

S.H.E. Agency

Welcome to the future of Public Relations and Special Events Planning with a unique twist! **S.H.E. Agency - Style. Hot. Energy.** This concept was created with a vision to promote memorable and delightful experiences while making an impact in the communities and lives we serve in the River Region and beyond.

CONTACT:
PR@sheagency.com
www.SHEagency.com



SHE TALKS

From the desk of Traci A. Smith, CEO/President

It's June! I'm very excited about this month because there is a lot of fun stuff for me to do. Besides celebrating my 30th birthday, I get to attend a Sorority sister's wedding and attend a reunion with some of my closest friends from college. I'm excited about seeing those I haven't seen in awhile and remembering the good old times! Of course, I have a love and hate relationship with Alabama's sizzling summer weather but this is the perfect time for relaxing by the pool with a Margarita or two and enjoying some sun!

In this issue, I have a lot of great stuff for you to read. If there is anything you would like S.H.E. Agency to cover or just want to contribute a short piece to the newsletter, send an e-mail to newsletter@sheagency.com S.H.E Agency is committed to giving you a newsletter that is Stylish, Hot, and full of Energy!

Be sure to read the Disaster Preparedness article! Our guest writer, Marguerite Long, is an advocate of being ready at all times. Thanks for reaching out to me!

~TAS

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Chronic Pain: An Invisible Disability

Throbbing. Debilitating. Frustrating. These are words that many women can identify with if they suffer from a chronic pain condition. Chronic pain is defined as an unpleasant sense of discomfort that persists over an extended period of time. According to the Campaign to End Chronic Pain in Women, “Up to 50 million women suffer from at least one chronic pain disorder.” Some of the chronic pain conditions that women suffer from are endometriosis, vulvodynia, chronic fatigue syndrome, temporomandibular joint disorder, interstitial cystitis, and fibromyalgia. Chronic pain conditions are difficult to diagnose, and many women see several health care professionals before receiving a proper diagnosis.

Chronic pain conditions not only affect women physically, but they also affect them emotionally and financially. Some women spend a lot of money trying to find an answer to their suffering. The Campaign to End Chronic Pain in Women also states that chronic pain conditions cost our society up to \$80 billion a year, and more research dollars need to be devoted to finding cures for these chronic pain disorders.

Chronic pain does not have to be a life sentence. Women need to educate themselves on these conditions and become proactive about their health. Awareness, support, and advocacy are essential to ending chronic pain in women. As a former chronic pain sufferer, I believe that we all have a right to divine health and wholeness. Do not let chronic pain consume your life. Educate, support, and empower yourself and the women around you.

For more information about chronic pain disorders, please visit the Campaign to End Chronic Pain in Women’s website at www.endwomenspain.org.

About the Writer



Krystle Elaine Bell is a 2007 magna cum laude graduate of Jacksonville State University with a Bachelor of Arts in Political Science and a double minor in Spanish/Business and Technical Writing. She recently received her Master in Public Administration with a concentration in Nonprofit Management and Leadership at Auburn University Montgomery in May 2011. Krystle lives in Montgomery, Alabama. She enjoys running, reading, and writing. Her interests include philanthropy, women’s health, and metaphysics. Krystle can be reached at Krystle@SHEagency.com.

sheBITS...For the Nerd in You

Solar powered lounge chair charges your gadgets as you chill



It is named as the SOFT Rocker and was created by architecture students at MIT. The chair has a 35-watt solar panel that charges a built in battery. The built in USB ports allow you to charge your devices while relaxing. In addition to the solar panel, the Rocker also features a kinetic energy capture system that uses your rocking motion to charge the battery.

For more information, go to <http://arts.mit.edu/fast/soft-rockers/>

-RAH III

EVE'S CIRCLE PRESENTS

I Am Worth It:

A YOUNG WOMEN'S HEALTH CONFERENCE



Saturday, June 11, 2011 • 10:00AM - 4:00PM

True Divine Baptist Church, 4601 Troy Highway, Montgomery AL

Register thru May 1, 2011 • \$15 • Register online at www.sisterbration.com

FREE with paid registration:

- Run Like A Girl Power Walk
- Photos with Special Guests
- Breakfast Snack
- Lunch with DJ Ron Love
- Ticket to Girls Night Out! Concert
- Mothers-Only Workshop with Pastor Yvonne Jones (4:00pm)



SISTERBRATION!

Wine Freeze



Summer is here finally! It's time to fire up the grill, invite over friends and of course, have wine in the mix! Nothing like having friends over for a good time while sipping on good wine. If you're looking to add wine with a twist, wine slushies are the way to go. You don't need an expensive wine, so you don't have to splurge. Check out this recipe for white wine slushies! They'll be a big hit with your friends.

Sweet Wine Slushies

makes six 4-ounce servings

One 750ml bottle sweet, fruity wine, such as Moscato or Riesling

Fresh orange juice or white grape juice (*optional*)

Ice cubes (*optional*)

Orange or strawberry slices, to garnish

Pour the wine into empty ice cube trays. You will need about 2 standard-sized ice cube trays. (Each cube portion is about 1 ounce.) Freeze the wine overnight, or for at least 6 hours.

When ready to serve, place 4 frozen wine cubes in the bowl of a small food processor or a blender. Blend quickly, in sharp bursts, just until the cubes have broken up. They will be soft and flakey to begin with, and it shouldn't take too much processing to turn them into a slushie. Don't over process; this will turn them into liquid.

Scrape the slush into a martini glass, garnish with a piece of fruit, and serve immediately. Repeat for each serving.

Less-alcoholic variation: If you would like a less alcoholic treat, replace several cube portions in each tray with orange juice, white grape juice, or a mixture of the two. For each serving, replace 1 cube of wine with juice. You can also do the same with ice. This will dilute the flavor, but will make each serving lighter and a little more of a palate cleanser.

For more wine slushy recipes check out www.cooks.com
Happy Wine Slushy Making!



About the Writer

Chelsa Brown is a graduate of Troy University Montgomery. She received her Bachelor's in Social Sciences. She enjoys traveling, meeting new people, and mentoring youth. Her appreciation for culture and wine prompted her to develop the blog [***Heard It Through the Grapevine***](#) to inform and engage the River Region in all things related to wine. She currently lives in Millbrook, AL. You can follow Chelsa on Twitter (MsCB83) or e-mail her at Chelsa@SHEagency.com.

INSPIRATIONAL CORNER

Keep It Positive!

By: Sharon Carter

I love positivity! I love speaking positive words. I enjoy thinking positive thoughts. I love hearing positive and inspirational stories. I love seeing people live their dreams and accomplish their goals. I am the type of individual that would look at a glass not full of water and say the glass is half full, rather than half empty. Of course there are times when people and situations irritate me and get on my nerves, but eventually I return to a positive nature sooner rather than later. It wasn't always easy for me to maintain a positive attitude, but I realized that being negative and holding onto resentment and anger was only detrimental to me.

Developing and maintaining a positive attitude is one of the most important things that a person can do but it can be very challenging for some. Past experiences, hurt, disappointments all can take a toll on a person and cloud one's perspective of life. We all face challenges but it's our attitude toward the challenges that will determine our destiny.

Here are some helpful tips to help you maintain a positive winning attitude regardless of what situations come your way:

Leave the past in the past.

It is so important that one leave past issues in the past. Constantly looking back and talking about old issues only keeps them alive in your mind and spirit. Instead of using your energy to focus on the past, use your energy to focus on your future! Take some time to think about your dreams, goals and the things you want to accomplish in life and get busy to make them happen!

God will handle your haters.

Let's face it, we all have been hurt or mistreated by someone, but some people make it their life's mission to get back at others for past hurt or mistreatment. Regardless of what man may think, we are NOT in control. God doesn't need our help handling the people who have mistreated us. Remember this, as long as the earth is spinning, one will reap what they sown. Trust in God's sovereignty to handle your haters!

Abide in Love.

Love is powerful and the ability to express love to others is one of the joys of life. It is easy to love people who are nice to us but the challenge is showing love to those who do not have good intentions for us. To be frank, this isn't the easiest thing to do and it takes faith, patience and practice. One of my favorite quotes is "when you love the unlovable and forgive the unforgivable, you're free." To successfully abide in love, remember that your freedom is what's truly important. Love your way thru life and you will succeed.

Always remember the ability to keep it positive will take you farther and higher in life than you could ever imagine!

Until next time....live, laugh, love!



About the Writer

Charismatic. Inspirational. Go-Getter – are some of the qualities that personify who Sharon Carter is. Born and raised in Brooklyn, New York, Sharon attended the Brooklyn Campus of Long Island University, where she received her Bachelor's in Political Science as well as her MBA in Finance. She enjoys traveling, meeting new people and reading. It is her love for words that has ignited her passion for the written word. Currently, Sharon is working on her first book and her blog is coming soon. Also, some of Sharon's writing will be featured in an upcoming book for aspiring Makeup Artists that desire to work in the Entertainment Industry, written by Celebrity Makeup Artist Marietta Carter-Narcisse. Sharon currently resides in West Palm Beach, Florida and can be reached at Sharon@SHEagency.com.

June is Disaster Preparedness Month

By: Marguerite Long

Alabama's resilience never ceases to amaze me. Its communities continue to persevere through the tragedies that have plagued the state during recent years. Natural and man-made disaster may be unavoidable but the preparation of citizens can lessen property damage and recovery time. Hurricane season begins June 1st and there are several ways to get informed and be involved in making your community safer:

Plan in advance what you will do in an emergency. Depending on your circumstances and the nature of the event, the first important decision is whether you shelter in place or evacuate. Make a family plan that should include an evacuation plan and communications plan. This will enable you to establish a plan on how to contact and reunite with your family if your family becomes separated.

Become trained as a Community Emergency Response Team (CERT) member. CERT educates people about disaster preparedness and trains them in basic disaster response skills, such as fire safety, light search and rescue, and disaster medical operations. Using their training, CERT members can assist others in their neighborhood or workplace following an event and can take a more active role in preparing their community. Visit www.citizencorps.gov for more information.

Get your children involved in being prepared. Be Ready Camp is a free week-long residential camp located at the U.S. Space & Rocket Center and promotes citizen preparedness to sixth-graders in Alabama. Visit www.bereadycamp.org for more information.

Connect with the local Red Cross for training/volunteer opportunities, CPR certifications, and many other important initiatives engaging citizens in emergency response. Red Cross chapters across the State of Alabama offer various classes and informational sessions geared towards emergency preparedness at the local level. Visit www.americanredcross.com for more information.

Create an emergency supply kit for your family. Having a 3-Day Kit ready and packed will help prepare your family in the case of an emergency or evacuation. Keep the following items in a sturdy and easy-to-carry container and make sure it's ready to go at all times during the year:

- Copies of important documents in a waterproof container (Photo IDs, proof of residence, insurance, birth certificates, deeds, Social Security Card, etc.)
- Hygiene kit of toothpaste, toothbrush, soap, deodorant, feminine products, shaving supplies, etc.
- Non-expired medication, medical contact information, prescriptions, and first aid kit
- Extra car and house keys
- Bottled water (1 gallon per person/day) and non-perishable food (i.e. granola or energy bars)
- Battery operated radio, flashlight, and extra batteries
- Contact and meeting place information for your household and a small regional map
- Small denomination cash and ATM card
- Comfortable shoes, raingear, and blanket
- Any special care items

Together we can become more aware and prepared against the possibility of disaster!

S.H.E. Features

June is Lesbian and Gay Pride Month. Gay pride or LGBT pride refers to a worldwide movement and philosophy asserting that lesbian, gay, bisexual, and transgender individuals should be proud of their sexual orientation and gender identity. Gay pride advocates work for equal "rights and benefits" for LGBT people. The movement has three main premises: that people should be proud of their sexual orientation and gender identity, that sexual diversity is a gift, and that sexual orientation and gender identity are inherent and cannot be intentionally altered. In June of 2000, Bill Clinton deemed the month of June, "Gay and Lesbian Pride Month." The month was chosen to remember a riot in 1969 at the Stonewall Inn in Manhattan that is thought to be the beginning of the gay liberation movement in the United States.

June is now the month of acceptance and the month to welcome diversity in communities regardless of sexual orientation. As President Barack Obama stated, "As Americans, it is our birthright that all people are created equal and deserve the same rights, privileges, and opportunities. Since our earliest days of independence, our Nation has striven to fulfill that promise. An important chapter in our great, unfinished story is the movement for fairness and equality on behalf of the lesbian, gay, bisexual, and transgender (LGBT) community. This month, as we recognize the immeasurable contributions of LGBT Americans, we renew our commitment to the struggle for equal rights for LGBT Americans and to ending prejudice and injustice wherever it exists."

For more information about The Matthew Shepard and James Byrd, Jr. Hate Crimes Prevention Act, go to <http://www.civilrights.org/hatecrimes/1lehcpa/>

Upcoming Events

Eve's Circle I Am Worth It Conference

June 11, 2011
True Divine Baptist Church

I Want It All Conference

August 4-7, 2011
<http://lakeshawomack.com/2010/12/14/i-want-it-all/>
Montgomery, Alabama



All TIEd Up Workshop

September 17, 2011
www.alltiedup2011.eventbrite.com

Montgomery's Tweet & Greet 4

Fall 2011
Montgomery, Alabama
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S.H.E. Agency, LLC
P.O. Box 240933
Montgomery, AL 36124