

WOMEN INSPIRING WOMEN FOR GOOD!

COMPLIMENTARY

W2W

WOMEN 2 WOMEN
MICHIGAN MAGAZINE

Optimism/Confidence

STOP
PLAYING
SMALL

**Life
Changes
at 50**



POSITIVE
TALK TO
POSITIVE
MOTIVATION

**Do Affirmations
Really Work?**

**Suzanne
Young**

**Living My Life of Joy
Laws of Attraction**

Vol. 8 Issue 2 • 2017 • \$3.95



Presort Std
U.S. Postage
PAID
Grand Blanc, MI
48439
Permit No. 166

ChangingStreets.com

Your **Smart·Easy·Sane** solution for selling or buying a home

Genesee Valley
CERTIFIED PROBATE SPECIALIST



Adam E. Abt - C.P.R.E.S.
Broker/Owner/Founding Partner



Specializing in:

- Certified in Probate and Estate Sales Consulting**
- Estate Liquidation
 - C.P.R.E.S
 - Estate Consulting
- Residential Sales, Purchases and Leasing Foreclosure Purchasing Real Estate Investment, Rehabilitation and Reselling (Flipping) Redemption Assistance**

ChangingStreets.com Genesee Valley
5065 Miller Rd. Suite 6 • Flint, MI 48507

Direct: 810-955-1087

810-600-2247

www.changingstreets.com



Debra K. Collins
Publisher/Managing Editor



Susan Lamphier
Editor

Dear Friends,

Spring is embracing us with her sweet awakening and we are so excited to begin our self blooming with her! We have packed this issue with some great information to help us all bloom into the empowered and thriving individuals we wish us all to be each and every day. We understand those days when you just don't feel like you have it in you to be all that you can. The glorious part is that we are learning every day that we all hold a special power inside of us, one that can propel us towards our goals and enrich our lives to their fullest.

In this issue, we are introducing you to Suzanne Young, author of *Stepping Into a Life of Joy*, and inspirational speaker. Have you ever heard of the Law of Attraction? Young tells us how we can attract what we wish to be in our lives, it's all inside of us and our way of thinking! Tamra Klaty helps remind us that positive self talk leads to positive self motivation and we can all use that in every aspect of our lives. Mimi Matthews speaks about affirmations and if they really work. Don't forget to look for Tarnesa Martin's part 2 of Diary Confessions!

There is so much to learn and we are striving to bring you more and more of what is really inspiring us to grow, to know and be. After all, isn't that what life is really all about?

Keep blooming!

Debra & Susan

Follow Us • Like Us • Join Us
We are now on Facebook, Twitter and Instagram



W2W Women Inspiring Women for Good!

Our Mission:

Women2Women Michigan was created to connect women with women for good to encourage, support, have fun, do business and provide links for women's resources.

DO YOU KNOW A MICHIGAN WOMAN WE SHOULD FEATURE?

Submit your stories online at w2wmichigan.com.
Article guidelines are under the magazine tab.

WHY ADVERTISE WITH US?

Women make the majority of purchasing decisions. They buy goods and services for their homes, gardens, businesses, entertainment, health and nutrition, the list is endless. They want to be informed and connected in their communities. Event-driven marketing makes education fun and rewarding. You can reach these women in a heartwarming environment at Women2Women Michigan events and through our magazine.

READERSHIP & DISTRIBUTION

Women2Women Michigan magazine is distributed to subscribers via US mail. It is also available at every Women2Women Michigan event, chamber events, and women's organizations. It is professionally delivered to over 400 locations with 25 outside vendor racks throughout the area including restaurants, hospitals, retail locations and medical offices in southeastern Michigan. Interested in hosting a distribution location? Call 810.694.2326 or email at info@w2wmichigan.com

Would you like to subscribe?

Subscribe online or email us at info@W2Wmichigan.com.

Women2Women Michigan magazine is published bimonthly. All rights reserved. No part of this publication may be reproduced whole or in part without the express written consent of the publisher. Interested in a franchise? Contact our office at 810.694.2326 • fax 810.694.2507 536 Perry Rd Suite 7 • Grand Blanc, MI 48439, info@w2wmichigan.com, w2wmichigan.com.

The advertisements and articles included in this publication are independently developed by our customers and writers to inform others about their business, expertise and related activities. Women2Women Michigan is not aware of, and makes no representation as to, the truth or accuracy of such information and, therefore, makes no warranties of any kind, express or implied, with respect to the same. Accordingly, the respective advertisers and writers are solely responsible for the accuracy and contents of their own advertisements and for all claims, losses, costs, expenses or damages whatsoever, directly or indirectly, that may emanate there from.

Contents

Cover >>>



10 Living My Life of Joy

Meet Suzanne Young – mother of 4, grandmother of 5, wife and life-long Michigander.

Features >>>

5 Keys to A Healthy Pregnancy **16**

Diary Confessions **22**
What About You? Part 2

Planning a Weekend
Getaway In Michigan **29**

Planning Road Trips **32**

Believe
in
you



Departments >>>

3 Letters from the Publisher & Editor

8 All Sew

12 Shades of Faith
The Coat of Love

13 Love Your Life or Live Trying ... with Shuntai
Nesting is for more than the birds...

14 Mind, Body and Soul
Positive Talk to Positive Motivation

15 Love Your Mouth
Sunshine & Iodine Can Help Prevent Breast Cancer

20 Live, Life and Laughter
Why Words Matter: The Problem with the 'Guy' Thing

21 Sparkle & Shine
Do Affirmations Really Work?

24 Travel
Sensation White in Amsterdam

26 Beauty by Design
Remember the 5 Senses?

28 Style of Attitude
Love the Season

30 She Means Business
Stop Playing Small

34 Don't Tell My Wife I Wrote This
Life Changes at 50

MCKEE

CHIROPRACTIC UNLIMITED

"We are the key to your health and wellness!"



- Chiropractic
- Acupuncture
- Cox Technic®

- Cosmetic & Facial
Rejuvenation Acupuncture
- Rehab Exercises

- Cupping
- Therapeutic Taping
- Nutritional Support

1510 S. State Rd., Suite C • Davison, MI 48423

www.mckeechirounlimited.com

810.223.2439

Come check out our line of sunglasses

JIMMY CHOO
Maui Jim
OAKLEY
Ray-Ban

Grand Blanc
EYES

Ann. A. Walker, O.D. • Stacey A. Alarie, O.D., F.A.A.O. • Peter M. Agnone, O.D.
11225 S. Saginaw Rd. • Grand Blanc, MI 48439 810.694.EYES (3937)

Cranberries' Cafe

• Lunch • Dinner
• Catering • Events

10250 Hegel Road
Goodrich, MI 48438

Wednesdays
Enjoy Half Off
Bottles of Wine
with Your Dinner

ALL MICHIGAN BEERS ON DRAFT

(810) 636-3409

facebook www.cranberriescafe.com

Senior shopping. Rides to work.
Doctor's appointments.

Call for Your Ride today!

MTA
MASS TRANSPORTATION AUTHORITY
Where public transportation goes, community grows!

(810) 767-0100 • www.mtaflint.org

W2W



Debra K. Collins
Publisher/Managing Editor



Susan Lamphier
Editor



Heidi Zoltak
Account Executive



Sheri Harvey
Creative Director



Sue Slater
Account Executive



Miranda Matheson
Account Executive



Karen Kiley
Account Executive



Suzanne Bowns
*Promotional Support
Distribution*

Contributing Writers

- Deborah St. Hilaire • Elaine Stenger
Ron Estrada • Shuntai Beaugard • Tamra Klaty • Lonnie Johnson
Helen Hicks • Susan Lamphier • Tami Sackett • Erin Caudell
Mary Ellen Jones • Alexandria Nolan • Tarnesa Martin
Sherry Regiani • Betty Houtari • Karen DeVault • Stacy Sawyer
Charlene Kowalski • Nate & Shannon McKee • Mimi Mathews

Advisory Board

- Carol VanBuren
Advisory Board Director
Teresa McClelland - Sargent • Charlene Kowalski
Susan Rosenhauer • Christine Stephens • Jill Watson
Theresa Yochim • Joy Martinbianco • Deb Campbell

Cover & Feature Photos

Denise Baum with JCPenney Portrait Studios,
12 Oaks Mall, Novi, Michigan.

w2wmichigan.com



HONORING OUR SALES LEADERS IN 2016

LEADING TEAM

PRESIDENT'S CIRCLE

Less than four percent of all Berkshire Hathaway HomeServices Real Estate professionals nationwide receive this coveted award. Qualifying are those who have reached an exceptional level of performance based on closed sales volume and number of homes listed and sold.



Merrie Johnson Group
Grand Blanc
(810) 730-2522

INDIVIDUAL SALES LEADERS

CHAIRMAN'S CIRCLE, GOLD

This honor is only awarded to a select few. They are among the top three percent in the Berkshire Hathaway HomeServices Real Estate network. They qualified for this award by reaching an exception level of performance based on closed sales volume and number of homes listed and sold.



Jane Murphy
Grand Blanc
(810) 348-4459

LEADING EDGE SOCIETY

It is a prestigious honor to be a member of this exclusive group. These associates are among the top seven percent of Berkshire Hathaway HomeServices professionals nationwide.



Steven Melchor
Fenton
(810) 513-1561



Renu Mirchandani
Grand Blanc
(810) 516-6049



Wade Pyles
Fenton
(810) 845-6759



Carol Ray
Fenton
(810) 265-0206

INDIVIDUAL SALES LEADERS

PRESIDENT'S CIRCLE

Less than four percent of all Berkshire Hathaway HomeServices Real Estate professionals nationwide receive this coveted award. Qualifying are those who have reached an exceptional level of performance based on closed sales volume and number of homes listed and sold.



Cindy Rivette
Fenton
(810) 240-6489



HONOR SOCIETY

In every field of endeavor there are a few individuals whose careers have become the standard that others strive to achieve. We are proud to honor the excellence of our sales associates. Congratulations!



Dennis Niec
Fenton
(810) 691-5308



Andrea Shearer
Fenton
(810) 919-1375



Chad Willmore
Davison
(248) 821-3087



Susan Yeotis
Fenton
(810) 516-7359

Visit www.bhhsmi.com for a comprehensive listing of homes for sale!

© 2017 BHH Affiliates, LLC. An independently owned and operated franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc.® Equal Housing Opportunity.

ALL SEW



Sewing, quilting and more for the 21st Century
A long standing business that serves the Genesee, Oakland and surrounding areas for the seamstress and crafter in you. Began in 1989 next door to it's current location.

"We have seen many changes in this business with the amazing abilities of sewing machines today verses 30 years ago," says Alfred Scherret.

We can now create anything you could imagine from beautiful embroidery designs to scanning your families signature for a heirloom signature quilt, or the latest quilting, cutting machines, software and sewing machines that sews for you. Yes, sews for you and creates anything you would like to place on a quilt, shirt or anything you can think of! And if you are a die-hard fixer upper, we have machines that really sew on wood, they are for home use but are built as they were 50 years ago at a great price too.

Now creative minds can do so much more than sewing a straight stitch which can now be done with ease by simply following the laser light and sew away. We have such a diverse customer base from our new 7 year old sewers to our more advanced sewers that are always willing to learn the latest new ideas. Our classroom now can handle more students of all ages than our previous location to learn the latest in projects that are being taught. Yearly, we will have educators come to the store or an off site location like our Anitagoodesign Event. The event held last year with over 200 sewers with give a ways, prizes, raffles, food and more while learning new techniques. What a great way to meet new friends too! Over the years the store has grown and we have gained new brands of sewing machines like Babylock , Brother, Janome, Pfaff, Tailor Made Cabinets and The new Singer Outlet Shop. Why buy from a Big Box store or on line? Can they help you thread your machine or trouble shoot it for you? Have you ever taken your machine into WalMart or called Amazon to ask how to thread it or answer a question for you? I know the answer to that and this is why we am here to help you and our prices are competitive! We have a full line of notions, some fabrics, designs and more for you. We have the only in house repair facility. Our machines don't go for a ride to get serviced. Does your machine stay on site where you currently take it? We are your local store with convenient store hours for you and unlimited knowledge to help you with your projects!





Monday through Friday 10:00 until 6:00 and Saturday 9:00 until 5:00. Closed Sunday. Appointments by request. Located in the Yorkshire Plaza, just west of I-75 in Flint Township.
Thank you for reading about our store.
Alfred Scherret
www.flintsews.com
Like us on facebook

ALL SEW

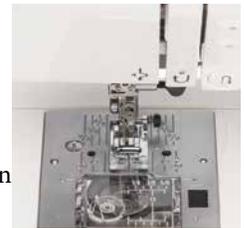
Bring into the store and get a \$109⁰⁰ trolley free with purchase of a Janome NPCF-50 Sewing Machine



The Janome NPCF-50 sewing machine has the features you need to complete any project, home decor, garment sewing, scrapbooking, or quilting. The Janome NPCF-50 features fifty stitches, including three buttonholes, which give essential variety for your diverse sewing needs. It also includes all of the features you always expect from a high end Janome Decor machine, allowing you to sew with computerized precision and confidence.

Features

- 50 built in stitches
- Auto-Lock
- Memorized Up/Down needle position
- Auto-Declutch bobbin winder
- Stitch number, width, and length buttons
- Direct stitch selection buttons
- Fully Automatic sensor buttonhole
- Convertible free arm for circular sewing
- SFS (superior feed system)
- Built-in needle threader
- Reverse Stitch button
- Speed control slider



Included Accessories

- 1/4 Inch Presser Foot
- Walking Foot
- Satin Stitch Foot F
- Spool Stand
- Zipper Foot E
- Automatic Buttonhole Foot R
- Felt
- Screwdriver
- Set of Needles
- Spool Holder (large)
- Spool Holder (small)
- Spool Pin
- Hard Shell Carrying Case
- Instruction Manual
- Warranty Card

**G-3306 Miller Rd
In Yorkshire Plaza @ I-75**

810-732-1066

Living My Life of Joy

“I am passionate about helping women learn that they never have to settle for less. Once I turned my life around, I knew my purpose was to help women become more self-empowered. My recipe for success includes combining a deeper understanding of spirituality with the Law of Attraction.”



Meet Suzanne Young – mother of 4, grandmother of 5, wife and life-long Michigander. She is also the author of *Stepping into a Life of Joy*, an inspirational speaker and a life coach for women, specializing in spirituality and the Law of Attraction. “I began intentionally living my life with joy in 2005 and realized I’m very young at heart and enjoy living life to the fullest.”

Suzanne’s life wasn’t always this way. Even though she grew up in a loving family, she developed very low self-esteem because she was the only over-weight person in her family. She was put on a diet at age 10 and wondered why she was so different from other family members.

“My favorite quote is from Maya Angelo: ‘When you know better, you do better.’ This is my life in a nutshell because when I knew better I let go of old dis-empowering beliefs and stepped into being the decision maker for my life.”

At 19, she married the first boy who showed an interest in her. They were married 20 years and had 4 children, but over time, he turned into a verbally abusive, alcoholic man. “I felt stuck in the marriage because I believed you stay married forever for the sake of the children - even if it’s miserable.”

“Luckily a girlfriend introduced me to UndercoverWear, a lingerie home party company. I decided to try selling it just to get out of the house. When I asked my husband for the money to buy a lingerie kit, he claimed I would never be successful because I knew nothing about sales and was too fat. So I paid my daughter to babysit her little brothers and within 3 years I was making as much money as my husband - an engineer with Cadillac.”

No longer willing to expose her children to an abusive father, Suzanne knew she had to change her belief system and get out.

For 10 years, she raised her children as a single parent before she met and married again. Several years later, she realized she was in another miserable marriage. “He was my second verbally abusive, alcoholic husband who was also leading a double life. This moment became the turning point in my life. I had to know: what did I need to learn so I would never create another unhappy relationship.”

She continued her UndercoverWear work as a Divisional Leader. For 28 years, she trained and coached about 150 women on how to book shows, increase retail party sales and recruit other women to grow their own businesses. “I also taught them how to use the power of their thoughts to get the best results from their parties.”

Applying this idea to her own life, she understood what she needed to move forward and lead a happy life. She met Kevin during a meditation class and they became best friends, fell in love and got married. It was then she knew she wanted to help more women so she left UndercoverWear and became a life coach.

She and her husband opened their own company, Personal Success Programs which offers workshops on the Law of Attraction.

“I am passionate about helping women learn that they never have to settle for less. Once I turned my life around, I knew my purpose was to help women become more self-empowered. My recipe for success includes combining a deeper understanding of spirituality with the Law of Attraction.”

The Law of Attraction is the ability to attract into our lives whatever we focus on. This universal law uses the power of the mind to translate our thoughts and materialize them into reality.

Suzanne teaches women about the power of their thoughts and how they can change the quality of their life by changing the quality of their thoughts.

The book’s cover quote: “Her book, *Stepping into a Life of Joy* is part autobiography and part Law of Attraction primer. Suzanne writes with wisdom and humility. The love in her heart shines through as she encourages us to investigate this immutable Law and incorporate these principles into our life to create more ease, love and joy for ourselves.”

It is currently available on Amazon Kindle or you can download a free kindle app from Amazon to read it on another electronic device. The paperback version will be released in April 2017.

“My favorite quote is from Maya Angelo: ‘When you know better, you do better.’ This is my life in a nutshell because when I knew better I let go of old dis-empowering beliefs and stepped into being the decision maker for my life.”

Contact Suzanne Young about coaching or speaking to your group at: suzanne@psprograms.com

► Elaine Stenger, PhD., is the Author of “Dancing in the Rain” and Co-Founder of Cairn Venture Group which produces Leadership Retreats for Women. “Connecting women to help change our world.”

Visit: www.elainestenger.com or contact Elaine at estenger2@gmail.com



HAPPY MOM.
HAPPY LIFE.



FREE
\$25 BONUS CARD

with Purchase
of \$100 in Gift Cards*

*Purchase by May 16, 2017

LaVida Massage of Grand Blanc
6303 S. Dort Hwy. | Grand Blanc, MI 48439
LaVidaMassageGrandBlancMI.com | 810.694.6877

Session includes time for consultations and dressing.
Franchise opportunities available. Call 248.360.6157

LaVida
massage

Open 7 Days a Week | Extended Hours | Licensed Therapists

You Can Feel the Difference!



Call or Book Online!

The Coat of Love

Death has an interesting and powerful way of making us face the real truth about ourselves. It can also cause permanent change and that's what has been happening to me since my 91 year old mother closed her eyes and gently slipped away.

In the final year of her life, mom evolved. She focused every breath on her children and rarely spoke of herself. Each time I visited her she would ask about my life, children and work. Unlike years passed, she listened to each account and really cared about the words I was sharing. Frequently, even when her stares became longer than her sentences, she took time to say the most important words I know, "I love you."

This evolution was interesting to watch for me as mom and I were opposites. While I would be picketing for the most broken in our society, she would be sending donations to her church. She spent her life teaching and re-cleaning her house, and I rarely set foot in my home, preferring to work for a non-profit agency while vacationing in fascinating parts of the world. *Does Disney World qualify as fascinating?*

Because that last year of mom's life was filled with special recipes, nights of memory sharing, and simple looks of love, I began to *want* to be more like my mother.

Once mom had passed, I knew she had forever changed me. At first it was subtle. I found myself wearing her Claddagh jewelry. Seriously? I never even liked the crown design! And then things became clearer when I could only tolerate her comfy brown slippers versus my own pink cotton ones that had never left my bedside. This was strange behavior.

But it was only when I donned her full length monogrammed mink coat – something that I would never have bought for myself (or even tolerated), that I finally understood how much I was grieving and how much I was missing my mom.

By putting on her earrings, slippers and coat, I was wrapping myself in her arms – getting as close to her as possible to *feel better and be better*.

Now, as I gain my composure and settle into my new reality without her, I'm thinking that at least one of those items might have to be put into storage. A 60 year old non-profit guru wearing her mother's floor length fur to the Magic Kingdom might be problematic.

Not so much for the heart, but for the heat.

I miss you mom.



◀ *Helen Hicks is an award-winning administrator and motivational speaker living in the Detroit area. You can reach her at helenk7306@hotmail.com.*

Nesting is for more than the birds...

In my private practice, I help my clients and families deal with a lot of issues; divorce, anxiety, depression, trauma, and conflict. However, I am finding a new trend in the world of divorce: the "Nesting Agreement". What is a "Nesting" Agreement? It's an arrangement between the divorcing couple where the children remain in the home and the parents take turns moving in and out of the home into separate residences. Long story short, the parents are "visiting" the children instead of the children visiting the parents.

It may sound a little weird at first thought. However, this could be great for the children. Many experts agree that there are Pros and Cons associated with a Nesting agreement;

The Pros:

Stability for your children; the children can continue with same school and do not have to worry about abrupt change.

Frequent communication between parents; leaving notes or talk face to face each time a parent enters and leaves the home.

Parents can learn how to solo parent. Being in a familiar environment helps to alleviate some stress and anxiety.

The Cons:

Its maybe difficult for either parents to develop new relationships; Dating can be complex and a potential mate may have problems with this arrangement.

Children may have false hopes that their parents are getting back together. the false hope that parents may reconcile.

It could be emotionally difficult being in a familiar environment. Some couples may find themselves depressed more often because of memories connected to the family home.

Regardless, if you choose to "Nest" or "Not". This is just another option for divorcing couples with children. What are your thoughts about nesting?

▶ Shuntai Beaugard, MA, LLPC
Mental Health Clinical Therapist & Life Coach,
Re-Connect My Life
1121 Villa Linde Court Flint, MI Office: 810.515.1931
Email: info@re-connectmylife.com
www.re-connectmylife.com



SLOAN MUSEUM

TITANIC

THE ARTIFACT EXHIBITION

Titanic: The Artifact Exhibition takes you on a journey back in time to experience the legend of *Titanic* like never before. The galleries in this fascinating exhibition feature over 100 real artifacts recovered from the ocean floor along with room recreations and personal stories; each highlighting a different chapter in the compelling story of *Titanic's* maiden voyage.

*Tickets to the exhibition are timed.
Advance purchase is recommended.*

JANUARY 21-MAY 21, 2017 real objects | real stories

SLOAN MUSEUM 1221 E. KEARSLEY STREET FLINT, MI 48503 | 810.237.3450 | SLOANMUSEUM.ORG

PREMIER EXHIBITIONS
Sponsored by: 

Vol. 8 Issue 2 • WOMEN2WOMEN MICHIGAN

POSITIVE TALK

TO POSITIVE MOTIVATION

Believe
in
yourself



Have you ever gone from feeling irritable and bloated to energetic and 5 pounds lighter in less than an hour??

If you exercise regularly, you just answered, "Yes!"

We can often begin a workout feeling every bit of our tight jeans, but end the workout wanting to take a million sweaty selfies. Suddenly we feel like we can take on the world! It's not likely that much changed from just a single workout, but just 20 minutes of getting your heart rate up and working up a little sweat will often completely change the way you feel about yourself.

So why don't we do it more often? Our inner critic is often the loudest, and negative self talk can wreak havoc on any attempts to start and continue a healthy lifestyle. I believe there are a few things we can do to boost our confidence and quiet that voice in our head that's telling us we're going to fail.

CHANGE WHAT YOU'RE FEEDING ON.

So much of our entertainment and social media is filled with images and messages that are counterproductive to a positive, healthy lifestyle. Fill your social media feeds with people and pages who are inspirational and doing the things you'd like to do. Learn from them. Be motivated by them.

IT'S OK TO NOT BE OK.

Discomfort and fear are part of change. Once you feel like you've accomplished

something, you'll just move up to the next struggle. That's a good thing! Accept all stages of growth and celebrate the next steps. Be gentle with yourself when you are struggling to hold a plank for only 20 seconds. Know that it's going to feel awkward to learn new exercises or try new routines. When you view struggle as part of the process instead of a sign that something is wrong, it becomes an exciting challenge!

LEAN INTO IT.

Read books that will help you in the areas you struggle in. If you think you can't find time to exercise, read *Miracle Morning*. If it seems like you go really big for a while then quit, read *Compound Effect*. Instead of being annoyed by people who are flourishing where you are floundering, make friends with them. Ask them for their input and be willing to learn from them. Do as much as you can as well as you can, and don't worry about comparing it to anyone else.

JUST START.

That one little workout I mentioned in the beginning? That's where it all begins. Get your blood pumping and enjoy that burst of confidence that comes. Then do it again the next day. And the next.



◀ Tamra Klaty is a health and fitness coach and certified instructor for CIZE Live classes. You can learn more about what she does at her facebook page at www.facebook.com/DesignedHealth

Sunshine & Iodine Can Help Prevent Breast Cancer

Everyone knows early cancer detection means a greater chance at survival. Did you know there are a couple easy things you can do right now to help your body ward off cancer in the future?

Vitamin D and Iodine play an important role in your overall health, and both are linked to cancer prevention. Let's look at them one at a time, starting with Vitamin D.

On April 6, 2016, the University of CA, San Diego published the results of years of studies, "Higher Levels of Vitamin D Correspond to Lower Cancer Risk." Wow!

According to Dr. Joseph Mercola and others, "Optimizing your vitamin D levels may help you prevent more than 16 different types of cancer including pancreatic, lung, ovarian, breast, prostate, and skin cancers."

Could the majority of breast cancers could be preventable if a woman is taking optimal levels of Vitamin D? Some of the studies describe breast cancer as a "vitamin D deficiency syndrome."

There are other lifestyle factors, of course. Proper nutrition, exercise, stress and sleep all play a role. However,

more and more studies are showing how critical Vitamin D levels are to preventing breast and other cancers.

The connection goes back to 1980 by Dr Cedric F. Garland of the UCSD Moores Cancer Center. He was investigating Vitamin D levels to learn why those in northern climates have higher cancer rates than those along the equator. "Vitamin D may halt the first stage of the cancer process by re-establishing intercellular junctions in malignancies having an intact vitamin D receptor," Dr. Garland said.

A four-year study completed in 2007 by Joan Lappe and Robert Heaney showed a 77% reduction in all cancers in a group of menopausal women who were given enough vitamin D to raise their serum levels to 40 ng/ml. This was just a modest amount of Vitamin D, not the recommended 50-70 ng/ml.

Think about the last sunny day. People tend to be happier when the sun shines. We're absorbing sunlight, even when bundled up. Michiganders don't get enough sunlight; the studies clearly indicate that. Supplementation is necessary, but how much is enough to reach the ideal levels of 50-70 ng/ml? Some say 1,200 to 5,000 IU/day. Most multi-mineral vitamins average 600 IU, and do not contain Vit K2 levels necessary for proper use of Vit D and Calcium.

Your physician can test your Vitamin D levels. You can get a home test kit online at Amazon, or as part of "D Action Project" from Grassroots Health.

What else can you do to tip the balance in your favor?

Research suggests some breast cancers are related to iodine deficiency. Michigan's David Brownstein MD reported three cases of spontaneous regression of breast cancer after women took iodine supplementation.

The American Association for Cancer Research (AACR) published studies in 2003 showing nonradioactive Iodine effectively killed lung cancer cells. This led to further research, published in the International Journal of Medical Science in 2008: "Iodine Alters Gene Expression in the MCF7 Breast Cancer Cell Line: Evidence for an Anti-Estrogen Effect of Iodine."

Jeffrey Dach, MD, of Davie, FL, talks about the overwhelming evidence of iodine preventing breast cancer.

Information is out there, and by the volume of scientific studies, it's not quack science. Take the time to educate yourself and take care of yourself. Stay healthy!

Resources:

<https://www.mercola.com/article/vitamin-d-resources.htm>

Vitamin K2 and the Calcium Paradox: How a Little Known Vitamin Could Save Your Life by Dr Kate Rheume-Bleue

The Vitamin D Revolution by Soram Khalsa, MD

<http://www.grassrootshealth.net/daction>

The Iodine Crisis by Lynne Farrow

<http://www.breastcancerchoices.org/iodine.html>



◀ Sherry Regiani has been in the dental field since 1970; first as an assistant then as a hygienist. Over the past 30 years, Sherry transitioned into dental management and serves as practice administrator for her husband, David W Regiani DDS.

5 KEYS

TO A HEALTHY PREGNANCY

It's official, you've seen the + or =, and that bundle of cuteness is just 9 months away. You're jumping for joy, happy tears streaming down your face, hugging your loved ones, all the while thinking how in the world am I going to grow a tiny human inside of me! The next 9 months will be a series of changes in many facets of your life, but we want to put you at ease with these 5 key tips to help you have a healthy and happy pregnancy:

1. "On Point"

You've read "What to Expect, When Expecting", you understand the changes that are in front of you, and that every single medication says "Warning: Do not take if pregnant"! What are you supposed to do? Acupuncture! Acupuncture is a natural way of treating that laundry list of unpleasanties that include: nausea, fatigue, constipation, heartburn, etc. Not only can acupuncture help those unsettling feelings, it can help with breech position and even to induce labor. Yes, those very tiny needles can help you in all those ways and more, utilizing the stimulation of your body's energy pathways. Balancing your body's energies helps the body alleviate these unwanted feelings. The research is out there, and acupuncture should be your go to while going through pregnancy. So stay on point through your pregnancy and take advantage of the healing benefits of acupuncture.

2. "Bump of Steel"

Sorry to say that 6 pack you've been working on...or dreaming about, is going to turn into a large baby bump. However just because your belly is going to get bigger, doesn't mean you shouldn't exercise, as a matter a fact, you should! Exercise during pregnancy will help keep you healthy and feeling good. Your emphasis for workouts should be on core strength, because your center of gravity is drastically going to change, and the abdominal muscles will begin to separate. The stronger your core is the less likely you will experience back pain, and future abdominal complications. Strengthening your core however does not consist of doing sit-ups or crunches, but rather doing exercises like bridges, planks/side-planks, and body squats as they are beneficial and won't cause back pain. Along with core strengthening, cardio exercise is important and can be done with walking, swimming, or biking. Exercise during pregnancy will increase your mood, boost your energy, and prepare your body for birth; not to mention give you a bump of steel!

3. "Table for 2"

The cravings have set in and you feel like you're literally eating for two. The truth is you are eating for two, you are growing a baby inside of you, and he or she needs those extra calories to build bones, tissues, and organs. Despite the need to eat more, the increase in calories needs to be of nutritional value, not the hot fudge, double chocolate cake that is currently pulling at your taste buds. Your baby needs a balanced diet of lean meats, healthy fats, carbohydrates, fruits, and vegetables. Protein through meats, eggs, or fish is vital as it provides you and your baby with B-vitamins and iron. Iron will carry oxygen to your baby, as well as prevent fatigue, weakness, and even depression. Consuming dairy is also crucial, as it contains calcium which is essential for building strong bones and teeth, normal blood clotting, and muscle and nerve function. Carbohydrates are important for two reasons, they provide you with energy, trust me you'll need, and fiber which will help prevent constipation-common in pregnancy. Lastly a balance of fruits and vegetables will provide you with Vitamin C, Folic Acid, and anti-oxidants, which are all needed. So while you are planning that feast for yourself, for two, make sure it is well balanced for you and your little one!

4. "Natural Beauty"

Morning sickness, swelling feet, and growing what feels like an alien inside of you may not seem like the most appealing thing, but it is a naturally beautiful experience, and good



news there are a few natural supplements to help make it healthier. Vitamin D is a crucial one for you mom. It will give you energy, that you probably feel like is being sucked from you...because it is; along with boosting your mood, brain function, and immunity. While calcium will help build your baby's bones, it will also help prevent you from getting weak bones. As we discussed in Key 3, baby's need calcium, and their rapidly growing bones will get calcium either from your diet or the calcium in your bones. Taking calcium will help keep your bones strong, now and in the future. Folate, is primarily important for the health of your baby, as it prevents neural tube defects, therefore creating a healthy brain and spinal cord; as well as the production of new DNA and proper development of the face and heart. Lastly, Omega 3's especially DHA are important for the development of the baby, but also they will decrease the inflammation that is occurring in the body. Stock up on these, stay healthy, and enjoy nature's beauty in a natural way.

5. "We've got Your Back"

Your baby bump is getting bigger, your center of gravity is not exactly in the center, and your back is killing you. It's okay, we've got your back! Back pain is very common through pregnancy, as your baby grows; there is excess stress on the back and an increase curvature in the lumbar spine. This extra curvature compresses the joints of the spine and the nerves of the low back, and can ultimately create low back pain and sciatica. Laying on your stomach or being twisted may not sound appealing. Luckily, McKee Chiropractic Unlimited offers a conservative, well researched approach called Cox® Technic. Cox® Technic decompresses the joints of your spine and alleviates the pressure and irritation of your spinal nerves, and rather than lying on your stomach you can comfortably lay on your side (pillow included). Along with decompression, therapeutic tape can be used to create a belly cradle to take the pressure off of your low back. This combination of spinal decompression and therapeutic taping will drastically improve the quality of your pregnancy and keep your back healthy, now and for the future. Breathe easy; we've got your back!

With these keys, you'll be able to handle the roller coaster of pregnancy in a natural way. For more key information on having a healthy and happy pregnancy, or any other aches, pains, and health concerns you may have please contact: Drs. Shannon and Nate McKee at McKee Chiropractic Unlimited (810)223-2439, and make your appointment today!

▶ *Dr. Nathaniel McKee graduated from National University of Health Sciences with his Doctorate in Chiropractic. He has an additional certification in Cox Decompression Technic. Dr. Shannon McKee also graduated from National University of Health Sciences with her doctorate in Chiropractic and a Masters of science in Acupuncture. They both practice together at McKee Chiropractic Unlimited in Davison. www.mckeechirounlimited.com*



Happy Mother's Day

Give Mom What She Really Wants for Mother's Day Time



Custom Manufacturing

Expert Jewelry Repair

Citizen Watches

Appraisals

Eyeglass Frame Repair

Free Jewelry Cleaning & Ring Inspection

All Work Done at this Location



CITIZEN
Eco-Drive



Creative Jewelers

2127 S. Linden Rd. • Flint
810.732.0030 • creativejewelers.net

Healthy Smiles Don't Bleed,

And they don't snore, either. Studies show that 9 of 10 children have some form of Sleep Disordered Breathing

Holistic Dentistry is more than filling teeth. We're proud to be one of the few offices in Michigan to be Certified in The Healthy Start™ and the non-surgical DNA Appliance™, because only a dentist can treat a dental-related conditions like Sleep Disordered Breathing in Children, Teens and Adults.



Free assessment for your child at:
www.TheHealthyStart.com

Don't like to wear a CPAP?
www.dnaAppliance.com

Hours:
Mon-Tues 8am-5:30pm; Wed-Thurs 7:30am-5pm
most Fridays 8am-3:30pm



Regiani Holistic Dental Center

David W Regiani DDS NMD IBDM MIOAMT
Stephen A Harlow, DDS - Invisalign Certified Adults & Teens
10435 Ortonville Rd, Suite B, Clarkston MI 48348

248-625-5222 • www.RegianiDental.com

www.facebook.com/RegianiHolisticDental

YOUTHFUL YOU *med spa*



Rejuvapan Microneedling

Special Buy One
Get One FREE

\$250

Regularly \$250 ea.

Lipo Fat Buster Shots (4) for \$80

Regular \$35 ea.

Weightloss Supplements

20% OFF

(6) Full Body Hair Removals

For \$899

(Package worth over \$3000)

(6) Microderabrasion

with Glycolic Peels for

\$149

Perfect Peel

Regularly \$300 ea

**Special Buy One
Get One FREE**

P.R.P.

Regularly \$1500 ~

Special \$575

*For Every \$100⁰⁰ spent on a Gift Certificate,
you receive \$10⁰⁰ Credit*

8145 S. Saginaw St., Ste A • Grand Blanc
youthfullyou2013.wix.com/youthfullyoumedspa

Call Us Now 810-241-3966
Janet Peera
Medical Laser Aesthetic
Skincare Specialist



Why Words Matter: The Problem with the 'Guy' thing

“When we know better we do better. Please be a voice of respect.”

Connecting with others is the true purpose of our lives. No matter how we do it, opening our souls to one another is the reason we are together.

Inherent in our need to connect is a deeply rooted desire to be seen and loved for who we are.

Words open our souls to thoughts and feelings beyond our own. They are how we share our selves with each other.

Words matter because the words we use are the words we chose; they are a critical healing balm or a careless weapon. So we must be aware of their lasting impact.

A friend once said, “If your true intention is to be helpful, you will find a way to speak your truth with love.” How we chose to speak with others is our responsibility.

Maya Angelou: “I am convinced words are living things that once said do not die. They get on the walls and in your draperies. They settle in your upholstery, and your clothes, and finally in to you.”

We live in a society steeped in disrespectful discourse and intentional division. To what end?

How can we create healing instead? How can we use our words to widen and deepen our connections, to share and receive our heart stories in order to truly see those deemed ‘the other?’

In this first article of a three-part series on “Why Words Matter,” I’d like to offer one example of how our words impact others.

Full disclosure: it drives me crazy when a group of women are called ‘guys.’ It also makes me cringe when a mixed group (women & men) are addressed as ‘guys.’

Pulitzer Prize-winning author Alice Walker asks, “What does being called ‘guys’ do to young women, to little girls?” Heck, at 63 years old, I wonder what it does to me. Every time I hear it I feel invisible.

And you can’t escape it. From newscasters and weather reporters to Chip and Joanna

Gaines or in greetings from business professionals, the ‘guy’ thing is everywhere.

A little historic context

Throughout our history, women have been intentionally excluded and marginalized. Although the Preamble to the Constitution begins with “We the People of the United States,” the Declaration of Independence reads, “We hold these truths to be self-evident that all Men are created equal.” The word ‘men’ was deliberately chosen and applied only to white men. Women, children and all people of color were consciously excluded.

Words were used to keep women invisible and from gaining any power of self-determination. For hundreds of years women fought for the right to get an education, hold a job, own property and vote! Many suffered and died for doing so.

I spent my life fighting for a seat at the table, to have my talent recognized on its own and to receive equal paid. I fought for my rights and yours and for the rights of our daughters.

Voices of Respect

Even though we’ve made some advances for women and girls, using language that keeps us invisible is harmful.

While helping an 83 year old friend search for assisted living facilities, I was dismayed with one young female Director who kept calling us ‘you guys.’ Finally, I asked if she saw who was sitting at the table and if we deserved to be addressed respectfully as women.

And I wondered if using slang is helping her professionally. Then I said, “When we know better we do better. Please be a voice of respect.”

So a little thing we can do to see, value and include women of all ages is to be a voice of respect. Recognize them for who they are and light their soul for the world to see.

► Elaine Stenger, PhD., is the Author of “Dancing in the Rain” and Co-Founder of Cairn Venture Group which produces Leadership Retreats for Women. “Connecting women to help change our world.”
Visit: www.elainestenger.com or contact Elaine at estenger2@gmail.com



DO AFFIRMATIONS REALLY WORK?

I used to think that “positivity thinking” was just another money maker. And then one day I decided that I had believed and acted upon lies about myself long enough. It was time to begin “proclaiming truth” (my way of saying positive things) instead. Well, lo and behold, if I didn’t begin to believe those truths! It literally changed my whole self-concept.

So how does this positive thinking actually work? Our brains are very, very powerful. What we believe (our thoughts) will dictate our behavior. For example, let’s just say that I believe I’m purple. So then I will shy away from certain things because I believe that no one will like me, or hire me, or give me opportunities, because I am purple. I believe people will make fun of me, or look down on me, or criticize me, because I am purple. I might tell myself, “I couldn’t do that, because I’m purple”, or “No one would want me, because I’m purple.” So I believe lies about myself and will live in fear of other’s opinions, and these will influence everything that I do. Now, think of the negative things you believe about yourself that hold you back from living your best, authentic life, and insert them in the example above. (“They won’t be my friend because I’m not smart enough.” “I can’t apply for that job because I’m too fat.” “I can never have that because I’ll always be poor.” “I will always be alone because I don’t deserve love.”)

Everything has an energetic vibration, including our thoughts, and what we focus on we will create more of. If we constantly focus on negative thoughts about ourselves (or anything else for that matter) we will actually create more negative energy in our life. Why? Because similar energies are drawn to each other. (Google it—it’s crazy!)

So how can we stop the negative spiral downward? Start using affirmations!

When we consistently think, read, or say affirming things about ourselves, our brain begins to change.

It’s not magic; neither is it just hoping that these things are true. Affirmations like “I deserve good things, I am loveable, I am worthy, I am enough” are TRUTH! They aren’t just “hope-for” statements. Every single human can claim these—even when their situations aren’t ideal.

Try it. Pick a few (or many) positive statements for yourself. Write them on post-it notes. Put them on your mirror, your car dash, your back door, your refrigerator.

As you read them daily you will feel belief rise within you. You will become stronger and more confident. You will begin to believe in yourself and your ability. And most importantly, you will begin to CELEBRATE YOU!!

► *Mimi Matthews believes in the power of words to change lives. She calls herself “Passionista At Large” because she is always on the prowl to encourage and empower, inspire and ignite anyone she comes in contact with. Mimi’s life experiences have given her rich material and wisdom to help others learn truth. You can read her life stories and uplifting posts on her blog <http://particularpassions.me/> and buy her encouraging and empowering words on unique cards and gifts on her Etsy shop here: https://www.etsy.com/shop/EmPOWordmentCards?ref=hdr_shop_menu*



ANGEL HAIR
designs by Dawn

*A Selection of Fine
Wigs & Hairpieces*

Please Call for a private appointment at

810-600-2211

- By Appointment Only
- Private Room
(Where you can bring in loved ones or your own hairdresser)
- Licensed
- We work with your insurance
- We also have a line of accessories from skin care to hats and scarves

6104 W Peirson Rd. Flushgng, MI 48433
www.angelhairdesignsbydawn.com
Exclusively at Spa Euphoria

What About You?

This story is a continuation of last month. If you would like to read the whole story go to www.w2wmichigan.com



What About You?

How did you handle your midlife crisis? How many women reached their age of maturity and screamed OH My Goodness!

What Is This?

How am I'm suppose to live the rest of my life like this? My midlife crisis started on March 18th, 2016. I turned 46 and instantly became depressed and didn't want to celebrate my birthday. I was crying and depressed. I was feeling like my life was almost over. I looked in the mirror and instead of seeing a healthy, happy and wise woman. I saw a woman that had lived half her life and was no longer looking sexy and feeling attractive and valuable.

I had unconsciously placed my mind, will and emotions on the clearance rack, thinking because I was getting older I was losing value. I emotionally marked down my value.

I started having all kind of crazy days and dreams. I thought I was to old to listen to rap music and that all my dancing with my children in the living room had to stop. I got caught up in a bunch of What If's, and as foolish as it may sound I tried to plan the rest of my life for my unexpected WHAT IFs?

What if my husband divorced me? What if my job fires me? What if my children abandon me? What ifs became my focus and temporarily shifted me from fulfilling my purpose with confidence.

Grateful to say, I learned you can never plan for what ifs but you can courageously live through what is and handle it the best way you know how.

What about you?

What are you experiencing at this time in your life that have you questioning you?

I want to say to you, nobody can stop you from being you but you. But you have to want to be the best you, that you can be. You have to love yourself better than the crisis and decide to overcome because it's the right thing for you.

Strange as it may seem, I needed a Faith Exchange, this midlife crisis was necessary to get me back on track. I truly experienced faith being more than a topic, it had to become

my lifestyle, otherwise I was going to continue living unhealthy, unhappy and miserable.

I had to power up and focus on what was going well in my life and working for me and not against me. I lost some friends, stopped going some places and stopped buying things to fulfill a void.

I had to walk the walk and talk the talk of Faith to overcome the fears and uncertainties of my midlife crisis. I had to confess out loud while looking in the mirror; God got me, and after I have been tested and tried, through this midlife crisis, I shall come out as refined gold; my value will not be reduced but rejuvenated.

Our latter years are suppose to be much better. My grandma Daisy told me, "you will learn in time what you need to know, but you won't learn it; until God is ready for you to know it."

My mom who inspires me daily always says, "life is to short to worry about what you don't have, but long enough to focus on what you do have".

I'm sure every woman can relate to this message and learn how to set limits, boundaries and expected outcomes to get them through a midlife crisis or any crisis that comes unexpectedly.

I'm encouraging you to smile more, laugh more and argue less, because it inspires you to overcome and not be held hostage to negativity or unexpected events.

When you are experiencing a crisis remember it's only temporary, and can be used a notice in your life that something needs to change.

A time to reposition ourselves, reject rejections and reflect on how we want to start living the rest of our life. We learn that we cannot control others and that our urgency is not others emergency.

Woman2Woman, words of strength from Diary Confessions of Women Walking In Faith. Don't run or try to hide from your midlife crisis because it's giving you an opportunity to be someone new and do something different.

The time has come for us to love ourselves and do good unto others as we would have them do unto us.

We have to take time to enjoy life our life and purposefully do things that build us up like eating healthier, exercising and going to the gym and sleeping more at night. Seriously, making necessary life changes that keep us together and from falling apart.

In the beginning the midlife crisis can throw you for a loop. After a while you will learn how to take control of your crisis and focus on what's important to get you through moment by moment and day by day.

You start to think of it as a temporary test that's designed to rebuild you for a better and greater life. You learn to be around people that celebrate you and disconnect from people that only tolerate you. You spend your time and money wiser and instead of saving for a rainy day you saving for better days, vacations, shopping trips & home improvements.

I thought this Midlife crisis was going to be the death of me and that I was not going to make it through.

I'm thankful for the experience and the opportunity to learn how to effectively readjust my attitude and embrace the crisis with success strategies and faith interventions that keep me positive.

During this transition, I got bold and changed my hair color to a bright red, changed my lipstick colors, slimmed down and brought me a mini skirt. I told myself that 46 was the new 23.

What About You?

Do something bold and radical. You can decide to make the best of whatever crisis you in and start living your best life now.

I thank God for his many blessings and can tell you from experience don't let the midlife crisis upset you from being healthy, happy, wise & wealthy.

Wholeness is a state of mind that body and soul must occupy.

I overcame the what if's, I'm still married, working as a successful nurse manager at one of the local hospitals, great relationship with my children and my finances are looking better and better everyday. I'm still writing and hosting events that give women an opportunity to share their story of success, survival, resilience and restoration.

Diary Faith Confession - Say out loud or while looking in the mirror, "I'm Living the life I love, loving the life I live, becoming the woman I was created to be, without apologies, compromises or regrets".

In closing, I'm believing you are more than a conqueror and I believe by faith you have what it takes to overcome any midlife crisis, for Faith Is Lifestyle & Not A Topic...

► *Min. Tarnesa Martin, Writer, Motivational Speaker & Life on Purpose Coach is the founder of Women of Radical Praise & Life On Purpose – "Finding Yourself" Life coaching, Self-Development & Empowerment services, which focus on connecting, supporting and strengthening women through life challenges that impact them personally, professionally, physically and spiritually.*

Contact info: Phone 810-624-1613 Email: martin2477@comcas.net



The Whiting PRESENTS 2016-17 SEASON

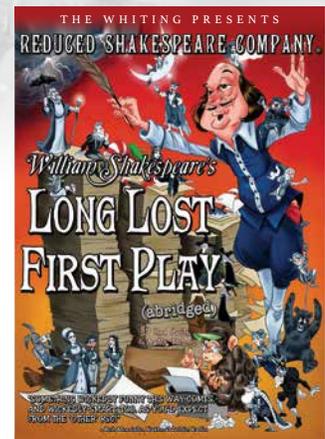
2017-18 SEASON ANNOUNCEMENT COMING SOON!



FRIDAY, APRIL 7@8PM
& SATURDAY, APRIL 8
@2PM & 8PM



FRIDAY, APRIL 28 @8PM
& SATURDAY, APRIL 29
@2PM & 8PM



FRIDAY, MAY 5@7:30PM



1241 E. KEARSLEY ST. | FLINT | MICHIGAN | 48503
CALL 810.237.7333 FOR TICKETS

THEWHITING.COM   

Sensation White in Amsterdam



My husband loves Electronic Dance Music. The thumping beats, the unrelenting rhythm of the tempo, the way the music moves through your body almost to your core to the cadence of your heartbeat.

Me? I can't stand it. It nauseates me. It feels like the bump of a headache. But when we had the opportunity to attend a music festival in Amsterdam, with behind the scenes passes and meet and greet with some of the performers, my husband jumped on it, for the two of us.

For myself, I looked at it as a sneaky way to explore Amsterdam once again, to trace the paths of the canals, drink beer, eat french fries dipped in mayonnaise (when in Holland, do as the Dutch) and visit some of my favorite museums. The festival couldn't possibly take that much time, or be that bad, could it?

It could. And it was.

Sensation White in Amsterdam claims itself as the "World's Leading Dance Event" and attendees are supposed to wear all white in a celebration of unity. Other than that, I didn't know what to expect. Most of the performers on the handbill were complete mysteries to me, and there seemed to be dozens of performers.

I was puzzled.

Around 11 a.m. on the day of Sensation, we hopped on the tram and took it to the train, connected to another tram and arrived at the Amsterdam Arena in time for the behind the scenes tour. The tour itself was awkward, walking around the empty stadium, watching dancers prepare for the night's festivities, being shown sky boxes and VIP rooms that we wouldn't be welcome to actually enjoy. Seeing an event like that in daylight is always a little depressing, like seeing any nightclub by the light of day. The mystery gone, the atmosphere ruined.

That night we hopped the same trams and trains and headed back to the arena. There were 100ft tall naked statues of women swinging from the rafters, lines out of

the doors of the ladies restroom in some kind of nightmare of planning, and drinks were 15 euros a piece. Everyone was wearing white, and while the effect was striking, it did make locating my husband nigh on impossible. The music was impossibly loud, the sound waves leaving a palpable impression on my skin, and I was left with the feeling that I had not known prior that listening to music could be actually exhausting.

Conversation was impossible. A girl in line for the ladies' room informed me that the show, which had begun at 10pm, wouldn't end until 6am. Excuse me?

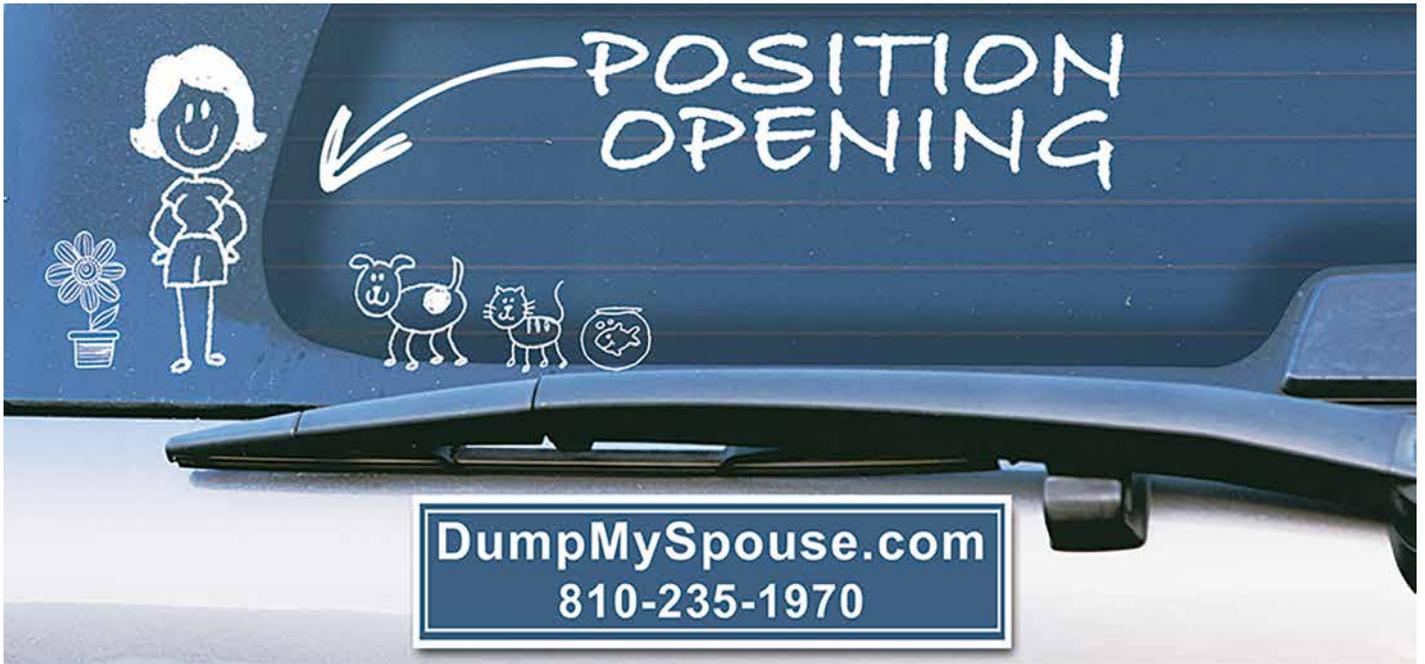
I soon realized that this was possible because my husband and I seemed to be the only ones attending who hadn't supplemented our evening with something illegal or otherwise that would sustain our interest in EDM for eight long hours.

This was not my scene. I did meet a lot of interesting women in the bathroom line, women and young ladies from all over the world who had gathered at Sensation for that same as-advertised unity and harmony. Some were lawyers, others were students, accountants, stylists, a nurse and a teacher, all brought together from everywhere for this. It was kind of beautiful, or, it would have been if the music wasn't bruising my ears.

It was a sea of white behind us at about 2am when I decided I finally had enough. I reminded my husband that there was probably somewhere nearby that sold fries and mayonnaise and this proved to be even more alluring than a night of Electronic Dance Music.

► *Alexandria Nolan is a misplaced Michigander currently living in the wilds of the Houston urban jungle with her husband and two spoiled pets. She is a published novelist and contributor to various online and print publications, including a lifestyle blog, Greetings from Nolandia. When not writing, she can be found reading or traveling, or reading about traveling.*





Would you like to advertise with us?
Find out more at www.w2wmichigan.com

GIRLS DO IT BETTER

Ladies Night on first Thursday of every month!

- Instructors available for beginners.
- 20% off range fees and firearm rentals.
- Free open registration. Contact Jeff at jswyrtek@williamsgunsight.com to register!

CPL Classes and Basic Handgun Classes

- Contact Jeff at jswyrtek@williamsgunsight.com for more info and reservations.



7389 Lapeer Rd. Davison, MI 48423 - (800) 530-9028 - Mon-Sat: 9am-6pm Sun: 10am-5pm



Remember the 5 Senses?

Sight, Sound, Taste, Touch and Smell

Did you know that out of the 5 senses, our sense of smell has the strongest influence over our thoughts, emotions, moods, memories, and behaviors? One reason maybe that studies show that certain smells stimulate smell receptors in the nose, which then send messages through the nervous system to the limbic system — the part of the brain that controls emotions. In other words, smells can assist in how we perceive how we feel. Enter Aromatherapy. Simply put, Aromatherapy is the use of essential oils to support our physical and emotional well-being. As a hair and beauty consultant, I've incorporated these scents into my clients' skin and hair care regimen for years. Below are a few of the benefits from some of my favorites:

- **LAVENDER - CALMING, SEDATIVE, ASSISTS IN HEALING BURNS**
- **ROSE - BALANCES HORMONES, EASES ANXIETY, NATURALLY INCREASES LIBIDO, ASSISTS WITH ROSCEA**
- **MINT (Spearmint, peppermint) - ANTI-INFLAMMATORY, RELIEVES MENTAL STRAIN AND FATIGUE, GREAT FOR HEADACHES**
- **CITRUS (Orange, Lemon) - MOOD LIFTER, ENERGIZER, EASES DEPRESSION**
- **EUCALYPTUS - RELIEVES SORE MUSCLES, BREAKS UP CONGESTION, IMPROVES BLOOD FLOW, INCREASES MENTAL ACTIVITY**

I prefer to make my own aromatherapy "sprays" by adding 3 drops of essential oil to a 2 oz spray bottle of water and spraying it around the room and sometimes on my skin. The liquids do separate, so you need to shake the bottle before spraying. I have also added 2-3 drops of essential to a moist, hot towel and wrap my freshly shampooed hair in it for 5-10 minutes



Aroma baths are another great option since the oils are more diluted this way. An aroma bath is foolproof – simply add a few drops of essential oil to a hot bath.

Essential Oils can be purchased almost anywhere, but I prefer the health food and herbal supplement stores, myself.

NOTE: Many essential oils have been shown to be safe when used as directed.

However, when oils are applied directly to the skin, side effects may include allergic reactions, skin irritation and sun sensitivity. In addition, further research is needed to determine how essential oils might affect children and how the oils might affect women who are pregnant or breast-feeding. In these cases, consult a professional before using.

► *Tami L. Sackett is a freelance writer and a hair and skincare expert with over 30 years in the beauty industry. She is always on the lookout for better products at a value price that keeps you looking young and feeling good.*

You may reach Tami at her email: tlsackett@yahoo.com



Save The Date!
The Flint Cultural Center Corporation presents the 14th annual
GROWING UP
Artfully
2017
Thursday, May 4th, at 5:30pm

Proceeds from this event will enhance accessibility for underserved students in Genesee County to attend programs provided by its member organizations - Longway Planetarium, Sloan Museum, The Whiting Auditorium and Capitol Theatre

Guests will experience exquisite cuisine, with a progressive, strolling dinner and open bar. We look forward to seeing you!

For more information
Please call 810.237.7379 - Or visit our web site www.fcccorp.org/events/gua.asp





Happy Mother's Day!

This year, take Mom to Michigan's must-attend event for book lovers!

Over fifty authors attending with giveaways, games, and all things books!

Tickets and information available at:
www.OnceUponABookAuthorSigning.com

Saturday, August 12, 2017, 10 am to 3 pm
Held at the Bavarian Inn Lodge
1 Covered Bridge Lane
Frankenmuth, MI 48734

SPONSORED BY










ITALIA GARDENS
SPAGHETTI
HOUSE
Est. 1931

Nightly Specials

MONDAY KIDS EAT FREE
TWO FOR TUESDAY
WEDNESDAY IS 35¢ PASTA NIGHT
THURSDAY IS RIB FEST

Catering for Any Occasion! Pasta Pans to Go!

Davison | Flint | Oxford
Italiagardens.com

SINCE 1970

125+ Stores All at **geneseevalleycenter**











































geneseevalleycenter  3341 S. Linden Rd. Flint Township, MI 48507 GeneseeMall.com

Vol. 8 Issue 2 • WOMEN2WOMEN MICHIGAN

27



RE-CONNECT MY LIFE

Mid-Michigan's Trauma, Anxiety & Depression Center

"The first step can be the most difficult, let our staff help you move forward and begin the next chapter of your life"~ Shuntai Beaugard, MA, LLPC



Specialties

- Trauma
- Anxiety
- Depression
- Life Coaching

Now Accepting New Clients

Mental Health Clinical Therapist & Life Coach, Re-Connect My Life
1121 Villa Linde Court Flint, MI 48532 Office: 810.515.1931
Email: info@re-connectmylife.com

The Style of Attitude >>>

Love the Season

Daylight savings, spring break, seed starting, garden planning and Easter – Spring is in the air! Time to start thinking about packing up our winter wardrobes and figure out what we need to get through the Spring and Summer months. Time to lighten up a bit and get excited about heading outdoors more and getting ready for all the fun holidays and events that the warmer months bring.



Spring 2017 style trends are coming up anything but predictable. Add a little romance to your closet with the lively and bold floral prints that are being seen with off the shoulder styling. Or plan your dream cruise vacation with the bountiful nautical styles that are full of navy designs. Then kick up that navy with bold stripes, prints and flirty styling details. This spring is also full of mix and match styling ideas so don't be afraid to pair stripes with dots, or dots with floral. Be bold and mix up several different prints, there are so many to love this season.

And ohhhh the shoes!! Fun wedges and flats are still being seen everywhere with several styles showing ankle details – lacing and straps are everywhere. Many are also sporting pom poms or tassles. Pack up a teeny tiny purse or XXL handbag in an edgy metallic finish and your look is complete.

Spring is the awakening season – challenge yourself to try a new look or simply add a few new flirty and fun pieces to your closet. Have fun with it as you head to brunch or out with the girls in style and enjoy!



sushilandmi.com

SUSHI LAND

Clarkston
(248)623-2555
5903 Dixie Hwy
Clarkston, MI
48346

寿司

The Journey of Art and Taste

Hours: Mon-Sat, 11:00am-10:00pm

Flint
(810)964-8777
2500 W Hill Rd
Flint, MI 48507

WOMEN2WOMEN MICHIGAN • www.w2wmichigan.com



◀ Lonnie Johnson - Personal Stylist - Serving women with wardrobe and personal inspiration. Trunk Shows, Personal Shopping Appointments, Closet Audits
Contact Information: Phone/Text 586-212-9734
Email: lrj0901@gmail.com

PLANNING A WEEKEND GETAWAY IN MICHIGAN



Has it been a few years since you took the family on a trip without leaving the state? Well now is the time to gather your calendars and schedules and see what your summer has in store for you. If you don't plan ahead, sometimes it never happens. My husband looks at me strangely every spring when I ask "What are we going to do this summer?"

I've started making a few plans, and thought I'd share a few of my best tips for planning a summer getaway that's close to home.

When I travel, I always bring a cooler with me. It's easy to throw in some snacks and drinks so your pocketbook doesn't feel so strained. Eating every meal in a restaurant can be expensive. Sometimes I will put my snacks in a basket so it's easy to reach in and grab something and also easy to see what we brought.

Are you a music buff? Do a search on the music that you enjoy and see where the festivals for that type of music is and then plan a trip around that. Grand Rapids has a festival of the arts each year that is a weekend jam-packed with free performances of all kinds, art

exhibits and even a film competition. In addition, there are wonderful ethnic foods sold by non-profit organizations. Go for a great day trip or a weekend visit. This year's festival is June 7-9. Find more information here, <http://www.festivalgr.org/>

Talk to your family about their hobbies. Do you want to plan a horse riding adventure; do you want to go to go Holland, MI for the annual tulip festival? It's right around the corner - May 6-14, 2017 this year. Find more information at www.tuliptime.com.

You know all those signs around that say Pure Michigan? The folks who brought you that have a great website www.michigan.org. It has wonderful suggestions for trips throughout our great state. Hmm, maybe Copper Harbor would be fun this year. Oops, I admit I got a little side tracked when I was working on this newsletter. See, I'm human!

Just remember if you are trying not to break the piggy bank, try visiting the state parks and state fairs along with camping and create some great family memories. You don't have to spend hundreds of dollars to experience a memorable family vacation. If you are looking to take a camping trip, make sure you reserve a spot soon. The sites at the best campgrounds fill up quickly.

Don't forget that you are on vacation so you may need to plug in a little R&R so bring your novel, movie, and favorite pillow.

Have a great trip!



◀ *Betty Huotari is a professional organizer who services all of Southeastern Michigan. She can be reached at 810-348-1772 or betty@logicalplacement.com.*

Betty publishes a free monthly newsletter. For more information please visit her website www.LogicalPlacement.com.

Subscribe to Women2Women Michigan

Call NOW to Subscribe Today!
810.694.2326

536 Perry Rd Suite 7
Grand Blanc, MI 48439
810.694.2326
Fax 810.694.2507
www.w2wmichigan.com



STOP PLAYING SMALL

Eleni Kelakos is the Chief Transformational Officer of The Eleni Group out of Ann Arbor, MI. She is a presence and presentation speaker, trainer and coach, helping others find their voices and speak with confidence and ease in spotlight moments. Her award-winning book *Touch The Sky! Find Your Voice, Speak Your Truth, Make Your Mark* encourages people—and women in particular—to honor their unique talents, gifts and purpose and make their difference in their work and in the world. One of the training programs Eleni has developed is specifically for women who want to lead with more confidence and impact—a program that encourages them to be everything they dream possible and *Stop Playing Small*.

LJ - Through your *Stop Playing Small* program have you identified a common reason that holds women back from realizing success?

EK - Overall I find that too many brilliant, educated, talented and amazing women secretly believe that who they are and what they are have to offer is not enough. They're convinced they're not worthy enough, talented enough, skilled enough, smart enough or experienced enough to attain "real" success. It doesn't help that women have been encouraged to remain in a one-down power position for generation after generation, with subtle-- and not-so-subtle-- societal messages reminding us that our voices and needs are somehow not as important as those of the men we live and work with. Low feelings of self-worth lead to a less confidence presence. This lack of confidence makes women play small, especially in the workplace-- keeping us from sharing our opinions and ideas, applying for a new position, or asking for what we need and want. It's a vicious circle!

LJ - Being the person you were born to be is encouraged throughout your book and program.

How important is it for women to receive and embrace the gift of authentic presence?

EK - As a young, professional actress in New York City, I constantly gave my power away by caring more about what others thought about me and trying to please by showing them a version of me I thought they would like. Giving away important parts of who I really was in hopes of receiving approval from others left me feeling bitter, sad and unfulfilled. When I finally found the courage to care about what I thought and needed, and to joyfully embrace who I really was—warts and all—I not only felt more empowered, I felt relieved!!! That's why I do the work I do, especially with women. Because so many women are like I used to be: So good at caring about and for everyone but themselves that they've lost who they are in the process. They've lost touch with what makes their hearts and souls come alive. It's always a celebration when a woman remembers that her mission is to find and embrace her voice and develop herself and her unique gifts to the fullest.

LJ - Men & Women have different communication styles - How important do you feel it is to understand these differences and what impact can it have on life change.

EK - Men and women really do communicate differently! For example, men tend to be more direct. They're more likely to work problems out internally than verbally. And they're often less worried about stepping on other people's toes than women are because they are more comfortable with criticism or rejection. Women are hugely driven by nurturing and maintaining their relationships with the people they care about. We don't want to make waves or hurt people's feelings. And so instead of speaking up when we are offended, interrupted, or overlooked, we retreat, nurse our wounds and hold grudges. We also tend to need to work things out verbally, which can come across as over sharing to the men in our lives. Neither men nor women have a "better" way of communicating, however. The more we know about how the other gender operates, from a speaking and listening perspective, the more we can bridge the gap between us!

For more information on Eleni, her book, please visit: <http://theelenigroup.com/training/public-group/>



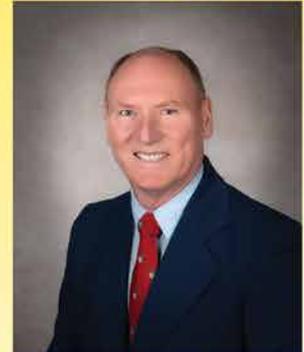
◀ *Lonnie Johnson - Personal Stylist - Serving women with wardrobe and personal inspiration. Trunk Shows, Personal Shopping Appointments, Closet Audits*
Contact Information: Phone/Text 586-212-9734
Email: lrj0901@gmail.com

Chronic Pain and Fibromyalgia Sufferers

Let our new computer technology detect the hidden causes of your pain



Jason Swan B.S., D.C.



Stuart Swan D.C.

F.D.A registered, computer aided infrared scans are now being used to assist in detecting underlying nerve and muscle problems that can be responsible for: Chronic Pain, Fibromyalgia & Chronic Fatigue Syndrome



Call today for our limited time offer:

\$30

New Patient visit

Included consultation, wexam and necessary x-rays.

Valid through 5/31/17



FIBROMYALGIA CENTERS OF AMERICA

810-875-6849

211 E. South St., Davison

PLANNING ROAD TRIPS

Back in the 1990's my friend Kathy and I talked about getting rid of all the stress in our lives and getting away from it all. Kathy had read about a little town called Audubon, Iowa that was named the "safest town in America". According to the article, the biggest thing that happened in the town that year was the sheriff's car had hit a deer. The big attraction in Audubon is an 18 foot statue of a bull named Albert.

It sounded like our ideal version of "Mayberry", our mecca, and we vowed that one day we would go to Audubon.

I did go that following year. I drove by myself, with no cell phone and no Onstar. Half way there, at a toll booth, with six huge diesel trucks behind me, my car died. A very nice toll booth operator pushed my car out of the way and then called a tow truck. Four hours later with a new alternator, I was back on the road. On the way back to Michigan, leaving a rest stop, I got a flat tire. A guy on a Harley stopped and changed it for me.

Thinking back twenty some years, I realize how lucky I was then, and much luckier we are to have cell phones, Onstar, computers and other techie goodies to help us when we plan trips.

We all know someone who makes planning a vacation so easy. But, the majority of people are still overwhelmed with all the little details that go in to a perfect vacation.

So, after you have decided where to go and the length of your trip, you now have to get down to those details and logistics. Here are some tips to make planning your trip easier:

Research Your Costs: Figure out what your style of travel is. Are you going to backpack or stay in a fabulous hotel? Figuring out the costs of a hostel or a five star hotel by doing research of the area or region you are staying helps you to get that budget in order and start saving for your dream vacation. Costs for food, hotel, travel, activities, etc., should be researched ahead of time so you will have a good idea what your trip is going to cost. Then, you can start saving for it.

Car, train, bus or plane? What will be your mode of transportation? If you are driving your car, make sure it's in good running condition. Then, make sure you do take extra money with you to cover any problems you may encounter. Taking a train or bus? Check to make sure their schedules haven't changed. If you are flying out to your destination, and have not flown in a long while, a good

website to check is <https://www.tsa.gov/travel/security-screening/prohibited-items> This is the Transit Security Administration's site and is filled with excellent information on what you can and cannot bring with a carry on and what has to be checked. Also, check out websites like Momondo.com or Lastminute.com to compare prices on flights

Booking Your Accommodation- Is your stay going to be long term or short term? If it is long term, some hotels offer great deals, especially if you have a set schedule. The website, Trivago, is now the largest hotel search site in the world.

Planning Your Activities- Remember researching your costs when you first started dreaming about that vacation? This is where the fun really starts. Make a list of the major activities you want to enjoy and see if they are going to work with what you have saved for this. Make any last minute adjustments to your savings so you make sure that you have enough money.

Inform Your Credit Card Companies that You're Traveling- No matter where your traveling, letting your credit card companies know you will be away from home helps so that any transactions you make aren't flagged and your card isn't blocked from use.

Pack- A couple of weeks before you leave, take inventory of your clothing, toiletries, etc.

Keep in mind, that having read what you can and cannot carry on to the plane and what has to be checked in will assist you. A good suggestion for trips lasting no longer than a week-go to your local store and get a Travel Security Administration approved travel kit containing shampoo, crème rinse, toothpaste, deodorant and toothbrush, all in the perfect little sizes.

Keep in mind that less is better with the extra fees in luggage, it is better to pack less. I learned from a friend of mine years ago to roll your clothes instead of folding. You actually have more space for what you need.

And, last but not least, when you reach your destination, enjoy! Take in every single moment and live life to its fullest!

► *"Charlene A. Kowalski is the Director of Marketing/Customer Service for the Mass Transportation Authority. She can be reached at: www.ckowalski@mtaflint.org*



A photograph of an elderly woman with short, curly grey hair and glasses, smiling broadly. She is wearing a vibrant blue and purple patterned jacket over a solid purple top. She is holding two blue dumbbells in her hands, positioned in front of her. The background is a blurred indoor setting, likely a gym or physical therapy center, with various pieces of equipment visible. The overall lighting is bright and positive.

“I think they are probably
the most devoted and
the most caring.”

Nelly W., Flushing

Chose Hurley Physical
Therapy After Double
Knee Replacement

#THISismyHURLEY

5 Convenient Locations
Grand Blanc, Flint, Flint Township, Flushing, Lapeer

810.262.7890 | hurleymc.com

HURLEY
PHYSICAL THERAPY

Life Changes At 50

It's kind of like driving a car for ten years, then changing the oil for the first time so it will make it to the junkyard.

First, you realize that you've been married for more years than you have not. And I hear that gap continues to get wider (unless my wife reads these columns). I mean, let that sink in. I have spent more years in the company of my betrothed than I have as a highly sought-after bachelor (Really...when I was in 3rd grade, I got beat up by the girls more than anyone, including Doug Parker, who would go on to be voted "Most likely to be killed in his sleep" in his senior year). Once that fact of life sinks in, you also realize that you haven't been taking very good care of your body during that first half-century and is it too late to make up for lost time. It's kind of like driving a car for ten years, then changing the oil for the first time so it will make it to the junkyard.

Seriously, what was I thinking? I suspect, somewhere in Heaven (I know, making some pretty big assumptions here), that there's a tally sheet that looks something like this:

- Pizzas: 8,312 (large)
- Soda Pop: 143,776 cans
- McDonald's hamburgers: 16,522
- Miles jogged: 3.7

And you know I weighed myself after each of those 0.1 miles jogged.

So, at 50, I'm on a campaign to reverse the effects of a lifetime of believing that things that come wrapped in greasy paper are "food" and brown stuff that has no expiration date is "drink." You see, somewhere around 40, my body began to send little signals to my brain. Little hints that things aren't going well. By the time another ten years passed, the little hints turned into an intervention.

Brain: we need to talk.

Body: what? why? we never talk.

Brain: that's the first problem.

Body: can we wait till after lunch?

Brain: one more lunch like that and there won't be an after lunch.

Body: mmf mumph gulp muft

Brain: I'm shutting this down...

No, I didn't have a heart-attack. But I did black out and, when I woke up, I had signed a ten year gym membership agreement (paid in full) and had filled my fridge with things that ferment (without producing alcohol). I don't know what happened to all the bread and pasta.

I've even changed my TV watching and reading habits. When I'm done writing this, I'll be diving back into my hardback copy of *The Effects of 20th Century Husbandry Practices on the Male Intestinal Tract*. Notice the word "husband" pops up in there again. Suspicions abound.

Yes, I realize that the damage has been done. My only hope at this point is that I can drive into the junkyard under my own power and not require a bored, dread-locked twenty-something to push me toward my final resting place. I'd let him have a piece of my mind, though, rest assured.

Me: you better stop eating that crap.

Dreads: yeah, yeah, old-timer, I got lots of time.

Me: who you callin' old? I'm only 51.

Dreads: mmf mumph gulp muft

Me: I'm shutting this down...

Me: can I have a slice of that pizza?

▶ *Ron Estrada resides with his wife, Kelly, two children, two cats, and a terrier-mix in Oxford. When not pursuing the spiritual gift of napping, he's at work on his latest novel or some freelance project (he accepts cash, check, PayPal, or smoked pork shoulder). You can email him at rmestrada@ameritech.net or visit his website at ronestrada.com.*



Home sweet home

Protect all that you've built with a company you can trust.



Hartland

INSURANCE AGENCY, INC.
Hartland • Highland • Hamburg • Flushing

2532 Old US 23 | P.O. Box 129 | Hartland
810-632-5161 | www.hartlandinsurance.com

Auto-Owners
INSURANCE

LIFE • HOME • CAR • BUSINESS



We sell “thin-line” and the heavy glass “Euro” enclosures. We offer free in-home design consultation and free estimates. We offer the most popular metal finishes and glass types. We do all of our own installations and we back our workmanship with a one year warranty.



Flint Glass Service • 4047 Eagles Nest Ct • Flushing, MI 48433
Eagles Nest Ct runs north from Pierson Rd, one mile west of Linden Rd.

810-234-4641 • billjr@flintglassservice.com

Mon - Fri 8-5 • Sat by Appointment