

J focus on *fabulous* magazine

SPECIAL
SELF-DEFENSE
ISSUE

Volume 2

SPRING 2017

Issue 3

INNER Cleaning Makes Way for **New Life**

How to
WORK LESS
and
GET MORE DONE
Every Day

Surviving **SPRING!**

Downsizing
can be
Right-sizing

In
EVERY Issue:
He Said
Lady Bits

revealing the unseen beauty

focus on **Fabulous** magazine

Spring 2017

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CONTEST WINNER

Our first contest winner **Sharice Brown** shares her story on the topic "My Mommy Moment"

Describe a moment you were proud to be a mother

Check out her wonderful story on **page 24**

Why not show her some love & support by contacting her and offering a congratulations!

If you would like to submit to one of our upcoming topics visit fofmagazine.com for details

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...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. -Phil 4:8.

on the cover..



ON THE COVER: Cathy Stark Roche believes it's never too late to transform your life. A member of Toastmasters International, proud mother of four, grandmother of two boys ages 11 and six and twin 18 month old girls, she is also a published writer, inspirational speaker, Herbalife health coach and fitness enthusiast who believes that healthy is the first step to happy and leads fun and unique workouts for both children and seniors.

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THE POWER TO BE YOU

Spring is in the air and I can't stop smiling

Call me crazy, but I LOVE spring! It excites me to the point of sheer euphoria. Breathing the cool, crisp air, gazing at the clear, bright blue sky, watching the leaves as they begin to grow back then turn to blossoms in the trees as they gloriously fill with color and beauty - it truly leaves me gasping at all the splendor that is nature. The sounds of birds chirping outside my window as the sun peeks through my curtains every morning and wakens my sleepy, groggy head start my day with my heart leaping and brings a smile to my face that seems to last all day. Spring truly brings delight to my soul, my days, my very existence.

I told my mother today, "Artists should not be allowed to be drivers. We should only be passengers and have chauffeurs to escort us in our daily doings." For me at least, to drive as the pear trees are blooming on every corner and the Japanese magnolias (oh, how I love those) are radiantly painting a pink palette to a still-brown grass background, to the squirrels doing calisthenics and chasing each other up and down the trees and to the birds as they converse on the telephone wires and dance in the yards, why, it simply IS too much distraction for one who is supposed to keep their eyes on the road and the vehicles around them.

But every day, as I begin to enjoy our oncoming spring here in the South, I let my mind wander to the hope and potential that springs brings. What once was dry, withered, tired and perhaps not too attractive is now filled with life, beauty, color and promise. How glorious to come from the deep, cold, gray and rise with exuberance. It's as if spring is proudly saying, "Ta-da! Here I am. I survived. Don't I look beautiful?"

In our lives we have those days. Days that are dark, gloomy. I call those "I just want to stay in bed until it stops" days. But then we have those days that we break away from the cold, harsh humdrum and feel like we can conquer anything that comes our way. As I put together my seventh issue of this magazine I have experienced both of those days on numerous occasions, as well as defeat, discouragement and doubt. But like spring I refuse to stay in that which does not offer me sunshine, laughter, happiness and promise.

The truth is, even on the gucky days we can radiate our beauty and share our shine. The choice is ours. But we must rise above whatever tries to stand in our way. Come rain or sleet or hail or snow we are more of nature's splendor than we accord ourselves. We are made perfectly and perfectly made, and as the flowers rise from the cold ground, so shall I rise from the naysayers and the obstacles I may face in this journey. I shall lift myself up and be excited each and every day and focus on the beauty, the promise and on what is truly fabulous.



stay, fabulous, stay you!
"mi"

Any time women come together with a collective intention, it's a powerful thing.
 Whether it's sitting down making a quilt, in a kitchen preparing a meal, in a club reading the same book, around the table playing cards, or planning a birthday party,
 when women come together with a collective intention, magic happens. ~ Phylicia Rashad
 At FOCUS ON FABULOUS MAGAZINE, we could not agree more!
 (We proudly support these small business women & their businesses)



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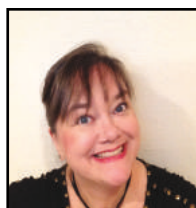
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 submit your story to: fofmagazine@mail.com

Contributors

If you or someone you know would be interested in being a small business contributor, and promoting their business, product or service through writing for Focus on Fabulous MAGAZINE or would simply like to write on a regular basis promoting their blog, book, etc. please contact Michelle at: fofmagazine@mail.com (not Gmail)



L. Shay Bradham provides "Lady Bits" on a continuous basis to Focus on Fabulous magazine. She is a mother of three, writer, publisher, author, and entrepreneur. Through her books: 91 Day Quest for a boosting business and Purpose Fueled Fundraising, she helps

business professionals serve hundreds (or thousands) of people while they create more free time and money for themselves. Receive a free consultation or learn more about Shay by emailing: LSHayBradham@gmail.com



Jamila Callwood is from St. Thomas, Virgin Islands originally but now lives in Columbia, South Carolina with her husband, mother, daughter and son. Army veteran, now entrepreneur Jamila's many years of management and leadership experience, education, and certifications has helped her to coach and mentor

others. She loves to travel, South Korea being one of her favorite places. She is the founder of The BeauTeeful You Project but she also supports her husband in their two other businesses, Phenomenal Tees and Phenomenal Tees for funds. For more information on any of her businesses, email her at phenomenalservices@mail.com

Cia Huston Dreves now retired in the Florida panhandle, enjoyed a 37 year career in Advertising as artist and writer, winning regional, national and international awards before retiring. She has been listed in "Who's Who of Business and Industry". She has also written, directed and produced documentaries and published the How-To book *Find Cash in Your Kitchen* in an effort to help others make the most of life on a budget. In addition,



she maintains the blog, StillFindingCash@blogspot.com for the same purpose. She feels especially blessed to have raised eight children who still bring joy and give meaning to her life.



Katryna Johnson, J.D., aka Trina, owns Mirelli Entrepreneur Training for Women. Her passion for helping women came from seeing her law clients broken and demoralized after divorce. She helps women build confidence, take responsibility, and launch businesses. She wholeheartedly believes women who help other women succeed will change the

world. Find out more at <http://Mirellietc.com>



Hadassah Rothenberg Levenson moved to Charleston, just shy of 12 years ago, from Brooklyn, New York where she had a long career as a real estate broker/owner, investor, property manager and in construction management. Success did not come by accident. Hard work,

long hours and dedication were conscious choices. Financial planning did take shape for her by accident and regrets not having given it more attention. Hence, her passion to help people understand the importance of taking control of their financial future. If not you then who? She helps folks understand the elements in financial planning, helps folks think about and establish their goals and be ready for those emergencies that can happen in life. She can be reached at: hrothenberglevenson@financialguide.com

Geri Mason began her search for deeper meaning and purpose for her life after a breast cancer diagnosis at age 30. A speaker in 1997 at the Million Woman March in Philadelphia, PA Geri continues to share her stories through her books, speaking engagements, workshops, seminars, and the media. Her work has been published for over fifteen years in her monthly column for *Key Awareness Publishing Newspaper*, in Virginia.



From pregnant, high-school drop-out, to the only child of eight to graduate from college to radio intern, television reporter, writer and motivational speaker, Geri Mason is definitely a "Woman on the Move." For more on "Geri Speaks" go to: gerispeak@yahoo.com, or www.gerispeak.com.

CALLING ALL WRITERS



Calling all writers, bloggers, poets and writer "wanna-be's"

Focus on fabulous MAGAZINE is looking for writers of all areas, types and topics who would like to be published in an upcoming issue of the magazine.

Focus on fabulous magazine is a quarterly publication designed to encourage, empower, inspire, uplift and educate its readers while focusing on the beauty that surrounds everyday and also provide the perfect "me time" accessory.

All entries should be a minimum of 300 but no more than 700 words, include a short bio and high resolution headshot and should be emailed to: fofmagazine@mail.com.

We reserve the right to hold pieces for space availability and future issues that may be more fitting.

Spring submissions provided by:

Alesa Arnett ~ Adelai Brown
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Interested in becoming a contributing writer? Contact Michelle at: fofmagazine@mail.com

How to Solve A Problem

By: Katryna Johnson



Success takes action. Sometimes it is simply that easy. To beat the paralysis of analysis, you just need to do something. I met with two women business owners and their staff recently who were not seeing the revenue they needed and were struggling with deciding what to do next. They needed help coming up with ways to increase sales without increasing expenses. So, we did some good ol' fashioned brainstorming.

are at a loss about how to solve a problem, start with impractical or foolish solutions and figure out why those wouldn't work.

Start with "attack with hummus" and move on from there. The practical, sensible solutions will become more obvious the sillier you get. For instance, it would be foolish to send your past-due clients an envelope filled with hummus instead of their monthly invoice that apparently just gets ignored, but is there something else you could put in the envelope that would make it memorable and not just "another" bill? How do you get their attention? Put some thought into it and you'll probably come up with a good idea.

3. Pretend that a fairy godmother magically appeared, waved a wand, and poof problem solved. What would change? Make a list of what would have to be different. Then work backward to see how you can go from success to the struggles you are having now. Often, when you look at a problem backward, you'll see the path it takes to get it done.

4. Imagine how someone in a totally different profession would handle the same kind of problem. If a professional football team faced the same kind of problem as your small business, what would they do? They would shake up the roster, get a new coach, practice new plays, study more film. Have you taken those kinds of steps?

And finally, when you come up with a possible solution, don't stop there. Come up with another idea then another. Often, it's the third or fourth idea you have that is the best solution. And just knowing that you have more than one option to try to solve a business problem will give you the confidence to try your first-choice solution.

Here are some tips we used to generate ideas that may help you solve a problem too.

1. Pretend you know exactly what you should do next, and do that. Don't scoff. It really works. The point is: Don't stand in your own way. You probably know exactly what you should do. You just have to face it. Even if you take the "wrong" action, just by doing something, a dynamic or two will change and the solution will become clearer. No problem in business is ever unsolvable.

2. Attack with Hummus. One of my favorite moments in the series Buffy the Vampire Slayer was a scene where the gang was sitting in the library talking about how to kill the monster du jour and someone suggested something and Buffy said, "That's the dumbest idea ever." One of the characters replied, "Well, we could throw hummus at him." The room goes dead silent for a moment then Buffy says, "I stand corrected." If you



Katryna Johnson, J.D., aka Trina, owns Mirelli Entrepreneur Training for Women, a non-profit bringing together powerful like-minded women who want to connect, learn, grow and prosper together through workshops, conferences, networking events, and more. She wholeheartedly believes that a community of women who step into their power and help other women succeed will change this world. Find out more about Trina and Mirelli Entrepreneur Training for Women at: <http://mirellietc.com/>

being fabulous

...doing the ~~man~~ mundane

Ginger Rogers was quoted as saying,

“I did everything Fred Astair did. Only backwards and in high heels.”

As women, for generations, we have also acquired a reputation for being versatile, adaptable and able to “get the job done” with or without the correct tools. This page salutes such a woman.

Hello. My name is Sandy Bowersox. It is very nice to meet you.

The “Focus on Fabulous” editor, Michelle, asked me to submit an article about being a woman in a man’s world. To tell you a bit about myself, I am a Texan by birth and have a proud heritage. I am a strong, direct woman with a classic Type A personality. My husband and I have been married 50 years and have three grown children and seven grandchildren. In the very near future, I will “inherit” two more delightful grands.

At almost 70 years old and reflecting on my life up to this point, I realized that everything I’ve done has prepared me for the positions I have been asked to fill after I retired. Believe me, I no longer have a comfort zone to hide in. Let me explain a bit.

For about 10 years, I was a law enforcement chaplain. I am not what one might call a religious person but, rather, a spiritual person. As a crisis chaplain serving the community, I accompanied the coroner on death notifications. Paramount to my position was confidentiality no matter who I was working with.



**SANDY BOWERSOX
CONSTABLE - CHAPLAIN
MOTORCYCLE RIDER**

However, I felt that to better serve law enforcement and first responders, I needed to know what it felt like to put on a uniform and a badge. The only way to accomplish this at my age was to become a constable. In some states, constables are elected; in South Carolina, they are appointed. I applied to SLED and was accepted. My training consisted of classroom work, qualifying with a firearm and passing a written exam at the end of the training. In light of this training, I teach the psychology of trauma in many of the CERT (Community Emergency Response Team) classes. My fear of public speaking quickly vanished.



As I mentioned earlier, I do not believe myself to be particularly religious, so when I got a call from God that I was to be a light in the biker community, my first thought was that God had clearly made a mistake or I was having some sort of breakdown or mental crisis. I first told God no. Then thinking more clearly, I checked myself and said, “It’s probably not a good idea to tell God no.” So here I am!

The instructor at the motorcycle safety class said that because of my age, I would not catch on as quickly as the younger ones in the class. I told him that was fine—I just needed to learn to ride. To say the least, it was very difficult for me because I am such a perfectionist and

very hard on myself. I was not used to doing anything that didn’t come easy for me; my frustration spilled over in the form of tears (which is very rare for me also), but I refused to accept defeat and I persevered. It has been very rewarding.

My first adventure with group riding was to ride with the Patriot Guard Riders. We stand a flag line for fallen soldiers and first responders at their funerals or welcome-home ceremonies. It gives me satisfaction and pride to be able to render honor in this manner.

I now have a family anywhere I go where there are other bikers. As I discovered, bikers are some of the kindest, most generous people I know.

Thank you for your kind attention to some of my story—a woman in a man’s world. I hope I have inspired you to tackle whatever you desire despite your age or limits you may put on yourself. Life is an adventure. Ride it while you can!



***Do you know of a woman who has stepped into a typical man’s role, job or career position_& produced great results despite difficult strides accompanied by their sex?
We’d like to hear about her!***

***Submit your nominee, her story and a photo of your incredible woman performing her “man task,” for consideration in an upcoming issue to:
fomagazine@mail.com***

Downsizing Can Be Rightsizing

~By: Shawn Phillips

Being a Realtor myself, I have noticed that Realtors are seeing a new trend. Instead of gravitating to large homes, people of all ages are starting to embrace a less-is-more attitude. Downsizing is no longer relegated to seniors, as young families are shying away from the mini-mansion craze and are starting to look for a cozy and smaller home. Many are drawn to neighborhoods where homes are closer together and have front porches where one can sit and visit with neighbors passing by.

“Rightsizing” is a better term, as it means you don’t have to make sacrifices when moving to a smaller place. In fact, it could mean quite the opposite. A smaller, yet luxurious, home in a prestigious community is a smart option.

Consider these benefits of a home that is the “right size” for your life.

- Reduce expenses—mortgage payments, utilities, maintenance
- Less stress
- Start afresh
- Buy new/newer
- Boost your living/retirement income
- Have money for adventures
- Less stuff = less cleaning = more time to enjoy life

People of all ages are finding that a smaller home that is the right size means more money in a bank account. Your life is less stressful without paying large amounts in mortgage payments, taxes and insurance. No longer will you have to pay huge utility bills. You may even decide that you no longer need landscapers to maintain your large yard. The decrease in all those expenses will give you more money to enjoy life.

Moving into a smaller home encourages people to interact more. You have more opportunities to sit and talk, play games or watch TV together. Furthermore, many of these smaller homes are in subdivisions with more recreational activities, such as walking trails, tennis courts, pools, golf courses and lakes—all enticing people to enjoy life together inside and out. Your new home could inspire special bonding opportunities and create many wonderful memories.

Furthermore, purchasing a smaller home is a wise investment. If or when it comes time to sell, your smaller home will appeal to a wider audience of buyers. You can boost the value your rightsized home offers by having it in an ideal location—neighborhood amenities, the ability to walk to stores or near an attraction such as the beach or waterway.

Of course, the toughest part of rightsizing will be parting ways with stuff that you no longer use or need.

Here are some tips:

- Access your actual needs. Use the one-year rule. If you haven’t used it in a year, get rid of it.
- Avoid tackling the whole house in one go. It’s too stressful emotionally and physically. Work on one room at a time.
- Banish the “maybe” pile. Use the OHIO rule (Only Handle It Once). It’s yes or no.
- Go through every closet and cabinet.
- If it is chipped, broken or stained, toss it!
- Determine your new storage needs/eliminate storage.
- Sell your stuff—estate sales, consignment stores, e Bay, Craigslist, etc.
- Give family treasures away.
- Organize and enjoy.



Rightsizing is becoming a national trend for many reasons, but the most common is to gain quality of life. By simplifying your life and surroundings of “stuff,” you will find you are free to pursue your passions, such as hobbies and travel, without the responsibilities and financial burden of a large home.



Shawn says her goal in life is to be healthy, happy, and help others. Like most women she wears many hats – Realtor, small business owner, wife, mother, grandmother, and friend. She loves to read, cook, garden, contemplate the meaning of life, and laugh. Like Shawn on Facebook at: <https://www.facebook.com/ShawnPhillipsDreamGreat>, to reach her directly call or text her at 843-471-7315 or shawn-phillips.kw.com or check out her blog at: shawnphillipsblog.wordpress.com

FIELD of View

spotlight on exceptional women in their field



Meet Jessie B. Turner

In 2010 Charleston was graced with new residents when Jessie B. Turner and her husband decided to venture to the East Coast. It was at the recommendation of a friend's sister who had vacationed in the Holy City that they decided to check out Charleston and its surrounding areas before making a definitive decision. Proclaiming to not spend another winter in Wisconsin, they chose beach over mountains and to make the Low Country their new home.

Jessie's marketing experience gained her employment with a local digital marketing company called The Modern Connection, which promotes marketing advice, website information and small-business guidance on their popular Web Wednesday segments presented on local radio station, 105.5 The Bridge. It was during those on-air session visits that Jessie could meet the staff and radio personalities and, struck a friendship with Operations Manager/Program Director and On-Air Personality Matthew Potter.

Looking for something else to do with her time, Jessie approached Matthew about the possibility of any position that might be available at the station. She was immediately hired as the co-host to the popular "Box in the Morning" airing Monday through Friday from 6 a.m. to 10 a.m. This is her first-ever radio personality position, and having just completed her second year, she says she loves every minute of it and learns every day.

In addition to her popularity at The Bridge, Jessie continues her work with The Modern Connection in website development and digital marketing for small businesses. She also co-owns a dog grooming, daycare and boarding facility on James Island, Head to Tail Day Spa & Inn.

When asked about her "DJ job" Jessie says, "Working in radio, I try to be conscious of the diverse audience I am speaking to but still have my opinion and not lose sight of who I am. Box and I have our 'banter moments,' and although we are both opinionated, we try to bring empathy and knowledge whenever we have the microphone. I am not comfortable speaking about things I do not have knowledge of or am not passionate about." Looking across from me, at this tiny, articulate, feisty redhead, I asked Jessie what sort of things she was passionate about: "I am passionate about women's issues. Empowerment and their role in society. I want every woman to know that she can do great things. So, with my microphone, I try to convey, 'How can I help you be all you are destined to be?'" She does not want to be perceived as "untouchable," as her email and Twitter are public and she loves connecting with others and working with people. "I am given a microphone every day and a voice, but I want to make sure I never forget what a privilege that is, and I never want to take that for granted," she says.

Jessie has spoken locally at the Center for Women, taught classes as a guest teacher at the College of Charleston and has spoken at the Charleston Metro Chamber as well. She typically talks about helping small businesses with their marketing and ways to promote themselves. Jessie proceeds by saying she loves doing radio, wants to continue to be more involved on a personal level with Charleston's women, become an advocate for others and even has her sights set on serving in local government in the future. Jessie went on to say, "Charleston has so many communities, like Johns Island, where I live, that need to keep their authenticity, diversity and stories. As these communities grow, we need to make sure we're

protecting what makes them special and unique. I realize I'm a transplant, but I strongly believe that people who live in Charleston, and who have called it home for generations, should be able to always call it home."

Wrapping up, I asked Jessie if she had a motto or phrase that she had adopted to her life. Her reply was quick and left me speechless, so I'll wrap this up with that. Smiling, she said, "I do. It's actually a tattoo on my shoulder and is a quote from Shakespeare that says, 'Though she be but little, she is fierce.'"



Originally from a seriously small town in Western Kansas, Jessica made her way to Charleston via Wisconsin in 2010 to escape the brutal winters. Jessica Turner is an On Air/Web & Social Coordinator for WYBB 98 Rock/WCOO 105.5 The Bridge in Charleston, SC. When she's not keeping "Box" in line during the morning show on The Bridge, Jessica is a Digital Coordinator with The Modern Connection, and is a co-owner of Head to Tail Day Spa & Inn on James Island. She and her husband, Nate, live on Johns Island with their small herd of animals – three cats and two dogs. For speaking engagements contact Jessie by email at jessica@radioofcharleston.com or on Twitter, Facebook or Instagram as @JessieBTurner. or just email her and tell her how FABULOUS you read she was in our Field Of View section of Focus on Fabulous magazine.



Surviving Spring

By Cia Huston Dreves

After the ravages of winter, many of us romanticize about the various aspects of spring: the first buds on the trees, the warm breezes, the shortening shadows. But after curling up with the newest seed catalogue on what one hopes will be the last of the chilly days, the reality of opening the windows begins to sink in. The windows need to be washed. The draperies need to go to the cleaners. The blinds don't look so new. Thus, the arrival of spring comes hand in hand with the need of a dreaded "spring cleaning."

And just as unwelcome is the fact that beyond the windows, mountains of additional jobs await. There are sidewalks to be cleaned, edging to be done, lawn furniture to be readied. The flowerbeds need to be turned and mulched. Shrubs need tidying. And all the while, the age-old questions of timing: "Is it too early to plant? Will there be another frost?" plague those eager to rush into the beauty that is spring.

I must admit, I fall into my own emotional traps every single year. Even though I know better, I give in to rushing outdoors on the first warm days to tinker and tidy and plan while procrastinating like a pro over the spring cleaning that needs to be done indoors. So I've revised my own "Spring To-Do List" to reflect and respect my personal fickle nature. I've also imposed some rules on myself and genuinely try to keep them... The operative word, there, being "try."

So here are my rules and hints in hopes that they might be helpful to someone:

RULE # 1 Do not go outside unless the sun is shining and it is too warm for a jacket

RULE # 2 Sit and enjoy the sunshine for 10 minutes after every 30 minutes of hard work

RULE # 3 On chilly, cloudy, or rainy days, commit to thoroughly cleaning one room or completing one major task

HELPFUL HINTS

WINDOWS: First, remove curtains, draperies and/or blinds. Bag drapes to go to the cleaners. Start a load of wash for the curtains. Rinse blinds in the bathtub, shower or outside. To clean the windows like a pro, a squeegee is a must. Lay a rolled towel on the windowsill to catch drips. Make a half bucket of warm water with a few drops of dish-washing liquid in it. Wash the windows with a wet sponge or washcloth. Do not rinse. Squeegee from the top to the bottom in straight, even strokes. Remove stray drips with a dry cloth. Wipe sill and frame and move on to the next window.

KITCHEN:

STOVE: Remove oven racks and set to "clean" or heat oven and use a spray cleaner according to directions. While the oven is cleaning, remove the filter(s) from the hood and clean. (I put mine in the dishwasher.) Clean the underneath side of the vent hood by spraying with bleach and scrubbing with a baking soda and water paste on a cloth.

CABINETS: Using a step stool, clear items from top of cabinets. Clean top surface and cover with a layer of wax paper to make your next cleaning easier. Clean items and replace. Wipe upper cabinet doors with a soft cloth and the cleaner appropriate for the surfaces.

REFRIGERATOR: Remove all contents. Clean interior with a baking soda and water solution. Discard outdated items. Wipe everything clean before replacing it in the refrigerator. Clean top of refrigerator and remember to clean the louvered cover below and the dehydration tray behind it.

COUNTERS: Clean back splash and counter tops and lower cabinet doors.

KITCHEN CONTENTS: Remove contents of one cabinet or drawer at a time. Wipe interiors with a cloth dampened with a mild bleach and water solution and replace contents. When finished, clean lower cabinet and drawer fronts.

BATHROOM

Start at the top and work down. If grout is stained, try cleaning it with a paste of bleach and baking soda applied with a brush. Rinse well.

MOVING FURNITURE

Believe me, the Teflon disks are miracle workers. I had to use a pry bar to lift the corners of my very heavy and very loaded desk. Now, I can easily slide it everywhere. If you have hard-surface floors, try the disks with a felt or carpet pad instead of the Teflon.

OUTDOORS

DECK: I have a great deal of land and planting beds, so I tackle it one piece at a time or a single task at a time. The most important thing I've discovered for myself is that there is no great hurry. I usually start with the deck on one of the earliest "outdoor days." This year it needs to be restained and I'll use a pump garden sprayer for that. It's not too difficult and makes a huge difference. Since staining the deck requires removing the furniture to the lawn, I generally spray it down with a bleach solution and hose it off while it's in the yard. The following morning, everything is fresh and clean and ready for the cushions and umbrellas to come out of winter storage. Having the deck clean and new looking goes a long way toward moving me into a "Spring Fantasy" mode.



FLOWER BEDS: As far as the flowerbeds go, I discovered the most valuable tool. Technically, it's called a "hoe" and I bought mine at Lowe's. It is shaped like an open capital letter "D" and scoots under the surface of the ground and cuts on both the push and the pull strokes. It's wonderful for weeding around plants, but it is most wonderful for refreshing last year's beds. It loosens the soil and gets under old mulch and weeds as it goes. In no time at all, my beds are ready for planting, but, as always, I'll be

much too early. So, I sprinkle the beds with Preen to help prevent eventual weeds and cover them with new, fresh mulch. It is an easy task to move a little mulch out of the way when planting later, and in the meantime, the beds will look tidy and cared for.

PLANTING: I simply cannot resist the urge to purchase flowers and herbs and vegetables long before all danger of a cold snap is past. So I force myself to clear a surface space near a sunny window and allow my purchases to become a part of my décor for however long I must wait. Generally, my first actual plantings are in the large pots on the deck. If a freeze threatens, at least I can bring them inside for the night and I have the illusion of spring's arrival in the meantime.

My process does not happen overnight. It takes weeks and sometimes slides past May and into June. But, eventually, my house is clean, the yard is beautiful and I find that, once again, I have not only survived spring, but I have loved every single minute of it.

Cia Huston Dreves enjoyed a 37 year career in Advertising as artist and writer before retiring. She has also written, directed and produced documentaries, published the How-To book "Find Cash in Your Kitchen" and maintains the blog, "Still Finding Cash" at blogspot.com.





The freedom of letting go

the power of release

Soul Restoration

~by Edén Tadesse

Teachers are undoubtedly among the rank of people in my life who've inspired me the most. It's true. I've always gone the extra mile to let them know just how much I appreciate their presence in my life.

Two years ago, I lost my favorite teacher Mr. Al Hubert to a tragic (and sudden) heart attack. Mr. Hubert and I were very close due to our many common interests (politics, business, atheism, etc.). He taught me business and was also my homeroom teacher. Mr. Hubert had always been a strong parent figure to me. His death shattered my entire being. And what's even worse... He literally died right in front of my eyes. As a young, innocent and naive 18-year-old, it was completely unbearable. I'll always remember the exact moment the school nurse told me he passed away. I immediately collapsed. I was completely torn apart. I couldn't even talk because I was crying so much.

Later that afternoon I had a scheduled interview with a university abroad. I knew it wasn't something I could postpone just like that, so I decided to cancel it, as I was in no condition whatsoever to sit through an hour-long, rigorous interview. As I began writing my letter of apology to the university reps, my best friend Tia saw what I was doing and convinced me to pull myself together. My thoughts were completely disordered. I even looked like a mess with my swollen eyes and cheeks. I couldn't think of anything except Mr. Hubert.

Tia wasn't going to let me give up so easily. She bought me food, drinks, escorted me to the washroom to wash my face and helped me prepare for the interview. She was a major lifesaver that day. I couldn't believe my transformation in just an hour. I reviewed my notes again and again, and when the time came, I took a deep breath and sat through the interview. I was without a doubt exhausted and disheartened. One of the first things they asked me was how my day was going. I told them I had a chaotic day and that I was feeling slightly tired. At that point I was 110% sure I blew it! Tia waited for an hour until I finished my interview and asked me how it went. I didn't want to disappoint her so I told her everything went pretty good. She was really happy for me!

I panicked lightly and quietly convinced myself that was the last I'd ever hear from them. It wasn't. To my surprise, I got accepted—and what's more, I got a full academic scholarship. I was beyond happy!! I didn't end up going there (because it was in Europe and I wanted India), but the fact that I got accepted and with such a large financial bursary meant everything to me.

I couldn't have done it without Tia.

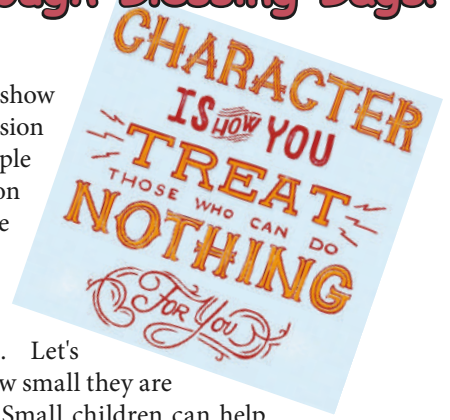
Born and raised in Addis Ababa, Ethiopia, Edén's life's mission has always been to empower others to activate their potential, manifest their greatness and make a positive impact. For the past four to five years, she's spent my life making an impact through various passions; blogging, volunteering, film-making, journalism, consulting, teaching, activism and entrepreneurship. She is currently the Founder of BlogUnit®, TechUnit®, Tectopia Blog, Motivation Island and ECCS (Edén's CAS Counseling Services).



Teaching Kids Empathy And Kindness Through Blessing Bags!

By: Lisa Bayorek

We have an opportunity to show our kids that love, compassion and grace are for all people regardless of race, age, religion or circumstance. One of the most important things we can do is teach our children empathy and to care for others beyond themselves. Let's teach them that no matter how small they are they can make a difference. Small children can help put items in a blessing bag, pick out school supplies for students in need, help bake cookies for the local fire or police department, pick out a gift for a foster child, and sing or make a card for the residents of a nursing home.



Blessing bags are an easy and wonderful way to teach children gratitude for what they have and compassion for those who have not. You could do it with any group of children or even as a family. Just gather a few of the items in the list below, fill the bags and you are all set to teach your kids how caring for others with an act of kindness is something they are all capable of. They will learn that the smallest gestures can make a big difference by simply putting a smile on someone's face. Blessing bags can be kept in cars and handed out to people in need as they come across them or dropped off at a local shelter or church.



Ideas for the blessing bags:

- Socks
- Bottled water
- Band-aids
- Hand sanitizer
- Sewing kits
- Chapstick
- Non-perishable food items



I welcome your emails, suggestions and comments. Reach out to me via email at lisabayorek@macaronikid.com.

Lisa lives in Charleston with her husband and two sweet and crazy boys. She is a healthy-living enthusiast, foodie, farmers market aficionado and publisher mom for Macaroni Kid Charleston and Macaroni Kid Moncks Corner Newsletters. If you would like to learn more about Wildtree, host or attend a workshop or you are passionate about food and would be interested to share it with your friends and family visit her website at: www.mywildtree.com/lisabayorek or email: lbayorek@gmail.com



Fabulous Fashion Finds



"Do you ever feel like the weather is putting a challenge on your hair style?"

Have you ever thought of using a hippie headband to style your hair? The up do shown here keeps your neck free of your hair (which may feel heavy due to the humidity in the area). It is as simple as three steps. First, slide the hippie headband over your head as normal. Second, section your hair, pull up and wrap each section around the headband. And lastly, roll the final section and tuck it in right at the base of your skull. If you feel more comfortable with bobby pins throw a few in so your hair is nice and tight. But do not worry a few curls following out is very cute as well! Try out a flower clip to add some bling!"

Julie Williams is a director with Paparazzi Accessories. She recently celebrated two years with the company in August 2016. Her daughters love to help customers shop. She loves Paparazzi because it offers accessories at an affordable price. She is also a U.S Army veteran as well as an army wife. Her full time "job" is mother, wife, college student. Contact Julie at: [facebook.com/5jewelswithjulie](https://www.facebook.com/5jewelswithjulie)

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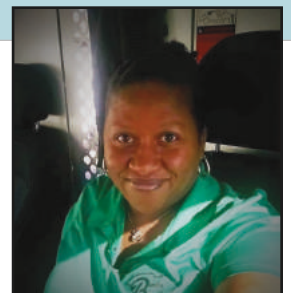
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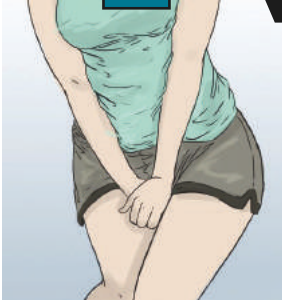
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*Benita Bradley
Owner*

The "P" word

By Alesa Arnett



Of all the topics that interest me personally and so many changes this past year, my interests have shifted. Most important is to share something of value that not many women normally discuss for fear of embarrassment. This wonderful magazine is the perfect outlet to help raise awareness of all things “woman”—and man too. So, I want to talk about a common anatomical condition many women live with or correct. So here are the three dirty words: PELVIC ORGAN PROLAPSE (POP).

There... I said it! There are some of you that may be saying to yourselves, “Wow, I can’t believe she’s talking about this!” or, “Hallelujah, someone is talking about it publicly,” or better yet, “I have this issue. I’m so happy to see someone writing about it!” The conditions affect many, though they are not outwardly visible.

I am a retired Air Force medic and mother of three (natural births). No one EVER talked about preventing any type of pelvic organ prolapse condition—not during any annual wellness appointments and not before, during or after I delivered my babies. Life was great! I remained active as ever post-retirement. While on active duty I always used the restroom before squadron physical training so I wouldn’t experience stress incontinence during the workout. It was the normal thing to do. I always knew many women would “pee” a little if they coughed, sneezed or jumped; it was common.

Then at age 50 I joined a 30-day boot camp challenge. Lots of high impact movements and running. I started to notice some pre-menopausal signs, such as missed menstrual cycles and “hot flashes.” However, six months later during a weightlifting class, I noticed things were changing just a bit. I made some appointments and even was informed that I my bladder and uterus had moved down a bit (cystocele/uterine prolapse) and was told the resolution would be surgery—lifting uplifting my bladder, removing my uterus, etc., etc.

How simple it was for the surgeon to suggest that the best option was to remove my insides! I continue to perform pelvic floor exercises, and to this day I manage to live with this gently aging body. I’ve greatly modified my physical activity: zero high-impact exercises, swimming, walking, spin class, modified core work. I joined Facebook support groups, and I’ve read lots of information. POP even affects young women; 26-year-olds have gone through total hysterectomies (removing your organs can have devastating effects), and some are already planning bladder lifts and repeat surgeries. Then there are those who choose to hasten surgery as if possible by using pessaries and sponges, losing weight, eating right, etc. There are even some products on the market to help manage incontinence, such as Poise Impressa bladder supports. There are wonderful surgical outcomes, but there are also horror stories.

I was mortified at some of these experiences I learned about and extremely frustrated that none of my medical providers talked about POP prevention at an early age! I find that most personal trainers don’t know much about it either! So, I continue to take things into my own hands. I know now what I need to do if surgery becomes my resolution of choice if symptoms become unmanageable. Luckily, I do not have issues urinating, as some do. And I am thankful that my husband and I have a strong and healthy intimate relationship.

There it is. I talked about it! I now feel it is my duty to share my knowledge, experiences and the resources I’ve found with others. I’ve done my best to educate my daughters (I remind them to Kegel—we now laugh about it). My mom and I educate the women who work out at our local Curves because we must be there for each other! If you wish to consider this further, the resources I found can be sources of information for you too. Some professionals have different viewpoints, and it is up to you to make decisions about treatment or health with your providers and best after educating yourself.

Everything said, many women lead beautiful lives with POP, even after surgery; it is all very individual and very personal. My challenge to each woman is to bring the topic up to their provider; ask them to evaluate you for these conditions at your next wellness exam and discuss prevention. The following are a couple resources I have used to educate myself. Check their websites and Facebook pages.

Whole Woman, Inc. / Pelvic Organ Prolapse Support (POPS). Don’t forget YOUR DOCTORS.

I wish you each good health, happiness and wholeness.



Alesa Arnett is a United States Air Force Veteran and mother of three. She has traveled around the globe, often separated from her family serving as a medic for more than 20 years. She retired in 2010 in Texas where she still resides with her wonderful, supportive husband of 24 years. She is a grandmother a curious and energetic two-year-old named Max, has another grandchild due this summer and her son currently serves as a U.S. Marine. She can be reached via email at: adarnett@gmail.com



Passionately Driven

women transforming their community & the world

Written by Michelle Bryant- as told by Bridget Stahl



Bridget Stahl, an Air Force veteran and beautiful, young woman in her mid-thirties is truly passionate and driven. The founder and executive director of the Charleston-based non-profit charity RosaLuz, Bridget has known she wanted to work with children and give back in some way since she was a child herself. She used to listen to the stories, adventures and street escapades her mother would tell of growing up as one of nine children. Bridget's mother grew up in a very poor family in Peru with her mom and siblings. As one of the eldest children, she assisted with the family's daily survival needs by selling food or merchandise on the neighboring streets of Peru. As a little girl, listening to her mother's tales, Bridget informed her mother on numerous occasions that she would one day go back to Peru and help those children who work or live on the street.

RosaLuz was named after Bridget's grandmother, Luzmila Rosas. "Rosa" is Spanish for "rose," which is the symbol for love, and "luz" is the Spanish word for "light," which is the symbol of hope. Combined they created the love and hope Bridget strives to bring to the charity on a day-to-day basis.

In addition to running RosaLuz, Bridget has a graduate degree and holds a full-time job in occupational health and safety. This allows her the freedom and potential to focus on global issues. After her graduation, Bridget took her training, education and vision and recruited like-minded people with the same passion to begin her charity. On March 3, 2014, RosaLuz received its 501(c)(3) with the mission to improve the lives of underprivileged youth globally beginning within the country of Peru. RosaLuz focused on the basic needs of the children, such as providing food, transportation, chickens and livestock, with a strong need for education, keeping children in school, offering uniforms, books and supplies.



Remar kids

This non-profit receives no government assistance and is totally funded on private donations. One of their primary giving is currently to support a children's home, which houses 33 children, called Remar. They have been supporting Remar since the very start of RosaLuz and have watched the children there grow and blossom. Before RosaLuz intervened, the facility was falling apart and needed extensive repairs and safety measures. The children were sleeping on the floor on thin mats that were covered in feces and urine. They are now sleeping on mattresses and able to get education, which, although it is a top priority among Peruvians, is often a luxury.

Recently RosaLuz started a very affordable child sponsorship program offering two levels of support to provide income every month.

The basic level is twenty dollars a month and provides basic needs for the children. Thirty-five dollars a month provides the full basic needs, plus the additional \$15 is reserved for the education, uniform, books, supplies, etc. Bridget hopes to bring digital technology to these children so that the organization will be able to provide personal video messages to sponsors each year, which is only one of several other rewarding factors received by giving back. Bridget goes on to say, "Education is our main focus among the children here."

"The children look to their sponsors almost like godparents," Bridget says. "In fact, they call them god mom and, god dad." Bridget tells the story of Gustavo, a child she met and asked, "Tell me about yourself. If you could



have anything what would you want?" Gustavo began crying and said, "No one has ever asked me before what I wanted." As she finished the touching story, she informed us that soccer shoes were what he said he wanted more than anything. (Soccer is very big in their country.) Bridget continued by saying, "The things we take for granted are huge to them. They just want to know someone cares. There is an immense need for shoes among these children, and they do not care the brand, color or type. They are just so happy to have their feet covered." Bridget went on to say how something so small can make a big difference. "Like chap-stick. They all have these dry, chapped, sometimes bleeding lips."

RosaLuz introduced its giving board in 2016. Its board is composed of four board members and prides itself on being a giving board. Although no one on the board is paid or has a paid position in the charity, the majority, more than half, of the organization's funding currently comes from the board. Ninety-five percent of the overhead goes to the organization and its mission. The website and general overhead still consists of less than 5% of the overhead. The board is currently seeking new board members. Financial giving levels for board members start as low as \$120 per year. There is an application and interview process as the board elects additional members. Bridget says, "When it comes to our board, while the giving component is something we are proud of and is important to us, we are more concerned with having the right people on the board. We need people who align with our vision and are truly dedicated to make a change in these kids' lives. They count on us."

RosaLuz, with less than three years behind them, is changing the world through the eyes of a child, a community and a country and has



Gustavo crying over his new soccer shoes

plans to continue that mission by going to Gambia, Africa, this year to add 100 children to their roster among other things in the future planning stages.

If you would like to donate to RosaLuz, sponsor a child, become a corporate sponsor or be a part of a charity supply drive in early fall, contact Bridget at bstahl@rosaluz.org or visit their website at www.rosaluz.org. RosaLuz also has a Facebook page ([facebook.com/rosaluz.org](https://www.facebook.com/rosaluz.org)) and Instagram (@rosaluzkids) where you can follow the kids and all the great work this charity is doing. RosaLuz plans to use both of these social media platforms as a major component of their child sponsorship program to connect sponsors with their child.



At the boy's home



with the kids in Lima



New uniforms & shoes



Eating with the girls



Hugs all around

Bridget Stahl is the Founder and Executive Director of RosaLuz, a charity dedicated to improving the lives of underprivileged children across the globe. RosaLuz was founded in Mount Pleasant, SC area in March 2014. As the Executive Director, Bridget is responsible for the overall agency direction, fundraising, program management, and managing external relationships and collaborations. She holds an undergraduate degree in Environmental Health and Policy from the University of South Florida and a graduate degree in Public Health from the University of Massachusetts. Bridget is a proud veteran of the United States Air Force having served from 1999-2002 as a Bio-Environmental Engineer. She currently works as an Occupational Health, Safety, and Environmental Leader for Honeywell and also as a part-time actress for Coastal Talent. In her spare time, Bridget enjoys reading, hiking, traveling, and dance. To reach Bridget, get more information on RosaLuz, sponsor a child or donate visit the website at: <http://www.rosaluz.org/>



Never too old for the ride of adventure

By: Sandy Bowersox

I was asked by Michelle to contribute to this magazine. I don't relish talking about myself. It feels a bit like tooting my own horn. But she said that's what Focus on Fabulous is all about - taking the time to tell our story and perhaps inspire others. So, if there is something about my life that could inspire or help someone to get out of their comfort zone, then I will tell you my story.

In my fifties, I attended training for disaster relief. Part of that training was for NOVA, National Organization for Victim Assistance. I was so intrigued that I continued my NOVA training and got certified. Then, following the NOVA training, I became certified in CISM, Critical Incident Stress Management. During that time, God called me to be a law enforcement chaplain.

After about six years, I felt that I would be a more effective LEO (law enforcement officers) chaplain if I knew what it meant to put on a uniform and a badge and actually be and LEO. Well, obviously, I was too old to apply to the academy, so because of some retired officers who were constables and attended FOP, Fraternal Order of Police meetings, I discovered how to apply to be a constable. In some states, constables are elected. In South Carolina, they are appointed. I applied to SLED and was accepted. I attended a week long training at the academy, which included learning the law and qualifying with our weapons on the range. We were required to qualify each year with the regular officers. I was the only female in the class and in our group. There are a few more female constables now because they have retired from regular law enforcement.

Constables are a totally volunteer law enforcement department. We were on the same level as a reserve officer. We volunteered with different agencies, and we did what the officers we were working with did. It was a very satisfying position. Many of the LEOs were amazed that we would come and do what they did every day, and we did it for free and volunteered. Some of them had high regard for us.

I did learn to be a better chaplain to them and in general because of that experience. One of the things I learned while training was to be an active listener. Paramount in my training was confidentiality. To this day, that is still very important to me. I do not share anything with anyone without their permission. I also realized that not everyone can do that, much to my chagrin.

Because of all my training to this point, I was asked to be CERT trainer, Community Emergency Response Team. I was approved to attend the trainers class after taking the CERT training class. So I teach the Trauma of Disaster when invited to teach.

In my early sixties, God called me again. Only this time, it was something that I had never had any interest or skill in. He clearly called me to be His light in the world of bikers. My first thought was that God had clearly made a mistake or I was having some sort of breakdown or mental crisis. I first told God no. That was just too bizarre for me to even consider. Then I checked myself and said, "It's probably not a good idea to tell God no."

I called another friend I trusted, as he had been a biker for many years, was a retired LEO, and a faithful Christian. He said that was not bizarre and was very excited for me. He sent me two books: one was "God on a Harley," and the other one was "Heaven in High Gear." I said, "Okay, God, if this is really You and not Satan trying to kill me, I will need some things from you. First, I have no money, I have no motorcycle,

no way to get the money, and I have no idea how to ride (or the desire, to be perfectly frank). Also, if it isn't too much to ask, could you please give me a sign that I know came only from You?"

Well, what do you know? He did all that. I took the motorcycle safety class because I had no idea how to ride a bike and had to overcome some negative stereotypes to embrace this mission. The instructor said that because of my age I would not catch on as quickly as the younger ones in the class. I told him that was fine—I just needed to learn to ride. My husband and I took the class together. There is a saying in the biker community: "It's not if you will wreck but when." Well,



I got mine out of the way early. Yes, I wrecked in the class. It was a nasty crash. I broke my right wrist and banged up some other parts as well. Because I didn't want both of us to wash out of the class, I drove myself to the ER. It was not an easy task to convince him to stay, but he did. I came

back to the class with my arm in a cast and took the written exam. I made 96 on it. Not too shabby. After the cast came off, I virtually had to learn to ride again. But I did. It has been a very rewarding. As I became a more skilled rider, God called me again! This time, he called me to start a BACA chapter in the Tri-County area. BACA stands for Bikers Against Child Abuse. That also has been a very rewarding endeavor. I now have a family anywhere I go where there are other bikers.

I guess as I review the things God has called me to do, it appears each one prepared me for the next step. I have strayed so very far out of my comfort zone that I no longer have one. If I begin to get too comfortable where I am, I assume another call is coming. I would highly encourage everyone to not hang out in your comfort zone. I will be 70 on my next birthday. I am still going strong. My grandkids think I'm exciting. My friends are often amazed. One of my children is very supportive—the other two, not so much. Almost forgot, now I have three tats and two more picked out. The tattoo artist was amazed that I was just now getting ink. I love it!



Sandy will be celebrating her 70th birthday in may 2017. She hails from Texas, having grown up in Houston. She studied at Stephen F. Austin State University in Nacogdoches, TX. She has lived in the Charleston SC area for 25+ years, and is married to her husband for 50 years, is the mother of 3 delightful, interesting children and has been blessed with 7 grandchildren (soon to be 9). Sandy was the only female rider in the lowcountry BACA group. If you wish to contact her, please email her at sandybowersox@gmail.com.

Tees for Funds is a veteran-owned business in Columbia, South Carolina, that for more than three years has helped many churches, schools, organizations and groups of all types raise funds for their cause. Through their Christian T-shirt catalog fundraising program, custom-designed flyers and most recent addition the Local Buy catalog, Tees for Funds holds a vision to help out and support our schools, community, local businesses and state.

Shorn and Jamila Callwood, owners of Tees for Funds, hold a true passion in helping others reach their goals and work to offer trust and support that can't be found anywhere else. The company works hard to strongly communicate the support they have for local businesses and only works with South Carolina schools, groups and businesses to help grow local and put everything back into our community.

Tees for Funds has a mission for 2017 to work and grow with each group they have the pleasure of fundraising with, as well as all local businesses, so that together great things can be achieved. Through the launch of their newest project, the Local Buy catalog, coming out in spring of 2017, just this is going to be accomplished.

Usually, Tees for Funds would help others raise funds through their custom-designed T-shirt and apparel catalogs, which included a variety of adult and children's T-shirts, hoodies, jackets, hats and more. Now, they are officially launching the new Local Buy Fundraising Catalog to use with all fund-raisers. The Local Buy catalog will feature a wide assortment of products from local businesses across the state, in addition to all of the custom-designed apparel items they have traditionally used in fund-raisers. This approach creates a strategy in which Tees for Funds will now be able to help grow and support local businesses while also putting all of the money back into our state to benefit the community as a whole.

The biggest benefit of it all is that everyone on the Tees for Funds team wins! The businesses featured in the catalog expand and bring in additional revenue throughout the year, and the catalog also helps local groups achieve their goals and raise funds—all of this while also helping us all to grow as a community at the same time. When money stays in our community, the local tax dollars help support schools and neighborhoods, roads and infrastructure, police and fire departments and keep us all working! The benefits that are to come

Jamila Callwood is originally from St. Thomas, Virgin Islands but now lives in Columbia, South Carolina with her husband, mother, daughter and son. Army veteran, now entrepreneur Jamila's many years of management and leadership experience, education, and certifications has helped her to coach and mentor others. She loves to travel, South Korea being one of her favorite places. She is the founder of The BeauTeeful You Project but she also supports her husband in their two other businesses, Phenomenal Tees and Phenomenal Tees for funds. For more information on any of her businesses, email her at phenomenalservices@mail.com.

from the Local Buy catalog are endless and expand across many possibilities and opportunities for everyone involved.

The Local Buy catalog will include products of all types, such as apparel and jewelry, food, pet products, home decor, infant and children's items, bath and body products, college fan favorites and more! The catalog will even feature a selection of products from veteran-owned businesses to help extend the support out even more to those who have served our country. With such a wide variety of things to choose from, there's sure to be something for everyone!

"Our main priority is to not only help the schools and groups across our state raise the funds they need but also to help grow the local businesses and communities as well," Jamila Callwood, owner of Tees for Funds, says. "As a community, we all form together to create a team, and as a team, we should all work to grow together. That's why we focus on local, so as a state, we can strengthen our schools and organizations while also generating revenue that goes right back into our state. Everyone's a winner on our team, so we invite you all to join us!"

Catalog vendors featured can rest at ease, as very minimal effort on their end is needed to participate and have their items listed in the catalog. Tees for Funds does all the work! At the end of each fund raiser, all vendors will be provided with the orders that were placed for their items, in which they will then simply send all items ordered to the company headquarters in Columbia and then get a check for their profit. Tees for Funds handles all distribution and labor from there on, making it easy for any business to enjoy the benefits of participating and being a vendor in the Local Buy catalog.

Tees for Funds looks forward to a year full of success with the Local Buy fundraising catalog throughout 2017 and cannot express enough the excitement for the results that are to come after this first year with the project.

As Tees for Funds continues to work hard to support our local community and help to create success for everyone in it, they would like to invite others throughout the state to join their team and grow together with them!



TEES FOR FUNDS

Fundraising for: Schools, Groups,

Churches, Organizations and Teams

(844) 411-TEES

www.teesforfunds.com



~By Adelai Brown

Are You Living?

In light of a recent death that took place in my life—I lost a mother figure last week—I'm pressed with the question, "Am I really living?" There is a daily pressing that we experience—get the children together, pay the bills, take care of your sweetheart—that constantly calls for us to cater to others. You may want to make sure that your man is taken care of and that your children succeed, but how often do you truly take care of yourself and invest in your dreams?

Did you know that you were created with a purpose? You're a destiny to be fulfilled. There can be no more placing your dreams on the back burner to put heat on the dreams of others. Yes, you're a nurturer, but you need to nurture yourself. Gone are the days of self-sabotage (let's call it what it is). You know, always going the extra mile for others with nothing in return or talking yourself out of having a good time because you don't have anything to wear. Self-sabotage shows up in many subtle ways.

My "other" mom passed away at a young age, only 56 years old. I asked myself the question, "How far have I gotten playing small?" How about you? Are you giving your life ALL that you have, or do your excuses outweigh your expenditures?

Your heart is calling out. It wants to express itself. It's been frozen in a box for far too long. Paint the canvas of your life with joy and excitement, in colors foreign to the human eye. How do you do it? Dig within and ask yourself what you are passionate about. Embrace those passions and take action, continued action, and watch your life begin to radiate and blossom. I'm telling you: Your time is limited. You don't have as much of it as you think. I'm not saying this to scare you but rather to encourage you. Be strategic with your affairs. Acknowledge the areas of your life that need nurturing, and love on yourself as you do your work. Trust the process, the process to living your best life ever, and anchor yourself in your vision. You don't have time to just exist. Your life is of the essence. You can love on others, of course you can, but you must FIRST love on yourself.

Be Blessed!

Adelai Brown, Heart Coach



Adelai Brown, founder of Be Blessed Daily, is an Inspirational Breakthrough Strategist, coach, author, mentor and speaker. Being a wife and mother, she values family and puts extreme emphasis on experiencing healthy relationships and abundant living daily, in every area of life. Be Blessed Daily, her personal and professional development company, founded in 2006 with a single text message is on a mission to inspire and empower women and girls. For more about Adelai, her book, her various programs such as Heart Talk, Shine Time or Get Anchored visit her website at: www.beblesseddaily.com. Email info@beblesseddaily.com

Could Your Kids Be Sexting? Take Control of What They See



For the past century, parents have worried about all the morally inappropriate things kids are exposed to on a daily basis. Every form of media seems to foster sexual immorality since Professor Clark Hetherington condemned the publication of racy magazines and movies way back in 1914.

Today, your kids are exposed to a whole lot more than tell-all magazines and racy movies.

The Internet is a new frontier serving up all kinds of lewd messages to your children. Without proper guidance and oversight, your kids will go down a deep and dangerous rabbit hole.

Sexting

The sensual and sexual nature of our society has morals at an all-time low. The average teen sends out more than 3,000 messages every month. And there is a good chance a significant number of these messages consist of sexually suggestive images of themselves.

Essentially, teens today have a broader avenue to explore their sexuality compared to previous decades. And a vast majority of children and teens have taken up sexting as a normal way to express themselves. Their raging hormones coupled with curiosity may be the reason why so many of them are sexting.

A report by the "New York Times" last year showed the pervasiveness of sexting among teens. More than 100 students admitted to sending suggestive pictures of themselves. That's just one school.

By helping your teen avoid sexting or stopping them from sexting, you'll help them avoid future problems, as well as helping them make a better life for themselves.

Helping Your Teen Avoid Sexting

1. Establish and Maintain Open Communication

Always show interest in your teen's life. Develop an open line of communication so as to build trust with your child. Cultivating a trust-based relationship greatly helps you identify issues involved with sexting.

2. Talk About Sexting

The best way to bring up sexting and control what your teen sees is by talking about it. However, don't accuse your teen about it or take on a hostile approach while talking to them. This will only make them clam up. Rather, you can start by talking about something different and then transition into talking about sexting. Take on an exploratory approach and ask your child if they have ever sexted.

If they admit it, don't get angry. Rather, inform your teen of the dangers. Sexting is illegal even if it's a child involved. Proceed to ask them to take care of what they get into, and ask your teen if you can help monitor who they send messages to—just to make sure they don't get involved in anything nasty.

You'd be surprised at how well your child responds if you take a friendly approach to sexting. Your teen will let you into their life, and you can help filter their messages.





DID YOU KNOW...ALL That Those White Magic Erasers Can Do?

- **remove dried paint from door hinges**
- remove tarnish from silver
- **remove mold & mildew from anything plastic**
- clean & polish gold jewelry
- **remove soap scum in the tub & shower**
- remove marks on walls
- **clean splatters inside the microwave**
- remove marks on vinyl siding
- **clean mirrors in the bathroom (keeps shower mirrors from fogging)**
- remove adhesive residue after removing stickers
- **remove waterline mark around the pool**
- remove hair dye from counter tops & floors
- **clean light-colored suede**
- remove black scuff marks from baseboards (where the vacuum cleaner hits)
- **clean the outdoor side of window sills stained from leaves, dust and dirt**
- clean plastic coolers inside & out even dirty grimy ones used by men with greasy hands!
- **remove rust spots & stains on counter top**
- remove cooked-on stains in pots & pans
- **remove soot off the walls near the fireplace**
- clean within the grooves of lawn ornaments
- **clean sticky/dusty range hood over the stove**
- remove nail polish spills or stains
- **clean air bake cookie sheets & bake ware (the kind with all those tiny grooves)**
- clean oven shelves & the grates on the grill
- **remove wet nose marks from pets on the windows (even car windows)**
- remove toothpaste splashes from bathroom mirrors
- **remove melted plastic on the side of the toaster oven**
- remove grimy green algae from cement (bird baths, steps, ponds, etc)
- **clean stained elbows from dirty work**

- remove green mildew from siding and gutters
- **remove paint spills & over sprays**
- remove built-up algae, water deposits, etc from ceramic flower pots
- **clean dish drainers that are gunked with lime & build-up**
- remove bird poop from concrete bird bath
- **remove coffee & tea stains that remain inside a mug, carafe, thermos even after washing**
- clean the plastic agitator inside your washing machine
- **clean window screens (even when they are still in the window)**
- remove built-up baked on grease inside the deep fryer
- **clean inside the crock pot**
- remove melted plastic on a glass top stove
- **clean swimming pool steps**
- remove baked on brown spots on cookware
- **clean antiques & collectibles**
- clean & shine things up before you sell them in a yard sale
- **clean boat & outdoor furniture upholstery**
- clean vinyl striping on motor homes, vans, boats
- **clean car tires, including white walls**
- clean pebbled surfaces like the outside of plastic coolers
- **remove pet & child vomit from carpet or clothing**
- remove scuff marks on motorcycle & ATV helmets
- **remove grass stains from shoes after mowing the lawn**
- remove scuff marks from hangers/shoes in the walk-in closet
- **clean oven door**
- remove pollen from patio furniture, cars, etc.
- **remove soap scum & gunk from around the bathroom faucets**
- remove hairspray build-up on counter tops & vanities
- **remove soap scum inside porcelain & utility sinks**
- clean stained caulking along the kitchen sink & counter top
- **clean your bicycle, even the tires & rims**
- clean tile & grout
- **remove mildew from tents, vinyl canopies, awnings, fiberglass items**
- remove paint over spray that has dried
- **remove shoe marks from the kick plate of house doors & car doors**
- clean inside your car (along the handles, window ledge, arm rests, dashboard)
- **remove scuff mark & dirt from linoleum floors**
- remove stains on leather seats, purses, chairs, etc.
- **remove food stains inside plastic food containers**
- remove brake dust from tire rims
- **remove dirt & grime on a vinyl convertible top**
- remove nail polish from walls, carpets, wooden objects, plastic
- **remove soil or scuff marks from ceramic tile flooring**
- clean non-skid surfaces with tiny grooves (bathtub floors, refrigerator handles, pool steps, cooler lids)
- **clean & shine bathroom faucets & fixtures**
- remove magic marker, permanent marker, and ballpoint ink from virtually any surface
- **clean doll faces**
- clean textured handles on major appliances (dishwasher, refrigerator, stove)
- **remove fingerprints & dirt on light-colored kitchen cupboards**
- clean inside of the refrigerator
- **remove crayon marks from walls**
- remove dirt from plastic trash cans
- **remove dark paint on light-colored carpet**
- clean soap scum & oils from hot tub
- **clean a car's vinyl interior (gets into the tiny crinkles in the vinyl armrest, etc.)**
- clean white porch railings, columns & pillars
- **remove bugs from car windshield, grille, and bumper**
- remove paint scratches on your car from minor fender benders
- **remove rust & corrosion that's built-up on the outside of pipes (kitchen/bathroom)**
- clean & shine hubcaps
- **remove built-up grime on the car steering wheel**
- remove finger prints & build-up on the keyboard & mouse

- **remove oxidized paint from an old car**
- remove built-up gunk from vinyl seats
- **remove tar from your car's paint**
- remove set-in stains inside glass & plastic pitchers
- **remove scuff marks from the back of car seats (from kids' shoes)**
- clean kids' plastic toys
- **remove stains on the underside of the toilet seat**
- remove hand prints from light-colored doors & walls
- **remove scuff marks from your patio furniture**

[How To Get The Most Out Of Magic Erasers:](#)

The only downside to these eraser blocks is that they don't last long. But that's a testament to their cleaning power — their tiny pores get filled with all the gunk that's hiding in small spaces. To get more life out of your Magic Erasers, try this:

1. Cut each Magic Eraser into four equal-sized pieces (across the shortest width of the eraser, rather than lengthwise). This way, you get 4 times the amount of cleaning out of one Eraser!
2. Lightly mist it with water (by misting or using the kitchen sink sprayer), rather than saturating it with water — which causes it to shrivel up more.
3. Scrub lightly with the Magic Eraser, then wipe the area with a wet towel to prevent smearing the dirt/grime and remove any residue.
4. When it starts to get yucky (after cleaning a few different items), simply spray rinse it again to revive it a bit. Then squeeze the excess water out, and continue using it until it starts to shred.



Age-Appropriate Chores for Children



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Ages 2-3

- Put toys in toy box
- Stack books on shelf
- Place dirty clothes in laundry hamper
- Throw trash away
- Carry firewood
- Fold washcloths
- Set the table
- Fetch diapers & wipes
- Dust baseboards

Ages 6-7

- Gather trash
- Fold towels
- Dust mop floors
- Empty dishwasher
- Match clean socks
- Weed garden
- Rake leaves
- Peel potatoes or carrots
- Make salad
- Replace toilet paper roll

Ages 10-11

- Clean bathrooms
- Vacuum rugs
- Clean countertops
- Deep clean kitchen
- Prepare simple meal
- Mow lawn
- Bring in mail
- Do simple mending (hems, buttons, etc.)
- Sweep out garage

Ages 4-5

- Feed pets
- Wipe up spills
- Put away toys
- Make the bed
- Straighten bedroom
- Water houseplants
- Sort clean silverware
- Prepare simple snacks
- Use hand-held vacuum
- Clear kitchen table
- Dry and put away dishes
- Disinfect doorknobs

Ages 8-9

- Load dishwasher
- Change light bulbs
- Wash laundry
- Hang/fold clean clothes
- Dust furniture
- Spray off patio
- Put groceries away
- Scramble eggs
- Bake cookies
- Walk dogs
- Sweep porches
- Wipe off table

Ages 12 and up

- Mop floors
- Change overhead lights
- Wash/ vacuum car
- Trim hedges
- Paint walls
- Shop for groceries w/list
- Cook complete dinner
- Bake bread or cake
- Do simple home repairs
- Wash windows
- Iron clothes
- Watch younger siblings

INNER CLEANSING MAKES WAY FOR NEW LIFE

By: Kathleen Pasani

Spring is the perfect time to cleanse the body of the sluggishness of winter. As we prepare our bodies for new growth, we must first get down and dirty with the “crap” we have held onto both literally and figuratively. I know that we hold on to sh...stuff. And it takes regular maintenance to clean out the clutter. Detoxification, or cleansing, is one of my favorite topics because I get the opportunity to see some dramatic results in a short time. People have more energy, lose weight and start on their road to optimal health and vitality. That is truly exciting.

Detoxification is a tricky process, and many people make some mistakes that could lead to a decrease in health and muscle mass. There are some big differences between fasting, a bowel flush and true detoxification program.

Our world is increasingly a toxic soup of chemicals. There are more than 70,000 chemicals being used in our world today. Many of the toxins in our everyday environment have not been thoroughly studied, let alone in concert with each other! What we do know about toxicity is that it is a real and present danger that may be responsible for millions of deaths each year, but it is unrecognized as a medical cause of death, disease or dysfunction.

However, the medical literature is mounting due to more accurate diagnostic testing that is confirming that toxins are real and they are wreaking havoc inside of our cellular tissue. Toxins can destroy cells, disrupt the endocrine system, increase inflammation and trigger a cascade of destruction to our nerves and brains. This is a problem that can no longer be ignored!

At least once a year, I recommend that people do a well-designed detoxification program. The most important aspect of any detoxification is liver support.

Understanding how the liver works

Any substance that is not a fat, protein, carbohydrate, water or fiber must go through the detoxification pathways in the liver. These substances include any chemical that is in food, like dyes and preservatives, as well as the chemicals in your shampoos, prescription drugs, deodorants, air and fluoride and chlorine in water. There are also chemicals like excess estrogen that are made inside our body that also need to be detoxified. The sheer amount of toxins in our environment means that we might do well to support this process!

There are two phases of detoxification. When a substance is delivered through the blood to our liver, the liver breaks it down into an intermediate chemical. This is phase one. This intermediate chemical is often far more toxic than the original chemical, and this is how many people wind up feeling yucky while they are cleansing. In this case, phase one is being up-regulated, or pushed, but phase two is slowed down, usually, due to the lack of nutrients available to complete the phase two process. In phase two a special group of nutrients are used to bind with the toxin. This binding renders the toxin inert and



allows it to pass through the urine or feces. Goodbye! What nutrients are essential to phase two?

Many amino acids, taurine, MSM, B vitamins, magnesium, manganese and glutathione all support phase two. A good formula will have these bio-available nutrients. Other nutrients that support good detoxification are vitamin C, copper, zinc, milk thistle, dandelion root, coriander, turmeric, grapefruit and probiotics. Antioxidants, nutrients found in brightly colored fruits and vegetables, will help protect the cells from damage during the detoxification process.

Does detoxification mean I can't eat?

The best cleanses do not starve you. They may include a protein and fiber shake as a meal replacement. Some include the nutrients I described above in forms that your body can utilize right away. They are called medical foods, and you can purchase them from our office or other health professionals.

There is more than one way to eat on a cleanse, but all good cleanses take out, at least, these foods: wheat, corn, dairy, soy, peanut butter, sugar and alcohol. Some go so far as to remove all salt and fat for about a week. Removing

salt, even sea salt, will trick the body into giving up the toxins that are inside the cells by disrupting the sodium transport chain. Otherwise, good mineral sea salts are a great daily detox for the rest of the year and should be used liberally to support healthy living!

On our cleanse, we allow only fresh fruits and vegetables either lightly steamed or raw for the middle of the cleanse. Our program is a 10-day plan that steps you into eating less over the first five days. By day five, you no longer crave foods, and your body does not usually feel hungry. I have seen people lose up to 15 pounds in 10 days, just by following the program.

Of course, that weight doesn't stay off if it is not followed up with a healthy diet and exercise plan. But it does turn your body's fat-burning engine on and will allow your body to continue to function better and lose weight more easily. Our bodies will hold onto toxins in the fat by slowing down our metabolism, so losing the toxins is a great way to jump-start any weight-loss program.

Call to register for our a 12-week Take-Off! Weight Loss Challenge classes, a Functional Health Consultation or more information on how to detoxify safely. (843) 900-6034.



Kathleen Pasani is a Massage Therapist, Reiki practitioner and Spiritual healer. She is the co-owner of AlignLife of Wescott near Charleston, SC with her chiropractor husband. A certified functional medicine consultant, she offers Functional Nutrition Coaching to clients who want to optimize their weight, health or hormones or are facing medical challenges. She is a teacher, speaker and writer sharing both ancient and modern traditions and is available for sessions in person or online at: www.alignlifewescott.com or 843-900-6034.

AND THE WINNER IS



At Focus on Fabulous magazine, we believe everyone has a story, every story has someone that needs to hear it and every storyteller deserves their chance in the spotlight to celebrate whatever the moment holds.

In this issue, we are so excited to introduce our FIRST quarterly writing contest winner, SHARICE BROWN. Sharice not only has her entry published in the magazine viewed around the globe, but will receive some additional prizes as well. The contest topic was "Mommy Moments" and among several entries her story was the one chosen by our judges. To our readers, we hope you are inspired and we proudly say *Congratulations* to...

Sharice Brown!

My (Proudest) Mommy Moment

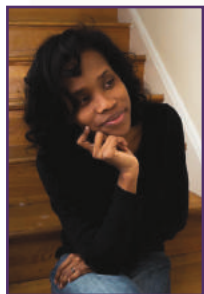
~By Sharice Brown

With three lively children, every day is unpredictable. There are good days, rougher days, happy days, sad days, fun days, and boring days—for both me and the kids. There are also times when something memorable and thought-provoking happens.

On a summer day, the kids and I decided to get our vanilla milkshake from a local establishment. When we were pulling up to the restaurant, a man in his sixties, walked out. He was disheveled and was carrying what looked like a ton of belongings on his back. He had layers and layers of clothing that were soiled with dirt, and he looked tired. We pulled up to him and I asked him if he was doing okay. He stated that he was. My son said to me, "Mommy, ask him if he needs anything." He said that he was okay and was about to go to the thrift store that was across the parking lot to pick up some things. I told him that we would meet him over there.

As he walked over to the thrift store, my son and daughter searched for money in the backseat to give him. We found a parking space, and the homeless gentleman already had made his way into the store—he was a fast walker! Once we got into the store, he looked at me and could not believe I was standing there with two school-age children and a baby in a car seat. He said we didn't have to do all of this, and I told him, "Oh, yes we did." He proceeded to tell us that he was a ground dweller and wondered if we knew what a ground dweller was.

He told us that he lived out in the woods and told us some of his life story. The kids were eager to help him and wanted to give him the few dollars they had. The man stated that his sister helped him and he didn't need their money but appreciated it. The kids then asked him if there was something else they could do for him, and he said it would be okay if they got him some socks. We purchased the socks for him, and he thanked the kids as we parted ways. When we got in the car the kids said they always wanted to help the homeless and were glad they could help the man get the socks he needed.



There are many moments when my children make me proud to be a mother. That moment was one of the best. They not only showed compassion for others but humility as well.

Sharice Brown is a Registered Nurse, married to a wonderful husband, the mother of three children, a son age eight and two beautiful daughters ages six and one. She considers herself a novice at writing but looks forward to writing more, and is planning a blog for her up and coming company called Latch Time. Latch Time, is an apparel company for breastfeeding mothers. You can find out more about Latch Time at: www.latchtime.com, follow Sharice on Instagram @Latchtime or email her at: info@latchtime.com

To tell your story & enter one of our contests visit:

www.fofomagazine.com/enter-writing-contest

UPCOMING CONTEST TOPICS: (Which one is right for you?)

Summer 2017: Favorite Daydream — *tell us where you go when you get away in your dreams. What do you really want to experience?*

DEADLINE for Submission March 31.

Fall 2017: A Transitional Time that Changed Your Life — *we've all overcome something that has shaped who we are today. What changed your life?*

DEADLINE for Submission July 31.

Winter 2018: The Cold Hard Truth: How It Inspired me to — *tell us about those light-bulb moments, those ah-ha experiences that made you a better person.*

DEADLINE for Submission September 30.



Are you a blogger, poet or writer?
Would you like to see your name
as a by line and
be published in a magazine?

Focus on
Fabulous magazine

is looking for you!!

Focus on Fabulous magazine, a quarterly publication designed to enrich, encourage, empower, inspire & educate its readers, has been called, "an experience, an awesome collection of artistic expression and a unique way to highlight regular people living extraordinary lives."

At Focus on Fabulous we believe:

- ~ Everything has beauty, you just have to see it
- ~ Every day is a gift
- ~ Empowered women are the unsung heroes of our day
- ~ Every life has a story

To submit entries to Focus on Fabulous magazine:
Check out our [Submission Guidelines](#) in this issue or at
www.fofmagazine.com

Submit entries to:
fofmagazine@mail.com

**Want to Keep or Send Something
You've Read in Focus on Fabulous??**

**We NOW have our SINGLE ARTICLES available for
download
visit: www.fofmagazine.com**

POET'S CORNER

don't ever give up the fight
no matter how rough life seems.
don't ever get so discouraged,
that you start to lose faith in your dreams.

don't ever hesitate to pick yourself up
when everything starts to fall.
don't get so discouraged
that you choose to do nothing at all.

keep that chin up and hold your head high,
keep on striving
while you keep on surviving
keep grasping for strength and pride.

for no matter what your goal in life is,
no matter how big or small,
don't ever give up the fight
or there's no chance of winning at all.

don't stop believing in yourself,
don't ever give up on the chance to succeed.
don't ever give up the struggle.
don't ever be too scared to bleed.

for one day, all the roses will blossom
and the thorns will be faded away
and then you'll be glad you kept up the fight,
to get where you are today!

c. michelle bryant

Be Aware Of Your Surroundings At All Times

By: Veronica Rivers

How many times have you been told by a loved one to always be aware of your surroundings? Lord, I have been hearing this since I was a little girl walking to middle school. My Granny would always tell my friends and me to watch out for each other and to make sure no one follows us to school. Back then, walking to school was nothing. We always felt safe. Not a care in the world because we all had each other's backs. However, in today's society, technology has distracted people from noticing what is around them. You walk around with your head down, not looking at what is ahead, behind or on the side of you. The conversation on the other end of that phone seems to be more important than your safety.

In this article, I want to share with you three safety tips that every person should now. And even though you may already know all of this stuff, you need to get in the habit of doing them. My goal is to make sure that all people (especially women and children) feel safe and start becoming aware of what is around them.

1. If you are walking by yourself, GET OFF YOUR DAMN PHONE. Your phone is a major distraction. A lot of people think that it is safe to be on the phone because if something happens, the person on the other end can call 911. Yeah, no, honey. That does not work. Talking on the phone can distract you from noticing simple things around you, like someone staring at you or following you. Always keep your head up and be aware of where you are and who is around you. Predators strike fast and can come out of nowhere.

2. Always carry some form of protection with you at all times. Honey, I have my stun gun, pepper spray and Kubaton with me at all times. However, if you do not have any of these things on hand, I suggest investing in one or finding something that can be turned into a weapon if need be. Whatever you choose, make sure you know how to use them and keep them someplace where you can get to it fast. Having it in the bottom of your purse or leaving it in the car will do you no good.

3. Keep your car doors locked and your windows up at all times. Ladies, we have a habit of just sitting in the car counting money, listening to music or balancing our checkbook and have no idea that someone is walking up behind ready to jump in the car and take it, take you or both. Most carjackings take place when vehicles are at a stoplight or an intersection. Criminals come on your blindside and either pull you out of the car or jump in the passenger seat. Take care of yourself and always remember to be aware, be prepared and be safe.



Veronica Rivers is a consultant with Damsel in Defense. She sells personal protection for women of all ages and stages. If you or your loved one are in need of any type of personal protection (stun guns, pepper spray, etc.), you can visit www.mydamselpro.net/PRO12788. She will be happy to help you stay safe.



Self-defense tactics for women:

Top 5 personal safety techniques.

The number of crime rates today is astonishingly high and one ought to be more careful not to fall victim of these crimes.

Crime knows no gender but most perpetrator target women. Women are perceived by the society as helpless which makes them an easy target. There is not a single day that passes by without hearing the terrifying news that a woman was beaten to or almost death, carjacked or even sexually harassed. Personal safety should never be taken for granted. Do not depend on your brother, cousin, father or husband to protect you against assaults in our environment today. Take charge of your safety with the following simple personal safety techniques;

Use your instincts

Most of the cases of violent crimes occur due to the fact that we do not adhere to our instincts. Whether it is your mind playing tricks or not it is good to take precaution. Women should treat suspicion with high regards as they may be able to avert their misfortune of falling victim to cruel criminals preying on them.

Stay confident

Have you ever wondered the reason as to why there are not many crimes with men as the victim? It is quite simple. Men are known to show confidence as they walk across the streets. The society has always stereotyped women as weak and too shy to face the world. It is time to prove them wrong. Exhibiting confidence by walking tall and looking people straight into the eye. This inflicts fear into the hearts of the brutal criminals since their greatest fear is to be recognized. Protect yourself by exuding self-confidence.

Do not be ignorant

Some of us shield themselves from the society due to the gruesome activities that have occurred which should be never the case. In order to protect yourself, one has to be aware of what they are up against. The first step towards personal safety is to be wary of the surroundings. Being aware of what is happening in your society helps women protect themselves better.

Use common sense as your weapon

Why run towards danger while you can be perfectly safe away from it? Women should practice using common sense as a weapon by avoiding places inhabited by crime. Avoid going to new and unfamiliar places especially in the dark, let your friends and family know your whereabouts, lock all entries to your house and so on.

Learn self-defense tactics.

Prevention is better than cure and it is better to be safe than sorry. Today, women are being advised to take self-defense classes so as they can have the upper hand in case of an attack. Take a martial arts class or carry a weapon that can cause pain to criminals and assure your safety.

These techniques can assist women to stay safe and avoid traumatizing experiences. Women should equip themselves with such knowledge in order safeguard their safety.

Preparation for Transformation

By: Taffy Hawkins, Your Daring Adventure Coach

We know that it is easier to build something if you have the right tools. Not doing so can lead to more time spent, frustration and perhaps even failure. I know that you are ready for your own transformation in 2017, so I am here to give you the tools to make you successful! The first part of this is to learn lessons from those who have gone before you. There is no reason to reinvent the wheel here. In less than two weeks, I turn 36 years old. While it may not seem like much to more seasoned readers, I have learned my fair share of lessons in these 35 years. Here they are:

Let go of what no longer serves you whether this is a relationship that is no longer healthy or clothes that are just cluttering up the closet. Clutter, mental or physical, has to go. Lighten your load and make room for what is to come. Forgive old hurts and take responsibility for your role in the things of your life. This is a hard one but so worth it. Forgive those who have hurt you. Accept the apologies that you may never receive. Accept responsibility for your role in your life, good and bad. Own up to it even if it hurts! Failure to do so makes you the victim in your life always. Life is not always happening to you. When you realize that you have some control, you can change the trajectory! By the way, forgiveness does not mean allowing someone to continue to hurt you or just acting like it never happened. It means: "I love myself enough to put this baggage down!"

Trust your gut. Intuition is a powerful tool. It exists for a reason. Trust it. Everyone and every circumstance is either a blessing or a lesson, which we may never fully understand. Learn the lesson the first time or risk reliving it over and over again until you do. There are patterns in life. If you do not like the pattern, change a variable.

Love! Let people love you. Love yourself as you love others. You are worthy of the love that you desire. Cherish yourself, pamper yourself, respect yourself.

Do not put the key to your happiness in someone else's pocket. Likewise, you cannot saddle yourself with the responsibility of being the key to someone else's happiness. It is not fair to you or them.

Change for yourself and no one else. Transformation is a wonderful, magical, beautiful thing if it is done for the right reasons. You deserve the life that you want! You have to only be willing to do the work. These tips will help you to release painful experiences, burdens or toxic people or habits. Now the fun can begin! You have now made room in your heart and life for an amazing transformation! Here's how to get started:

- Set S.M.A.R.T. goals. SMART stands for Specific, Measurable, Attainable, Realistic, and Timely. Goals must be very specific. You want to lose weight or make more money? Be specific about exactly what you want. If you were ordering food, you would not say, "I want some food." You would probably say exactly what item you prefer from the menu. Same principle.
- Goals must be measurable. Certain number of books read, money made, miles run, etc. Give it a number. It must be something attainable. Is this something that can be done or acquired? Make it realistic. Some things that were thought to be impossible have been done. It should be a challenge but optimistically realistic.
- Put it on a deadline. Short-term goals are often less than six months while long-term goals are more than six months. Big dates like birthdays, December 31 and summer or spring break are very common deadlines. Mark it on your calendar.
- Make a plan! Get with a coach to determine the steps to take. Work from the goal backward to write out steps. Write out your plan in advance.
- Put it in action NOW! Do not wait until Monday, next month, next year, when the kids move out, when you lose weight, etc. Do it now!

Take three action steps every day toward the goal. No exceptions. Every. Single. Day.

Be consistent. The difference between success and failure is often small steps made consistently every day. There you have it! Load lightened, mind clear, goals, set, plan made and actions taken. Starting your transformation process is that easy! I cannot wait to hear your success story.

This is your daring adventure.

Are you ready?



Taffy Hawkins is an author and certified life coach specializing in helping women during transitional seasons in life. She is the founder of Your Daring Adventure, a coaching, speaking and retreat company encouraging women across the globe to embrace a spirit of adventure. Her book, *Living Out Your Bucket List Right Now for The Adventure of a Lifetime* is designed to help people of all ages begin their own bucket list adventure and is available on Amazon at: <http://www.amazon.com/Living-bucket-right-adventure-lifetime>. Her website is www.yourdaringadventure.com or email her at yourdaringadventure@yahoo.com



SOUTHERLYN FARMS

~ a location discovery as experienced by Michelle Bryant

a fully equipped, gorgeous one-bedroom cottage with a bathroom, kitchen and living area for the bridal party to get ready. The cottage is also available for overnight use as a "honeymoon suite."

In addition, there are many added touches to make Southerlyn Farms special for your event including: 96 padded white chairs, five cocktail tables, five 6-foot rectangle tables, two rolling cypress wood carts each with two metal bins inside. The best part is complete privacy for anyone looking to hold an event!

Combined with the ambiance of this country setting, you will feel like you are in another world that has been set aside for your special day! The barn is rustic enough to give you the country appeal on the outside, but it is finished on the inside with a chandelier and café lighting to fit any style event. It can be a very classy rustic chic, vintage, fancy or as is, and it will be beautiful no matter what the vision is! Allison makes herself available to answer questions and assist clients with any matters they may have.

Charleston, South Carolina, is well known as one of the best wedding destination locations in the United States! Located just 20 minutes from Summerville, north of Charleston, in Holly Hill we discovered Southerlyn Farms. Southerlyn Farms is a "rustic chic" style wedding and events venue that sits on 360 acres of private land surrounded by beautiful woods and fields and is the perfect place to create a unique, fun and romantic environment where friends and family can relax and enjoy the private, serene beauty of a country setting.

Allison Malphrus is the founder of Southerlyn Farms. Well known for her organizational skills and creative eye for detail, she has coordinated and planned executive-level meetings and various events for more than 20 years, and it has been a dream of hers to be an event planner. However, in her wildest dreams she never thought she would own a wedding venue.

Southerlyn Farms is known to host: weddings (ceremony and reception), bar/bat mitzvahs, proms, quinceañeras, graduations, debutante balls, corporate events, anniversaries, sweet sixteens, holiday parties, engagement parties and rehearsal dinners to name a few, but Allison is always excited to see any type of event hosted at her venue! In fact, although out of town, Allison graciously allowed "Focus on Fabulous" magazine to shoot the cover for our Fall 2016 anniversary issue among the farm's sunflower fields and allowed us full access to the property.

Allison's husband purchased the land many years ago for hunting and agricultural reasons to farm the land, which they will always continue to do. But it was during the planning stages of her daughter's wedding a year ago that Allison began planting the seed to her husband to help her build a barn on the farm in Holly Hill to house the wedding. Although the barn was not in the making when her daughter got married, Allison still designed the beautiful rustic wedding and ceremony. Afterward, many people commented about their talent for creating such a beautiful event. Realizing the common interest of many brides to get married in the Charleston area, Allison's husband agreed to construct the barn of her dreams! Now Allison's son is engaged, and they are very excited that the barn and facility are up and running for their son and his fiancé's big day!

The Cypress Exterior barn is 2,880 square feet and one of a kind. It will comfortably accommodate 175 guests indoors within its with rough-cut pine interior walls and comes equipped with a concrete dance floor, fireplace, built-in bar and has plenty of green space to expand your event up to 350-plus people outside. There is an outdoor patio area with 30 ceremony bench seats, which hold approximately 150 guests. The barn is heated and cooled for year-round events, has two indoor bathrooms with handicap rails and a small kitchen area as well. Provided is a nice-sized parking area in addition to



property photos provided by: Focus on Fabulous Creative Photography

Southerlyn Farms has received many five-star reviews for excellent service and attention to detail. Of course, the number-one goal for them is to see their clients happy and to have the best event imaginable with all the fun, excitement and joy they planned with as little stress as possible!

Owning this venue has made one of Allison's dreams come true. Through Southerlyn Farms, she gets to and wants nothing more than to help others have their dreams come true also!



Contact her at: Southerlyn Farms 4872 Bass Drive, Holly Hill, South Carolina. You can make an appointment to tour the facility by calling (843) 906-4163 or emailing southerlynfarms@aol.com.

How to Work Less And Get More Done Every Day

Martin Zwilling, Founder and CEO, Startup Professionals
Contributed by Hadassah Rothenberg Levenson, Mass Mutual Financial Group

Are you often overwhelmed and stressed out by a huge workload you can't control? If so, you need to seriously explore these techniques to put you back in the driver's seat

Every entrepreneur I know feels the pressure of the thousands of things that need to get done, all seemingly at the same time. There is just not enough time.

The real solution to put you back in control of your business is better productivity and less procrastination. You need to spend more time every day on important things for the future, and less on the urgent issues of the moment. I just finished the latest version of a great book on how to do this, "Work Less, Do More: The 7-Day Productivity Makeover," by time management expert Dr. Jan Yager.

After reviewing her day-by-day recommendations to improve productivity in a single week, I have extrapolated her guidance to ten productivity tips specifically for entrepreneurs to regain that competitive edge:

1. Focus on managing yourself rather than managing others

The key problem you need to solve is managing your distractions. These are the endless stream of email, phone calls, and daily crises which prevent really important accomplishments, like closing customers. Being a good role model is productive, but trying to control others is fruitless.

2. Tackle high value tasks first rather than the easiest

Pareto's law says you get 80 percent of your results from 20 percent of your efforts. Figure out what deserves your 20 percent, and focus on that. Start each day with the highest priority task you need done that day, and leave the emails and phone calls till the end of the day, if you have time.

3. Take time to organize your work and integrate new tools

One of the top productivity killers is disorganization and wasting time finding key data. Take the time now to build a database of contacts, and structure your online filing system to include a total search capability. Find time to research and install the latest tools to expedite repetitive tasks.



4. Strive for business excellence, but reject perfectionism

Hadassah moved to Charleston, just shy of 12 years ago, from Brooklyn, New York where she had a long career as a real estate broker/owner, investor, property manager and in construction management. Success did not come by accident. Hard work, long hours and dedication were conscious choices. Financial planning did take shape for her by accident and regrets not having given it more attention. Hence, her passion to help people understand the importance of taking control of their financial future. If not you then who? She helps folks understand the elements in financial planning, helps folks think about and establish their goals and be ready for those emergencies that can happen in life.

In today's market, no solution is perfect for everyone, so achieving perfection is unrealistic and unproductive.

I recommend that you test the market with a minimum viable product (MVP), before burning resources on the ultimate solution, only to find the market has changed.

5. Fight procrastination and fear of failure

Fear of failure, or success, is at the root of most acts of procrastination. Psychologists assert that procrastinators actually sabotage themselves by postponing key activities.

Incorporate your business today, register intellectual property, document partner equity agreements, and meet real customers.

6. Balance your work time by taking time off to rest

Rest makes you more productive. Get enough sleep so you can remain active throughout the day and evening. Schedule time off work with your family, sporting events, and sign up for community activities you enjoy.

Non-stop presence in your business is less productive and toxic to your health.

7. Practice active listening to become more effective

Maximize your own productivity by listening more and talking less to your team and your customers. Let them tell you what they need and give it to them, rather than trying to tell them what they need.

Do take the time to develop and communicate high-level business strategy and objectives.

8. Don't be afraid to say 'no' to low-priority requests

Highly productive people make it a practice to under-commit and over-deliver. Productivity is perceived results per unit of time, and is not related to actual hours spent working, or working intensity.

Startups require focus, so you need to say 'no' to many things, in order to do important things well.

9. Define clear goals and metrics for your productivity

If you don't know where you are going, no amount of work will get you there. An entrepreneur's ultimate task is to define success in term of results desired--number of customers, revenue, and profit. Without business goals and objectives, there is no productivity to measure, and no success.

10. Truly delegate responsibility and decisions

Delegation of tasks to others who can do the work better, faster, and cheaper is a huge productivity multiplier, if you truly remove yourself from the process. You must still maintain the communication relationship with all key constituents to measure results and make the decisions on strategy.

With these tips, you can indeed get more done every day, and get important things done in less time.

The key is to get started today, with a goal of hitting all of these items in the first week, and in every week thereafter. You will quickly notice the change in your own productivity, and the team will follow your lead.

Savor the satisfaction of success, and watch the stress melt away.

We all know that men & women think differently. Have you ever wondered what is going on in that head of his, what it might be like to know what he is thinking or how he REALLY feels?

This section will answer some of those questions. Every issue will host the answers to various questions as answered by random men, in hopes of giving us a glimpse into their world and a peek at their deep secrets.

What do you consider your greatest success????



**HE
SAID**

The success
of my children.

Leading by example-
that has produced
great kids,
great relationships, and
is the reason for all other
successes.

my kids..
and I have
six of them :)

My children and their
children and their
children.

My Beautiful
Children

My wonderful family!!
My children and
grandchildren.

living in true
happiness

My kid and making a
positive difference
in the lives of others.

I'll always believe my kids
are both better versions of me.
I consider my not folding to
the doldrums of corporate society &
keeping an open mind my greatest
achievement,
Art has saved my life and has always played a
part in the shaping of my earthbound soul..

Being a
good human

My ability
to build a Choir....

Living to be as old as I am. lol!
It's been a tiring job.

Putting myself
through college with
no outside assistance

My sobriety

Are you a woman and have a question you would like to know the answer to or a man that has something you think every woman needs to know?

Send your submissions to fofmagazine@mail.com (subject HE SAID)

Lady Bits

By: L. Shay Bradham

How to Find Your Hidden Courage

Life throws curve balls at us. A lot of them. On a regular -- but not predictable -- basis.

You get beamed upside the head. Hard. And you stagger. You stumble. Maybe you fall.

Curve balls aren't something you can avoid. Everyone gets them. What happens next, though, is your choice.

Then, hopefully, you dust yourself off, hold your head high, and keep on going. But maybe that isn't coming easily for you. Maybe you're hesitant. Or you don't feel like you can recover from whatever setback Life just sent your way.

I can sympathize. It's been a rough few years. But I've found a few steps that can help you find your hidden courage.

1. Forgive yourself

If you've played some part in creating the current curve ball in your life, own up to it. Acknowledge it. Deal with it, and then forgive yourself for it. Beating yourself over the head for a mistake you've made won't help you.

2. Make a plan

Don't just haphazardly do something random. Make a plan. Create a strategy. Look at it from different angles.

3. Take one small step

Take a look at your plan and take one small step. Just one. You'll find that it brings confidence, and it can uncover the courage you had inside of you all along.

--

You have that power as well. Don't walk a path that has been chosen for you. Forge ahead. Clear your own path. Let your soul lead you.

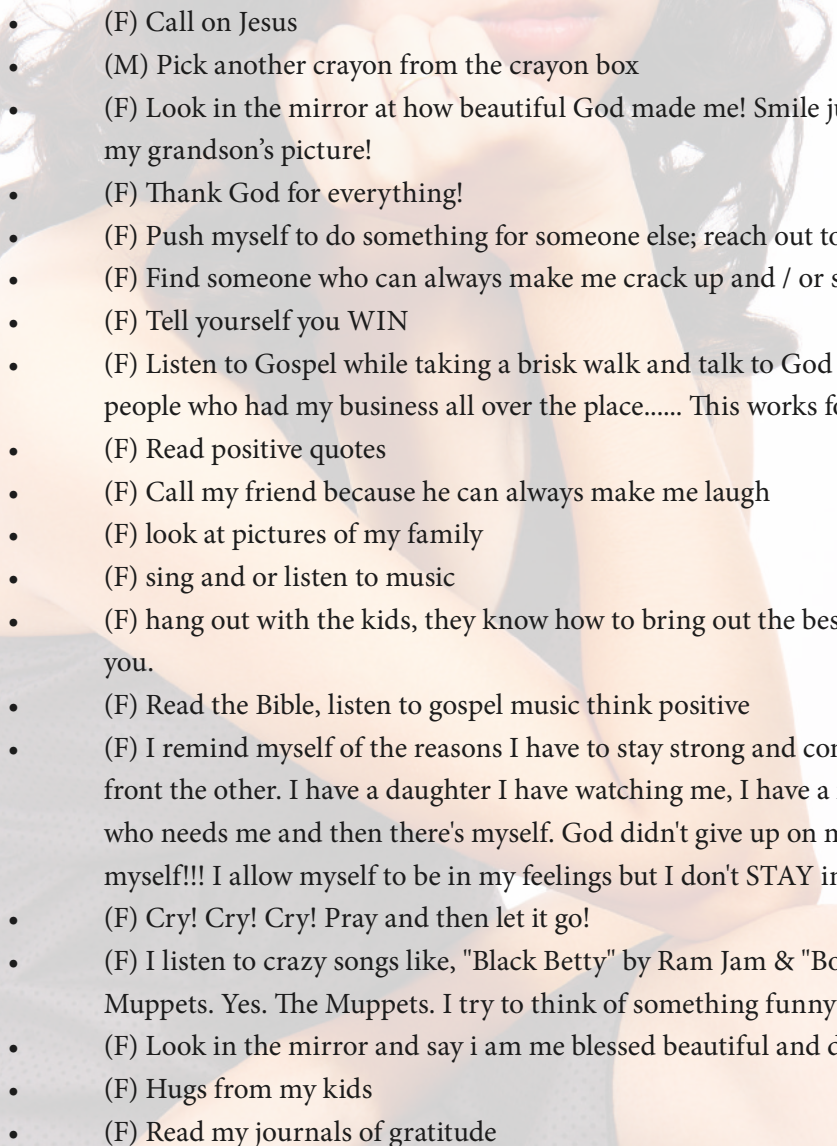
Never let the words, "I can't because..." be a part of your vocabulary ever again.



Survey Says:

We took a survey and asked people to...

How do you encourage yourself when you're feeling blue???

- 
- (F) Call on Jesus
 - (M) Pick another crayon from the crayon box
 - (F) Look in the mirror at how beautiful God made me! Smile just because and look at my grandson's picture!
 - (F) Thank God for everything!
 - (F) Push myself to do something for someone else; reach out to a friend or loved one
 - (F) Find someone who can always make me crack up and / or spend time with my kids
 - (F) Tell yourself you WIN
 - (F) Listen to Gospel while taking a brisk walk and talk to God like I used to talk to people who had my business all over the place..... This works for me
 - (F) Read positive quotes
 - (F) Call my friend because he can always make me laugh
 - (F) look at pictures of my family
 - (F) sing and or listen to music
 - (F) hang out with the kids, they know how to bring out the best in you and the kid in you.
 - (F) Read the Bible, listen to gospel music think positive
 - (F) I remind myself of the reasons I have to stay strong and continue putting one foot in front the other. I have a daughter I have watching me, I have a mother getting up in age who needs me and then there's myself. God didn't give up on me so I can't give up on myself!!! I allow myself to be in my feelings but I don't STAY in them.
 - (F) Cry! Cry! Cry! Pray and then let it go!
 - (F) I listen to crazy songs like, "Black Betty" by Ram Jam & "Bohemian Rhapsody" by The Muppets. Yes. The Muppets. I try to think of something funny to make me laugh.
 - (F) Look in the mirror and say i am me blessed beautiful and determine.
 - (F) Hugs from my kids
 - (F) Read my journals of gratitude



Would you like to submit a story, writing, art or photo to Focus on Fabulous Magazine?

Focus on Fabulous Magazine is a print and online publication provided by subscription only dedicated to showcasing the beauty that often goes unseen or unnoticed. Every issue celebrates today's woman exposing to light the incredible talent, vision & tenacity that she brings to her community and even the world. It reveals the lives she touches, the obstacles she's defeated & the difference she's made around her. Male or female, our goal is to move our reader's hearts and souls through the stories, articles and beautiful images. Within its pages we hope you will find something to inspire, uplift, encourage or empower you or someone you know.

F.o.F. Magazine proudly focuses on revealing the unseen beauty & countless miracles that are all around us each and every day. This publication celebrates the women that somehow, in their own small corner of the globe are making a huge impact. This is their tribute and we are honored you are considering sharing in that vision with your contribution.

Personal submissions are accepted and will be considered and published on a space availability basis.

At focus on fabulous MAGAZINE we believe that:

- Everything has beauty, you just have to see it
- Every day is a gift
- Empowered women are the unsung heroes of our day

What we are looking for:

- **Personal stories:** We are currently looking for original stories and poetry that showcase a "WOW" moment, a trial overcome, obstacle defeated, life is good, simple pleasures, life lessons, mommy moments, taking it slow, embracing yourself, etc. Submitted work should be less than 500 words and can include an accompanying photograph but we reserve the right to pair writers with other photographers if needed.
- **Sassy Selfies:** Being on the other side of the camera can often be terrifying. For many of us, the idea of taking a "selfie" can be a challenge. Some have found it liberating as well. We'd love to do a segment showcasing your selfie and unique, clever bio. Make it fun. Make it art! Tell your story!
- **Additional information:** Do you have a specific topic you enjoy telling about, have a special talent or gifting? Have you experienced a random act of kindness, small gesture or something that simply made a huge impact in your life or the life of someone you know? Share those with us as well. We love showcasing wonderfulness!

Are you a small business owner interested in sharing your tenacity to achieve your dream while also promoting your business? Although we do not have "ads" we have special small business entrepreneur packages to fit any budget and help you promote your business or service.

Focus on Fabulous MAGAZINE is released on a quarterly basis. In addition to other content our overall (unspoken/hidden) consistent themes for each issue is:

FALL (September, October, November) – change, transformation, adjustment

WINTER (December, January, February) – out with the old in with the new

SPRING (March, April, May) – renewal, spring cleaning

SUMMER (June, July, August) – fun, frolic, color, happiness

SUBMISSION REQUIREMENTS:

All submissions should be sent digitally to fofmagazine@mail.com. Please note that if accepted for publication, photographs and illustrations must be high resolution (300dpi at least 6x6 in size). Acceptable forms are Jpeg, TIFF and Pdf. Please include your name and mailing address with all submissions. Your mailing address is needed so that a complementary issue can be sent to you once your submission is published. If you are already a subscriber your complementary issue is great to pass along for bragging rights. Failure to follow these guidelines may result in work not being considered.

Often a submission may be better suited for an upcoming issue. F.o.F. magazine reserves the right to edit, rewrite, refuse, reuse material submitted to them. We also do not accept work that has been previously submitted in other printed or on-line publications.

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focus on Fabulous magazine

Recommended reading from our BOOKSHELF



Anchored: Be Blessed Daily Vol. 1
Adelai Brown

Find Cash in your Kitchen:
Cia Dreves

No More Tears-The Price of Joy:
Geri Mason

There are no rules:
Living your truth when all plans have failed
Geri Mason

Reframing Your Picture:
Geri Mason

The Small Business Owner's Tax Guide:
Katryna Johnson, J.D

Killer Marketing Strategies:
Katryna Johnson, J.D

In An Instant:
C. Michelle Bryant

God, Are You Listening?:
Michelle Bryant

Rambling Roads:
C. Michelle Bryant

Purpose-Fueled Fundraising:
Shay Rockhold

91 Day Quest: For A Booming Business:
Shay Rockhold

How to Escape the Trading Hours For Dollars:
Shay Rockhold

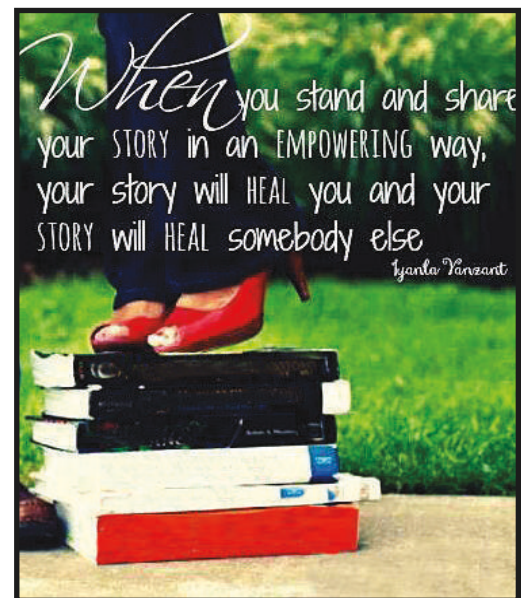
Living out your bucket list right now
for the adventure of a lifetime
Taffy Hawkins

Marriage Matters:
Benita Bradley

All books are available on Amazon.com and other online book retailers

At **Focus on Fabulous MAGAZINE** we believe in supporting and promoting each other. Therefore, this page is dedicated to listing authors that have been represented in some way through our magazine. We are confident you will gain wisdom, insight, enjoyment and knowledge by picking up any one of these great resources. We periodically add some of our personal "must reads" so make sure to check out each issue for new recommended reading topics to add to your library.

Would you like to be published in Focus on Fabulous Magazine? Tell us your story, what you're passionate about, etc. Send submissions to: fofmagazine@mail.com



Sometimes You Are in the Wrong Movie

~ By Geri Mason

When you watch your story play out on the screen of life and turn around to see who that person is, it's time to do something different. You need to say, "Cut, call the director, this cannot be my life!"

A few years ago I did a vision board with some of my most desirable dreams and visions. As the years have gone pass I have noticed that my vision was not big enough, so I decided to do some "spring cleaning." I added some new things and upgraded some of the old ones. But what I realized is I need a bigger vision board with bigger challenges to meet. Those little dreams started coming true so fast that I could not keep up. That's when I noticed that God was not only fulfilling my dreams, but He was also giving me more than I was asking. I decided to up my game plan!

As we enter into the season of Spring I look forward to the rain and the sunshine. We need them both for the blooming of the flowers, the beauty of the landscape, and our own growth and development. The show must go on regardless of the weather. I am excited about the characters that I place in my movie. I am the director, the producer, and the writer. I decide what stay and what hits the cutting floor. There is no one to dictate the roles that will be assigned, the co-stars, or the script. It is all in my hands. This is my life and I get to choose the title, the opening scene, the plot, and the closing credits.



Why don't you take a sweep through your life and decide where you need some "spring cleaning", so your movie will authentically represent who you are and not who the world has told you to be. You just might be in the wrong movie and don't know it!

From pregnant, high-school drop-out to radio intern, television reporter, writer and motivational speaker, Geri Mason is definitely a "Woman on the Move." Born to working class parents with little education, Geri was the only child of eight to graduate from college.

After a breast cancer diagnosis at age 30, she began her search for deeper meaning and purpose for her life. Her ministry of writing, speaking, and encouraging others was born. Geri spoke in 1997 at the Million Woman March in Philadelphia, and continues to share through her books, speaking engagements, workshops, seminars, and the media. Her work has been published for over fifteen years in her monthly column for Key Awareness Publishing Newspaper, in Virginia.



For more on "Geri Speaks" go to: gerispeak@yahoo.com, or www.gerispeak.com.

Author's Showcase

Geri Mason

About her latest book:

There Are no Rules - Living Your Truth When all Your Plans Have Failed



"It has taken me a year to write this third book because I only wrote when and what God told me. I've known the title for over a decade but didn't know what I was supposed to write. Well, here it is! An intimate look inside the makings of Geri Mason, the writer, the speaker, and the person she is becoming.

No one wants to admit that life is a game of chance. Every choice you make, every decision that you follow through on takes you deeper into the maze of what lies ahead. There are no guarantees. At each corner there is the potential to take the wrong turn. People we meet along the way are part of the plan.

It is up to us to learn how to decipher when to hold on and when to let go. The best-laid plans somehow seem to always go off track. Everybody else's life appears to be perfect compared to yours. What we fail to realize is, nobody knows exactly how their life will turn out. Some get lucky, some get blessed, and others say that a miracle happened. You can call it what you want to. I have tried it from all kinds of angles, and have come to the conclusion that, "there are no rules!"



"In a world of rules and regulations, we must find our own way to create guidelines that connect us to our purpose. The guidelines may change, as we may, but that's a part of allowing your experiences to shape you. As you read, think about your own life and your own rules, set by yourself, your family, or whomever. Take this journey with Geri and find out if maybe there are any changes that could be made to your own rulebook."

Jul Branch (Geri's Daughter)

There Are no Rules - Living Your Truth When all Your Plans Have Failed and Geri's other books are available on Amazon.com or through her website at: Gerispeak.com:

Would YOU like to tell your story??
Focus on Fabulous magazine is proud to showcase writers, authors and poets.

If you have a book, blog or poem and would like to submit please send entries to: fjofmagazine@mail.com. Who knows, if not already, you could be a published writer!! After all, life is a story. What's yours?*

ASK ABOUT OUR QUARTERLY WRITING CONTESTS

Also, check out our bookshelf page in every issue with a listing of our writers works and how to obtain them at most on-line retailers. (*see our submission guidelines in this issue for details)

Grown means nothing to a mother.

A child is a child.

They get bigger. They get older.

But grown?

Generation after generation

we watch our child grow, mature.

*They often impress us, sometimes reject us
and periodically reflect us.*

*Yet, in a mother's heart,
they will always be our baby.*

*Schedule your
MOTHER'S DAY photo session today.*

*The experience is worth it.
The photos are priceless.*

F focus on
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