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Debra K. Collins  
*Publisher/Managing Editor*



Susan Lamphier  
*Editor*

Dear Friends,

We are celebrating our Women's Expo event this November 19th & 20<sup>th</sup> with all of you. We have brought you an action packed issue full of articles we are finding incredibly touching and uplifting. This is the special issue that travels with us to Birch Run and meets new people as well as our loyal readers.

Our cover feature, Monica Sholar is an inspiration to us all! Author of "Please Pardon My Dust: I'm Under Construction" and motivational speaker, Sholar shows us that we determine our own paths no matter where life has placed us. We just need to believe in ourselves and strive for what we want!

We also have some great health pieces included. This is the time of the year that we feel it is easy for a woman to forget about herself and focus on all the other components of her life. This is our gentle reminder that we feel it is both necessary and healthy to take a few minutes out for yourself and remember that your wellness is most important. Treat yourself. Look after yourself. Be good to yourself. You deserve it! To be the best you, you must put into yourself and Women2Women Michigan Magazine wants to remind all of our readers that they all matter.

Cheers!

*Debra & Susan*

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# Women2Women Michigan

## Women Inspiring Women for Good!

### *Our Mission:*

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

### DO YOU KNOW A MICHIGAN WOMAN WE SHOULD FEATURE?

Submit your stories online at [w2wmichigan.com](http://w2wmichigan.com).  
Article guidelines are under the magazine tab.

### WHY ADVERTISE WITH US?

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

### READERSHIP & DISTRIBUTION

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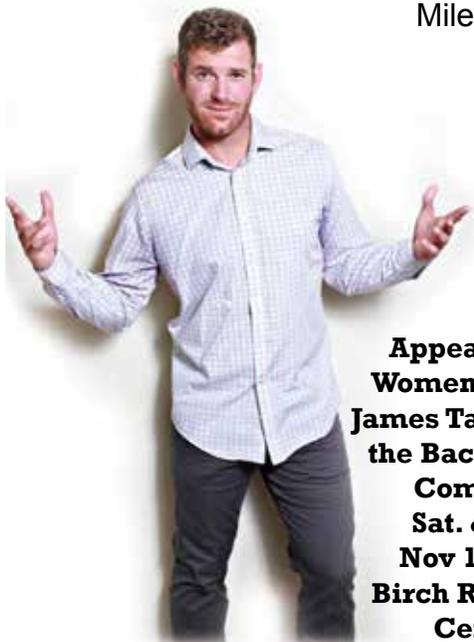
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## 10 Monica Sholar

Meet Monica Sholar a happily married wife, mom, successful author, and biggest fan of Michael Jackson. She was born and raised on the east side of Detroit and now resides in Canton, MI.

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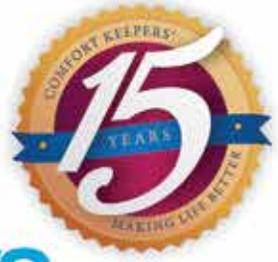
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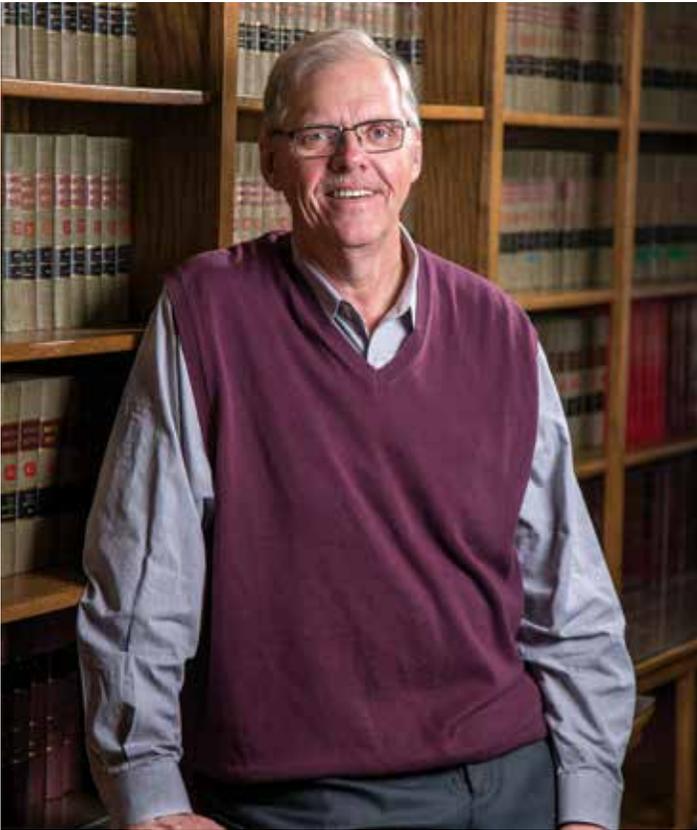




# Comfort Keepers® Celebrating 15 Years



## Common Signs of Care-Giver Stress



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

The most well known type of dementia. Vascular dementia, The demands on a person who is caring for a loved one results in a great deal of stress. If care-givers aren't careful, they jeopardize their own health and well-being. Studies show that those who experience care-giving related stress have a 63% higher mortality rate. There are several reasons why stress occurs, such as working too much, not sleeping enough, having to deal with family and work at the same time leaves little time to care for yourself. You can't care for your loved one if you are ill yourself. The first step in dealing with stress is to recognize the signs. Then, you can find ways to deal with it. Here are the most common signs...

- **DEPRESSION.** Symptoms include constant sadness, hopelessness and increased crying.
- **WITHDRAWAL.** This may occur if you are depressed. You may not wish to see family and friends or taking part in activities you used to enjoy.
- **ANXIETY.** You may feel anxious to get things done or that you don't have enough time and wondering what the future holds.
- **ANGER.** You may start yelling at your loved one more, or have difficulty controlling your temper with others. This anger could come from knowing that you are sacrificing your own life to care for your loved one. Feeling anger at family members for not helping is common.
- **LOSS OF CONCENTRATION.** You can be preoccupied thinking about your loved one and everything you need to do. As a result, you have difficulty concentrating at home or at work.
- **CHANGES IN EATING HABITS.** This results in weight gain or loss, as well as increased illness.
- **INSOMNIA.** You are tired, but cannot sleep. You may not feel tired even if your body is tired. You may wake up in the middle of the night or have nightmares or disturbing dreams.
- **EXHAUSTION.** If you frequently wake up feeling like you can't get out of bed despite a good night's sleep, you're in distress.
- **DRINKING OR SMOKING.** You may find that you are drinking or smoking more, or you may start drinking or smoking even if you haven't in the past to get relief.
- **HEALTH PROBLEMS.** You may catch colds or the flu more often than usual. Your immune system is compromised if you're not eating properly or exercising.

If you have any of these signs, see your doctor and seek help from others to get refreshed.

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*Like Home*



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# Calendar of Events

October

**National Breast Cancer Awareness Month - October**

**6**

**October 6**

Collections Greatest Hits lecture at Sloan Museum

**7**

**October 7**

First Friday at Longway Planetarium

**8**

**October 8**

Astro Night at Longway Planetarium

**10**

**October 10**

Columbus Day

**16**

**October 16**

Family Time Capsule activity at Sloan Museum

**19-22**

**October 19-22**

Great Lakes Planetarium Association Conference at Longway Planetarium

**21**

**October 21**

Mark Twain Tonight at Whiting

**28**

**October 28**

Eerie Experiments at Longway Planetarium

**29**

**October 29**

Halloween Hootenanny dance at Longway Planetarium

**31**

**October 31**

Halloween

November

**1**

**November 1**

Sloan Museum's 50th anniversary

**4**

**November 4**

First Friday lecture at Longway Planetarium

**5**

**November 5**

Sloan Museum's 50th anniversary celebration at Sloan Museum

**8**

**November 8**

Election Day

**11**

**November 11**

Veterans Day

**12**

**November 12**

Home for the Holidays exhibit opens at Sloan Museum

**15 -16**

**November 15- 16**

Dirty Dancing at Whiting

**24**

**November 24**

Thanksgiving Day

**27**

**November 27**

Saginaw Valley Orchid Society Annual Show



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# Living Her Truth



My Dust: I'm Under Construction an inspirational book.

In *Please Pardon my Dust*, Monica explores the lessons she learned on her journey to becoming an author and entrepreneur. In the book, she also shares the inspiring stories of other now-successful Michigan women entrepreneurs. They are all 'living proof' of what it takes to survive and thrive in the unique challenges we face in Michigan.

"As a teen mom with no college degree, I barely made it out of the East side. After high school, I bounced from low paying job to low paying job and got married, hoping that would rescue me from the rut I was in. It didn't. My marriage ended the day my husband came home angry because he couldn't reach me on my cell phone. He kicked our front door down and collared me against the wall while making threats. I was shaken enough to file for divorce."

Yet after divorcing and moving back in with her parents, Monica found herself in a worse financial position than before she married. "I now had no possessions, no confidence and very little money."

Desperate, she returned to church hoping to hear something that would lift her up. And she did. The minister made a simple statement that inspired her to change her life. "We should live a life that measures up to the standard God set when he created us."

"I knew I wasn't living up to the potential I had inside. I didn't know how I was going to do it; but I made a vow to work harder than I ever had to figure it out. That's when I began to consider myself a project under construction. I worked to build

Meet Monica Sholar a happily married wife, mom, successful author, and biggest fan of Michael Jackson. She was born and raised on the east side of Detroit and now resides in Canton, MI.

This 35-year-old ball of energy has created her own publishing house, written and published 3 books and established herself as an expert storyteller!! Monica's books include: the Belle Isle Heights series, two suspense-thrillers based in Michigan, and her newest release *Please Pardon*

myself up from my lowest point and become a more stable person, both emotionally and financially.”

“I wrote Please Pardon My Dust: I’m Under Construction as a reminder to other women and girls that no matter how low you get, you can always build yourself up and change your life for the better.”

And Monica still considers her life a work in process; she has an everlasting dedication to continue constructing the life she desires.

Her biggest struggle has been learning to believe in herself as a writer. The challenge has been to believe that being self-educated and successful was possible. “The definition of Believe is defined as ‘to have confidence in the truth.’ Doubting my abilities as a writer would mean I have no confidence in my truth.”



---

*“My truth is that despite not being traditionally educated and having to figure things out on my own, I still have something valuable to offer the world that is appreciated. Pushing past doubts and getting my work onto shelves and in people’s hands has helped me believe in myself.”*

---

What is Monica’s bottom-line advice to us? “Never give up. The challenges we face can be very scary and vexing, but we must push past the fear and fatigue.”

Yes, she knows it is easier said than done because she still faces times

when she wants to throw in the towel. Yet despite the difficulty, she still keeps at it.

“My effort to push forward even when times got rough is what got me where I am now. My effort will push me even further in the future. Your effort will do the same for you.”

Monica is not one to rest on her accomplishments. “My ultimate goal is to break into writing screenplays. I’d love to have a series on HBO or STARZ. Someone’s got to do it! Why not me?”

You may ask, “Why should I buy Monica’s book?” And I will tell you, she is living proof, an expert storyteller, self-educated and successful!! You will be inspired.

Her books are available through: [www.pleasepardonmydust.com](http://www.pleasepardonmydust.com) and [www.monicaasholar.com](http://www.monicaasholar.com) or Amazon.

Monica is also available to speak with your group. Check out her website for topics.

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



# Love in Things



Sometimes the “things” in our lives become extra meaningful when we find ourselves parting with them.

Take for example people who have had flooded basements. Though their photos have sat in boxes for years, the minute the ravaging waters destroy them – those items become “larger than life.”

I can remember moving out of my parents’ home in my early 20s – walking away from my familiar bedroom set and accessories only to return home years later, wanting to take them to my then current situation because they were special and full of memories.

Recently I spied a man sitting on a couch in a local second-hand ReStore. Chuckling as he caught me watching him, he said, “These were donated by my parents. I might buy them for my basement.”

Did he truly want those couches in his basement? Or did he really want the wonderful memories of what it meant to have loving parents and a family?

All of the things we have in our lives are just things. We have boxes filled with photos, bedroom sets from a time gone by, and worn couches. But in the end, all of those items are meaningless when we seriously consider why seeing those items, cause us to pause, reflect and even weep.

What they mean is that there once was a person who cared enough about us to touch the deepest part of our hearts. Someone who hugged us when we were sad, cheered for us when we succeeded, and loved us enough to let us live our own lives.

And no flood, parting trip, or sale can ever take those feelings away.



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

## Ask Shuntai

**Dear Shuntai,**

My 15 year old daughter is experiencing social anxiety. I am really concerned about her as school begins. What can I do to help her through it?

**Dear Concerned Mom,**

According to statistics about 15 million adults suffer from Social Anxiety and the age of onset is approximately 13 years old. Social Anxiety is a marked or intense fear of social situations in which individuals’ fear being scrutinized by others. When exposed to such social situations, the individual is concerned that he or she will be judged as anxious, weak, crazy, stupid, boring, intimidating, dirty, or unlikable. In children the fear or anxiety must appear in peer settings and not just during interaction with adults. If your daughter is exhibiting this fear in the school setting for more than six months. I would suggest that you schedule her an appointment with a mental health therapist. There is help available. Social anxiety can be successfully treated with therapy and medication. As a parent, I would suggest that you educate yourself on the disorder, be sensitive without isolating your child, and continue to provide encouragement and support through the social situation that cause her anxiety.

For more information and resources on Social Anxiety, contact the Anxiety and Depression Association of America: <https://www.adaa.org/understanding-anxiety/social-anxiety-disorder>

Good luck to you and your daughter,

Shuntai Beaugard



◀ *Shuntai Beaugard, Your Forgiveness & Personal Transformation Expert  
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# SETTING & ACHIEVING GOALS

I run monthly fitness groups online, and while helping my clients find a great exercise routine they love and a simple nutrition plan they can stick to are both important, I have found that none of the details matter if they don't know how to set and achieve goals. Recently, before we start the exercise or nutrition portion, I have started to incorporate an entire week working on helping my members create the right mindset. I found that since taking the time to establish goals and change any perceptions about food and exercise that may hinder them has made a huge difference in the success rate of my members! Not only that, even after the month is over many go on to further work on new goals and continue the changes they made.

There are five basic steps we work through. In my groups I post more detailed videos in which I describe each step of the process, as well as specific assignments to complete for each one, but here is a condensed version you can use to become a goal achieving master!

## 1) Define your goal

I know, this seems like a no-brainer. And yet, I was surprised to learn how many of us don't ever lay out a clear, specific goal that we want to achieve! Much of this is due to fear- fear that, once again, we will fail. So to avoid the possibility of failure, we ease into something just to try it out. The result of not having a clear target means we don't really aim for it, let alone push ourselves in any way to get there. Worse, we let ourselves off the hook by claiming we "tried" something and it just didn't work. So, define your goal. Get specific and get detailed. "I want to get healthy" is not a good goal. Do you want to eat more vegetables? How much per day? Do you want to lose weight? How much in 4 weeks? Do you want to run a marathon? Which one and when? You get the idea.

## 2) Define your "why."

This really comes down to taking some time to visualize yourself as if you've already achieved the goal in step 1. Think about what it looks like, what it feels like, and how your life is different. This step may seem redundant, but is very important. If you can picture it then you can believe it. Most of the time what has held us back from achieving a goal in the past is a lack of belief. If you can visualize it, THAT is what will keep you going when you don't feel like it and when it's not fun anymore. It will help you do what

you need to do. It will help you say no to the things you need to say no to and make the needed changes in your life to support an environment that supports achieving your goal.

## 3) Play offense

Examine your life and think of ways you can set yourself up for success. All too often, we view the things we have to do to achieve a goal in a negative light, i.e. in terms of giving things up and having less fun or more work. So, begin to find ways you are saying "yes" as much as possible! For example, if you have goal centered around eating healthier, then fill your cupboards and fridge with options you can say "yes" to! Shift from saying things in the negative light to things like, "I get to work out today!" and "I'm going to see how many colors I can get in my salad!"

## 4) Troubleshoot ahead of time

Just as you would check your boat for potential leaks and prepare for a storm by having life jackets ready, take some time to think of possible triggers and setbacks that may arise. Then, think of solutions and healthy responses to those possible storms. For example, if you tend to eat junk food when you are stressed, try other methods such as exercising hard, fixing a comforting cup of tea or having a recipe for a guilt-free tiny dessert made with whole food ingredients.

## 5) Start!

This is another step that seems like a given, and yet, once again I am surprised by the number of people who never really wholeheartedly take the plunge and go all in towards a goal. Half hearted attempts and "kinda sorta" trying will get us nowhere. Setting a clear start date will not only force us to take the initiative in getting all the needed preparations out of the way, it will also prevent us from procrastinating while we wait for someday to magically appear. Then, when that start day arrives, go for it with all you have in you!



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

# SURPRISING HEART BENEFIT OF FLOSSING



There was a recent shift in the benefits of using dental floss. Health and Human Services dropped the regular use of dental floss from their guidelines of things to do to promote good oral health. Their logic? They don't have sufficient studies to determine whether or not daily flossing actually reduces one's risk of developing periodontal disease.

This much I do know: if you take a shower but don't wash your arm pits, the bacteria remains there and will be unpleasant for those around you. Why would anyone expect the sides of your teeth be any different?

Anything that lives in the biofilm around the teeth and gums is swallowed into the digestive track, inhaled in the lungs, and absorbed into the bloodstream.

There is a definite connection between the bacteria in your mouth and that which is found in the body. Cardiologist Steven R. Gundry, of the International Heart and Lung Institute in Palm Springs, CA, made the first anecdotal connection between flossing and heart disease. Once he started to floss on a daily basis, his own CRP numbers came down.

C-reactive protein is a critical biomarker of inflammation in the body. High levels of CRP have been associated with increased cardiovascular risk including heart attack and stroke.

Dr. Gundry went on to establish a study with 300 cardiovascular patients and focused on those with CRP levels that were higher than the average risk level of 1.5 mg/L. After flossing regularly for six months, participants' CRP levels were measured and they had dropped to average or low. His study was published in 2008 and still stands as credible to this day.

Flossing daily disturbs the biofilm on your teeth from all sides. It helps decrease your overall CRP levels, reducing your risks of heart attack and stroke. It can help you keep your teeth in your mouth by reducing inflammation. It's cheap and easy. Do you really need a government study to prove it?

Sherry Regiani, SHRM-CP  
Regiani Holistic Dental Center



◀ *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.*

## ALL SEW

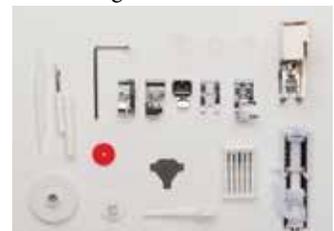
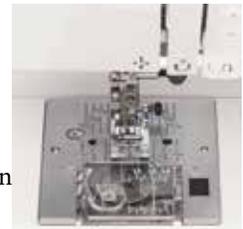
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# HURLEY'S BREAST HEALTH NURSE NAVIGATOR



*Marsha Schmit, RN, BSN, CBCN  
Breast Health Nurse Navigator*

“Ladies we need to take time for ourselves! Our health is important and our families need us.” -Marsha Schmit

As Hurley Medical Center’s Breast Health Nurse Navigator, Marsha Schmit, RN, BSN, CBCN, navigates women through the treatment and emotional storm of breast cancer.

Part of Schmit’s job as a Nurse Navigator is sitting down with patients right after diagnosis and showing them their tests and explaining the pathology report. As Schmit had gone through her own battle with cancer, she believed it was a huge blessing for her to be chosen to be in this job because it meant her own cancer was caught earlier.

She shares many experiences with her patients such as... “to grieve your losses—your breast, your hair, the changes that occur. But you are going through those losses to gain years of your life. You need to stay in the land of the living, have someone to take notes.” She emphasizes that it is easy to just stop hearing what the doctor is saying when you hear cancer.

Schmit offers support for patients where she co-facilitates at Hurley’s Breast Cancer Support Group.

She also raises money for and administers the Patient Navigation Fund—through the Hurley Foundation. The fund allows her to help her patients with some of the financial challenges they face as they battle breast cancer. Schmit says “breast cancer delivers a double or triple whammy to many women—not only are they sick, but their spouses or partners often leave, they may have to take sick time from their jobs, there’s no money coming in, the bills pile up—it’s a snowball effect that has serious consequences on health.”

Hurley’s program identifies gaps within their patient’s care and assists with financial hardships they may encounter including house payments, auto payments, purchasing a wig, groceries, and much more. The Breast Navigation program at Hurley helps to directly relieve financial burdens so patients can concentrate on treatment, wellness, and getting back to work, if possible.

Financial Plus Credit Union’s Pink Night fundraiser has joined forces with the Hurley Foundation Pink Palooza fundraiser to introduce the first Annual Pink Night Palooza that was held on Thursday, October 6, 2016.

Schmit leaves us with these words of wisdom, “Trust your gut, know your breast tissue, recognize changes and know what feels normal.”

Take these steps towards preventative measures:

1. Age 30 and over talk to your doctor to determine your breast cancer risk.
2. Age 45 to 54 is mammogram every year.
3. Age 55 and older is mammogram every 2 years.

Dimpling, lumps, redness, inflammation, swelling or scaling around the nipple all are signs to seek treatment. If you are suspicious of something, don’t wait. Preventative measures save lives and you could very well save your own.



Breast cancer screening saves lives, so we’ve made it easy with Saturday appointments.

If you haven’t had your annual mammogram, schedule your appointment today, call 810.262.9194.

# "Get Your Pink On!"

Enjoy one Beefy Double Combo &  
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Navigation Program

Let's beat cancer together.



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All Halo Burger  
locations*

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# A Spouse's View on Support – *Don't Do What I Did!*

My wife was diagnosed with breast cancer in August of 2003. She had no family history. She was only 33. Her family doctor simply felt something “different” in her breast tissue from her previous physical. She was told it was probably nothing. So I hope you can forgive me for dropping her off by herself to have the results of her biopsy read, while I went shopping at a sporting goods store. Imagine the horror on my face when I pulled in to pick her up and a nurse walked out to tell me I was needed inside. My wife was in a room sobbing by herself. I have never felt so low.

That was NOT my only mistake. There were many I made along the way. My wife and I have talked about what I did wrong in supporting her and, believe or not, I actually did some things right.

**Tricia Gross, a certified mastectomy fitter at Wright and Filippis, measures a patient for a mastectomy bra. ►**



*Here are some suggestions on Do's and Don'ts for our experience:*

**DON'T** – Treat any preliminary test as if it is routine. Be there for your spouse when the results of any test are going to be read.

**DON'T** – Tell others of your spouse's diagnosis without her permission. Your spouse at this point may be feeling totally out of control. One thing she can have control over is the dissemination of information regarding her diagnosis, prognosis, and course of treatment. If your spouse wants to keep her diagnosis completely private, you need to respect that. She needs, at all times, to be in control of who knows what.

**DON'T** – Think that you have to be spouse's primary source of support. My wife had a wonderful peer counselor who was there for her both pre-operatively and in the recovery room. This woman could talk to her about what to expect, how chemotherapy and radiation were going to feel, and was a source of positivity. She supported her in ways I could not, because she had been there.

## **Can't afford a mammogram?**

If you have a low income or do not have insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program. To learn more, call (800) CDC-INFO.

*Here are a few of the things I did right:*

**DO** – Take charge of the chores. Your spouse may grow very tired from treatment. It hurts emotionally to see things not getting done around the house. Get the household chores done without complaining. It takes both a physical and emotional burden off of your spouse.

**DO** – Accept the support of your community, if your spouse is comfortable with it. At the time of my wife's diagnosis, I was working full time and we had two children in school. Our church offered to have parish members provide meals for us. Our kids were so excited to see what dinner was going to be delivered to our home each evening. It brought us closer to others, and their compassion moved us beyond words.

**DO** – Keep a sense of humor. I remember when my wife's hair started falling out. She handed me a pair of shears and asked me to shave her head. As I did so, tears came to both of our eyes. As I was finishing, my wife began to giggle. I asked her what was so funny. She replied, “I never thought I would look in a mirror and see you looking back at me.” We put our bald heads together and stared at each other in the mirror, both of us giggling at the resemblance. It was at that moment we kind of knew that things were going to be okay.

► *“Gary Armstrong is a sales representative at Wright and Filippis. He is in his 25th year of being a husband, which means his training is nearly complete.”*





*In the shower*



*In front of a mirror*



*Lying down*

## HOW SHOULD A BREAST SELF-EXAM BE PERFORMED?

### 1) IN THE SHOWER

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. Check both breasts each month feeling for any lump, thickening, or hardened knot. Notice any changes and get lumps evaluated by your healthcare provider.

### 2) IN FRONT OF A MIRROR

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead.

Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

### 3) LYING DOWN

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit.

Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

## Breast Cancer:

### *What You Need To Know*

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer. Except for skin cancer, breast cancer is the most common cancer in American women.

Breast cancer screening means checking a woman's breasts for cancer before she has any symptoms. A mammogram is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

**Most women who are 50 to 74 years old should have a screening mammogram every two years.** If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.

#### **Some things may increase your risk**

The main factors that influence your breast cancer risk are being a woman and getting older. Other risk factors include—

- Changes in breast cancer-related genes (BRCA1 or BRCA2).
- Having your first menstrual period before age 12.
- Never giving birth, or being older when your first child is born.
- Starting menopause after age 55.
- Taking hormones to replace missing estrogen and progesterone in menopause for more than five years.

- Taking oral contraceptives (birth control pills).
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child).
- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

#### **Symptoms**

Some warning signs of breast cancer are—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in the breast.

Other conditions can cause these symptoms. If you have any signs that worry you, call your doctor right away.

#### **More Information**

- [www.cdc.gov/cancer/breast/](http://www.cdc.gov/cancer/breast/)
- (800) CDC-INFO (800-232-4636)
- TTY: (888) 232-6348



# Wise Words to Live By

All my life, teachers have come to me in many forms - young and old, friend and foe, through written and spoken words. They share bits of wisdom I use to help guide my journey and shape the woman I am becoming. They profoundly influence my life as long as I am a willing student. Let me share a few with you:

“Let me do it.” While teaching my 4 year old daughter how to build sandcastles, she cried out, “Let me do it.” Startled, I realized this wasn’t a good way for her to learn. Her wisdom woke me up as a mom and college professor to an entirely new way to help my children and students become more responsible adults. Out of the mouth of Babes!!

“Words are living things. Once spoken they never die. Once spoken they live on in the carpets, curtains and upholstery. Words are living things - so speak with care.”  
Maya Angelou

For a good part of my life, I was terribly careless with my words. I felt the deep wounds created by the harsh words of others; but I thought my words disappeared without consequence. From this quote, I realized the power of words and their potentially devastating impact – on all of us.

Now I check myself: if my true intention is to be helpful, I need to find a way to speak my truth with kindness. Otherwise, it is best to zip it!

“Forgiveness gives us the capacity to make a new start.... And forgiveness is the grace by which you enable the other person to get up, and get up with dignity, to begin anew.... In the act of forgiveness, we declare our faith in the future of the relationship and in the capacity to change.” Archbishop Desmond Tutu

These eye-opening words really challenged me to admit what I wanted in my relationships: to be right or to grow; to be right or solve the problem; or just to be right. This was a steep learning curve for me and took a good deal of work to be willing to forgive over and over.

“To get up with dignity” – what an incredible gift we have the power to share with others. Amazing grace!

This next quote has gone a long way to help me learn to love myself:

“Break your heart no longer. Each time you judge yourself, you break your heart. You stop feeding on the love that is the wellspring of your vitality; but now the time has come, your time, to live, to celebrate and to see the goodness that you are. There is no evil, no wrong in you or in any other. There is only the thought of it, and the thought has no substance. You are dear, divine, and very, very pure. Let no one, no thing, no idea or ideal obstruct you. If a thought comes, forgive it for its unknowing. Do not fight it, just let it go and breathe into the goodness that you are.” Kirpal Venanji, a Hindu Monk

---

*“Breathe into the goodness that you are!”*

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Yes .....

What I know:

There is only one thing asked of us in this life and that is to love. Love is required of each of us and is the measure of our lives. In the end, the quality of your life will be determined by how well you loved.

So in the simplest acts, in times that seem insignificant and especially when life feels difficult, choose to be loving. That will be all that matters.

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

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



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Oh NO! It's that time of the month again; Mother Nature is declaring World War 3 on your uterus. Your day is ruined, your insides are in knots, and you want to sleep for 3 days straight. What do you do? How do you defend yourself? ...Now it's time to fight back with these natural keys to a painless period!

### 1. *The Heating Pad is better than Tylenol:*

-Both are common remedies for the torturous cramps and pain during a period, but continuous heat over the abdomen proves far superior to Tylenol. The heat therapy can help with tightness, cramping, and fatigue, along with promoting circulation which the body needs, and it will calm the muscles in spasm. Not to mention there are detrimental side effects with chronic Tylenol use. So ditch the medicine cabinet, grab a warm heating pad, and snuggle up to a Netflix binge.

### 2. *Spice up your life, with Ginger!*

-Ginger is not only found in the Spice Girls, but it should be found in daily consumption, especially during this crisis. Ginger is found to be as effective as ibuprofen with relieving menstrual pain. Not only has ginger been found beneficial with menstrual pain, it can provide relief with muscle and joint pain, OA, RA, and GI complaints. This little spice may not be scary or sporty, but it matches up well against the aches and pains that you're going through.

### 3. *A menu filled with Omega 3's:*

-That's right natural supplements can help reduce the effects of Mother Nature's wrath. Omega 3's are natural anti-inflammatory mediators, and that is exactly what the body needs when going through its natural inflammatory cascade. Therefore to minimize the pain and agony you're in, fill your diet with Omega 3 rich foods such as fresh fish, grass fed meats, and green vegetables. Keeping these Omega 3 rich foods

# 5 Keys to Having a Painless Period:

consistently in your diet will not only make you feel good during the monthly battle, but they will have you feeling better on a daily basis.

### 4. *Acupuncture—a job well done:*

- Ok, this one may involve a break from the Netflix binge, but acupuncture most certainly can help with the agony you're going through. Stimulation of the bodies' energy pathways via acupuncture needles removes the blocks, allowing them to flow like rivers of energy through the body. Acupuncture can provide pain relief both mentally and physically. Therefore this ancient form of medicine can be a formidable opponent against the monthly torture you may be suffering from.

### 5. *The Chiropractic Combo:*

-Good news, Keys 4 and 5 can be done at the same place! Painful periods can be treated utilizing soft tissue work on muscles commonly in spasm during menses, which cause low back pain and cramps. Working on the muscles allows them to relax, providing relief in the low back. Also the soft tissue promotes blood flow to the nerves that were once compressed by the spasms, and therefore allowing them to function properly, relaying signals to the female reproductive organs and the brain. The manipulation will also free up the nerves and promote feel good signals to the brain which make the body feel better. A one-two punch like that will surely have Mother Nature leaving you alone, at least for another month.

For more help stopping the WW3 battlefield in your body, and any other aches, pains, and health concerns you may have please contact: Drs. Shannon and Nate McKee at McKee Chiropractic Unlimited (810) 223-2439 and make your appointment today!

Don't let Mother Nature take you down anymore!

► *Dr. Nathaniel McKee graduated from National University of Health Sciences with his Doctorate in Chiropractic. He has an additional certification in Cox Decompression Technic.*

*Dr. Shannon McKee also graduated from National University of Health Sciences with her doctorate in Chiropractic and a Masters of science in Acupuncture. They both practice together at McKee Chiropractic Unlimited in Davison. [www.mckeechirounlimited.com](http://www.mckeechirounlimited.com)*



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# Finding Your Utopia



Laughing until you cried and your stomach hurt, jumping as high as you possibly could, playing until you just couldn't play anymore, eating until you were full and sleeping until you woke up, no alarm, only light to start your day and darkness to end it, fire flies, Frisbees, sun burns and mosquito bights... ah...the sweet memories of childhood...and then...you grew up. Responsibilities became your reality, routine replacing spontaneity. You were forced to abandon the days when your priorities were simple, your life less chaotic, your mind less cluttered.

Do you remember your pat answer to "what do you want to be when you grow up?" Are you doing it now? Did it change or did you? Were you forced into a career or job because it paid more or because it offered more prestige?

Right now, are you doing something you love? Do you leave your job there? Do you take pride in your work? Do you feel appreciated? Do you strive to get better? Are you happy with or working to improve your environment? Are you making the working conditions better? Do you have friends at work? Do you do your best, whether you like your job or not? Are you working toward a goal? Are you respected by your peers? Do you get along with your co workers? Do you like going in? Are you stressed out? Are you fulfilled? Are you fed up? ARE YOU HAPPY? Do you think it really matters?

Why in the he\_\_ am I asking you these questions?

I'm asking because I'm nosey and it requires you to evaluate your current position. I'm asking because it does matter.

If the majority of your answers are "yes", you are in a very elite group, of not just women, but of humans. You can put this article down right now, or give it to the person next to you to read, chances are, they're not.

I'm guessing that your "no" answers were greater. Over 52%, of the American population, are unhappy at work. It seems that the more money one makes, the happier they are. Telecommuting has upped that particular happiness statistic as well.

What about you?

Think about this: How many people do you know are suffering from heart disease, high blood pressure, diabetes, depression, asthma, headaches, anxiety, premature aging, early death and cancer? It seems that nearly everyone I know suffers from at least one of these afflictions. The medical community has attributed all of these illnesses, and many more, to stress. So,

now ask yourself this: Is any job or career worth sacrificing the quality of your life? Is making money more vital than leading a full and rewarding life?

Hopefully, your answer is a very loud "NO". You can't very well just up and quit your job in search of Utopia. You have bills to pay, a family to support, dance lessons, music lessons, sports, school, blah blah blahlahlah...See what a mess you've gotten yourself into.

Well, my friend, it's time to simplify, magnify and glorify! Simplify your surroundings, magnify the people and things you love along with people that love and respect you and glorify what you have.

First thing, simplify. Get rid of all that no longer serves a purpose in your life. Old clothes, out dated camera equipment, friends that get you down, things you no longer enjoy. Replace them with calmer, less structured alternatives, like dancing, walking, meditation, reading, learning a new hobby or returning to one you've sacrificed because of a too hectic lifestyle. Make self care a top priority. You can't be your best or do your best if you're burning out. Get plenty of sleep, exercise and eat better. While you're at it, take a look at your children's lives as well. What is your lifestyle teaching them?

Keep things that mean something to you. Items that make you smile when you look at them, that remind you of an event or a person you hold dear. I have an angel that my God-Mother gave me when I turned ten. Her writing is on the bottom with my name and the date she gave it to me. I know it's probably not worth much, but when I look at that tiny figurine, my heart wells up with love, my eyes with tears. It takes me to a moment of great joy, a place where I felt safe, secure and wholly loved. To me, it's priceless. My room is my escape, my tranquil peaceful place. Do you have an escape space? It could be a section of your living room, family room or sun room. A spot where you are free to breathe deeply, read, paint or do Yoga...Alone. Make it cozy. Make it you. Let others know their boundaries. Ask them to respect your privacy. Frequent settings that slow you down like the beach, park or forest. Go alone or...

Choose those that relax you. There are friends that you've known forever or perhaps a person you just met who shares your sense of humor, finds complete comfort in your companionship, even in silence, and enjoys doing the same things. They just "get" you. Surround yourself with them and back off from

the rest. Toxic relationships raise your blood pressure similar to the adrenalin rush in confrontation; it starts with the anticipation of being around them and continues after they're gone. You know, it's that knot in your stomach, the dread of spending time with them. Do not let them drain your joy. Do not try to change them. Banish them to X-Friendom and get on with relieved living without them. Go where the good vibe folks are. If you raise your level of happiness, you will attract the same. Magnify the good and kiss the bad good bye.

Lastly, but probably most important, glorify what you have! If one of them is the work you do, wonderful! I'm so happy for you. If not, being thankful for all that is good in your life will surely change your attitude. Thank the sun for coming out, for that first cup of morning coffee, for the hot water from the shower to the transportation that carries you to work... to a job that you glorify because you have one. Eat your lunch with such gusto that those around you will suspect a gourmet meal is in that box, and at the end of the

day thank that building for letting you come in and go out providing you shelter, food and clothing. Thank your pillow, your bed and the night for providing you comfortable sleep. Thank your family for loving you, unconditionally and your God for giving you life for yet another day.

Your job/career does matter. You should be doing something that you find rewarding. Meanwhile, reward yourself, for your efforts, by simplifying, magnifying and glorifying your life now. Keep searching for Utopia, it may not be at work. It very well may be...there, right where you left it...the place where you laughed, played, caught Frisbees and fireflies. Maybe Utopia will find you.

▶ *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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**MARK TWAIN TONIGHT**  
 FRIDAY: OCTOBER 21@8PM

**COUNTY OF KINGS**  
 TUESDAY: OCTOBER 25@7PM

**JUDGMENT AT NUREMBERG**  
 SUNDAY: NOVEMBER 6@3PM

**DIRTY DANCING**  
 TUESDAY: NOVEMBER 15@7:30PM  
 WEDNESDAY: NOVEMBER 16@7:30PM

**EISENHOWER DANCE COMPANY**  
**THE LIGHT SHOW**  
 FRIDAY: NOVEMBER 18@8PM

**HIP HOP NUTCRACKER**  
 WITH KURTIS BLOW  
 SATURDAY: DECEMBER 10@8PM

**COMPLEXIONS**  
**CONTEMPORARY BALLET**  
 SATURDAY: JANUARY 14@8PM

**CLASSIC ALBUMS LIVE PERFORMS**  
**THE BEATLES**  
**ABBEY ROAD**  
 THURSDAY: JANUARY 19@7:30PM

**EVERYBODY'S HERO:**  
 THE JACKIE ROBINSON STORY  
 THURSDAY: FEBRUARY 2@7PM

**RODGERS + HAMMERSTEIN'S**  
**CINDERELLA**  
 TUESDAY: FEBRUARY 14@7PM  
 WEDNESDAY: FEBRUARY 15@7PM

**DRUMLINE LIVE**  
 FRIDAY: MARCH 3@8PM

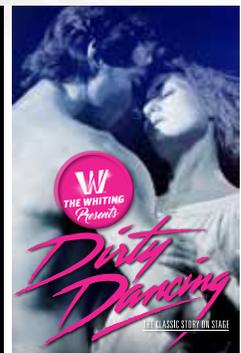
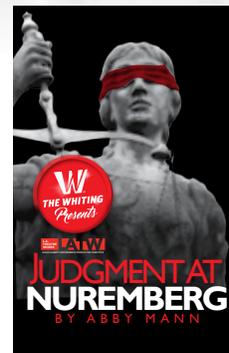
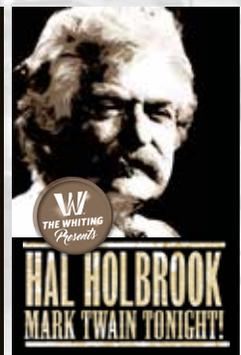
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**RIVERDANCE**  
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 SATURDAY: APRIL 8@2PM & 8PM

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# Mule Skinner

On the wall in my home office is a framed certificate establishing me as a member of the “renowned Order of the Master Mule Skinners of the Grand Canyon Trails.” I was awarded it when I completed a mule ride to the bottom of the Grand Canyon, stayed overnight at the rustic Phantom Ranch, then rode back up again the following day. Two days of breathtaking landscapes, harrowing trails, and a trusty steed called Possum.



The afternoon our company returned, tourists milling around the North Rim, gasping at the view and taking pictures, stopped short to stare as our mule train came up over the rim from below. It was evident that we had just done something spectacular. We were dirty, sweaty, tired – and ecstatic.



I realized something about the canyon then, and about life. At the rim, you are viewing the canyon only from a distance, and it is quite comfortable there. But to intimately know the canyon, you must explore her depths. From the rim, you cannot experience the thrill of crossing that suspension bridge spanning a gorge above the Mighty Colorado, or feel your heart almost stop as you round “Oh Jesus Corner” at the edge of thin air, or know the gratification of conquering the canyon’s deepest reaches called “the furnace.”

In other words, feel fully alive.

When my husband and I share the mule ride story with others, men listen with wonderment and respond with exclamations of “Cool!” or “Sweet!” On the other hand, most women look horrified and often respond with some phrase that has the word “never” in it.

I dislike that word, never. It seems so defeatist, so final.

Granted, a Grand Canyon mule ride isn’t for everyone. But what about those canyons of a different sort, those in the form of a dream or a vision, and yet some variety of “never” holds you on the rim? Perhaps you know it will require eating trail dust and sleeping in the company of scorpions, and you’re not sure if it’s in you. Believe me, it’s in you.

Perhaps it’s fear.

Seated high on the back of a mule, it’s difficult to see the narrow trail directly beneath you. As you round a tight corner, the mule’s neck and head seem to extend

beyond the edge and it feels like you might plunge over the side. But the prospect of falling is just an illusion. Like the acronym for F.E.A.R. – False Evidence Appearing Real.

Of course, feeling fear is only natural and sometimes appropriate. That is when you “do it afraid.” I was afraid numerous times on that mule ride. But it was in those uncertain moments of testing my mettle that I gained a clearer sense of what I’m capable of. Not to mention one of the greatest adventures of my life.

So let me ask you. Whatever your canyon, are you going to be a rim hugger, or are you going to be a Mule Skinner?

► *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.*



## BENEFITS OF GREEN TEA



If you're like me, under eye puffiness has plagued me all my life and the older I get, the worse it becomes. I have tried everything from Hemorrhoid Cream to home remedies to very expensive eye creams with little to sometimes no result at all. This frustration has led me to investigate and research, not only the reasons why eye puffiness occurs, but also how to best minimize the effects.

The Cause; First and foremost, we need to understand what causes the puffiness. While many things can contribute to it, the main culprit is fluid retention, which causes the under eye area to sag and bag. So consider anything you may be doing that causes fluid retention, such as, smoking, caffeine intact and a high salt diet which can all contribute to the puffiness.

Now that we have sniffed out the cause, let's investigate the best treatment.

Green Tea; The multiple advantages of Green Tea makes it number 1 on my list. It is not only good for you to ingest, but you can use it as a topical treatment as well. Green Tea has been utilized as a beverage for years for it is loaded with antioxidants and nutrients that have powerful effects on the body. It helps to reduce blood vessels, which can aid in lowering blood pressure and help improve brain function. As a topical treatment it helps to reduce swelling and tightens the skin around the delicate eye area.

Green Tea as a treatment; Steep your tea bags in hot water for that refreshing and healthy cup of tea. Let the tea bags cool. Place tea bags under the eyes for about 10-15 minutes. Remove and rinse with cool water.

While nothing is a miracle drug, the benefits and multiple uses of Green Tea makes this the most cost effective and long term treatment in my book. Here's looking at you!

▶ *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](mailto:tlsackett@yahoo.com)*



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# CHERIE WAGER

## GENESEE ISD



Cherie Wager has worn many hats throughout her career but they all pointed her into the direction of growing a better tomorrow for children in the community with special education needs. She is the Assistant Superintendent for Special Education Services at Genesee ISD. She strives to give guidance to schools and works for compliance and support for special education. She has 7 administrators, 400 employees that she oversees. In December of 2015, she received the Batten Award at the MAASE General Membership Meeting. The Batten Award started in 1984 in honor of Murray “Bud” Batten, a former State Director of Special Education, who devoted his entire professional career to serving students with disabilities.

Wager is most passionate about serving students, families and staff within the community. She believes in a “serve and lead” philosophy which she takes very seriously. She calls herself a “classic overachiever” and emphasizes the importance of being a leader in the community. In a time when current events will greatly impact our youth, Cherie Wager is heading on the challenge and giving a voice for the future of the community.



On August 1, 2016, Leaders of the Genesee Intermediate School District (GISD) in partnership with the Michigan Department of Education’s Early On® Genesee program announced the kickoff of a new campaign to help evaluate 3,600 Flint children age 0-3 who are at risk of lead-related developmental delays.

Early On® Genesee offers no-cost early intervention services for infants and toddlers, birth to 3 years of age, with developmental delays and/or disabilities, and their families. The family-centered system features an emphasis on family strengths and abilities, which requires the development of an individualized family service plan (IFSP) specific to each child and family. The IFSP is based on the priorities of the family and the results of a family interview and multidisciplinary evaluation. To the maximum extent appropriate, early intervention will occur in natural environments, including the home and community settings.

“Flint’s water crisis and the potential for lead exposure in children reminds us of how important





**Cherie Wager and her team**

*“Flint’s water crisis and the potential for lead exposure in children reminds us of how important it is to always be focused on the development of children birth to 3, and beyond.”*

it is to always be focused on the development of children birth to 3, and beyond,” comments Wager.

Since the Flint water crisis, the concern over the next generation’s health has risen exponentially. The effects of lead poisoning within the community has created a focus on how it will endanger the health of young children exposed. Behavioral issues and impaired learning development is directly related to such exposure and this crisis puts an emphasis on the need to create an educational system that can handle the special needs of all

those impacted by the water crisis. Estimated at 26,000 kids impacted this year from lead poisoning, the need is great and growing. Cherie Wager is helping to lead the county towards the development of classroom environments that support the children.

The campaign’s goal is to create awareness of Early On® Genesee services for the approximately 3,600 children who could have been exposed to lead in Flint water and are potentially at risk of lead-related developmental delays.

GISD is teaming with local education leaders to encourage the parents and caregivers of these children to call 591-KIDS and schedule a free in-home assessment with Early On® staff. Their main message is “Don’t Wait. Evaluate.”

Wager believes that a positive climate is key. The main goal is to prepare kids with disabilities for the possibility of employment. Creating a template to address these cases of developmental delay, which affect an age

range of 0-26, GISD is collecting data to support the success of their program. When they receive a call, a staff member is sent to the home to evaluate the situation. Early on, 3600 babies were identified with developmental delay. Coaching parents and providing services to help adjust to these special needs are first and foremost for Wager and her team. They are collecting data that supports their success and are steps ahead of other organizations.

“Everyone in a child’s life, from parents to healthcare and childcare providers and extended family members, should be aware of the signs indicating developmental delay and take measures to ensure that children receive the Early On® intervention services they need in order to continue to progress,” Wager said.

Cherie Wager is striving to lead others in the cause for bettering the system for developmental delay and special educational needs. Developing leadership and mentors will help to strengthen the project and create a better tomorrow. She feels strongly about letting parents know they don’t need to fight this alone and there is help. She has a fantastic team that is “above the average” in service and care. They service the visually, hearing and cognitively impaired and are focused on seeing a change. Their standards are high and Wager is set on seeing the children of our future succeed. Every single one.

For more information about the Genesee Intermediate School District and their mission, go to <http://www.geneseeisd.org/>.



*Susan Lamphier is an Editor for Women2Women Michigan Magazine*

# Cancer Leads To Angel Hair Designs

(VanAlstine Finds Happiness Helping Others)

Sometimes in life, we encounter situations that make it necessary to really hunt for happiness because it seems nowhere to be found. Cancer is one of those situations. We have all been affected by cancer in one way or another, whether through personal experience or that of a loved one. The pain, embarrassment, hair loss, fatigue, sickness, physical and emotional strain can make it very hard to see any silver lining. Hair loss can be an especially traumatic experience. As women, our hair plays a crucial role in the way we feel about ourselves. From pixie cuts to long luxurious locks, we depend on our hair to make a statement.



Dawn VanAlstine is someone who completely understands this, which is why she created Angel Hair Designs by Dawn, a business whose goal is to help cancer patients dealing with hair loss. Dawn started her business after watching her mother Barbara struggle with liver cancer. Barbara lost her hair after going through treatment. When she went to get a wig, both Barbara and family noticed a severe lack of sensitivity at the wig shop. After that incident, Dawn mentioned to her mother that she wanted to do something about it and create her own shop with a responsive and compassionate atmosphere.

Barbara was given three months to live and fought for an entire year. When she passed away, Dawn continued her job as a hairstylist until one fateful day a client came in who wanted her hair washed because she had been in the hospital.

Dawn thought nothing of it until a week later when the hospital called to ask if Dawn would be willing to come in to wash a patient's hair. Dawn knew it must be the same woman and when she arrived at



the hospital she was told that her client was on the 11th floor, which she knew was the floor for cancer patients. Dawn says that her "A-ha" moment came when she found out that the woman was in the exact room her mother had been in.

From then on, Dawn knew without a doubt that she was going to begin Angel Hair. She went back to school to learn about wigs and asked her professors from beauty school for model heads that were going to be thrown away. From there, her employer at the time allowed her to use a 5'x5' space to get things started. Today she assists about 300 women each year.

When asked what she would like to tell women who are going through this ordeal, Dawn says "Many women come in upset at the thought of losing their hair. Some even consider foregoing treatment. I

want them to know that health comes first! I can get them a beautiful wig that is perfectly fitted to them and exactly what they

want". She would also like to let women know that she can answer many questions that they may have concerning cancer, not just ones pertaining to hair loss.

When a client comes in for an appointment with Dawn, they are encouraged to bring people who will give them honest and loving support. She says nine times out of ten it is a very emotional process that is accompanied by tears. She promises to do everything in her power to make this situation as painless as possible. According to Dawn, the goal is to make her clients content, which involves them gaining back a little control and little normalcy. "Whatever has been taken away by cancer, you have a chance to gain it back. You are in control of how you look and how you feel and no-one or nothing can ever take that away from you".

If you or someone you know is struggling with cancer or hair loss, please contact Dawn at Angel Hair Designs by Dawn at (810)-600-2211. She is located in the same space as Euphoria Salon in Flushing, 6104 Pierson Road, Flushing, MI 48433.

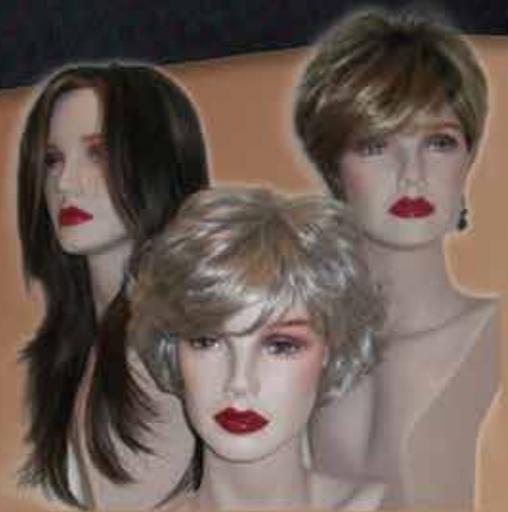
Happiness isn't always easy to spot, but it can be easy to find when you surround yourself with this kind of love and support.



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A private, professional and caring environment to choose a wig of your liking! Angel Hair Designs was born of the love for my late Mother Barbara Kephart who never failed to put others before herself!

She left behind a family of that some giving nature!

I have her heart...  
God has her soul...  
let me help give you ...

When you start to lose your hair, it will be sudden, and for most women it may be a very emotional time. It is perfectly normal to feel depressed. With sensitivity and understanding, we will patiently work with you to find a wig in the color and style that is uniquely and wonderfully you. You'll find that choosing your new look can even be the start of something empowering and beautiful.



Though we have many wigs on hand, placing a special order may be necessary to ensure we are getting the best look for you. Scheduling a consultation with us as soon as you have your first Oncology appointment is strongly encouraged, as specially ordered products can take up to 7 to 10 days to arrive. Expedited shipping is available for a nominal fee, in which case your wig can be delivered in as little as 3 days.

# STRESS

## & Your



From how-to-books to soothing CD's to essential oils, it feels like I've done it all when it comes to managing stress. Here at the American Heart Association, we often encounter stressful situations – shocking I know. There are few times of the year that are probably more stressful than others; however, just for the record, those times also end up being the most rewarding.

Stress management is a hot topic and I'm sure you've heard many ways in which you can manage it. But I figured I'd share a few insights I've had over the years when it comes to managing stress. No, I'm not an expert but I can share important information from the association. Which, in my opinion, is pretty great.

Everyone feels stress in different ways and reacts to it differently. Are you like me – where your stress builds and builds until you feel it physically? My stress is always in my shoulders, I've been known to be so tense that I can't turn my head. That usually calls for a chiropractor visit. Or are you one who feels it immediately? The amount of stress you experience and how you react to it can lead to a wide variety of health problems — including heart health problems.

“When stress is excessive, it can contribute to everything from high blood pressure, also called hypertension, to asthma to ulcers to irritable bowel syndrome ,” said Ernesto L. Schiffrin, M.D., Ph.D., physician-in-chief at Sir Mortimer B. Davis-Jewish General Hospital, and professor and vice chair of research for the Department of Medicine at McGill University in Montreal.

Think about how often you have heard someone say, “I'm going to have a heart attack” in reference to stress they're experiencing. We dismiss these types of comments, but in fact, stress can affect behaviors and factors that increase heart disease risk: high cholesterol levels, smoking, physical inactivity and overeating.

Are you someone who has a drink or two to relax? Some people may choose to drink too much alcohol or smoke cigarettes to “manage” their chronic stress, however these habits can increase blood pressure and may damage artery walls. (Thankfully the occasional glass of wine for mom is okay.)

According to the American Heart Association, managing stress is good for your overall health. A few studies have examined how well treatment or therapies work in reducing the effects of stress on cardiovascular disease. Though managing stress may some days seem impossible, there are several ways in which you actually can help your body as it reacts to stress. Some to try include:

### *Positive Self-Talk*

Self-talk is one way to deal with stress. We all talk to ourselves, be sure to make your self-talk positive. Negative self-talk increases stress.

- I can do this.
- I'll laugh about this someday.
- One step at a time.
- It will get better. This is just temporary.

## Stop Stress on the Spot

Can you feel your stress building when you're in a certain situation? Try to manage it before it gets too bad.

- Count to 10 before you speak.
- Take three to five deep breaths.
- Walk away from the stressful situation, and say you'll handle it later.
- Go for a walk.
- Hug a loved one or smile at your neighbor.

## Find Pleasure in the Little Things

Stop and smell the roses isn't just an old saying. Do it. When stress makes you feel bad, do something that makes you feel good. Doing things you enjoy is a natural way to fight off stress. Try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes.

Such as:

- Start an art project
- Take up a hobby, new or old.
- Read a favorite book, short story, magazine or newspaper.
- Have coffee or a meal with friends.
- Listen to music during or after you practice relaxation.
- Take a nature walk — listen to the birds, identify trees and smell the flowers.
- Play cards or board games with family and friends.

## Daily Relaxation

Relaxation is more than sitting in your favorite chair watching TV. To relieve stress, relaxation should calm the tension in your mind and body. Some good forms of relaxation are yoga, tai chi (a series of slow, graceful movements) and meditation.

Deep breathing works for me in some situations. It's a good skill to practice as in the morning of a stressful day or at the end of day.

- Sit in a comfortable position or lie down. Close your eyes. Picture yourself in a peaceful place and keep this scene in your mind.
- Inhale and exhale. Focus on breathing slowly and deeply.
- Continue to breathe slowly for 10 minutes or more. Ideally, you should do this every day for five to 10 minutes.

Though we will never be able to eliminate all the stress from our busy lives, there are ways to reduce it and manage it. Pick your tool that you think will help you and the next time you are in a stressful situation, practice it. Your overall health and heart health will benefit from it and you'll feel a whole lot better. I can feel my shoulders relax already.

For more information on how you can reduce your chances of developing cardiovascular disease, 'like' us on Facebook/  
American Heart Association Mid Michigan.

► Stacy Sawyer is the senior communications director for the American Heart Association in Michigan. A mom to two and husband to one, you may see her on television, hear her on the radio or pass her on the road as she taxis her kids to one activity to another. She is a heart health cheerleader.



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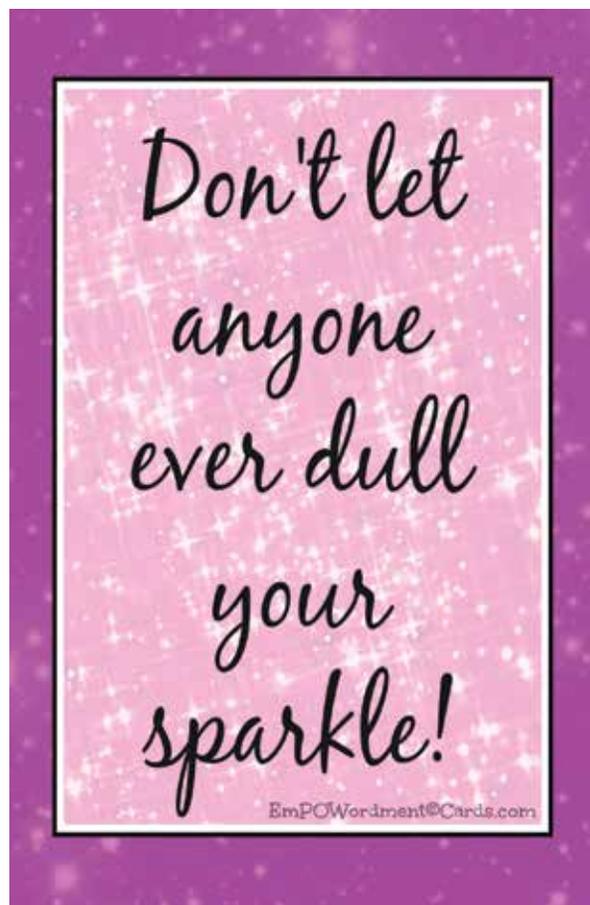
# The Power of Words



I felt this way until the momentous day eight years ago when I realized what an amazing and wonderful person I'm created to be. Although the journey to that day took several years, there was a year in particular that set the process in motion. It was the "year that was" and will remain firmly in my memory as the catalyst of change.

The year was 2004. I was a "grandparent-aged" adoptive mom of two young special-needs children who rarely slept through the night. My husband had two major back/neck surgeries that year that put him flat on his back for days, so I was basically single-parenting—and paying the bills since he wasn't working.

We had just moved into a beautiful home we'd had built with a wing for my mom, whose health was failing. She came to live with us in March after having surgery on her broken arm. Thus began the parade of caregivers coming into our home. Sometimes they were



The story of Empowrdment Cards by Mimi began several years before I established the business in 2014. These cards are an expression of my own journey which caused me to change the way I thought of myself.



The background: several factors in early childhood created my low self-esteem. I felt as if I needed to be good in order to deserve love and approval. Thus, I was constantly modifying my behavior to please others, allowing their expectations and opinions to form me. I felt unworthy, inadequate, and unlovable.



# Milestones

*From that first kiss to retirement, milestones in a woman's life define her and what she will ultimately become in the world.*

*Sure, we all remember our "firsts"- our first kiss, our first love and our first time.*

*Those milestones are ones the majority of women share. But what happens after that?*



The milestones of a job, marriage, a home and children were what our mothers had. Most women in the 1950's and 1960's had a different outlook of what life offered them. But defining the milestones in the millennium, where women hold more power (though, not necessarily in the financial arena) and have more freedom is quite different than the June Cleaver days.

Unless you are a genius, milestones pretty much stay the same for us during our high school years. After graduation, life starts to get interesting and we as women begin to carve our own paths.

**Twenties-The age of exploration-** during our twenties, we start to learn more about ourselves. Childhood friends may vanish, and we are introduced to a wider group of people, either through jobs or college life. We embrace new thoughts and ideas, learn that the world is a much bigger place than we thought and many of us rebel against what were once firmly held beliefs. We start re-evaluating some of our ideals and goals. It's also during these years, that many women find their true love and marry.

**Interesting fact:** Studies show that age 25 is the lowest point for a women's sexual confidence, due to worrying about now having a "perfect body".

**Thirties-Work, Work, Work-** It doesn't matter if you are a single or married woman, the truth of the matter is that "work" in our thirties is the dominant theme for all of us. Research shows that at the age of 34, women are our happiest as we settle down, establish a career and buy a home. Whether we struggle with juggling a life with a partner and children (and keep climbing that corporate ladder!) or are single, we are all working long hours and trying to carve out some badly needed "me" time.

**Fact:** research shows that at age 39 the average woman will be getting her highest salary.

**Forties- Mid Life Re-evaluation-** In our forties, most women are firmly established in their career. This is the age where we start questioning some of the decisions we made in our younger years and reevaluating some of our life's choices. We take more chances, are willing to take more risks, as we are more confident in our abilities. We have discovered what our passions are, and follow them.

**Fact:** Age 49 is the time when women are most likely to become a grandmother for the first time.

**Fifties-Care giving and Life Balancing-** During our fifties, we see life come full circle. It is at this age women take on caring responsibilities for younger and older relatives.

We become more reflective, and even more, we feel wiser than in past years. Many women find that they are freer to enjoy life and are less irritated. We also begin to be more accepting of things we cannot change. Because of this, a world of opportunities opens up to women who no longer have to worry about having the perfect body. They feel perfectly comfortable in their own skin.

**Fact:** Studies show that women in their fifties finally get that work-life balance under control.

**SIXTIES-Moving Forward-**We may have hit the big Six-O, but it doesn't slow many of us women down. We have more time to relax and we no longer have to worry about pregnancy. We are looking forward to retirement (average age for a woman is sixty three years and one month) and many of us begin to follow some of the passions we left behind when we were too busy to pursue them. We have more freedom now to fulfill those "bucket lists" and connect with family and friends in newer, deeper ways.

**Fact:** Researchers say that 37% of married people over 60 make love once a week or more.

**SEVENTIES-NEW STAGE OF LIFE-** Grandma Moses, Dr. Ruth Westheimer and Golda Meir are proof that age is just a number. All of them were in their seventies when they became successful or at the height of their power.

In their seventies some women begin losing their life long partners and the feelings of physical ailments start to manifest. So, we redirect our energies and find new ways to live our lives. In the millennium age, many women are refocusing on what their lives were in the past and moving forward to take on new and exciting challenges. And, since we take better care of ourselves, eat healthier and exercise we are still discovering new facets of ourselves.

**Fact:** More than four in ten women (43 percent) expect to work past age 70 or do not plan to retire.

But, no matter what milestone we reach, millennium women are continuing to discover that age is just a number and living life to its fullest is the best way to live!

► *Charlene A. Kowalski is the Director of Marketing/Customer Service for the Mass Transportation Authority. She can be reached at: [www.w.kowalski@mtaflint.org](mailto:www.w.kowalski@mtaflint.org)*

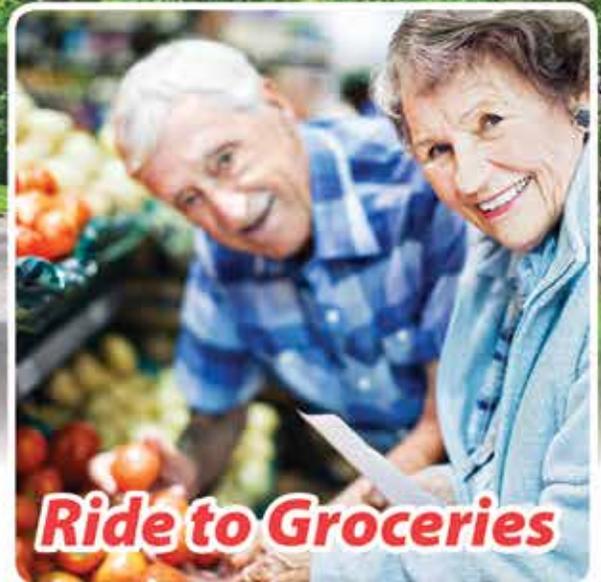
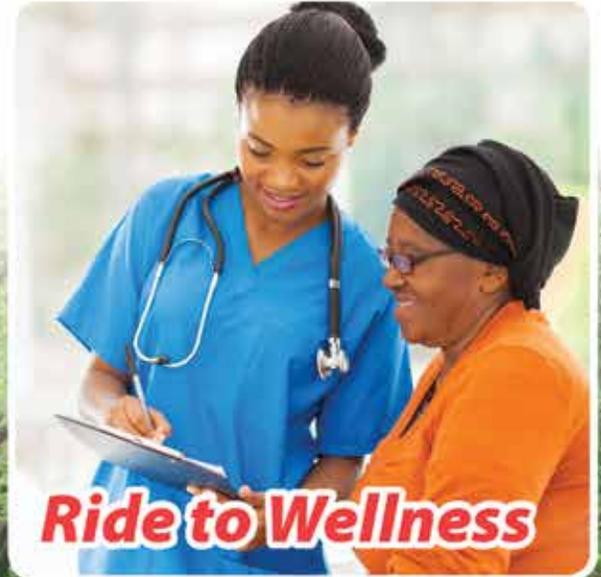


# Rides worth taking!

MTA has added two new specialty routes; Ride to Wellness and Ride to Groceries. Rides to Wellness route provides residents and their families with accessible transportation to medical facilities outside the normal fixed route bus service. Ride to Groceries services Flint Eastside residents through a call-in service and a limited access bus route.



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# Be the Good-Enough You Can be!



As I write this, it is the day after my wife and I ran our first 5k. And since my legs won't do much of anything else today, I may as well write my column while it's only five days late.

Let me make something clear: I don't run. Lifting weights, yes. Burpees, maybe. Spinning, if the instructor is cute enough. Running...let's just say that I'd rather do a six-day marathon of Thirty Something reruns than hop on a treadmill. However, since it was for a good cause (something about keeping young punks off the streets and putting them into offices where they can carry out proper white-collar crimes), and my wife was all excited about it, I surrendered my Saturday morning to run 3.11 miles through sunny Oxford during the Lone Ranger Days festival...

Just a side note: Oxford's claim to fame is providing the world with Brace Beemer, whom you have never heard of. That's because Brace was the original radio Lone Ranger. No, he wasn't even on TV. You know you're making it in the world when your town's biggest celebrity

last shouted "Hi-ho, Silver!" sixty years ago on a radio that got three stations. For more information, visit the Oxford Historical Museum, open for thirteen minutes every fifth Saturday.

Where was I? Oh, yes. Running. Don't get me wrong, I'm a fan of exercise and healthy eating. I've done it all. The only reason Delta Airlines doesn't currently charge me for two seats is that I am always trying a new diet or exercise program. My friends, I have been a Weight Watchers lifetime member at least eight times.

And let me tell you something...about exercise and dieting. All these programs start out with the same bit of mind-blowing instruction: you have to set goals (take note, dear editor, that I actually stuck to the issue theme this time).

I love goals! Know what I love best about them? I love the bit of hysterical mirth that overcomes me when I reflect on them several months or years later. Since we're on the subject of diet and exercise, allow me to offer you a few goals that you may

be able to stick with. I've found them quite achievable myself, after having given up on such goals as "fit into size 30 jeans" or "bench press 215 lbs."

We can do better! We can set goals that have meaning and we may actually reach. So now, when I start a new exercise regime or diet, my goals look a little something like this:

- To never need one of those electric scooters in Meijers.
- Never consider pocketed sweatpants as "business casual."
- Never consider McDonalds as dining out.
- Use the machines at the gym so no one can see how much I'm lifting.

See? The point of setting goals is to set the bar low enough that you can pretty much phone it in and still check it off your list. Got it? Now get out there and be the good-enough you can be!

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

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



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