

WQ

Women's Quarterly

Full Circle Special Edition

EXCLUSIVE
INTERVIEW WITH

Irene Carol

YOUTH MENTOR
AND MENTAL HEALTH
ADVOCATE

AMPLIFY
YOUR BUSINESS
AND **BOOST** YOUR
PERSONAL BRAND

Bon Appetit!

.....
15 Recipes to help spice
up your meals

QUIZ TIME!

DO YOU HAVE TROUBLE
ADVOCATING
FOR YOURSELF?

Oh no!

Wrinkles!

.....
**6 HEALTHY HACKS TO
AGE GRACEFULLY**

**Divorce
Blues?**

.....
**How to land
on your feet**





FULL CIRCLE SPECIAL EDITION



TODD ANTHONY TYLER
MAN OF THE HOUR



TAMMI RELYEA
WOMEN ON A MISSION



LEKAI BUTLER
WOMEN ON THE MOVE



TAMRON LITTLE
WARRIOR WOMEN



VICKY ROLFE
WOMEN IN BUSINESS

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WQ EVENTS

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OH NO! WRINKLES!: 6 HEALTHY HACKS TO AGE GRACEFULLY



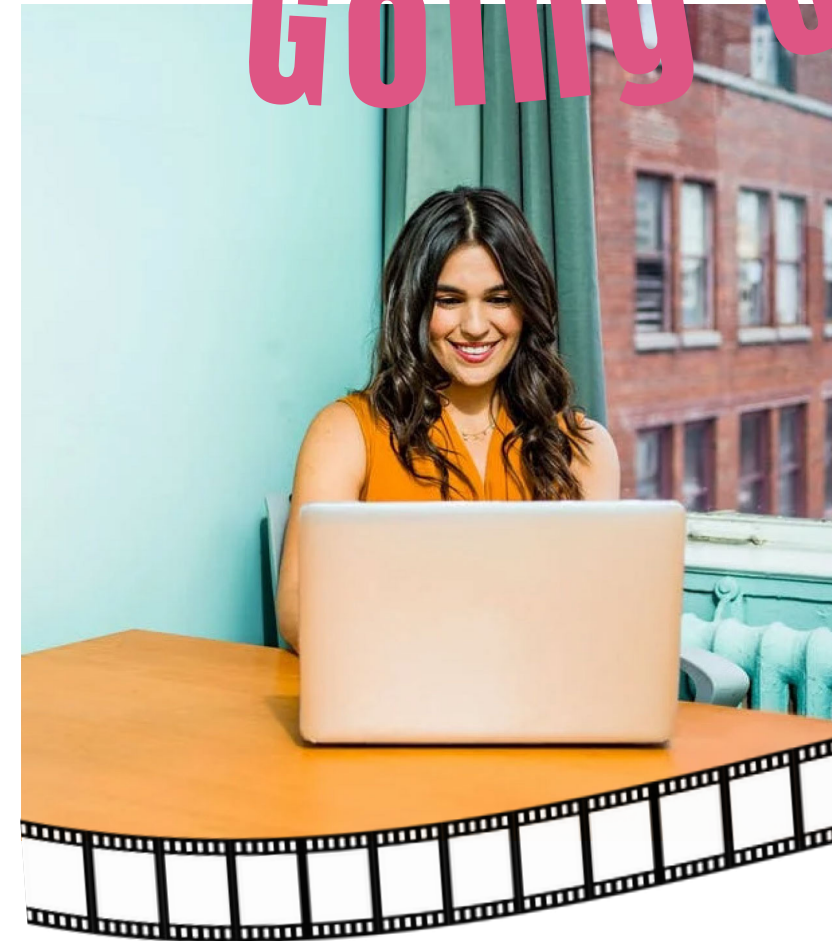
DIVORCE BLUES?: HOW TO LAND ON YOUR FEET

What's Going on? wQ Video Promotion

Our **FREE** Video Promotion is open to women sharing their stories or whose message is directed at, geared toward or meant for the support and empowerment of women. We are looking for video content that is of interviews with women, inspirational videos, how-to videos or advertisements geared towards women.

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WQ is amazing! This magazine is in my humble opinion, absolutely extraordinary! The leadership is incredible and the content is thought-provoking and insightful!

- RR, USA

I love Women's Quarterly Magazine. It informs, uplifts and encourages me to be my best self. It is very relatable and has interesting topics and features. I love how it highlights women who have amazing stories and talents. I highly recommend checking it out!

- TB, USA

Contributors

Danielle Cobo



Danielle Cobo is an international female speaker, best-selling author of the book *Unstoppable Grit: Break Through the 7 Roadblocks Standing Between You and Your Goals*, and the *Unstoppable Grit Podcast* with Danielle Cobo. With over 15 years of corporate experience in the medical tech and bio-pharmaceutical industry, she knows how to build high-performing teams that increase sales, productivity, and employee retention. Her expertise includes corporate resilience and heart-centered leadership. Instagram: @thedaniellecobo



Tracy Interlandi



Tracy Interlandi is a writer, speaker, and consultant who helps heart centered leaders to elevate all categories of their lives. She is a master storyteller, and creator of the CAFE Storytelling Method. Tracy implements the CAFE Storytelling Method for business growth, personal development, and social impact. She has spoken at events throughout the nation, including sales development courses and female empowerment festivals. Her dedication to storytelling has allowed her to forge strong connections with audiences and establish herself as a respected leader in her field. Tracy lives in Coastal Delaware with her loving husband and two young sons. Instagram: @tracy.interlandi



Serenity Chambers



Serenity Chambers is the creator and owner of The Serene Corner, which is a space dedicated to social media consulting, coaching, and management services for people looking to build an online presence that is long-lasting and passively growing online. Instagram: @theserenecornerllc



Jen Bayer



Jen Bayer is a Freedom Lifestyle entrepreneur and founder of Exalted Health. Her specialty is guiding women through physical and spiritual healing. She educates others to walk in power, authenticity and authority towards the life and business they only dare to dream of. Instagram: @jenbayer1



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STAY IN THE KNOW SIGN UP FOR OUR NEWSLETTER

Welcome to Women's Quarterly Magazine, where we believe in the power of the mind your business mindset. Our publication is dedicated to providing women with the tools and resources they need to succeed in work, money, and self-care. We understand that women face unique challenges in these areas, and we are committed to providing practical and actionable advice to help them overcome these challenges and achieve their goals.

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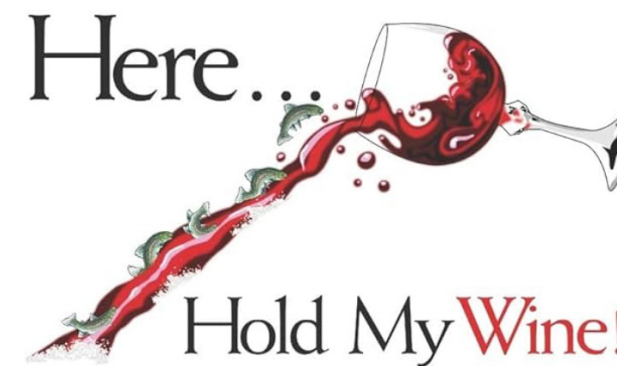


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Here, Hold My Wine!

Robin's Practical and Impractical Guide to Life:
Vintage 2019



Robin's practical and impractical guide to life
Vintage 2019

Robin F. Anderson

Ok, so you're checking out this book and you're wondering if it's any good. Well, I can tell you this much, if you ever find anyone who has been through as many things as I have and is still left standing, then you know I'm someone who can't be stopped. I have had many people come to me and ask me how I became so successful in life. Well, I believe, it's 'the thought process' that got me to where I am today. Nothing stops me from achieving my dreams. So now you are thinking, "is this is going to be one of those boring 'self-help' books that everyone writes?!" Well, you are wrong, my friend. When you read my original stories, or should we call them, 'real life drama,' the 'things' that happen to me are almost unbelievable experiences anyone could have, and with such bad luck. Bad luck...is there such a 'thing?' You know what they say about karma. I guess I have really pissed off someone along the way. So, should I tell you early on the crazy things that happen to me? Nah...I want you to read the book, so there you have it. But, I have always taken the 'bull-by-the-horns,' so to speak, and changed the direction in my life by having a certain 'thought' process. By sharing my stories of life's ups and downs, I will hopefully give you a guide to my overall thought process, how I tackled each and every obstacle, and the decisions I made to keep moving forward in the direction I wanted. Hopefully, you can apply the way I approached challenges to make your life better. Cheers!

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Letter from the Publisher

#YouthEmpowerment
#FutureLeaders

The younger generation represents not only the future but also the hope for a better world. Investing in them is essential for building a brighter, more innovative, and inclusive society. Providing opportunities to the youth is crucial, but empowering them to seize these opportunities with confidence and vigor is equally essential. We need to inspire them to dream big, believe in themselves, and become the changemakers that our world desperately needs.

As we shape the leaders of tomorrow, we must remember that every word of encouragement, advice, and opportunity we provide can make a lasting impact on their lives and the world around us. We need to support the youth in their efforts to become knowledgeable, creative, and proactive individuals capable of addressing the challenges of our time and making a positive difference in their communities and beyond.

Investing in the young generation implies creating a nurturing environment that fosters growth and development. It means providing them with access to quality education, training, mentorship, and resources that can help them unleash their potential and pursue their aspirations. It also means promoting diversity, equity, and inclusion and removing barriers preventing young people from reaching their goals.

The future belongs to the youth, and we have a responsibility to help them succeed. Investing in their education, mental health, and well-being, we can build a better world for everyone. Here's to our future leaders, may they always strive to make a positive impact and create a better tomorrow for us all.

-ilene Carol

Ilene Carol



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The Life of *ilene Carol*



My Top 5

How to maintain your well-being:

1. Prioritizing mental health: One of the most important things women can do for self-care is to prioritize their mental health. This can include practices like meditation, therapy, or simply taking a break and engaging in activities that bring joy.



2. Nurturing relationships: Building strong and supportive relationships with family, friends, and community is an essential part of self-care for women. Spending quality time with loved ones can help reduce stress and improve overall well-being.



3. Engaging in physical activity: Regular exercise is crucial for women's physical and mental health. Whether going for a walk, practicing yoga, or hitting the gym, finding an enjoyable physical activity can help boost mood and energy levels.



4. Practicing self-compassion: Women often pressure themselves to be perfect and care for others. Practicing self-compassion means being kind to yourself, accepting imperfections, and recognizing that self-care is necessary for a healthy and balanced life.



5. Cultivating personal interests: Engaging in hobbies or activities that bring joy and fulfillment is an important part of self-care for women. Whether painting, reading, or learning a new skill, taking time for personal interests can help reduce stress and improve overall happiness.



My Favorite Quote

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."

- Maya Angelou

ask ilene

www.instagram.com/ilene.carol

How to build your brand 101?

Branding Tip: Be Consistent

One of the most essential branding tips is to have a clear and consistent message across all your marketing channels. This means using the same language, tone, and visual elements to create a strong and memorable brand identity. Understanding your target audience and tailoring your branding efforts to resonate with them is also essential. By doing so, you can create a loyal following and stand out in a crowded market. Stay tuned for more tips or follow me on Instagram @ilene.carol

What's on your mind?

Your BFF Online, (YBO), podcast and YouTube channel is all about helping you achieve your goals. Some of my best go to topics: how to grow your business and build your brand, bestie tips, boss up goals, and healthy lifestyle.

Would you like to be a guest?

Contact@ilenecarol.com - Subject: Podcast Guest - tell us what topics you would like to discuss.

Illustrations: @pixabay

Editor's Letter



Welcome to Women's Quarterly Magazine, where we believe in the power of the mind your business mindset. Our publication is dedicated to providing women with the tools and resources they need to succeed in work, money, and self-care. We understand that women face unique challenges in these areas, and we are committed to providing practical and actionable advice to help them overcome these challenges and achieve their goals.

Women's Quarterly Magazine believes in empowering women to take control of their lives and careers. Whether you are a working mom, a stay-at-home mom, or a woman just starting out in the workforce, we have the information and resources you need to succeed.

Our magazine covers various topics, especially career development, entrepreneurship, personal finance, mental health, and wellness. We feature interviews with successful women who have overcome obstacles and achieved great things in their careers and expert advice from top professionals in various fields.

Every woman has the potential to achieve great things, and we are here to help them realize that potential. So, if you are ready to take control of your life and career, we invite you to join us at Women's Quarterly Magazine. Together, we can help you achieve the success and fulfillment you deserve.

#WomenEmpoweringWomen

We often get asked, "How can I support Women's Quarterly Magazine?" The answer....

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Feel free to tell a friend about us, include us in your newsletter and share our posts. We thank you ALL for your continued support.

www.wqmagazine.com



Jenna Ross

editors@wqmagazine.com

Jenna is married with 2 children. She attended Old Dominion University in Norfolk, VA for her Bachelors and Masters degrees in Education.

Favorite Quote:

Half a person's beauty comes from their tongue.

- Arabic proverb



Write for Us

WQ is currently building a network of talented and eager contributors. This would be especially ideal for entrepreneurs, mompreneurs, experts, authors and bloggers. We would love to read a sample of your work. Introduce yourself to our editors with links to your work and social media profiles. Use the link below to submit your request.

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#mindset

Our favorite Quotes

"I don't believe in failure. It's not failure if you enjoyed the process."

-Oprah Winfrey

"Procrastination is the enemy of success and the guilt of not doing something always steals your energy."

-Barbara Corcoran

"Success isn't about how much money you make; it's about the difference you make in people's lives."

-Michelle Obama



Myth and fact: What you need to know about credit scores

While there are misperceptions and misunderstandings still lingering in the marketplace, the good news is that overall knowledge about credit scoring is improving.



Five ways to get real and consistent savings at the pump

By making a few adjustments like changing driving habits and shopping smart, you can make the most out of each gallon you pump into your tank. Here are five tips for getting real and consistent savings at the pump.



Save money, even when you splurge

With the abundance of online tools and free apps, consumers can find the best prices and keep track of their spending in mere seconds – they just have to make a concerted effort.



Getting organized: Learn your style and find solutions that work for you

Food experts know that the right wine or spirit can enhance the enjoyment of any dish. The perfect marriage of the right wine and a flavorful meal creates a combination that celebrates and enhances the experience of both.

What's Your Story?



Everyone has a story. We want to hear yours.

Women's Quarterly gives women a voice in the hope that the stories shared will inspire, encourage, and empower others. Success stories and overcoming obstacles.

www.wQmagazine.com/your_story





Ask the Experts

10 Fitness Tips For Beginners

If you're considering starting a new fitness regime, use these 10 tips for beginners to ensure you reach your goals.



1. Make Your Workout Worth It

If you want to get the most out of your workout, you need to remember that around 80% of the results that you get from your workout come from just 20% of your workout.

That means that in an hour's session, only 12 minutes of the workout will contribute to the bulk of your results. You need to make those minutes count. Use compound movements that work for more than one muscle group at a time to make the most of your time.



2. Remember To Eat Healthy

Any body-shaping goals can only be achieved by eating a healthy diet. If you go to the gym to go home and eat a double cheeseburger with a 2-person serving of French fries, you won't do your body any favors.

You should make sure you eat in moderation and remember that if you're burning off more calories, you will need to eat that little bit more to have enough energy. Balance your nutrition and avoid fad diets.



3. Change Your Eating Habits

You need to make sure that you eat properly as well as eating healthily. Eating properly includes eating at the right times of the day. Skipping breakfast is a bad idea, and you shouldn't eat too late in the evening either. Speak to a personal trainer about what would work for you so that you can achieve your goals.



4. Plan Out Your Routine

You should devise a plan to make sure that you

know just when you're going to be working out and when you can look forward to some downtime. Remember to include rest days and be realistic about how much time you can make available.

Remember to stick to your schedule as much as possible so that you don't slide into the habit of skipping the gym and make your targets achievable.

5. Make A 100% Commitment



You need to remember that your body transformation needs complete dedication from you. You can't skip a day or two here and there because you feel you deserve it. Plan when your rest day will be and stick to that. Even if you have a vacation planned, check out the local gym and take an hour each day to continue working out. Keep up with healthy eating, too.



6. Don't Let Preconceptions Put You Off

It's easy to look at a female bodybuilder and suddenly panic if you're a woman who is trying to lose weight and develop a petite and slender figure.

The reality is that women can't bulk like that; it requires a particular plan and effort. You won't go wrong if you stick to your personal trainer's plan.



7. Keep It Simple

You should remember that you are only starting out with fitness. To avoid injury and to avoid putting yourself off continuing with your training, you should make sure that you familiarize yourself with the basics first.

Start with some shorter sessions and then expand your workout as you become more confident and

as your fitness levels start to rise.



8. Prepare For Your New Routine

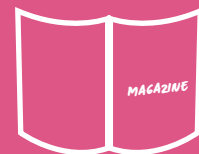
Make sure you make yourself available to workout and have a routine plan of how you would like your workout to go. You need to come up with some realistic goals, too, so if you want to have 6-pack abs, aim to achieve some muscle definition within 6 months, or if you would like to lose 20 pounds, make sure that the timeframe you set for yourself is achievable. If you don't know what your targets are, no personal trainer will be able to help you.



9. Remember Cardio

So you want to get 6-pack abs, bulging biceps, and strong legs? You can't get those things by just lifting weights. Remember to fit in a good amount of cardio while working out.

If you're already carrying excess weight, you need to ensure that you burn off the fat by doing frequent cardio, and eventually, the muscle will start to show through.



10. Use A Visual Inspiration

It is very helpful to have visual inspiration to keep you motivated to lose weight. Try performing a Google image search to find photos of people with a body shape and size similar to your ideals.

Print out the image or images and display them where you will always see them, for example, near your work desk, on your car dashboard, or the fridge. This will ensure you have a visual goal that will keep you motivated daily!

Photo credit: Andrea Piacquadio

It's Your Time to Shine Girl

Between your self-doubts, fears, and the systemic biases that make it significantly harder for women to lead, perhaps you've resigned yourself to dimming your light, playing small, and not believing in your greatest aspirations.

With It's Your Time to Shine Girl, walk through Natalie's twelve steps to unveiling the leader within you, where you'll learn to soar with your strengths, cultivate your confidence, confront your impostor, self-advocate, build a squad and more.

With insights from her own careers and life, as well as her clients, Jobity inspires and equips you to unveil your brilliance and lead unapologetically in your arena.

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WHAT'S Hot?

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IN THE NEXT ISSUE

Welcome to another year and a new issue of Women's Quarterly Magazine! As we move forward in 2024, we must rethink our goals and seize opportunities. In our upcoming issues, we will bring fresh ideas and novel concepts from innovators who share their tips on thinking outside the box.

We also feature innovative female entrepreneurs breaking barriers and making significant contributions to their fields. Our readers can expect to learn about new trends in the professional world and how to achieve ambitious goals. Here's a sample of what to expect in the next issue:

- Inspiring stories of female entrepreneurs who are making a difference in their respective industries
- Expert advice on how to set and achieve ambitious goals
- Innovative ideas to help you think outside the box and stay ahead of the curve
- A look at new trends in the professional world and how they're shaping the future of work.

We're excited to bring you another issue packed with insightful content and inspiring stories. Stay tuned for more!

Let's Talk!



They're stylish, they're colorful, they come in many different sizes and comfort levels, they're shoes. One thing about shoes is, everybody has a favorite style or pair, but have you ever stopped to think that that nagging pain in your back may not be due to working out or lifting heavy objects, but based on the shoes you wear?

HAIR-PERSONALITY



Afro, locks, ponytails, curls, braids, long, short, or even bald, the way a woman chooses to wear her hair can help learn a lot about her. You may be able to learn her personality just by the way she wears her hair, but have you ever taken the time to think about what each hairstyle may represent?

Get invited to continue to weigh in on these hot topics and more with us:

editors@wQmagazine.com

Photo credit: @pexels

Author Spotlight

Robert Conqueror Roberts



Robert Conqueror Roberts's Newly Released "Conqueror Mindset: Conquer the Monster" is an Empowering Blueprint to Discover One's Innate Strength

"Conqueror Mindset: Conquer the Monster," author Robert Conqueror Roberts, is an empowering message that challenges the one size fits all, cookie cutter approach to mental health. Presidents, prime ministers, kings, leaders in industry, Olympic athletes, and influencers from countries around the world have all made a positive reference towards this book.

Robert Conqueror Roberts is an award-winning personal development expert, certified life coach, author, speaker, award-winning former federal law enforcement officer, counselor for children and adults, corporate trainer, intelligence specialist, former government and corporate executive department supervisor, former juvenile and adult prison counselor, award-winning self-defense expert, tactical operations and emergency response team leader, former college football player, scholar-athlete, and personal trainer with over three decades of experience. He is the creator of the MS Push-up Challenge, Muscle to Bone Pushup, Muscle to Bone Fitness, Conqueror Mentality, and Conqueror Mindset principles. He is also a dedicated husband and father.

Roberts shares, "We will never lose our eyesight by looking at things from a bright perspective, but we will always lose our focus when we stare into the fog."

As we go through the forest of life, we need to stop chopping with a dull ax wondering why we are exhausted and full of blisters. It is time for us to take a moment to sharpen our ax and prepare for battle. This way, we can get more done in less time and be victorious.

Rob reveals the secrets that have been hidden from us in plain sight and unlocks the door to freedom, mindfulness, and peace. It is time to stop walking through life wandering in the wilderness for forty years being uncomfortable and living in fear, never reaching the promised land. On the other side of terror is your testimony.

It's time to adopt a conqueror mindset that will give us the right attitude and energy that we need to win!

Energy cannot be created or destroyed, but it can

only be transferred from one object to another. After reading this book, you will have the energy to be that bright light in a room full of darkness.

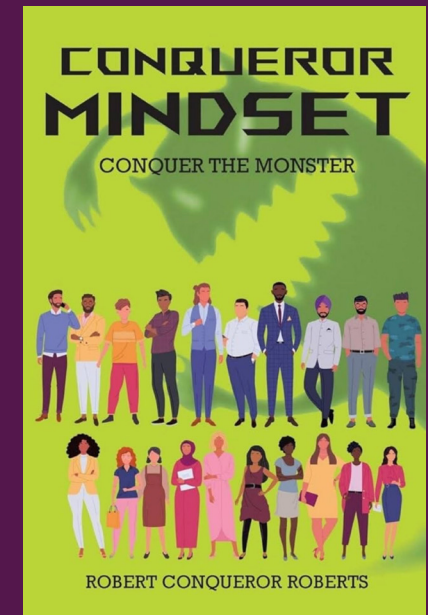
It's not about who is in your circle; it's about who is in your corner. That person in your corner needs to be you. So many times, we look for someone to rescue and save us from the monster in our life. The Conqueror Mindset teaches us that the hero you have been waiting for needs to be you.

To have peace in your life, you must go to war with those old destructive habits, attitudes, and mindsets that are hindering you from greatness.

"Victory is waiting for you as soon as you find the courage to walk in it.

"It's time to conquer the monster."

Robert Conqueror Roberts's new book is a blueprint in how to overcome and conquer the monster in our lives.



Consumers can purchase

www.amazon.com/Conqueror-Mindset-Conquer-Robert-Roberts/dp/B0BZ1ZR2SY

"Conqueror Mindset: Conquer the Monster" at traditional brick & mortar bookstores, or online at Amazon.com, Audible, Apple iTunes store, or Barnes and Noble.

For additional information or inquiries about Robert Conqueror Roberts and "Conqueror Mindset: Conquer the Monster,"

Contact

Website: neverstumble.com/

Instagram: [@muscletobonefitness](https://www.instagram.com/muscletobonefitness)

Tiktok: [@conquerormindset1](https://www.tiktok.com/@conquerormindset1)

VIP Partnership

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Food Lovers

Savory Delights



“Balance is key in cooking – you want a little acid, a little sweet, a little savory – the flavors should be harmonious.”

-Gail Simmons

Credit: Inga Gudrun Gísladóttir
Instagram: @alaingablog
Intro Photo: Daniel Lee
PDF Download: pages.wqmagazine.com/dinner_recipes

Three Cheese Creamy Pasta Bake

This **Three Cheese Creamy Pasta Bake** is extra rich and delicious. It's the perfect comfort food that will leave you wanting more. The combination of three cheeses – Parmesan, mozzarella and white cheddar is perfect in this dish which also has pasta in a creamy cheesy sauce.

Ingredients

250 gr / 9 oz **dried pasta**, of choice
2 tablespoons **butter**
½ **onion**, finely chopped
2 **garlic cloves**, minced
2 tablespoons **all purpose flour**
240 gr / 1 cup **whole milk**
120 gr / ½ cup **heavy cream**
120 gr / ½ cup **chicken broth**
1 teaspoon **fine salt**
¼ teaspoon **white pepper**
Pinch of **ground nutmeg**
42.5 gr / 1.5 oz **grated Parmesan**
70 gr / 2.5 oz **shredded mozzarella**
70 gr / 2.5 oz **shredded white cheddar**

Directions

- 1) Preheat oven to 175C / 350F.
- 2) Cook the pasta in a pot of salted boiling water according to package instructions. Don't overcook it at this stage because it will cook more in the oven.
- 3) Meanwhile make the sauce by melting the butter in a large pan or Dutch oven over medium high heat. Add the chopped onion to the butter and cook until soft. About 3-4 minutes.
- 4) Add the minced garlic and cook until fragrant. About 1 minute.
- 5) Stir in the flour for about 30 seconds and then

gradually whisk in the milk until it starts to thicken.

- 6) Whisk in the cream and chicken broth until smooth and lump free. Use more milk if you want the sauce to be thinner.
- 7) Season with salt, pepper and ground nutmeg. Add in the Parmesan and stir until melted. Add the cooked pasta to the sauce and stir until combined.
- 8) Transfer to a small/medium baking pan (7x11 inch) and top with shredded mozzarella and white cheddar cheese.
- 9) Bake for 20-25 minutes or until the cheese is lightly golden and bubbly.
- 10) Take out of the oven and let sit for 5 minutes before serving.



Garlic Butter Parmesan Fried Gnocchi



Ingredients

4 tbsps **unsalted butter**
500 gr / 1 pound **gnocchi**
½ tsp **fine sea salt**
3 cloves **garlic**, minced
45 gr / ½ cup **grated Parmesan**
2 tbsps **fresh parsley**, chopped

Directions

- 1) Melt 3 tbsps of butter in a medium sized skillet over medium high heat. Leaving 1 tbsp of butter behind.
- 2) Add the gnocchi to the pan and season with salt. Fry for 8-10 minutes until crispy and starting to brown. Stir frequently to avoid any sides burning.
- 3) In the last 30 seconds of cooking stir in the remaining 1 tablespoon of butter, minced garlic and HALF of the grated Parmesan cheese. Stir constantly until everything has melted to prevent the gnocchi from sticking together.
- 4) Remove from heat and stir in chopped fresh parsley and remaining grated Parmesan cheese. Serve immediately.

Note:

If you want more of the butter sauce you can add more than 1 tbsp of butter in the last 30 seconds.

Just a simple delicious gnocchi recipe coming your way. This **Garlic Butter Parmesan Fried Gnocchi** is such an easy and flavorful dish. It's ready in only 15 minutes and you only need a handful of ingredients to make this into the perfect weeknight dinner for 2 or an amazing appetizer for 4.

Oven Baked Coca Cola Chicken Thighs



Family friendly **Oven Baked Coca Cola Chicken Thighs** in the most delicious sticky coca cola glaze that makes the perfect comforting dinner. They are garnished with sesame seeds, sliced spring onions and served with rice.

Ingredients

200 gr / 1 cup packed **brown sugar**
330 ml / 12 oz can of **Coke Zero**
2 tablespoons **soy sauce**
2 tablespoons **cornflour**
2 tablespoons **water**
500 gr / 1 pound **chicken thighs**
Fine sea salt and black pepper
2 **garlic cloves, minced**
½ **onion, sliced**

Garnish:

Sesame seeds
Spring onions, *sliced*

Directions

- 1) Preheat oven to 190C / 375F
- 2) Combine the brown sugar, Coke Zero and soy sauce in a medium saucepan over high heat until boiling.
- 3) Stir the cornstarch and water together in a small bowl, then stir it into the boiling sauce until combined and lump free.
- 4) Boil the sauce for 5-7 minutes or until it has reached your desired thickness.
- 5) Season the chicken thighs with salt and pepper and



place in a baking pan. Scatter the minced garlic and sliced onion in the pan as well.

- 6) Pour the sauce over the chicken thighs and turn them until well coated in the sauce.
- 7) Bake with skin side up in the preheated oven for 30-35 minutes or until the chicken is cooked through. Brush the chicken thighs halfway through cooking with coca cola glaze from the pan. (If using boneless skinless chicken thighs baking time would be around 20-25 minutes.)
- 8) Once cooked, take out of the oven and let rest for 5 minutes before serving.
- 9) Serve with rice, sesame seeds and sliced spring onions.



Sticky Coca Cola Chicken Wings



These **Sticky Coca Cola Chicken Wings** are super delicious. They make the perfect snack or appetizer. You can also use the coca cola glaze on chicken thighs, chicken breast or any other chicken pieces. They are great served on their own or with some rice or noodles.

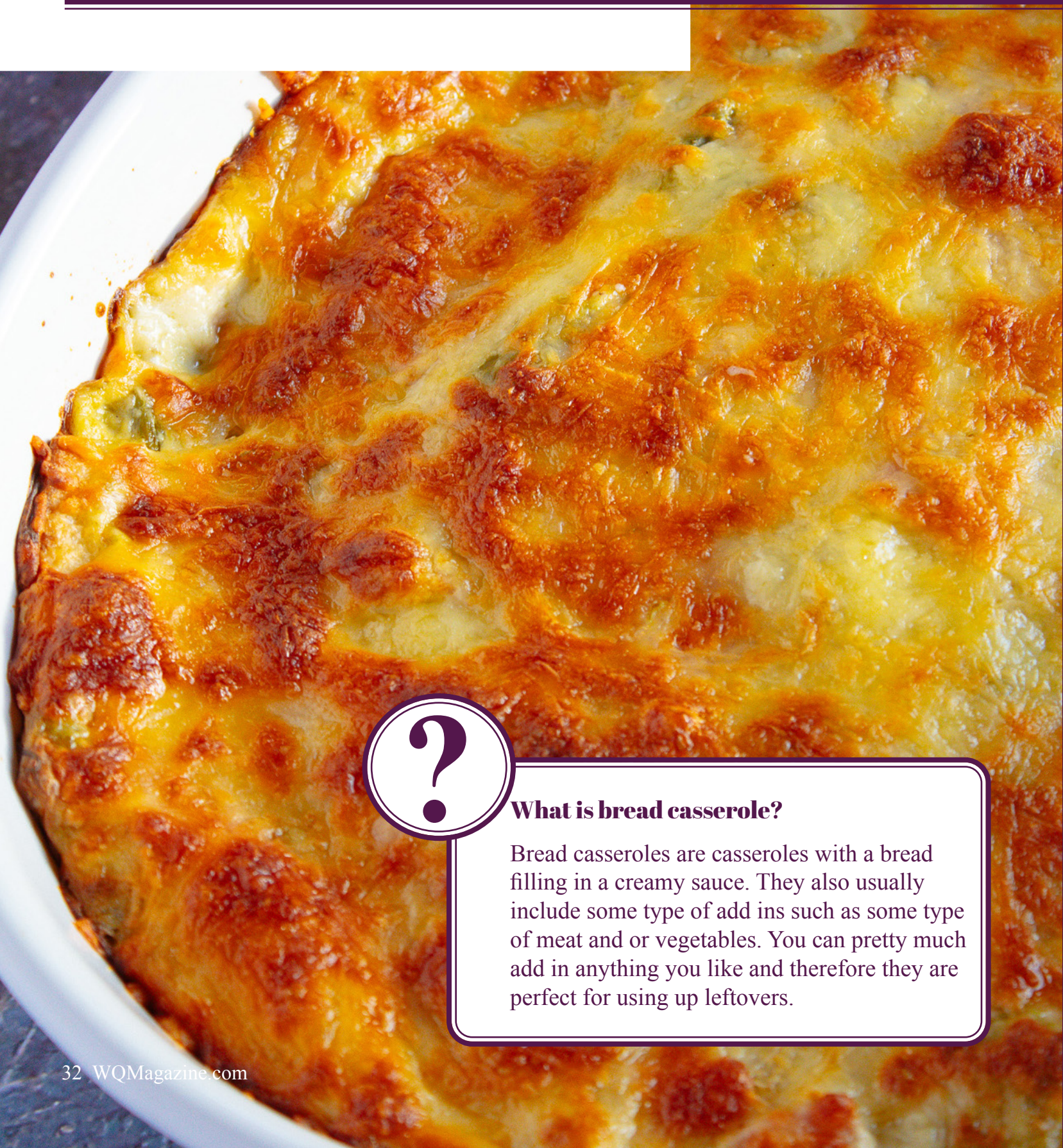
Ingredients

1 kg / 2 pounds **chicken wings**
Fine sea salt and black pepper
200 gr / 1 cup packed **brown sugar**
330 ml / 12 oz can of **Coke Zero**
2 tablespoons **soy sauce**
2 tablespoons **cornflour**
2 tablespoons **water**

Directions

- 1) Preheat the oven to 175C / 350F.
- 2) Cut the wings into wingettes and drumettes. Season with salt and pepper and place in a baking dish.
- 3) Combine the brown sugar, Coke Zero and soy sauce in a medium saucepan over high heat until boiling.
- 4) Stir the cornstarch and water together in a small bowl, then stir it into the boiling sauce until combined and lump free.
- 5) Boil the sauce for 3-5 minutes until it has thickened and turned into a glaze.
- 6) Pour the glaze over the chicken wings and turn them until well coated.
- 7) Bake in the preheated oven for 60-75 minutes or until the glaze is sticky. Turn the wings about halfway done.
- 8) Once cooked, take out of the oven and let rest for 5 minutes before serving.

Ham and Asparagus Bread Casserole



What is bread casserole?

Bread casseroles are casseroles with a bread filling in a creamy sauce. They also usually include some type of add ins such as some type of meat and or vegetables. You can pretty much add in anything you like and therefore they are perfect for using up leftovers.

This simple and delicious **Ham and Asparagus Bread Casserole** is the perfect dish for any mealtime or occasion. It consists of a bread filling with a creamy sauce, ham and asparagus. Which happens to be a combination I have always loved. It is then topped with shredded cheese and baked in the oven until golden brown.

Ingredients

- 15 slices **sandwich bread**
- 150 gr / 5.3 oz **sour cream**
- 150 gr / 5.3 oz **mayonnaise**
- 1 can cream of **mushroom soup**
- 200 gr / 7 oz **ham**, *diced*
- 1 can of **diced asparagus**, *drained*
- 115 gr / 4 oz **shredded Mozzarella cheese**
- Salt, pepper**

Directions

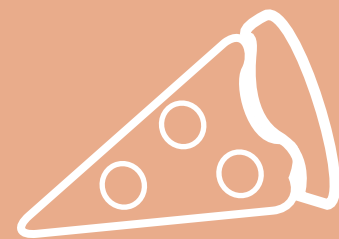
1. Preheat oven to 190C / 375F
2. Slice the ends of the sandwich bread and cut each slice into 4 cubes.
3. In a large nonstick skillet (or other) over medium heat combine together sour cream, mayonnaise and cream of mushroom soup until melted together.
4. Add the cubed ham and diced asparagus to the mixture and stir together until everything is well together.
5. Season with salt and pepper.
6. Take off the heat and add the bread cubes to the pan and carefully mix together until all of the bread is soaked in the sauce.
7. Pour the mixture in a casserole dish.
8. Top with shredded Mozzarella cheese and bake in the oven for 20-25 minutes or until the cheese is golden brown.





Italian Meatball & Filled Pasta Bake

This Italian Meatball & Filled Pasta Bake is easy, family friendly and super comforting. It has homemade Italian meatballs, marinara sauce, cheese and whether you're a fan of tortellini or ravioli, this pasta bake has both.



1 rye crispbread round
Tomato sauce or pizza sauce
225 gr / 8 oz fresh mozzarella cheese
Fresh basil, for garnish
Extra virgin olive oil (optional)

Directions

1. Preheat oven to 230C / 450F.
2. Spread the sauce over the crispbread base.
3. Top with torn or sliced fresh mozzarella cheese.
4. Bake for 10 minutes or until the cheese is melted.
5. Top with fresh basil and drizzle with olive oil, if desired.
6. Slice into 8 slices and serve!

Ham & Banana Crispbread Pizza



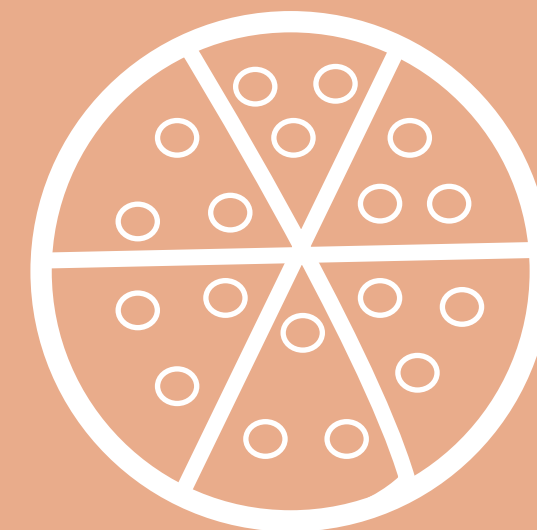
This Ham & Banana Crispbread Pizza is super easy and a healthier way of making homemade pizza. It's made using a rye crispbread base instead of pizza dough and then it's topped with delicious ham and bananas or your favorite pizza toppings.

Ingredients

1 rye crispbread round
Tomato sauce or pizza sauce
100 gr / 3.5 oz grated mozzarella
55 gr / 2 oz sliced ham
1 large banana, sliced
Dried oregano (optional)
Handful of rucola, for garnish

Directions

1. Preheat oven to 230C / 450F.
2. Spread the sauce over the crispbread base.
3. Top with grated mozzarella cheese, sliced ham and banana.
4. Sprinkle with dried oregano, if desired.
5. Bake for 10 minutes or until the cheese is melted.
6. Top with rucola leaves and serve.





Cheese Crusted Pizza Grilled Cheese

Let me introduce you to my favorite way of making grilled cheese and my favorite grilled cheese combination! **Cheese Crusted Pizza Grilled Cheese**. When you also put cheese on TOP of the bread, something wonderful happens. The cheese melts into the bread and creates a crispy cheesy crust on the outside.



Ingredients

2 slices sandwich bread, any type

Pizza sauce

3 slices mozzarella cheese

Dried oregano

2 tbsp salted butter

Optional: Toppings of choice (pepperoni, ham, other)

Directions

- 1) Spread pizza sauce on both slices of bread.
- 2) Top with 2 slices of the cheese.
- 3) Sprinkle with dried oregano.
- 4) Top with remaining slice of bread and 1 slice of cheese.
- 5) Melt butter in a nonstick skillet over medium high heat. (cast iron also works)
- 6) I put 1 tbsp of butter to fry one side of the bread and the other tablespoon of butter when flipping.
- 7) Place the sandwich in the skillet cheese side up and cook until golden brown for 3-5 minutes. Flip the sandwich to the cheese side and cook for an additional 3-5 minutes until cheese is crispy golden. Serve right away!



Cheese Crusted Hawaiian Grilled Cheese

For all you ham and pineapple fans out there. **This Cheese Crusted Hawaiian Grilled Cheese** is THE comfort food for you. This method of grilled cheese sandwiches is the ONLY way I make grilled cheese and have been doing so for years or ever since I picked it up when I was a teenager experimenting in the kitchen. The original way I made it was with pizza sauce, cheese and dried oregano. You can then add your favorite pizza toppings to it.



Ingredients

2 slices sourdough bread

2-3 slices extra thin ham

1x slice canned pineapple, or chunks

Shredded mozzarella cheese, or other

Dried oregano

2 tbsp salted butter

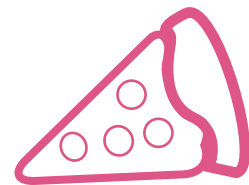
Directions

- 1) Put ham and pineapple on 1 slice of bread. Top with shredded cheese.
- 2) Sprinkle with dried oregano.
- 3) Top with remaining slice of bread and shredded cheese.
- 4) Melt butter in a nonstick skillet over medium high heat. (cast iron also works)
- 5) Place the sandwich in the skillet cheese side up and cook until golden brown for 3-5 minutes. Flip the sandwich to the cheese side and cook for an additional 3-5 minutes until cheese is crispy golden on the outside and melted on the inside. Serve right away!



Chili Jam Prosciutto Arugula Pizza

This **Chili Jam Prosciutto Arugula Pizza** is unlike anything you've ever tasted before. With sweet and spicy flavors from the chili jam used instead of a tomato sauce base that goes perfectly with the salty flavor of dry cured ham and parmesan cheese. This pizza is both unique and delicious at the same time. I hope you enjoy!



Ingredients

450 gr / 1 lb **pizza dough**, store bought or homemade

3 tbsp **chili jam**

100 gr / 3.5 oz **Mozzarella cheese**, shredded

Handful of **arugula**

4 thin slices **prosciutto**, torn in pieces

3 tbsp **Parmesan cheese**, *grated or shaved*

Directions

1) Preheat oven to 260C / 500F and place your oven rack in the upper 1/3 of your oven. Lightly spray a baking sheet or pizza tray/pizza crisper with oil.

2) On a lightly floured surface roll the pizza dough out until you have reached your desired thickness. About a 12 inch circle.

3) Place the pizza dough on the prepared pizza tray.

4) Using the back of a spoon, gently spread the chili jam onto the dough.

5) Top with shredded Mozzarella cheese.

6) Slide into the preheated oven and bake for 10-15 minutes or until the cheese is golden.

7) Once cooked, take out of the oven and top with arugula, torn prosciutto and grated Parmesan cheese.

8) Slice and serve immediately.

Creamy Rotisserie Chicken Salad

This **Creamy Rotisserie Chicken Salad** is made from store bought or homemade rotisserie chicken. I then add in some celery, red onion, avocado, corn and grapes. It's then combined together with creamy mayo and sour cream. It's perfect for sandwiches and wraps with some lettuce or rucola. I hope you enjoy!

Ingredients

1 cooked rotisserie chicken (store bought or homemade)

2-3 celery stalks, chopped

½ red onion, finely chopped

1 large avocado, diced

165 gr / 1 cup canned corn, drained

200 gr / 2 cups red grapes, halved

115 gr / ½ cup mayonnaise

115 gr / ½ cup sour cream or yogurt

4 tablespoons fresh lemon juice

1 teaspoon fine salt

½ teaspoon ground pepper

Directions

1) Pull the meat off the bones of the rotisserie chicken and shred into pieces.

2) Mix all of the ingredients together in a large mixing bowl.

3) Season with salt and pepper..

4) Store in the refrigerator in an airtight container.



Air Fryer Whole Roasted Chicken



This **Air Fryer Whole Roasted Chicken** is going to be your new favorite way of cooking whole chicken. In 1 hour you have the perfect rotisserie chicken dinner that comes out juicy and tender every time. You can serve it either as a main course or use it in so many other recipes that require cooked chicken. I hope you enjoy!

Ingredients

- 1 1.4-1.8 KG / 3-4 lb chicken
- 1 tablespoon olive oil
- 2 tablespoons chicken seasoning (homemade or store bought)

Directions

- Preheat the air fryer to 180C / 360F.
- Remove the chicken from packaging and pat dry with a paper towel. Make sure that the cavity of the chicken is empty.
- Rub the chicken with olive oil and then season all sides of the chicken. Also season the inside of the chicken.
- Tie the legs of the chicken together or tuck them under the loose skin.
- Place the chicken breast side down into the air fryer basket and cook for 25-30 minutes.

Carefully turn the chicken around and cook for additional 25-30 minutes until the chicken is golden brown and crispy with the internal temperature of 82C / 180F.

Once cooked, remove the chicken from the air fryer and let rest for 5-10 minutes before cutting and serving.



Ingredients

- 4 tablespoons fine salt
- 4 tablespoons paprika
- 2 tablespoons white pepper
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 teaspoons ground black pepper
- 1-2 teaspoons cayenne pepper

Directions

Mix all of the spices together in a small bowl and transfer to an air tight container or glass jar. Store for up to 2-3 years.

Homemade Rotisserie Chicken Seasoning

This **Homemade Rotisserie Chicken Seasoning** is super easy to make and my go to seasoning for all things chicken. It's great on seafood and vegetables as well. It has the perfect combination of spices for many different cooking method whether it's roasting, baking, grilling or air frying chicken. The best thing about it is it's made using everyday spices that are most likely already in your pantry. I hope you enjoy!





Homemade Pepperoni Pizza Burgers

These 30 minutes **Homemade Pepperoni Pizza Burgers** are a fun and delicious twist on one of summer's most popular food. Homemade hamburger patties that are topped with mozzarella, pepperoni and dried oregano for extra pizza flavor. They are then served on toasted hamburger buns with melted butter, Parmesan cheese and topped with marinara sauce. I hope you enjoy!

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Ingredients

675 gr / 1 ½ lb **ground beef**
1 teaspoon **Italian seasoning**
½ teaspoon **garlic powder**
Fine salt and **black pepper**
2 tablespoons **vegetable oil**
4 slices **mozzarella cheese**
12 **pepperoni slices**
1 teaspoon **dried oregano**
4 **hamburger buns**
2 tablespoons **butter, melted**
Freshly **grated Parmesan**
8 tablespoons **marinara sauce**

Directions

- 1) Preheat oven to 175C / 350F.
- 2) In a large bowl, combine ground beef, Italian seasoning and garlic powder until combined. Form 4 hamburger patties using your hands and season both sides with salt and pepper.
- 3) Brush the hamburger buns with melted butter on the inside of each half and sprinkle with freshly grated Parmesan cheese.
- 4) Heat the oil in a large skillet over medium high heat. Add the burgers and cook for 3-5 minutes, then flip and top the burgers with cheese and pepperoni. Cook until they have reached your desired doneness. About 3-5 minutes.
- 5) Sprinkle with dried oregano.
- 6) Meanwhile, bake the hamburger buns in the oven until golden and crispy. About 3-5 minutes.
- 7) Once ready, spread marinara sauce on the buns and top with the burgers. Serve immediately.

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favorite desserts!



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Your Biz at Brunch is an event where people can enjoy a delicious brunch while meeting new people, networking, encouraging small businesses, entrepreneurs, and business professionals. This event will have keynote speakers, handouts, great food, and much more!

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Living Life



Photo credit: RDNE Stock Project

FULL CIRCLE SPECIAL EDITION 45

Girls' Night Out

Mimosa

Ingredients

¼ cup orange juice, chilled

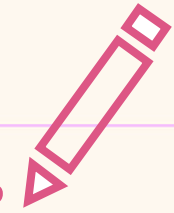
¾ cup Champagne or sparkling wine, chilled

Directions

Even out orange juice in two flute glasses. Then top with chilled Champagne and serve.



Take the Quiz



Self-Advocacy Assessment Quiz

This quiz will help you evaluate where you stand regarding self-advocacy and identify areas that you may need to focus on improving. Answer each question honestly, and at the end of the quiz, you will be provided with a summary of where you stand.

1. Do you usually speak up for yourself when someone does something that bothers you? Yes / No
2. Do you find it easy to say "no" when you don't want to do something? Yes / No
3. Do you feel comfortable expressing your opinions in group settings? Yes / No
4. Do you actively seek the information you need to make informed decisions? Yes / No
5. Do you tend to avoid conflict and confrontation? Yes / No
6. Do you feel confident asking for what you need personally and professionally? Yes / No
7. Have you ever negotiated for a higher salary or better benefits at work? Yes / No
8. Do you tend to take responsibility for your actions and decisions? Yes / No
9. Are you able to identify and communicate your strengths and weaknesses? Yes / No
10. Do you tend to give up easily when faced with obstacles or challenges? Yes / No
11. Do you take the initiative to set and accomplish personal goals? Yes / No
12. Can you think critically and objectively when assessing a situation? Yes / No
13. Do you have difficulty accepting criticism or feedback from others? Yes / No
14. Do you feel motivated to learn new skills or techniques? Yes / No
15. Do you have the ability to resolve conflicts calmly and professionally? Yes / No

If you answered "yes" to at least ten of these questions, you are a strong self-advocate and can likely assert yourself in most situations. You may struggle with self-advocacy if you answered "no" to five questions or more. You may benefit from building your communication, assertiveness, self-confidence, and negotiation skills.

 pages.wqmagazine.com/self-advocacy-quiz



Beauty Hacks 6 Life Hacks For Better Aging

As we age, we look for ways to prevent wrinkles, diseases, and cognitive function. The good news is that hundreds of things can be done to help you age in the best way possible. Let's look at six life hacks you can apply today to help you age better.



1 Invest In Large Sunglasses

The skin around your eyes is the most delicate and thin skin you own. It's also the place where wrinkles tend to appear first. By wearing oversized sunglasses, you prevent sun damage around your eyes and reduce how much you squint. This means you will have fewer eye wrinkles and fewer forehead wrinkles.

2 Make Time For Your Friends



We often find our schedules so hectic that we neglect to make time for our social life. However, having a social life can help you age better in many ways. The biggest thing making time for friends will accomplish is lowering your stress level. Studies have shown that being stressed out damages your skin cells, which leads to premature lines. Stress can also lower your immune system, leading to a more likely chance of becoming ill. As a bonus, making time for your friends also means you are physically and mentally more active.

3 Stay Active



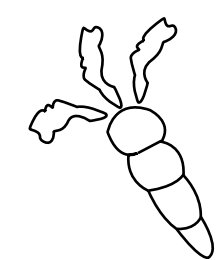
It's no secret that your metabolism slows down as you age. Getting at least thirty minutes of activity a day increases your metabolism. It can also help increase bone density, lowering your risk of bone injuries as you age.

4 Take Fish Oil Regularly



Fish oil is high in omega-3 fatty acids. A study done by Ohio State University shows that it can help everything from your joints, eyesight, and hair growth to make your skin look supple and improve your heart and immune functions. If fish oil isn't for you, you can also increase your intake of seeds, nuts, sardines, or salmon.

5 Keep Your Diet Colorful



We know there are some foods out there that speed up the aging process. What many people aren't aware of is that there are also some foods out there that can do the opposite. Foods like kale, broccoli, blueberries, strawberries, oranges, and plums are rich in vitamins, minerals, and antioxidants that promote healthy aging. Some of these nutrients include alpha lipoic acid, carotenoids (including vitamin A, beta-carotene, lycopene, astaxanthin, and retinol), CoQ10, glutathione, polyphenols, and vitamins C, D, and E.

6 Change Your Opinion Of Old



There is no formal definition of what old means. The word can have many different meanings depending on the context. Don't degrade yourself by talking about your "senior moments" or the things you can no longer do. Having a positive attitude and a good mental outlook is half the battle. It becomes true when you tell yourself you are old and can't do things. Instead, focus on everything you can do and remember age is just a number.

Heath is cumulative. In today's busy society, we tend to forget to care for ourselves because we are so busy caring for everyone else. Make yourself a priority and implement just one of the above suggestions.

By implementing the six suggestions above and sticking to them, they will become part of your normal routine. Take care of yourself now so you can age in a positive way.

Photo credit: Karolina Grabowska



#RelationshipRules

Life After Divorce: Landing On Your Feet

Someone once said that to move on after a relationship takes half the time you spend together. So, if you were in a one-year relationship, it's okay to take six months to wallow and reminisce. Yet, that can be much harder to apply to divorce. The waiting period for getting over a marriage that quite possibly spanned the better part of a decade, probably longer, surely takes time. But you can't spend the next couple of years feeling sorry for yourself, crying over the marriage that wasn't meant to be.

Your only option is to find ways to get back up and land on your feet. We're confident that you'll find yourself again in your time. But, in the meantime, here are a few tips to help you started.

1. Change Your Viewpoint

After you've been with your partner for so long, it's natural to feel like you've strayed from who you are. So, after a divorce, you must re-adjust how you look at things.

Getting a divorce is no longer the stigma that it once was. Just because you're not with someone doesn't mean your life is empty or meaningless. On the contrary, you can schedule more time with friends and family. In addition, you'll notice that you have more freedom to choose new furniture and try out new recipes.

2. Learn from Setbacks

Setbacks are disheartening for anyone. Yet, they seem to be more caustic when you're going through a divorce because, let's face it, it's a pretty painful stage of life. There's no way to sugarcoat it.

But you can teach yourself to make the most of each setback. For example, painful as it may be, you have to look at what went wrong in your relationship.

Don't lay blame; simply lay out the facts. This way, you can use that anger and disappointment

to understand what you want and don't want in a relationship.

You can also take this time to work on your insecurities and failings. As a result, you'll move from feeling helpless and weak to feeling more empowered and capable.

3. Give Yourself Credit

As you pick up your life piece by piece, don't fall into the bottomless pit of feeling sorry for yourself. Instead, be proud of all your hard work and how far you've come.

You may still not be at the point where you're making real progress, but you've taken plenty of positive steps forward. Celebrate those.

For example, give yourself credit if you've just made a phone call you've been dreading or learned how to do something that was previously your partner's domain. Those little successes in your daily life should be valued and celebrated.

4. Be Grateful for What You Have

Counting your blessings is one way to land on your feet after a divorce. Look around you at your things and the people who care for you. Register as many positives as you can to help you appreciate your life now just as it is.

Then, any time you feel sorry for yourself, remember those moments when you felt unheard and unloved by your partner. You probably felt lonely and dejected.

Compare that with the support your friends and family give you. Even if you're on your own, you now have the freedom to go out and make new friends. You can try volunteering, enrolling in a class, or becoming a more active community member.

5. Schedule Things to Look Forward To

After a divorce, you'll probably have more free time than before. You have to learn how to use that time wisely.

Don't spend it all catching up on chores, work, and running errands. Instead, carve out some time for yourself each day—even if it's just for five minutes. Doing things you enjoy, like gardening, painting, or just walking, can help lower stress and anxiety. It can also brighten up your mood and add a bit of happiness to your day.



Other ideas include:

- Joining a book club
- Attend a local art gallery
- Go to a museum
- Host game night and invite a few friends over

Conclusion

Consider divorce the end of one path and the start of a new one. But on this one, you'll do most of the walking alone.

The trick is to not look at it as something scary. Instead, take this time to rediscover yourself and embark on a new adventure full of exciting possibilities.

Photo credit: Kelly Sikkema (p.50) and Darya Sannikova (p.51)

Lifestyle

Top 10 Ways To Get Better Organized

Organization is a skill that takes time and effort. Many are considering elevating their organizational skills with the New Year. Whether investing in a new planner or honing in on new habits, organization is needed to live an effective life.

If you want to enhance your organization skills and get a firm grasp on the New Year, consider these 10 tips to help you get your life together and develop positive habits.



1. Set a Goal

Goal setting is the first step to getting organized. By creating your own priorities, you eliminate what doesn't serve you and welcome positive energy.

The trick here is to start with small, attainable goals instead of one major one. This will help you eliminate feeling overwhelmed and allow you to celebrate small victories.



2. Hold Yourself Accountable

It's easy to miss the gym or slack off on your passion project when there aren't any real consequences to your actions. Instead of leaving your progress up to chance, hold yourself accountable for doing what you set out to do. This will help you to stick to your schedule and stay organized.



3. Reward Yourself

To meet your goals and stay motivated, you have to reward yourself. Celebrate even the smallest victories and reward yourself with self-care "treats" when you meet your goals. This will keep you excited about your goals and tempted to continue.



4. Set Alarms

One of the best ways to stay on top of your to-do list is to set alarms. Whether it's on your phone or setting traditional alarm clocks, having that little reminder will help you stay on track. Set your bill schedule, deadlines, and other important information so you can always stay informed.



5. Invest In a Planner

Planners have become all the rage. People use them as scrapbooks, journals, and more. Keep your life organized by investing in a good planner. This will give you a visual of what you need to accomplish. You can write out your feelings, create monthly vision boards, and track your events. Writing out your responsibilities will give you unmatched clarity.



6. Declutter

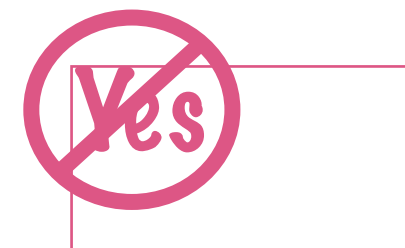
Trying to stay organized in a cluttered space is counterproductive. It can bring about more stress than you initially intended. Start this New Year by cleaning out all forms of clutter you may have.

Throw away old clothes, items, and junk simply holding you back. This will help you develop your mental strength and stay organized.

7. Create a Monthly Goal



Each month provides an opportunity for a new start. Take advantage of this gift by setting goals you can meet. If you noticed that you struggled with productivity last month, make that a priority this month. It even helps to create vision boards with your monthly goals illustrated on them. This will help you to stay on track in the coming months.



8. Practice Saying No

One of the biggest hurdles to sticking to your schedule is getting caught up in other tasks. For example, Wednesdays are your designated gym days. However, your friends want to go out for drinks after work on Wednesday night. You haven't been sticking to your schedule, and it's impacting your mental health.

What do you do? Well, start by learning how to put yourself first and say no. Distractions, positive or negative, can throw you off your schedule. This can

make you feel disorganized and anxious. Learn how to say no and not feel guilty about it.



9. Wake up Earlier

If you challenge yourself to wake up 15-30 minutes earlier each day, you'll be amazed at how much you can accomplish. Doing this will give you the opportunity to get everything you intended and start the day with a fresh mind.



10. Prepare For the Day The Night Before

We've all been there- rushing to get everything together while still trying to make appointments on time. The best way to alleviate those rushed feelings is to prepare for your days the night before. Lay your clothes out, pack your lunch, and prepare your items before bed. This will make your morning routine seamless and enjoyable.

Getting organized is a challenge but a fulfilling one. Make your 2024 great by implementing these helpful tips into your daily routine. You'll begin to feel more organized and prepared for everything that comes your way.







Man of the Hour

Todd Anthony Tyler

Globally recognized fashion and advertising photographer, reality TV show judge and former Model. In our interview with Todd- he talks marriage, parenting, living a healthy lifestyle and more.

You seem like a modern-day renaissance man, is that true?

I think modern day renaissance man - would be a fairly good description of what I do overall. Which is interesting to me as this was what my high school guidance teacher was calling me. Looks like she was pretty on the money with

that. I would credit the description to two main reasons, one being that I have always had a very wide scope of interest and was somewhat equally as proficient at all of these interests so I always felt like why not try to schedule myself to explore it all. There is only one life to live, as far as I am currently aware of. The second reason is that I have found in the modern-day business/work market that one of my mottos of adapt or die has

done me well. I am always trying to keep it real with myself on when it is necessary to pivot. To date that has found me enjoying a notable fashion and advertising career, working both in front and behind the camera on TV productions. Either owning in full or as a partner of several businesses and increasingly finding my place in the social media scene, both in support of companies and my own role as an influencer.

Relationships take work. What are the building blocks and components that have worked for you and your wife?

Yes, there is no doubt that even the most solid of relationships take you putting in time, compromise, understanding, being supportive and some good old-fashioned love. One of the main components of our marriage that has made us stay strong and together came right from the start of the relationship when a conversation on us just wanting to be where the other person is, set the tone of how we felt and thought. No doubt, trust, faith, good communication with each other are strong factors, but the somewhat simple idea of just being together has been the core of us staying together. Those shared experiences - even simply daily ones go a long way in forming a lasting relationship. I know not everyone has a life that can perhaps have couples together as much as we do, but that has been what works for us. It can be quite easy for couples to start to form separate lives when they are not together - especially for long periods of time. Those separate lives can end up having a life of their own completely removed from your spouse which then can turn into something divisive. With my son now, I always find that sharing as much as possible taking care of him is very good for our relationship. My wife does a lot

with him, especially as she is still breastfeeding and there are times when one parent is best at doing something then two pulling at the baby, but being present for baby carrying and diaper changing is very important in understanding each other and once again shared experience.

What would you say started your passion for photography?

Passion for photography comes from my natural desire to create. I have always been of an artist's mind even though I majored in Biology and Anthropology. Since I was young, I always was into artistic endeavors, drawing, painting, sculpting - I just loved the creative process. Luckily my mother introduced me to photography at a young age by buying me a little point and shoot camera. I became obsessed with framing my world through the viewfinder and composition. That was the time when we still have a little magic of shooting film, so the process of going out and framing, composing, shooting and then the excitement of getting your photos back to see what you had captured bit me right away. I didn't see photography as a career until later in life because I also never desired to be a starving artist, but when I put together that my entrepreneurial interests could be combined with my photography skills, I took my keen hobby to the professional level. After 20 years I still have the passion to shoot - one of my happiest moments is when I have the camera in my hand and I am framing up a shot and shooting away.

What is your favorite quote, why?

There are several quotes but there is more so a poem that is my favorite - I carried this poem in my pocket even before I was a father. It seems like it would do people well these days to read this poem once-in-a-while.

IF by Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:



If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

Follow Todd:

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 @toddanthonytyler

On the Cover

Ilene Carol



Q&A

What do you do? What are the duties/functions/responsibilities of your job?

I am the CEO of ICE Media Entertainment and Publisher of Women's Quarterly and New League Magazines. I have many duties and have to fill in wherever there is a need, but my main responsibility is to maintain the growth and visibility of the company.

What kinds of problems do you deal with?

I diffuse situations, from delayed projects to addressing client concerns. I find that people whether it is an employee or a client, struggle with time management, and I spend a lot of time following up to meet project deadlines.

What kinds of decisions do you make?

My decisions are on how we will spend our advertising budget—creating a plan of action to help our team keep up with the latest trends and make the company more efficient with our business processes.

How does time use vary? Are there busy and slow times, or is the workflow fairly constant?

The workflow is fairly constant until it is time for us to produce our magazines. We produce two quarterly magazines and are continually trying to improve our production turnaround.

Why did this work interest you, and how did you get started?

I was a model and worked within the entertainment industry, and I always loved this type of business. However, the marketing and internet aspects came from when I wanted to start my own company and decided to go back to school to learn to do it for myself. We changed with the times and went from a

basic computer, business cards, and email to the birth and growth of social media.

How did you get your job? What jobs and experiences have led you to your present position?

I always wanted to work for myself and start my own company. Initially, I worked in Operations Management for 20 years while freelancing and being a mom. When the time was right, I started my own corporation and quit working for other companies.

As for the magazines - after my father passed away from ALS, I wanted to be a part of the solution and help raise funds for research. However, I could not raise any money by asking people to donate. Instead, I created an annual publication centered around the Walk to Defeat ALS event.

We used the publication to bring awareness of the disease and raise funding for research by selling ad space in the magazine. We liked it so much that we decided to use quarterly publications as one of our business projects.

What part of this job do you personally find most satisfying? Most challenging?

I like using both my left and right brain and being creative and technical. Most challenging is the changes in software, the internet, marketing, and having to find new ways of doing things.

What do you like most about working in this industry? What do you dislike most?

People. The demeanor of some people. I love all the interesting people I have met through the years, including public figures, celebrities, and professional athletes. However, some people will rob you of your joy and energy if you allow it. My experience has taught me how to be aware of these types of situations and how to diffuse them.

What is your professional background?

20 years as an Operations Manager in the hospitality and retail industries. Over 20 years in marketing,

advertising, branding, and public relations. 10 years as a Publisher and Motivational Speaker.

Which past jobs have been most helpful in getting you to this point in your career?

Working in the hospitality industry opened the doors to meeting people with different personalities and backgrounds. Knowing how to work with people is essential in any career.

Which parts of your job do you find most exciting? Which parts of your job do you find most boring? Why?

Before the pandemic, it was traveling for my business, going to different places, and meeting new people and attending a variety of events. I don't know if "boring" is the word, but lately, I find responding to emails and DMs annoying. There needs to be a class on email etiquette and written communication.

How does the company use technology for internal communication and outside marketing? (Use of email, Internet, intranets, social media, website, video conferencing, etc.)

The company went remote in 2016, which has helped us improve our communication internally and with clients. We use all or most social media platforms to market our business. Video conferencing has been used to share screens as a team and with clients.

What is your favorite quote and why?

"Alone we can do so little; together we can do so much." ~Helen Keller

I love this quote because we all need each other.

Interview by: Will Hincapie

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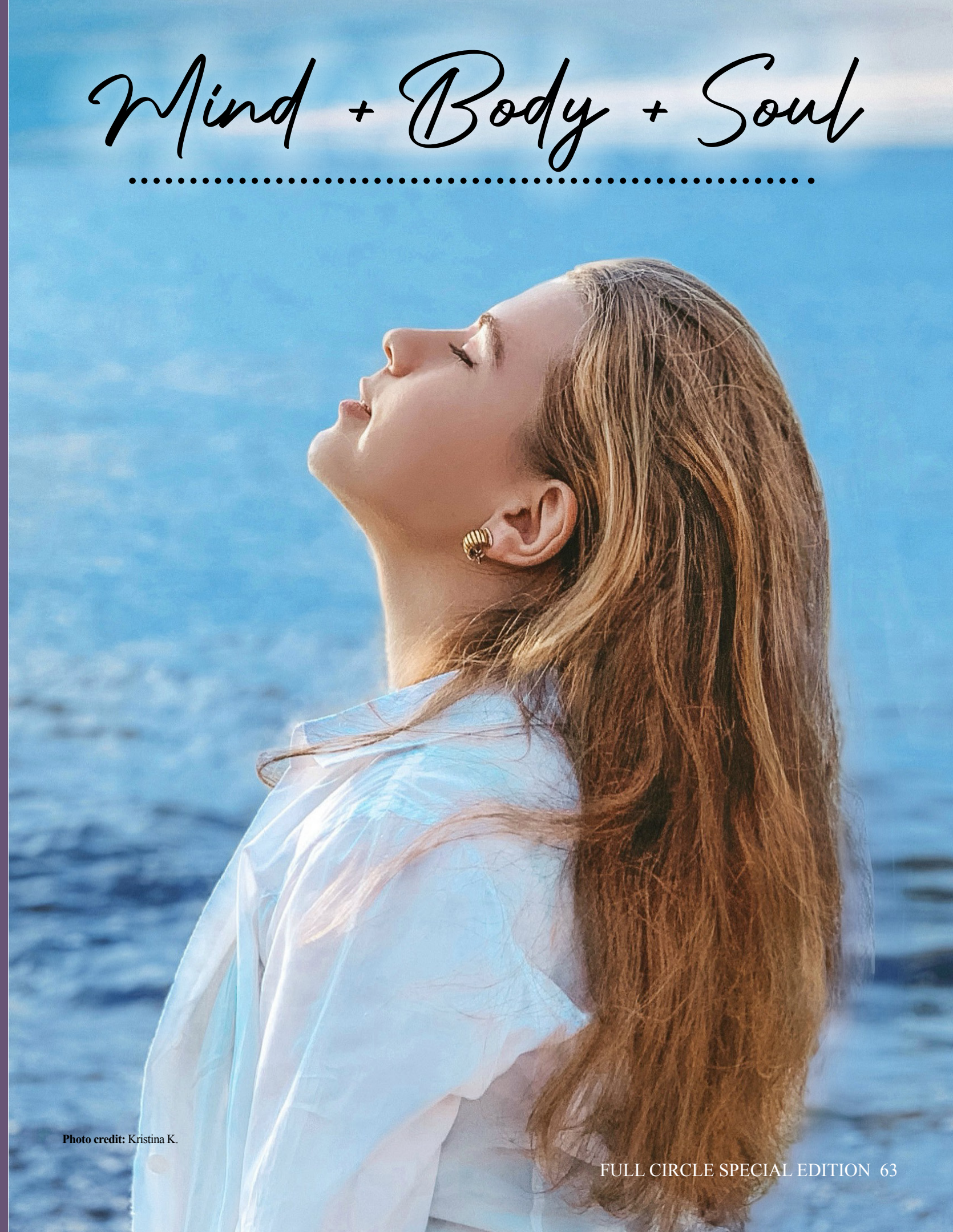


Photo credit: Kristina K.



The Pep Talk You Didn't Know You Needed

..... Tracy Interlandi

Let's take you back. To the summer days of your youth. The sun was warm, the ice pops were cold, and the neighborhood friends were sure to be outside after morning cartoons. It was the perfect ecosystem for - you guessed it - water guns.

You raced to the kitchen sink to fill the glorious gadget, and dashed outside to join the fun. And then it happened. The miniature thimble that served as the almighty dam on the top rear of your water gun

popped off in the heat of action. So what did you do? You put your thumb on it, and charged ahead! Not a beat was skipped, not a complaint slipped.

And then we grow up. We create to-do lists, and set our goals. When the unexpected comes along, we stumble. Some of us may complain. Others give up. Perhaps we've heard too many "It wasn't meant to be"s or "I told ya so"s. So I'm here to remind you:

Put your thumb on it.

Keep going! Find a way!

Three concepts to help you overcome the unexpected:



Make it fun!

Our furnace broke in the midst of winter. Though chilly, it was hard to complain while I sipped hot licorice tea by the fireplace. As I fastened plastic over the windows, I played an early 2000's playlist that had me reminiscing of my old, drafty apartment that required the same treatment. Compared to shivering while mumbling expletives, this was a 10/10 on the fun scale.



Be proud of yourself.

You didn't give up when faced with adversity. Such resilience is massively applaudable. Praise yourself

for your courage and determination. Yes, this includes simple hurdles like driving to another grocery store to procure tahini for your hummus recipe. By going the distance, you are essentially pouring an extra dose of love into that homemade spread.



Call in the troops.

Most people feel joy while doing acts of kindness. So not only would you be doing yourself a favor – but you would be doing the helpers a favor as well. As the African proverb says, "If you want to go fast, go alone. If you want to go far, go together."

Next time a restaurant doesn't have seating, a business deal falls through, or a tire goes flat, don't throw in the towel. Channel your inner child, and put your thumb on it!

Photo credits: Adobe Stock (p.64) and Pexels(p.65)

The Stop Goss Challenge: 90 Days Without Gossip

..... By: Tracy Interlandi



Psst...
I challenge you to stop gossiping.
90 days.

Why am I posing this challenge? Because gossiping makes up 60-70% of naturally-occurring conversation each day. And there are much more fruitful ways to spend our lives. By conquering this challenge, friends will be more likely to confide in you. You'll be honoring the secrets of others. You'll be respectful of those who may have experienced an embarrassing or shameful experience. And you'll lessen the impact of a false rumor circulating through the social groups. Are you in? Good, I knew you had it in you!

Here are 3 essential concepts that will have you breezing through this challenge like a kite on a sail.

The Imaginary Friend Concept

While in conversation, ask yourself whether you would share this info if the person were present. Truly imagine that person sitting with you. In case you begin to spill the tea too soon, catch yourself and say, "Ya know what, I wouldn't be saying this if they were here with us. So I'm going to do the right thing, and honor their privacy." The person you're speaking to will admire your grace and compassion. In the case

"If the conversation is leading down the gossip rabbit hole, pump the breaks.

that they do not, take note. This is someone who may not have the same courtesy when it comes to keeping your secrets confidential.

The Red Light Concept

Take control of what you're allowing yourself to hear. If the conversation is leading down the gossip rabbit hole, pump the breaks. Stop the person mid-sentence, and tell them that you're doing the Stop Goss Challenge. Chances are, they'll forget what they were saying, and will want to know the details of this challenge. Bonus: I guarantee that they'll appreciate your goodwill, and will confide in you when they need a friend.

The Eleanor Concept

As Eleanor Roosevelt said, "Great minds discuss ideas; average minds discuss events; small minds discuss people." Fill your mind with new ideas! Dive into non-fiction, personal growth, and educational books. Listen to podcasts and audiobooks that stimulate your mind. Instead of talking about someone else's business, you'll be brimming with ideas to discuss.

Don't wait until you're ready. Start now. If you slip up, keep going! Stick to the 3 essential concepts of the Stop Goss Challenge, and you'll eliminate gossip in no time. Remember: What Susie says of Sally says more of Susie than of Sally. Be good to each other.



About The Author: Tracy Interlandi

Tracy Interlandi is a writer, speaker, and consultant who helps heart centered leaders to elevate all categories of their lives. She is a master storyteller, and creator of the CAFE Storytelling Method.

Tracy implements the CAFE Storytelling Method for business growth, personal development, and social impact. She has spoken at events throughout the nation, including sales development courses and female empowerment festivals. Her dedication to storytelling has allowed her to forge strong connections with audiences and establish herself as a respected leader in her field. Tracy lives in Coastal Delaware with her loving husband and two young sons.

Follow Tracy

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UNSTOPPABLE GRIT

Podcast With Danielle Cobo

Ever wonder how the world's most successful people turned setbacks into comebacks? Have you ever hit a wall and wondered, "What's next?" Well, you're in the right place. From career setbacks to personal hardships, the Unstoppable Grit Podcast with Danielle Cobo dives deep into the lives of the world's most successful people and how they defied limitations, transforming obstacles into opportunities. We peel back the layers to uncover the invaluable life lessons and mindset shifts that led them to the top. You'll walk away with actionable insights to ignite your transformation. As a former Fortune 500 Senior Sales Manager and now a business owner and author of the book, "Unstoppable Grit: Break Through the 7 Roadblocks Standing Between You and Your Goals," host Danielle Cobo faced setbacks, tackled challenges, and propelled thousands to unprecedented success. She learned that grit and resilience separate those who settle from those who succeed. Subscribe and join us every Wednesday to become the unstoppable success story you're destined to be. Are you ready to be unstoppable?

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FULL CIRCLE SPECIAL EDITION 69



Don't Just Make Resolutions—

MAKE A REVOLUTION

BY: DANIELLE COBO

Is there a goal that you've been eyeing? Perhaps it's forging a path in the corporate jungle with the vigilance of a lioness protecting her pride, negotiating a well-deserved salary raise, or for the bold entrepreneurs, launching a lucrative new venture that outnumbers the digits in your phone number.

Perhaps you're envisioning yourself in the latest fashion trend, like the comeback of the drop waist dress this spring, or even daring to embrace the audacious 'no pants' trend (a bold move indeed!).

Our goals often seem like the last must-have item in a high-end boutique - tantalizing yet just out of reach. But let's be honest: without a clear plan, we're merely hoping for a stroke of luck, like an unexpected job promotion.

You deserve more than just wishful thinking. Turning dreams into reality requires a guiding hand. But where to begin?

As the New Year unfolds, it's time to exchange our comfort zone for a path of ambition and action. 2024 is the year to make resolutions more than just fanciful notions jotted down at a party.

This year, let's prioritize action. No more "I'll start next Monday" or "Maybe next year." It's time to roll up our sleeves and work towards our goals.

New Year's resolutions are more than promises; they're the foundation for a year where you architect your success. Let's make this the year we achieve our most courageous goals.



Introducing the COBO Framework - a strategy to set and achieve ambitious goals:

✓ **Courageous Goal:** Begin with a goal that stretches your limits. As noted by the Journal of Experimental Psychology, engaging and challenging goals are vital.

✓ **Objectives:** Outline clear steps towards your goal. Breaking it down into smaller, manageable objectives builds momentum.

✓ **Benchmarks:** Key for tracking progress and maintaining urgency. Celebrating small wins along the way increases motivation and well-being.

✓ **Opportunities:** Visualize the potential benefits of achieving your goal. Imagine the satisfaction of landing your dream job, the freedom from a salary raise, or the growth of a new revenue stream.

Imagine how your success will impact your life and others'. Every goal brings new opportunities and uncovers hidden potential. Embrace each step, challenge, and doubt as part of your journey to success. The most rewarding achievements often lie just beyond our comfort zones.




About Danielle:

Danielle Cobo is an international female speaker, best-selling author of the book *Unstoppable Grit: Break Through the 7 Roadblocks Standing Between You and Your Goals*, and the *Unstoppable Grit Podcast* with Danielle Cobo.

With over 15 years of corporate experience in the medical tech and bio-pharmaceutical industry, she knows how to build high-performing teams that increase sales, productivity, and employee retention. Her expertise includes corporate resilience and heart-centered leadership.

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10 Social Media Content Ideas To Try In 2024

By: Serenity Chambers

Introduction

Everyone and their mama will be creating content in 2024. Content Marketing is a way to create value for your audience. Whether it's written, visual, or video content, it helps you stand out from the crowd and build trust with your audience. This article will explore ten ways that you can use content marketing as part of your strategy. There are going to be many people looking for ways to build success online and create content that can reach a large audience this year. This means that you need to be able to stand out from the crowd and create content that people want to watch.

Content marketing is a way to create value for your audience.

Content marketing is a way to create value for your audience and build trust, relationships, and credibility with them. The best way to do this is by creating valuable content that solves a problem they have. Whether people are looking for an escape from their emotions, or simply want to learn how to do a task or hobby more effectively, we must learn how to develop content that captures the desired audience member and interest them enough to consume the content. Content marketing is the process of creating and distributing valuable, relevant and consistent content to attract and retain a clearly defined audience. It's about being consistent with your message and delivering it in an engaging way that makes people want to consume it. This year, show up consistently and remind your audience why your content should always show up in their feed. Let's get into ten content ideas you consider for your social media strategy this year.

1. Deliver personalized value through video

The most successful content on social media is the kind that delivers value. For example, if you're a marketer who specializes in travel destinations, you might want to share helpful tips for travelers like how to pick the best location for your next vacation or what to do when you get there. And if you're an accountant who does work for small businesses, maybe it's time to teach some of your clients how they can improve their financial literacy by doing things like keeping track of receipts and filing taxes on time—your followers will love knowing that they've learned something useful from you! To make your content more personable, try creating experiences or feelings that your target audience can relate to. People need to be able to empathize with what they see online now a days for something really feel personal and relatable

It might sound obvious, but it's worth stating nothing beats

giving away valuable information for free! After all, who doesn't want something without paying anything? Whether that means taking your audience behind the scenes of your life or cracking a joke your industry will understand, find ways this year to make your content mean something to each person in your target audience network.

2. Reintroduce yourself or your brand

A new year offers a great time to reintroduce and remind your community of the plans you have for your online presence. Start creating content affirming your brand's tone, values and identity to ensure that people know what your brand is about. If you haven't done so already, start brainstorming content that can be used to re-introduce your brand if needed. This could include a video explaining the different ways people can interact with you or your brand, or an infographic featuring some fun facts about your business.

There is nothing wrong with change, and learning the value in evolving your online brand is essential in the world of social media marketing.

3. Create a series

In addition to creating content around your industry, you can also create a series that is related to your brand. A series may be related to any of the following:

- Topic
- Product or service
- Theme
- Trend/Hobby

I will continue to recommend series to people looking for ideas to entice their audience this year. There are so many benefits to a series from algorithmic advantages to audience retention, there has been proven success from creators that have built series. Be sure to make your series about something that will help solve a problem or offer value to your online community.

4. Develop UGC content for your brand

We all saw the big boom of User Generated Content (UGC) creators take off at the end of 2023. One idea to consider this year is how you can include your community in your content development process. Develop your own UGC! Inspire and encourage members or your community to help you create content through things like polls, reaction to comments with Reels or TikTok Videos or collaborations. UGC does not have to be for aspiring creators wanting to make brand deals. It could also be a great strategy for some to try this year.

5. GO LIVE!

Live streaming is a great way to share your company culture, events, and answer questions. It's also a great opportunity to share information about the business and the industry. Additionally, live streams are an excellent way to get face time with customers and potential customers who may not have heard of you yet.

One of the ways that we've seen live streams used effectively is by sharing content from conferences; this gives people on social media an opportunity to watch along in real time as you're learning something new or meeting other professionals in your field. Another option? Live Q&A sessions! If you have an event coming up where questions will likely arise from attendees (like an office happy hour or team retreat), consider doing these types of videos beforehand so everyone knows what they can expect once they arrive for their own event. Lastly, if you have employees who participate in community initiatives outside of work hours (for example: volunteer at homeless shelters), invite them onto one of these videos so viewers can meet them as well directly interact with them too!

6. Talk to us

Using your personal story to connect with your audience is an effective way to make content more relatable. We know that people are drawn to stories, and it's a great tool for connecting with them on a deeper level. In addition, when you use your own experiences as the basis for your content, it gives you the opportunity to show off your personality while also creating something more interesting than just another listicle or factoid article.

If you're not sure what kind of personal experiences will fit into this type of post, here are some ideas: Share something that happened recently that made someone laugh (or cry)

Tell an anecdote about how someone reacted when they saw one of the products/services you offer
Consider opening to your audience about some of the behind the scenes experience you have had
Walk us through how you've lately like a Facetime Call

7. Use trending audios

Joining trends is always a bit risky. In 2023, viral audios will still be an essential component of any successful content strategy. As more and more people create content for the Internet—thereby increasing competition for eyeballs—audios have become a simple way to grab peoples' attention and grow your online accounts. While trending audios are great, always remember that not every trend is meant for you to join or participate in. Ensure you have done your due diligence by understanding the trendy culture before participating in it.

8. Be real, be vulnerable, be authentic!

"Be real, be vulnerable, be authentic!"
These words have been spoken by marketers and business owners for years. But why? Social media content can easily

become bland if you're not willing to take the risk of being honest with your followers. Don't worry about how others might perceive you; just focus on what resonates with your audience and make them feel like they're speaking directly to you. The trust that comes from this transparency is invaluable in building relationships with fans who want to know more about who they're following and why they should care about what they say or sell. If you don't pick up the phone and start talking to us like FaceTime... GO DO IT NOW!

9. Create trends

Depending on your niche, there are huge opportunities this year to develop your own trend. Finding a unique idea that involves your community and encourages their participation can create amazing growth on your social media profiles.

An idea that you have for your own content may be great, but you can always encourage others to try it too and mention you as a reference in their post. This is a great way to increase your engagement and brand presence due to being shared and seen by multiple user's accounts.

10. Interviews and testimonials from clients/customers/users

One of the best ways to show your audience that you care about them is to get their feedback. This can be done in a number of ways, but one way that stands out is through testimonials. A customer testimonial video will help you capture the voice and emotion of your customers as they explain why they love using your product/service. It's an opportunity for them to shine a spotlight on how great it feels when they're able to express themselves with confidence, or how much easier life has become since using your product/service. Creating customer testimonials shouldn't be difficult if you take these steps into consideration: Know what kind of content clients want from you—this may differ depending on whether they are consumers or businesses; people who work remotely might prefer written content while those closer by might prefer video testimonials; etcetera.

Conclusion

These are just a few ideas to get your creative juices flowing. The point is that social media content creation is not just a numbers game. It's about creating something that adds value for your audience and making it personal, real and vulnerable. It's about being authentic. That doesn't mean you have to be the expert on every topic; in fact, it could be more effective if you share something from another person who knows more than you do on the subject!

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FULL CIRCLE SPECIAL EDITION 75

Women on a Mission

Tammi Relyea



WO3 - Empowering Women-Owned Businesses Everywhere

Have you ever encountered someone who isn't familiar with the Small Business Saturday Campaign? It's quite unlikely! Since its beginning, Small Business Saturday has gained momentum and evolved into an annual event that offers a much-needed boost to small businesses.

In 2020, Tammi Relyea, the visionary founder behind BRA-sériē—an innovative brand revolutionizing bra straps—pondered the potential of applying a similar approach to uplift women-owned/led businesses! What if, for just ONE DAY each year, we rallied together to spotlight and financially bolster women-owned businesses, mirroring the impact of the Small Business Saturday campaign?

But why women-owned businesses, you might ask? Forbes reports that women-owned businesses constitute nearly 40% of all businesses in the country. Despite this significant presence, obtaining SBA loans and other financial support remains a formidable challenge. Nevertheless, when



Partner. Promote. Support.
#womanowned

I support her.

women-owned businesses receive support, they exhibit remarkable generosity, contributing back to their families, communities, and education initiatives—a true "win-win" scenario for everyone involved.

Driven by this vision and a desire to lead by example, Tammi embarked on a transformative journey, laying the foundation for WO3. What is WO3, you wonder? "WO" signifies women-owned, and the number three represents the three-step approach to championing women-owned/led businesses: Partner, Promote, and Support. WO3 Day is the annual call to action urging all of us to unite and actively support women-owned businesses.

As many women-owned/led businesses endeavor to rebound from the pandemic's impact, we invite you to be a part of WO3 Day! Mark your calendars for Saturday, March 30, 2024, and take action by supporting ANY local or global women-owned/led business. Imagine the collective impact we can create together!

Participating in WO3 Day doesn't have to break the bank. There are numerous ways to show your support that require minimal financial investment and effort. Write glowing reviews

for your favorite women-owned businesses, purchase gift cards, donate to women-led charities, or show appreciation with a generous tip for women-owned service providers. The possibilities are endless.

If you want to delve deeper into this empowering movement and sign-up for reminders, visit www.wo3connect.com. Be part of a sustainable and rewarding effort that can make an impact on women-owned/led businesses everywhere on WO3 Day!

Summation: Tammi Relyea, a dedicated mompreneur based in Northern California, is the visionary founder of WO3. With a passion for philanthropy, she believes giving back to others provides the utmost satisfaction, reflecting her commitment to making a positive impact through both entrepreneurship and community engagement.

Follow Tammi




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Take the Challenge



"Be Your Own Best Advocate" 30-Day Email Challenge!

Are you ready to embark on a transformative journey to become the strongest advocate for yourself? Our 30-day challenge is designed to empower you with the tools, mindset, and strategies to navigate life with confidence and assertiveness. By the end of this challenge, you'll recognize your worth and actively champion your needs and desires.

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Achieve Goals:

Develop the skills to advocate for your dreams and ambitions, ensuring you're on the path to success.

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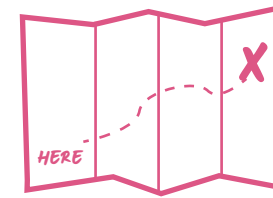
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Women on the Move

LeKai Butler

With over 10 years in the education field, Kai Butler holds a B.A. in English from Old Dominion University. She taught as an English teacher in Washington, DC, but after three years, she saw the need to deepen her theory and practice for helping inner city youth in the areas of social-emotional and academic support as well as career exploration. She obtained her Master's in School Counseling from Howard University in hopes of providing sound advice with theory.

She has served as a school counselor in the middle and high school sector in New York and Richmond, Virginia including Varina High School and Director of School Counseling at The Academy at Virginia Randolph. Serving the underdog and those forgotten is her true passion and she relishes the opportunity to connect real-life practicality with her approach. She is certified in trauma-informed care and restorative practices which she infuses within her program and as a school counselor.



Today, she serves as School Counseling Director at Varina High School overseeing a team of eight and touching over 1,400 students yearly. She loves the ability to instill a sliver of hope while developing resiliency within her students. Allowing them to tap into their unique potential and seeing them walk across the stage fills her heart with immense pleasure. As a School Counselor, and Executive Director for a nonprofit, Kai noticed that post-Covid, relational aggression was skyrocketing and her students were struggling with expressing their emotions. Kai decided to create a prompt journal as a therapeutic method to allow her students to process their thoughts. Her journal, "A self-reflective guide of 100 inspiring prompts to promote growth and self-love" has sold over 500 copies within the past year to support mental-health and wellness among young teen girls.



She is also the Executive and Founder of Work of Art, a local mentoring nonprofit designed to empower girls 13-18 from underserved communities, focusing specifically on Black young women. The mission of the program is built on three beliefs: lead by example, inspire others and connect the world through volunteerism and other enriching experiences such as hiking in Charlottesville, college tours, and workshops addressing social-emotional and mental-health needs. Entering its 6th year, Work of Art has expanded to Hermitage High School as a school-based program, and Varina High School as an after school program. Kai currently runs the community-based program that serves Chesterfield, Henrico and Richmond City. All of these programs address the ever-changing needs of its participants and champion a spirit of tenacity and advocacy to ensure that the Black girls we empower become change agents within their schools, communities and the world.

Follow LeKai
 www.workofartrva.org

Warrior Women

..... Tamron Little

Four skincare tips I used during my cancer journey.

.....

Trust me when I say this, finding the best skincare products that will work for you can get a bit overwhelming. Are you like me and have dozens of creams, cleansers, and serums in your bathroom that you've only used once or had to take it back to the store because it caused a breakout?

I don't know about you but even before I was diagnosed with cancer my skin was sensitive. More than a decade later after cancer it's still sensitive. It took me awhile to find the right products that work well with my sensitivity.

Below are four tips that I've found to be useful that will help keep your skin in check.

1. Do you have a skincare routine?

A skincare routine or regimen does not have to be 7-10 steps. Do what works for you. My routine is usually 3 steps if I am wearing makeup.

2. Get back to the basics- The basics of skin care are cleansing and moisturizing. Going through various treatments can sometimes make your face and skin dry, so moisturizer will be your best friend.



2. La Roche-Posay- Specifically made for people with sensitive skin, this line has had so many rave reviews. My fav is the thermal spring water spray. Can you say ahhhh?

3. CeraVe- Certified by the National Eczema Association, this line offers not only a gentle face cleanser but face moisturizer, and body lotion as well.

4. Burt's Bees- Chapstick is not the only thing they offer. This line is fragrance-free as the others but also includes soothing components such as aloe and cotton extract.

I am sure more skincare lines are great for sensitive skin. But the list above is one that I have tried and found to be easy to incorporate into my morning routine.

3. Good products are not always equally expensive-

Have you ever been in the mall and the people standing at one of those kiosks try to sell you facial cream for \$200? But it has gold flakes! (How do we know it is gold?) Great skincare products are right at your fingertips via your local pharmacy stores.

4. Test and See- How will you know if something works unless you try it? Do your research and even ask your physician for their recommendations. Try one thing for a couple of weeks if it works woohoo! If it does not try something else.

Please also note that if you are experiencing things such as severe acne, dermatitis, etc., please consult your dermatologist first before purchasing.

My top skincare products for sensitive skin:

1. Aveeno - This line offers facial cleansers and moisturizers with SPF. Two of my favorites are radiant, calm, and restore lines.



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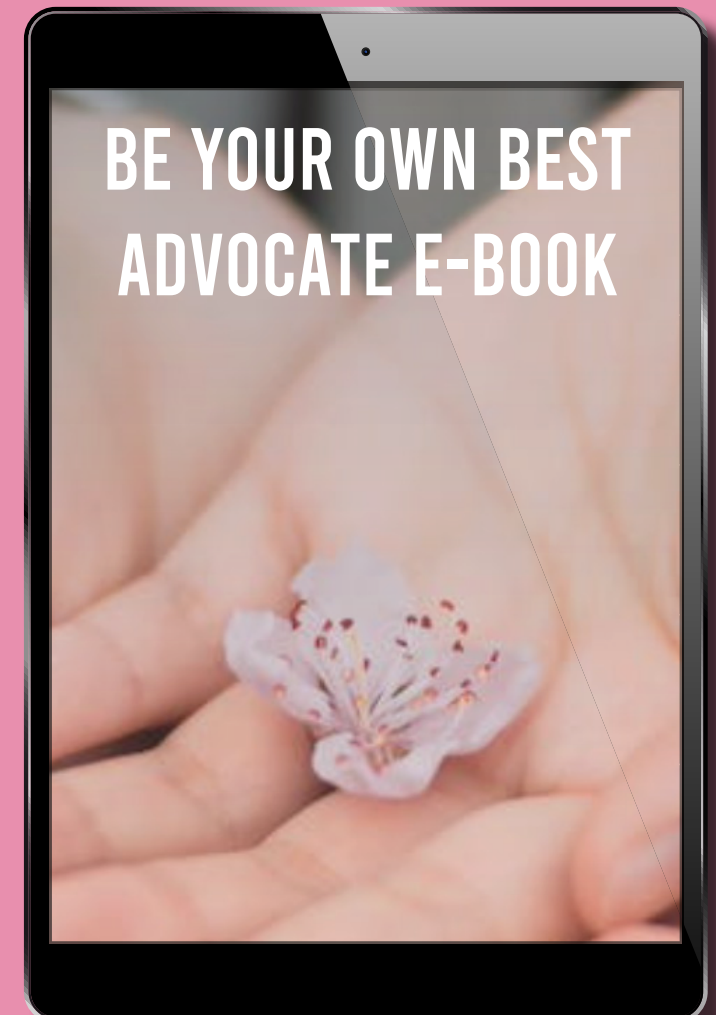
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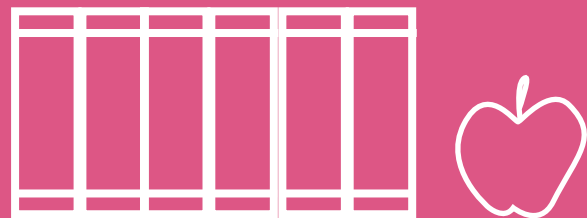


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Women in Education



Stories of Three Trailblazing Female Academics

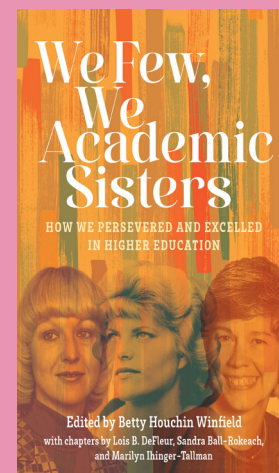


Starting in 1967, a time when fewer than 1% of women completed advanced degrees, the Washington State University (WSU) Sociology Department dared to hire three female faculty members (DeFleur, Ball-Rokeach, and Ihinger-Tallman) who became lifelong friends. Calling themselves the “Troika,” each served as a role model and paved the way for those who followed. Betty Houchin Winfield, who in 1979 was a new assistant professor in communications, benefited immensely from their support and encouragement. “At that time, seventy-five percent of all full professors were male... There were so few female academics at Washington State University that we often met for potluck dinners at someone’s home,” she says.

Four decades later, Winfield prompted her former mentors to chronicle their past, then gathered their stories into the new book. The women discuss their childhoods, educational and research efforts, personal lives, and career advancements. They note major influences, share what they learned, and acknowledge assistance they received. All were Great Depression babies from families that valued education, and all excelled in school. Two grew up with frustrated, unhappy mothers, and two moved extensively. One married right after high school and had five children. Though all married professors, each fought to be known as an individual scholar, overcoming quotas, nepotism rules, sexual discrimination and harassment, and intense societal pressure to follow traditional female roles. Their inspiring narratives highlight the importance of community and offer meaningful guidance to current women academics.

Published by Washington State University (WSU) Press, *We Few, We Academic Sisters* is paperback, 6" x 9", 180 pages, and lists for \$28.95. It is available through bookstores nationwide, direct from WSU Press at 800-354-7360, or online at wsupress.wsu.edu. A nonprofit academic publisher associated with Washington State University in Pullman, Washington, WSU Press concentrates on telling unique, focused stories of the Northwest.

PULLMAN, Wash.— A new book, *We Few, We Academic Sisters: How We Persevered and Excelled in Higher Education*, tells the story of three women who became full professors when it was exceedingly rare. These trailblazers’ careers parallel larger national events and the onset of increasing opportunities for women. Dr. Lois B. DeFleur held positions as dean, provost, and university president. Dr. Sandra Ball-Rokeach gained international status as a major media sociologist, and Dr. Marilyn Ihinger-Tallman became WSU’s first female Chair of the Sociology Department. What the three faculty members faced might surprise younger generations and bring a new appreciation for today’s opportunities. Larry Gross, a professor at the University of Southern California’s Annenberg School of Communication, believes this kind of detail is valuable. “The story of how academia—and public life in general—has been transformed by feminism and other social upheavals needs to be told in this sort of granularity.”



We Few, We Academic Sisters: How We Persevered And Excelled In Higher Education

Three trailblazing female professors hired in the late 1960s and early 1970s discuss their childhoods, educational and research efforts, personal lives, and career advancements, as well as sexual discrimination and harassment and societal pressure to follow traditional roles. Their inspiring stories highlight the importance of community and offer meaningful guidance to current women academics.

“This is a must-read for all feminist scholars...An invaluable resource and a riveting history!”

—Sarah Banet-Weiser, Dean, Annenberg School for Communication at the University of Pennsylvania

Available on wsupress.wsu.edu

Betty Houchin

Winfield is University of Missouri Curators' Professor Emerita with appointments in the Missouri School of Journalism and the Department of Political Science. Her first job following graduate school was as assistant professor at Washington State University's Murrow School of Communication, where she came into contact with the three women featured in *We Few, We Academic Sisters*.

Lois B. DeFleur is president emerita, SUNY Binghamton. She served as president at Binghamton from 1990 to 2010. She was dean of Washington State University's College of Humanities and Social Sciences from 1981 to 1986, and directed the NIMH Doctoral Training Program in Deviant Behavior from 1972 to 1979. She was provost at University of Missouri, Columbia, from 1986 to 1990.

Marilyn Ihinger-Talman is professor emerita in sociology at Washington State University, where she taught from 1977 to 1999 and served as department chair. She was listed as a noteworthy sociology educator by Marquis Who's Who. She has co-authored four academic books on families.

Sandra Ball-Rokeach is professor emerita at the Annenberg School for Communication, and the department of sociology at the University of Southern California (USC). She served as professor of communication and sociology at USC from 1986 to 2019. Prior to that she taught sociology at Washington State University from 1972 to 1986, where she was associate director of the Social Research Center (now SESRC) from 1976 to 1978.



Women in Business

Vicky Rolfe



“A lot of things inspired me to get into the nutrition and hormone fields. The main one was my mom.

My mom was diagnosed with something called Lewy Body dementia. It’s basically a combination of Alzheimer’s, Parkinson’s, and hallucinations (and all of the things that go along with those diseases) in one.

My mom was the kindest, gentlest, and most giving person. When she got this diagnosis, I was devastated. She was so giving to me, my sister, and my dad. She was completely devoted to us, and she didn’t take care of herself as she should have.

I then began to research the disease to find a way to save my mom. And even though there wasn’t a “cure”, I learned that there were things I could do with nutrition to improve her quality of life as well as extend her life.

And my mom’s situation helped me realize at that time that I was on the same path as her. If I didn’t make some changes, my life would be shortened and not as fulfilling as it could be. And so I began my journey into health and nutrition.

Everything I do is in tribute to my mom because of what she went through and because of what she represents for me.

Every woman that I help is a part of my mom that I keep alive.



Designed for busy people on the go, *What To Eat When You Don’t Feel Like Cooking: 50 Simple Dairy-Free & Refined Sugar-Free Recipes* is packed with mouth-watering dishes and simple healthy eating ideas that are good for you.

Effective for weight loss and suitable for diabetics, this cookbook is about maximizing one’s health. No dairy or refined sugar can be found in any of these delicious recipes. In fact, most of the recipes don’t have any sugar added at all.

Each recipe is color-coded with its glycemic index, which makes it easier to know how much it affects blood sugar levels.

Available on Amazon



My desire and passion is to inspire as many people as possible to take care of themselves and to become their number one priority in their own lives.”

Vicky is a certified nutrition & hormone specialist. She helps professional women and business owners navigate through hormonal changes as they approach menopause. She teaches them how to eat and balance their hormones to boost their energy levels and feel confident in their bodies.

She is the author of the cookbook *What to Eat When You Don’t Feel Like Cooking*, where she shares simple dairy-free and refined sugar-free recipes to maximize one’s health despite being busy.

Her unconventional approach led her to be featured on various television and radio shows, podcasts, workshops, and health summits.

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