

WOMEN INSPIRING WOMEN FOR GOOD!

W2W

WOMEN 2 WOMEN
MICHIGAN MAGAZINE

Life is Short, Wear Your Party Pants!

Traditions & Change

DEBORAH ST. HILAIRE

Let Your Joy Lead You to Healing

JULIETTA CHEVALIER

Our Girls Need Us!

DERIA BROWN

Vicki
Gould

Happy Holidays!



We wish you a very happy holiday season
and a peaceful and prosperous new year!



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Debra K. Collins
Publisher



Mimi Matthews
Editor

Dear Friends,

Happy holiday season! Thank you for being a part of our Women2Women Michigan family.

As you know, the holiday season can bring stress and difficult situations. But it can also bring joy and wonderful sharing (see "Let Joy Lead You to Healing" and "Shift Manifestation Series"). Does your life need some passion, gusto, and a little more meaning? Our writers have given you amazing stories and truths that can lead to celebrating your life and wearing your party pants!

Throughout this season of giving, as you contemplate non-profits, please see our articles from Catholic Charities and Sparkle Pink Girls Clubs.

Want to write a book? Maybe your book has been on your mind for a few years or maybe it's an idea that just popped into your head recently. Either way, you're not alone. In fact, 82% of the population wants to write a book.

That's why we are very excited to share that we've partnered with Vickie Gould, ten-time best-selling author and book coach, in her Easy Writer Guaranteed Amazon Best Seller Program.

<https://vickiegould.com/amazon-group/> She's helped 92 authors become best-sellers and she's the queen of breaking down overwhelming things into simple steps that anyone can follow. This program is different from other book programs because it's guaranteed – yes Vickie guarantees your best seller status if you just follow her simple formula.

See all the details of the 10-month program here:

<http://bit.ly/easywriterprogram>

Because you're in our community, we are able to give you \$500 off the program when you use the CODE W2W for one-time payment, or the payment plan CODE: debmagazine

As you look toward 2019, this issue should give you a lot to think about, and will hopefully guide you to living your best year yet!

Blessings and joy,

The Women2Women Staff

Love,
Deb and Mimi

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W2W Women Inspiring Women for Good!

Our Mission:

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

DO YOU KNOW A MICHIGAN WOMAN WE SHOULD FEATURE?

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

WHY ADVERTISE WITH US?

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

READERSHIP & DISTRIBUTION

Women2Women Michigan magazine is distributed to subscribers via US mail. It is also available at every Women2Women Michigan event, chamber events, and women's organizations. It is professionally delivered by 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

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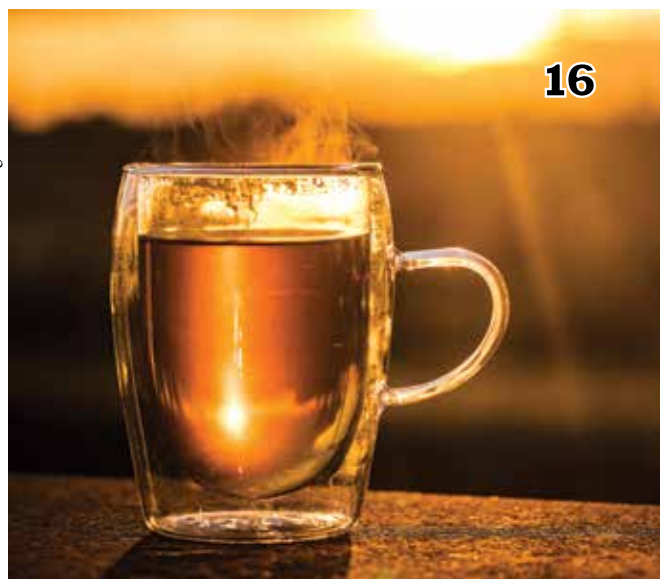
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Vickie Gould





Vickie Gould is a wife, mom, author, and entrepreneur. She describes herself as fun, goofy, quirky, nerdy, and talkative. Those of us who have met her absolutely agree.

Vickie was born in Canada, but was only there for about one month of her life. She was raised mostly in Pennsylvania, graduated high school in Tennessee, went to University of Michigan, and now lives in the Hartland area. She is not only an author, but her expertise is in helping people to become best-selling authors themselves. Even more so, she “helps them uncover and overcome their limiting beliefs to become a change-maker for our wounded world”. Vickie is a highly successful author, coach, and speaker, but she had to overcome adversity to become the dynamic person she is. And now she uses her story to help other people.

Here’s how she tells that story:

Many people know me as “The Words Lady” or the lady who has helped nearly one hundred people become best-selling authors. These people were then able to close two-million-dollar deals, get on TedX, and appear on television and other media.

But what you might not know is there was a time where I thought I could outrun my own story.

Back in 1989 in the second semester of my senior year of high school, I was having another potentially horrid night with my mother. My dad wasn’t home which meant my buffer was gone.

My mom stood five feet four but when she screamed I could swear she was six feet nine. And though she weighed probably one hundred and ten pounds, somehow she seemed to have the muscles and the strength of a body builder four times my size. Please don’t misunderstand—I love my mother.

But for some reason I reminded my mother of all of her greatest failures—everything she couldn’t do or have. I don’t know whether it was because I had her eyes. I don’t know whether it was because I have her fiery personality, but all I know was that night she had me in a headlock. And every now and then I boldly put her in one too.

She yanked my hair and I yanked hers back and she grabbed my arm. I got away and I ran up the stairs and I said, “I’m done. I’m done! I’m so done.” I furiously packed my things.

For some reason I had a bungee cord in my closet. I hooked it to the leg of my canopy. I tied my sheets to it. I strung them out the window and it’s not like the movies where you gracefully go down the side of a building. With a bungee cord you really just stretch-fall to the ground. But I was okay. I saw a light at the gas station in the distance and I ran towards it, called a friend to pick me up and I vowed I would never go back.



“You’re not going to amount to anything. You’re worthless. Lay down on the floor and die because I wish I’d never had you. You’re not enough.”

But her words kept going through my head – it was *that* story I thought I was outrunning. It replayed over and over. “You’re not going to amount to anything. You’re worthless. Lay down on the floor and die because I wish I’d never had you. You’re not enough.”

Once I became successful I actually didn’t want to tell anyone that story. In my culture, it would shame the family name. But since then, amidst all the tears and confusion of, “Why did I have to go through that?” I realized that you can turn your pain and your mess into your message when you can bring **value and purpose** to the things you’ve gone through.

You can become the change-maker, and I became committed to helping others do just that. You can become one who shows the way. I first had to learn how to embrace my story. Then I could teach others how to make a best seller out of theirs.

Vickie describes what she does professionally this way. “As a result of working with me, entrepreneurs are able to share their story and message with more impact, create a bigger following, and become best-selling authors with a book that turns readers into clients.

I have a passion for this because I truly believe that we were not created to be tumbleweeds that pass through life. Nor were we created to be mediocre. Everyone has a story that can help another person and what they learned in their journey is exactly what the world needs healing in. When we share those stories, especially in books, we leave our legacy and get to live forever in those words. So I coach individuals and groups in how to do just that.”

Vickie started coaching in the wellness industry helping people with chronic illness because she has Chronic Lyme

Disease. After her following grew and she wrote her first book—getting it to best-seller—people started asking her how she accomplished that. She became a story marketing coach because she believes that sharing your story is important. She created relationships through vulnerability. That morphed into people asking her to help them become best-sellers too. Now she coaches people on writing best-selling books.

Vickie has authored nine best-selling books. Four of them are anthologies about entrepreneurship and one is about Lyme disease. The others are about detox, herbs, entrepreneurship, Law of Attraction, and writing your book. She says they all inspire and motivate but also have actionable help inside along with very transparent stories. After reading them, you’ll not only know what to do, but also that you CAN DO IT.

Her biggest life lesson or insight has been, “**Your past does not define you.** You get to choose the words that go through your head and what is possible for your life. No one gets to tell you YES or NO.”

And lastly, her favorite quote is

“The most transformational book you’ll read is the one you write yourself.”

Vickie’s books may be purchased on Amazon. Her book, “Hit Publish”, is available with a special package course and bonuses at bit.ly/hitpublishandbonuses and is a great way to jumpstart the book that is burning inside you.

STAY TUNED: Vickie is partnering with W2W to help us write our own stories in early 2019.

To find out more about Vickie, go to <https://vickiegould.com/>

► Staff Writer/Editor Mimi Matthews



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EXPLORE

What Life Has To Offer

There are so many things in life to explore. God created this beautiful planet with all its variety and abundance with so many different ways to explore. Make it your intention to try something new at least once per week. This can be anything whatsoever. You can start with a different way home that you've never explored before. Perhaps you can take the scenic route next time you are traveling, instead of the freeway.

What type of foods do you eat? Which restaurants do you go to? Instead of the same things, try something that is outside of your culture. For instance, if you always eat at Outback Steakhouse, you could try a non-chain restaurant of another culture. Do you cook the same meals? You could go on YouTube and discover new healthy foods and find out how to prepare them.

Where do you go on vacation? Explore someplace you've never been before. Perhaps you can consider going to visit another country that resonates with you. Are you social? Maybe it's time to be. Go on-line and explore groups that might

be of interest to you. One website is www.meetup.com. I have found some of the most amazing groups that interest me, such as healthy lifestyle meetups and meditation groups. There are also music groups and so much more!

Are you a tea drinker? There are thousands of different flavors of teas, from all over the world to taste and explore. If you drink coffee, there are also different flavors to try. Try a different brand of coffee or even a different coffee shop from time to time!

I am a big fan of natural skincare products. Pretty much every department store now has natural body butters, balms, lotions, potions and oils. Even essential oils are sold everywhere now and many are pure and safe. This could be something new for you to try. They can be bought for as little as \$6 at Wal-Mart. One of my favorite brands is, Gurunanda. You can purchase any of these for yourself and give away as gifts. I always read labels and follow my intuition to decide what's right for me and others.

Do you ever buy yourself flowers? This is something I do from time to time as a special treat to myself to celebrate me as a woman!

There are so many ways to tune-in to yourself as you continue to expand and experience life! Remember to be good to yourself and enjoy your journey of life!

► Katina Love is the author of the book *"Awaken To Natural Wellness"*, she's a Self-love and Life Purpose Coach, and the creator of the *"Awakening With Katina Love"* talk show/podcast. Check out her website www.katinalove.com.



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OUR GIRLS NEED US!



There are nearly 800 million girls globally. Of those, statistics say as much as 92% of girls would like to change something about themselves. Make changes? Generally a person only wants to make a change if they are dissatisfied with the original.

Yet, girls are increasingly dissatisfied with their weight, hair texture, eye color, skin color, breast size, nose shape, ears, ALL OF IT. A girl unhappy with the way she was made could grow into a teenager and ultimately a woman with low self-esteem. How could we blame them when they are bombarded with airbrushed, photo shopped and filtered images of beauty on television and social media? That's a tough standard to compare oneself to.

Thank goodness there is Sparkle Pink Club for Girls. Founded in 2007, we teach girls how to be AMAZING! We get them at a young age, starting at age three, and help them uncover their value and self-worth. When you reach a girl younger you arrive before fear and doubt have had an opportunity to take up residence. Once they know their value they will weigh EVERY decision against that.

Aside from healthy personal development girls still face a future workforce that pays women less. Globally, girls still are undereducated and 72% of all human trafficking victims are women and girls. We have our work cut out for us as an organization as we tackle these issues head on.

Sparkle Pink Club for Girls is a safe place where girls can gather monthly, be elevated and in a glittery environment and find their voice and confidence. Clubs meet across America in Philadelphia, Las Vegas, Austin, Texas and right here where we were founded in Flint, MI. to name a few. There are also local and national conferences and events. In October 2019 we will see our first mission trip as we travel to the tiny country of the Bahamas. Widely known for its tourism there are 400,000 residents there, most of which live in poverty. We will be taking hugs, lip gloss, hygiene kits and hope to girls in several schools and villages. To learn more about Sparkle Pink Club for Girls, events, and how you can help and get involved, explore at www.sparklepink.org.



Editor's Note: Most of us realize that our children and youth are in peril. Teenage pregnancy has concerned us for decades and we wonder what can be done about it. Well, here is an amazing way to invest in the lives of girls in our community before they become our leaders. Deria reports that in the ten years of working with girls through SPGCs not one has gotten pregnant! That is quite the testament to the effectiveness of what they do. However, it's not only about preventing teenage pregnancy; it's about creating confidence and empowerment in these girls, helping them to realize they are worthy to reach for their dreams of more.

Sparkle Pink Clubs for Girls is a non-profit that is funded completely by donations! Wouldn't you like to help change the lives of our girls? Become a Pink Partner today!



► Deria Brown is the owner of The Glam Box Boutique, she's an author and television co-host, she is helping women around the world with business, beauty, and balance, and she is changing the lives of our girls through her Sparkle Pink Clubs for Girls.





Fact & FUN SHEET

1 FOUNDED IN 2007

We teach girls how to be amazing. Our goal is to build self esteem and confidence. We succeed by reaching girls at a younger age. Clubs are open to girls ages 3-13. Learn more about what we believe on our website at www.sparklepink.org.

2 Girl Facts

92% of girls would like to change something about themselves.

It is 100% our focus to change this statistic. There are no ugly girls. Girls can do anything. Sparkle Pink Club for Girls gathers girls from all around the country. Girls meet monthly and share an amazing lesson. They are elevated and recognized in their clubs. Clubs are a safe place for girls to grow.

3 BIG CITIES & BIG HEARTS 2018 WAS EXPLOSIVE

In 2017 we hosted one additional annual Pink Conference. In 2018 we saw that number jump from two conferences to eight. We have twenty three requests for various cities around the country in 2019. Our growth indicates the need to help girls grow.

4 MONTHLY MEETINGS WHAT TO EXPECT

1. Meet monthly in a safe place.
2. Meetings are about 90 minutes long.
3. Girls are encouraged to wear pink and sparkle.
4. A lesson that is specific to their age and attention span.
5. Moms and caregivers are welcome to stay.
6. A helper collects dues. This helps us nationally to reach more girls and locally with treats and crafts.
7. Chapter leaders pray for girls and their families.

5 National Events Grow Time

Many local chapters come together to host the Sparkle Pink Club Conference for Girls. Conferences are a way to foster sisterhood and make lifelong friends. Each chapter is encouraged to consider hosting a conference or attending the nearest one.

6 LEGACY Lifelong Skills

With programs like PINK BIG: Entrepreneurial Academy for Girls and more specialized training being developed as our work deepens, girls will learn leadership and business skills that will change the world.

Hey Sister!

I have embraced phenomenal opportunities in life, but the experiences I consider most remarkable are meeting unique, one-of-a-kind individuals. Their exclusive beauty and admirable characteristics make them a “work of art!” I marvel at their compassion, kindness, goodness, creativity, and giftedness that bring life, loveliness, and originality to lifeless canvas.

Like me, all of these special individuals have their own rare experiences and stories that make them a “best seller” on any list. Some have lived through loss, abuse, molestation, rape, racism, setbacks, divorce, and devastation. Through their divine purposes and destinies, they lived to be stronger than ever before. Cream always rises to the top!

Together, we are a collection to be admired from near and far, because we pageant a variety of ethnicities, shapes, sizes, education, and professions. We are more varied, beautiful, and colorful than an incredible and brilliant rainbow after the rainstorm.

Our differences are our strengths, and at the end of each day we are WOMEN who are stronger together than apart. We have more in common than different; linked hand-in-hand by everything that makes us WOMEN—created, not made, passionate, unique, artistic, resilient, intuitive, committed, overcomers, survivors, and a vial of strength. Together, hand-in-hand, we are game changers, world changers, and life changers!

You, Me, and a Cup of Tea

My sister, will you share a cup of tea with me?
If we look beyond our fleeting beauty,
we will discover enduring beauty living in the heart.

My sister, will you share a cup of tea with me?
If we ponder life's realities,
we will discover we are stronger together and weaker apart.

My sister, will you share a cup of tea with me?
If we look deep within,
we will see that we are more alike than we are different.

My sister, will you share a cup of tea with me?
Can we throw away the façade
and accept the strengths and weaknesses behind the wall?

My sister, will you share a cup of tea with me?
I wish to savor the amazing bond we share;
the never-ending, ever-increasing celebration of womanhood.

Taken from Every Day is Mother's Day, Author Burnie G. Nelson
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► Burnie Nelson is an author, motivational speaker, creator of a women's journal and leadership periodical, and founder of the women's organization “Where Words and Heart Meet” and the women's network “I'm Not Built to Break”.



WARM UP TO VEGGIE-PACKED SOUP

(Family Features) When the weather outside is frightful, we could all use a cozy soup for supper. A steaming bowl of Rustic Vegetable-Beet Soup provides instant comfort.

The ease and convenience of Aunt Nellie's pickled beets can't be "beet"- no need to spend time peeling or pickling. This colorful mix of antioxidant-rich beets, sweet potato and carrots joins tender zucchini to create a soup that tastes like it simmered all afternoon; but in fact, comes together in under an hour. The sweet-tangy beets add an unexpected but welcome layer of flavor to this hearty soup.

For the finishing touch, a garnish of vibrant green, lemony gremolata brightens the soup's flavor. Garlic, lemon and parsley may seem ordinary, but they come alive when combined. Crisp flatbread makes a perfect accompaniment to this meal-in-a-bowl.



RUSTIC VEGETABLE-BEET SOUP

For more recipes, or to learn more about Aunt Nellie's beets and other products, visit www.AuntNellies.com.

Prep time: 20 minutes

Cooking time: 30 minutes

Servings: 6

- 1 jar (16 ounces) Aunt Nellie's Whole Pickled Beets, well drained
- 2 tablespoons olive oil
- 2 medium onions, coarsely chopped
- 2 medium carrots, coarsely chopped
- 1 medium sweet potato, peeled and chopped
- 2 large cloves garlic, minced
- 2 zucchini (about 5 ounces each), coarsely chopped
- 2 cans (about 14 ounces each) vegetable broth
- 1 teaspoon seasoned salt, optional
- 1 can (15.5 ounces) chickpeas, drained and rinsed
- Salt and pepper
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons finely chopped fresh dill

Gremolata:

- 1 tablespoon minced fresh parsley
- 1 tablespoon minced fresh dill
- 2 cloves garlic, minced
- 1 teaspoon grated lemon peel
- Coarsely chop beets; set aside.

In large saucepan, heat oil over medium heat. Add onions; saute about 5 minutes or until softened. Add carrots, sweet potato and garlic. Saute 3-5 minutes or until vegetables begin to soften, stirring occasionally.

Add zucchini, broth and seasoned salt, if desired. Bring to a boil. Reduce heat and simmer, partially covered, about 15 minutes or until vegetables are tender. Add chickpeas; heat through. Season to taste with salt and pepper, as desired. Stir in parsley and dill. Stir in beets. Serve immediately topped with gremolata, if desired.

To make gremolata, combine all ingredients.

Nutrition information per serving (1/6 of recipe): 210 calories; 6 g fat; 6 g protein; 33 g carbohydrate; 6 g dietary fiber; 0 mg cholesterol; 2 mg iron; 727 mg sodium; 0.13 mg thiamin; 6981 IU vitamin A; 8 mg vitamin C.

Warm and Inviting HOWELL, MICHIGAN

There's nothing that beats the winter blues like discovering fun, new adventures. You don't need to travel far for your escape! Michigan is home to some great weekend getaway places, including Howell – the 2018 Great American Main Street winner. Located along I-96 just west of US-23, its downtown is brimming with charming shops, independent dining, and fun things to do, so grab your calendar and start planning a little holiday of your own!

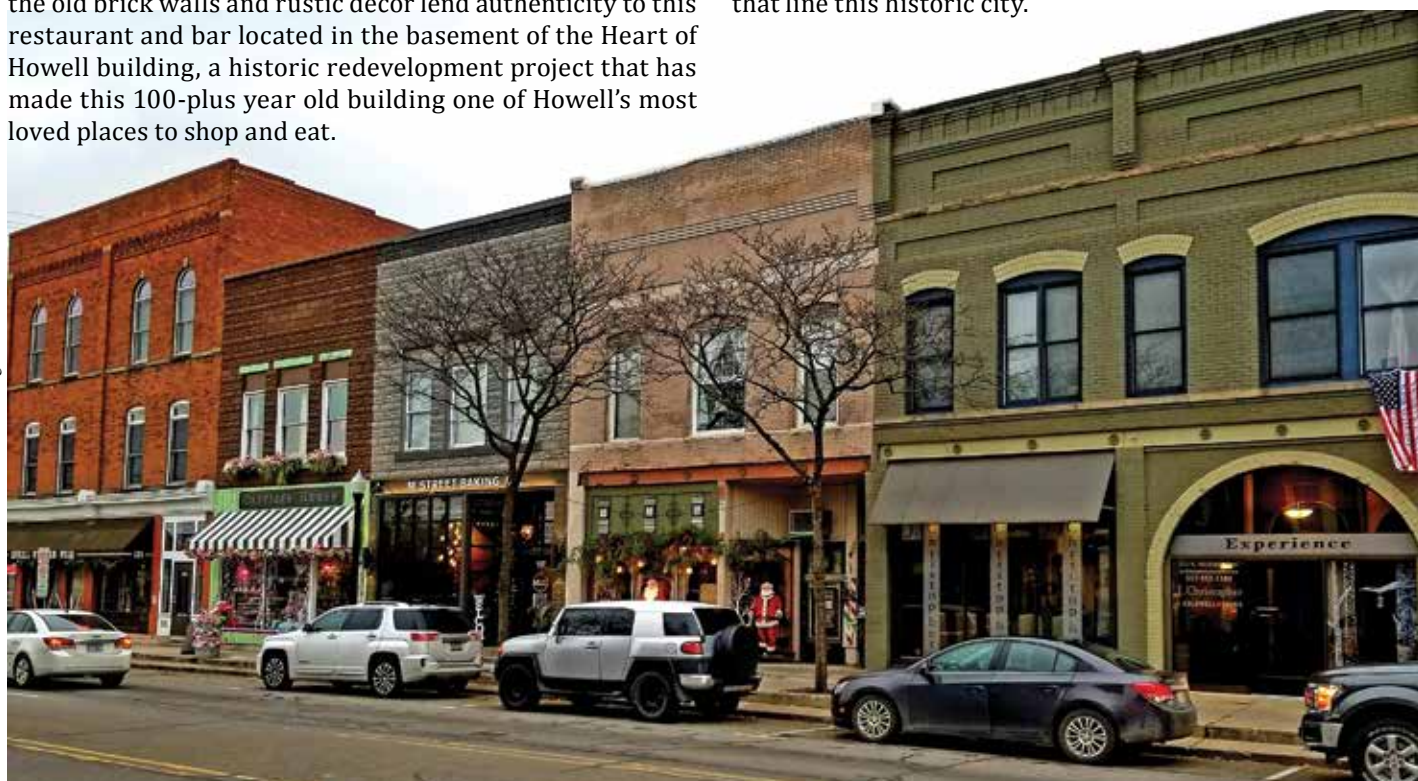
Nestled along Grand River Avenue just a few blocks from downtown is Angie's Inn on the Grand, an amazing bed and breakfast that caters to groups of crafters. The Inn features a large craft room with a 5-foot table for each crafter and Cricut cartridges galore. Schedule your weekend at the Inn and let the pampering begin!

Be sure to save plenty of time to walk into town for some shopping and dining. Home to three restaurants owned by locally celebrated chef Adam Merkel, Diamond's Steakhouse, Cello, and The Silver Pig are quality places to experience trendy or traditional dishes. Merkel is a regular guest on Detroit morning news programs cooking segments. Another local favorite is 2FOG's. Designed to replicate a speakeasy, the old brick walls and rustic decor lend authenticity to this restaurant and bar located in the basement of the Heart of Howell building, a historic redevelopment project that has made this 100-plus year old building one of Howell's most loved places to shop and eat.

Looking for a traditional pub? Stop by Cleary's at lunchtime for some great Irish grub and beer. Come back Friday night for live music and specialty martinis! Across the street is Moe's BarBar, a fun place for food and drinks, but also a barber shop. Top it all off with a treat from M Street, a baking company that is home to the most amazing snacks and shakes piled high with candy bars and goodies! Howell also has a shop called the Chocolate Boutique that serves up the best cannoli and baklava along with a whole menu of the yummiest delectables imaginable.

Perhaps you prefer wine paired with savory pizza served up cozy and fresh at the Howell Mainstreet Winery? They close a little early, so stop there for lunch. Chances are that you'll enjoy it so much that you'll end up staying until dinner. Venture next door to the Heart of Michigan, a shop filled with all sorts of Michigan products and made-from-scratch pasties.

There's no shortage of places to experience the best in food, spirits, and treats in Howell. From hangouts like Aberrant Ales, a craft brewing company, to Thai Café, Dairy Queen, and Chinese Delight, this downtown will satisfy your cravings! Once your belly is full, you'll want to visit the variety of shops that line this historic city.



Carriage House Designs has been charming patrons for over 20 years with its quirky and fun giftables. From fairy garden items to Polish pottery and jewelry to funky trinkets, there is truly something for everyone here. Right next door Howell Western Wear has an amazing array of boots, jeans and authentic western attire with the friendliest service in town. And on this same block, affectionately known as the Alley District, is Finding Roots, which offers good vibes, locally crafted wares and art, and amazing gifts with a focus on positive energy and community. On the flip side of the alley is



Like Mother, Like Daughter Vintage Treasures. It is stocked full of the most gorgeous, rustic vintage and antique items, each hand-picked and carefully selected. You will fall in love with the alley itself. Known originally as Peanut Row, it has a personality all its own and is a hotspot for photographers wanting to capture amazing wedding, family, and graduate photos. It is often decorated per the season and is lined with colorful furniture.

Need a break from all this great shopping? No problem! Uptown Coffeehouse is a local favorite for its delicious beverages and warm, inviting atmosphere. Sit for a spell and enjoy an Uptown Mocha or another delicious concoction before heading over to Walnut Street Marketplace, a warehouse full of treasures for home or office. Here you will discover hand-painted furniture, décor, and specialty items for every nook and cranny of your home. Before heading back to Angie's Inn on the Grand for a night of relaxation, make a trip to Kokopelli's Korner for great gifts, tea, and uplifting spiritual items. Try the complimentary tea while you shop for soaps, candles, tea, oils, books, jewelry and more.

Howell has so much to offer, even in the heart of winter, that you'll want to visit more than once just to take it all in, like a stop at The Howell Opera House, the hometown movie theater, yoga studio, or even a refreshing walk through the lovely neighborhoods with large historic homes and a small community lake and park. Once you've visited, you'll become a regular year round. In fact, the city hosts several events all year long including Balloon Fest, Melon Fest, Legend of Sleepy Howell, Witches Night Out, and Fantasy of Lights. So schedule a little TLC for yourself and head on over to the seat of Livingston County for some crafting, relaxation, food, and fun.



► *Kim Hytinen is a Michigan native, freelance writer, dreamer, and lover of interesting vintage and antique goods. As a former small business owner, college administrator, and the mom of three teens -- one of whom is special needs -- Kim's experience adjudicates her propensity to writing on a variety of topics.*



We Never Thought We Could But **HOPE** *was Restored!*

I would not have believed you! If you had told me my two children wouldn't be labeled as learning disabled anymore, or that they would refuse to eat fast food and drink Hawaiian punch, or that my incurable autoimmune bladder disease (Interstitial Cystitis) would be cured, or that my Dyslexia could be controlled, or that my husband would not need allergy shots or medications for the last 11 years, I would not have believed you!

The year that I turned thirty-nine was simultaneously the hardest yet most rewarding year of my life. It was the year that we radically changed our habits and our family's hope was restored. We came off all prescription and over-the-counter medication. We stopped eating the Standard American Diet (SAD), no fast food, chemicalized, processed foods or drinks and stopped using everyday poisons in our body care products. Within a few months, our family's physical, emotional and spiritual health and well-being made a 180. We were finally able to think and lovingly communicate clearly.

Our household no longer struggles with dermatitis, eyesight issues, chronic sinusitis, allergies, depression, constipation, lung infections, dyslexia, ADHD and reading (my sons' learning disabilities), staphylococcus infections, cellulitis, hemorrhoids, and bad attitudes and tempers.

We had no idea, or ever considered, the dangerous toxic chemicals in our foods, drinks, skin care, over-the-counter medications, or prescriptions. We were not aware of how they affected our temper, behavior, and health. Without the everyday toxic chemicals, many which are neurotoxins that were clogging our brains, we are now able to think clearly. We are able to stop and think before reacting and speak in love and kindness with patience towards one

*We stopped
eating the
Standard
American
Diet (SAD),
no fast food,
chemicalized,
processed foods
or drinks and
stopped using
everyday poisons
in our body care
products.*



Stevia

another. Previously there was daily hopelessness, frustration, resentment, anger and yelling.

I hope that my family's story can encourage you to take the first steps towards healing and restoration of your family's body, mind, and spirit. We noticed a difference in just a few weeks. Hope literally turned into reality for the Kimbrell family. Our bodies (myself, Steve my husband since 1994, and our sons August -13 and Austin -9) are now disease and illness free.

Working in the medical field for years, I have knowledge of the body and how it functions—although I was taught to deal with the symptoms and that there is no cure for anything! I now know to look at the root cause of a problem, issue, or disease. Your body has the ability to correct itself when you stop using toxic products and give it the nutrition, water, exercise, and sleep it needs.

I now dedicate my life to the ministry of educating people on how to make better choices. I have written an easy-to-read health book "Living Balanced, Healthy Mind & Body Reference Guide" (available on Amazon or my website) that is the compilation of my education and research since 2007. It doesn't matter where you live or your income level; there are many things you can do to make better choices and to restore your wellbeing.

► Stacey Kimbrell is an International Speaker and Author of "Living Balanced." As a Natural Health Coach, Stacey loves to provide a simple and practical approach to living a healthy, toxin-free lifestyle for what you EAT, DRINK, THINK & DO! Her desire for you is to "Live with Hope & Zeal in all things." 810.423.5721
Stacey@staceykimbrell.com www.LivingBalancedGuide.com



BEST MISTAKE EVER!

When you put on your party pants and head to your next holiday or family gathering, you'll likely reminisce and share funny stories with family and friends. That might include laughing at mistakes we've made. For example, one morning, I'd just showered and gone to the kitchen for breakfast. I picked up a jug of orange juice and shook it hard – orange juice went everywhere – the lid had been merely placed on the jug, not tightened. Orange juice was on my hair, my clothes, the floor, the table, everywhere. It was hilarious, and I'm reminded of that mistake often.

As the New Year approaches, we often also spend time thinking about the past year, our goals, and what we've achieved or didn't achieve, even mistakes we may have made. Or maybe you believe what artist Bob Ross said, "We don't make mistakes, just happy little accidents."

Regardless of whether you call them mistakes, accidents, or even failures; some mistakes, big and small, turn out to have happy or even fabulous results!

A friend recently shared a story with me about her granddaughter and her dad. Her granddaughter is autistic and had never done laundry. Laundry was something the granddaughter hadn't felt comfortable doing because of measuring laundry soap, putting in correctly, etc. One shopping trip, the dad mistakenly bought the pod version of laundry soap, which turned out to be one of those best mistakes ever! When he got it home and the granddaughter saw it was so easy to just throw the pod in the washing machine, she suddenly felt the confidence to do the laundry! She had a new accomplishment and her dad had one less chore to do. Happiness all around.

Mistakes or happy accidents can be learned from, can guide us to a better choice next time, give us new opportunities, or lead to new successes. Like when, through trial and error, we create a new recipe. **Mistakes also remind us that life is short. So why not put on our party pants, have some fun, and not worry so much about perfection?**

Our mistakes keep us humble and help us grow. Sometimes a mistake can be as simple as saying yes to something you really want to say no to. But, when you show up to that yes it leads to something amazing that never would have happened had you said no.

So, what is your best mistake ever?

► Tina Nies is a Certified Life Coach and a Vision Board Coach. Her passion is building and strengthening self-love as a foundation for success. She is an author and is known as the "Empress of Love". www.facebook.com/40daylovefest/ <http://www.40daylovefest.com/>



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TRADITIONS & Change

I've always loved the holiday season. The smells. The company. The lights. Mostly...the company. People come from all over the country to be together for Thanksgiving, then less than a month later, they reconvene for Christmas Eve. That was my family's tradition, as I was growing up, it still is. I loved /love it so much. All of my aunts brought their special dish, the uncles their best booze. There were pies, kifli, scotch and bourbon. There were cookies, muffins, and brandy. There were perogies, bulbolki, pea soup and wine. There were the same old jokes, the same pipe and cigar smells mingled with those of turkey and dressing. It was safe, steeped in tradition, comforting and rich with love and laughter. I felt so secure. Year after year, it was the same. Every family member looked forward to November and December, we were finally all together.

Things change. I moved away. Other cousins followed. Grandpa and Grandma passed, then the Aunts and Uncles started leaving us.

Even though I missed twenty Christmas Eves, my memories remained. My children would request stories and could recite the family Christmas Eve as if they had been there in person. I continued to make the traditional Czechoslovakian food, never quite as good, then I stopped.

Things change. My little family started our own traditions, 2,000 miles away. Some years we had money, others not so much. It's funny how my now-grown boys remember the poor years better. The year we made our own ornaments, the year they played with the boxes and paper rolls and the year our friends provided a Christmas for us. They had no idea that we were struggling...maybe we were less frantic because there was very little shopping that could be done. Maybe we were more attentive because we felt badly. They never complained.

Our own traditions included jammies, making gifts, and of course...food and wine. We were always rich with love and laughter. That part stayed the same.

Things change. We have one aunt left. Some of the cousins are gone and others don't come back for the holidays. They left for the same reason I did—the cold weather. I came back. Many of the young cousins have left, including my oldest son. It's different now. *We're* different now. Some of us only see each other on Christmas Eve. I know, for sure, that it is one of the only times we are all together. It seems so much more difficult to spend quality time together. Our kids spend time with their in-laws. We rent an old Tudor mansion instead of gathering at a home. Some of the cousins still make the traditional foods but the rest is catered. However, Christmas Eve is still full of love, laughter, hugs and sometimes tears. That part stays the same.

Things change. We change. Times change.

Some things do not. Like the love we have for our entire family...its unconditional...constant...bottomless and fierce. It's the things that matter most that are eternal. They get passed on, from one generation to another...like our food...our love lives on...family values thrive, and warm, comforting hugs will forever be given. That part will always be the same.

So, this holiday season, remember what's most important...the way you make your loved ones feel. That's a wonderful thing to be remembered for, for generations to come.

Try these helpful hints:

- 1** Set a pretty table and decorate, without going overboard. Smells are most important because our brains create lasting memories based on smell.
- 2** Welcome everyone with a warm hug and ask them a sincere question, wait and listen for the entire answer. It's the way you make someone feel that will be reflected on during the entire year and beyond.
- 3** Have a personal gift for each guest. It can be something you made, their favorite pie or cookies, anything that causes them to feel as though you thought only of them when you made or bought the little token of affection.
- 4** Do not be critical or bring up any touchy subjects. Correct others when and if they do.
- 5** Be thankful that they cared enough to spend time with you.
- 6** Require all phones to be deposited at door...or at least not used during dinner.
- 7** Smile and laugh easily. Tell stories of Christmases passed.
- 8** Make as many things ahead of time that you can so that you have more time to visit.
- 9** Have an extra place setting available in case an uninvited guest should show up.
- 10** Hold as many babies as possible. Breath them in. They will be different next year.

May that be my legacy...one who embraced change without judgement and loved her family without reservation or condition. One who was always rich in love and laughter, with an awaiting hug and kiss...and perhaps a glass of wine. It is the legacy of my ancestors. May it be the legacy of my children. Some things never change.

Be blessed. Enjoy this season. Much love.

► *Deborah St.Hilaire has been a women's empowerment/life coach since 2010. She can be reached for personal and group coaching, speaking engagements and retreats. thedivalution@gmail.com or 419.366.8091*



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WHEN YOU FEEL

Beautiful,
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Beautiful!

Since this will be my last article for W2W Michigan, I would like to take this opportunity to give my readers some food for thought on all the previous articles written for the Beauty by Design section.

From Color Techniques and trends, grooming and choosing the best beauty products, I can only hope that you, the readers, have been able to find some helpful tips and tricks to make you feel more beautiful, because, as I have learned from all my years in this industry, beauty starts from within. If you feel beautiful you look beautiful.

From my very first client to my very last one I realize what a privilege I have been given to make someone leave my salon feeling more beautiful. From my clients' graduations, proms, wedding days, and everything in between, I have had the privilege and honor of playing a small part in them.

To you, my readers, who took an interest and the time to read my tips and secrets on beauty, I thank you. If even one of my articles helped you to try something new or take a chance and step out of your comfort zone, which in the end gave you the confidence to feel good about yourself, then I accomplished what I hoped for. That is to give you the tools to assist you in becoming a better version of yourselves.

I wish you all the best that this life has to offer. Never forget that you are all "Beautiful by Design"

Love, Peace and Hair Grease!

Tami

We would like to thank Tami Sackett for writing Beauty By Design articles over the years. We are sorry to see her go, but wish her blessings in whatever the future holds for her.

► *Tami Lyn Sackett is a free lance writer and beauty expert with over 30 years in the industry with a passion for making every woman look good and feel better about themselves through practicing good Heath and utilizing the right products. Contact Tami @ tamilyn66@yahoo.com*





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Meet Senior Enlisted Advisor, Command Sergeant Major Tabitha Gavia

Command Sergeant Major Tabitha Gavia is the very **first female senior enlisted leader of the U.S. Army Recruiting Command**. *Women2Women* was invited to attend a luncheon where she was the guest speaker and we were also given the opportunity to interview her. Of course we jumped at the chance!

Tabitha (as she instructed us to call her) wasn't fond of school until, in high school, she discovered physics—the electronic piece—and “fell head over heels in love with it”. This is a lady who loves math and describes herself as a nerd. Tabitha tried college but it didn't quite fit. Her parents had instilled in her the

importance of education, so she joined the Army as a way to reach that goal. And reach it she has, with an associate's degree in technology, a bachelor's degree in liberal arts, and a master's degree in business. Why business? Because “business practices are good for keeping us focused in our current jobs”. In the medical field, in both civilian and military, it's a struggle to streamline processes and business education gave her that perspective.

Tabitha stressed that one of the Army's main focuses is to **create leaders**. Her first job was in electronic repair for intermediate nuclear missile system—a job you rarely get

anywhere else. And her first leadership job was in basic training. She was placed in charge of other people *in basic training*. She says, “Here I am this skinny kid, so scared!” But the encouragement and the sheer focus to turn them into leaders is amazing.

Her first duty assignment was in Germany and within weeks she was in charge. The Army starts you with small things first—a detail over a small group of soldiers doing something small—that will lead to something bigger. Tabitha joined the Army to **be part of something bigger than her**. She knew she needed focus and she needed to finish her education.

Tabitha, what change have you seen regarding women during your thirty-one years in the Army?

“First of all, the Army is a reflection of society. The first couple of years I was absolutely loved by those who took care of me. And I really expected that from the rest of my time. When I didn't encounter that, I made sure my leaders knew what ‘right’ looked like.

In society in many cases, women are not treated equally. In the Army we consciously



work toward being sure that everyone is treated equally, and even have programs set in place in regard to that. So when people are not treated appropriately, you can blow the whistle on them. Of course they encourage the mistreated person to speak to the offender, but if no change is made, the policies are in place.

Women themselves have been the greatest changed. In my first platoon there was one female leader, and she was pretty much invisible, having no impact on my world.

So fast-forward to my first on-the-job training as radiology specialist at Ft. Lewis in Washington. The women there were so strong! From nurses, to physicians, to techs like me, they were so empowering and wanted us to be really good at what we do." After she had botched an x-ray of a lung, she had a specialist, a cardiologist, say to her, "We can do this, let me help you," and take the time to help her complete the exam correctly. Tabitha never forgot that.

Part of Tabitha's job is to **inspire young girls that they aren't limited to traditional careers** that have been dictated to the females of our society. The opportunities are limitless with over one hundred fifty career choices available (more than one hundred are STEM-related). Whether one joins to become a physician, or to work in counter intelligence or aircraft repair, the Army will put you in charge, teach you how to lead, and help you find your purpose. The challenge to women coming into the Army is understanding that **you can stay and reach as high as you possibly can**. For example, Lieutenant General Laura Richardson is the new (interim) acting commander of the U.S. Army Forces Command. So she is the commanding general for the *largest forces command* in the Army, representing 776,000 soldiers and 96,000 civilians. Having a female in this position is a first.

Of interest to us is how the Army regards women who are advancing in age.

"The Army is friendly toward women advancing in age. There are many females in senior positions in both the officer and enlisted sides. Our women who have been in for a while advance in age, but also advance in wisdom. There are many brilliant women leaders who inspire both men and women to be more than they imagined they could be. And that's what we are supposed to do—inspire and empower our soldiers and civilians. So yes, as women age they are still empowered and supported, often taking top positions in the Army.

There is an age limit, however, sixty-plus, depending on your job. Around age sixty our bodies begin to lose some of their agility. There are fitness standards and we act as a model to our soldiers. Research says that maintaining a level of fitness gets you through just about anything. There is no guarantee you won't have to fight, or be put in a really stressful situation, and the stress is hard on your body. Being fit enables you to deal with it better. And it's very inspiring to the younger folks to see us out running with them. There is no smile like that and it will get you out of bed every day."

Tabitha's job is to enlighten the public. She says she is incredibly biased because she loves the Army. "There were eight thousand employees at Brooke Army Medical Center



and they had an incredible love for each other. When you are put into challenging situations, the person you turn to is the one on your right or left. Sometimes it's your civilian teammate because the Army is made up of not only soldiers, but also government-scheduled civilians and their families.

The Army is a good fit for me because I love structure. There is structure and there are rules to follow, but within that there is a will to empower and inspire your people. And we have strong values. As soon as you set foot in basic training, you are taught what those values are—loyalty, duty, honor, respect, integrity, selfless service—and we are expected to uphold those."

Tabitha will serve as senior enlisted advisor for about two years and then she isn't sure what she will do. On her list of considerations is to live on a beach for a year or go to law school. Hmmm, wonder what she will choose.

We really appreciated the opportunity to visit with Tabitha. Honestly, none of us had a clear idea of what the Army had to offer, and her love of and passion for the Army was contagious. If you are the mom of a high school junior or senior, a great move would be to consider the Army for your student's career education. Its educational benefits include money to pay for college, training for in-demand career fields, and receiving college credit for military training. We learned that the Army is one large team where they all work together and depend on each other. The Army encourages soldiers to become leaders and to reach beyond their imaginations. To the Women2Women staff it sounds like a great place to belong.

► Staff Writer/Editor Mimi Matthews



WHAT MAKES YOUR HEART *Sing?*

What does it mean when someone says to live your life, not your age? During an emergency on an airplane we are instructed to put on our own oxygen mask first before helping our child or anyone else. This holds true for more than just being on an airplane. Whether we're young or old, our quality of life will fully improve when we start taking care of ourselves first.

At the young age of nineteen I gave birth to my first child. I quickly went from childhood to adulthood and began playing the role of the responsible care giver for everyone in my life. I saw my mother do this so it seemed like a logical way to live. As a result I spent most of my younger years putting everyone's happiness before mine.

By 2004 my life fell apart, and I felt like I was going through the dark night of my soul. My logical choice of being the nurturing caregiver for all wasn't working and my heart was broken. I felt very alone and unloved. In desperation, the oxygen mask I reached for showed up in the form of a wonderful friend named Katie. She introduced me to the Law of Attraction. This knowledge helped me realize that I could change the quality of my life by changing the quality of my thoughts.

I became aware that after living with 30 years of verbal abuse, I had acquired my own habit of negative self-talk. I began to realize that if I chose to carry around this heavy baggage of negative self-talk, my life would continue to be difficult and painful. It would be no different than choosing to walk through life with an anchor tied around my ankle.

With Katie's encouragement and support I found the strength to go through my second divorce and end my pattern of tolerating verbally abusive relationships. I began to live my life instead of my age. For the next two years I learned the value of helping myself first before I can help others. My only focus became self-nurturing and self-acceptance. I stopped all negative self-talk. I changed my environment by redecorating my home in a way that made me smile every time I walked into it. I cooked only the foods I liked and as I focused on respecting myself, I intuitively began choosing healthier foods. I listened

to the music that made me want to sing along and/or dance to it. I chose uplifting television shows to watch and I stayed away from negative people who thrived on drama. From past experience I'd learned that whatever I'd said or done to make someone else happy, never really worked, so I stopped trying to make other people happy. I awakened to the truth that it's impossible to live your life when you're giving your life away to others.

Here are the Law of Attraction principles from my book *Stepping into a Life of Joy* that helped me learn how to live my life and not my age.

When you're stuck in a rut it's due to the powerful momentum of habitual thinking. (What self-defeating habit are you hanging on to?)

Our emotions are guiding us. The emotions we feel tell us what we are attracting, or more accurately, how the things we are attracting will feel when they arrive. (What anchor is holding you down?)

Choosing thoughts and experiences that feel good will help you raise your frequency. (What makes your heart sing?)

I feel happier and healthier than I did in my younger years. It's easy to speak from my heart when it comes to the topic of how to live your life and not your age. When I started taking care of myself first, I actually had more energy to give and my life blossomed. I feel young, vibrant and fully alive despite the fact that I turned 71 this year. I've learned that when you're good to yourself, your life's purpose will unfold. When you're living your life with passion and purpose, age is irrelevant.

► *Suzanne Young an intuitive life coach. She specializes in the Law of Attraction and empowering others by helping them learn how to reconnect with their Inner Guidance. She is also an inspirational speaker, author, and co-owner of Personal Success Programs, since 2007, with her husband Kevin Young. You can email her at suzanne@psprograms.com and their website is www.psprograms.com. Her office number is 248-349-6225.*



LET YOUR *Joy* LEAD YOU TO HEALING

What are your joys? Gardening, traveling, singing, playing the piano? Mine include yoga, dancing, and music. Yoga is not only a joy for me; it is one of my self-healing practices, along with meditation and play. Spending time each day in one, if not more, of our joys is where healing often occurs.

Recent research has discovered less of a cellular protein, nuclear kappa B, in people who regularly practice yoga. This protein is associated with inflammation (joint/muscle pain, including fibromyalgia), so less of it means feeling less pain. Not just yoga, either! Meditation, Thai Chi, Qi Gong and other mind-body modalities have proven to produce less of this pain-related protein in those who practice these joys on a regular basis. That's why we feel better afterwards.

I believe ANY joy we have contains the recipe for healing. Spending time in Joy increases dopamine, serotonin and other mind-healthy chemicals that give us a natural "high" that no natural or artificial drug can give. Yoga certainly does that for me!

Yoga means union of mind, body and spirit. Meditation creates a similar connection. According to this recent scientific research, documented in WebMD Magazine, we don't even need to DO physical activities to create this natural high.

Years ago, I was diagnosed with arthritis and fibromyalgia. I took prescription pain medications over a short but intense time, until I started to feel like I was slowly withering on the vine. I became suicidal. During this period, yoga was the only thing I could do with myself, for myself, by myself, that made me feel better. Practicing yoga empowered me with a self-love and respect I'd lost and desperately needed.

Today I teach 3 types of yoga in my Cradle Yoga studio in Flint Township and surrounding areas.

Wall Yoga is quite gentle and kind. We prop our legs up against a wall to relax our backs while stretching and strengthening our legs, hips and feet. Beginning with simple floor poses, we focus on our upper bodies, targeting tightness in neck and shoulders, where many of us carry our tension. The last few minutes we lay still for the deep relaxation period, a vital part of yoga.

Cradle Yoga is a playful form of yoga using silky stretchy fabric like a hammock. We perform a variety of poses in and out of the cradle, working EVERY major muscle group in our bodies...while having a total blast. In fact, laughter is strongly encouraged! Cocooning our body in complete comfort while immersed inside the cradle is the last, and everyone's favorite, part of the class.

Acro, a partner-based yoga, is more advanced, and a ton of fun. It teaches us trust and non-verbal communication skills. It also creates community and improves self-confidence by encouraging our Inner Child out to play. As kids, many of us flew in "Airplane"- with our hips propped up on another person's feet. In fact, if you've ever flown in Airplane, then you've already done Acro Yoga.

If yoga isn't your thing, what is? Explore it, join a class or group of like-minded individuals practicing it regularly – or create your own new community. Let your current joy lead you to discover even greater joys, and possibly even guide you to your own personal healing!



► *Julietta Chevalier Owner, Cradle Yoga Studio*
www.juliettasplace.com

FB pages: *Julietta Chevalier * Cradle Yoga * Acro Yoga Genesee County*



Celebrate!

I love the theme we chose for this issue!! “Put on your party pants” means celebrate! And the best way to end this year and start a new one is by celebrating YOU!!

Celebrating myself was NOT something I had a clue about until several years ago. Growing up with people who stifled my enthusiasm, expected kids to do as told—no questions allowed, and then a spouse who emotionally controlled me, severely limited my ability to feel good about myself, for sure!

But here’s what happened to change that. First, I stopped believing lies. Second, I quit letting others determine my journey. Third, I no longer let people’s opinions about me matter (well, I’m still working on this one, but I’m so much better than I was!). And lastly, and what I’m writing about today, I discovered and became focused on my main strengths and started celebrating WHO I am!!

Many of you are wondering how in the world to celebrate who you are. You are tired of not liking yourself, and you keep hearing people say to just be you, or just “do” you, and you have no idea what in the world that even means. You have been (and done) what everyone else demanded or needed for so long that you don’t even know who you really are.

Because I’ve already walked a journey of discovery, I am going to tell you how I did it. About ten years ago, when I had an epiphany and decided I was finished listening to lies and self-doubt, I was motivated to start naming some good qualities about myself that helped me realize how capable and quite wonderful I am. I had to dig deep past all the junk that had piled up, but came up with loving, considerate, problem-solver, creative, good mom, and more.

Then as I continued my quest of self-discovery, I discovered a valuable tool. It’s a book called Strengths Finder 2.0 by Tom Rath and is available on Amazon if you can’t find

it in a store. This book comes with an access code for you to take the Strengths Finder test for free. I actually took this test four years ago, and I believe it made a huge difference in how I view myself. I am not an affiliate. I just believe in this process and think you should know about it in case you are stuck like I was.

Here’s the way it works. You honestly answer questions and the Strengths Finder computes, hums, cogitates, and spits out a wonderful report about how amazing you are! It’s delightful! Well, mine was anyway. No really, the delightful part is finding out about your innate qualities of strength.

My own examples:

I have been shushed all my life because I have such enthusiasm and I’m quite spontaneous (a polite way to say no filters). But now I “officially” know that “positivity” is my strongest quality. Anybody here surprised? I’ve always been filled with a joy deep inside, and have found the best in others and in situations.

I’m quite sure that I started talking almost as soon as I entered this world, and I love words, so it’s not surprising that “Communicator” is another of my strengths, which presents in writing, speaking, and conversations with people.

At first I didn’t understand how the strength “Developer” applied to me, but when I read “Making someone feel special gives you great satisfaction” as part of the description, it made sense.

A part of the strength “Connectedness” is accepting that which cannot be fully explained by using logic and believing that everything and everyone is connected. Bingo!

Strengths Finder states that according to research, there is more potential for growth when we invest energy in developing our strengths instead of correcting our deficiencies. How’s that for focusing on the positive rather than the negative?



I only mention my results to show you how they resonated with me. Of course, it takes being very honest with your answers for this to happen. But knowing I AM this person (and so much more) has liberated me. It's as if I have permission to build on my positivity and not be apologetic for being somewhat "Pollyanna-ish". And knowing my strength is communication also gave me permission to call myself a speaker and writer several years before I was doing much of either. My strengths of developer and connection enabled me to accept the job of editor for our magazine without qualms.

I am not bragging about my strengths. That is never my intention! I am just illustrating (connecting and communicating) with you how much of an impact taking that

test had on me. I encourage you to learn more about yourself. Spend the sixteen dollars, buy the book, take the test, and begin to celebrate you! Because there is no better reason to put on your party pants and celebrate THAN YOU!

► *Mimi Matthews believes in the power of words to change lives. You can read her life stories and uplifting posts on her blog <http://particularpassions.me/> and buy her encouraging and empowering words on unique cards and gifts on her Etsy shop here: <https://www.etsy.com/shop/EmPOWordmentCards>*



YOU ARE A DESIGNER'S ORIGINAL!

Ladies, before we begin shouting, "Happy New," let's share a candid moment. If you are like me—a woman endeavoring to be the best I can be in this thing we call life—you have confronted insecurities. To be totally honest, we all confront this cold reality at some time or another—no matter how confident we feel about ourselves. We can observe other women whom we consider to embody the ideal features and characteristics; succeeding in the area(s) we most desire personally and professionally and insecurities surface.

I love truth, and the truth of the matter rests in knowing we are "Originals, a Designer's Original." We are rare, only one of its kind, and unparalleled! It's difficult to compete with or surpass an Original! I love a good movie, and sometimes the producers present a sequel to the top-starred movie. I have watched sequels fall short in achieving the same ratings as the "original version". Once a person's matchless thumb print has been applied to any type of handwork (design, invention, or concept), you may come close to duplicating the elitism; but coming close is all you will achieve. You will never be able to duplicate the exclusiveness of an "Original Design" in completeness.

Instead of setting new resolutions for the upcoming year, how about committing to be a greater extension

of who you already are? How about continuing to cultivate the seeds of greatness already inside of you? How about digging deeper into your well of potential and walking another adventurous path? How about sowing seeds of your victories and successes into the life of another woman? How about living on the other side of the "buts" and adversities? You are a Designer's Original...why not perpetuate your originality?

As we approach a New Year, I want to encourage you to validate, compliment, and inspire all the precious women around you. It's easier to help other women to grow, to blossom, when you know who you truly are, A Designer's Original!

► *Burnie Nelson is an author, motivational speaker, creator of a women's journal and leadership periodical, and founder of the women's organization "Where Words and Heart Meet" and the women's network "I'm Not Built to Break".*





TIME IS PRECIOUS

Time is precious. There is only so much of it. How are you spending your life? Your time?

During your day are you aware of what you are doing? Or are you thinking of the next thing, the next project, the next obligation, or the next day even?

If you are paying attention to what you are doing as you are doing it, then you are being in your moment with time. If you are thinking of the next "to do" item, you are not in your moment and then it is gone. There is no getting it back. Sometimes people wonder, "Where did the time go?" Maybe it was spent with your mind in the past or the future.

Some people say that time goes fast, or that life is short. Is it? Sure, for some people life is over before they even start, or some get to middle age and die. Some people never fully live while they are here in existence.

What can be done to live now? To fully get the most out of time?

What if we say yes more to the things and the people and the experiences that our gut tells us to? What if we let go of the fears, insecurities, and negative self-talk, and trust ourselves that we are able to do the things that bring us to life?

How would time feel if we were truly alive while we are here?

Does time go fast for those that are living up to their true potential?

Does time go fast for those that are living in their now—thinking about their now, not their past or the next thing? (And usually when people are thinking of the past or the next thing it is done with worry or regret or some other negative feeling, which robs an individual of their now and their health. Negative feelings cause feelings of dis-ease. *Thoughts become things.)

How can we begin to treat ourselves right? When can we allow ourselves to live now, enjoy now, enjoy where we are and what we have (even enjoy what we don't have)?

When can we allow ourselves to say yes to ourselves, to bring out the fine things that may be saved for a special

occasion, to wear the items that make us feel great and fancy and special?

If you are not doing these things now, then what are you waiting for? A time in the future that is not here yet? Can you allow yourself to not wait? Can you give yourself permission (if you need that) to live your fullest life, to treat yourself the best you can, to be yourself and live in your now?

If we are not living in our now, then who is? If our minds are preoccupied with another time then what or who is making our decisions in this present moment? Past experiences are. If we are not being mindful, and present, then we are really reacting to life instead of responding to it. Reacting or responding. Responding is so much more resourceful, it is how life is lived when awareness is present.

If you like, try to stay in the moment all day. Whenever you find yourself thinking of another time, bring yourself back to the present moment. Notice if you feel like you had more time in your day. Because really, when we are thinking of another time we are missing the time of now, and when we miss that time we don't get to experience it, and then later it seems as if we had no time all day or that the day just disappeared. Well, if we weren't in it or with it, then it did just go away, it didn't get to be experienced.

It really is life-altering to practice staying in the moment. I was doing this for a few years before my husband passed away at a young age. I am so glad that I was in so many of our nows instead of thinking of the what ifs or the what could have beens. When he died I knew that I had spent as much time with him as I could because I was there, aware, of our time together, *in our time together*.

Best wishes, and with great love,
Jennie Gray Bouteiller

► Jennie Bouteiller Oneness Neuro-linguistic Programming (NLP) Practitioner, Hypnotherapist, and Deeksa (a Oneness blessing) giver. She can be contacted at healingshiftshappen@gmail.com or by phone: 313-600-7178



SHIFT MANIFESTATION SERIES

Manifestation ~ It Starts With You

Mindfulness & Meditation

With the start of the New Year only days away, it's time to start thinking about who you want to be in 2019. If you're looking to clear out old energy to find focus and clarity, then take a deep, cleansing breath and trust that you can find what you're looking for with the right mindset. If it's your intention to make 2019 your best year yet, you may want to start with some basics.

For one, your body is not designed to handle continuous stress, so it's important to simplify your life and remove unnecessary tension and frustrations. The two simplest ways of reducing stress is with your breath and your awareness, which actually work in tandem together. Starting a daily practice of being aware of your thoughts (mindfulness) and being present in your physical body (meditation) can – surprisingly easily – satisfy your sense of well-being. All that's required is putting your awareness into different parts of your body and then breathing into those parts, and observing whatever thoughts may arise as a detached witness. Doing this for just a few moments at a time can build up your sense of being grounded in the present moment and promote a more relaxed state of being.

Being mindful in this way can take a bit of practice, but once you routinely prompt your brain to slow down and become aware of how it is processing your outer world, you start to gain clarity of your inner world. That's when it becomes

Shift

HOLISTICS

easier to focus on what you want. The Law of Attraction states that you get what you focus on. So, are you focusing on what you want, or what you don't want? When you become mindful, living in active meditation, you can upgrade and expand your awareness to fully explore yourself in a more cohesive way.

Find Your Sacred Space to Focus

When was the last time you truly expressed yourself freely? We all need our own creative space to explore ourselves. What would your sacred space look like? What would it feel like? This is a sacred space for you and you alone, with no distractions and plenty of time to be with yourself. It can be for meditating, praying, reading, writing, or being creative in other ways. This space should feel like yours, and should allow you to physically, emotionally, mentally and spiritually open up with yourself to expand your energy. Look at this space and the time you spend in it as being essential and vital for your personal growth and happiness.

Now, in your sacred space, in your inner clarity, turn your attention even more inward to focus on your life's desires.

What is it you really want for yourself? What areas of your life do you want to focus on first? This year, start to develop yourself from the inside and follow your own energy. Your world is YOUR creation. You can design and manifest it with your own focused abilities, so be present and breathe into it. Now is all you have. Live now.

In the upcoming issues, follow our Shift Manifestation Series to gain some insights on how to free up stuck energy in your life; learn how you can start to design your life the way you want it; and how the Law of Attraction can work for you, with some science behind it all. Shift Holistics is a local movement to shift our consciousness into a new paradigm.

Please like and follow us at www.facebook.com/ShiftHolistics.

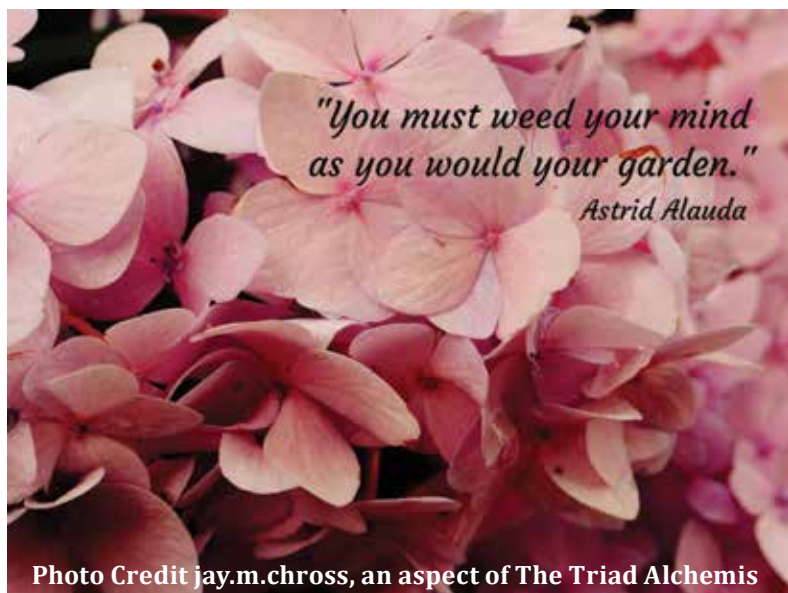


Photo Credit jay.m.chross, an aspect of The Triad Alchemis

CORCOVA SALT SPA

Imagine your family on a trip to Florida, deciding to visit what is called a "Salt Spa", then arriving home to take on an adventure of a your lifetime. This is exactly what Ed and Maryann Corcoran did a little over a year ago. Through profound intrigue, research, and perseverance this dynamo couple has created a piece of heaven here on earth - Corcova (a sweet combination of their two last names, Corcoran and Ovadek) Salt Spa. Shortly after leaving Florida this couple knew they had found what was to be the next chapter in their life. Ed had already retired and was open to creating another income stream and Maryann, alongside her partner, began their research.

Off they went to visit various Salt Spas to see what it was all about; diligently they finalized on what they wanted to create in their own spa. Acquisitoning a prime spot on Hill Road in Flint Michigan, the couple began their dynasty. As an alternative/holistic practitioner, as soon as I saw the sign I knew I had to find out what this place was all about. So, after practically causing an accident to turn into their drive, I was delighted when I met the couple in the parking lot after nosily peeking into the empty building. The weary couple actually took time to share with me what this place was and that they anticipated opening soon.

However, I was still unaware just how powerfully exquisite a Salt Spa was going to be. To my great delight the day finally came when the doors opened and I was able to visit. You may have enjoyed salt lamps in your home, but there is

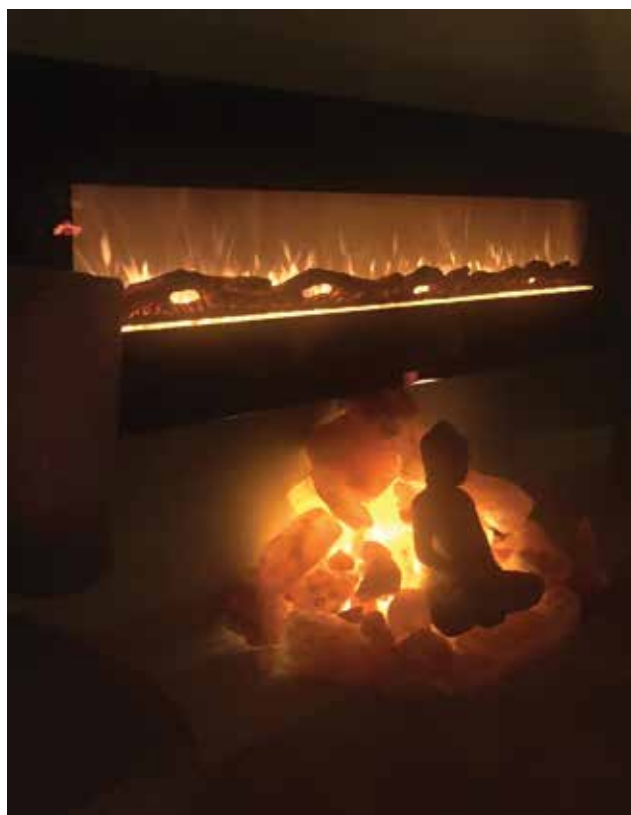


nothing like the experience of a whole kingdom of salt lamps and salt therapy! As you walk through the front door you are greeted by an entranceway of lamps on each side, from floor to ceiling, with an array of sizes and colors all lit up and inviting you to buy them. As an energy hound, I could absolutely feel an uncanny change in energy from the front door to the desk. However, it doesn't compare to the feeling that arrives through the core of your being as you walk further into the sanctuary. It was like someone took a heavy blanket off my shoulders, politely picked me up off my feet, and carried me the rest of the way through the building. I could barely comprehend everything Ed was sharing because I felt so light and relaxed.

The first beautiful sight was the amazing salt cave where several anti-gravity chairs are placed around the room with various sizes and shapes of salt lamps surrounding them. Several vents are circulating salt throughout through the room. This inner sanctum is where one can sit, relax, and reap the many benefits of salt therapy. From there, I floated to a room with an enclosed salt therapy bed where you can individually experience the fullness of this deliciousness for at least 25 minutes (I personally came back on a later date -- and yes, all tension was erased within minutes after laying down). Next, I was amazed by the huge float pod containing one thousand pounds of Epsom salt which keeps your body afloat as you drift into another world. In this pod you will benefit from the many wonders of aqua therapy such as relieving anxiety, depression, and symptoms of PTSD, plus much more.

As Ed and I walked from room to room I was continually decompressing from my day, and as I entered one of my favorite rooms, the Tranquility Lounge, any remaining tension was obliterated. Tranquility Lounge is where you can bask in the warm glow of lamps, music, and a fireplace, drifting to another world for at least fifteen minutes --the amount of time it takes your brain to relax. You are then escorted to your treatment.

I could easily continue rhetorically about every service this paradise offers, but those details, and special offers, can be found on the website corcovasaltspace.com and social media platforms. I invite you to personally experience this warmth and slice of heaven with its angelic workers who are mostly recruited family.



WOMAN ON A MISSION



Christina Murphy is a recently divorced mother of three. She moved to Flint with her family in 2013 from Holly.

Her husband was a member of Millwrights Local 102 working for Flint Truck and Bus. They weren't rich, but they were young, happy, and life was moving along just fine. By 2015 things were getting tighter because her husband was frequently sick and couldn't work. In fact, everyone in the family seemed to be sick a lot that year, even the dogs.

Her neighbor recommended she visit Catholic Charities' Center for Hope to help make ends meet. "When I first started visiting the Center I would get clothes for the kids. Once in a while we would stop into the soup kitchen. It's helped get us through the periods when my husband couldn't work, and I love that I can donate to them knowing that it will be given to someone else for free when many other agencies charge for things," says Murphy.

One day in 2015, her husband was at work and had been telling a co-worker that even their dog had been sick. The co-worker's response sent the family into panic. He told them to have their water checked and that GM had already switched their plants back to Detroit water because Flint water was corroding their engine parts. From that day forward, their lives were consumed with the Flint water crisis. By the time the story broke in 2016, Christina was seven months pregnant and they were both too sick to work. When their dogs gave

birth to stillborn puppies she realized that things could still get worse. Declan, born in March 2016 has never touched a drop of Flint water; however, his blood is 100% toxic.

"When your body is full of toxins you get weak and suffer from overwhelming fatigue and brain fog, but the worst part is the pain that radiates through your entire body. Sometimes I have to walk with a cane because I can't get my legs to work," says Murphy.

As if dealing with her own illnesses and trying to look after her children, all while pregnant and trying to fix the lead issues in their house wasn't enough, her marriage began to crumble. In 2017 they filed for divorce. But like many Flintstones, Christina is a fighter, and today she is not just fighting for her own life, she is determined to help heal as many people as she can.

Because of her own family's battle with lead poisoning, she has become very knowledgeable about natural remedies for detoxing the body of heavy metals. About a year ago she started fund raising to get money to put together care bags of Heavy Metal Ease and other natural supplements and teas to help kidneys filter out the toxins.

Catholic Charities has been integral in helping her get through this crisis. "When you are living on \$600 a month, every penny matters. Catholic Charities has helped me keep the heat on through their outreach program, and when I was going through my divorce I was able to go to the community closet to get things that I needed and diapers for the baby," said Murphy. "Last year their Adopt-a-Family program meant that my kids still had a great Christmas despite everything."

Murphy hopes to start her own non-profit to provide resources and raise awareness about other chemicals that are causing health issues such as fluoride. "I have to be here, I have to be a good mom for my kids and I have to be here fighting for the city. I feel like it's a calling that brought me here." While it's a slow process due to her own physical limitations, she is in the process of assembling a team of people who can help her raise the money and disseminate the care bags. Her own detox program should be finished within the next nine months and she is hopeful that, while they might not be completely toxin free, she will be able to get back to work and get life back on track.

If you would like to learn more about how you could support Christina Murphy you can email her at cmurphy8811@gmail.com. Catholic Charities continues to support vulnerable families and provide a new path to recovery. They provide basic needs such as water, nutritious food, clothing, household and personal care items, shower and laundry facilities. In addition to prevention/education and outreach services, they offer counseling for a wide range of mental health and substance abuse issues. For more information about any of Catholic Charities programs, or how you can get involved, please call 810-232-9950 or visit their website www.ccsge.org

“THE JAN” Behind Jan’s Dry Cleaners and Jan’s Brands



For as long as I can remember, Jan’s Cleaners in Clio has been an icon in the community (established in 1982). So, when I was calling on them to participate in W2W’s Summit & Expo I was excited to actually talk to THE Jan. When she actually accepted an offer to meet for lunch, I met a woman who is not only a business connection but also quite an inspiration.

During lunch, I was completely in awe of how this woman was so energetic after working since early morning.

She had just stopped to eat and was not going to be finished with work until after 6pm that day. Plus, she not only runs all of Jan’s Brands locally but internationally and still has time to occasionally take a vacation. But let me tell you, her vacations are not the run-of-the-mill fly to Florida and bask in the sun type. Instead, this physically fit woman might jaunt off to the Colorado Mountains and back pack up the mountains for a few days.

Jan, who is an amazing business woman and quite innovative (see below) was nominated as one of the 25 best dry cleaners in the world and was honored in Italy on October 19th! I realized, in that very short hour with her, that in order to be

this impactful and relevant—to not only your local community but also internationally—you have to be willing to “reinvent yourself every 10 years”, as Jan so matter-of-factly stated.

Oh, let me tell you this too. Jan, a wife and daughter, has a lot of time to make sure her mother is taken care of while running the shops and teaching her new staff the ropes and employing her current staff to also help run the office while she is away. Phew, I break a sweat just thinking of all the hats this woman wears! I was honored she took the time to meet with us.

In closing, while I re-read my words, I feel I truly cannot find the right words to explain the energy, creativeness, and grit this woman exudes by just sharing her passion. Her life is contagious and as I stated before - absolutely inspiring. For more information about Jan and the services her business offers, visit:

www.janscleaners.com

www.janscustomwindowfashions.com

www.RestoreAntiqueClothing.com

www.CleanBridalDress.com



CLIO BUSINESSWOMAN A FINALIST FOR INTERNATIONAL AWARD

Jan Barlow to be honored in Italy on October 19th

CLIO, MI- Jan’s Professional Dry Cleaners will be honored as a worldwide leader in the retail textile cleaning business as a finalist in the 2018 Global Best Practices Awards, presented by CINET (Comite’ International de L’Entretien du Textile). Owned by Jan Barlow, Jan’s Professional Dry Cleaners is one of just 25 retail textile cleaning companies from around the world that have been selected from 350 nominations to attend the awards ceremony in Milan, Italy on October 19th. The awards honor the most innovative and sustainable retail textile cleaners with an emphasis on new business models, services, and overall best practices. “We have strived to provide our customers with the very best in dry cleaning for more than 30 years. It’s a great honor to be recognized as a worldwide leader in our field,” Barlow said. Based in Clio, Jan’s Professional Dry Cleaners has been serving Genesee County and the surrounding areas since 1982. Jan Barlow is a Certified Garment Care Professional and is one of only a few dozen people in the world to have earned three certifications from the International Fabricare Institute. Jan’s Professional Dry Cleaners has been a pioneer in the dry cleaning business and was the first company in the United States to use Sensene Modified Alcohol, in a Columbia-Ilsa Dry

Cleaning Machine, a safer and environmentally friendly solvent for dry cleaning.

Jan’s Professional Dry Cleaners offers free pick-up and delivery in 15 counties and all professional dry cleaning and restoration services, including:

- Full service dry cleaning (shirt laundry, uniforms, leather & suede, shoe repair, and more)
- Fire, smoke, water, and mold restoration
- Vintage clothing restoration
- Bridal gown preservation
- Draperies and blinds

If you’d like to interview Jan Barlow, or for more information, please contact Jan Barlow at (810)625-2061 or

Jan@JansCleaners.com.



L to R Tiffany Kaad, Evynn Browning, Casey Richardson

Are you a woman who appreciates doing business with *women* salespeople? Are you in the market for a car? Well, you are in luck. Randy Wise Automotive Team has some dynamic female sales people, and we'd like to introduce them to you.

Tiffany Kaad is a wife of fifteen years and the mother of two beautiful children. She has an Associate of Arts degree and has been at Randy Wise for almost five years. She started in the office and after a year of doing accounts receivable and payables, decided she'd like to sell. She considers her customers and the friendships she has developed from the dealership as the best part of her job. Her overall philosophy is "If you work really hard and are kind, amazing things will happen." Tiffany says it really is as simple as that.

Evynn Browning is in her tenth year in the dealership business and has worked in all areas of the customer's purchasing experience: sales, internet, finance, and is now sales manager. She says that taking part in each of those jobs allows her to give customers a great overall car buying experience. She has been with the Randy Wise Automotive Group for two years and considers the best part of her job to be building relationships with her clients, making sure they have the best possible experience and helping them make a knowledgeable decision.

Her overall career philosophy comes from two of her mentors, from whom she's learned a lot; General Manager Tim Hall, and his late brother Jim Hall. Their philosophy is "Do the right thing", which seems simple but encompasses a lot in their business.

When an issue arises, or just a general decision needs to be made, doing the right thing ensures that they have a happy client who will send them more, along with returning to Randy Wise for all their vehicle needs.

Casey Richardson has been with Randy Wise since July 2nd. She has an Associate's Degree in Business Administration and was managing a Pizza Hut before coming to Randy Wise. She is grateful to have the opportunity to help her customers find the perfect vehicle for their unique lifestyle and takes pride in the products and the services that Randy Wise offers.

WOMEN EMPOWERING WOMEN THROUGH ORGANIZING

SARAH JANE SMITH- SJ ORGANIZING LLC

When I was small all I wanted was for the women in my life to be happy and live stress-free lives. I started thinking of ways I could help them. From a very young age I liked things to be neat. My mother, on the other hand, was what



most people called a pack rat. I soon noticed a correlation between my mother's higher stress

level and the house being cluttered and disorganized. From that day forward I decided it was my mission to help her and all the other women out there who were struggling with this very common dilemma.

Ben Franklin said, "For every minute spent in organizing, an hour is earned." I look at this in a whole new light as a professional organizer. The way I see it is that for every minute I spend helping someone organize their life, we will earn an unbreakable bond. Letting others see

what we cherish and sharing our hopes, dreams, and goals is what we need to put our best selves forward.

Organizing and de-cluttering is not about getting rid of things. It's about taking the things we are passionate about and putting them to use. It's about hitting your goals so that you can live a life of purpose, making day-to-day life a little bit easier one minute, one hour, and one day at a time. With organization comes empowerment.

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*With Organization comes
empowerment*

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- Senior Citizen downsizing • Senior Citizen Long Term Care Organization
- Optimal Use of Space available
- Organization of estate/garage sales
- Office organization • Business Organizing and Consulting

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The Spa

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