people who may be struggling to launch a business or find their path that hard work and resilience truly do pay off. That believing in yourself can lead to great things. In one of her posts before opening her place, she writes, "This is for all of you who were not good students. Dreamers who were told you couldn't. For those who are self-made but never give up. For all the single moms. Never quit dreaming; never quit doing. Take the chances; honor your spirit always."

So, CHEERS to another year of success and great things to come! ♦

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DR. LEVI YOUNG'S NEW KC AMBULATORY SURGERY CENTER

100 PERCENT DEDICATED TO COSMETIC SURGERY

BY CHRIS WESTWATER | PHOTOGRAPHY BY AMBER DEERY

You may know of Dr. Levi Young's Advanced Cosmetic Surgery practice, but did you know that he now has a surgicenter fully dedicated to performing cosmetic surgery? Dr. Young's Advanced Cosmetic Surgery is a thriving practice that has grown since he opened his doors eight years ago. With the addition of the surgicenter, Dr. Young said, "I think the quality of the entire experience, from my office to the surgery center to the follow ups, is a great way to deliver a comprehensive cosmetic surgery experience and excellent results."

NEW COSMETIC SURGICENTER

Dr. Young is happy to celebrate the one-year anniversary of the Kansas City Ambulatory Surgery Center. “Last September, I opened up a new surgery center with several other cosmetic surgeons and that’s where I now take all my surgeries,” Dr. Young said. “It’s 100 percent cosmetic surgery there, and I think we’re delivering a better quality of experience by doing it that way.” If you’re familiar with Dr. Young, you know that cosmetic surgery is his sole focus. “I opened my practice in 2015 and I’ve done 100 percent cosmetic surgery the entire time. It’s kind of the cherry on top for me to now have a surgicenter that’s dedicated to cosmetic surgery as well.”

The surgicenter is located at 135th Street and Mission Road, close to Dr. Young’s Advanced Cosmetic Surgery office conveniently located at 135th Street and Roe Avenue. Both facilities are in the Overland Park-to-Leawood corridor of cosmetic and reconstructive surgery professionals.

STELLAR STAFF, EXCELLENT CLIENT EXPERIENCE

Since Advanced Cosmetic Surgery opened in 2015, Dr. Young and his staff have evolved and grown into a well-oiled machine. “I think I have great office staff. From the moment a patient has their first consultation, they spend a lot of time interacting and conversing with my staff, who do an excellent job,” he said. “My team has been with me for several years and they make the patient’s experience good. They’re very knowledgeable about everything from the procedures to the best way to handle various situations. My staff takes the whole experience up a level to provide a better-than-average experience.”

Dr. Young’s patients love the way his surgery makes them look. “There’s such a satisfaction to see the end result; it’s so profound. Some women cry because they’re so happy with the changes they see,” Dr. Young shared. And it’s not only the patients who are thrilled. “I had the husband of a breast augmentation patient in the other day, and he said, ‘Doc, when we first started this process, I was really skeptical. In fact, I didn’t want her to do anything. I was against it. But now? Well, you did a really good job.’” Certainly, it is the patient’s happiness that Dr. Young is most concerned with; however, having the



patient’s loved one’s support and approval of the procedure’s results is a bonus.

Dr. Young also does revision surgery. “I have a patient who’d had breast augmentation out of town and had a complication resulting in the removal of one of her implants. The standard practice is, if you take it out, you leave it out for six months before you put it back in. So, she was very asymmetric,” Dr. Young said. “She was told by the original surgeon that he couldn’t fix the breast. Sometimes patients are told strange things by other surgeons or told there’s nothing that can be done about a problematic previous procedure. I love working with those patients because I’m often able to help them, which makes a huge difference in their lives and I’m happy to help get them there.”

CAMP MOJA

Dr. Young gives back to the community, and his special focus is Camp Moja. “I had an aunt with Down syndrome. There’s a one-week camp every summer in Excelsior Springs, Missouri, Camp Moja. It is a summer camp for mentally disabled adults. My aunt used to go to this camp. My father and mother were active and eventually I became active with the camp. One of my brothers still

attends the camp every year and my daughter was a counselor this summer. I’ve donated to the camp budget for the last five years or so.” Dr. Young said. “It’s a really cool camp and near and dear to my heart.” Giving back to Camp Moja and the greater KC community is as important to Dr. Young as performing cosmetic surgery that results in smiles on his patients’ faces.

SCHEDULE A CONSULTATION TODAY

If you’re considering having a cosmetic procedure done, schedule a consultation with Dr. Young. “I’m eight years into my private practice and I feel that my staff and I have hit a stride where we’re really delivering a great experience. We’re having a lot of fun with the business, and I think our patients benefit from our positive outlook and excitement about our work,” he affirmed. ♦

Visit advancedcosmeticsurgerykc.com to learn more about the surgical and non-surgical cosmetic procedures and treatments his office offers. For information about the Kansas City Ambulatory Surgery Center, visit kc-asc.com or call 913-353-9123.

WEIGHT LOSS SHOTS: WHAT TO KNOW

BY LISA BUTLER

By now, you probably know someone who is taking or has taken a diabetes shot for weight loss. Touted by celebrities and TikTok influencers, Ozempic® and Wegovy® are two of the most popular brand names for semaglutide, a drug that was originally designed to treat type 2 diabetes.

Semaglutide mimics a naturally occurring hormone called glucagon-like peptide-1, or GLP-1, that helps restrain the appetite by signaling to the body that it is full and prompting the stomach to empty at a slower pace. In turn, the medications can lower blood sugar levels and suppress hunger, leading to weight loss.

Ozempic and Wegovy are designed to be injected as a shot once a week in the stomach, thigh or arm. To take them, a person uses a pen-like device with a needle the size of a human hair to inject themselves in the abdomen or thigh.

Approved by the FDA to effectively treat diabetes for years, semaglutide was recently approved by the FDA under the brand name Wegovy to treat obesity and for those who have health problems related to excess weight. Like many medications, these drugs are used off label specifically for weight loss.

Not surprisingly, these drugs have become hot shots! Ozempic prescriptions tripled from 2021 to 2022 and in early 2023, the FDA named Ozempic and Wegovy two of dozens of medications in short supply. The manufacturer of semaglutide stated that the company was experiencing intermittent supply disruptions due to the



combination of high demand from the public and overall global quantity limitations. As of mid 2023, the supply and demand seemed to be more stable.

Just as with any medication, these shots can carry side effects that vary among users. People taking Wegovy or Ozempic may experience gastrointestinal issues, dehydration, nausea, diarrhea and constipation. In rare cases, the medication could increase the risk of pancreatitis or cause thyroid issues. But side effects rarely last longer than a week or so, especially if patients are guided by an experienced practitioner who starts dosage low and gradually increases the medication.

It's no wonder Wegovy and Ozempic are popular,

since these drugs can help transform someone's health, not just with weight loss, but everyday life. By losing weight, some patients can perform activities they couldn't do before such as tying their shoes more easily or taking the stairs. Semaglutide can ultimately decrease chronic health issues linked to obesity and diabetes, such as the increased risk of stroke or heart attack.

When monitored by a healthcare professional, weight loss injections are generally safe. However, because injections are more invasive and cause more discomfort than oral medications, expected

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side effects can include pain and bruising at the injection site. Giving a shot to yourself may be very challenging to some, but since it is required only weekly, the results can be well worth it.

As with other drugs, when someone stops taking the shots, the effects eventually wear off. Obviously, individual results and long-term outcomes will differ, but obesity and excess weight are variable and often lifestyle oriented. So, given how Wegovy and Ozempic work, people may experience rebound weight gain if they discontinue using them. Since the active ingredient mimics the satiety hormone in our bodies, a person taking the drugs will feel full faster and longer. When the shots are no longer injected, people are likely to feel hungrier and crave sweets or other foods as they did before using the medication. Appetite may increase, so users may no longer feel satisfied with smaller meals. Some people may experience loss of energy as the weight comes back, sometimes more weight than was lost.

These aren't cheap shots, either. Taking semaglutide solely for weight management isn't part of traditional insurance coverage, and most companies view weight loss drugs as lifestyle enhancers. Without insurance, the price for Wegovy is around \$1,300 for a 28-day supply, and Ozempic can cost around \$900 monthly. People who don't meet the FDA's criteria for obesity or excess weight with at least one weight-related condition such as high blood pressure, type 2 diabetes or high cholesterol, are generally considered ineligible for coverage. Currently, there are no generic versions of semaglutide, and as a new medication, the cost is subject to the pricing of the manufacturer.

For long-term, healthy weight loss, good nutrition and consistent exercise are the most trusted methods for achieving optimal health. However, we occasionally discover that even the most well-followed diets and exercise regimens could use a boost. But before making a beeline to your doctor to get that shot prescription, consider the variables, the costs and your pocketbook. Medication can buy us time, but it doesn't correct the root of the issues. ♦

SOURCES: nytimes.com, health.harvard.edu, nbcnews.com and medicalnewstoday.com.

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NURTURING BEAUTY

Inside and Out

BY CHRIS WESTWATER
PHOTOGRAPHY BY
AMBER DEERY

Whether you love your current hairstyle and simply need a trim or you're interested in changing up your current haircut, the experienced stylists at Jules and Zoa Statement Salon want to help you achieve the look you want. Jules Moore, owner and lead stylist, said, "I love making 'aha' moments where the client sees the final product and loves the results." In addition to scheduling an appointment with one of Jules and Zoa Statement Salon's professional stylists, you can book a relaxing esthetic treatment and browse a selection of items from local companies and artists in the salon's boutique.



“We love making connections and creating bonds with people and being a part of their lives. We get to make them feel beautiful inside and out,” Jules said. “It’s really a wonderful gift to be able to do every day.”

JULES MOORE: A PASSIONATE OWNER, EDUCATOR AND MENTOR

Jules and Zoa Statement Salon opened in 2019 and is named after Jules’ three teenage daughters: Zuzu, Olivia and Claire Antoinette. “They are my life, and their support was endless in this dream of salon ownership,” she said.

Since the day the salon opened, Jules has loved every aspect of owning a salon; however, what drove her to open her own salon was the desire to teach and mentor. “I love educating our guests and opening their eyes to different ideas and different things like new products or how to style their hair,” Jules said. With that in mind, she cultivated a like-minded team of professional stylists with a variety of backgrounds and skills who work well together. She appreciates that each team member brings something special to the group, which positively impacts the whole team. “I allow everybody to have their own individuality, and when someone needs help, we’re all there,” she continued.

Collaboration and communication are key for Jules and her team with each other and their clients. As part of every appointment, the stylist will consult with you about what you want and how to make it happen. “Recently, a stylist was working with a new client who wanted this whole transformation. So, I collab’ed with the stylist and helped deliver the results the client wanted. She had tears in her eyes, she was so happy.” That’s what Jules and her stylists like to deliver. “We love making connections and creating bonds with people and being a part of their lives. We get to make them feel beautiful inside and out,” Jules said. “It’s really a wonderful gift to be able to do every day.”

MORE THAN A SALON

In addition to hairstyling services for men, women and children, cuts and styles, color and blonding, scalp and hair treatments, beard trims and hair extensions, Jules and Zoa Statement Salon also offers esthetician services. “We have an amazing esthetician, Sydney Scavuzzo, who provides face and body waxing, eyebrow and eyelash tinting, lash lifts and a variety of facials with special add-ons. Our little saying is, ‘A facial is a magical map that defies aging, you go to Sydney,’ because she’s so gentle and soothing,” said Jules. “You get a little nap and when you wake up, you’re glowing and bright.”

The salon houses a boutique that carries candles, jewelry and art from local companies and artists. When you walk into the salon, you’ll likely smell one of the Continued Good candles such as Stay Royal KC,

SEPTEMBER SPECIAL: BEAUTY, BOOKS, BLOWOUTS

Schedule a Customized Facial, Signature Hydrofacial or Luxury Hydrofacial in September and donate a book to receive a free blowout, a savings of \$30! Books will be donated to local charities. See ad this issue for more details. ♦

a popular lemonade-like scent with white and blue coloring, burning while you’re greeted by Alison, a lovely Brit, or another of the front desk team. Supporting local is important to Jules, and that extends to her charitable efforts.

SUPPORTING KANSAS CITY TEENS IN NEED

Jules and Zoa Statement Salon supports Project Starfish year-round. “They make dignity bags for local teens in need,” Jules explained. She accepts donations on behalf of Project Starfish of full-size shampoo, conditioner, lotion, shaving cream, deodorant, toothbrush, toothpaste and razor. “Our main focus with Project Starfish is the local teens because I have teenagers and I would hate for anybody to not feel beautiful,” Jules said. In another effort to help local teens and to celebrate Jules and Zoa Statement Salon’s fourth anniversary, the salon hosted an art and anniversary show in support of House of Hope KC, a Christian-based nonprofit that provides residential care and out-patient counseling for teens in the KC metro. To help, call the salon for a list of needed donations.

“We don’t just create beauty, we live within beauty,” Jules concluded. “We do this by touching the lives of every person we come in contact with in a positive way.” ♦

Jules and Zoa Statement Salon is conveniently located at 127th Street and Plumm Road. Book your appointment today by calling 913-839-3888 or visiting julesandzoa.com.



LISA MCCOOL AND
LAUREN BURROUGH



A Creative Vision for All

BY CINDY MCDERMOTT | PHOTOGRAPHY BY AMBER DEERY
HAIR BY SIERRA HERMSEN | WARDROBE BY ELLIS CLOTHING COMPANY
SHOT ON LOCATION AT MYKC EYEWEAR

This mother-and-daughter duo has their eyes on Kansas Citians and can clearly see the diversity our city offers in people, places and things. Their business has framed all these details into one extraordinary concept: Red & Gold KC, an independent eyeglass frame company. Lisa McCool and Lauren Burrough are the creative powerhouses driving this company into an all-seeing, profitable adventure.

These Kansas Citians are also taking on the optical international goliaths with their mission-driven focus of creating spectacles accessible to all. Their collections of frames accommodate diverse face shapes and sizes without breaking the bank. To top things off, the premier line is named after metro landmarks with the MYKC collection.

“We are extremely proud to be from Kansas City and what the city is doing, and we wanted to be a part of that. That’s why we created a company that offers products named after Kansas City landmarks and traditions,” noted Lauren. “These frames can fit on the faces of all Kansas Citians. When designing these frames, every shape, size and skin tone is taken into consideration by us. Our pride in our city is the biggest thing that we work into every aspect of our frames.”

“We’re one of the few companies that offers a translucent frame in four colors that flatter different skin tones. We make three different kinds of tortoiseshell to match different skin tones. Also, we created different bridge widths because we know that some are narrow and some are wide,” revealed Lisa. “We looked around the city and saw all the different sizes and shapes of faces. We’ve been thoughtful about designing a frame for everyone, just like there’s a place for everyone in Kansas City.”

CLEAR VISION OF THE START

With extra time on their hands during the COVID lockdown, Drs. Ryan Powell and Burt Schreiber created Red & Gold KC, the concept of naming the frames for different Kansas City landmarks and a few sample frames. About six months later, Lisa and Lauren were asked by the optometrists to come on board and take the company to the next level. Initially, the plan was to come on as consultants and scale up the company by creating a business plan, but plans quickly changed.

Lauren was already working in marketing and social media for several local Kansas City businesses, and Lisa enjoyed a successful career in optometry. But along the way she developed a keen sense of business strategic planning and development. The doctors’ prescription was 20/20 when it came to envisioning the advantages this pair could bring to developing their business. “They said,

“We are two people who are a perfect fit for this job. We talk about the fact that Kansas Citians dress like tourists because they’re so proud to be from Kansas City. We are that through and through and we do it by helping to spread that joy of Kansas City,” commented Lauren. “We’re proud to live here and embrace everything that’s here. We love to show off what a cool city we live in.”





Oakley, Persol, Vogue Eyewear and many others. Distributors such as LensCrafters, Sunglass Hut and Pearle Vision are also a part of this system. In 2020, Forbes reported EssilorLuxottica possessed a brand value of \$9.2 billion. But Lisa and Lauren don't allow this giant to downplay their small-business efforts to succeed.

"It's something that we're aware of in the optical world. It can be concerning; they have a tremendous reserve of resources. So how do we play in that space? It can be intimidating. But the bottom line is all the things we've talked about. All our brands have a voice and a story. We're independently owned and we're proud of that," remarked Lisa. "We like to think that each frame brings intentionally created love and that means something to consumers. We're seeing more and more people interested in that. And that's what's resonating and creating the buzz and the success we've had. We weren't afraid to stand up to the giants. We're not trying to be the next Luxottica but we sure like playing in that space and hearing from people that our details make the difference."

Spring and fall mark when the eyeglass market debuts new frames and concepts, but the pair says if they're motivated by a frame, they'll release it at any time of the year. This small business brings mobility, the ability to quickly adapt and better meet the needs of their customers. They say their intense attention to detail in designs and customer service set them apart from the competition. It's a hometown spirit that has Lauren and Lisa sharing a far-sighted vision for the future. "We know our frame line stories. Each frame line's voice is unique to the industry," said Lauren. "We use only local models in our ads. They are our friends, our neighbors, our family, people we meet on the street. We think that's what makes us real. Celebrating untouched faces in our frames is really a way to celebrate our community."

'Lauren and Lisa, would you grow this company in your spare time?' And we did. We grew it from several dozen frames to four frame lines with almost 30 frames each," shared Lisa. "We oversee frame design, marketing, the websites and involvement in the community, social media and getting products into optometry offices and boutiques."

The company has now grown to four frame lines: Cobalt Eyewear, Burt's Eyewear, Burt's Kids Eyewear and MYKC Eyewear. Red & Gold KC has a small frame showroom and office in Parkville, Missouri, that's not open to the public, but products are found in many optometry and ophthalmology offices and boutiques around the U.S.

The highlight of Red & Gold KC is the MYKC Eyewear, a boutique frame line, with ophthalmic frames for prescription lenses and sunglass frames that celebrate Kansas City. According to Lisa, the frames are named after recognizable segments of the city and its landmarks. "Our closet is full of Kansas City spirit wear, and we wanted to bring that excitement to the eyewear world. Each frame is named for something special in Kansas City. We've probably had the most fun bringing this brand to life and giving it a voice," she stated. "As passionate Kansas City fans, we really enjoy the attention and love this brand is getting. You will find the frame name inside the temple of each frame. You will also find the MYKC metal inlay at the temple tip of our frames; we think this ups the cool factor. Even MYKC frame cases have detail and styling to set them apart from the rest."

UP AGAINST A MONOPOLY

But the world of optometry is dominated by one company, EssilorLuxottica, that controls over 80 percent of the major eyewear brands. Since its founding in 1961, the corporation has been able to create and acquire some of the best-known eyewear such as Ray-Ban,





“We’re the energy behind this organization and that does take some brains but it also takes excitement,” noted Lisa. “This is a labor of love for Lauren and me by bringing these frame lines to life and giving them a voice and purpose. It’s not just a frame but there’s something about it that’s unique and special.”

FAMILY AND WORKFORCE

The transition from a workplace of friendly co-workers to one of family has been a solid one to make for this team. “I’m lucky that Mom is my also best friend. That’s made it fun and easy to be in business with her. I do get to see a new side of my mom because I’ve never worked with her before so I get to see her be a rock star in her industry. We also can read each other’s thoughts better than co-workers can,” stated Lauren. “We’re more familiar with each other and we can read when someone is holding back, and we know how the other will approach something. That’s a big benefit. We read and feed off each other. We’re most creative when we’re together. We make a powerhouse team.”

“Lauren and I can be like-minded; aligning with our vision and values was easy. But we’re also so different,” said Lisa. “She can do things that I can never dream of doing.”

The future is incredibly bright for these two and Red & Gold KC. They were a sponsor for the Big Slick charity event and supplied sunglasses for each celebrity along with handwritten thank you notes. “We framed them,” laughed Lisa. “We studied their face shape, how widely set their eyes are, what

their bridge is like. Then we reviewed the shape and size of our glasses and found the best fit for their face within our collection.”

Also on the horizon for the fall is a fundraising project with Children’s Mercy Hospital to supply sunglasses that are sized for adults. Lauren notes that many adults are parents, but everyone has been a child, and Children’s Mercy does amazing things for children. The Children’s Mercy and the Red & Gold KC cause-marketing campaign will be a wonderful opportunity to show their support for the organization. These unisex sunglasses will be offered in two colors: Grad Cap Black and Caring Clear.

CLEARLY SEEING THE BIG PICTURE

Their success is easy to see and they offer these visions for success that local entrepreneurs starting or needing some encouragement with their business may want to try. “Be intentional with your vision, your energy and your resources,” advised Lisa. “Remember to be patient with the world, your team and yourself, and enjoy it.”

“I’d add to embrace your community because we have a lot of resources that can also be excited about what you’re doing,”

remarked Lauren. “Local entrepreneurs should embrace everything that is happening in the city and be current with what’s happening.”

Incredible success is on the horizon for Lisa and Lauren as far as the eye can see. Their creativity and devotion to driving a business that embraces all our differences while highlighting the diversity of Kansas City are clearly evident.

“We’re the energy behind this organization and that does take some brains, but it also takes excitement,” noted Lisa. “This is a labor of love for Lauren and me by bringing these frame lines to life and giving them a voice and purpose. It’s not just a frame but there’s something about it that’s unique and special.”

“We are two people who are a perfect fit for this job. We talk about the fact that Kansas Citians dress like tourists because they’re so proud to be from Kansas City. We are that through and through and we do it by helping to spread that joy of Kansas City,” commented Lauren. “We’re proud to live here and embrace everything that’s here. We love to show off what a cool city we live in.” ♦

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MARGARITA'S AMIGOS

**MEXICAN FOOD THAT'S ALWAYS FRESH,
ALWAYS PERSONAL, ALWAYS HAPPY**

BY SHERYL HAMMONTREE | PHOTOGRAPHY BY AMBER DEERY

It's said that the people who give you their food, give you their heart. Each month I see, feel and taste the truth in that statement. Chefs and owners share stories of sacrifice, success, inspiration and the joy they feel when customers love what they have prepared. The next time you're dining at a restaurant, take a bite or sip, pause, and think about what went into that moment and the history and inspiration you're tasting.





This is the story of Dave Quirarte, Ron Abarca and Larry Gromer, three amigos who have been cooking up delicious Mexican food in Kansas City for 39 years. Yes, for 39 years Kansas Citians have picked Margarita's to celebrate birthdays and anniversaries, feed a hungry sports team after a tournament or simply impress a friend or out-of-town guest with fresh, delicious, classic Mexican food served by some of the friendliest folks around.

Seated in a cozy booth at the original location on Southwest Boulevard, Dave Quirarte Jr. shared the delightful beginning of this storied restaurant. Dave worked the night shift at General Motors with his childhood friend, Ron Abarca. In 1985, these two decided to cook burritos for their co-workers, so, each day, after working their shift, Dave and Ron would begin cooking burritos for the next day. Their daily batch of 50 burritos sold out on the first day and by the end of the first month, they were selling 300 burritos a day! With an established clientele that appreciated their classic-style burritos, they were in business. In October of the same year, they opened the original Margarita's Amigos on Southwest Boulevard.

Business was good, but after the Kansas City Star published an article in 1986 touting the success of Margarita's, Dave and Ron discovered what it meant to have a booming business! "About every night, the line started at the door and ran down the sidewalk and around the building with a 2-3 hour wait for a seat!" Dave said. "People were hanging out and drinking under the bridge until we had a table for them! We had only 60 seats!" By 1987 they were ready to knock out a wall and expand their space; they were just getting started.





1991 was a big year. They opened their second location on North Oak Traffic Way, Larry Gromer joined the ownership team and Margarita's became the official caterer for the Kansas City Royals. Thirty-two years later, they still cater for the boys in blue as well as the visiting team and umpires at every home game. Dave smiled widely while telling me about catering during the World Series years and showing me a picture of his son, Jason, with George Brett.



By 1995, they had opened Margarita's West on Johnson Drive, Margarita's South at 135th & Holmes and their Margarita's Sauce Company, making their delicious salsa available at local grocers. The fifth location opened in Liberty in 2020, the same year their amazing chips could be found next to their salsa at the grocer.

LET'S TACO 'BOUT THE FOOD!

Corn or flour, crunchy, soft or puffy, filled with fish, chicken, pork or beef, no matter how you like your tacos, I suspect you'll agree that tacos are a "happy food." Today is the perfect day to visit one of the five Margarita's locations and order the Puffy Taco Dinner. It's two flour tortillas generously stuffed with cheese, lettuce and diced tomatoes with your choice of fajita chicken, steak, tilapia or shrimp, served with a side of beans and their fluffy, seasoned-just-right rice.

If you're a purist and want the satisfying crunch of a traditional taco, order the Gringo, deep-fried or authentic, your choice of meat and served with beans and rice. Go ahead and order a bowl of their famous Queso, it's perfectly creamy and smooth and not too spicy, always my favorite, especially with the House Lime Margarita. Their margs are divine! I don't like my drinks too sweet so I reach for the traditional lime margarita, but their Strawberry Margarita is just right! Both can be ordered frozen or on the rocks, and to go!

I asked Dave which menu item was the most popular. He turned to his son, Jason, and said with a big grin, "Ask him, he runs the place now." Jason loves the restaurant business and, more so, loves the business his dad built with his dear friends Ron and Larry. Jason grew up in the restaurant business and certainly learned from some of the best, but he also believed a bit of



restaurant experience outside of Margarita's would be valuable. After some time in Arizona, he returned to Kansas City and began working full time at Margarita's.

"Margarita's is my family, everyone in the back is family. We have cooks that have been here 30 years. They arrive at 5:00 a.m. every day and start slow cooking the pork, preparing the sauces and everything else. Everything is made in our kitchen, every single day; it's as fresh as it gets and our customers appreciate it." When I asked Jason what his favorite menu item might be, without hesitation he smiled and said, "Tacos!" ♦

For menu details, five locations, online ordering and catering, visit margaritasamigos.com.



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

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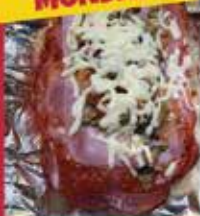
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HEALTHY ZUCCHINI SPREAD

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



INGREDIENTS

1½ lbs. zucchini, grilled, roasted or pan seared until lightly brown
 2 cloves garlic
 ½-1 avocado
 ½ tsp. kosher salt, more to taste
 Pinch of cayenne
 ¼ cup or more fresh herbs; flat leaf parsley or basil (optional)
 ¼ cup toasted pine nuts, almonds or cashews
 2 tbsp. olive oil
 Additional olive oil for garnish if desired

DIRECTIONS

Cut zucchini into ½-inch thick strips, brush with a little olive oil and grill, roast or fry until lightly browned. Place the grilled zucchini along with the rest of the ingredients except the oil in a food processor and pulse for a couple seconds. Then drizzle in the olive oil and process until smooth. Taste to see if you need more salt or pepper. Serve it in a bowl and drizzle with olive oil and fresh herbs. Serve at room temperature. ♦

TIPS

1: To create the pretty swirl on the top of the zucchini spread, in one smooth motion, with the tip of the spoon in the center of the hummus, push the spoon down and rotate while you spin the plate in the opposite direction.

2: Feel free to adjust the ingredients. Often times I use the whole avocado, more or less herbs, and even use other grilled veggies. See Lauren-Lane.com for more ideas.

3: Drizzle with olive oil, sprinkle with paprika, sea salt, pepper, fresh parsley and pine nuts.



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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FINANCIAL LITERACY AND PARENTAL CONTROL: SOME BASICS OF DEBIT CARDS FOR TEENS

BY MARILYN ISAMINGER

When are children old enough to learn about managing money? Most of those born after 2005 are digital natives, with tablets issued by schools, phones granted by parents and the expectation that any task can be accomplished online. Why not let technology help?

Money management apps are a useful tool to help you and your children communicate about finances and to teach them good spending habits, budgeting, saving, investing and giving. What you choose depends on the priorities you set for your family. Here are only a few of the apps with good recommendations.

GREENLIGHT

It's one of the most highly rated prepaid debit cards for children and teenagers due to its parental controls and flexibility. Kids and parents have companion apps with two different experiences. Parents can send money instantly, receive real-time alerts of kids' spending activity, turn the card on or off from the app, put limits on spending, automate allowances, and more. Kids can track balances in Save, Earn, Invest, Spend and Give accounts, receive money from friends and family, manage their own budgets, set up direct deposit from their paychecks and more.

Greenlight comes with an EMV chip and parent-controlled PIN and uses several security features to help protect accounts from unauthorized access. Funds available through the Save, Earn, Give and Spend functionality are FDIC-insured through Community Federal Savings Bank. Pricing is \$4.99 monthly per family.



GOHENRY

In partnership with Mastercard, gohenry is a financial literacy app and debit card platform for kids 6 to 18. With parental controls for each child and no worry of overdrafts, it's easy for kids to learn real-time financial literacy lessons.

Funds are maintained in an FDIC-insured account. Your child can use the linked Mastercard debit card that gohenry provides. Parents can set tasks and a payment amount for them, which children can check off as they go, recurring and one-time payments are easy to set up and send. The app provides real-time spending alerts; automated allowance, budgeting and spending limits, in-app card management and more features. Cost is \$3.99 monthly per child up to four children.

AMZOO

A personal finance app that's ideal for preschoolers through college, it's good for parents. It can be a high-tech allowance system: you set chores and when they're completed, you release money to their accounts. You can get prepaid debit cards, see the transactions your teen is making, and load money on the cards anytime. After a free trial period, the cost is \$5.99 per month.

BUSYKID

Designed to teach your children how to earn, save, spend and in-

vest, BusyKid's features include being able to assign chores and other tasks to your children. They get an account; you have an account. Your kids get automatic paydays each Friday, provided you verify on the app that the chores have been done, and kids can earn bonuses for extra chores they do. Cost is \$14.95 annually per family.

CHASE FIRST BANKING

The Chase Mobile® app is free for Chase customers with a qualifying Chase checking account and is available for those 6 to 17. It's touted as one of the best free debit cards for teens that works anywhere Visa is accepted. Parents can set spend alerts and limits and specific locations in the app; approve or deny funding requests; set recurring allowance or one-time chore payments and receive activity alerts.

CAPITAL ONE MONEY

Since Capital One acquired Hibernia National Bank and North Fork Bank in 2005, the credit card company has offered innovations. One is this free card that comes with no monthly fees, and parents do not need a Capital One account to qualify. Instead, they can link any external bank account to Capital One Money to fund the account.

The card has the expected parental control features such as activity alerts, spending limits and the ability to lock/unlock the card in the app. It's also locked out of many retail locations that are considered to not be child friendly. The Capital One Money account earns 0.10% interest on all balance.

BUYER BEWARE

If you choose a fintech app such as Greenlight instead of a bank or credit union, make sure the company uses bank-grade encryption to keep your info secure. The industry standard for data encryption is 256-bit AES, or advanced encryption standard. Ensure that deposits are FDIC-insured for protection.

Children's Online Privacy Protection Act compliance is enforced by the Federal Trade Commission and requires providers to disclose to parents what data is being collected. Each company's policies regarding the collection of sensitive, personal data such as names, ages, email addresses, GPS location data, transaction information and more

vary. Some reserve the right to share this personal information with ad and marketing vendors, insurance companies, collection agencies and other service providers through their privacy policies. Make sure you know what you agree to! ♦

SOURCES: youngandtheinvested.com, huffpost.com, creditdonkey.com, doughroller.net, investopedia.com and vice.com.

TRENDS IN HARDWARE AND FINISHES

BY ADAM HENSLEY



Q *I've seen and love the new mid-century-styled brass in your store and want to update the hardware in our kitchen, but I'm hesitating because I don't know if it's okay to mix metal colors and finishes in the same room.*

A Designers and homeowners have moved away from the more traditional approach of matching all hardware colors and finishes in a living space. Imagine your mid-century-styled brass pulls complemented by a combination black and brass knob, while your faucet is polished nickel. Some suggest limiting the number of metals to two or three in a particular space, but honestly, there really aren't any rules. All you need to know is that this trend of mixed metals is HOT and not going anywhere for a long while. If you find yourself still hesitating, snap some pics of what you have and come by the store; our designers will help you find the perfect combination.



Q *A friend is building a new home and has chosen a "living finish" for her front entry door. Could you explain why it's called a living finish?*

A A living finish is any non-lacquered, unprotected finish that changes color, or patina, over time due to oxidation of the metal from the air, exposure to the weather and the natural oils on your hands. Over time, the look is natural and literally one-of-a-kind, since no two pieces will ever patina the same. An unprotected door handle made of bronze, brass or copper will age beautifully. Living finishes are cleaned and cared for by applying a mild furniture wax and buffed with a soft cloth. Traditional lacquered products can be cleaned with mild soap. ♦



Locks and Pulls owner Adam Hensley believes hardware shouldn't be hard. With so many options to express personal style and make an artistic statement, hardware is truly fun. Both locations offer over 1,500 cabinet knobs and pulls and more than 50 door hardware options, most of which are in stock. Plus, there are over 20,000 additional items available for order from over 250 manufacturers around the world.

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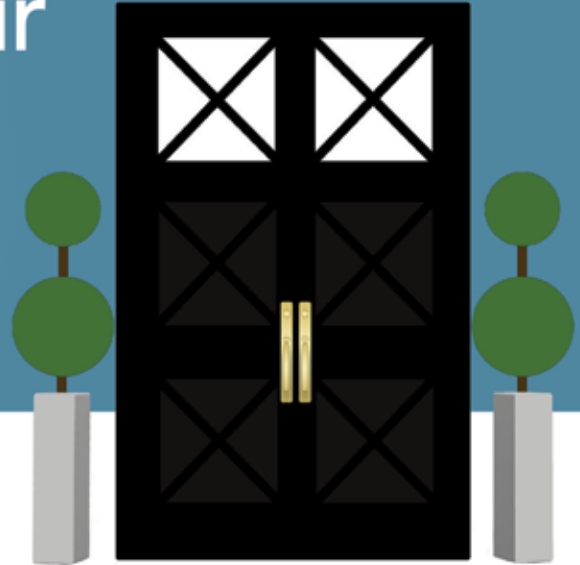
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JUST SAYIN'

BY Q104 PERSONALITY JENNY MATTHEWS
PHOTO BY BRANDI WISDOM

I posted this on social media recently:

“It’s not my story to tell. But, my co-host, Mike Kellar, isn’t returning to Q. What IS mine to tell is how much I love him, his wife and beautiful little girl. He’s become a brother to me. I’m Chandler’s Auntie and that simply can’t ever change. These people mean the world to me.

To say I’ve had the best years of my radio career with Mike would be an understatement. I’ve never laughed so hard or felt so respected.

I have a lump in my throat, I feel a little lost, to be honest. But what I do know is that God’s hand is in everything and I believe this is somehow part of the plan. It doesn’t change the hurt my heart feels.

Hang in there with me as we figure out what the Morning Drive looks like from here. And truly, treasure every moment with the ones you love and laugh with. Life can change so quickly.”

My life seems to go this way. Just when everything seems to be cruising right along, BOOM! Surprise! Big changes. So, I’m dealing with this like I have everything else that’s been thrown my way. I had my moment of burying my head in the sand. But my motto is and always has been “Get back up. Keep going.”

So, that’s my message this month. Just. Keep. Swimming. We learned that from *Finding Nemo*, right? No matter what you’re going through or what life has thrown your way recently, you’ve got this! We both do. ♦

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

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Madeline & Xavier

Perry

- October 8, 2022 -

WRITTEN BY MARILYN ISAMINGER

Madeline (Martin) Perry, 24, graduated from Shawnee Mission Northwest High School and the University of Kansas with a bachelor's degree in elementary education. She's pursuing a double master's in school curriculum and administration from Emporia State University and teaches in the Olathe School District.

Xavier Perry, 24, also graduated from Shawnee Mission Northwest High School. He works in sales for O'Malley Beverage in Lawrence, Kansas, and is a full-time student pursuing a business degree.

"In high school, I was a cheerleader and XP was a football player. We met through a Northwest tradition of football players and cheerleaders dancing together in a skit at the bonfire pep rally," Madeline smiles. "I was in charge of assigning partners and my friends said to partner with Xavier. I had no idea who he was, but we met at skit practice and started dating a month later. We've been together ever since."

Madeline's birthday is Valentine's Day. "We both love sushi, and X always does something special for me," she recalls. "February 14, 2021, was a beautiful evening, and after a few fabricated stories about what we were doing, he surprised me with roses and a sushi board that spelled out 'Marry Me?'"



PHOTOGRAPHY
Studio PBJ

BRIDAL GOWN
Belle Vogue Bridal

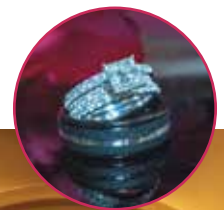
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The blissful couple tied the knot October 8, 2022. Preceding Madeline down the aisle with flower petals was her grandmother, Jan Kennedy. Matron of honor was Brooke Varnum; maid of honor was Ashley Martin; bridesmaids were Chelbi Martin and Sierra Johnson. Devonte Smith was best man; groomsmen were Noah Roberts, Elliot Cray and Derek Sealey. Guestbook and door attendants were Lacie Perry, Malaina Perry, Shayla Perry, Morgan Souders and Lacey McDaniels.

Madeline and Xavier chose The Loretto for its amenities and seamless convenience.



"We didn't want to stress over logistics, and we could have the entire day in one location. I had my bride's suite, Xavier had his groom's room, and I could walk easily to my parents' Airbnb suite down the hall.

"We enjoyed displaying our personalities in the day's events. Xavier and I wrote each other a letter and sealed them with a bottle of wine to be opened on our first anniversary," Madeline smiles. "We mixed a unity shot during the ceremony and toasted a happy and healthy future together. My mother loves dishes and setting tables, so I turned her loose with the table settings. She arranged for a beautifully eclectic mix of china patterns and glassware. Every place setting in the ballroom was unique."

"After our father-daughter dance, my



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mother joined me on the dance floor to the 'Bootsie' song and my sisters did also, as well as every girl and mom present in the ballroom; it's something I never will forget. Xavier's special moment with his mother came when their song was sung by his sister, Lacie. After the cake was cut, it was my turn to surprise him with a plate of sushi. My family loves to dance, and we did just that, all night long!" ♦

SEPTEMBER 2023



STARTING SEPT. 2

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SEPT. 8 – 10

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With the ever-changing world spinning faster every day, our lives become more scheduled, our minds become more consumed with our to-do lists. This weekend offers workshops focused on the concept of building a well-rounded arsenal to stay connected to our true selves. Details at cedarhillmusic.com.



SEPT. 9

LongHouse Grand Opening

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SEPT. 9

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Wine Festival

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The day features more than 23 Missouri wineries sampling several of their wines, a guest spirits distiller plus art, music, beer, food booths and wine classes. Hosted by the Rotary Club of Eastern Independence.

SEPT. 9

Twilight Trek 5k

**CORPORATE WOODS,
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The Kansas City Corporate Challenge Twilight Trek 5k benefiting Bra Couture KC starts at 7:30 pm. There will be food trucks, live music and a family fun kids zone. Details at bracouturekc.com.

SEPT. 20

SME Renovation Sensation

Celebrating over 30 years of student-led volunteer service and benefiting the Shawnee Mission East SHARE program, this year's tour includes four beautifully renovated and newly built homes in the Shawnee Mission East area, featuring different styles and trends in home design. Details at smerensen.com.



SEPT. 21

2023 Hearts of Gold

Fundraising Event

**28 EVENT SPACE, 1300 W. 28TH ST.
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The theme Hearts of Gold is in recognition of September as Pediatric Cancer Awareness Month, with gold as the representative ribbon color. The event will include an array of heavy hors d'oeuvres as well as a complimentary bar.

SEPT. 23

Cornstock Music

Festival

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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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