

INSPIRE  
ENCOURAGE GROWTH

# living MAGAZINE

MAY 2024  
RICHARDSON/MURPHY

+  
LOCAL HAPPENINGS,  
COMMUNITY EVENTS,  
AND MORE...



A photograph of a strawberry cupcake on a white floral liner, sitting on a white scalloped-edged plate. In the background, two more similar cupcakes are on a white cake stand. To the right, a champagne flute with a pink ribbon around the stem is partially visible. The scene is set on a white lace doily over a blue textured surface.

## a menu for mom

GIVE THE GIFT OF A HOMEMADE DISH

### *fostering fitness*

GET KIDS EXCITED ABOUT EXERCISING

### *home run home office*

CREATING A PRODUCTIVE & INSPIRING SPACE

### *girlfriend getaway*

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MAY 2024 | inspire



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## letter from the editor



As we worked on this month's "Leading Women" issue, I was reminded of the incredible influence leading women have had on shaping our lives. From mothers and grandmothers to teachers, mentors, and innovators in aviation, science, business, and the arts, these women have left an unforgettable mark on our hearts and minds.

It is often said that behind every successful person is

a strong woman. This sentiment rings true in so many ways. The women who have guided, supported, and inspired us have played a pivotal role in our personal and professional development. They have taught us invaluable lessons about resilience, determination, compassion, and the power of perseverance.

Our mothers, in particular, are often the first leading women in our lives.

They teach life's most fundamental lessons and instill values that shape our character. Their unconditional love and support give us the confidence to pursue our dreams and overcome life's challenges.

In addition to our mothers, we encounter leading women in various spheres of life. Teachers who ignite our passion for learning, mentors who provide guidance and wisdom, and colleagues who lead by example – all contribute to our growth and success. Their leadership encourages us to push boundaries, challenge stereotypes, and strive for excellence.

We must also recognize the contributions of historical and contemporary trailblazers who have shattered glass ceilings and paved the way for future generations.

Let's celebrate the leading women in our lives and express gratitude for their inspiration. Their impact is profound, and their legacy continues to motivate us to reach greater heights.

HEATHER WITHERSPOON, EDITOR  
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# living MAGAZINE

MAILBOX • INBOX • ONLINE

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Southlake/Westlake/Trophy Club/Colleyville/  
Grapevine  
Coppell/North Irving  
Keller/North Richland Hills  
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Arlington/Mansfield/Grand Prairie

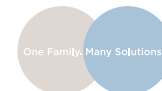
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IN ITS TIME

*Ecclesiastes 3:11*



living  
MAGAZINE



# Wildflower!

ARTS & MUSIC FESTIVAL

may 17-19

## WILDFLOWER ARTS & MUSIC FESTIVAL

Galatyn Park Urban Center

Purchase your tickets now for one of DFW's wildest weekends of music, arts, crafts, workshops, competitions, food, libations, and more. The weekend will feature a diverse lineup of 100+ bands on six stages alongside an array of other entertainment for the whole family. Get all the details on the event site.

WILDFLOWERFESTIVAL.COM

MAY 10

## LITTLE FARMER FRIDAYS: DONKEY DANCE PARTY

Heritage Farmstead Museum

Get ready for a hoof-tapping, tail-swishing dance party that is sure to have your little ones giggling and grooving. Meet Poncho, the famous American Mammoth Jack donkey, and enjoy all your favorite farm activities like tractor rides, chicken feeding, and more. Remember to bring your own snack or lunch to enjoy a picnic on the farm.

HERITAGEFARMSTEAD.ORG

MAY 10-11

## CITYLINE LIVE SPRING SERIES

CityLine Plaza

Enjoy live music at CityLine Plaza each Friday and Saturday from 6 to 9 PM through May. Listen from one of the restaurant patios on State Street, or pick up dinner and drinks to-go and enjoy the live music from the plaza. Lawn chairs, picnic blankets, and pups are welcomed and encouraged.

CITYLINEDFW.COM/EVENTS/  
CITYLINE-LIVE-SPRING-SERIES

MAY 11

## SHOOTS & LADDERS 5K & 10K

Red Tail Pavilion at Oak Point Park

Folks of all fitness levels are invited to walk, jog, or run at the Shoots and Ladders 5K & 10K benefiting our local first responders. Participants will enjoy a beautiful route through Oak Point Park and nature preserve. Event proceeds will benefit the Plano Police Association and the Plano Firefighters Association.

VISITPLANO.COM/EVENT/2024-SHOOTS-AND-LADDERS-5K-10K

MAY 17-19

## KID ROCK'S ROCK N RODEO + PBR WORLD FINALS: UNLEASH THE BEAST

AT&T Stadium

Kid Rock's Rock N Rodeo is a reimagined rodeo produced by PBR in partnership with Kid Rock. Six teams, each led by a legendary rodeo head coach, will compete head-to-head in bracket-style competition for a \$1 million purse. Within the new team-formatted rodeo, Kid Rock will perform live in concert. Learn more and get tickets online.

KIDROCKNRODEO.COM

MAY 17-19

## TEXAS MINERAL & FOSSIL SHOW

Plano Event Center

Discover the ultimate mineral and fossil extravaganza at this free, family-friendly show beginning at 10 AM each day. Unique rocks, minerals, fossils, polished stones, gemstone jewelry, and more are waiting to be discovered. Parking is free.

PLANOEVENTCENTER.ORG/  
EVENT/TEXAS-MINERAL-FOSSIL-PLANO-SHOW-2024

MAY 24

## BROADWAY DALLAS HIGH SCHOOL MUSICAL THEATRE AWARDS

Fair Park

The Broadway Dallas High School Musical Theatre Awards will inspire and honor excellence in high school musical theater. The event highlights the importance of musical theater and arts education within the North Texas community. This regional program culminates at the Music Hall with an awards ceremony, modeled after the Tony Awards®, to recognize outstanding musical theater productions and students.

BROADWAYDALLAS.ORG/  
EDUCATION-COMMUNITY/HSMATA

JUNE 1

## PLANO ART & CULTURE QUEST

McCall Plaza

Come on over to McCall Plaza each first Saturday to experience the rich culture offered by the Downtown Plano Art District. This free event is a perfect opportunity to explore Plano from a fresh perspective. There's plenty of parking, and the DART stops at the Downtown Plano station, just steps away from the event.

PLANOARTASSOCIATION.ORG

THROUGH MAY 30

## CENTRAL TRACK: CROSSROADS OF DEEP ELLUM

African American Museum

This exhibit focuses on the 1920s and 1930s and features newspaper clippings, archival photographs, posters, and recordings of blues, jazz, and popular music of the period. The exhibition raises questions about cultural identity difficult to reconcile, juxtaposing the harsh realities of racism to the vitality of a community that struggled to survive.

AAMDALLAS.ORG



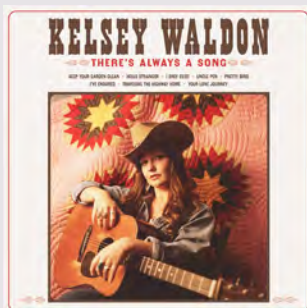
PREMIERING IN MAY



### MAY 3 // *THE FALL GUY* IN THEATERS

Inspired by the hit 1980s TV series, Ryan Gosling stars in *The Fall Guy* as Colt Seavers, a battle-scarred stuntman who, having left the business a year earlier to focus on both his physical and mental health, is drafted back into service when the star of a mega-budget studio movie – being directed by his ex, Jody Moreno, played by Emily Blunt – goes missing.

### THIS MONTH'S MUSIC



MAY 10 // **KELSEY WALDON**  
*THERE'S ALWAYS A SONG*

MAY 10 // **ANGUS & JULIA STONE**  
*CAPE FORESTIER*

MAY 31 // **CROWDED HOUSE**  
*GRAVITY STAIRS*

### THIS MONTH IN MOVIE HISTORY



### MAY 1, 2013 // *THE GREAT GATSBY*

LEONARDO DICAPRIO, TOBEY MAGUIRE, CAREY MULLIGAN  
DIR. BAZ LUHRMANN (*ELVIS*)

Baz Luhrmann captures the extravagance and decadence of the Jazz Age. Leonardo DiCaprio's portrayal of Jay Gatsby is charismatic yet tormented, while the film's opulent visuals and modern soundtrack add a contemporary flair to F. Scott Fitzgerald's timeless tale of love and disillusionment.

### WHAT TO READ

### MAY 7 // *THE HAZELBOURNE LADIES MOTORCYCLE AND FLYING CLUB* BY HELEN SIMONSON

It is the summer of 1919 and Constance Haverhill is without prospects. Now that all the men have returned from the front, she has been asked to give up her cottage and her job at the estate she helped run during the war. While she looks for a position as a bookkeeper or – horror – a governess, she's sent as a lady's companion to an old family friend who is convalescing at a seaside hotel. Despite having only weeks to find a permanent home, Constance is swept up in the social whirl of Hazelbourne-on-Sea after she rescues the local baronet's daughter, Poppy Wirrall, from a social faux pas.

And then there is Harris, Poppy's recalcitrant but handsome brother – a fighter pilot recently wounded in battle – who warms in Constance's presence. But things are more complicated than they seem in this sunny pocket of English high society. As the country prepares to celebrate its hard-won peace, Constance and the women of the club are forced to confront the fact that the freedoms they gained during the war are being revoked.

Whip-smart and utterly transportive, *The Hazelbourne Ladies Motorcycle and Flying Club* is historical fiction of the highest order: an unforgettable coming-of-age story, a tender romance, and a portrait of a nation on the brink of change.





## THE RICH YOUNG RULER: *could he be you?*

BY MIKE MAZYCK

*I imagine the crowds looking on with eager anticipation. Finally, someone is ready to get to the point. Someone willing to stop wasting everyone's time and ask the question they all want to know the answer to.*

“Teacher, what good thing shall I do so that I may obtain eternal life?” (Matthew 19:16)

Immediately, a hush falls over the crowd. Nothing but silence as that rich young ruler, and everyone else, awaits the Rabbi’s response.

Jesus seems to almost toy with him as he responds with a few statements about him keeping the Law. But then, like the rich young ruler, *He gets to the heart of the matter* and gives the final answer everyone has been waiting for:

“If you want to be complete, go and sell your possessions and give to the poor, and you will have treasure in heaven; and come, follow Me.” (Matthew 19:21)

You likely know how the story ends. The man goes away grieving because he is wealthy and owns a great deal. The price of eternal life is too high.

It’s not over, though. As the man is walking away, headed toward eternal damnation, Jesus turns to His disciples and adds more fuel to the fire:

“Truly I say to you, it will be hard for a rich person to enter the kingdom of heaven. And again I say to you, it is easier for a camel to go through the eye of a needle, than for a rich person to enter the kingdom of God.” (Matthew 19:24)

Can we get really clear about what just happened for a minute? A man – *clearly seeking eternal life* – has come to Jesus and asked Him how to obtain it. The question this man asked strikes at the very purpose of the Gospel message. Jesus was literally walking the earth at that very moment so that He could provide the answer to that question.

But what does Jesus do? Does He lead him in a prayer and tell him he is good to go? Does He say, “Come follow me, and we can work out that whole money issue along the way?” No! He goes for the jugular. He found the one thing the man wouldn’t give up and demanded it from him!

Where was His grace? Where was His patience and gentleness? The man was seeking salvation from the only One who can grant it, and he walks away *grieving!* Why doesn’t Jesus go after him? Not only does He not pursue him, He digs His evangelistic hole deeper by making that little camel statement. It’s as if He isn’t even aware that this whole thing is about *grace* – not works! How grateful we should be that in the two thousand years since He walked the earth, we have finally gotten this evangelism thing straightened out!

As I continue to read the Gospels, and I take a step back and look at the totality of what Jesus said in those four books, I can come to no other conclusion but this: There was only one option – ABSOLUTE SURRENDER! It was everything or nothing. He had no interest in anything in between.

But in America, we have come to believe in a different version of the Gospel. We think we get this world *and that one!* My friend, that was *not* the message He preached. He could not have been clearer: “For whoever wants to save his life **will** lose it; but whoever loses his life for My sake will find it.” (Matthew 16:25)

I find that most professing believers agree – as do I – that America is a land of the rich. They agree that even the lower and middle classes in America are rich by the world’s standards. But then, as I talk with them further about a passage like this, I hear them say something that worries me.

“But, Mike, we know that Jesus is speaking of the heart. He knew the condition of the rich man’s heart. The question we must ask ourselves is this: ‘Are we willing to give up everything for Him if He asks us?’”

Now, I have to believe there is an underlying message (sometimes even said out loud) being conveyed in that statement.

“I have assessed my own heart, and I am willing! I would give it all up tomorrow if He asked me. But He has not asked. He doesn’t ask everyone for this level of commitment.”

Those words cause me to tremble.

I assume that most are not waiting for some audible voice from God to instruct them to lay down their lives for Him. Which leads me to one conclusion: they are waiting for the Spirit within them, through some strong inner desire or feeling, to make the request. When and if that request from within comes, they will answer in obedience. While I do believe that every now and then a man may be overcome, out of the blue, by a strong desire or feeling within himself to lay down his life for the Kingdom, I don’t believe that is the norm.

I fear that on Judgment Day, many professing Christians will encounter a common fate as they stand before His throne. He will ask them ...

“Why didn’t you lay down your life for me? Why didn’t you ‘lose your life’ for my sake?”

They will reply, “Lord, I was waiting for you to ask. Why didn’t you ask?”

He will reply with one of the simplest and most piercing questions they have ever been asked: “Did you not read the Book?”

And in that moment, all things will become clear! They will realize their entire lives were one big *rich young ruler* conversation. They stood before Him as they read those pages of scripture. They looked Him in the eyes as they glossed over all those difficult things He said. They turned the pages of their Bible each morning, highlighting their favorite passages, without ever really hearing His words.

They didn’t want to hear His words. Their hearts refused to hear His call. The price was too high. They deceived themselves as to what it means to follow Christ. And like the rich young ruler, as they are cast away into the outer darkness, they will be grieving as the reality of the mistake they have made grips their perishing soul.

For a shareable version of this article or to read more of Mike’s writing, visit [MikeMazyck.com](http://MikeMazyck.com). 📄

COURTESY: STATE FAIR OF TEXAS



# READY, SET, CREATE

PRE-FAIR CONTEST  
REGISTRATION OPENS  
MAY 8 ONLINE

THE 2024 STATE FAIR OF TEXAS ARTS & CRAFTS AND COOKING CONTEST GUIDES ARE NOW AVAILABLE FOR DOWNLOAD AT [BIGTEX.COM/CREATIVEARTS](http://BIGTEX.COM/CREATIVEARTS). A time-honored tradition since the Fair began more than 137 years ago, the State Fair's Creative Arts team holds pre-Fair arts and crafts contests and Fair-time cooking contests each year, awarding the best of the best. With more than 1,100 arts and crafts categories and 25 cooking contests, there is something for every Texan – including opportunities for kids.

Registration for the 2024 pre-Fair contests will open online on May 8. The deadline to submit online entry forms and fees is Monday, July 29.

Contestants can submit their entries via mail by July 29 or hand-deliver items to the Creative Arts building in Fair Park on August 2, 3, and 4 from 9 AM to 5 PM.

In the weeks following, entries will be judged, and contestants will be notified once the results are finalized. Entries awarded a ribbon will be displayed during the 2024 State Fair of Texas.



Participants are encouraged to use the online contest registration system. The registration portal allows the creation of a family account, which permits adults in the household to add additional contestants to the account and register youth contestants. Youth contestants will have their own designated entries for Creative Arts competitions, but all communications regarding those entries are sent to the primary adult on the account. Although there are paper registration forms in the Arts & Crafts and Cooking Contest Guides that can be mailed to the Fair, it is recommended to use the online registration portal to ensure contestants receive helpful reminders and judging results of their respective contests.

With various contests to choose from, the whole family can spend time together crafting and whipping up delectable treats. Get ready to register your creative entries on May 8 and start planning your trip to visit the Creative Arts building at the Most Texan Place on Earth during the 2024 State Fair of Texas, opening Friday, September 27, and running through Sunday, October 20. 🍷

COURTESY: THE DALLAS ARBORETUM



# BLACK HERITAGE CELEBRATION

ANNUAL EVENT HIGHLIGHTS BLACK ENTERTAINERS, DESIGNERS, CHEFS, AND BUSINESSES

THE DALLAS ARBORETUM WILL HOST THE FOURTH ANNUAL BLACK HERITAGE CELEBRATION (BHC) ON SATURDAY, MAY 18, AND SUNDAY, MAY 19. Bank of America is again the presenting sponsor. The weekend celebration showcases the unique talents, art, fashion, and businesses from the local Black community who have garnered national and international acclaim. Events include chef demonstrations, live entertainment, and a curated Black-owned vendor market with over 40 businesses. The celebration is open to the public, and the entry fee is included in the general admission to the Dallas Arboretum.

New this year, J. Bolin, nationally acclaimed stylist and entrepreneur, will premiere a curated new fashion line on Saturday, and attendees will be the first to see it and can shop this collection.

Tickets, which cost \$10 to \$16, are included in the garden admission, and can be purchased online at [dallasarboretum.org](http://dallasarboretum.org) or by calling (214) 515-6615.

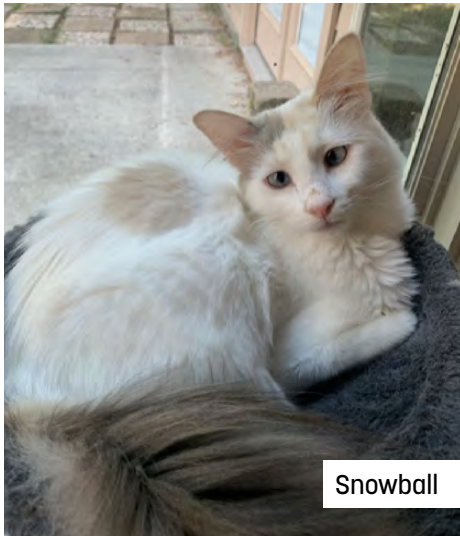
For more information and to view the latest schedule, entertainment, and vendors, visit [Dallasarboretum.org/BHC](http://Dallasarboretum.org/BHC).



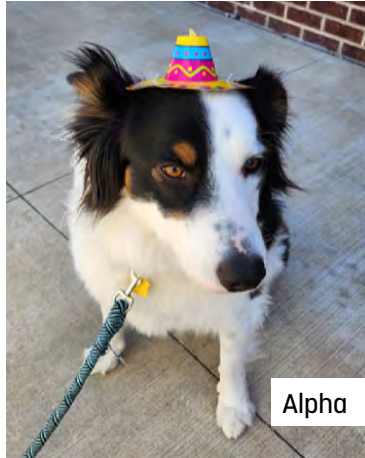
## FEATURED PETS *this month*



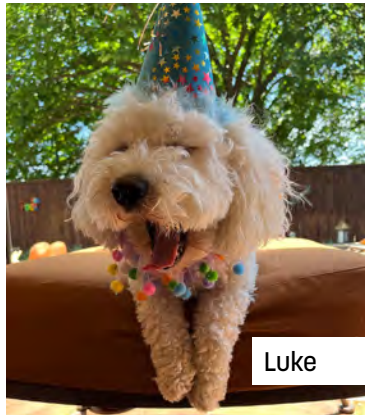
Chloe & Piper



Snowball



Alpha



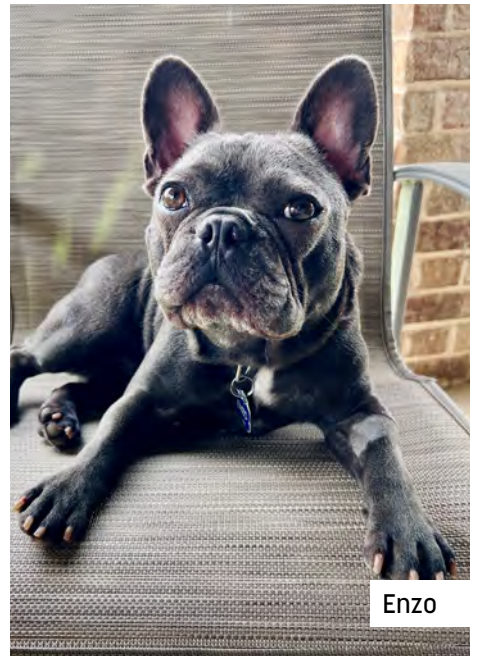
Luke



Cookie



Chai



Enzo

### PET CLUB MEMBERS

To join the club, visit [LivingMagazine.net/pet-club](https://LivingMagazine.net/pet-club). Send your pet's name, your name, your address, and a clear photo of your pet. They might just turn up in a future issue of Living! 🐾



# PREP Squad

Three Cheers for Pops of Color, Bold Prints, and Delightfully Detailed Styles this Summer

**CROSBY BY MOLLIE BURCH**  
Balloon Long Sleeve  
Button Front Color  
Block Olive Dress  
**\$258**



**CROSBY BY MOLLIE BURCH**  
Emilia V-Neckline Short Puff Sleeve  
A-Line Dress **\$258**





**ABBEY GLASS**

Barbara Ruffle Mock Neck 3D Floral Detail Sleeveless Top **\$145**

**SAIL TO SABLE**

x Style Charade Short Sleeve Scallop Frame Belted Button Front A-Line Shirt Dress **\$288**



**ANTONIO MELANI**

x The Style Bungalow Palm Short Sleeve Striped Mini Dress **\$169**



**ABBEY GLASS**

Caroline Asymmetrical Neck Sleeveless Bow One Shoulder Bow Jacquard Pocketed A-Line Gown **\$385**



Prices and availability are subject to change at any time. Visit [Dillards.com](http://Dillards.com) for current product information.



## GAINING *control*

5 LIFESTYLE CHANGES  
TO HELP COMBAT  
INCONTINENCE

*Sometimes living a healthy lifestyle can feel impossible when combined with all your other responsibilities, such as working full-time, caring for family and friends, or spending time in the gym. Add dealing with an underlying health condition, and it may seem almost overwhelming.*

For example, a condition such as urinary incontinence is a common problem that is often difficult to manage and can range from a light leak while coughing or sneezing to even greater loss of bladder control.

Almost two-thirds of U.S. women over the age of 20 will experience leaking, according to the experts at FitRight Fresh Start. While stress, aging, and obesity can cause incontinence, certain health events unique to women, such as pregnancy, childbirth, and menopause, can also cause problems with the muscles and nerves that help control your bladder.

Consider these healthy lifestyle changes to help combat issues like urinary incontinence:

#### FOCUS ON FLUID INTAKE

While it may seem counterintuitive when dealing with certain conditions, it's essential to hydrate appropriately. Drinking too infrequently can cause other issues like dehydration. To avoid frequent or urgent needs to urinate, the Mayo Clinic recommends drinking smaller amounts throughout the day, such as 16 ounces with each meal and 8 ounces between meals. If you find yourself waking multiple times at night to urinate, try drinking more of your fluids in the morning and afternoon rather than in the evening, and avoid alcohol and beverages with caffeine like coffee, tea, and soda.

#### MAKE DIETARY MODIFICATIONS

The things you eat can have an impact on your condition – both positively and negatively. For example, alcohol, spicy foods, chocolate, artificial sweeteners, caffeinated, carbonated, and citrus beverages, and high-acid foods, like citrus and tomatoes, may contribute to bladder irritation, according to the National Institutes of Health. On the other hand, consider incorporating blueberries, green beans, cauliflower, winter squash, sea bass, eggs or egg whites, whole grains, and nuts, which are considered good for bladder health.

#### MANAGE BLADDER LEAKS

Changing day-to-day habits may improve bladder control, but for those with leaks, it's important to manage the



condition rather than letting it disrupt or define them. One way to do that is to choose products that allow you to live life to the fullest.


For example, created for women by women, FitRight Fresh Start offers a range of products, including discreet underwear, surface protectors, liners, and pads that fit close to your body and smoothly under your clothes.

#### MAINTAIN A HEALTHY WEIGHT AND STAY ACTIVE

Two factors of nearly every healthy lifestyle include overall body strength and weight loss, which can be improved by increasing physical activity. Seek out exercises you enjoy so you can get physical while having fun. Aim for 30 minutes daily of low-impact activities such as brisk walking, biking, or swimming.

#### STOP SMOKING

As a habit that can be detrimental to overall health, smokers are also more likely to suffer more severe symptoms from a variety of conditions, according to the Mayo Clinic. For instance, heavy smokers may also develop a chronic cough, which could cause pressure on the bladder, further aggravating urinary incontinence.

Find more savvy tips to slow urinary incontinence at [FitRightFreshStart.com](https://FitRightFreshStart.com). 

Courtesy: Family Features

## Understanding Urinary Incontinence

**Strong urges:** That overwhelming need to use the restroom right away is known as urge incontinence, which frequently involves some level of unwelcome, involuntary leakage.

**Stress and pressure:** This is the type of incontinence many people experience and hate when they leak a little (or sometimes a lot) simply because a tiny sneeze or good laugh puts extra pressure on the bladder. Jumping and heavy lifting are also causes.

**Ongoing overflow:** If it feels like your bladder is never empty and you feel a slow, continuous drip, you're experiencing overflow incontinence.

#### Common Causes of Urinary Incontinence

**Motherhood:** Carrying a bundle of joy inside your body for nine months and then giving birth is bound to put pressure on your pelvic floor muscles, which don't always bounce back, especially after multiple births.

**Menopause:** Leaks can begin in perimenopause before you stop having periods, usually in your 40s or 50s. As hormones shift, lower estrogen levels can lead to less elastic, weaker pelvic floor muscles.

**Medical issues:** Health conditions like diabetes, nerve or joint conditions, urinary tract infections, and obesity can also cause bladder leaks, as can physical limitations that inhibit one's ability to get to the bathroom on time.



# INSPIRED *inspection*

MAY IS SKIN CANCER AND  
MELANOMA AWARENESS MONTH

BY ANNETTE BROOKS

*Did you know that around one in five Americans will develop skin cancer in their lifetime and that skin cancer is the most common cancer in the United States? If you're surprised by this, the following statistic may shock you. According to SkinCancer.org, more people are diagnosed with skin cancer each year in the county than all other cancers combined.*

#### SKIN CANCER TYPES

Skin cancer generally falls into two categories – non-melanomas, such as squamous and basal cell carcinoma, and melanoma. Non-melanomas are more common and usually curable, especially when diagnosed and treated early.

Melanoma is considered the deadliest form of skin cancer because it tends to spread quickly. Although it begins in the skin, melanoma can reach blood vessels and lymph systems and metastasize to other body organs. If you're wondering where Texas fits into the melanoma landscape, it ranks third in the nation for newly diagnosed cases of melanoma.

#### WAYS TO PROTECT YOUR SKIN, LOWER YOUR RISK

Most skin cancers are caused by overexposure to ultraviolet (UV) rays from the sun, tanning beds, or sunlamps. If you didn't avoid overexposure or use sunscreen in the past, remember that it's never too late to start protecting your skin. And, keep in mind that reducing exposure not only helps you minimize getting skin cancer, but it can also reduce photoaging, so you stay younger-looking longer.

Avoid tanning beds. Unfortunately, the incidence of melanoma has been increasing over the past few decades. According to the NIH, melanoma incidence in the U.S. grew more than 320% between 1975 and 2018. One of the culprits is the use of tanning beds, which increases the risk of melanoma, including early-onset melanoma.

Reduce the amount of time spent in the sun. Avoid the sun between 10 a.m. and 4 p.m. When outdoors, wear sunscreen and protective clothing, including long sleeves and pants whenever possible and wide-brimmed hats. Remember to wear sunglasses to protect your eyes. According to the National Eye Institute, prolonged exposure to UV rays modifies lens proteins, leading to cataract formation and worsening eyesight.

Last but not least, apply a generous amount of sunscreen to all the exposed areas on the body 20 to 30 minutes



before sun exposure. Reapply every two hours. Use a broad-spectrum sunscreen with a high sun protection factor (SPF).

#### GET REGULAR SKIN EXAMS

Regular skin examinations aid in early detection. It's vital to check your skin for any changes, including existing moles and the development of new moles. Your dermatologist will perform a whole-body check and may use a dermatoscope— a small, lighted magnifying instrument – to better see a particular area. Some dermatologists use advanced skin cancer imaging technologies for early detection.

Between doctor visits, perform a self-skin exam. Look closely from head to toe for any suspicious moles. Ask a friend, spouse, or partner to help you check hard-to-see areas like your back. When examining a mole, apply the ABCDE criteria. These letters stand for asymmetrical, border, color, diameter, evolving. (Visit [AAD.org/public/diseases/skin-cancer/find-at-risk/abcdes](http://AAD.org/public/diseases/skin-cancer/find-at-risk/abcdes) for more information.) Be aware that “hidden” melanomas can develop in areas with typically little or no exposure to the sun. They include the spaces between the toes and on the palms, soles, scalp, and even genitals. 🗣️

## Skin Cancer Myths and Facts

**Myth:** Tanning beds are safe.

**Fact:** Tanning beds emit the same harmful UV rays as the sun and in greater amounts. More than 419,00 cases each year are linked to indoor tanning, and women younger than 30 are six times more likely to develop melanoma if they tan indoors.

**Myth:** I need to burn before I tan. Since I tan after a burn, it's perfectly safe.

**Fact:** Your risk of melanoma doubles if you've had more than five sunburns.

**Myth:** I have a darker skin tone. I can't get sunburned.

**Fact:** Some people are more prone to sunburn, but anyone can get burned, regardless of skin tone.

**Myth:** I have actinic keratosis, but I'm not concerned. It won't turn into skin cancer.

**Fact:** Actinic keratoses are considered pre-cancer. Some of these growths may transform into skin cancer within a three-year period.

**Myth:** Only older people get skin cancer.

**Fact:** Melanoma is the most common form of cancer in young adults ages 25 to 29 and the second most common form of cancer in people 15 to 29 years old.

# of Staging

## Tips and Tricks to Selling Your Home Fast

Welcome to the world of home staging, where art meets real estate in a harmonious dance designed to sell your home faster and for a better price. Read on to explore the secrets of successful home staging and tips on transforming your space into a buyer's dream.

### An Inviting Entrance

As the saying goes, "You never get a second chance to make a first impression." This adage holds particularly true in the realm of home staging. The journey begins at your front door, where curb appeal sets the stage for the entire experience. From meticulously maintained landscaping to a welcoming entryway, every detail contributes to that all-important initial impression.

Upon crossing the threshold, visitors should be greeted with a sense of spaciousness and serenity, achieved through strategic decluttering and thoughtful arrangement of furnishings. Infuse the home with scents, such as freshly baked cookies or a hint of citrus, to create a welcoming atmosphere from the moment they walk inside.

### Emphasizing Unique Features

Every home boasts distinctive features waiting to be showcased like precious gems. Whether it's a soaring cathedral ceiling, a cozy fireplace nook, or expansive windows framing panoramic views, these elements form the heart of your staging narrative. Lighting plays a pivotal role in accentuating these focal points.

For instance, highlighting a high ceiling with strategically placed pendant lights or recessed lighting can draw the eye upward, enhancing the sense of space and grandeur. Similarly, installing soft, ambient lighting around a fireplace creates a cozy ambiance that invites buyers to imagine relaxing evenings by the hearth. Utilizing adjustable

lighting fixtures allows you to tailor the intensity and direction of light, effectively showcasing each unique feature in its best light.

### Creating Flow and Functionality

Efficient use of space is a hallmark of effective home staging. Furniture placement should be carefully orchestrated to optimize traffic flow and highlight the functionality of each room. Multi-purpose areas, such as a dining nook within the kitchen or a cozy reading corner in the living room, add versatility and appeal.

### Depersonalizing for Buyer's Vision

Removing personal items such as family photos and highly specific decor choices helps neutralize the environment, allowing buyers to project their identities onto the home.

Neutralizing the space extends beyond decor to include lifestyle elements. Clearing out excessive clutter, streamlining furniture arrangements, and minimizing personalized touches like monogrammed towels or themed rooms all contribute to this depersonalization. The goal is to create a universally appealing environment that resonates with a broad spectrum of buyers, regardless of their individual tastes and preferences.

### The Symphony of Staging Accessories

Accessories are the virtuosos of staging. They harmonize with the overall theme to create a symphony of style and allure. From tasteful artwork that draws the eye to elegant throw pillows that invite relaxation, these accents add to every corner. Fresh blooms and greenery breathe life into rooms, infusing them with a touch of nature's beauty.

By embracing the art of home staging and implementing these strategies, you'll not only enhance the appeal of your home but also increase its market desirability and potential for a swift, successful sale. 🏡





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## A HOME RUN *home office*

CREATING A PRODUCTIVE  
AND INSPIRING WORKPLACE

BY KIM ARMSTRONG

*Planning a home office that is aesthetically pleasing and conducive to getting things done takes some planning and creativity.* However, the payoff is worth the effort for a place you spend up to eight hours a day occupying.

### EVERYTHING IN ITS PLACE

Functionality is key, so you want to address your floor plan and storage needs first. Think of the things you need regular, easy access to, such as a printer, binders, samples (for instance, if you are an interior designer), etc. You can create storage from built-ins, bookshelves, or my favorite, an armoire. An armoire is a great way to create storage while giving your office character. I keep my printer, file folders, backup ink, and all kinds of office supplies in mine.

### MEETING OF THE MINDS

Next, consider your view and lighting and how that will affect your computer and, in the mobile work age, how you'll look on your Zoom calls. If you prefer to have your desk look out of the room and not towards a window, make sure there





isn't going to be a glare on your computer. If you do have glare, you can address that with window treatments. So don't fret, just make sure to incorporate that into your plan. Also, think about having a separate seating area from your desk. This can be useful if you need a place to brainstorm, plan. Also, think about having a separate seating area from your desk. This can be useful if you need a place to brainstorm, take a long call, or do some work-related reading. It's nice to have that option, and it also gives you a chance to use some upholstery in a room that can have a lot of hard surfaces.

#### LIGHTS, CAMERA, ACTION

Speaking of Zoom calls, if you are on many of these, arrange your space so that your backdrop is interesting and not distracting. This could mean some well-styled bookshelves – go to Pinterest for inspiration on how to style them – or a wallpapered wall with art and lamps. And don't forget your lighting. Having a spot on your desk for a ring light can make all the difference. Thinking of these things in advance will mean you don't have to figure out which electrical outlets you'll be using for your computer, printing, and lighting needs because you determined this when creating your floor plan.

#### MAKE IT YOUR OWN

Once you have your layout designed, it's time to address the aesthetics. Think about adding an area rug and window treatments. Your window treatments add interest to your room and can also be your best friend in terms of lighting. I prefer a layered window treatment that includes panels as well as an unlined woven shade. The unlined shade can shield you from glare without completely keeping the light from your room. The panels can provide full coverage if you need that. And don't be afraid of color if that makes you happy. You can bring color in through wallpaper, window treatments, an area rug, or the upholstery in your seating area. Bring in as much or as little as you are comfortable with. Then enjoy your beautiful, well-functioning home office. 🍷



#### ABOUT THE DESIGNER

*Kim Armstrong is an award-winning, nationally published designer known for her signature eclectic style and colorful, layered interiors. A master of space planning, material selection, and mixing traditional and modern, Kim has a unique ability to create functional spaces that feel both timeless and fresh. By approaching every project with professionalism, creativity, and kindness, Kim knows her job is done when a space sparks joy for her clients – because joy never goes out of style or off-trend!*

# FOSTERING Fitness

## Inspiring Kids to Get Excited About Physical Activity

BY AUDREY SELLERS

**K**ids who are physically active tend to be healthier and happier than their less-active peers. They typically get better grades in school, find it easier to concentrate, and report higher levels of self-confidence. Kids need at least 60 minutes of daily physical activity, but in today's digital age, getting them away from their screens can seem like a monumental task.

With some creativity, you can inspire your kids to embrace physical activity and make it a fun and enjoyable part of their

daily routine. Consider this your no-nagging guide to getting kids excited about exercise.

**Show them how it's done.** Want your kids to be more active? Lead by example. Go for a family walk after dinner, or let your kids see you practice yoga or lift weights. Kids often emulate their parent's behavior, so prioritize physical activity in your own life to be a healthy role model.

**Establish family fitness traditions.** You could kick off each month with a hike around a local lake or register for the same 5K every year. By making

physical activity something you do together, you'll create shared experiences and form closer bonds.

**Offer some variety.** Ask your kids what sports or recreational activities they'd like to try. You might be able to sign up for a free trial class for activities like gymnastics and martial arts. Let your kids try different things and encourage them to pursue what they really like.

**Get outdoors.** Encourage your kids to soak up the sunshine while being active outside. Go for a bike ride together or plan





a hike where kids can climb and play freely. Check out local lakes for water activities like stand-up paddleboarding to keep things interesting.

**Make physical activity fun.**

Exercise shouldn't feel like a chore. You can make it more entertaining and engaging for kids by turning it into a game. Try setting up an obstacle course with household items like laundry baskets and pillows. Create a scavenger hunt in the backyard or organize a relay race at your neighborhood park.

**Tout all the benefits.** Exercising

makes you feel energized, mentally sharp, and ready to tackle the world. After a challenging run or cardio session, emphasize that endorphin-fueled rush with your kids. Shift the focus away from physical activity as an obligation and instead emphasize how good it makes you feel physically and mentally.

**Set goals and celebrate achievements.**

Giving your kids something to work toward can inspire them to stay physically active. Depending on their age, you could challenge them to run a mile in a certain amount of

time or complete a set number of push-ups with proper form. When kids reach a new milestone, celebrate their accomplishment with a special outing or small reward, like getting an extra 10 minutes before bedtime.

When kids are physically active, it's not just about burning off extra energy — it's about building strong bodies and healthy minds. With a little parental encouragement, you can set them on a path toward a healthy and active lifestyle. 🏃‍♂️



## TURN BORING CHORES INTO FUN CHALLENGES

Can chores be fun? Absolutely. Just turn them into challenges to get your kids up and moving while taking care of the housework at the same time. Try these ideas:

- **The Sound of Music:** Give your kids age-appropriate cleaning tasks, turn on some of their favorite music, and watch them transform into sweeping sensations.
- **Cleaning countdown:** Set a timer and challenge your kids to clean their rooms before the time is up. Siblings can compete against each other to see who wins the title of the cleanest room when the timer dings.
- **Laundry basketball:** Hang a hamper-equipped basketball hoop over your kids' closet door and challenge them to shoot every sock and shirt directly into the hamper. It's a slam dunk when your kids tidy up their room and have fun doing it.



# SUCCESSFUL SEND-OFF

GET READY FOR GRADUATION: PARTY IDEAS, GIFTS, AND MORE

BY AUDREY SELLERS

**C**ue up "Pomp and Circumstance" on the playlist: Graduation season is upon us. Whether your graduate is donning a cap and gown for high school, college, or graduate school, they deserve a celebration in honor of their achievement. What can you do to mark the momentous occasion? Read on. We're sharing a few ideas that can help you raise a toast to your grad and show them just how proud of them you are. Let's get the party started!

### Determine your party budget.

You can host a party your grad will be proud to share on TikTok – and it doesn't have to cost a fortune. The average graduation party price tag is about \$1,000 for a guest list of 60 people. You can keep things more intimate – and cost-effective – by inviting just close friends and family. Ask the grad who they'd like to invite and go from there.

**Decide on the décor.** Think about what your grad likes best and personalize the celebration to their interests. If your high school grad is going on to a university, mark the occasion with yard signs and banners in their new school colors. Are they playing sports in college? Incorporate their activity into the theme. You could also display photos of the grad through the years and use large balloons as photo props.

**Get festive with food.** Whether

you're hosting a full-blown bash or a casual open house, you can celebrate your grad with some A+ snacks. If you're serving appetizers, just replenish the food as it's consumed, and if you're serving a full meal, plan to serve about a pound of food per person.

**Choose a thoughtful gift.** Everyone appreciates cold, hard cash, but when it's your loved one graduating, you might want to give something more heartfelt (and that won't get immediately spent on gas). Consider whisking your grad away for a weekend getaway, treating them to concert tickets, or showering them with personalized gifts like engraved jewelry or a custom photo book. You could also gather some wisdom for the new grad. Ask relatives and friends to write down their best piece of advice on a slip of paper. Add all the papers to a "wisdom jar" and encourage the

graduate to read when they need inspiration.

### Do something unconventional.

You don't have to follow hard-and-fast rules when preparing for your grad's big day. Think outside the box and do something different. Plant a tree to symbolize growth in their life. Surprise them with a video compilation of congratulatory messages from loved ones. Or, host a scavenger hunt that takes the grad to important places on their academic journey and culminates with a celebratory dinner or party. The key is to make it about the grad. Focus on their likes and dislikes and what would make them the happiest.

**Graduation is an important milestone.** You can make your grad feel extra special on their big day by incorporating personalized touches, thoughtful gifts, and creative gestures. 🎓

## WHERE TO HOST YOUR GRAD PARTY

Home sweet home is the most affordable option, but just like your grad's future, the sky's the limit. Explore these options to host a truly unforgettable event:

- **Community clubhouse:** Rent out your community clubhouse for an indoor celebration with plenty of space for seating and entertainment.
- **Vacation rental:** Go somewhere scenic and throw a grad party in a cabin or cottage with family and close friends. You could also arrange for an onsite activity, like hiking or kayaking.
- **Rooftop venue:** Give your grad a sophisticated soiree with plenty of photo ops by hosting the party at a restaurant with city views.
- **Lakeside bash:** Head to a local lake for a casual outdoor celebration. Set up umbrellas and tents for shade, a volleyball net for games, and arrange for a bonfire at sunset.
- **Historic venue:** Book a historic mansion, museum, or cultural center for a charming and unexpected setting for the grad party.

# GIRLFRIEND *getaway*

SPEND SOME TIME WITH YOUR  
BESTIES IN COASTAL MISSISSIPPI

BY MIMI GREENWOOD KNIGHT

Photos: Belly Up Beach Chairs, White Pillars Restaurant, Pearl Hotel, and Adobe Stock



Since Hurricane Katrina basically wiped Coastal Mississippi off the map in 2005, the nine beach communities along this shore of the Gulf of Mexico have undergone a dramatic makeover. What has emerged is a vacation destination that's garnering rave reviews from vacationers from all over the world. With 62 miles of white-sand beaches, this might be the perfect place for your next girlfriend getaway.

Whether your idea of fun is a private rental where y'all won't see another soul or fun, funky, artsy towns with something popping every night of the week, Coastal Mississippi offers world-class casinos, museums, shops, art galleries, restaurants, bars, parks, festivals, and tons of fun on its rivers, lakes, bays, and the beautiful gulf itself.

## SUN & SAND

Picture this. You and your girlfriends show up to your own private, fine-dining experience right on the beach, complete with a bonfire, solar-powered lights, and a sound system. Belly Up Beach Chairs in Ocean Springs can make it happen at [FBHOS.com/belly-up-beach-chairs](https://FBHOS.com/belly-up-beach-chairs). Or book a ferry out of Gulfport with Ship Island Excursions at [MSShipIsland.com](https://MSShipIsland.com). Enjoy some dolphin spotting as you travel 11 miles out into the Mississippi Sound and set up your beach chair on one of America's last undeveloped barrier islands.

Enjoy kayaking, pedal boating, or birdwatching on the Pascagoula River through The Pascagoula River Audubon Center at [Pascagoula.Audubon.org](https://Pascagoula.Audubon.org). Take an airboat ride and feed alligators at the Gulf Coast Gator Ranch at [AirBoatSwampToursofMississippi.com](https://AirBoatSwampToursofMississippi.com). Or rent jet skis, paddle boards, or aqua cycles at [LifesaBeachBiloxi.com](https://LifesaBeachBiloxi.com). You can even book a 90 minute group shrimping trip through [BiloxiShrimpingTrip.com](https://BiloxiShrimpingTrip.com).





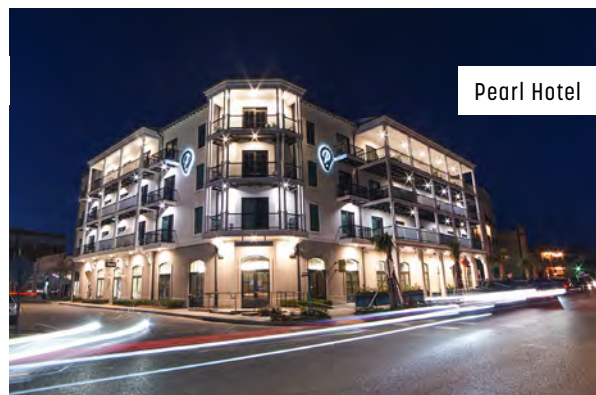
The Ohr-O'Keefe Museum of Art



White Pillars Restaurant



The Gulf from Biloxi



Pearl Hotel

## ART

Is there an art lover in your group? Plan a trip to The Walter Anderson Museum of Art in beautiful, walkable Ocean Springs or The Ohr-O'Keefe Museum of Art on the waterfront in Biloxi. Take a group pottery class there then make a trip to Peter Anderson's famed pottery studio, Shearwater. Or stroll Old Town Bay St. Louis and pop into Gallery 220 featuring the art of 25 inspired local artists. Visit [WalterAndersonMuseum.org](http://WalterAndersonMuseum.org), [GeorgeOhr.org](http://GeorgeOhr.org), and [BayStLouisOldTown.com](http://BayStLouisOldTown.com) for more information.

## CUISINE

With its proximity to New Orleans (an hour west), Coastal Mississippi takes its cuisine seriously. Whether you're enjoying finger food from food trucks or fine dining in a restaurant, you'll find fresh-off-the-boat seafood at every turn. Coastal Mississippi is home to two James Beard semifinalists, Austin Sumrall of White Pillars Restaurant in Biloxi, and Alex Perry of Vestige in Ocean Springs. Both chefs embrace locally raised and sustainably sourced ingredients and

gulf-to-table menus. [BiloxiWhitePillars.com](http://BiloxiWhitePillars.com) and [VestigeRestaurant.com](http://VestigeRestaurant.com).

For glamorous dining, try the Hotel Legend's Sapphire Supper Club reminiscent of supper clubs of the 30s and 40s. Or let your hair down at Jourdan River Steamer, which features lobster, royal reds, crab legs, and a breathtaking view of its eponymous river. Check out [HotelLegends.com](http://HotelLegends.com) and [JRSteamer.com](http://JRSteamer.com) for more details.

## SHOP 'TILL YOU DROP

You might want to bring along an extra suitcase because a trip to Coastal Mississippi is sure to include a lot of shopping. The nine communities are home to a seemingly endless number of boutiques, galleries, souvenir shops, and antique shops. There's also an outlet mall in Gulfport and "the world's biggest" flea market in Pass Christian.

## NIGHT LIFE

If you're interested in a little nightlife and especially live music, Coastal Mississippi does not disappoint. In any one of the beach communities, you'll

find bars, clubs, cocktail lounges, juke joints hopping with live, local talent, and the casinos pulling in national acts. Or book a sunset cocktail cruise at [MSShipIsland.com](http://MSShipIsland.com).

## WHERE WILL YOU STAY?

Coastal Mississippi was a playground for New Orleans families with summer homes for centuries. Many of the homes that escaped Hurricane Katrina have been converted into B and Bs. Or if you'd rather be in the thick of things, consider Pearl Hotel in Bay St. Louis. Right on Beach Boulevard, the family-owned and operated boutique hotel lands you in the heart of the idyllic beach community with a perpetual breeze off the bay and shopping, dining, and nightlife just outside your door. [PearlBSL.com](http://PearlBSL.com)

That's just a taste of all Coastal Mississippi has to offer. Visit [CoastalMississippi.com](http://CoastalMississippi.com) to discover award-winning spas and salons, nationally ranked casinos, golf courses and Top Golf, the Mississippi Aquarium, and dozens of seasonal festivals. Hey, save a beach chair for me! 🍷

# A MENU for mom

THIS MOTHER'S DAY, GIVE THE  
GIFT OF A HOMEMADE DISH

BY JENNIFER BAJSEL

**TIPS & TRICKS:** Use rosé champagne or a sweeter sparkling wine to remove tartness. Add a drop of red food coloring to the cake batter for a pink batter.

## STRAWBERRY CHAMPAGNE CUPCAKES

SERVINGS: APPROX. 16 CUPCAKES | PREP: 30 MIN. | TIME: 20 MIN. | TOTAL: 50 MIN.

**INGREDIENTS:** 1 lb. fresh strawberries, washed and hulled | ½ cup champagne | 2 cups cake flour | 1 ½ tsp. baking powder | ½ tsp. baking soda | ½ tsp. salt | ½ cup unsalted butter, room temperature | 1 ½ cups granulated sugar | 2 egg whites, 1 whole egg | 2 tsp. vanilla extract | ¼ cup half & half **Frosting:** 1 cup freeze-dried strawberries | 1 cup unsalted butter, softened | 2 ½ cups confectioners' sugar | 2 oz. champagne

**DIRECTIONS:** **PREHEAT** oven to 350°. Line two muffin tins. **PUREE** fresh strawberries in a food processor until liquified. **COMBINE** strawberry puree with champagne in a small sauce pot. **HEAT** over medium heat until reduced by half. **MIX** flour, baking powder & soda, and salt in a mixing bowl. **CREAM** butter and sugar in a separate bowl or stand mixer. **ADD** eggs to butter and sugar. **MIX** until well combined. **ADD** the cooled strawberry puree and vanilla and mix until combined. **ADD** the dry ingredients and half & half and mix until you have a smooth batter. **FILL** muffin cups about ¾ way full. **BAKE** in the oven for 18 to 20 minutes. **REMOVE** from oven and place on a wire rack to cool. **PROCESS** freeze-dried strawberries in a blender until powdery. **MIX** the strawberry powder with the confectioners' sugar. **BEAT** the butter and add strawberry sugar mix. **ADD** champagne 1 Tbsp. at a time until a creamy frosting texture is achieved. **FROST** the cupcakes and garnish with fresh strawberries.





## CACIO E PEPE WITH HOMEMADE PASTA

SERVINGS: 4 | PREP: 1 HR. 20 MIN. | COOK: 15 MIN. | TOTAL: 1 HR. 35 MIN.

**INGREDIENTS:** 1 ½ cup 00 flour | ¾ cup semolina | 5 eggs | Kosher salt | 1 Tbsp. black pepper, freshly cracked | 1 cup pecorino romano, shredded

**DIRECTIONS:** **COMBINE** flour and a pinch of salt. Make a well with the flour. **PUT** the eggs into the center. **WHISK** the eggs with a fork, drawing in the flour until well combined. **KNEAD** for 10 to 15 minutes until the dough is smooth. **FORM** a ball and cover with a bowl. Let the dough rest for one hour. **TAKE** a piece of pasta dough about ¼ cup size. **PASS** the dough through the smooth side of the pasta machine on the widest setting and repeat. **MOVE** the setting to the next lower width and repeat the process. Do this until you have the thickness you like. **PASS** sheets of pasta through the roller for cutting (or hand-cut). **FLOUR** pasta to prevent sticking and set in nests. Bring a large sauce pot to boil. **ADD** enough salt so that it tastes like the sea. **ADD** fresh pasta. **COOK** for 3 to 4 minutes. While pasta is cooking, **HEAT** a large saucepan over medium heat. **ADD** fresh, cracked black pepper. **ADD** ½ cup of pasta water. **ADD** cooked spaghetti and stir. **REDUCE** heat to low and add shredded pecorino cheese. **STIR** constantly until creamy. Serve immediately.

**TIPS & TRICKS:** If the dough is dry and crumbly, add a little water or an extra egg until it is pliable. If it is too wet, add 1 Tbsp. of "00" flour until it is manageable without sticking.

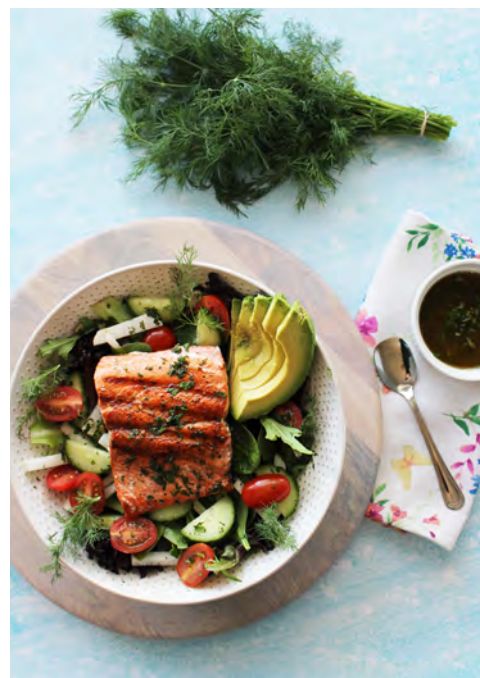
## SALMON SALAD WITH HERB VINAIGRETTE

SERVINGS: 4 | PREP: 15 MIN. | COOK: 10 MIN. | TOTAL: 25 MIN.

**INGREDIENTS:** 4 x 6 oz. salmon filets | 16 oz. baby spinach & spring mix | 8 oz. cherry tomato, sliced | 1 English cucumber, halved & sliced | 1 jicama, diced | 4 oz. pepitas | ½ red onion, sliced | 1 avocado  
**Dressing:** ¼ cup extra virgin olive oil | ⅛ cup white wine vinegar | 1 tsp. Dijon mustard | 1 Tbsp. dill, chopped | 1 Tbsp. oregano | 2 Tbsp. parsley | ¼ tsp. salt | ¼ tsp. pepper

**DIRECTIONS:** **RINSE** & pat dry salmon filets. **SEASON** with salt & pepper and set aside. Slice tomatoes, cucumber, jicama & red onion. **COMBINE** sliced vegetables with salad greens in a large bowl. **HEAT** a grill pan on medium-high heat. **COAT** pan with oil. **PLACE** salmon non-skin side down and cook for 4 minutes. **TURN** over and cook on the other side for 3 to 4 minutes. **REMOVE** from heat. **COMBINE**, in a separate container, the olive oil, vinegar, mustard, herbs and seasoning. **WHISK** until well combined. **ADD** salad dressing to the salad mix, just enough to coat. **TOSS** salad and place in serving bowls. **CUT** and slice an avocado. **TOP** each salad with a salmon filet and avocado slices. **DRIZZLE** a little more dressing on top of the fish and serve.

**TIPS & TRICKS:** Use a food processor or blender to emulsify salad dressing instead of whisking or shaking.



### ABOUT OUR CHEF

Jennifer is a private chef in Dallas, TX, with a passion for home-cooked meals with a global influence. In addition to cooking, she hosts an Italian cooking show on national streaming television. To follow her, go to [JenniferBajsels.com](http://JenniferBajsels.com) or find her on Instagram @JENNIFER\_BAJSEL

# A SMATTERING of stuff

THAT'S MAKING US SAY  
"WE LIKE IT!" THIS MONTH

BY HEATHER WITHERSPOON



## HAPPY FEET

**Rothy's Weekend Slide** is the only sandal you'll need for the weekend – and beyond. Featuring two crossing straps in light magenta and burgundy stripes and a sturdy, contoured footbed to keep you comfortable, this style-forward slide is easy to wear and always vacation-ready. They are also fully machine washable, so they're like new again and again.

\$139, [ROTHYS.COM](http://ROTHYS.COM)



## A PERSONAL TOUCH

Beautiful and functional, the **Small Travel Jewelry Case** from Mark & Graham is perfect for organizing jewelry at home or away. Thoughtfully designed with cushioned storage for rings, multiple compartments for earrings and necklaces, and a mirror for getting ready on the go. Just the right size for a weekend away, or when you only want to pack your most-loved pieces, this is sure to be a hit as a Mother's Day or graduation gift.

\$49 TO \$69 + 12.50 FOR PERSONALIZATION, [MARKANDGRAHAM.COM](http://MARKANDGRAHAM.COM)

## CHILL OUT!

Sprite has released a new flavor combination, and it is sure to satisfy the taste buds of Shirley Temple and Sonic drink fans. The new limited-edition **Sprite Chill** mixes classic lemon-lime flavors of Sprite with a cherry lime flavor infusion. And just like classic Sprite, it's caffeine-free. Available in full sugar and zero sugar options and while supplies last.

CHECK LOCAL STORES  
FOR AVAILABILITY



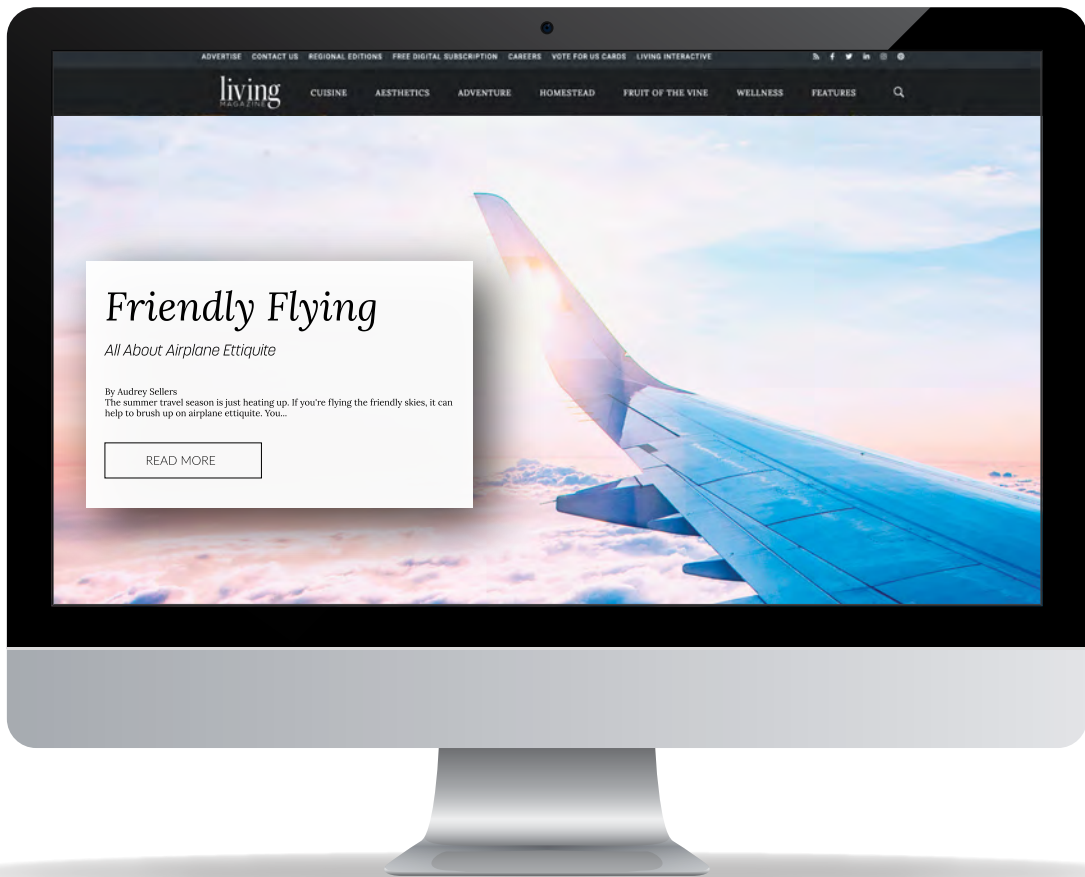
## TACTILE TEAM SPIRIT

From The University of Texas to TCU, each school's colors, mascots, landmarks, and stadiums come to life in a pillow-scape collage worthy of the storied traditions of your school of choice. With so many schools to choose from, this is the perfect gift for a high school or college graduate.

\$216, [UNCOMMONGOODS.COM](http://UNCOMMONGOODS.COM)



# Our New Website Connects You To Stories That Inform And Inspire



We've updated our website to help you better navigate our online content. You can now access topics such as Cuisine, Aesthetics, Adventure, Homestead, Wellness, and Inspiration!

In addition, you can find a trusted doctor in your area, read about local female entrepreneurs, get answers from industry experts, and even meet this year's Best Of Readers' Choice winners.

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# PROPERTY SERVICES

PBR Property Services is a service company that specializes in both commercial and residential properties. Our team of experts is dedicated to providing you with the highest quality services to meet all of your needs. Whether it's junk removal, retaining wall installation, pressure washing, sod installation, new construction clean-up, demolition, or any other property needs, PBR Services has got you covered. We are committed to providing exceptional customer service and building long-lasting relationships with our clients.



**Fulfilling All Your  
PROPERTY NEEDS**



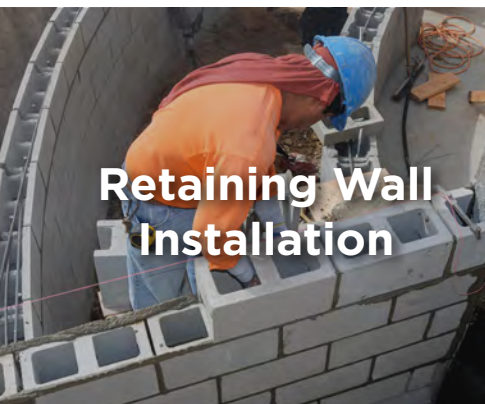
**Junk Removal**



**Pressure Washing**



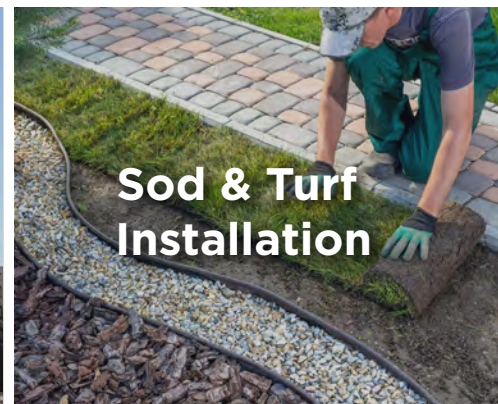
**Land Clearing  
& Grading**



**Retaining Wall  
Installation**



**Demolition &  
Skid Steer Work**



**Sod & Turf  
Installation**

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