

S.H.E. Agency, LLC
 P.O. Box 240933
 Montgomery, Alabama 36124
www.sheagency.com

SHE Talks... From the Desk of Traci A. Smith

It's 2012 and I am proud to see that the newsletter is still going strong. I started this in 2010 with no idea where it would lead me. I can honestly say that it lead me to someplace wonderful these past two years. In addition to this, I have made connections with some very ambitious individuals who are doing great things. What is even more wonderful is that fact that we all support each other.

So to kick off the 2012, I wanted to give a quarterly donation to a nonprofit organization that is doing great things for the youth. To kick off this charity idea, I wrote a check to Eve's Circle. They are dedicated to empowering, encouraging, and supporting young girls in our communities through comprehensive programming. It is their mission to empower girls to successfully navigate the transition through adolescence by reinforcing core values and challenging girls to resist negative social pressure, enhance self-esteem and their self-image. I encourage you all to continue to "Pay It Forward".

For 2012, I have changed the layout design of the newsletter. You will continue to get wonderful articles from our current writers and will see new writers in future newsletter. If there is anything you would like S.H.E. Agency to cover or just want to contribute to the newsletter, don't hesitate to send an e-mail to Newsletter@sheagency.com

JANUARY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

In this issue:

- Take Your Life Back
- New Year, New Wine
- Miss Black Alabama USA 2012 Pageant Review
- Real Child Support
- Getting Fit For Life
- S.H.E. Agency Presents MGM Tweet & Greet 5
- All DOLLed Up Workshop
- MLK Scholarship Breakfast
- S.H.E. Features Girls for Greatness
- Upcoming Events

Take Your Life Back!

By: Sharon Carter

Happy January & Happy New Year! I hope you and your loved ones had a wonderful holiday season. Now that Christmas and New Years have come and gone, many, including myself, are focusing on making positive changes in 2012 that will help guide our futures in a positive and fruitful direction. After all, life is the sum total of the choices that a person makes on a daily, weekly, monthly and yearly basis.

We as God's children have every right to believe in the best for our lives because God has set the expectation for us by mentioning so many promises in His word. One of the promises God gave to us that I keep close to my heart is found in Jeremiah 29:11:

"I know the plans I have for you, saith the Lord, thoughts of peace and not of evil, to give you a hope and a future."

Regardless of where you are today in your life, you can still have a better life experience, but it will require some changes on your part. The first and most important thing you can do that will help you create a better life experience is establishing YOUR life priorities. I personally have made some changes in my life recently and this was the first thing that I did. Establishing your life priorities helps you to choose where you want to go in life and what you do on a daily, weekly and monthly basis. Far too many people are sleep walking thru life and are doing things and don't know why they are doing them. There are some major benefits that come with establishing priorities for your life:

1. It will help you live a life without regrets.
2. It allows you to have more balance in your life.
3. It shifts you from the position of being a reactor in your life to position of being a powerful creator of your life!
4. It will help you to live your values.
5. It will help you to gain clarity.
6. It will help you to be a better steward over your resources, etc. (time, money and health).

You can establish priorities in different areas in your life; for example, spiritual, health, financial, and education.

Think about it, major corporations establish their priorities and goals so why shouldn't you? You are a child of God and are valuable to Him!

So if you want to achieve more in your life in 2012, start with establishing your priorities and watch how your life will change for the better!

All the best for 2012! Until next time....live, laugh, love!

New Year, New Wine!



2011 was all about Moscato, Pink Moscato, and Red Moscato...all kinds of Moscato! Now that we're in 2012 we wine lovers, whether beginners or those who have developed palates, should make it our New Year's Resolution to try new wines. It's time to step out of your comfort zone and try wines off the beaten path.

Albariño is Spain's most popular white wine and is a wonderful refreshing wine that pairs well with seafood. It has become a very popular wine in the United States and can easily be found at all fine wine shops within the range of \$10 to \$20.

South African Chenin Blanc is the most planted grape varietal in South Africa with approximately 20 percent of vineyard land dedicated to this unique grape. Chenin Blanc exhibits flavors of baked apple, pear, melon, honey and wet wool.

Beaujolais is the "fun" wine on most wine drinker's lists. It's not too heavy, it's very fruity, and it's very approachable even for non-drinkers. It's the only red wine that actually benefits from being served slightly chilled. Yet good Beaujolais is still complex enough to hold interest. Best of all, almost all Beaujolais is very inexpensive. These factors combined means that Beaujolais helps make the party.

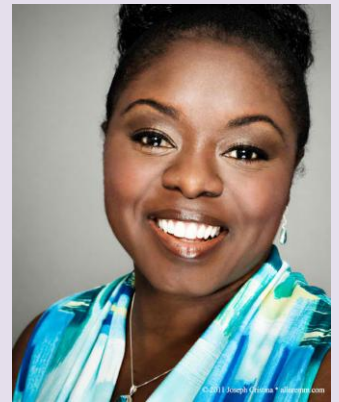
Gewurztraminer Gewürz means "spicy" in German. It is the main characteristic of Gewurztraminer. Traminer means "coming from Tramin", a small city in south Tyrol of Austria where the grape is coming from. The wine is delicious, fruity and with strong aromas, a very perfumed and flowery bouquet. It is sweeter than Riesling, which is a dry wine. Gewurztraminer is better with sauerkraut, sausages and the curry seasoned dishes, Chinese and Mexican cooking and other spiced dishes. It can even be served as a dessert wine!

Note: A great way to find out about and taste new wines is to attend wine tastings. You'll also find that different brands of wine taste different as well.

Contact S.H.E. Agency's Staff



Traci@sheagency.com



Sharon@sheagency.com



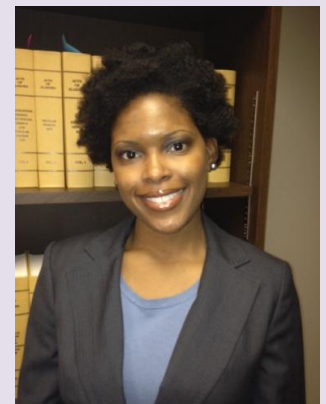
JCarter@sheagency.com



Chelsa@sheagency.com



Krystle@sheagency.com



Ashley@sheagency.com



Matalia@sheagency.com

Miss Black Alabama USA 2012 Pageant Review: Celebrating the Intelligence, Grace, and Beauty of the African-American Woman By: Krystle Bell

On November 6, 2011, I had the opportunity of competing in the Miss Black Alabama USA Pageant in Birmingham, Alabama. Prior to competing in Miss Black Alabama USA, I had been researching this particular pageant system for a few years. I was drawn to this system because Miss Black Alabama USA was not merely a beauty pageant but a pageant that celebrated the talents and accomplishments of the African-American woman. The Miss Black Alabama USA Pageant is an affiliate of the Miss Black USA Pageant and Scholarship Foundation, Inc. The Miss Black USA Pageant and Scholarship Foundation, Inc. was founded in 1986 by Karen Arrington. This community organization has a commitment to addressing health and education, two leading social issues in the African American community.

As with many pageants, I was required to present a platform. I chose to focus on a health issue. My platform was entitled "Code Yellow: An Alert on Endometriosis." This platform is near and dear to my heart because I was diagnosed with endometriosis in 2008, and I want to raise awareness because I believe this health issue should be communicated to the public at large.

The pageant weekend consisted of rehearsals for opening number, scholarship luncheon with Miss Black Alabama USA 2011 and Miss Black USA 1990, and time for each contestant to relax and prepare for the upcoming pageant competition. Each contestant was judged in five areas: Talent (25%), Panel Interview (20%), Sportswear/Fitness (15%), Evening Gown (15%), and On Stage Question & Answer (25%). At the conclusion of the evening, Miss Charis Wilder took home the title of Miss Black Alabama USA 2012. The following ladies were presented with other awards:

Runner Ups

- 1st Runner Up: Jilisa Milton
- 2nd Runner Up: Toni Alexander
- 3rd Runner Up: Kaye Jackson
- 4th Runner Up: Krystle Bell

Miss Black Alabama USA Awards

- Entrepreneurial: Karla Dillard
- Business Woman of Today: Brittany Alexander
- Sisterhood: Charis Wilder
- Photogenic: Brittany Alexander
- Community Service: Deshawnda Partlow
- Evening Gown: Brittany Alexander
- Interview: Krystle Bell
- Sportswear/Fitness: Brittany Alexander
- Talent: Kaye Jackson
- People's Choice: Kaye Jackson

All in all, my experience competing in the Miss Black Alabama USA Pageant was awesome. I met some amazing women who not only exemplify beauty and grace, but they are role models, leaders, and philanthropists. We learned together, laughed together, and prayed together. Brittany, Toni, Jasmine, Karla, Kaye, Brittony, Jilisa, Deshawnda, and Charis will always hold a special place in my heart. Lastly, I cannot forget our wonderful Executive Director Mrs. Curtia Moon for organizing a fun filled pageant weekend. I must say these black girls rock! As always, stay beautiful, stay phenomenal, and stay virtuous!

Miss Black Alabama USA 2012 Pageant



(L to R) Karla, Charis, Brittony, Brittany



(L to R) Jilisa, Jasmine, Kaye



(L to R) Charis, Kaye, Toni, Krystle

Miss Black Alabama USA 2012 Pageant



(L to R) Krystle and Deshawnda



(L to R) Miss Black USA 1990 Clarrisa Kenty and Krystle Bell



(L to R) 1st Runner Up: Jilisa Milton, 2nd Runner Up: Toni Alexander, Miss Black Alabama USA 2011 LeNa' Powe, Miss Black Alabama USA 2012 Charis Wilder, 3rd Runner Up: Kaye Jackson, 4th Runner Up: Krystle Bell

REAL CHILD SUPPORT

By: Ashley Smith

A recent episode of one of the few reality TV shows that I actually watch reminded me of an issue that has become more and more prevalent in the United States. For those of you who are fans of the Real Housewives of Atlanta I'm sure you will recall Sheree's court encounter with her ex-husband, Bob Whitfield. Here is a brief synopsis for those who may be unfamiliar with the show:

Sheree claimed that Bob had failed to pay child support in four years. Reality TV co-star and Sheree's attorney, Phaedra Parks, suggested that Sheree file a Motion for Contempt and have Bob thrown in jail so he would then be forced to pay some or all of the back child support in order to be released. Sheree was hesitant about sending her children's father to jail and in the meantime Bob filed a Petition to Modify the existing child support order. At the hearing on the modification petition, Bob filed a Motion for Contempt alleging that Sheree took and/or disposed of furniture that was awarded to him in the divorce decree. Since Phaedra did not have adequate notice of Bob's motion the judge continued the case.

States have created several different child support guideline models to use when determining an appropriate level of child support. A majority of states, including Alabama, use some form of the income shares model. The income shares model combines the incomes of the parents, which in theory replicates the total income that an intact family would have had available to it. In other words, this model seeks to put the child in the same position he/she would be in if his/her parents were married and living under one roof. After combining the incomes, this model calculates the child-related expenses in a two parent household based on set economic data formula. This results in the total amount of support the child should receive and that amount is then divided between the two parents in proportion to the obligor's share of the combined parents' incomes. Now if that made sense to you, perhaps you should consider going to law school if you don't already have a law degree.

Using Sheree and Bob, we can create a fictitious scenario to illustrate how courts apply the income shares model. Assume Bob and Sheree have one child who resides with Sheree. First, determine the monthly income for both parties. We will suppose that Bob grosses \$7000 per month and Sheree grosses \$5000 per month. Second, subtract any preexisting alimony or preexisting child support payments that Sheree and/or Bob have to make. We will presume that Bob is paying alimony to an ex-wife in the amount of \$500 per month and Sheree is paying \$300 in child support for a previous child. So, Bob's adjusted gross income (AGI) per month is \$6500 ($\$7000 - \$500 = \6500) and Sheree's AGI per month is \$4700 ($\$5000 - \$300 = \4700). Together Bob and Sheree make a combined total of \$11,200 per month. To calculate the percentage share of income, take each person's AGI and divide it by the combined income—Bob: $\$6,500 / \$11,200 = 58\%$; Sheree: $\$4700 / \$11,200 = 42\%$. So Bob makes 58% of the combined income and Sheree makes 42% of the combined income. This reflects each parent's percentage of child support contribution.

Continue on next page

REAL CHILD SUPPORT (cont.)

The next step is to find the combined AGI on the Schedule of Basic Child Support Obligations,¹ which is \$1148 for a household with one child and a combined total income of \$11,200. Next, factor in work related child care costs and health insurance costs for the child and add them to the basic child support obligation. Here, Bob pays \$250 per month for insurance and Sheree pays \$500 per month for child care, so the total child support obligation is \$1898 ($\$750 + \$1148 = \1898). Each parent's support obligation is then calculated by multiplying each person's percentage share of income by the total child support obligation. Thus, Bob's support obligation is \$1101 ($\$1898 \times 58\% = \1101) and Sheree's support obligation is \$797 ($\$1898 \times 42\% = \797). Since the child resides with Sheree, the custodial parent, Bob would pay child support to Sheree in the amount of \$304 ($\$1101 - \$797 = \304) per month.

Events that occur over the course of the child's life or parents' lives may require modification of a child support order. On the RHOA, Bob filed a Petition to Modify the amount he is required to pay in child support based on the fact that he has had a change in circumstances since he no longer plays professional football and makes less money. Although it was not specifically stated in the episode, my guess is that Bob also argued (at least I would have) that Sheree has had a change in circumstances in that her income and earning potential have increased due to her "celebrity" status. Therefore, the judge may find it necessary to modify the original court ordered child support obligation. However, even if the court grants Bob a modification, it would only be prospective meaning from the day the modification is granted and thereafter. Thus, he would still be obligated to pay the four years of back child support if in fact he has failed to pay.

A lot of people, including Sheree, made a huge deal about Bob filing the Motion for Contempt as if he had really made a power move and Phaedra didn't do her job. However, what Bob did was simply delay the process further as Phaedra stated because regardless of whether Sheree took the furniture, the back child support is still owed.

Unpaid child support is prevalent in today's society, which I find most unfortunate. It seems that no one should have to make a parent care for his/her own child. Court ordered child support is often not sufficient to cover all of a child's expenses, yet there are some people who refuse to pay that. Complaints about not being able to pay child support are insufficient because the bottom line is children don't ask to come here, parents send them invitations. So, if a person cannot afford to support a child, he/she should stop sending invites to children to come join this thing we call life.

¹ <http://www.alacourt.gov/pdfppt/Alabama%20updated%20schedule%202008.1.pdf>

Getting Fit For Life!

By: Matalia Liptrot

It's a NEW YEAR and with that come RESOLUTIONS! Getting healthy is the top resolution. There are many reasons why one should work toward a healthier lifestyle. The greatest is the combination of unhealthy eating and the lack of physical activity. The older you get, the more vital exercise is. At the age of 30, the body starts to slow with its ability to regenerate and recover. Moderate exercise helps with reversing and staving off the effects of aging as long as you are consistent. Exercises improve your health by reducing the risk of a variety of health diseases and prolonging your life span. Invest 30 minutes each day to exercising to reap the benefit of taking control of your health and fitness.

Types of exercises to incorporate in your life:

STRENGTH TRAINING which increases the metabolism rate of the body and blood supply improving muscle tone

ENDURANCE which develops energy and stamina

STRETCHING improves posture, blood flow, flexibility and manage stress

CARDIO improves muscular function, strength, body's ability to take in and use oxygen & burns more calories

Plus drink more water and reduce stress, when stress is high it increases food cravings!

Motivation is a key factor when it comes to getting fit and changing to a healthier lifestyle for longer living.

To Stay Motivated:

--Schedule workout days and make the exercise time a special time

--Do some soul searching- ask yourself and list reasons why are you exercising?

--Stay on track with short term goals, rewarding yourself at each milestone with a -spa, new outfit, new hair cut, or anything that motivates you.

BE REALISTIC when setting goals making goals small enough to achieve but challenging enough to keep you motivated! If you have the will to get fit and improve your health you will certainly find the way that's right for you! Take care of your overall healthy by eating proper food, doing right exercise and keeping yourself happy!

S.H.E. AGENCY
PRESENTS:

MGMT
tweet
& greet



LOCATION: EASTSIDE GRILLE
6667 ATLANTA HWY
MONTGOMERY, AL

DATE: FRIDAY, JANUARY 6TH, 2012

TIME: 5 PM - UNTIL

FEATURING...

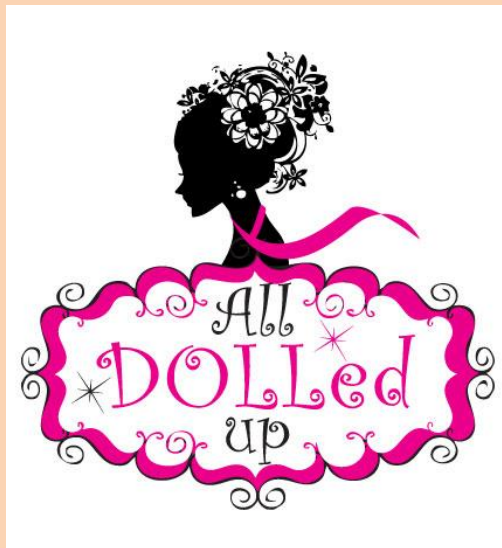
THE GREEN DINOSAUR & THE MELON AFTERSHOCK

BRING YOUR SCARVES
OR MONETARY DONATIONS FOR THE
ALL DOLLED UP WORKSHOP



follow us on
twitter

@SHEAGENCY
@_ALLDOLLEDUP
@EASTSIDEGRILLE
#MGMTWEETANDGREET



Saturday, March 3, 2012

9:00 am - Noon

The Shoppes at EastChase

Open to young women ages 13-18

Topics

Dressing for Success | Makeup tips | Responsible Choices
First Impressions | Etiquette | Fashion Tips & More

Registration

\$15/person or \$10/groups of 5 or more
Lunch, goodie bag, scarf, & t-shirt included in the registration

Website: www.AllDolledUpProject.com | Email: info@AllDolledUpProject.com

ALPHA PHI ALPHA DR. MARTIN LUTHER KING, JR., MEMORIAL SCHOLARSHIP BREAKFAST 2012

The Alpha Upsilon Lambda, Montgomery Alumni Chapter of Alpha Phi Alpha Fraternity, Inc. will host its Sixteenth Annual Dr. Martin Luther King, Jr., Memorial Breakfast (1) honoring Dr. Martin Luther King, Jr.'s legacy, (2) raising funds for college scholarships, and (3) recognizing outstanding citizens or organizations that have demonstrated Dr. King's legacy.

Tickets are \$25.00 each.



GUEST SPEAKER
Lieutenant General Willie J. Williams
Director, Marine Corps Staff



January 21, 2012, 8:00 a.m.
ASU Dunn-Oliver Acadome
Montgomery, Alabama

For ticket information contact William Minter at 334-265-9945, Henry Barron at 334-451-0054, or any active member of this local Alpha Alumni Chapter.

S.H.E. Features...

S.H.E. features Girls for Greatness. Girls for Greatness helps and supports teen girls and young women navigate through the challenges of life with their head held high and self-esteem intact. A Life Coach is provided to create a safe space for girls to share their triumphs, explore their struggles, seek answers and develop tools to create a life of confidence, success and happiness. The safe space comes through different mediums, such as group coaching, individual coaching (in person and via Skype), workshops and seminars.

For more information on Girls for Greatness, go to www.girlsforgreatness.com/ or connect with them on Facebook and Twitter.

Facebook:

<http://www.facebook.com/#!/pages/Greatness-Coach/125394384234826>

Twitter Handle: @GreatnessCoach

GIRLS FOR
GREATNESS

Happy New Year!

2012

Upcoming Events

Montgomery's Tweet and Greet 5

January 6, 2012
Eastside Grille
5:00pm to until
Montgomery, Alabama



All DOLled Up Workshop

March 3, 2012
The Shoppes at EastChase
Montgomery, Alabama
www.alldolledupproject.com



All TIEd Up Workshop

Summer 2012
Montgomery, Alabama
www.alltiedupproject.com