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Debra K. Collins  
Publisher/Managing Editor



Susan Lamphier  
Editor

Dear Friends,

So many times after the new year, you hear proclamations of finding “a new you”. Here at Women2Women Michigan Magazine, we are starting our year of new right by truly embracing who we are as people and strong women. We are aspiring to be the very best versions of ourselves, putting our strengths forward and any doubts aside. Life is a journey of what you make, create and embrace. Everyone deals with negative feelings and things that feel against you. Now is the time to be strong in who you are and what you believe. It is not about proving anyone wrong, it’s all about living life right for you.

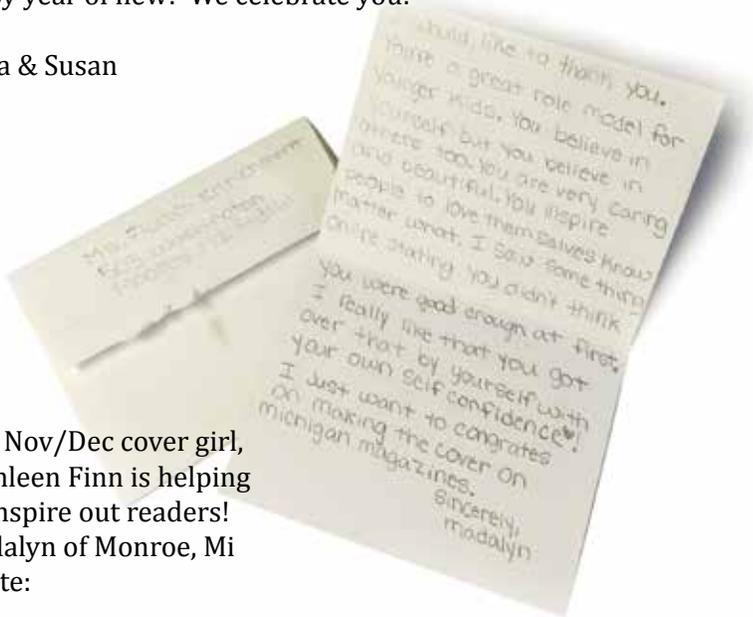
Our cover girl, Kristy Robinett knows just this fight. She always knew she viewed life a little differently than others. She didn’t really start living the life she was meant to until she gave all her energy into who she truly was on the inside.

We have so many wonderful articles for you in this issue but what we really want you to find, through every page, is the power in yourself to live right for you. If you want it, you can work towards obtaining it. Never limit yourself to standards that fail to define who you truly are and you will find yourself being exactly what you need to be in your life.

Happy year of new! We celebrate you!

Debra & Susan

Our Nov/Dec cover girl, Kathleen Finn is helping us inspire out readers! Madalyn of Monroe, Mi wrote:



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# Women2Women Michigan

## 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](http://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 by Miller Marketing Group 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](mailto:info@w2wmichigan.com)

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# Contents



Cover *~*

## 10 Allowing Her Light to Shine

Meet Kristy Robinett, a life coach, psychic detective/profiler and an abnormally normal psychic medium who grew up in a small (haunted) Victorian home in Old Redford, near Detroit. She currently lives in Livonia, Michigan, but is on the lookout for her dream farmhouse. Kristy is the mom of four adult kids (Cora, Molly, Micaela and Connor), many animals and wife to Chuck.

## Departments *~*

- Letters from the Publisher & Editor **3**
- Calendar of Events **8**
- Shades of Faith **12**  
My Friend Carol
- Ask Shuntai **12**
- Books, Bytes & Beyond **13**
- Shameless Moxie **16**  
A New Hello
- Simply Living **18**  
Face-ing A New Year
- Recipes **28**  
Micorgreen Salad  
Berry Good French Toast
- Don't Tell My Wife I Wrote This **34**  
Girls



**29**

## Features *~*

- 14** Mind, Body & Soul  
Healthy Goals for a Healthier You  
Receding Gums Not Always Why You Think
- 15** Tech Tips  
Password Manager
- 20** Life, Love, Laughter  
The Natural Order of Things
- 22** Downsizing, Starting a New Adventure  
in 2016!
- 24** Live To Believe  
A Life You Desire
- 25** Help Your Dog Fight Flu Season
- 26** Getting to Know the Coffee Beanery  
Part One
- 27** Travel  
Paris from the top of the Eiffel Tower
- 28** Fresh off the Farm  
Microgreens
- 30** What's New In the Neighborhood  
100 Years of Applewood
- 32** Genesee District Library Names  
Katie Badgley as New Children's Librarian

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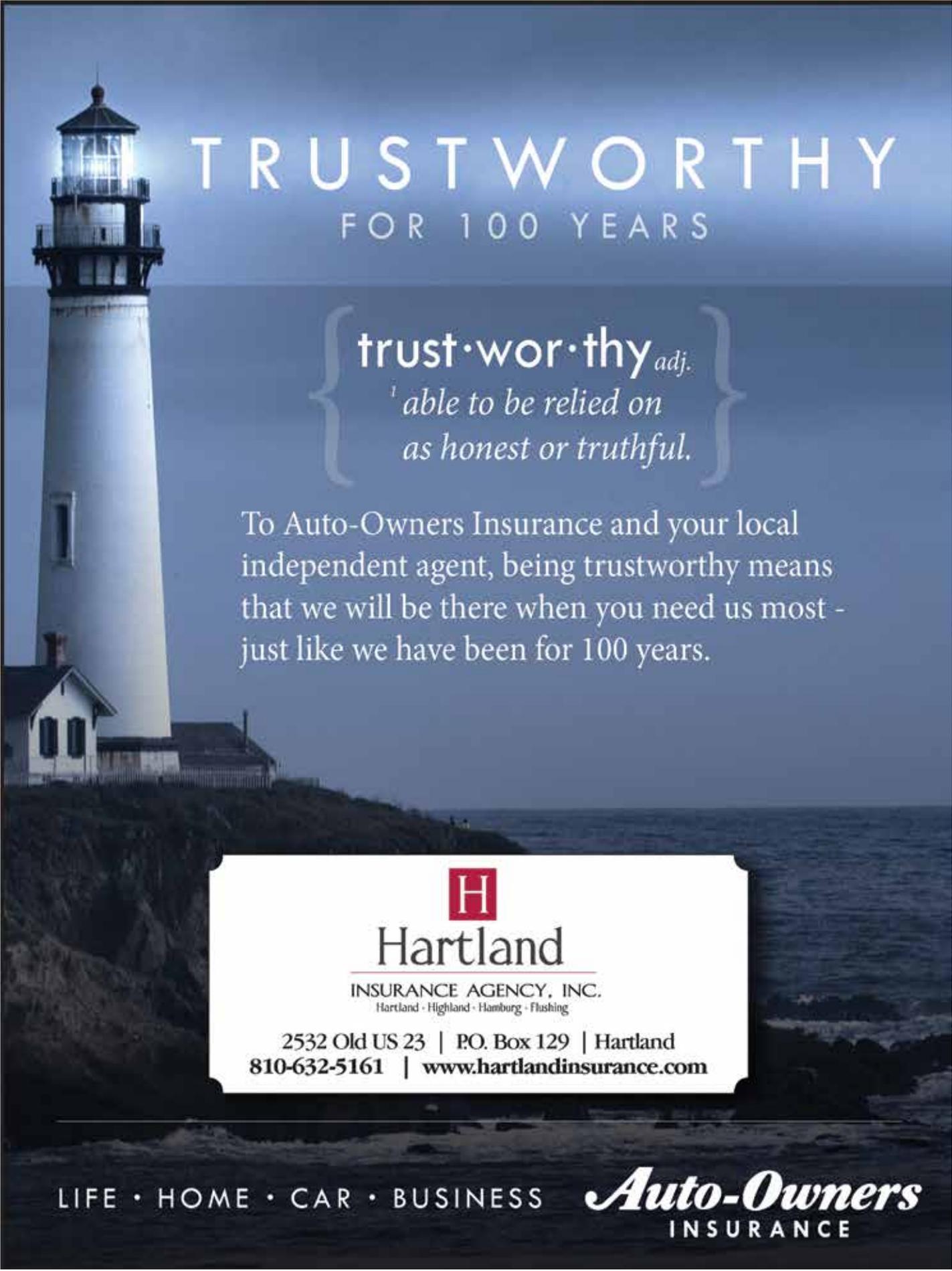
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# Calendar of Events

January

## January 4 - April 29

### Tai Chi

Mondays 6-7pm  
Fridays 10:30-11:30 am  
www.becreative360.org

## January 4-April 27

### Aerobic Dancing

Mondays 7-8 pm  
Wednesdays 6-7 pm  
www.becreative360.org

## January 5 - April 28

### Kripalu Yoga for Health and Well-Being

Tuesdays - 5:30-6:30 pm  
Thursdays 9:00-10:30 am  
www.becreative360.org

## January 21

### TED Talks: "Your Body Language Shapes Who You Are"

Grand Blanc-McFarlen Library, 6pm  
(810) 230-9613 \* www.thegdl.org

## January 23

### Animals in Winter

Clio Area Library, 11am  
Burton Memorial Library, 2pm  
(810) 230-9613 \* www.thegdl.org

### Water's Extreme Journey

Sloan Museum  
www.sloanmuseum.com

## January 28

### TED Talks: "The Power of Vulnerability"

Grand Blanc-McFarlen Library, 6pm  
(810) 230-9613 \* www.thegdl.org

## January 29

### Cocktails, Canvas & Crafts -

6" tile with wintery messages  
7 pm @ Creative 360 Midland  
www.becreative360.org

## January 30

### Animals in Winter

Flushing Area Library, 11am  
Mt. Morris Library, 2pm  
(810) 230-9613 \* www.thegdl.org

February

## February 4

### TED Talks: "Love, No Matter What"

Grand Blanc-McFarlen Library, 6pm  
(810) 230-9613 \* www.thegdl.org

## February 5

### First Friday

Longway Planetarium  
www.sloanmuseum.com

## February 6

### 15th Annual Black History Month Brunch

Riverfront Banquet Center, 10am  
(810) 230-9613 \* www.thegdl.org

### Cupid Shuffle: Speed Dating

Sloan Museum  
www.sloanmuseum.com

## February 9

### Peace is the New Art: Rotary Peace

Fellow Jeanne Shaller Shares Stories of Bangkok Adventure  
7 pm @Creative 360 Midland  
www.becreative360.org

## February 11

### TED Talks: "Love Languages"

Dinner and Discussion  
Grand Blanc-McFarlen Library, 5:30pm  
(810) 230-9613 \* www.thegdl.org

## February 12

### Galentine's Day

Sloan Museum  
www.sloanmuseum.com

## February 13

### Cocktails, Canvas & Crafts -

Choose your Heart  
7 pm @ Creative 360 Midland  
www.becreative360.org

## February 13 - 14

### Romancing Under the Stars

Longway Planetarium  
www.sloanmuseum.com

## February 15

### Water Works program

Sloan Museum  
www.sloanmuseum.com

## February 18

### MARINA ABRAMOVIC: The Artist is Present - Movie Screening & Discussion

7 pm @ Creative 360 Midland  
www.becreative360.org

## February 20

### Move to the Music w/Kevin Kammeraad

Goodrich Library, 11:30am  
Montrose-Jennings Library, 2pm  
(810) 230-9613 \* www.thegdl.org

### The Nature of Chocolate

Swartz Creek-Perkins Library, 11am  
Clio Area Library, 2pm  
(810) 230-9613 \* www.thegdl.org

### Lil Sweeties Dance

Sloan Museum  
www.sloanmuseum.com

### Love, Loss and What I Wore

7:30 pm @ Creative360 Midland  
This show uses clothing and accessories to tell funny and often poignant stories that all women can relate to. Adult content. www.becreative360.org

## February 25

### Build Your Own Watershed program

Sloan Museum  
www.sloanmuseum.com

## February 27

### Rockin' Reading Rally

Genesee Valley Mall, Center Court,  
Noon-2pm  
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DATE	OPPONENT	KICKOFF
FRI 11.6	HARRISBURG HEAT	7:35 PM
SAT 11.28	MILWAUKEE WAVE	7:05 PM
SUN 12.6	SYRACUSE SILVER KNIGHTS	3:05 PM
FRI 12.18	MISSOURI COMETS	7:35 PM
SAT 12.26	CEDAR RAPIDS RAMPAGE	7:05 PM
SUN 1.10	SYRACUSE SILVER KNIGHTS	3:05 PM
SUN 1.24	HARRISBURG HEAT	3:05 PM
FRI 2.12	BALTIMORE BLAST	7:35 PM
SUN 2.21	CEDAR RAPIDS RAMPAGE	3:05 PM
SUN 2.28	CHICAGO MUSTANGS	3:05 PM



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# Allowing Her Light To Shine

Meet Kristy Robinett, a life coach, psychic detective/profiler and an abnormally normal psychic medium who grew up in a small (haunted) Victorian home in Old Redford, near

Detroit. She currently lives in Livonia, Michigan, but is on the lookout for her dream farmhouse. Kristy is the mom of four adult kids (Cora, Molly, Micaela and Connor), many animals and wife to Chuck.

Describing herself as “fiercely loyal, creative and compassionate” Kristy confides that she’s a hopeless dreamer with an old soul who tries to see the best in everybody and everything. “I’ve been a published author since I was 13 years old. My college background is in psychology, while my corporate experience is in human resources and business. Over ten years ago I quit my corporate job and opened my office in Livonia where I offer life coaching consultations, psychic and mediumship sessions. I teach and lecture around the United States.”

Here’s Kristy’s story: “Since the age of three I’ve been able to see and communicate with spirits. My parents and siblings referred to them as ‘imaginary friends,’ but they appeared to me in flesh and blood (and still do). One of my spirit visitors told me I had to warn my mom that her mom (my grandma) was going to die, and with my being just a toddler, I passed on the message verbatim. It was met with a spanking.”

When her grandma did unexpectedly pass away, Kristy’s prediction spooked her parents and they immediately enrolled her in parochial school where she was taught that anything to do with spirits, ghosts, psychics, and mediums, was work of the devil. “I felt that if I shared my visions and spirit visits that I would be labeled the same. So I tried to keep this ‘curse’ hidden. The only person in my life who never teased me about my abilities was my grandpa, and when I was eight years old he suddenly passed away.”

A few weeks after her grandpa’s funeral, Kristy and her parents went to a local mall. “As they shopped I sat on a bench reading a book. A man came up to me and asked to take my photo, suggesting that I stand up so he could have better lighting. I stood, but before I could realize it, the man was dragging me toward the mall exit. Before reaching the door, I felt my grandpa standing in back of me, I could smell his cigarette smoke, and then he yelled for me to run.

I felt a push and was able to free myself from his grasp. Later, we discovered that at least four kids had been kidnapped and killed in our area. I believe that it was my grandpa in heaven who saved me. It was then that I realized the other side wasn’t some faraway made up place. It would still take me almost thirty years, a college degree, marriage, two kids, and a messy divorce to embrace my role as a psychic medium and embrace what I had considered a curse as a gift.”

Kristy moved on from Nancy Drew books to true crime novels, not realizing that she was training herself for the future. In reading books she would ask herself if she could see the perpetrator, if she could feel how the murder happened, if she could sense where the body was, all the time preparing herself for the work she now does as a psychic detective.

“It wasn’t until I was going through my divorce and the gift I thought I had cleverly hidden away came flooding back. I did three things; I saw a psychologist. I met with a neurologist and had a ton of tests done, thinking maybe there was a logical explanation for what I was experiencing. I spoke with my Lutheran minister. The Universe put me in the right place, at the right time, with the right people because each one of them told me to pursue who I was, not what I was.

My minister explained that not allowing ME to shine through for fear of judgment all those years was like a natural born musician who decided never to pick up an instrument. It was my minister who referred me to a medium, and despite this blessing from a man of God, I wasn’t sure this was the right thing to do. The medium immediately saw that I could see dead people and offered me a job. The medium also predicted that I would meet someone soon and marry him. I was in no way, shape or form interested in another relationship, but I did meet someone soon and we married in short order.”

Kristy also worked in her corporate job while doing sessions at a metaphysical center that just so happened to be near a police station. The officers would come in and throw cases on her desk, some already solved (to test her), many cold, to see if she could help. Her Nancy Drew and true crime reading started to pay off. With a supportive partner and a reputation that she was accurate at helping law enforcement and clients, Kristy quit her corporate job and began volunteering with law enforcement on cold cases, and doing sessions out of her home in Livonia.

Kristy wrote *Messenger Between Worlds: True Stories from a Psychic Medium* (July 2013) to share her story as an abnormally normal psychic medium. “Many believe that psychics and/or mediums are all air-headed, crystal ball carrying, and incense burning types. The stereotype is outdated and I wanted to tell my side, and to help offer inspiration to those who might be confused as to their own gifts, as I believe we all have a psychic ability of some sort.”

Next came Kristy’s book, *Forevermore: Guided in Spirit by Edgar Allan Poe* (October 2014). “I had no intention of publishing the story because it is a farfetched life experience (having Edgar Allan Poe be my spirit guide) and past life experiences, but I found that many were curious about past lives and spirit guides. The book became a bestseller and went into second printing within weeks of its release. It has an almost cult following, which I’m so grateful for. I’ve also been in negotiations to turn *Forevermore* into something cinematic, for either the big screen or television.”

Kristy's *It's a Wonderful Afterlife* was released in August and hit bestseller status from the pre-sale. She describes this book as explaining the many signs and symbols that our loved ones on the other side offer us as reassurance that they are okay. She says the book has had such an overwhelming fan base that she recently signed a contract for a continuation of the book. Her lecture on this topic in late October drew a crowd of almost 500 people at the Shelby Township Library. "I do what I do to help others. Period. Whether it is inspiring people through my own story or those of others, or offering them the connection to the other side, I do what I do to help, to be of service."

Sometimes people ask Kristy how she does what she does. "Actually, I don't believe that I have a super power or that I'm super special, I believe everybody has the ability to connect with the other side. Just as an athlete has to practice and trust in herself, I have to practice and trust myself. Being centered and grounded in whatever you do in life helps the journey become so much more authentic and organic, and lends to better connections all the way around. I don't wiggle my nose, snap my fingers or have a magical lantern, it's more like I dial the phone to the other side and pray that someone answers. I'm just the messenger, like a telephone operator to the other side."

When asked what has been her biggest struggle or hardship in her unusual career, Kristy explains, "Since the get go I've been judged, laughed at and made fun of, through childhood, into adulthood and a toxic marriage. My biggest struggle was learning to believe in myself so I could then allow my light to shine. I'm actually very shy and an introvert. With time comes wisdom, and with wisdom comes confidence."

Kristy finds lessons and insights every day in her work, stating that every day, every person you encounter, and every experience lends itself to personal growth if you allow it, whether good or bad. "There are times I sit with a hospice patient validating that they really are seeing their crossed over loved ones, and I share in their excitement that they will soon have that connection. Other times I help find a missing person and put to rest a case that has been lingering for years, giving closure to the family. I offer inspiration for what is yet to come, whether a new love, new job, or some other desired outcome. I might see a newborn baby coming to someone who has suffered the pain of infertility – and then receive a birth announcement 8 months later. Through all of my daily interactions, I've learned to listen, learn and love."

You can imagine there are many people who have a negative view about Kristy's work. She says, "It's not my job to make a skeptic a believer. It's awfully hard to convince anybody of anything and whatever I say can be dismissed. I've found those that are curious or are believers of the paranormal/psychic/other side world are those who've had some sort of experience. I was working on a police case with an officer who was not at all thrilled about my presence. As we were out searching for a body, we encountered a couple of kids in the middle of an extremely remote location. The officer spoke with them for a moment and told them to be careful. The kids moved on and then we realized that there were no adults nearby. We were a distance away from anything resembling civilization. We turned and saw the children disappear, I mean vanish, like something out of a paranormal movie. The officer



shook his head, laughed, and said that now he believed. I do believe that everybody should be skeptical and not be naïve. As in every industry, there are frauds, and there are a few in my line of work as well. But as for me, I hope that everyone I meet or work with feel the honesty, integrity and warmth that I try to convey to others."

Kristy often posts videos for Facebook and YouTube and she ends them with "I believe in you." She defines this as a true statement we all need to hear and internalize and it's one she wishes someone had said to her as she grew up.

"In 4th grade my parents were called into a teacher meeting because the teacher was upset about my writing being so tiny. My mom asked if I would write larger. So I did, and my parents were called into another teacher meeting because my writing was too large. In 5th grade my parents were told that I was too shy, so I worked on becoming more outgoing, and later that year I was told that I was too chatty. When I got married I weighed 95 pounds and my then-husband would complain that I was too bony and I needed to put on some weight, but by the time we divorced he was upset because after two kids and several miscarriages I was fat. Sometimes trying so hard to make someone happy is a losing game. But we can ask: do we really need to make them happy or do we need to look within and discover what makes us happy?"

Kristy adds: "There are people in this world who will never be satisfied and who will want to change us. And so often we listen to them, beating ourselves up over their opinions of what we should be! I firmly believe that if you attempt to change what someone else isn't happy with, they will find something else to critique, and there will never be an end to it. You are not responsible for another's happiness. What you are responsible for is your own happiness, by being authentic and transparent and honest with yourself."

And then she adds, "I often end my sessions with 'remember to take care of yourself.' If you are spending too much of your time trying to make everyone happy, everyone will be happy except you. But if you work on nurturing the most important person in your life – YOU – the people who are meant to be in your life will be happy. It's that simple."

When people ask how to enhance communication with the other side, Kristy says, "The best way to aid connection is to turn off earthly noise. Put the phone away, turn the computer off, shut off background noise and be in silence. It's the key to hearing our loved ones on the other side. Silence helps you hear their whispering voice, or sometimes you begin to hear your own inner voice. It's easy to lose ourselves with outside noise that can so easily cause distraction, confusion or depression. Again, trust yourself. And trust what the silence might bring you."

Kristy Robinett is an intuitive, life coach and the author of several books. She is a mom and wife who loves farmhouses, front porches, iced tea and old cemeteries. Visit [www.kristyrobinett.com](http://www.kristyrobinett.com) for more information.

► C. Leslie Charles is a regular contributor to our magazine. As a professional speaker and author, she practices what she "preaches" and preaches what she practices. You can contact her at [www.lesliecharles.com](http://www.lesliecharles.com) or by e-mail, [leslie@lesliecharles.com](mailto:leslie@lesliecharles.com).



My Friend,

# Carol

It all started with a cigar, a temper, a text message and a nickname.

Carol, an in-home nurse, came to our house about six years ago and stayed with us until her surgery. I can remember the night she first arrived, and the way she hinted that we should be doing things differently for our special needs son, whom she eventually nicknamed “Chicken.” On that first night, I turned to my husband and said, “I don’t think she’s going to work out!”

But I was so wrong.

As the months passed, Carol found ways to communicate with Anthony and teach him life skills that seemed beyond our abilities to impart. This child, clearly incapable of feeding himself, began to bring a spoon to his mouth! Soon, the spoon went into the bowl instead of onto the floor. And eventually, he was able to use the restroom, another major milestone for an eight-year old with Down syndrome!

It wasn’t our guidance or our patience that made these things happen. It was Carol’s.

When she wasn’t working with our son, she was telling me stories, my favorite about her husband and a cigar incident that made me laugh so hard, I cried. And, like a seasoned parent, she helped me to discipline our other children by showing me that a bit of a temper tantrum could snap them into shape.

And once, when my hubby was talking incessantly to her, she texted me the words, “Send help now!” Again, the laughter overtook me!

Two years ago, a small lump on her breast became a large tumor. With God’s grace, Carol then endured chemotherapy, radiation, surgery, blood clots, and countless hours of suffering and pain. Not once did she complain or shown signs of despair. But recently, I learned that her cancer had spread to the liver. Now, the nurse has become the patient, and I want to learn from her examples of unyielding patience, dedication, and love.

---

What can I do to ease her pain? To give her hope? To return to her the kind of joy that is seen in the eyes of her “Chicken.”

---

I do not know what the future has in store for Carol – this role model for us, but I do know that simple things like a cigar story, a temper tantrum, a text message and a nickname – will always bring a forever smile to my heart, and I’m never going to give up on anyone whose circumstances seem insurmountable. The world is so much better because of my friend, Carol, and I’m going to see her through, no matter what.



◀ Helen Hicks is an award-winning administrator and motivational speaker living in the Detroit area. You can reach her at [helenk7306@hotmail.com](mailto:helenk7306@hotmail.com).

## Ask Shuntai

*Wanting something is not enough. You must hunger for it. Your motivation must be absolutely compelling in order to overcome the obstacles that will invariably come your way.* Les Brown

**Dear Shuntai,**

I am a 42 year old single woman. I am successful in my career and enjoy the company of many family and friends. However, every year around this time I start thinking about my goals for the next year. As always, I start the year off strong and then my goals are never accomplished. There has to a better way. My goal is to live a healthier lifestyle by eating good and increasing my physical activity. Also, I would like to start thinking about the next chapter in my life and perhaps a career change. I need some direction and maybe a little motivation. Can you help me?

**Dear Ms. Motivation,**

It’s great that you’re interested in living a healthier lifestyle and thinking about your next chapter. The future is full of endless possibilities. It seems like you know what it takes to have a successful career but it sounds like there is a disconnect when it comes to being motivated to succeed in your personal life. What is your obstacle? You need to find your motivation. Why is it important to make these changes in your life? I do understand that setting goals for the New Year can be an exciting, fearful and challenging process. However, I find that most people are good at setting goals, but are not so good at mapping out how to achieve them. Your goals need to include a detailed plan of how you plan to get there. More like a roadmap. Just in case you get lost along the way you can always refer back to your map. Here are some tips to AIM you in the right directions towards success in 2016.

**Attitude:** A positive attitude brings positive energy and synergy into your life. You’re able to accomplish more with the right attitude.

**Invest in your life.** The investment of time, energy & sometimes money into your dreams and goals are necessary to advance yourself to the next level.

**Move.** You can’t be successful at anything if you don’t take action.

I wish you much success in this year.

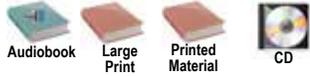
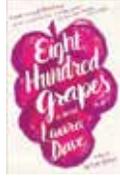


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**Eight Hundred Grapes**

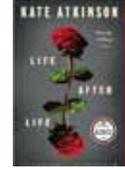
by Laura Dave



Librarians and magazine editors have heralded this book a reader's favorite for 2015. In her breakout novel, author Laura Dave has written an absorbing, modern day story centered on the Sonoma vineyards in California. With strong familial ties, main character and an attorney, Georgia Ford uncovers hidden secrets that topple everything she's come to understand about her family and the life she has chosen thus far. This book is more than a romance novel as it deals with various relationships: parent and child, husband and wife, and the complexity of business partners. Along with fascinating descriptions of the vineyards and winemaking, this story provides a great look at switching gears at any point in life in order to achieve dreams.

**Life After Life**

by Kate Atkinson



A Goodreads.com choice winner in 2013, Kate Atkinson presents the story of Ursula Todd, a young woman born in 1910. Through an unusual fate, she lives to make her life choices repeatedly in an attempt to correct her mistakes as they affect not only her present life but life in pre-World War Europe. The overall theme of changing life's outcome is alternately fascinating and repetitive. Catalogued as fiction, this tale is unconventional history at its finest due to Atkinson's ability to engage the reader in descriptive narrative about setting and time period. Written in dated vignettes, it's a page turner as the reader is anxious to reach the end of Ursula's story.

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Vol. 7 Issue 1 • WOMEN2WOMEN MICHIGAN

## Healthy Goals for a Healthier You

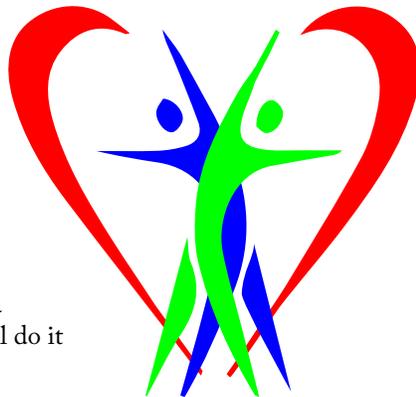
The new year is a great time to make some healthy goals and instill new fitness routines into our life! But how can we ensure that we stick to them past February? Here are some tips on turning your New Year resolutions into year-long habits.

### Be realistic.

Working out 3 hours every day, seven days a week just isn't doable for most us. Neither is avoiding all sweets and junk food for the rest of our life. It is far better to start with something that you will be able to maintain long term. Planning to exercise half hour to an hour every day or three times a week, or just going for a brisk walk after dinner is realistic. Planning to eat a salad every day for lunch and only having sweets on Saturday is realistic. Come up with something that truly works for you and will keep you motivated to continue.

### Be specific.

Just saying, "I want to lose 20 pounds" or "I will exercise more" is too general. When our resolutions are too broad, we will feel overwhelmed and tend to put it off. Break your goal into smaller, bite-sized chunks. Turn your goal into a specific action (I will complete the Insanity program) and then make a specific plan of when you'll do it (Every morning at 6am).



### Find support.

Those who have workout buddies and accountability partners tend to turn healthy changes into a lifestyle. Find a friend who will meet you at the gym and text you if you don't show up. Join a Facebook group, or create your own. Get a personal trainer.

### Deal with your mindset first.

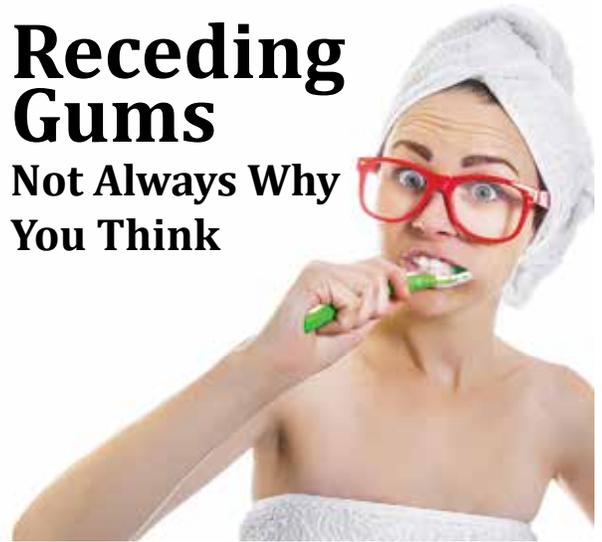
This is perhaps the biggest aspect of whether or not we'll stick to our health and fitness resolutions. Get to your WHY. If your goal is to lose weight, ask yourself why you want to lose weight. Write down how you'll feel and what will be different in your life if you achieved that goal. Also explore the WHY behind your struggles. If you tend to grab for junk food, is it when you are stressed? Haven't prepped healthy foods? Examine your weak spots and make a plan to counteract them as part of your new year resolutions!

As a fitness coach, I help people find solutions that meet all of these needs. They have a clear goal, a specific workout schedule with calendar, a nutrition plan, a whole online community of people on a similar journey as they are, and me as their personal coach supporting them every step of the way. This not only makes it doable, it also makes it a lot of fun!



◀ 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 website [www.designed-health.com](http://www.designed-health.com)

## Receding Gums Not Always Why You Think



You reach a certain age when suddenly your dental hygienist says you have receding gums. Maybe your periodontal pocket depths are greater than 4mm or you have tooth sensitivity at the gum line. These are early signs of periodontal disease. TV Commercials want you to believe a certain product or mouth rinse is the remedy. It's not that simple.

There are many causes of gum recession. Is it in one area only, or is it throughout a larger section of your mouth? Those are important clues.

Most right-handers start brushing on the upper left side. If your recession is at left side, your toothpaste may be the culprit. Studies have shown that a toothbrush alone will not damage enamel nor cause gum recession, but abrasive toothpaste will do so. Check the ingredient list for silica, another name for sand. Try brushing without any toothpaste at all for a few months to see if that makes a difference.

If the problem is more widespread, it's time to find out why and treat it effectively.

Do you have bacteria, fungus or a yeast infection? Only a microscopic examination of the plaque around your teeth can answer that question.

Maybe your teeth have shifted out of their proper position. Your teeth are designed to slide over each other, not collide against one another. The uneven and constant force can also cause gum recession in one or more areas.

Make sure your dentist or hygienist checks these and other possible causes, along with a complete health history and list of any medications you are taking. Only then can you and your dental team determine the right course of treatment for you. Like a second opinion? Call us at 248-625-5222.

- Regiani Holistic Dental Center, Clarkston, MI  
[www.RegianiDental.com](http://www.RegianiDental.com)



◀ 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.

## Password Manager



Apps are becoming more and more prevalent with the usage of mobile devices and tablets. You may find yourself with a plethora of passwords in your mind bank. So how can you keep them all secure without constantly forgetting which password goes to what app or what you even decided to make it? The answer is simpler than you would think and takes the guess work right out of the equation. Download one of these 3 password manager apps and keep your passwords safe and hack proof all at the same time.

### Norton Identity Safe -



Secure Password Manager (Free)

Never again forget a username or password. Fill out forms quickly and efficiently. Keeps your passwords synchronized across different computers, browsers, and mobile devices. Share interesting content via social networks and email. Warns you of unsafe sites right in your search results and blocks them. Stores your passwords and more in a secure, cloud-based vault that only you can access.

### Keeper®(Free)



Keeper is a free and easy to use password management system. Keeper allows users to enter, organize and safely store passwords and personal information and share them with trusted contacts. There's even a built-in password generator for creating strong

passwords. The app can auto-fill login information as well as The app can auto-fill login information and remember new passwords. Signing up for Keeper provides you with a 30-day trial of its cloud backup and syncing systems, after which you need to subscribe to one of its backup plans to continue enjoying cloud-based backup and multi-device syncing.

### Passible Password Safe Lock 1 (Free)



Passible securely stores all your passwords so you never lose or forget any of them. Encrypts the data with military strength AES-256 bit encryption so only you can access it. When you browse to any website your login & password are automatically

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# A New Hello

***“If you are  
brave enough  
to say goodbye,  
life will  
reward you  
with a  
new hello.”***  
– Paul Coelho

The beginning. It seems daunting, overwhelming, and heavy at times, right? Sometimes the destination seems so far away, you’re paralyzed at the starting line. Where do you start, where do you even begin? The answer is, “you begin right here, right now.” You say yes and it begins. It’s really that simple.

On the other hand, the not so simple part is all the stuff we must go through in preparation to step up to the starting line. I’ve coached enough women to know this is true for everyone, regardless of their background, education, finances, health, family situation and their big, audacious goal. It’s in the goodbye that we struggle with, not the hello.

It’s the past stories, wounds, old identities, relationships and dreams that keep us stuck in the muck. Oh does it ever. There is power in letting go of worn out scripts. Yet even more power in cutting loose relationships that don’t serve us well – people and jobs. Super *Wonder Twin* powers in surrendering old dreams to yesterday and more importantly, we are okay in saying goodbye.

The truth is letting go, forgiveness and saying goodbye boils down to one word, peace. Well, three words, being at peace. Those past stories and hurts provide valuable life lessons. The people and jobs that came into our lives were for a reason, good, bad or indifferent. Learn from them; take copious notes on what to do, what not to do, what you like and what you didn’t. Add the notes to your toolbox of life and give yourself permission to move forward! I’m being brutally honest here, you will not be able to manifest your dreams until you let go - mentally, physically and spiritually.

Back to the beginning.

There is a line in *The Wizard of Oz* that says it best. “It’s always best to start at the beginning, “solid advice from Glenda the Good Witch who was giving Dorothy directions to Oz. It’s almost as if Glenda was saying, “Will you please just begin already girlfriend?”

Take it from me, someone who has been to Oz and back again with a return ticket – glance over your shoulder, wave goodbye, look your new tomorrow squarely in the eye and start with a hello.

► *Beth Bryce is a Career Strategist, Author and Founder of Girls2Women Coaching – a career coaching firm for students and professionals. She is a certified motivational career coach with a Master’s degree in Leadership specializing in Career Transitions having coached thousands on boldly pursuing their career goals. Beth is also Director of Career Services at Northwood University and a featured Co-author in the book, “Women on Fire Book 2” by Women on Fire Media. The book is a heart-stirring and heartwarming anthology of stories written by 21 courageous and powerful women who faced real-life challenges and successfully moved through them. Celebrity endorsements include Marianne Williamson, Judy Blume and Agapi Stassinopoulos.*



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# Face-ing a New Year

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*“It has become  
appallingly obvious  
that our technology  
has exceeded our  
humanity.”*

~Albert Einstein

---

As we consider the personal changes we'd like to make in the coming months, perhaps we should ask ourselves a simple question. In the year ahead, where we will direct our faces?

Everywhere we look these days, people have their faces in screens. Watch young couples in restaurants and you'll notice that many are deeply engrossed in their hand-held devices. Walk by homes in subdivisions at night and you see the blue lights of televisions and computers glowing through front windows. Pass someone on the highway and she's thumbing through feeds on her phone. It's scary.

We are addicted, although many will scoff at the notion. We're not addicted, we argue; we simply *like* our electronic toys. After all, it's silly to be addicted to a screen, right?

In her article "Electronics and Kids' Brains Don't Mix," Paula Poundstone writes, "I love to play ping-pong, I love to practice the drums, I love to tap dance. But I have never, even once, tried to figure out how to do any one of those things, while driving, in such a way that the cops couldn't see. Because I am not addicted to those activities, I just enjoy them, and there's a huge difference."

Deciding to face our addictions and turn our faces toward the living takes intentionality. It means repeatedly deciding to tune into life-giving activities rather than our multiple feeds. It means considering, on a moment-by-moment basis, what exactly we are facing.

We can face the sun, even on a frigid winter day and notice both its slant and brilliance.

We can sit face-to-face with our closest friends, choosing not to share the latest YouTube video but to have the tough conversations about how life is *really* going.

We can put our faces in books where the stories challenge us to view life in new and beautiful ways.

And perhaps we need to face our fears head-on and give ourselves the time and space to mull them over without distraction.

For the record, I have also been captivated by distraction. I've thumbed through feeds long enough to hear the niggling question asked in the recesses of my mind, "What are you looking for, Eileen?" I haven't always been able to think of a reasonable answer.

Recently, I went to my favorite pizza place to pick up dinner and stood with seven other people in a 50 square foot space as we waited. No doubt, we were in one another's faces, but there were no worries about having to connect since every single one of them – even the two 8-year-olds – had their faces in their phones.

While I waited, purposefully keeping my own device in my purse, I wondered. Are we afraid of conversation? Of having nothing to say? Of being ... bored?

Our cultural insistence on choosing technology rather than relationship is eating away at our ability to create a sense of community. We no longer engage in lighthearted conversation with those we bump into along the way because we are choosing to hide in plain sight. When we refuse to connect, we impair our ability to care. And in this day and age, when the whole wide world seems to have lost its way, we must choose to care.

As we face a new year, we must set boundaries for ourselves in a world that has lost theirs. We must refuse to choose feeds over friendships. We must put down the devices and look into the eyes of those we love best and be willing to hear how they're really doing.

Facing the truth of both our addiction and of others' lives is hard work, but it's what it means to be human. May we face those truths head on in the year to come and know we have truly lived.



◀ Eileen Button is the author of *The Waiting Place: Learning to Appreciate Life's Little Delays*. She can be reached at [buttonhouse@juno.com](mailto:buttonhouse@juno.com).



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# The Natural Order of Things



*“In the natural order of the world, suffering is random.*

*Bad things happen to good people just about as often as they happen to bad people.*

*We have not been given a shield protecting us from misfortune, but there is within all of us waiting to be discovered, the strength to deal with misfortune, to overcome it, and learn from it so we can still find love, laughter and joy despite it.”*

Michael Josephson

Recently my belief that there is a natural order to things was shattered.

I still believe that:

The sun rises in the East.

Birds fly south for the winter.

The seasons change in the same sequence every year.

And beyond those, I held certain expectations that many things happened in an established order.

Even when they seemed unfathomable, I held them; because butterflies do indeed emerge from a caterpillar's cocoon.

Even when there were shocking exceptions, children sometimes die before their parents; I still hung on.

Then yesterday I was told my doctor – my miracle worker, angel, confident – has cancer.

My healthy, vibrant, engaging, smart Chiropractor has cancer. Now she is struggling with *her* health.

I was so shocked; I could not believe it was true.

It was impossible because Healers don't get sick.

She has saved my life so many times and eased my pain with her brilliance and magic hands.

It just can't be.

Here is a woman who dedicated her life to healing and lives what she preaches:

- She eats well and teaches us how to also.
- She exercises daily while helping us strengthen our core.
- She encourages us to take care of ourselves and live our best life.

So she can't be sick. It can't make sense because it doesn't fit in the natural order of things.

But then I realized, **neither does life.**

**There is no natural order to so much of our living.**

Hurricanes devastate the communities of the poor – over and over.

Laws are crafted to protect those who need protection the least.

Innocent people are shot down in broad daylight in our schools, churches and workplaces.

So how do we hold the merriment and miracle of this Holiday season with the senseless, the devastating, the unimaginable?

I find I need a minute to gather myself, organize my thoughts and reclaim the pieces of my broken heart. I need to cocoon so I become stronger, wiser and more loving.

Then I must re-emerge because there are children and grandbabies and loved ones who need me as much as I need them. And there are angels to meet and miracles to enjoy and love to spread to the ends of the Earth.

I will wrap my butterfly wings around my beloved doctor, family and friends as well as others I meet each day. And I will be ready for the unexpected and grace and miracles of life.

► 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](http://www.elainestenger.com) or contact Elaine at [estenger2@gmail.com](mailto:estenger2@gmail.com)



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# Downsizing, Starting a New Adventure in 2016!

Moving has its pros and cons. It's exciting to look and dream about your next home, but this can also be a very stressful time too.

Have your kids moved out (and taken their 10 boxes of memories, including their high school yearbooks and college textbooks!) or has your life changed and therefore you don't need all this room? Now it's time to refocus on your new adventure!

Here are some important questions to ask when starting the process:



What is my budget?

How large of a home/apartment do I want to maintain?

Do I want to live in a condo and not have to worry about the maintenance factor?

Once you've made your decision and have chosen your next place, measure all the rooms and then look at your furniture to see what will/can fit in that space. This is called space planning. Remember, you are trying to simplify so only take the items that you really need and a few memories, but not your entire basement!

Start your packing sooner than later. You need to take time and go through the boxes that you haven't unpacked from the last move (you didn't think I knew about those boxes in the corner, right).

Make an appointment with your kids so that they can sort through their stuff and have them take it with them when they leave. You may have to give them a deadline. You can always take pictures of the items and send them a quick email too. No one wants you showing up on their doorsteps with 30 boxes of their childhood memories.

Install shelving at the new place and organize according to categories such as household decorations, archived paperwork (past taxes), memories, etc..

You can buy boxes at Corrigan Moving Systems or the U-Haul Store for a reasonable price so do not waste your time getting free boxes.



◀ Betty Huotari is a professional organizer who services all of Southeastern Michigan. She can be reached at 810-348-1772 or [betty@logicalplacement.com](mailto:betty@logicalplacement.com). Betty publishes a monthly newsletter. For more information please visit her website [www.LogicalPlacement.com](http://www.LogicalPlacement.com).



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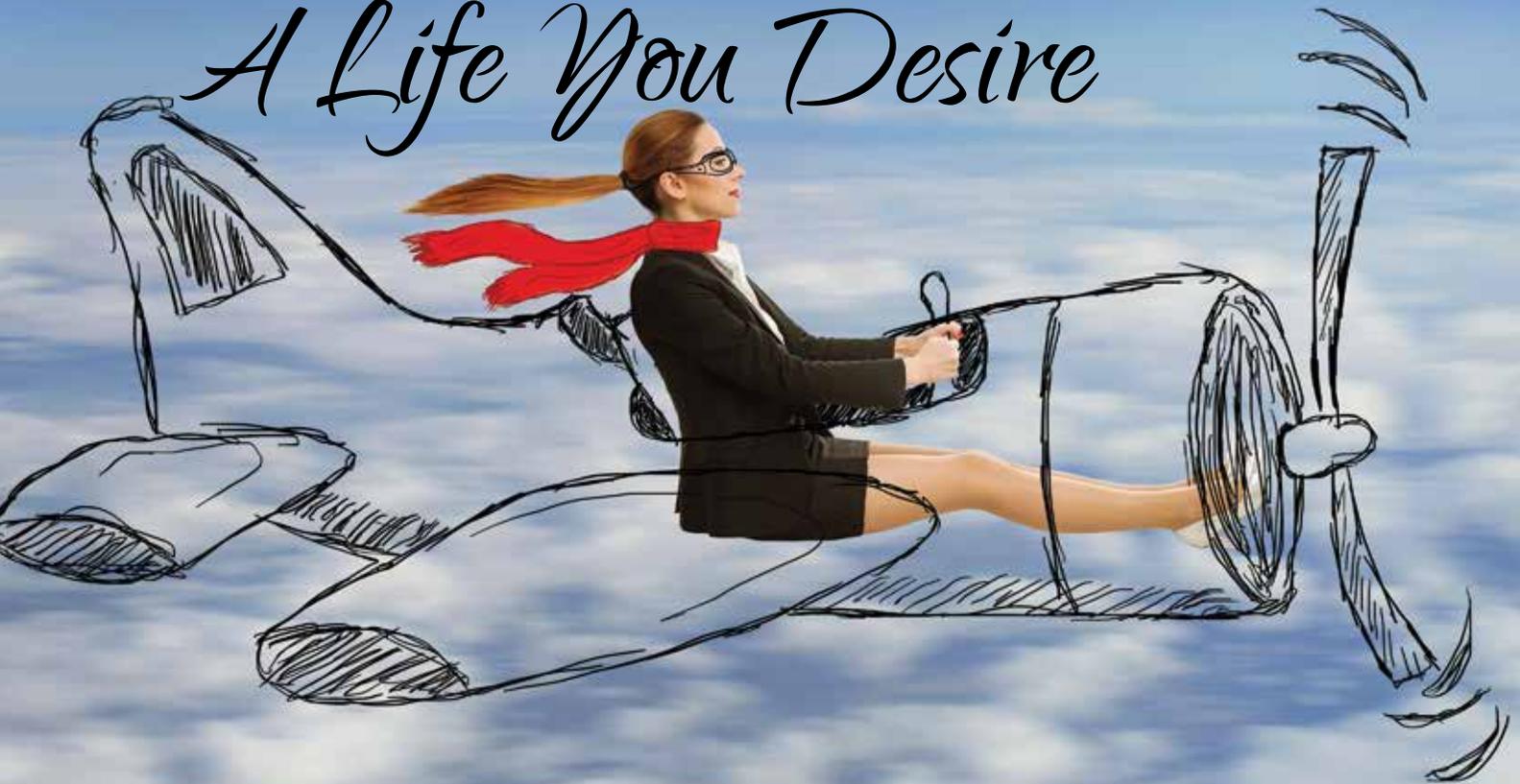
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# A Life You Desire



The New Year is upon us and most of us think about implementing our “New Year’s Resolution” which may include losing weight, finding a new job or adhering to an exercise routine. Perhaps it’s time to break through the old, traditional ways of creating a resolution and base it on a new decree of designing a “New YOU”.

The New Year always brings in a special atmosphere where we are motivated to take action and see life as an infinite journey of new experiences and opportunities. We take off those rose colored glasses and see life through a new set, without limitations. Changing your mindset isn’t always easy and having the commitment to follow through can be very challenging. However, you must convince yourself to own your own power and become the person you wish to be and live the life you have always imagined.

A New Year is the perfect time to take action and begin moving in the direction of your dreams and goals. Do you have an “old dream” that you keep postponing? Are you waiting for the right moment? There will never be the right time or place to start, but taking one step every day will get you closer to your destination.

Did you know that setting realistic goals is essential in obtaining long term success? Setting a goal allows you to focus and work towards your inner desires. It also fuels your ambition and serves as a constant reminder of what you need to accomplish.

Keep in mind, goal setting isn’t just about creating a plan for your life, it empowers and provides you the inspiration to aim for things you thought were beyond your reach. Change is never easy and does not occur overnight, however, if you work towards developing a plan and strategy and move in the direction of your dreams, change will come.

Remember your goal is to achieve a “New YOU”. Life is a journey with twists, turns, uncertainties and difficulties and the climb can be very challenging. Strive to enjoy building the life you were meant to live. A “New YOU” consists of changing the way you look at things. Wayne Dyer said it perfectly; “If you change the way you look at things – the things you look at will change.”

It’s your time to design and create a life YOU desire! Life is too short to wait and you are never too old to get started. Are you ready to change and make a new ending to your story?

*“If you change the way you look at things – the things you look at will change.”*



◀ *Cheri Schultz is a 1:1 Life Coach and the author of *Inspirational Quotes For Challenging Times*. She lives in Michigan with her husband. She dedicates herself to eating healthy, yoga, meditation and helping others develop a positive spirit by staying optimistic. You can reach her at [cherschultz@gmail.com](mailto:cherschultz@gmail.com) or visit her Web site at <http://www.cherischultz.com>*

# Help Your Dog Fight Flu Season

People who have suffered from the flu know how exhausting the fever, chills and upset stomach can be. Your dog may be at risk for the same symptoms. One type of canine influenza virus – CIV H3N8 – has been around for years, and a new type (CIV H3N2) was identified in Chicago in March 2015. Since then, the virus has spread to more than 25 states, according to the Cornell University College of Veterinary Medicine Animal Health Diagnostic Center.



CIV H3N2 is spread through direct contact with respiratory secretions from infected dogs and from contact with contaminated objects, such as toys, clothing, water bowls, etc.

According to the American Veterinary Medical Association, dogs frequently in contact with other dogs are at high risk of infection. This includes dogs that are boarded, enrolled in day care and visit groomers or dog parks.

“I take my dogs to dog parks and because they’re social, I’m concerned they’ll catch the virus and it will spread in those areas,” said Kelsey Risher, a Chicago-area owner of two active dogs.

In the initial phase of infection, the dog appears healthy, but can spread the virus to other dogs. Symptoms include: coughing, sneezing, loss of appetite, lethargy, fever and discharge from the eyes and nose.

Most dogs recover in two to three weeks. However, because CIV H3N2 can be difficult to diagnose and in severe instances may be fatal, effective prevention is critical.

In November 2015, Zoetis, the world’s largest animal health company, was the first to be granted a conditional license for a vaccine for CIV H3N2.

“I’ll be telling clients I recommend the vaccination,” said Dr. Scott Rovner, a Chicago veterinarian. “I’ll be vaccinating my own two dogs who go to day care. I think it’s going to be a great product to help slow down and lessen the clinical signs that we see with our patients.”

Preventive measures to help protect your dog include:

Washing toys, bowls and bedding regularly.

After contact with other dogs, wash your hands thoroughly before handling your own pet.

Consulting with your veterinarian regarding the appropriate vaccination protocol for your dog.

By following these simple measures and consulting your veterinarian, this flu season can be easier for your canine companions.

Visit DogFluFacts.com for more information about preventing canine influenza.

Article provided by Family Features

Photo courtesy of Getty Images

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(Part 1)

People have become quite invested in their cup of coffee. From beans to brewing techniques, we are on a quest to find our perfect cup of ground goodness. So how does a company become a mainstay in the fast paced world of coffee? Women2Women Michigan Magazine asked the Coffee Beanery how they came to celebrate 40 years of quality in their romance with coffee.

The Coffee Beanery is a family owned business and are celebrating their 40th anniversary this year. In the last 40 years the coffee industry has changed from a freeze dried grocery store commodity to a gathering place where people can share ideas, get excellent coffee and their specialty coffee drinks. They are known for over 40 varieties of flavored coffees which contain no sugar, no lactose and are gluten free. When asked what sets them apart from other coffee chains, the Coffee Beanery states, “We are consistently ahead of the curve in introducing new products, flavors and specialty drinks. We are focused on providing a coffee experience by increasing our training and incorporating manual brew methods in our stores for the coming year. As we celebrate our 40th year with a brand new look that is showcased at Genesee Valley Center featuring comfort seating and a contemporary rustic design that will be the standard design going forward.”

Another aspect that puts Coffee Beanery in a league of their own is the fact that they roast, flavor and package all of their coffee right here in Michigan.

People everywhere are embracing products from their hometowns and states in an effort to support their local businesses. Coffee Beanery is Michigan based and brewed and spreading the mitten pride with their franchise reach.

The Coffee Beanery’s dedication to their quality and to their customers has been an important element to their success. Part of that success is due to the decision to make Joanne Shaw the face of the Coffee Beanery. JoAnne became the face of the company during a time when women were not prevalently seen in business. Incredibly shy, JoAnne stretched her comfort levels to take on her new role for the company. She enrolled in Dale Carnegie classes which enabled her to be more comfortable speaking in front of crowds and with a lot of hard work was able to be the speaker for events to help motivate other young women. Joanne is currently on the board of Dale Carnegie and was the first woman chairperson of the International Franchise Organization.

Joanne stresses the importance of being a member of different boards as she feels it greatly helped her get her footing in the business world. She gives this advice about finding boards that will help women starting out with their own business, “Being on boards helps give perspective and identify best practices that other companies use in their success. For business owners, the most important thing to do is to be part of your community. You need to be the go to person for the product or service you are selling. The reality is people

do business with people they like, so get involved with events and other businesses and figure out ways to partner together for the benefit of your businesses but more importantly the community as a whole.”

One of the aspects of becoming so successful with their brand has been the loyalty of their customers. When a product really delivers, it creates a bond between company and client. The Coffee Beanery has really looked into what has worked and not worked for their company. Their desire to continually bring a unique and inviting experience to their customers has them reflecting on their business model and striving for improvement. They have improved all aspects of their store and are “re-engineering it into something fresh and that is continually growing. Our CB team is fortunate in that we just want Coffee Beanery to be the best we can be and it isn't one individuals way but rather a collaborative effort. We slowed down growth purposefully for the last couple of years to get our build out costs down, training improved and get the right support people in place so we are poised and ready for the growth that 2016 will bring.

For more information on the Coffee Beanery, go to [www.coffeebeanery.com](http://www.coffeebeanery.com)



*Susan Lamphier is an Editor at Women2Women Michigan and a local mixed media artist.*

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# Paris

## From the Top of the Eiffel Tower

*In wake of the recent attacks on Paris, we wanted to show our support and commemorate Paris and it's people with this article by Alexandria Nolan.*

It is a winter, and our hotel is very close to the Eiffel tower, providing us a beautiful view of the iron-latticed lady every morning, and a twinkling light show every night before we go to bed. Today, we have arisen earlier than normal, as we make our way to climb the tower.

The sun is shining, the wind is low, and the lines haven't started to form yet. We queue up, wait a while and then pay our tickets to journey to the top. There is also an option to take an elevator, but there is something about climbing to the top of this structure, feeling the iron beneath our feet, and perspiring a bit as we tackle the never-ending steps that makes it more real.

But, these steps are rewarding, for every one that you climb up, your view becomes just a little more beautiful, the city is opened just a fraction more. The struggle is to keep your eyes on your feet as you climb, when they are already captured by the dizzying beauty just outside the iron lattice.

We arrive at the first deck, but there is more. We feel that we have climbed a mountain, only to find that we are barely begun. A few pictures, a moment of rest, and then our feet climb again and this time, upon reaching the top, our labored breath is stolen quite away, by the cold and because the view that greets us is incredible. It is made all the more so, because our own two legs have carried us so far away from that sugar-snow ground beneath us.

There is one final deck, and this is at the tippy-top. No stairs for this, only the elevator. We climb aboard, and after a few torturously nauseating seconds, we are at the very utmost top that a human can be on the Eiffel Tower. I look about in wonder at the city before me, feeling like a queen in the clouds, admiring this beautiful fairytale kingdom. This moment couldn't be sweeter, until it is. My husband has bought flutes of champagne, so that we might sip the bubbles and savor the sweetness of making a Paris dream come true.

► *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.*



# Microgreens

As a farmer and someone concerned with getting the maximum nutrition out of food, I advocate for eating what is in season. One way to add a burst of vitality and flavor to your seasonal menu is to look to microgreens. They are very cute, stylish and, as a garnish, can make anything that you cook look like a million bucks. Very similar to sprouts, microgreens are vegetables grown from seed and eaten while they are less than 3 inches tall. The difference is that sprouts are grown in the dark and in water only 48-72 hours. Microgreens are grown in soil with light for up to 14 days. Seeds like radish, kale, and broccoli are planted and harvested when they are about a week old. Most leafy vegetables and some herbs can be grown as microgreens. That makes microgreens a perfect fit for a seasonal eater who wants to get the flavors of summer onto her plate when nothing is growing outdoors.

Microgreens can be eaten on salads, sandwiches, burgers, or by themselves as a healthy snack. They add flavor and crunch to soups and are a great way to add a classy, healthy finish to any dish. They tender and have high water content, so they don't really lend themselves well to cooking.

These young greens are packed with vitamins, studies have shown that they are denser in nutrition than adult versions of the same vegetables. Beta carotene, vitamins K, E and C, and lutein are all found in high concentrations in microgreens, so a little bit can go a long way.

## Microgreen Salad

- 1-2 oz. micro greens
- 6 radishes, halved or sliced
- 2 Tbsp lemon or lime juice
- ½ tsp dry mustard
- ¼ tsp salt
- 4 Tbsp olive oil or sunflower oil
- sea salt and fresh ground pepper to taste

Place the micro greens and radishes into a serving bowl. Whisk together the remaining ingredients in a separate bowl. Right before serving toss the salad lightly with dressing, sprinkle with sea salt and fresh ground pepper.

▶ Erin Caudell owns and operates *The Local Grocer* inside the Flint Farmers Market where she sells all natural produce grown at her farm in Beecher, MI. Learn more about the farm and the store at [www.TheLocalGrocer.com](http://www.TheLocalGrocer.com).



# Berry Good French Toast



What better way to be treated by your sweet than breakfast in bed? Try this easy recipe and bring romance back for the woman in your life. (Yes, I'm talking to our male readership here!)

- 3 eggs
- 1/3 C milk, soy milk or almond milk
- 1/2 tsp vanilla extract or almond extract
- 6 slices bread
- 1/2 C real maple syrup
- one 6 oz container of your berries of choice
- cinnamon for sprinkling
- whipped topping

Heat pan over medium heat. Thinly coat pan with butter. Whisk the eggs, milk and vanilla/almond extract in a bowl big enough to fit your bread. Dip one slice of bread at a time and make sure to very quickly coat with batter. Place on hot pan. Cook 2-3 minutes on each side until golden brown.

Warm your berries about 30 seconds in the microwave to bring them to around room temperature. Warm the real maple syrup in the microwave about 45 seconds (it will be lava). Top with syrup, whipped cream, and berries, and sprinkle with cinnamon. Make out.



 <p><b>EXPERIENCE THE PHENOMENON</b> JANUARY 29-31 BLUE MAN GROUP</p>	 <p><b>JOSEPH &amp; THE AMAZING TECHNICOLOR DREAMCOAT</b> JANUARY 9</p>
 <p><b>RAGTIME THE MUSICAL</b> FEBRUARY 12&amp;13</p>	

<p><b>JOSEPH &amp; THE AMAZING TECHNICOLOR DREAMCOAT</b> Jan 9 @ 3pm &amp; 8pm</p> <p><b>BLUE MAN GROUP</b> Jan 29 @ 8pm Jan 30 @ 2pm &amp; 8pm Jan 31 @ 2pm</p> <p><b>DRACULA</b> Feb 6 @ 7pm</p> <p><b>RAGTIME THE MUSICAL</b> Feb 12 @ 8pm Feb 13 @ 2pm &amp; 8pm</p> <p><b>CELTIC NIGHTS</b> Feb 21 @ 7:30pm</p>	<p><b>THE PEKING ACROBATS</b> Feb 24 @ 7pm</p> <p><b>THE KITE RUNNER</b> Mar 1 @ 7pm</p> <p><b>ALL MY SONS</b> Mar 4 @ 7:30pm</p> <p><b>ANNIE</b> April 9 @ 2pm &amp; 8pm April 10 @ 2pm</p> <p><b>HOT SARDINES</b> May 13 @ 7:30pm</p> <p><b>BROADWAY'S NEXT H!T MUSICAL</b> May 14 @ 7pm</p>
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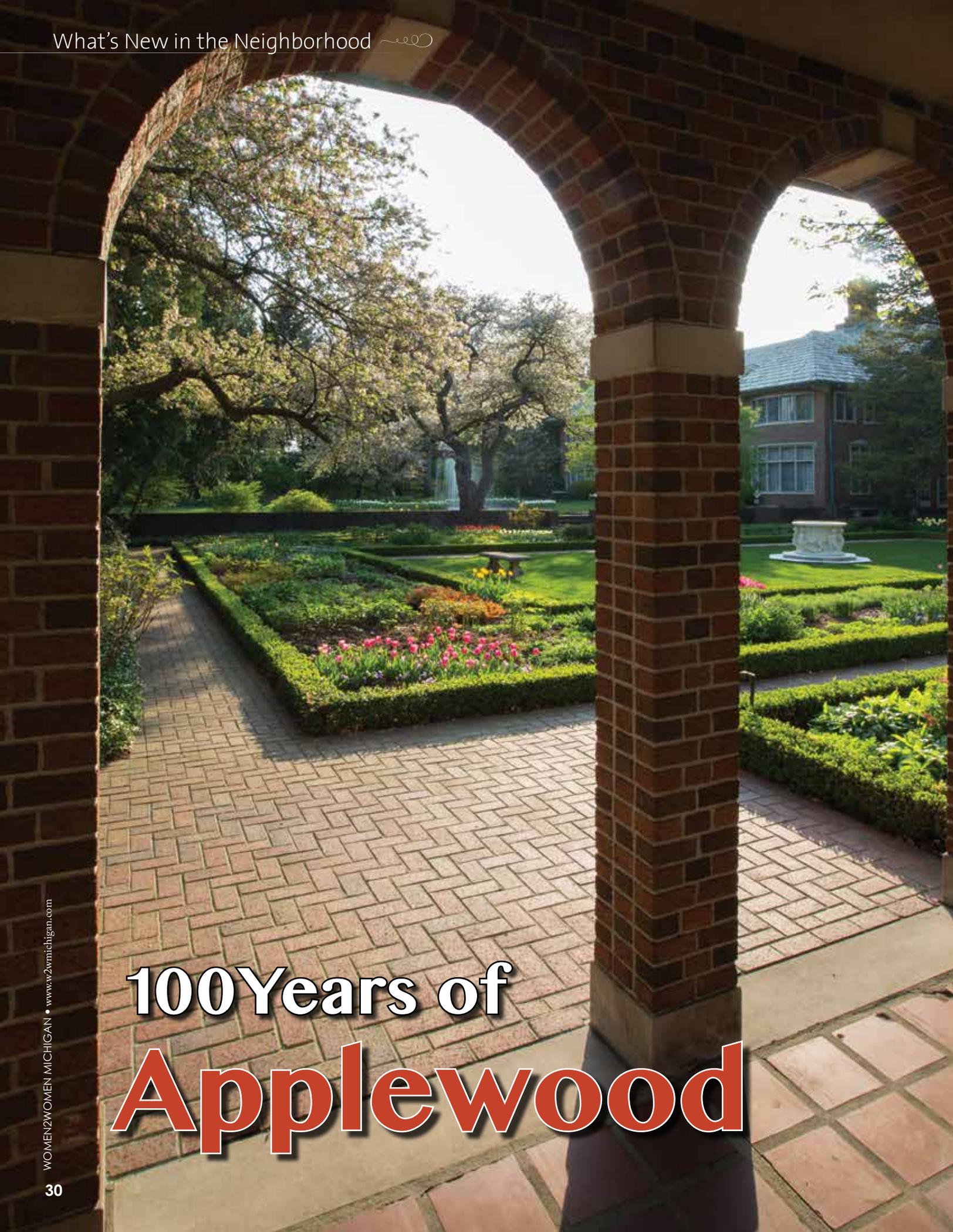


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# 100 Years of Applewood



Have you ever went to an event at Applewood in Flint, Michigan? If you have not, you are truly missing out on an enjoyable experience.

Applewood, The Charles Stewart Mott Estate, is tucked away behind a wall of trees just off of Robert T. Longway Boulevard. Upon approaching the free parking just past the large “Applewood” sign, you will catch a glimpse of the stately iron gates to the estate. As you walk on the paved pathway onto the grounds, you will feel the serene landscape envelope you into the world of Charles Stewart Mott. The estate itself embodies what the Mott’s valued: healthy living, inspiration found in beauty, learning and education and having fun with family and friends.

Applewood was built in 1916 as a family home and gentleman’s farm. Charles Stewart Mott enlisted his sister’s husband, architect Herbert E. Davis, to design the 21-room family home. The three-story house is a Renaissance revival style with a basement, attached greenhouse, and garage. Today, it represents an outlet for community resource open to all. In honor of C.S. Mott’s wife, Ruth Rawlings Mott, Applewood was transferred to the foundation upon her death and became an essential part of the foundation’s philanthropic work. Ruth was a much loved philanthropist of Flint and supported numerous projects aimed at improving life in the Flint area during her lifetime. Her tradition carries on through the numerous free events hosted at Applewood, encouraging the community to come and enjoy the grounds of the estate. Activities, time-period games, treats from the garden and lots of fun for kids of all ages are always plentiful during an event at Applewood.

If the elegant home with an attached greenhouse, 34-acre estate with an apple orchard that boasts 29 heirloom varieties, extensive gardens, gatehouse, barn and chicken coop weren’t enough, the estate also carries



the credentials of being a Michigan Historic Landmark and is listed on the National Register of Historic Sites.

2016 marks Applewood’s 100th Anniversary and they have planned a full year of celebration with new home tours, exhibits and much more! Prior to this year, the gates to



Applewood were opened selectively for special events. This year marks a new year full of excitement as the family home will be opened for guests to tour as well as new interactive exhibits on the historic site. The gates will be open to visitors every week from Thursday through Sunday (from May to October). Wednesdays will be open for larger-size groups and youth field trips. Large events that highlight the history of Applewood will still be held onsite and help celebrate it’s 100th birthday.

So stop by Applewood this year and be greeted by one of their Visitor Experience associates and one of the newly-unveiled historic markers. Wander to the garage and get involved with interactive exhibits. Make a reservation online to participate in a tour of the first floor of the main house or go on the virtual tour on interactive screens located in the garage or through a mobile device. Explore the grounds, gardens and new exhibit panels. Check out an activity backpack filled with fun and educational activities to use throughout the estate. Don’t miss out on the beautiful overlook of the lower gardens before following a trail through the lower gardens on your way to the barn and chicken coop. Learn about farming, food and fun.

Commemorate your visit with a purchase of one of the two books they will be publishing in honor of Applewood’s 100th Anniversary. Join all that Applewood embodies as the centennial celebration goes outside of their gates to local organizations and events throughout the year, including special exhibits at Sloan Museum and the Flint Institute of Arts. Be apart of a greater vision that speaks of support and giving back to the community and share in the history of Applewood.

For more information on Applewood, please contact Andrea Bergstrom at 810.396.3401.



*Susan Lamphier is an Editor at Women2Women Michigan and a local mixed media artist.*



## Genesee District Library Names Katie Badgley as New Children's Librarian



The Genesee District Library (GDL) has named Katie Badgley as the new Children's Librarian. Badgley, who has been with GDL for 7 years, served as branch librarian at Montrose-Jennings, Mt. Morris, and Burton Memorial libraries. Prior to joining GDL Badgley was the Head of Children's Services at the Orion Township Public Library, and a school media specialist for the Mill Valley Schools in California.

Badgley has a vision for the children of Genesee County. "I hope to promote literacy to families all over the county by attracting them to our branches with lots of fun and exciting programs," she said. "I also hope to work in partnership with local school districts and agencies such as Head Start and Great Start to reach staff, parents, and students and help support student learning and educational needs."

In addition to her duties as the Children's Librarian, Badgley also provides a lively and well-attended storytime to many branches each week. "Presenting storytime is sheer joy for me. I can almost see the wheels turning in the kids' heads when we read and sing and play. I know their brain really soaked it up when

a 2- or 3-year-old takes a book I just read and 'reads' it aloud again to herself after storytime."

According to Badgley, the secret to success is no secret. "The last thirty years of reading research confirms this simple formula: regardless of sex, race, nationality or socioeconomic background, students who read the most also read the best, achieve the most and stay in the school the longest," she said. "Our challenge is to make sure visits to the library are a vital part of local families' routines and lifelong learning."

Badgley earned a bachelor's degree in Elementary Education at the University of Michigan-Flint, and a Masters of Library and Information Science at Dominican University in River Forest, IL.



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I've known, since around the age of twenty, that the stupidest animal on the planet is a nineteen-year-old boy. Now don't accuse me of sexism, because nineteen-year-old girls don't rank high on the intelligence scale either, but there's just something uniquely special about the inner workings of a boy caught between his teen years and his first experience with legal alcohol.

You see—and how can I put this tactfully—young men are driven almost entirely by the thing behind their zippers. It surrounds them, guides them, becomes one with the universe. It is, in fact, the object George Lucas had in mind when he created the mystical religion we now know as The Force.

The boys simply have no control. They must follow that which leads them. Unfortunately, it is not their mothers.

You doubt? Allow me a couple of examples:

A friend of ours had a son of the tender age of nineteen. He lived in Oakland County. A young lady he'd fallen for lived in Traverse City. During a weekend in which he had time to drive up to see her, Michigan received one of our rare January snowstorms. He went anyway. He called from Saginaw for a ride home and money for the tow truck.

Another certain young man who shall remain nameless drove from his navy school in Pensacola to visit his new squeeze in Atlanta before driving to Michigan and then on to his new duty station in San Diego. He left Michigan several days early to return to Atlanta before making the drive to San Diego. What's another thousand miles on a long trip? She broke up with him two weeks later (for this he is grateful, as much better things were coming...or so I've been told).

Though non-female related, I also know of four nineteen-year-old boys, one of who may or may not be of my own blood, struggled to find their way home after a rained-out up north camping trip, turning a two-hour drive into a six-hour one. But they avoided the heavy traffic on I-75, which may have turned the trip into a three-hour drive. Each of our four heroes have very modern cell phones. Not one opened a navigation app. Possibly they don't realize that apps can be used for purposes other than games or sending silly photos to their friends.

Yes, I understand that a boy must learn from his mistakes as he grows into a man. But I ask you ladies and devoted fans of this magazine and my column: how many of you have ever driven through a blizzard to spend a day with the man of your dreams (at that point in time)? Has one of you added another two days to your trip just to grab another minute with the aforementioned man? If you were "avoiding" interstate traffic, would you think to open one of the three apps that came with your phone, or would you follow the ADD girl who "knows a shortcut"?

You see my point? There is little activity of any use going on between the ears of your beloved boy at that stage in his life. Conquer every level of Guts On The Battlefield 3, he can do with without hesitation. Wait out a snowstorm before visiting a girl? Forget it.

Don't despair, moms. We do, eventually, outgrow our desire for food and sex. Eventually, we allow rational thought to enter our little R-rated brains. We think before we act. We seek wise council. We don't buy the extended warranty for our electronic gadgets. It takes time.

I'll let you know when I get there.

Until next time...don't tell my wife I wrote this.

► *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](mailto:rmestrada@ameritech.net) or visit his website at [ronestrada.com](http://ronestrada.com).*





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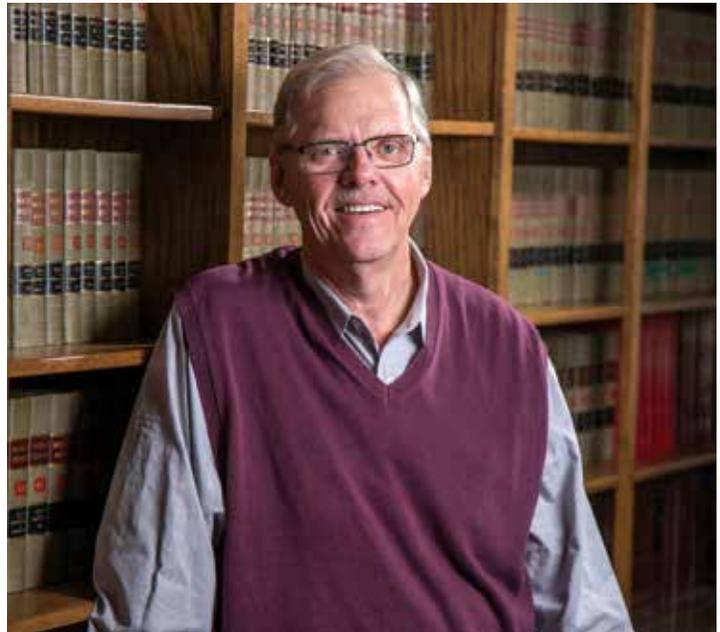


### Traveling With Seniors

**Al Jones, (CSA) Certified Senior Advisor for Comfort Keepers Home Care** shares these tips for planning a vacation with an elderly loved one:

**Get doctor clearance** Consult with the elder’s primary care physician before booking any travel to discuss these issues: Is the destination you’ve chosen appropriate for their ability and limitations? Do they need any special vaccinations? Are there medications or supplements to help if they become anxious? Get prescriptions filled before you leave.

**Pre-plan accommodations** Think about comfort and mobility issues as you plan the trip. Traveling when one uses a wheelchair, walker or other mobility equipment takes some extra considerations. When using a car, an SUV or minivan has advantages over a sedan. Seating in these vehicles is higher and is easier to access. They also provide greater storage capacity for mobility equipment.



**Al Jones, owner Comfort Keepers**

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Airlines have special accommodations for mobility impaired travelers. The key is to phone the airline a day or two in advance to advise them of your needs. Inquire in advance to make sure any needed mobility equipment can be accommodated. The fee for checked luggage is worth paying in convenience over carry-on bags. In some cases luggage can be checked at the curb. On some flights designated seating can be requested for those who require it. Typically the concourse to the gates are long. Airlines can provide a wheelchair and an airport employee to get from place to place for those with mobility or walking issues. Most airlines will have assistance ready at the jet way of the destination, if outbound assistance is used. On longer flights where

meals are served airlines may be able to take dietary issues into consideration.

When booking hotels, request a room on the first floor or close to elevators.

**Scale Back** Be realistic about the amount of activity, walking and traveling they can handle. Keep the trip simple. If they have limited mobility, renting a one-story lakefront cottage within driving distance will be more enjoyable than a whirlwind jaunt overseas, or a walking-intense trek to an amusement park.

**Have essentials close at hand** If the trip requires them to sit in a car or a plane for extended periods, use supportive stockings to prevent blood clots and numbness. Pack light clothes that can be layered. Take basic medical information everywhere you go, in case of emergency. Snacks and water are always good to have on hand as elders can dehydrate quickly.

With a little planning, you can create fond memories and have an enjoyable time.



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