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Serenity/Education

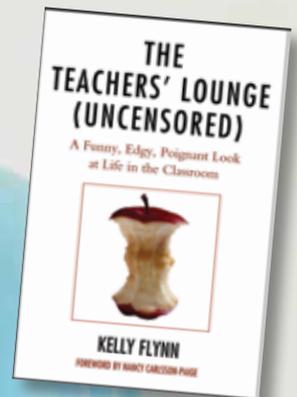
Go Bold or Go Home

FINDING SERENITY IN A CHAOTIC WORLD

FAITH AFTER FEAR



Putting Her Best Foot Forward



Kelly Flynn



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Debra K. Collins
Publisher/Managing Editor



Susan Lamphier
Editor

Dear Friends,

Back to school can mean back to a more hectic daily schedule. As your days become less about summer and move more into fall, we at Women2Women Michigan Magazine hope you find your serenity. Be it in your first sip of coffee or that moment you learn something new, find a moment of serenity so that the hustle and bustle of life doesn't weigh you down.

Our cover feature Kelly Flynn, author of "The Teacher's Lounge (Uncensored)", opens our eyes to the education system. She gives a voice of concern for the future of education and how we are shaping it for our children.

In this back to school issue, we touch upon "Finding Serenity in a Chaotic World" with Elaine Stenger all the way to tips on how to play Pokemon Go. This issue is packed with all you need to get through the adjustments of your schedule and enjoy the seasonal change.

There are so many special stories in these pages. One that is close to our hearts is about our very own Heidi Zoltak. If you ever needed a beacon of light to show you how someone can dig deep and come up like a shooting star, read Heidi's story. She reminds us that we all have inner strengths that we never tap into and can find them in our greatest need.

Life doesn't always have to push us to the next event. We can take a moment, find our serene place and enjoy what is to come while taking on the momentum of the year. So take your sips, friends, pick a cause and rally your masses. We have it in us to be all that we have ever dreamed, if we just let our strengths shine. Cheers!

Debra & Susan

We made a mistake! We Apologize!

In our last publication, Vol. 7 Issue 3, we made a grave error in not giving Elaine Stenger proper credit for writing the cover feature on Stacey Rourke. Our apologies to Elaine Stenger! (Honestly, we blame the editor for this oversight.)

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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.

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

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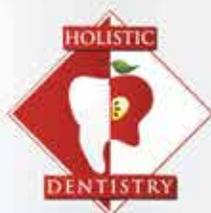
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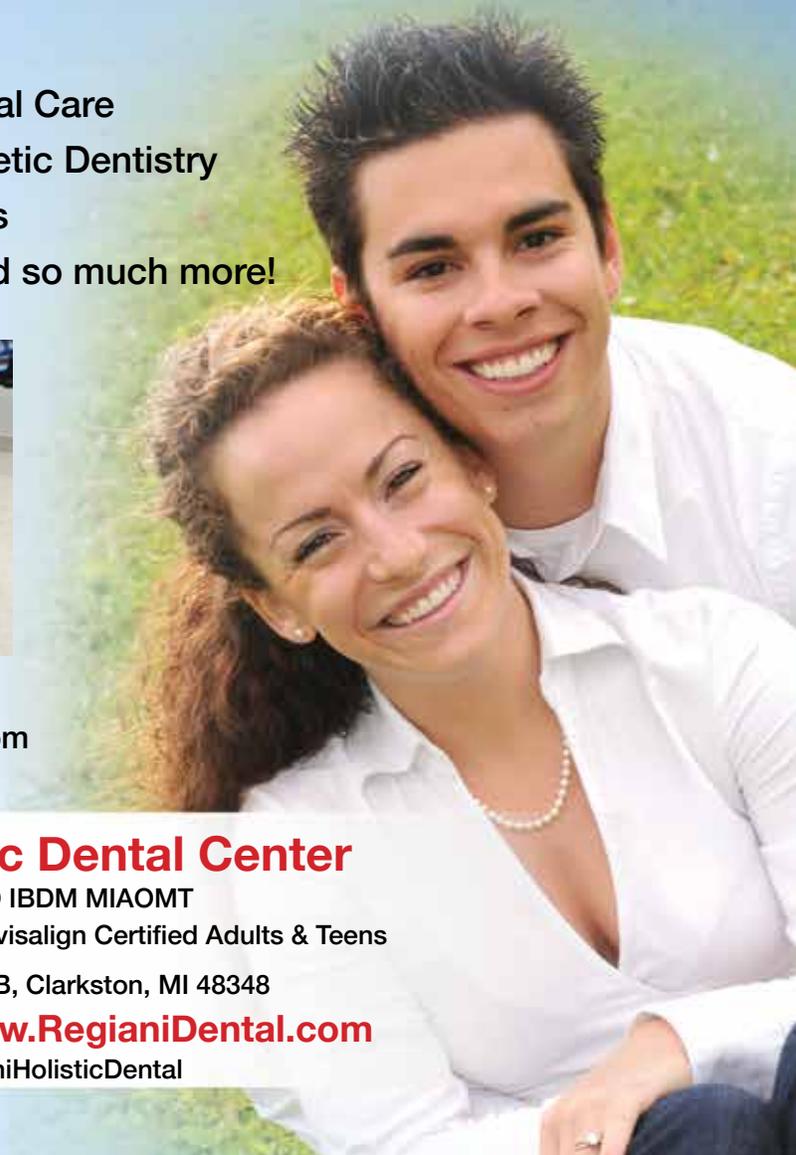
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Norman Falconer



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The Whiting PRESENTS

2016-17 SEASON

BLACK VIOLIN
SEPTEMBER 24 @ 8PM

CAPITOL STEPS
OCTOBER 2 @ 5PM

THE MAN WHO PLANTED TREES
OCTOBER 9-12

ONCE
OCTOBER 15 @ 8PM
OCTOBER 16 @ 2PM

MARK TWAIN TONIGHT
OCTOBER 21 @ 8PM

COUNTY OF KINGS
OCTOBER 25 @ 7PM

JUDGMENT AT NUREMBURG
NOVEMBER 6 @ 3PM

DIRTY DANCING
NOVEMBER 15 & 16 @ 7:30PM

EISENHOWER DANCE COMPANY

THE LIGHT SHOW
NOVEMBER 18 @ 8PM

HIP HOP NUTCRACKER
WITH KURTIS BLOW
DECEMBER 10 @ 8PM

COMPLEXIONS

CONTEMPORARY BALLET
JANUARY 14 @ 8PM

EVERYBODY'S HERO-

THE JACKIE

ROBINSON STORY
FEBRUARY 2 @ 7PM

RODGERS + HAMMERSTEIN'S CINDERELLA
FEBRUARY 14 & 15 @ 7PM

DRUMLINE LIVE
MARCH 3 @ 8PM

AN EVENING WITH MOLLY RINGWALD
MARCH 10 @ 8PM

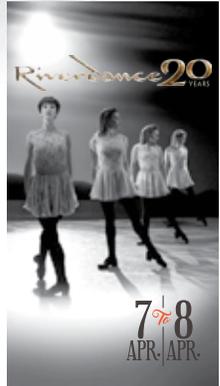
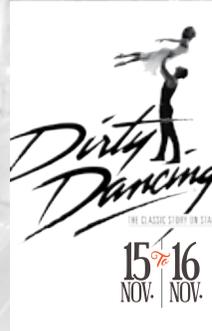
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MARCH 14 @ 7:30 PM

RIVERDANCE
APRIL 7 @ 8PM
APRIL 8 @ 2PM & 8PM

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APRIL 28 @ 8PM
APRIL 29 @ 2PM & 8PM

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Calendar of Events

August

3

August 3

Jazz on the Ave - Dearborn
www.eastdowntowndearborn.com

5

August 5

First Friday at Longway Planetarium - Flint
sloanlongway.org/Longway-Planetarium/

5

August 5

Arts Night Out - Lansing
myartsnightout.com

10

August 10

Back to the Bricks Tune-up Party - Linden
slpr.net/southern-lakes-parks-and-recreation-programs/special-events/

12

August 12

Seven Lakes State Park Meteors & S'mores - Holly
www.michigan.org/events/seven-lakes-state-park---meteors---s-mores(2)

12-21

August 12-21

Michigan Senior Olympic Summer Games - Rochester
www.michigan.org/events/michigan-senior-olympic-summer-games/

16-20

August 18-19

Back to the Bricks
backtothebricks.org



18-19

August 18-19

Royal Oak Dreamfest - Royal Oak
royaloakdreamfest.com

21

August 21

Live Art Detroit - Detroit
ntegrityshows.wixsite.com/shed5art

26-27

August 26-27

HealthPlus Crim Festival of Races - Flint
crim.org/races-events/crim/

September

2

September 2

First Friday at Longway Planetarium - Flint
hsloanlongway.org/Longway-Planetarium/

4

September 4

A Bug's World exhibit closes at Sloan Museum - Flint
sloanlongway.org/Longway-Planetarium

5

September 5

Labor Day

9-11

September 9-11

Frankenmuth Auto Fest - Frankenmuth
www.frankenmuthautofest.net

16-17

September 16-17

Michigan Blues Fest
www.michiganbluesfest.com

17

September 17

In the Dark exhibit opens at Sloan Museum - Flint
sloanlongway.org/Longway-Planetarium

18

September 18

Golden Memories Vintage Automobile Show at Sloan Museum
sloanlongway.org/Longway-Planetarium

23

September 23

Beerfest at the Ballpark - Lansing
www.lansing.org/event/beerfest-at-the-ballpark/11835

SAVE *the* DATE

SUNDAY, OCTOBER 9, 2016



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Harrisville, MI 48740

RSVP to Mary Ellen
maryellenmittenwomen@gmail.com

Join us for

"A Conversation with Mardi Jo Link"

Author of *The Drummond Girls and Bootstrapper*

2:00-3:30PM Alcona County Library

Harrisville Branch (In Downtown Harrisville)

A Q & A session will follow the program.

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A Conversation with Mardi Jo Link is made possible by support from Women to Women Michigan Magazine, the Harrisville Arts Council, Alcona County Library, Friends of the Alcona County Library, Mitten-Women Productions, Inc., Inspiration Alcona and WXTF Harrisville.



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Breaking —the Curve on— Education



*“Restlessness is
discontent and
discontent is the
first necessity of
progress.”*

~Thomas Edison

Praise for *The Teachers' Lounge (Uncensored)*: *“Every teacher should give this book to the mayor, the school board and political representatives. It will astonish them and maybe increase their humility quotient. Written from inside the classroom, it is real, fast-moving, funny, poignant, and occasionally shocking. Most important, the book is hopeful, showing that whatever successes or failures, every year, every class, the teacher comes back certain she can do it better.”*
Susan Ohanian, author *What Happened to Recess* and *Why Are Our Children Struggling in Kindergarten?*

“Flynn has a gift for presenting the annoyances and failures of modern education in a light-hearted and understanding way. She shows you what is wrong and how it might be fixed, without sermonizing.” **Jay Mathews**, Washington Post education columnist and author of New York Times bestseller, *Work Hard. Be Nice.*

Meet Kelly Flynn formerly a high school teacher, newspaper columnist and author. Presently she is a speaker and the author of “The Teachers’ Lounge (Uncensored): A Funny, Edgy, Poignant Look at Life in the Classroom” which was chosen by The Delta Kappa Gamma Society International as one of its **Top 5 Must Reads for 2013**.



education policy, the ugly politics of education and humorous anecdotes about life in the classroom. The column appeared on the op-ed page of The Flint Journal every Sunday for seven years and on the feature page of the Jackson Citizen Patriot for three years. The Teachers' Lounge (Uncensored) was born from these columns.

"I write about education because teachers need a voice. They have been gagged and threatened for far too long. The teacher holding the teaching certificate and degree in education, the teacher standing in front of the students every day, is the expert on what those students need to learn and how they need to learn it. They are the experts in multiple intelligences and learning styles."

"Don't buy the corporate narrative regarding public schools, teachers, and children. The public school system is not perfect, but it was far, far better before the implementation of No Child Left Behind, Race to the Top and the Common Core curriculum."

Kelly explains what many other professionals believe,
"Poverty is the root of our educational woes, yet almost none of the corporate reform plans address poverty in any way. Bashing teachers and increasing high-stakes testing do nothing to improve the chances for children living in poverty."

Shamefully, Detroit, Michigan and Cincinnati, Ohio have the highest rates of childhood poverty in the country. Kelly concludes: "If any reformer truly wishes to improve education, their legislation would make sure every child comes to school well-cared for, has access to health care, is not hungry, and their neighborhoods are safe. That is where we need to begin to improve teaching and learning."

If you'd like to help change the world, visit Kelly's website: KellyFlynn.net

And make sure you read her compelling book *The Teacher's Lounge (Uncensored)* which is available from Amazon or Rowman Littlefield Publishers.

▶ 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



Currently a resident of Fenton, Kelly was born in Flint, earned her Bachelor of Arts from Michigan State University and taught high school in Flint for almost 20 years.

Kelly describes herself as curious, contemplative, open-minded and tidy. She claims she is never bored, loves silence, laughter and fish-out-of-water stories. One could also add 'dynamic.' If anyone can change the world, Kelly can! At present, she will settle on improving our education system.

"I hate bullies. And right now teachers are the victims of some wicked bullying. The corporatization of the public school system is an assault on teachers and children alike. When I refer to corporate reform I mean education reform that is led by corporate interests, not teachers."

During Kelly's 20 years teaching, the job became increasingly more difficult. Once while huddled behind desks with her students during a lockdown, she had an epiphany. "I realized that the general public really had no idea about the day-to-day realities of teaching school, and I felt compelled to tell the story."

Kelly began with a weekly newspaper column covering education from an insider's point of view. Her popular column, Inside Schools, was a mix of well-researched columns on

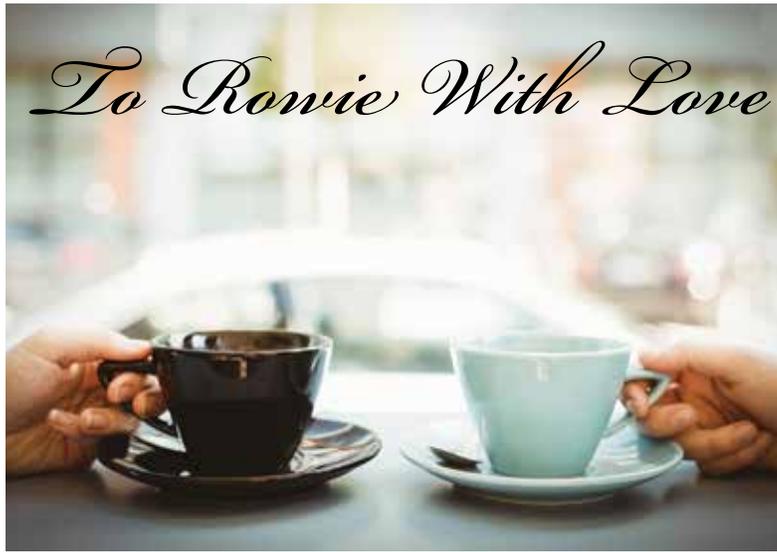


Photo by WavebreakmediaMicro

I have a high school friend that meant the world to me. Her name is Rose. For many years, both in high school and after, we were inseparable. In 1977, I married, and the relationship seemed to quiet, but not dim. We saw each other a few times for about five years but then, after one evening spent at a 711 store where we both bought cold drinks and sat in a car to chat, we didn't see each other again.

Decades passed, a divorce and remarriage occurred and several more children were added to the brood. I tried to get in touch a few times, but my duties as a full-time CEO and mother were more pressing than finding Rose or "Rowie" as I used to call her.

This past year, after spending a bit of time doing a search, I discovered her address and sent her a hello and catch up note. I heard nothing back. Then I tried Facebook, found her, and asked to be her friend. Still no response.

While searching, I discovered another high school friend with whom I'd also lost touch, Carol, and she and I had lunch to discuss our current lives and Rowie. Carol has yet to tell me the reason this lovely girl won't call me. But it is clear that I have hurt her but I don't know how and I want to make things right.

Life has a way of teaching us many lessons and one that I have learned well is that true friends are a gift. I only have a precious few: Sharon, Nicole, Bev, Carol and Dawn. These are the people that can pick up a conversation after many years and make me feel as if we had chatted the day before.

I want that again with my old friend, Rowie. I want to know about her dogs, her sister – the one married to the doctor. I'd like to hear stories about her sons and her parents and where she lives now that she's not in the Shores.

But mostly, and this is why I'm so sad, I'd like to know what happened.

So if you happen to meet my old friend, Rowie, tell her I miss her very much. Mention to her that friendship is still very important to me and that no matter what, the memories and laughter she gave me are a precious part of my life. And if she seems like she's listening, tell her one more thing: She still matters, and I'm so very sorry.



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

Ask Shuntai

Am I Depressed?

Dear Shuntai,

I am dealing with depression or at least I think so. I just got out of a bad relationship a month ago. I know it was the best decision to make. However, I feel awful. What are some of the signs of depression?

Dear Reader,

Unfortunately, 15.2 million Americans experience a major depressive episode. Most of these episodes can be contributed to our bodies' natural response to a significant loss such as; bereavement, financial, losses from a natural disaster, or a serious medical condition. However, other causes of depression can be attributed to genetics, alcohol, drugs and medication. Although, I have not personally evaluated your symptoms; I cannot give a formal diagnosis. On the other hand, I can provide you with a list of depressive symptom:

- Depressed mood most of the day nearly every day
 - Decreased interest or pleasure in all activities
 - Significant weight loss or gain
 - Sleeping a lot or not sleeping
 - Agitation observed by others
 - Fatigue or loss of energy
 - Feelings of worthlessness, excessive guilt or inappropriate guilt nearly every day
 - Decreased ability to concentrate
 - Suicidal thoughts or plan for committing suicide
- I would urge you to seek the services of a find a mental health professional right away if you continue to experience these symptoms. I wish you much strength.

Love your life or live trying
Shuntai Beaugard

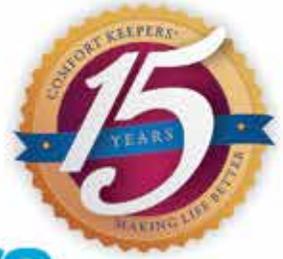


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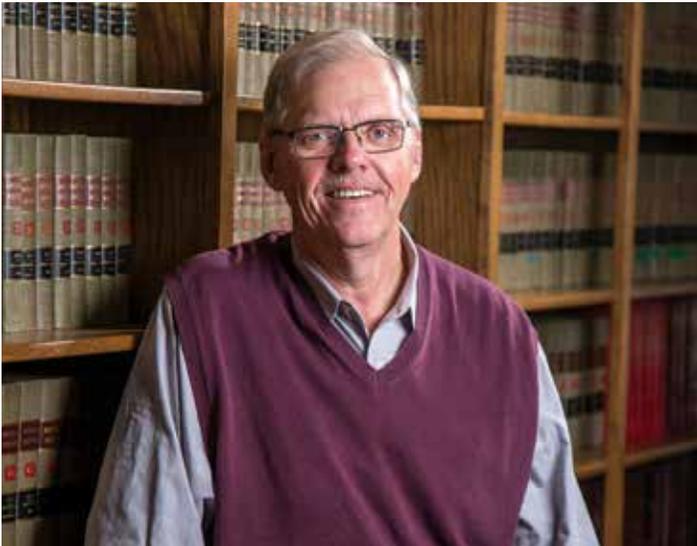


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8 Important Truths of Dementia Care-Giving



Al Jones, MBA, CSA, CDP, Owner Comfort Keepers

1 What type of dementia does your loved one have?

Alzheimer's is the most well known type of dementia. Vascular dementia, Lewy body dementia, Frontotemporal dementia, Parkinson's disease with dementia and mixed dementia are some of the most prevalent. For this reason, it's important that the physician who tends to your loved one knows the different signs of dementia, and is qualified to treat his or her specific case.

2 Be as flexible as possible.

People with dementia often change not only day to day, but moment to moment. If your loved one is having a bad day it's most likely not your fault. Do what you can to help while hoping that tomorrow will be better. Watch for patterns, but know that some days will be better than others. Try not to let these small disruptions become larger than they really are.

3 Accept that others will offer advice.

People with no understanding of what care-giving entails will be more than happy to tell you how you should handle your care-giving life. Since they haven't been in your shoes, they can only guess at what to do. Take a deep breath and smile while they

have their say. Then do what you feel is right for you and your care receiver. If you feel you need advice, find someone with similar care-giving experience and ask for their perspective.

4 Detachment is vital for our mental health.

We need to detach from our care receiver enough to keep our own sense of self and not allow their needs to define our whole lives. If we have a controlling, cranky elder we cannot please, we can't let their behavior saturate our sense of self to the point that we feel we are failures.

5 Empathy is necessary for compassion.

No, this is not a contradiction of my point above, nor is empathy the same as sympathy. Empathy is what makes us a compassionate caregiver. When we empathize with someone, we put ourselves in their place. We consider how we would act if we were in a similar situation.

6 Self-care is not a luxury.

If we neglect our own health, we will pay a price. There are certain routine medical tests care-givers need and should have. Take care of your own needs; for your personal benefit as well as for the benefit of your care receiver.

7 Don't judge your care-giving skills by the response of your care receiver.

People with dementia are going to have bad days. If you are educating yourself on how to cope with negative behavior, and asking for help when you need it, you are likely doing fine.

8 Know your limits and ask for help.

Nearly everyone who is trying to care for a person with dementia is eventually going to need some help and it's vital to keep in mind that care-giving needs to be a team effort. Whether help comes from respite care provided by friends or family, hired in-home caregivers, adult day care, assisted living or a nursing home, dementia caregivers need assistance. Without at least occasional breaks, neither the caregiver nor the care receiver is likely to have the best quality of life that can be realistically expected.

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Many of us begin exercising because we want to change how we look, but there are more benefits to working out than simply fitting into your pants comfortably.

Exercise alleviates stress, depression and anxiety.

There are several studies that find 30 minutes of light to moderate exercise a day can be just as effective as medication for some people. Exercise causes your brain to release endorphins, our built-in happy drug and balance key neurotransmitters, including serotonin. There is also the satisfaction we gain from challenging ourselves mentally to complete a workout and then seeing what our body is capable of doing. That feeling of accomplishment after a workout isn't just momentary- Over time, regular physical activity improves our self-esteem and self-concept.

Exercise increases our brain activity and productivity.

Increased blood flow to the brain activates the memory regions, helping us understand information and utilize it more efficiently. Exercise also combats the loss of brain cells that naturally occurs as we age, by increasing the growth and development of our brain cells. In studies of memory and completion of simple tasks between those who exercise regularly and those who do not, researchers have found an age difference of brain performance as being equal to 10 years! Another study comparing twins showed that those who regularly exercised saw an increase in the brain's grey matter in the striatum and prefrontal cortex, affecting memory, decision making and problem solving.

If improving your appearance isn't a big enough incentive for you to exercise, perhaps knowing that it also improves your happiness and benefits your mental capabilities will inspire you. The next time you are feeling overwhelmed by stress or looking for your lost keys (again) consider adding at least 20 minutes of physical activity to your daily routine!

Exercise and Pharmacotherapy in the treatment of major depressive disorder www.ncbi.nlm.nih.gov/pmc/articles/PMC2702700/

Reducing anxiety sensitivity with exercise www.ncbi.nlm.nih.gov/pubmed/18729145

Depressed, Low Self-Esteem: What can exercise do for you? nsuworks.nova.edu/ijahsp/vol7/iss2/7/

Leisure-time physical activity associates with cognitive decline www.neurology.org/content/early/2016/03/23/WNL.0000000000002582

Physical activity, fitness, glucose homeostasis and brain morphology in twins <http://www.ncbi.nlm.nih.gov/pubmed/25003773>



◀ 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

SLOAN MUSEUM
PRESENTS

A NIGHT AT THE MUSEUM

MUSIC ★ ENTERTAINMENT

➡ SATURDAY, OCTOBER 1, 2016 ➡
7:00 - 11:00PM

A fun vintage circus-themed evening of entertainment, raising funds to support Sloan*Longway. Ladies and gentleman! Step right up and spend an evening with us while enjoying casino-style games, a live auction, and raffle. Catering by Larry Miller and two drink tickets are included. Entertainment features Knotty Bits Circus Performers and an excellent DJ for dancing.

★ You are cordially invited! ★

➡ A NIGHT AT THE MUSEUM will be held at Sloan Museum
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Use the event hashtag #SloanNATM and follow Sloan Museum on Facebook, Twitter, and Instagram. More details at SloanLongway.org/NightAtTheMuseum



Can the Mercury in Dental Fillings Cause Breast Cancer in Women?



Photo provided by alswart

According to researchers at the Breast Cancer Fund, "Higher accumulations of mercury and other metals have been found in cancerous breast biopsies as compared to biopsies taken from women without breast cancer."

Mercury makes up about one-half of a silver colored dental filling. Mercury is one of the most toxic substances on the planet. Up until the last few decades, it was believed the mercury component was locked into a dental filling and could not cause harm.

In the last 30 years, scientific studies have shown the opposite is true. Friction from chewing and heat from drinking something warm can cause the mercury to release vapors in the form of methyl mercury. These are swallowed, inhaled and absorbed by the body in an ongoing process.

This is particularly disturbing for women, because methyl mercury vapors have an estrogen disrupting effect. The Internet is filled with studies.

German researchers in 2006 showed a link between accumulation of "transition metals" such as mercury, nickel and cadmium (also known as metalloestrogens) and the malignant growth process of breast cancer.

GreenMedInfo recently reported, "Metals have also been shown to activate specific estrogen receptors and increase breast cancer cell growth and proliferation."

Breast cancer is the most common malignancy that affects women worldwide. The World Health Organization estimates around 1.7 million women will be diagnosed with breast cancer in 2020.

One would think with all the research pointing toward mercury and other heavy metals, there would be a public outcry. Instead, we are told to limit consumption of fish to once weekly. Dental mercury fillings are in your mouth 24/7. Sadly, they're still being placed into the mouths of unsuspecting consumers.

Ask your dentist about choices in filling materials. Know that there are safer methods to remove old fillings to protect you and the dentist, and the environment overall. If you're looking for a new dentist, search for one who is an accredited member of the International Academy of Oral Medicine and Toxicology (www.IAOMT.org).

- Regiani Holistic Dental Center, Clarkston, MI
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.

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Faith After Fear

Conquering and Confronting Your Fears with Confidence

Hello, I'm Tarnesa Martin, your Faith Strategist and I have been inspired to tell you it's time to put your faith into action and confront and conquer the disease of stagnation.

Faith is not a topic, it's a lifestyle that gives us control over of our thoughts. How do we expect to live a life style of faith with the same fears, restrictions and rejections we have tolerated year after year. Nothing will change in our life until we make a decision to conquer and confront the fears that are holding us back. When we exercise self-discipline and consistency in our thought life, we deactivate fear and break the glass ceiling that's been limiting us from walking into our God given purpose as wonderful women.

I use to hold back on my gift of writing because I was afraid that people would not be encouraged and that they would tell me that what I was writing was not good, so I tolerated living in a glass jar year after year watching everybody else succeed at what I had been purposed to do. So in the midst of my fear I spoke to God and asked him to grant me the desires of my heart and give me the serenity to be able to achieve my desires with confidence and assurance, but first I had to confront my fears and be delivered from the disease of stagnation.

It's important to know your fears - if you don't know your why, you will struggle and continue to make excuses or live a lie to cover up your fears and why you have them, confronting your fears will allow you to make the necessary adjustments in your life. Write down the benefits of activating

your faith and how your life would be better if you didn't have these fears, writing down the benefits for confronting your fears helps you focus on the end results. Take small steps don't confront all your fears at one time, confront and conquer one at a time, so that you are not overwhelmed and can go through the faith process one day at a time. Be consistent and focus only on the positive thoughts that are consistent with the victory. Connect with accountability partners that share your dreams. Give yourself room to grow and make mistakes, don't let one bad day turn you around from moving forward in your faith. Remove yourself from temptation and negative people that place demands on you to only focus on their needs, stop being a people pleaser and looking for validation or approval. Surround yourself with positive people that add value to your life and not drain all your energy. Pray, mediate and think on good thoughts that lead you into your desired victory. Have Daily mirror confessions that empower you to speak words of empowerment over your life, dreams and visions. Journal your daily progress and document areas of faith you did well and areas that you need to improve. Every time you confront and conquer your area of fears celebrate your victory and share your faith accomplishments with others so that they can be inspired to live a life style of faith.

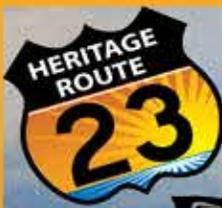


Photo provided by Kasia Biel

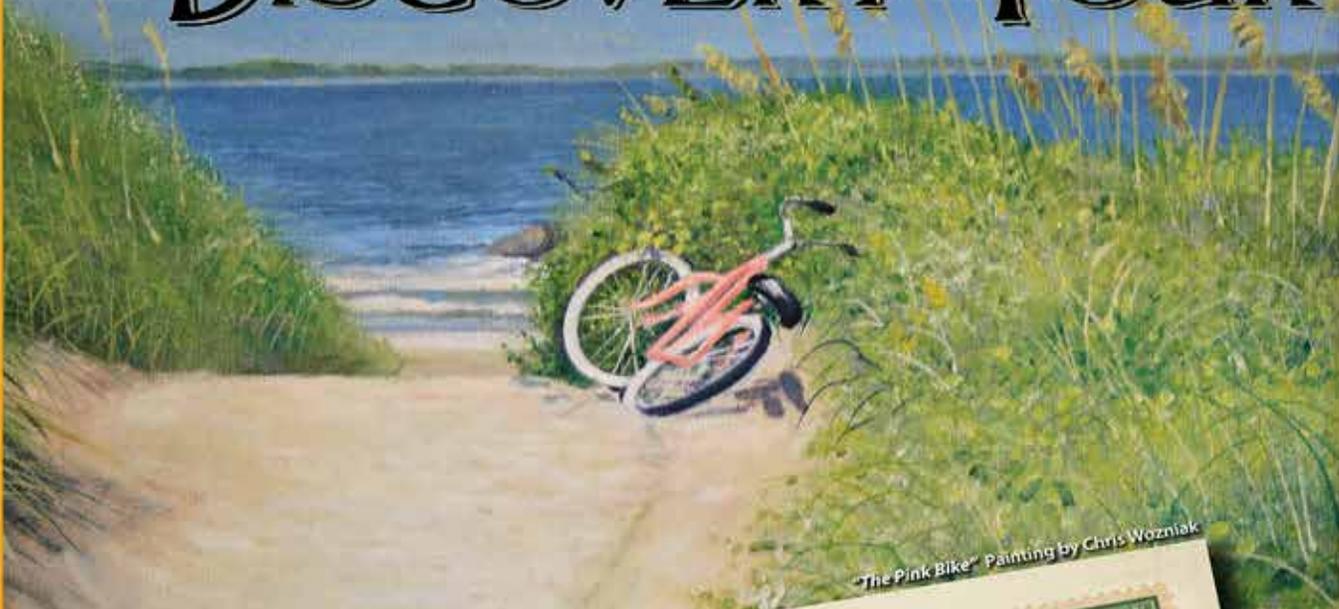


◀ *Min. Tarnesa Martin , Writer, Motivational Speaker & Life on Purpose Coach is the founder of Women of Radical Praise & Life On Purpose – “Finding Yourself” Life coaching, Self- Development & Empowerment services, which focus on connecting, supporting and strengthening women through life challenges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

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



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"The Pink Bike" Painting by Chris Wozniak

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trails to follow. Along the way, enjoy
local cuisine, wine and hops, museums,
art galleries and more - all waiting for
you to discover.

Hope to see you on
US 23 in 2016!

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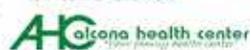
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Putting Her Best Foot Forward



If you have yet to meet Heidi Zoltak, it's possible you have already heard about her. She has had a challenging year on top of years of constant battles however what is always resonant with this courageous lady is her undeniable charisma for life and vivacious spirit that she exudes to all that meet her. She is a superwoman, an inspiration and a truly great person to know.

Heidi has lived in the community for half of her life having moved here from the Lansing area in 1992. She worked in and around southeast Michigan and very quickly followed in her mother's footsteps with her passion in Business Marketing. Besides being a wife and mom of three, she lived a very active lifestyle in fitness and yoga. She fell in love with water sports and her life on the weekends was often spent on the lake with her family. On July 4th weekend in 2012, her life forever changed in a freak accident.

Heidi plummeted 30 feet from a rope swing on Secord Lake that left her fighting for her life. The injuries were extensive on her right leg and her husband was told that she would most likely lose her leg from infection. The surgeons ended up saving the leg but the surgeries continued...weeks turned into months, months turned into years. Recovering from countless reconstructive surgeries, doctor appointments and physical therapy all became her new full time job. Life moved on, her husband returned to work and her children returned to school and she had to forego almost all basic activities that she realized she most definitely used to take for granted. She remained homebound and disabled and her love for yoga deepened. She couldn't drive, but she could crutch to her yoga mat.

... "my mat was there for me unconditionally in a new world of conditions. I moved, I felt, I healed from the inside out. I learned how to surrender and I became completely liberated and empowered by these new challenges. I looked at life with new eyes and a full heart. I learned to process my frustrations and embrace myself with love, but most importantly, I stopped blaming myself."



That is when the real healing occurred. She began to find peace in this new normal. Physically stalled and still not understanding her purpose, Heidi remained positive and combated the therapies prescribed so that she could heal to her best potential. Well, that apparently wasn't in the cards...the physical healing, that is. The chronic pain, deformities and disability started to own her. After 3 long years, she knew it was time to amputate. After discussing her needs with her amazing and supportive husband, Chris Zoltak, and identifying that he was on board, it was time. Her support system was in place and she was ready.

...“it was like ridding myself of something that no longer served me...just like others do with an unhealthy job or a bad relationship, but it just so happened to be my leg”

The decision was so much easier than Heidi had ever imagined as she'd given it her best shot to recover. The disabling effects of the injury left her desperate for change. She knew she'd be exchanging some really hard circumstances for new hard circumstances but it would guarantee growth and shift in her life. As she explained, “nothing positive ever comes out of being stagnant”. And so continues her story.

Today, almost one year post amputation and now with a very recent cancer diagnosis, Heidi is keeping her eye on her goal...to live as freely and happily as she can. She is now a frequent flyer at Wright & Filippis for her prosthetic legs, STAR Rehabilitation for her amputee therapy and Lemmen-Holton Cancer Center in Grand Rapids. She keeps her Prosthetist, Rodney Coleman, busy with custom building her functional legs for her lifestyle. He is currently working on a RUSH foot for her jet skiing and yoga, and it will allow her to finally learn how to run. Running was something she promised her family she'd do again, no matter how long it took.

“before I amputated my leg, I asked my 10 year old son how he'd feel and if he would understand why I needed to remove my leg. The only thing he wanted to know was if I'd run again. And when I answered yes, he responded 'do it, Mom'.”

Heidi often thinks back and wonders why she didn't do it sooner. She explained an amazing perspective, “I may not look it, but I am completely whole again now that my leg is gone. There is no more suffering” and it is thoughts such as these that can teach us all a thing or two. It was all in the timing and she knew she had to be at peace with a decision like this. Heidi saved herself and we are thankful for her everyday as she enriches every life she touches.

If you are interested in following Heidi's journey, you can follow her on Instagram @heidiyogi.



Susan Lamphier is an Editor for Women2Women Michigan Magazine

Finding Serenity in a Chaotic World

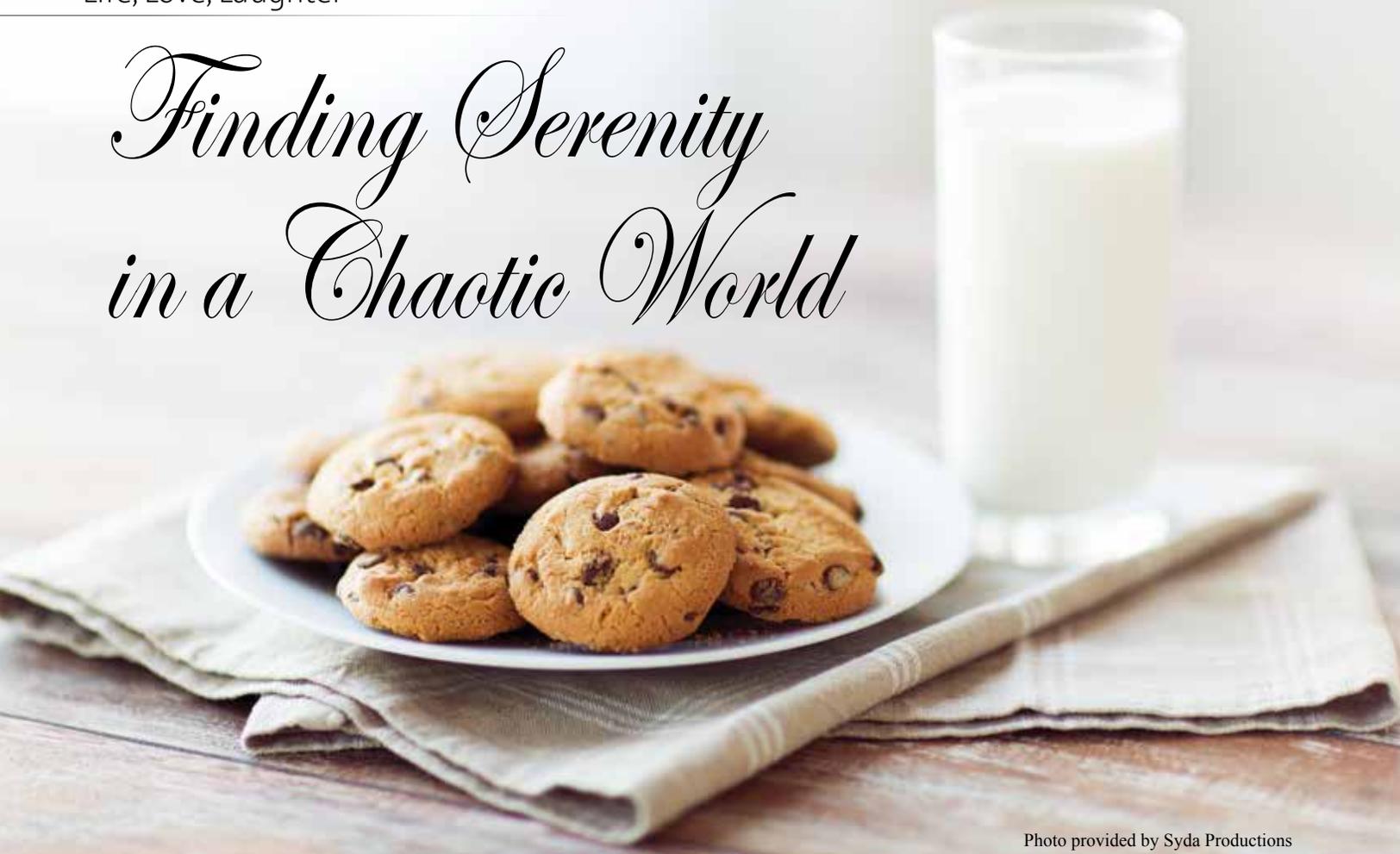


Photo provided by Syda Productions

I am in
charge of
how I feel
& today I
am choosing
happiness.

Life has a tendency to hit the fan and fling itself all over the walls. Events explode and fly in our face – forcing us to deal with them all at once. We may hide under the covers only to find the fan blows them up and exposes our responsibilities, needs and commitments.

Is it really possible to find serenity in this chaos and overwhelm? Is it possible to keep our sanity in a world that seems to have gone mad?

I had hoped this article would offer new insights for finding serenity, but, in truth, I only began writing it when forced to sit in the car repair shop with a flat tire.

Yet sitting there was a good reminder to breathe, slow down and write – all things that calm me. And it turned out to be perfect timing ‘cause life was just warming up at that point.

The following week my in-laws were coming to town for my grandson’s High School graduation and grill out and my partner’s Retirement Party. Did I mention they were all staying in my house? This was stressful enough – simultaneously working, cleaning, shopping, hosting and setting up for 2 parties.

Still the fan turned faster, the blades spinning so sharply; I couldn’t scrape the debris off the walls fast enough. Friday evening my sister called to say my younger brother had a psychotic episode and was being hospitalized. Could I visit him daily?

Then Monday our family pet of 20 years took a turn and needed to be put down. Losing Little Zoey was incredibly difficult, yet I did not anticipate the added difficulty of making the decision. It was the straw that crushed me and I retreated into my own corner of chaos.

But we know we can't stay in pieces for long. Rarely do we have enough time to grieve, deal with guilt or properly recover because the fan of life continues to whirl.

Listening to the hum of the blades, I thought of Robert Fulghum's book *All I Really Need To Know I Learned In Kindergarten*. His lessons on living a life of love brought me some peace.

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your own mess.
- Don't take things that aren't yours.
- Say you're sorry when you hurt somebody.
- Wash your hands before you eat.
- Warm cookies and cold milk are good for you.
- Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.
- Take a nap every afternoon.
- When you go out in the world, watch out for traffic, hold hands and stick together.

- Be aware of wonder. Remember the little seed in the Styrofoam cup: the roots go down and the plant goes up and nobody really knows how or why, but we are all like that.
- Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup - they all die. So do we.

It seems many of our most vocal political, religious and business leaders missed out on the 'Golden Rule' of caring for others. It is no secret that these simple lessons would make our world more loving, more serene.

Thankfully during my time of need, my loved ones also took my hand and rescued me from my chaos and grief. Together we dealt with what was still sticking to the walls and learned to safely ride the blades until the fan finally exhausted itself.

"When you go out in the world, remember to hold hands!"

► *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."*
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Self-Education

When a person is referred to as “Book Smart”, it is commonly followed by “but she (or he) has no common sense”. I’ve often wondered why this is true. Recently, I decided it was because those who seek knowledge, from sources other than themselves, often neglect their inside - self education.

We admire those who can recite or spew out quotations by the dozens. We reward scholars for their isolated knowledge and award scientists for their hypotheses, theories and discoveries. We study law, medicine and real estate, we cram for exams, review in order to retain, do our best to stay current in our fields, we’re required to take professional continuing education classes and panic when we are surprised with a pop quiz or someone asks a question that requires an immediate response. We are a nation who respects those who seek knowledge, while we continue our search, for truth, outside of ourselves, neglecting to explore inside, in order to vindicate our own personal legitimacy. We read self help books, go to seminars, attend church and watch television, seeking guidance from others...again...always looking for an exterior answer to an interior question. Our society encourages us to be “well read”, well traveled and well educated. I say let’s add self-aware! Want to?

How can we benefit from an education, from books, seminars, gurus and religious figures if we do not implement what we are learning? We can have all of the right answers memorized for automatic recital, be familiar with several dogmas and theologies, recognize how we SHOULD treat others and/or live to the fullest, identify several different philosophies about our very existence, be capable of retaining applicable quotes of well received, respected contemporary authors and mentors yet still be incapable of loving unconditionally, living abundantly, knowing what YOU believe or being aware of your life’s purpose. These answers only come from within. Living with purpose, instead of lip service, requires more effort, more thought and much more commitment but the rewards will be immeasurable.

Let’s begin an “Inside Journey” to discover who you truly are:

Set 30 minutes aside, daily, to listen. Call it meditation, reflection and/or prayer. Consider it “Quiet Time”. It is an interval to be still, focus on deep breathing and peace. It’s okay if thoughts come to mind, release them and become silent again. This can be done as you soak in a tub or lie in the sun. The important things are quiet and being alone. Calming your mind will allow you to become more self-aware physically, mentally and spiritually. Replenish your energy, in order to give of yourself freely, without resentment or exhaustion.

Answer this question: Who am I? Who am I meant to serve? Why am I here? This is much more difficult than giving your typical answer of “a wife, mother” etc. Search your soul to come up with your root reply, i.e. I am a poet, a bearer of _____, a peace maker, a student/teacher of _____. This will help you to move forward toward your purpose...no matter what is presently going on around you or in your life. Knowing this will

allow you to make a plan with your desired outcome first and foremost. Small steps **in the right direction** are paramount to living a life with meaning and gusto. Heading in the direction of your authentic self will give you freedom and intention. Make a plan. Live it.

Create a vision of your best self. How do you look, your hair cut, your clothes your make-up, even your fragrance? How do you feel about yourself and how you want others to perceive you? Write it down. Read it. Change it, as you become this person. Keep growing. Knowing that although we can never be perfect, we can continually improve, building on becoming our best possible selves, in order to make a difference in the lives of the people we touch. It’s as simple as a smile, as complicated as a knowing glance. Allow your inner vision to be who you are.

What do you believe? Deep in your soul there are core values that are a part of you. Some are learned, some acquired and some self-imposed. Do they serve you well? Are they worth passing on to your children? If these convictions no longer resonate, get rid of them. Replace them with positive beliefs about life, God and YOUR truths. Here’s an example: I was raised in an organized faith, with a required belief system, rituals and taught to recite memorized words of a mean and angry God. This God would make my dad suffer in Limbo, because he did not share my family’s faith. I do not believe this anymore. The fact that my dad would not be reunited with us in heaven is the reason I began to question that faith. Now, I believe that God is my loving Father, who wants us all to live in love and abundance. The faith of my parents (my dad did eventually convert) did give me a solid foundation, strong morals and strong familial bonds. It just was not right for me. It didn’t ring true to my heart and soul. We are all entitled to our own, individual belief system. This is what the inner-search is all about...to discover what your truth is.

These tasks may seem daunting but they’re not...if you put each one into practice slowly. It is inner – education that will help you to discern what is worth implementing from your outer – education. It will make it easier to be more tolerant of other’s beliefs and practices, more patient and much happier. Inner – education will lead you to the correct exterior – education. You will be guided to practice what you preach, because it will be your truth. Your life will be more fulfilled because it will be filled and refilled by you. You will be able to give without expecting a return. You will be you. You can be book smart AND bursting with common sense!

You will know who you are and what you believe. Go inside, Grasshopper, for that is where YOU are.

► *Deborah St.Hilaire is a women’s holistic life and transitions coach, author, host of The Divalution Show and CEO of W4DIVAS.com. Her mission is to empower women. She can be reached at 419.366.8091 for coaching, workshops and speaking engagements.*



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SUNRISE COAST

Sparkling lakes, majestic Lake Huron, mysterious shipwrecks, historic lighthouses, pristine beaches... treasures to be found along Michigan's 200-mile Sunrise Coast.

The Lake Huron Shores Good Roads Association was formed in 1913 to finish the Huron Shores Highway, now US-23, that linked Bay City and Mackinaw City. A promotional effort enlisted local people, businesses, and donations to construct this rural route. By June 20 a nationally acclaimed through-route had been completed. All along it are scenic views of Lake Huron, 6,000 miles of crystal clear rivers and streams, and more than 3,000 water bodies await travelers along the Sunrise Coast (US-23). Begin your journey at a historic train depot in Standish and wind your way up the Lake Huron coast to the majestic Mackinac Bridge at the Straits of Mackinac, where the sparkling blue-green waters of Lake Huron and Lake Michigan flow together. Gems nestled along the Sunrise Coast include 16 lighthouses, hundreds of miles of hiking, biking, skiing, horseback riding, and motor trails, unique museums, true up north small towns, cottages, live performances, wine tasting, and fine dining.

The adventures continue beyond the coast. Connecting to US-23 byway in Oscoda is the River Road National Scenic Byway, which winds along the mighty AuSable River through the Huron National Forest. (For more information on the River Road Byway see page 12.) Coastal and inland discoveries await, so get back to the water on the Sunrise Coast.

Standish and Au Gres

Begin your journey in Standish at the historic train depot on the corner of US-23 and M-61. The Standish/ Au Gres area offers many opportunities for outdoor fun at the numerous campgrounds and canoe liveries in the area. The Rifle River travels through downtown Omer on its way to Lake Huron and is one of the fastest, most popular trout streams in the Lower Peninsula. Fishing, birding and wildlife watching opportunities abound around Saginaw Bay. From historical schoolhouses and family-friendly parks to the fasterpaced excitement at the Saganing Eagles Landing Casino southeast of Standish and Au Gres. It's a perfect start to your Sunrise Coast adventure.

Tawas Bay

Continue north on the byway to Tawas Bay and follow the signs to the end of Tawas Point,

the "Cape Cod of the Midwest." The current Tawas Point Light dates to 1876 replacing an earlier lighthouse. Tawas Point is a mecca for birders and is recognized as one of the Midwest's premier birding destinations. Near the turnoff for Tawas Point is the Newman Street shopping area, a quaint downtown filled with shops and eateries. For birders who want to go off the beaten path, follow the brochures to the Tuttle Marsh National Wildlife Area, a 400-acre impoundment surrounded by 5,000 acres of wetlands.

AuSable and Oscoda

North of Tawas Bay are nestled the communities of AuSable and Oscoda, where sugar sand beaches abound. Turn left in Oscoda onto River Road to experience the River Road National Scenic Byway, which follows alongside the mighty AuSable River. Follow the signs to visit the National Forest attractions along the route, including majestic scenic overlooks, trails, and steep sand dunes sloping down to the river. Don't miss Lumberman's Monument, with 260 steps down to the river where you can board a wanigan (replica of a floating cook shack).

Harrisville

Keep heading north and experience the outdoor adventures in the Harrisville area. Harrisville State Park offers pristine beaches with Negwegon State Park boats trails, Native American history, and backcountry camping. Nestled between the two is Sturgeon Point Lighthouse, where the keeper's house and tower are open to the public. Alongside the light sits Old Bailey School, a one room schoolhouse is open for tours. Travel west of Harrisville on M-72 into the Huron National Forest to access Reid Lake Quiet Area, a 3,000-acre backcountry experience with 12 miles of foot trails and Hoist Lakes Foot Travel Area, which contains over 10,000 acres of forestland and more than 20 miles of foot trails.

Alpena and Thunder Bay

Keep heading north into Alpena and the area known as Thunder Bay. The Thunder Bay National Marine Sanctuary protects more than 200 shipwrecks lying in what is known as "Shipwreck Alley." During the last two



Ocqueoc Falls

Photo by Sheri Harvey

centuries, large vessel shipping began passing Thunder Bay on their way to outposts at Mackinaw, Sault Ste. Marie, and Green Bay. Its location along shipping lanes and its shelter for vessels during inclement weather contributed to the vast number of shipwrecks that now lay preserved in the cold, fresh water of Thunder Bay. Visitors can view the shipwrecks by snorkeling, kayaking, or in the glass-bottomed boat that departs from the Maritime Heritage Center on the Thunder Bay River. Those with a more adventurous spirit can visit a local dive charter and get a close-up view of the haunting wrecks in deeper waters.

Presque Isle

North of Alpena, US-23 travels near Long Lake and Grand Lake, two sparkling examples of inland lake gems. North of Grand Lake are two lighthouses situated close together in what is known as “Presque Isle.” The Old Presque Isle Light (1840), is known as a “Ghost Light” that reportedly still shines even though the light has been removed, and the New Presque Isle Light (1870), the tallest lighthouse tower accessible by the public on the Great Lakes. Both towers are open to climbing. In Rogers City, divert west on M-68 to Ocqueoc Falls, the largest waterfall in the Lower Peninsula. Visitors can swim in the falls, so be sure to experience this refreshing side trip. Back on the byway, a bike path runs alongside US-23 north of Rogers City and connects to Hoeft State Park and 40 Mile Point Light, another shining example of maritime history.

Cheboygan

The next community on US-23 is Cheboygan, a river town that is also the intersecting point of the North Central State Trail and the North Eastern State Trail. Two rail trails each over 62-miles long each connect the coastal area to destinations up north. While in Cheboygan, visit the Opera House and the four lighthouses visible from town. A ferry also runs from Cheboygan to Bois Blanc Island, a forested gem consisting of trails, cottages, lakes, a general store, a tavern and fantastic views of the Straits of Mackinac. Between Cheboygan and Mackinaw City, you will encounter Historic Mill Creek Discovery Park, a hands-on experience in logging, with an adventure component consisting of a zip line and a forest canopy bridge.

The Straits of Mackinac

Finally, arrive in Mackinaw City at the Straits of Mackinac for the end of your journey. Stop at one of the many parks with views of the Straits and the Mighty Mackinac Bridge, the largest suspension bridge in the western hemisphere.

Or visit one of many historic sites or shops in the city. Wait until dark and head out to The Headlands just west of town, an International Dark Sky Park, to gaze into the heavens in wonder as Mother Nature puts on a spectacular show!

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I've accepted the fact that many women will never relate to me. I've also, finally, learned to be perfectly content with that.

A Fisherwoman's Story

Sometimes, I kiss a fish. It is a ritual I model after a favorite professional bass fisherman, Jimmy Houston. Jimmy is what I call a character, and I love characters.

Like Jimmy, I follow this ritual whenever I land a particularly spectacular specimen on a day of fishing. I kiss it.

The ritual is emblematic of my life-long journey to be true to who I am. I am a different breed of woman. I am a woman whose pulse is in the outdoors, the closer to nature the better. Kissing a fish is my way of celebrating that truth. It is celebrating the freedom from a painful status quo I once imposed upon myself.

Most of my female friends and acquaintances cannot relate to me. They cannot understand why I would rise at 5:30 a.m. on a Saturday morning to be out on a still, quiet lake fishing with my best friend and fishing mentor, my husband.

Often, I suspect they think me an alien because I know the difference between a wacky worm, a stick bait, and a grub. They cringe at the idea of putting a live minnow on a hook, and would never touch a fish unless it came frozen in a package. I've accepted the fact that many women will never relate to me. I've also, finally, learned to be perfectly content with that.

As you may have surmised, it wasn't always that way. There was

a time when I tried to fit in more with my peers. There was a time, for the sake of female companionship, that I denied who I was for what I believed I must do in order to belong. I attended the ladies Christmas tea a few times, but felt nowhere near the excitement of others over the Victorian birdcage centerpieces and dainty floral cups and saucers. It was the same when I attended a number of jewelry and décor parties. Likewise that trip to Ulta. Those romantic films everyone gushed about too.

The clothes just didn't fit. And clothes that do not fit get more and more uncomfortable until you simply cannot bear to wear them anymore. Eventually you decide you will never wear them again no matter what, and you get rid of them for good.

Instead you wear what fits. For me, it is my fishing cap and my favorite pole. It is snagging a magnificent small mouth bass and that jolt of adrenaline I feel when it leaps from the water like something out of National Geographic. What fits is reeling it in, carefully removing the hook, and admiring the sparkling dance of colors across its sleek body a moment or two before releasing it for another angler to enjoy. All while my husband scrambles for his camera to snap pictures of his girl with her prize

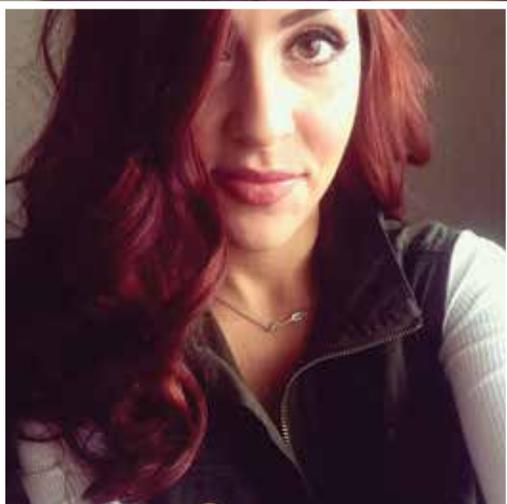
What fits is my husband's broad grin as he anticipates what may come next. Because sometimes I kiss a fish.

► Karen DeVault is a published author who earned her BA degree in English, with honors, from Oakland University in 2007. She lives with her husband in White Lake, with two daughters and grandchildren nearby. Karen enjoys motorcycling, fishing, target shooting, bicycling, and running. She is currently writing her first novel.



Go Bold or Go Home

As a beauty expert for the last thirty years, I have been able to gauge the changing seasons by my clients hair color requests. It seems when the weather turns warmer and the sun is shining brighter, so does the hair color and this year proves to be no different based on what I have seen in the salon and on the streets. I am a huge fan of “go bold or go home”; however, there are a few things you should consider before making a change.



1 How much maintenance will this new hair color require? Hair grows approximately 1/4” per month, so if the color is significantly darker, lighter or brighter than your natural color, be prepared to have it retouched about every 4-6 weeks.

2 Will this new hair color look good on me? A simple rule of thumb is what color of clothing looks best on you. If you tend towards warmer tones in clothing like browns, reds or gold tones then try golden shades of brown or blonde hair colors and brighter shades of red. If shades of blue, purple or pinks are more your style than cooler shades of hair color are your ticket, like chocolate browns, champagne blondes or shades of plum reds.

3 How should I care for my new color? Color treated shampoos and conditioners work best, especially if they are low in sulfates or sulfate free.

Also, ease off those steamy showers as hair color fades quicker if it is washed too often and in hot temperatures, color-treated hair, just like any fabric, should be treated gently to help keep color lasting longer.

Lastly, consider consulting a professional before taking the final plunge and have a GREAT summer!

► *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*



Cool

As a Cucumber



Photo provided by volff

Did you know that cucumbers belong to the same plant family as melons, squash, and pumpkin? That's right; those vine growing veggies are cucurbitaceae. You can slice them, pickle them, or even use them on your face to reduce puffiness. Cukes contain vitamin K, which can help your body absorb all the vitamin D you're getting in the summer sun. They also contain enough sugar, B vitamins, and electrolytes to help prevent a hangover or headache. At only 8 calories per ½ cup serving, it's worth it to add more cucumber to our diets.

Cucumber and whipped feta

INGREDIENTS

- 1 lb feta cheese, cut into 2 pieces, at room temperature
- ¼ lb cream cheese, softened
- 2 tbsp heavy cream
- 1/4 C extra-virgin olive oil
- 2 tbsp fresh lemon juice
- 2 cucumbers (1 1/2 pounds)—halved, seeded and cut into 1/2-inch dice
- 1 tbsp chopped oregano
- Salt and freshly ground pepper
- Toasted pita

In a large bowl, cover the feta with water and let stand at room temperature for 30 minutes to temper the saltiness. Drain and coarsely crumble the feta. Transfer to a food processor and puree. Add the cream cheese, heavy cream, 2 tablespoons of the olive oil and 1 tablespoon of the lemon juice and process until smooth and airy. Refrigerate for 1 hour.

In a bowl, toss the cucumbers with the remaining 2 tablespoons of olive oil and 1 tablespoon of lemon juice. Add the oregano and season with salt and pepper. Cover and refrigerate for 1 hour or up to 2 days.

Serve the whipped feta lightly chilled or at room temperature with the cucumbers and toasts.

► *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.*



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LIFE-SAVERS

By: Stacy Sawyer, Senior Director of Communications
American Heart Association

As I begin writing this article, my two children have found their way into my home office. One working on math in an effort to avoid the summer slump, while the other is trying to figure out if sleeping past 7 AM outweighs going with her family on a road trip. I'm biting my tongue as I know sleep is quite important to this teen, and maybe all teens, these days. But as they're both enduring life's problems, the song Staying Alive comes on the radio.

I stop attempting to accomplish anything and shout out "Here's our song," while doing chest compressions in the air.

"Yes, mom we know," comes from the usual groan of my daughter.

"I know you know! But do you know how to perform CPR," I ask. At this point she turns to leave and I shoo my youngest out the door.

For a moment I'm relieved that we're back to our summer norm of my working, their playing outside, riding bikes, and (hopefully) cleaning the house. But then it really dawns on me that my teen doesn't know how to perform CPR. Would she know what to do if I collapsed at this moment? She'd know how to call 911, but unfortunately I can probably guarantee she would be too scared to actually save my life. And even though there's a few at-home training kits laying on my office floor, she has never been trained in CPR.

That's when once again I'm convinced of the importance of the American Heart Association's mission and our efforts behind all Michigan students learning CPR before they graduate high school.

Thirty four states have now passed legislation that require their graduates to know psychomotor skill-based CPR or Hands-Only CPR. Now more than two million high school students a year will be trained in CPR. That means more than two million qualified potential lifesavers will be added to our communities every year across these 34 states. Here in Michigan, should the legislation pass, or I should say 'when it passes', we will have 100,000 additional life-savers each year in our state.

Why is this needed? Because nearly 357,000 people suffer cardiac arrest outside of a hospital every year, and only 8 percent survive. CPR can actually triple survival rates for cardiac arrest victims, and the best chance for survival from sudden cardiac arrest is by receiving bystander CPR until EMTs arrive. Meaning my son or daughter, or yours, could be the one saving the life of a loved one someday as 4 out of 5 cardiac arrests happen in the home.



As I'm sitting here looking at my mannequins, I realize this is the moment. So, we just spent 30 minutes learning Hands-Only CPR. Granted, the first 5 minutes included a lot of "Why mom?" but after explaining that I could easily suffer from a sudden cardiac arrest considering my family history and the fact that her father has three stents in his heart, she realized the importance of knowing Hands-Only CPR. After a couple tries, she got it. She's now a Life-Saver. And with that I can check one more item off my 'to-teach-my-kids' list.

Want your child to learn CPR sooner rather than later? There are various ways in which you can get training. The easiest and most convenient is by watching an online video at heart.org/cpr. But if you'd like to get some hands-on training, you can order an at-home training kit for about \$40. This kit comes with a training video and a mini mannequin that actually clicks when you're giving the right amount of pressure during compressions. This is the one I just used with my daughter. But the best training, in my opinion, is a CPR training class – one that may be part of your child's curriculum soon.

We're excited for the next generation of Michiganders to be an army of life-savers in our communities. If you'd like to ask your lawmakers to support the legislation, go to heart.org/CPRMI. Let your lawmakers know 30 minutes of Hands-Only CPR training could easily be the most vital minutes.



Meadow Brook Hall

I have toured palaces in France, and villas in Italy, I have visited castles in Ireland and fortresses in Budapest. I have seen great art adorning the walls and gargoyles on the rooftops, turrets and rose gardens and statues from antiquity. But my love for all of these sights began with a tour of Meadow Brook Hall in Rochester Hills, over ten years ago.

Meadow Brook Hall is a lovely mansion originally owned by the Matilda Dodge Wilson and her husband, John Francis Dodge. It is Tudor Revival in style and built in the mid-late 1920s. The house and the gardens around it are full of intricate details, lovingly rendered by craftsmen. The Hall boasts 110 rooms and over 88,000 square feet, the sixth largest home in the United States, and truly, an American Castle.

Trips to this castle are an easy jaunt from Genesee County, and a perfect day trip away. The rooms inside are incredibly beautiful. The tiles in the bathrooms, the intricate mosaics and the soft, sumptuous and lavish fabrics on the beds, or that make up the canopies above. The children's rooms are full of antique toys, and lives cut too short, two of the couples children dying much too young.

The art decking the walls is museum worthy, and somehow more grand for hanging in a private home, where it was lovingly admired by the family that had kept it. Including such artists as Sir Joshua Reynolds and Thomas Gainsborough and Frederic Remington, among others. It is a reminder of old-fashioned elegance, of the days of the heyday of Detroit and a look back at the pomp and splendor of a bygone era.

And all only a short trip down the expressway. A little of the beauties of Europe, right in Mid-Michigan.

► 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.



3, 2, 1, Pokémon Go!



Players head outdoors using a GPS map in search of Pokémon, using their camera to view creatures “in the wild” and capture them. There are 250 Pokémon to collect.



“Catching ‘em all” does require a bit of preparation. Here are a few tips to becoming a master Pokémon trainer.

- 1. Catching duplicate Pokémon.** Whenever you catch a new Pokémon, you will also earn candy and stardust. You can use these to level up your guys.
- 3. Eggs.** Visit a Poké Stop where you can earn Balls to capture more creatures or Eggs. Players can stick an Egg into an incubator and birth their own Pokémon. While the Egg is inside the incubator, you must walk to complete the process.
- 4. Incense and Lures.** Incense attracts Pokémon to your space for 30 minutes. If you’re walking around and want to collect lots of Pokémon, this is how to do it. Lure Modules perform the same effect at a Poké Stop.
- 5. Stay safe.** You could keep your face glued to your screen as you seek out Pokémon. However, all kinds of accidents can emerge if you are not looking where you are going. Another recommendation is to play with a group of friends. Safety in numbers can keep you from falling or being led astray.

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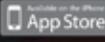
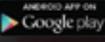
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A Bright Smile

— Can Build A Bright Future —

Upon first meeting Sherry Regiani, you are greeted with a bright smile and a warm energy. You are instantly welcomed and the office exudes a cheerful and calm environment that envelopes you. Tucked inside of her tiny stature, Sherry Regiani holds a wealth of knowledge and a portfolio full of information. She seamlessly runs the business side of the office as she constantly gains more accreditation with obtaining certifications that make her one very accomplished lady.

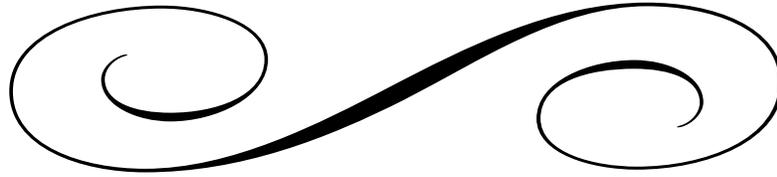
Once a flight instructor and commercial pilot, Regiani is no stranger to putting forth hard work towards her endeavors. She let go of her flying ambitions 18 years ago when she found out her physical limitations would keep her from furthering her flying career. She may have not been physically long enough to reach specific handles and pedals in planes, however, she certainly could commandeer serious dedication to the aspects of administration. She is currently testing for her CIPM (Certified Information Privacy Manager) as she already holds a CHPSE (Certified HIPPA Privacy and Security Expert) and she is working on becoming a CPP (Certified Payroll Professional). She states that the world of HIPPA and client privacy is increasing exponentially so if you are not keeping up with the new regulations and procedures, you will be left behind. She feels very strongly about the privacy aspect of her client's information and implements safeguards above and beyond to ensure it stays well protected.

When she is not deftly promoting client confidentiality and adept administrative management, you can find Sherry Regiani teaching classes to other practitioners about business management and client security. Under the International Academy of Oral Medicine and Toxicology, she is educating throughout the U.S. on how to be well-protected within your company. She writes articles for both the IAOMT and The



Sherry Regiani, SHRM-CP, of
Regiani Holistic Dental Center

“Here’s the way retirement works in my brain. You stop doing what you were doing and then what? You have time to pursue what you want to do or what you are passionate about. I’m already doing that.”



American Association of Dental Office Managers. Women 2 Women Michigan Magazine feels rather proud to have her in the pages of the publication, as well. She is constantly educating our readers about the aspects that affect our mouths can affect our whole body. Periodontal disease has been linked to cancer in both men and women so it’s important to know that the same bugs that live in our mouths can be in our bodies.

Regiani understands this well as her start in dentistry came from the clinical side as a Dental Assistant when she first stepped into the field in 1970. A few years later she attended Old Dominion University to become a Dental Hygienist. After marrying, she decided to stay at home to raise her three children and let her husband become the main financial provider. She admits there was a lot of fretting over the financial aspect and she quickly turned her sights onto the business management side of the Dental industry and began to take classes. For almost 30 years, she has been the Administrative Director at Regiani Holistic Dental Center and making a huge impact. Working alongside her husband, she tackles the business side as he takes on the clinical side. What makes this duo successful, you may wonder? They have their individual teams that they each manage in a scheduled framework that provides collaborative efforts that create a smooth workflow. The couple also keeps to the regimen that work is work and home is always home.

W2W asked Sherry Regiani about her thoughts on retirement. She responded, “Here’s the way retirement works in my brain. You stop doing what you were doing and then what? You have time to pursue what you want to do or what you are passionate about. I’m already doing that.”

Regiani’s greatest influence in business was her dad. A WWII veteran who became a business man and entrepreneur back in the real self-made man era, he set the precedence for Regiani to strive to achieve her goals. He became a chemist by chance on a path towards being a brain surgeon. When computers became a staple, he went back to school. Redundancy does not dwell in the blood of this family. He taught Sherry some very poignant business protocol. He believed that if you treated your employees right that they, in turn, would do their best job for you. It’s a cyclical theory. You give to get.

Her recommendations to our readers are that if you want to pursue it, do it. No time is like the present. You just put it on your calendar and aim for achieving it. You can’t just set the goal; you have to set the standard. She is a firm believer in these concepts and she feels she follows through with it at the practice. Regiani says you cannot ask people to do what you wouldn’t do yourself. She has been known to empty the office paper shredder, too.

Women like Regiani are the inspiration for us all. Make your goals, do the work and you will accomplish your dreams. If you stay current within your field, you will be making a place for yourself in the world of business. There are always new things to learn and great things to do. Regiani will be the first to tell you that things will happen to deter your path. You can’t stop the bumps from happening but you can control how you react. Come from a place of positivity and optimism and you will persevere. Sherry Regiani is a woman who will not be left behind but will, in fact, be leading the pack.

For more information about Regiani Holistic Dental Center call (248) 625-5222 or visit their website at <http://regianidental.com/>.

To see some of Sherry Regiani’s instructional videos go to <https://www.youtube.com/user/iaomt/> videos.



Susan Lamphier is an Editor for Women2Women Michigan Magazine

Glamping



Photo provided by Otto Durst

Any of you who've attempted a drive on Interstate 75 on a summer Friday evening know that Michigan is a camping state. We love our cars and trucks. And we love to haul big things behind them. For those of you who have wandered onto the freeway, perhaps not realizing the day and season, and have found yourself cocooned between two travel trailers, a fifth-wheel, and a motor home big enough to require its own zip code, I apologize. It is likely that I was among the travel trailers responsible for your cocooning.

However, as someone who has spent twenty years with said trailers, I feel that I would be remiss if I did not include some advice in this here informative column.

For those of you considering the glamping lifestyle, take notes. For those of you who would rather selfishly save both your money and mosquito sustaining blood supply, I will forgive you, but read on for your own entertainment.

The first thing the new glamper will want to purchase is one of those

signs with your name engraved on it. They say things such as "The Hendersons, Lapeer, Michigan." Without a sign planted in front of your RV, you may experience numbing quiet for an entire weekend. With your sign firmly planted, you can expect a steady stream of visitors to your campsite, all of whom have either lived in Lapeer or knew someone who lived in Lapeer or once saw Lapeer on a map or highway exit sign.

Now that your sign has been purchased, you'll want to set about buying an RV. Hopefully, the \$100 purchase price of a stupid wooden sign was enough to convince you that only a complete fool would continue down this financial black hole, but if you insist on bankrupting the next three generations of Hendersons from Lapeer, you'll find your best deal on a new RV at the local RV Show.

Have you found one? Great! But before you go, sit down with your beloved and write down everything you're looking for in an RV. These days, you can get anything from

a fireplace to a small aviary in a trailer. Be realistic. Specify the maximum size you're comfortable towing, how many beds you'll need, etc.

Now throw this piece of paper away.

Once inside the RV Show, you'll find out where all the used car dealers from the 1970s ended up. And they all know exactly what you're looking for in a new RV. It's actually helpful that few RV salesmen own an RV themselves. That would only cloud their judgment, making them more bias toward their own particular tastes. Lucky for you, the only thing they're interested in is your happiness and credit rating.

Once you return home with your brand new 45 foot land yacht and have informed the children that they will not be attending college, your adventure begins! In my next column, I'll list the two parks in Michigan that accept 45 foot land yachts and uneducated children.

Until then...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 or visit his website at ronestrada.com.*





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